

Volume 48
Number 1

THE SUFFOLK INTERGROUP

May, 2020

Bulletin

Visit your Suffolk County Website at:
<http://www.suffolkny-aa.org>

*Brighter
Days
are
Ahead*

*Photography
by Jenna M.*



May Business Meeting

Due to Covid-19 these meetings may be held online. For further information visit:

<https://2020.suffolkny-aa.org/groups/sia-general-meeting/>

LAST TUESDAY OF THE MONTH

Tues. 5/26/20

SIA Business Meeting: 8:00 PM

Archives Committee meeting: 7:00 PM

New Group Rep Orientation: 7:00 PM

True North Community Church
1101 Lakeland Ave., Bohemia, NY 11716

Public Information Committee:

THIRD WEDNESDAY OF MONTH

5/20/20 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs:

Treatment Facilities Committee:

THIRD TUESDAY OF MONTH

Tues. 5/20 7:00 PM

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 5/22/20 8:00 PM

New GSR Orientation: 7:00 PM
SIA Office, 113-8 Bay Ave. Patchogue

Updates from General Services on Coronavirus (COVID-19)

A.A.W.S. Continues to Process Literature Orders

Please contact our Order Department at 212-870-3312 or emailorders@aa.org visit the online store at <https://onlineliterature.aa.org>

General Service Office Closure

As a result of Coronavirus (COVID-19), New York State has shut down 100% of operations of "nonessential" businesses/organizations. The General Service Office of Alcoholics Anonymous World Services, Inc. located at 475 Riverside Drive, New York, NY is closed, effective March 20, 2020, until further notice.

A.A.W.S. and A.A. Grapevine staff are "teleworking" until further notice as we continue our commitment to serving the A.A. Fellowship. Although we are available to support our membership and groups, these circumstances limit our abilities to be as effective as we would like. We ask that you please limit your communication with G.S.O. to email or Contact Us:

<https://www.aa.org/contactus>

We also have limited ability to access and process regular mail. Once again, it would be helpful, if possible, to email your correspondence. If you are a member and are considering sending a contribution, doing so online would be most helpful. Make a contribution.

<https://2020.suffolkny-aa.org/7th-trad/>

We appreciate your understanding and invite you to click on the following informative links regarding our office and the history of Alcoholics Anonymous.

A Message from SIA Web Support

Over the past couple of months, there has been a tremendous need to have access to up to date information online and to be able to connect with each other virtually.

SIA has been hard at work keeping the website current and useful. We have also helped many groups move their meetings online and helped yet more groups have their online meeting available on our website.

We are in the process of transitioning to our new website. This new website is more easily maintained, displays better on mobile devices, and can take advantage of a vast array of off the shelf add-ins. The new website can be found here:

<https://2020.suffokny-aa.org/>

In the next couple of months, we hope to fully transition to this new site and relocate it to the main

SIA web address, www.suffolkny-aa.org, where the older site still resides.

Please direct any comments, updates, corrections, or suggested changes to the

Webmaster:

websup@suffolkny-aa.org

Online Contributions to SIA

Since most groups are not meeting in person and are not collecting 7th Tradition Contributions, SIA is also seeing a significant drop in its Contributions from the Groups. In order to make it easier for groups and individual AA members to make online contributions, we have made a virtual 7thtradition basket available here:

<https://2020.suffolkny-aa.org/7th-trad/>

COVID-19 Closures and Online Meetings

Many groups have suspended or temporarily closed their meetings. Unfortunately, not all groups have reported their closures to us. If your group has suspended its meetings and is not on our list, please let us know. For the complete list visit:

<https://2020.suffolkny-aa.org/covid-19#suspended>

Many groups have moved their meetings online. For the most up to date list of online meetings that have asked to be listed on our website please visit our main online meetings page:

<https://2020.suffokny-aa.org/online-meetings/>

If you would like to move your group's meetings online or would like to help SIA by moderating one of our SIA Hosted Online Meetings held Daily at 8pm, please visit:

<https://2020.suffolkny-aa.org/online-meetings#move-your-group-online>

If your group has already moved its meetings online via ZOOM and would like it listed on our online meetings page, please visit:

<https://2020.suffokny-aa.org/online-meetings#list-zoom-meeting>

The New Meeting Finder supports online meetings:

<https://2020.suffolkny-aa.org/meetings/?tsml-type=ONL>

Update from General Services on the Meeting Guide App

April 9, 2020

New Meeting Guide app update

A new Meeting Guide update (v3.3.2) is live that supports the display of meetings that have temporarily closed

and/or moved online.

Many alcoholics continue to use the Meeting Guide to find meeting information during this challenging time. We

suggest entities take advantage of this new capability to ensure accurate information about your meetings is in the app.

For more information about how to update your meeting listings visit:

- Marking Meetings as Temporarily Closed:

<https://meetingguide.aa.org/marking-meetings-as-temporarily-suspended>

- Adding Online Meeting Information to Meeting Listings:

<https://meetingguide.aa.org/online-meetings>

- 12-step Meeting List plugin

support:<https://wordpress.org/support/plugin/12-step-meeting-list/>

Please note:

This update does not support listings for online-only meetings. Any online meeting information provided must be associated with a physical meeting at a valid street address in order to appear. Potential support for online-only

meetings in Meeting Guide is under discussion.

Group Email Addresses

Did you know that every group has an SIA email account on suffolkny-aa.org?

With this account, your group has an easy way to communicate with SIA and other groups. In addition, your group can store its calendar, documents, presentations, spreadsheets on the Google Cloud. But wait, there is yet more!! With this account you'll also have a free and easy way to move your group's meetings online. For more info, please visit:

<https://2020.suffolkny-aa.org/groups/group-email/>

SIA Hotline Committee

During COVID-19 social distancing the Hotline will not conduct any in-person meetings nor do any 12 step pickups. Only zoom meetings will be conducted.

Around the AA Campus

The campus is not quite the same these days. Faced with the fact that face to face meetings may pose a health threat for the time being, newer means of connecting are popping up. We are not a glum lot nor are we the type to jeopardize our sobriety. Stuck at home doesn't mean we are stuck. We are reaching out like never before, exploring new options. One positive is that those of us who are technologically challenged suddenly had no choice—either learn the computer or else. We learned. And not only did we learn the computer, we learned some other valuable lessons. Maybe we were more resilient than we thought. Maybe doing meetings differently than we were accustomed to didn't bring about catastrophe. It introduced us to whole new worlds. Suddenly a laptop or cellphone connected us to AAs all over the world. The AA campus grew by leaps and bounds.

Heard at meetings;

We must keep uncovering until we recover.

Alcoholics Anonymous is the greatest thing I never wanted

I suffer from the ISM of alcoholism: Incredibly short memory

The One and Only meeting in Smithtown celebrated its 10th anniversary with a bang and lots of pizza. The speaker joined from Westchester and a good time was had by all. A week later and the meeting was held in the parking lot—shut out due to social distancing rules. Talk about a close call!

The Things We Cannot Change

Two long time well-loved members left us in the last month. Coni M of Brookhaven's Women's Group and Kenny M of Amityville's Open Door. Both were wonderful role models for so many and will be missed greatly

The Archives Committee
is desperately seeking people to
help with our website.

Check it out at
suffolkAAArchives.com

The Email Addresses of your Intergroup Chairs

Chair - Jean Marie - chairman@suffolkny-aa.org

Alt Chair - Lee - alt-chair@suffolkny-aa.org

Treasurer - Laurie - treasurer@suffolkny-aa.org

Recording Sec. - Zoe - corsec@suffolkny-aa.org

Corresponding Sec. Stacey - recsec@suffolkny-aa.org

Archives - Jack - archives@suffolkny-aa.org

Archivist - Bob - archives@suffolkny-aa.org

Bulletin - Fran - bulletins@suffolkny-aa.org

Corrections - Robert - correct@suffolkny-aa.org

Grapevine - Jackie - grapevine@suffolkny-aa.org

Hot Line- Jeff - phones@suffolkny-aa.org

Institutions - Kathleen -
institutions@suffolkny-aa.org

Literature- Tommy - books@suffolkny-aa.org

Meeting List - James - meetings@suffolkny-aa.org

Public Info- Danny - pubinfo@suffolkny-aa.org

Office Manager - Michael, -
siaoffice@suffolkny-aa.org

Schools- Phil - schools@suffolkny-aa.org

Share-A-Thon VACANT - share@suffolkny-aa.org

Special Events- VACANT -
specevent@suffolkny-aa.org

Third Legacy - Jim - thirdleg@suffolkny-aa.org

Webmaster- David - websup@suffolkny-aa.org

SIA Volunteers - volunteers@suffolkny-A.A.org



The Suffolk Intergroup

Mid-Island United Methodist Church 21 James Street Babylon N.Y.

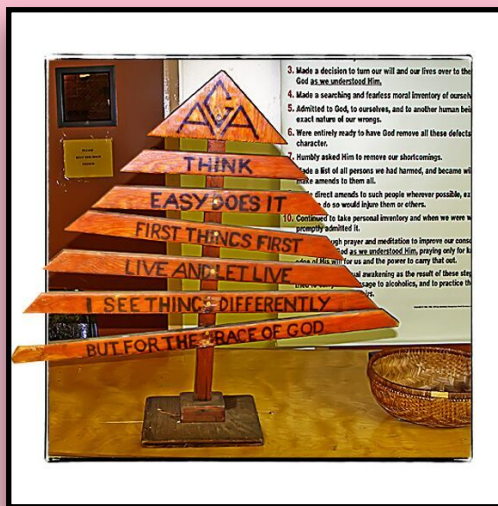
Mid Island is one of the longest running groups in Suffolk County and an object lesson in why it so important for a group to record its history from day one. Fifty years later the details are very sketchy and at times contradictory.

In a 2006 interview with Tom C. of Riverhead, who spent many years as a member of this group, gave some background information on who he believes started the meeting: Adrian F. Adrian's family owned a flower bulb company that had been in his family since the 1860s. He was well known in his field, traveling all over the globe and lived from 1904 to 1988. He played a large role in translating the Alcoholics Anonymous book into Dutch.

Yet in a 2007 interview with Joe S., long time member of the Wyandanch Group, now living in Florida, he cast his vote for a lady named Willie Mae. "She started the Babylon meeting in the kitchen in her home."

Whoever got Mid Island off the ground did so in late 1960. When it registered with Alcoholics Anonymous World Services in February 1961, neither Adrian F. or Willie Mae's name appears - rather John and Winifred B. does - to add to the mystery. It first met at St. Joseph's on North Carll Avenue with a line up so typical of groups back then: Monday open and Friday closed, both at 9:00PM. It met at the group house in the rear of the school yard. Somewhere in the mid to late 1960s the group moved to its present home, Babylon Methodist Church and the Friday meeting moved to Thursday. It wasn't until the early 1980s that the times of the meetings started getting earlier.

Prior to this, earlier beginners and step meetings were added, so that A.A.s could choose from an assortment of two different meetings each night.



Tom shared a wonderful story of how after his heart attack in 1985, he and another cohort, also named Tom, decided to push for a non-smoker's meeting. In keeping with group conscience, announcements were made to remind members of the forthcoming business meeting. However the day of that, not too many people showed up and the measure for a clean air meeting was easily passed. This did not sit well for all the business meeting no shows when they found out what transpired. The very next month they showed up in force and pushed through a reversal and a return to smoking. The two Toms immediately joined the young Babylon Non Smokers Group.

The late Cowboy Bob shared his memories with the Archives Committee in 2006. He had been a member of that group since 1974 and shared names of former members: George M., George J., Fred S., Nancy L., Charlie Van H., Bobby R., and husband and wife, Bob and Evelyn S. He agreed that there was lots of smoking in the room but spoke glowingly of Babylon Mid Island. A week after giving that interview, Cowboy Bob passed away.

For about 54 years, Babylon Mid Island has blossomed; touching many lives and helping alcoholics pick up the pieces. Long may they continue to bloom.

S.I.A. Archives Committee

March 30, 2014

The Archives Committee is always looking for volunteers to help save our Alcoholics Anonymous history. Contact the SIA Office at 654-1150.

How to Deal With Trauma as It's On-Going

It is official: we are all in collective trauma. There is really no point in being competitive about it, although, for economic reasons, many people are worse off than others. However, it is good to acknowledge that at this particular time, we are all threatened. Unfortunately, for many, this has become a platform to point out our various differences and how some of us have more monopoly on suffering—or alternatively preparedness—than others. I've seen people in on-line recovery groups posting memes about alcoholics being better prepared than non-alcoholics. (I'm talking about on-line AA groups, so I'm using the word "alcoholics" as that's what people there refer to themselves as.) I've seen people pontificating about how they were better off because they had a Higher Power. I understand there's a desire to convince ourselves that we are unique, and I think this desire stems from fear—I mean, if we tell the world that we are special, then maybe it's true? But it's not true, it's an illusion. Sure, maybe having strong faith in Higher Power and belief in your own superpowers makes this ordeal a little less taxing, but make no mistake: we are all equally at risk here. We are all going through trauma. And for those reasons, we should be focusing on solutions, not the cause of the problem, or even the problem itself (we can't come up with a vaccine on our own, so let's leave it to the scientists).

People who are in active trauma can go through a variety of emotions and states. Many of those states are meant to protect us from further damage, but it's important to recognize all of them and address them. You don't want the trauma to linger, or worse, get more significant because you're ignoring all the red flags. Some people dissociate and stay numb. Some people get angry and fearful (I'd venture those people sometimes post memes about the superiority of god-fearing folk). Some people get paralyzed and depressed. Almost all feel anxiety. And I would venture to say that even the ones who claim to be calm, and who are excited about the future, are suffering from a bit of denial. I think it's impossible not to feel some anxiety as the world crumbles around us. Then there are those of us who are front line workers who have no choice and are quite literally thrown into the world of this peculiar combat. They are doctors, nurses, paramedics, all the health workers, as well as all the other essential workers. People who don't have much choice but to sacrifice their health (and in some cases their lives) to fight COVID-19. And amongst all of those people are the ones who are mentally vulnerable in the first place—people with addiction, psychological issues, and emotional damage.

This is why all of us should focus on *cop*ing and *building resilience* that we can stay strong as we brace ourselves for possibly more disasters. For folks in recovery, this means attending on-line meetings, talking to sober friends, staying connected, and never giving ourselves permission to reach for a drink or drug because these are some kind of exceptional circumstances. Yes, they are, but nothing lasts forever, and you want your best self to emerge from this. If you feel like drinking or using, talk to someone immediately. Chances are they have felt that way and have some strategies to share, or if they haven't had those thoughts, they could tell you what keeps them sane during this time. For me,

And I try to stay away from bickering over whose recovery is better than others' during this time. I don't claim superiority to my friends who are not in recovery. I assume we are all struggling, and we could all use each other for support.

For now, here are a few more hopefully useful tips on how to deal with this on-going trauma:

- Exercise for 30 minutes or more. Whether at-home workouts or long, socially distant walks, exercise is one way to distract your thoughts.
- Try mindfulness. Focus on your body and how it feels as you move. Notice the sensations.
- Reach out to a meaningful friend each day. It keeps you visible and accountable.
- Stay connected. Zoom, Google Hangouts, Facebook, phone... you know the drill. Nobody's going anywhere! Get in touch.
- Join a support group. You don't have to talk about what's going on if it's too hard, but when you're finally ready, those people will be there for you.
- Do something meaningful. If you can, organize an on-line help for someone or something, get involved in a cause.
- Be kind to yourself. You are going through a lot. This is not the time to berate yourself or feel guilty. You're doing the best you can. We all are.

About the Author

David B. Bohl, author of the memoir *Parallel Universes: The Story of Rebirth*, is an independent addiction consultant who fully understands the challenges faced by so many who seek to escape from, or drown their pain through, external means. His story offers hope to those struggling with the reality of everyday life in today's increasingly stressful world.

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AA Beyond Belief

April, 2020

**Suffolk Intergroup
Association of
Alcoholics Anonymous
presents**

THE OTHER 24

**Monthly workshops on
the traditions and
concepts will be held at
6:30 pm on the first
Tuesday of every month at
the SIA office in Patchogue
118 Bay Ave (On Terrell)
Patchogue**

**The May workshop will
be held on Tuesday May,
5th at 6:30 pm via
Google Hang Outs**

**We will be covering
Traditions 5 & 6**

**A link to this is available
on our public calendar**

The 12 Traditions

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities