

An impressionistic landscape painting. The sky is the dominant feature, filled with large, textured brushstrokes in shades of blue, white, yellow, and orange, suggesting a dramatic, cloudy sky. Below the sky, a dark, silhouetted line of trees separates the horizon from the foreground. The foreground is a vibrant green field, also rendered with visible brushstrokes. In the lower right, a small, dark, rustic building, possibly a barn, is visible. A wooden fence with vertical posts and horizontal rails runs across the bottom of the frame.

September, 2020

Volume 48  
Number 5

**THE SUFFOLK INTERGROUP BULLETIN**  
**Visit your Suffolk County SIA Website at:**  
**<http://www.suffolkny-aa.org>**

*"If our manner is calm, frank and open we will be  
gratified with the result"*

*The Big Book, Into Action p.78*

# The Suffolk Intergroup Bulletin

## September Business Meetings

**Due to Covid-19 we do not yet know if these meetings will continue to be held online, at True North Church or both in the form of a HYBRID meeting. For further information visit:**

<https://suffolkny-aa.org/groups/sia-general-meeting/>  
**LAST TUESDAY OF THE MONTH**  
 Tues. 9/29/20

**SIA Business Meeting: 8:00 PM**  
**Archives Committee meeting: 7:00PM**  
**New Group Rep Orientation: 7:00 PM**  
**True North Community Church**  
**1101 Lakeland Ave., Bohemia, NY 11716**

**Public Information Committee:**  
**THIRD WEDNESDAY OF MONTH**  
**9/16/20 7:00 PM**  
**SIA Office, 113-8 Bay Ave. Patchogue**  
**SIA Officers & Chairs:**

**Treatment Facilities Committee:**  
**THIRD TUESDAY OF MONTH**  
**Tues. 9/15/20 7:00 PM**  
**SIA Office 113-Bay Ave. Patchogue**

**Suffolk General Service:**  
**THIRD FRIDAY OF MONTH**  
**Fri. 9/18/20 8:00 PM**  
**New GSR Orientation: 7:00 PM**  
**True North Community Church**  
**1101 Lakeland Ave., Bohemia, NY 11716**

## A Message from SIA Web Support

Visit our Website for the latest info on meetings, events and service opportunities.

<https://suffolkny-aa.org/>

Please direct any comments, updates, corrections, or suggestions to the Web Chair

[websup@suffolkny-aa.org](mailto:websup@suffolkny-aa.org)

### Re-Opening Meetings

We have a total of 40 groups and roughly 120 meetings that have resumed face to face meetings. Many more are hoping to reopen as soon as their meeting spaces allow it. Regardless if your group has just started to discuss resuming face to face meetings or is already there, please find useful information and resources on this critical topic here:

<https://suffolkny-aa.org/reopen/>

### 2020 Share-A-Thon moving Online

The Share-A-Thon will be held Online via Zoom on Sunday Oct 4th, 2020. Find details and information on how you can help, including suggesting workshop topic ideas here:

<https://suffolkny-aa.org/share-a-thon/>

### Your Group and the Meeting List

It is unlikely that we'll have a Printed Meeting List until much later this year. The Online Meeting List is being updated constantly and is the best resource to get the most up to date information. However, we can't keep the Meeting List current without your help!!

To find out more on how you can help keep your group's info up to date, visit

<http://suffolkny-aa.org/reopen/#meeting-list>

Since a printed meeting list is not very useful currently, we've instead developed a one page handout with important information and room to write down phone numbers for newcomers or anyone else needing this info.



## Around the AA Campus

Miracles are popping up all over. Two new groups started. Miracle Workers meets every Thursday at 5:00 at the Presbyterian Church 329 South Country Road, Brookhaven and Medford Miracles meets every Monday and Friday at 7:00 PM at the VFW 507 Long Island Ave, Medford

Heard in the rooms: "If the only thing I got out of going to Alcoholics Anonymous was just not drinking, I would have been ripped off."

Sad news. Long time AA from Kings Park, Mike S. passed away. He had been living in Florida the past few years.

Intergroup Archives has a project going on saving people's experience, strength and hope concerning the coronavirus and sobriety, how it impacted their lives and their groups, and what adjustments had to be made. Send these to: Archives@suffolkny-aa.org

All of these will be placed in a binder down at the Intergroup office so anyone can read about this unprecedented time in our history and will be saved for future generations to learn also.

Please help us save this history and spread the word.

Thanks

Until next month...

## SIA Institutions

**Chair people needed! Institutions are slowly opening and we need your help carrying the message. All are ensuring our safety as well as their patients. Please consider doing service or spread the word. Commitments can change daily so please contact us for more details. Thank you!**

## SIA Institutions Open Comittments

Open commitments as of 8/3/20

St. Charles Port Jeff

Womens Rehab- Monday, Wednesday 1:30 and Friday 7:30

Mens Rehab-Sunday 10am, Wednesday 1:30, Thursday 1:30

St. Charles Detox- male or female- Sun, Mon, Tue, Wed, Sat 1:30

Mon, Tue, Sat 7PM

Phoenix Mental health community residence, Brentwood any weekday 6:30-7:30, Sat/Sun 3-4pm

## The Email Addresses of your Intergroup Chairs

Chair - Jean Marie - chairperson@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 Mellisa - share@suffolkny-aa.org

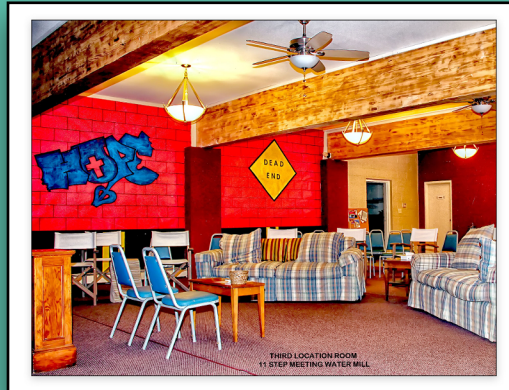
Special Events - VACANT - specevent@suffolkny-aa.org

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

Web Support - David - websup@suffolkny-aa.org

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

# The Suffolk Intergroup Bulletin



## Eleven Step Meeting Grace Presbyterian Church 1225 Montauk Hwy. Water Mill, NY

This meeting was started at St. Ann's Church in Bridgehampton in January, 1988 and was started by Lou A. as an open step meeting, because Lou's girlfriend wished to attend but was not an alcoholic. One of the speakers that Lou had at St. Ann's was Bill B. He explained meditation in the Zen Buddhist method, which was a great help to Lou and in the year 2005 Lou became a priest in the Zen Buddhist sect. Having been sober since 1981, Lou is now director of an organization that helps people get sober and introduces them to the rooms of A.A. in Florida.

Sister Mary L. became involved in the meeting early after Lou started it and moved it with Lou over to the Villa Maria Retreat House of the Dominican Sisters in Water Mill, in the early spring of 1988. The meeting did not go on to the meeting list right away. The group and Sister Mary L. were afraid the Villa could not handle any more people as the group grew to 60 people within a couple of weeks. But I was asked by Sister Mary to put it on the meeting list at a later date. In 2005, before moving again, the meeting was being attended by 30-40 people.

My first meeting there was in the spring of 1988. It was a guided meditation by Sister Mary from a book called "Imagine That" by Mariene Halpin, a Dominican Sister from Amityville, NY. I then started going to the meeting every Saturday for about 4 years, and sometimes being the speaker and doing a guided meditation from that book. After about one year, the group voted out the guided mediation as they wished to roam in their own minds and meditate on their own.

The format of the meeting was that the speaker would talk on the 11th step, and then we would have 20 minutes of meditation, followed by sharing from the floor about thoughts during meditation.

One of the great gifts from this meeting, for me, was walking out of the meeting with Sister Mary, after helping her put the chairs away. We were walking through a long hall of the Villa in silence and she looked up at me and said "you took your Bowery into your bedroom every night". She knew my story. I hope and pray that I never forget that moment and statement. Sister Mary said another time at a meeting there that "there is no difference between a low bottom drunk, and a high bottom drunk with one exception... that a low bottom drunk has his head in the gutter, and the high bottom drunk has his head on the curb."

In September 2005, the Villa was sold and the group was moved to the Hampton's Alliance Church, in Water Mill where attendance was about 20-30 people. Subsequently, the group located to Grace Presbyterian Church.

Russell M.

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

## Members Share Their Experiences of Sobriety During the Coronavirus

Lisa P.

### Pandemic Fellowship

When this all began and I knew I would not be as accountable, I had all the sneaky, untruthful and squirrely thoughts pop into my head. I was sober for 14 months and in AA for 4 years at the beginning of the pandemic. My first thoughts were, Who would know if I drink?, I could get away with it, I'll be alone all day and can't go anywhere. I felt excited and I figured I could just go back to not drinking once it was all over and things got back to normal. I figured a lot of people would be slipping.

I'm happy to say these thoughts did not last for long and I worked on the solution instead of excuses. I kept my sponsor and my support group very close and it got stronger than ever during this period. I jumped into finding the solution and after some failed Zoom meetings due to my poor IT SKILLS I started attending these meetings daily .

My husband and family have been so supportive during this time and I am so pleased to know there is no excuse that should cause setbacks in my program . I find I reach out to help others more then before which is something I needed to do and I Thank God everyday for keeping me on track and helping me keep the skills I learn everyday that I've been a member of Alcoholics Anonymous.

Ali L.

June, 2020

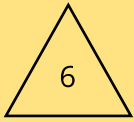
### Pandemic of 2020

The only positive thing that came out of this nationwide tragedy is ZOOM! When our world shut down around March 12th, stores, meetings, everything, I went into mental panic mode, what and how would I get my medicine "meetings." The first help I was able to access was a site on the internet called In the Rooms, which I had no idea has been at our disposal for thirty or more years. We (Bill and I) attended the around the clock meetings immediately. I was so happy and at ease in my recovery because we were with people around the world dealing with this twilight world as we were.

We were directly affected because we have three family members who contracted the cunning, baffling, and bizarre virus. One of whom was on a vent for two weeks --- so we were very scared. The rooms carried us. April came and our peeps (Long Island) got on board with ZOOM, and the ride has not stopped.

I cannot express my heartfelt, through and through gratitude for AA and its members. In a world stopping disaster AA, as a whole, came together to bring our emblem, the triangle together: Unity, Recovery, and Service. Non-stop 24/7 codes and passwords for a plethora of meetings all at our disposal. Any and all sick and suffering now had access to our wonderful Design for Living. Recovery in my home 24/7. What a gift!!! I have never been more honored to be a member of such a powerful, spiritual program.

Anniversaries continued. One group mailed beginner coins to their members!!! Just phenomenal stuff. Talk about STEPPING. UP. I have been around the world this whole time and will continue to be because of this. If it were not for ZOOM I do not know where I would be. My fear of this virus is real and I thank God for AA and ZOOM. A priceless gift to me!



## The Suffolk Intergroup

# Sobriety During the Coronavirus

**Dee S.**

It was the middle of March. The more meetings I went to, the more I heard of the fear of AA shutting down due to the virus. I was naive, I didn't believe that could ever happen. That week I received my 4 month coin, little did I know that was the last in person meeting I would go to for the next 4 months.

My sponsor texted me that my home group's church had shut down until further notice. Shortly after that NY went into a mandated quarantine. I couldn't believe this. Here I was doing everything I was supposed to be doing in early sobriety and it seemed the world was still out to get me. How was I going to stay sober with no meetings to go to? How was I going to stay sober not seeing anyone at all?

To give you a little background of me, I wasn't a drinker who loved to go out. My ideal day was to stay at home, wake up and drink all day until sleep came to me that night. So this quarantine was pretty much handing me my alcoholism on a silver platter.

I also found out that because of the quarantine, liquor stores and restaurants were now allowed to deliver alcohol to your house ... the old me would've thought my dreams came true.

But this was sober me, determined and proud of the 4 months I had. While the idea of staying home drinking all day during quarantine and having temptations and bringing me back to sanity.

Someone else bringing liquor to my front door was tempting, I knew I had a program and higher power in my life that could save me from these temptations and bring me back to sanity.

It is no exaggeration to say AA saved my life during quarantine. My home group quickly figured out online Zoom meetings, my close support group kept in close contact and I spoke with my sponsor everyday. As I think of it now, I could've easily skipped out on all the resources AA provided during this time, I could've easily lost contact with my AA friends and I definitely could have taken the easy way out and started drinking again during this trying time. But I didn't, I listened to a saying we say at every meeting after the coins are handed out, "Keep Coming Back". I kept going back, to the Zoom meetings, to the phone calls, to the texts ... and everyday that I kept going back, everyday I stayed sober. It seemed like eternity, but mid July, I was finally back at my church at an outdoor meeting, seeing everyone in my homegroup I had missed so much. I'll be receiving my 9 month coin in a few days, thankful I got through all this time without a drink. I'm excited for that meeting, and every single one that I get to keep coming back to.



**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 October workshop  
will be held on Tuesday  
October 6th at 6:30 pm**

**We will be covering  
Concepts 9 & 10**

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

**DUE TO COVID-19 THIS  
MEETING MAY BE HELD  
VIA ZOOM**

**For more information visit:  
<https://suffolkny-aa.org/other24/>**

## **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



## The Suffolk Intergroup Bulletin

SUFFOLK INTERGROUP ASSOCIATION  
— 2020 —  
**VIRTUAL SHARE-A-THON**

### **FREEDOM THROUGH SOBRIETY**

A.A. AND ALANON INVITE YOU  
TO JOIN ON

SUNDAY, OCTOBER 4<sup>TH</sup>

Send your groups name,  
contact person and email to  
[share@suffolkny-aa.org](mailto:share@suffolkny-aa.org)  
with 3 topic ideas your group  
would like to participate in.

Go to [suffolkny-aa.org/share-a-thon](https://suffolkny-aa.org/share-a-thon) for updates!

