



October, 2020

**Volume 48
Number 6**

THE SUFFOLK INTERGROUP BULLETIN

Visit your SIA Website at:

<http://www.suffolkny-aa.org>

The Suffolk Intergroup Bulletin

October 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. 10/27/20

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
10/21/20 7:00 PM
SIA Office, 113-8 Bay Ave. Patchogue
SIA Officers & Chairs:**

**Treatment Facilities Committee:
THIRD TUESDAY OF MONTH
Tues. 10/20/20 7:00 PM
SIA Office 113-Bay Ave. Patchogue**

**Suffolk General Service:
THIRD FRIDAY OF MONTH
Fri. 10/16/20 8:00 PM
New GSR Orientation: 7:00 PM
True North Community Church
1101 Lakeland Ave., Bohemia, NY 11716**

Women's Back to Basics

The First Online Only Women's Meeting In Suffolk County Begins in the COVID Crisis

In the first days of the COVID shutdown in March 2020, many groups turned to virtual environments and shared links among their members and members of other groups. However, very few physical-turned-virtual groups listed those meetings on the Suffolk Intergroup site. In addition, beds were not available in treatment centers and jails and institutions could not allow AA meetings. As a result, 12th Step work in Suffolk County came to a screeching halt, and newcomers had few alternatives to getting sober. The problem was that those who were already sober had many Suffolk online meetings to attend, via a secret network of texting and sharing, but those just getting sober were out of the loop and had very few. The hand of AA had literally shriveled on the vine, so to speak, and the vine itself was flourishing as alcoholics suffered in isolation, and liquor stores, deemed essential businesses, did a booming business in home deliveries.

An AA girlfriend and I had always talked about starting a women's meeting in Suffolk County that focused on literature. We even had a name: Women's Back to Basics. But starting a physical meeting had many challenges, not the least of which was finding a space and coming up with money to pay the rent, while the meeting was getting on its feet. By chance on the last Tuesday in March, someone told me that an SIA meeting was meeting online that night, and I attended as a member. And the group voted that night to allow physical meetings to list their virtual meetings on the SIA site. I asked if I could start an online only AA virtual meeting to list on Suffolk Intergroup, and we were given permission! We had our virtual coffee pot and meeting space and on Monday, April 6, at 7:30AM, the first online only AA meeting listed in Suffolk County Intergroup (which also happened to be a women's meeting) went live! I signed on early at 7:15AM and held my breath as I waited for others to join me on Google Hangouts. As the minutes ticked down to 7:30AM and I sat alone, I resolved 8:30AM everyday, I would keep the virtual door open for the next sick and suffering women alcoholic, no matter what. I

was sweating bullets as I sat there alone as the clock slowly ticked down the minutes to 7:30. At 7:28AM, a series of welcome dings went off as women's faces that I knew and didn't know popped online. Tears sprang to my eyes. Women's Back to Basics was live!

In the early days we needed a lot of technical support from Suffolk Intergroup, and the webmaster, also doing service, was endlessly patient with my questions and teaching other women in the group to moderate. But from the very beginning, as we set out to read AA literature, starting with the Big Book, Mondays through Fridays, from 7:30 to 8:30AM, women counting days and just out of treatment came together with other sober Suffolk women to get sober. Each new woman spoke emotionally of how lonely and terrifying it was in the COVID crisis and how difficult it was to get sober and find meetings and other women with whom to connect.

Our meetings never swelled to the numbers of other online meetings and we hover around 10-12 women each day, with faces changing and returning. We are inclusive and never exclusive, and hold a virtual coffee shop in the hour after the meeting, making sure that numbers are exchanged, problems are shared, and women are connected. We have newcomers and old timers, women of color and white women, LGBTQ and straight, old and young, and we share our primary purpose: to stay sober and help another woman achieve sobriety. I had 19 years sober in the month of July 2020 and without these beautiful newcomers and old-timers, sobriety would have been much less enjoyable during these COVID times. Someday, we will meet at a park in Suffolk County or at the beach. But until then we are sober together online.

Amber E.

Women's Back to Basics is listed on the Suffolk Intergroup web site Monday - Friday from 7:30 to 8:30AM. All are welcome.

Around the AA Campus

Lots of changes going on. Meetings are re-opening. Some are re-opening on an outside basis only. Some new meetings are strictly online and yet others are hybrids - both online and in person. Check your online meeting list for a complete view of the changes.

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

Please be mindful of any special requirements at each meeting. Most ask that those in attendance wear face coverings. Some may require people sign in. Others may prohibit outside drinks from being brought in. Outside meetings may not provide seating. So unless you wish to stand, bring your own chair. Ask if it is permissible before lighting up a cigarette or vaping. Remember, we are guests at ALL meeting places

Some new meetings could use a mention, Women's Back to Basic meets online Monday to Friday at 7:30 AM and in person Friday at 10:00 AM at Crab Meadow Beach in Northport

For those looking for a late night meeting. New online Moment of Clarity meets Monday to Thursday at 10:00 PM.

New face to face meetings. Miracle Workers Brookhaven Thursday at 5:00 PM and Medford Miracle Monday and Friday at 7:00 PM. Why not give your support.

The One and Only is now both outside at St. Thomas of Canterbury in Smithtown and Zoom simultaneously. This happens every Saturday at 3:00 PM. Stay tuned for what happens when the weather turns cold. No one knows at this point.

The Archives Committee still continues to look for people to help with its website. It's been over 9 months since the original webmaster stepped aside. There must be someone out there who understands the importance of doing service work.

They are also collecting people's experience, strength and hope regarding the coronavirus.

Send to; Archives @Suffolkny-AA.Org These will be saved so future generations can learn about a very challenging period in our history.

Two gems heard in the rooms:

A coffee maker is just like a bartender.

I couldn't hear a word you said. My brain was talking too loud.



Medford
Miracle
Group

Miracle Workers
Brookhaven

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

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@suffolky-aa.org

Re-Opening Meetings

We have a total of 61 groups and roughly 150 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/>

Virtual Speaker Exchange

<https://suffolkny-aa.org/virtual-speaker-exchange/>

Find Speakers and Outgoing Speaking Commitments for your Group.

November Exchange will be held on October 10th, 9am

This exchange is for ONLINE meetings ONLY.

Visit the [Virtual Speaker Exchange](#) page to REGISTER your group and learn more.

Your Group and the Meeting List

It is unlikely that we'll have a Printed Meeting 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.

<https://suffolkny-aa.org/meeting-list/#handout>

Online Contributions to SIA

Learn more about the why and the how continued 7th Tradition Contributions are necessary for SIA to continue its mission of helping groups carry the message. Please Contribute Today.

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

Service Opportunities in SIA

Learn more about how you can contribute your time and talent in helping SIA help others.

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



Bay Shore Desiderata St. Patrick's Church – Msgr. Purick Hall 5th Ave. & Main St., Bay Shore

Mike M., who was one of the co-founders, was approached by Father Coffey about starting a meeting. It seems many other churches in the area had A.A. meetings already and St. Patrick's did not. So Mike went to the Board and submitted a proposal that the church invite Alcoholics Anonymous in.

The members of the Board had no idea Mike was an alcoholic and when he raised the issue, he made the motion as a concerned parishioner. So after he put the motion on the table, he sat back and listened as one Board member after another talked about "those people." One of the loudest voices objecting was one nun. This nun ran the soup kitchen and Mike believes she saw A.A. as in direct competition to the work she was doing. Needless to say the motion to invite A.A. was defeated. Father Coffey pulled Mike aside and told him to get the meeting going anyway and he would deal with any opposition. Mike got the meeting started with the able assistance of a lady named Mary. The Group first appeared in the February 1979 Suffolk County meeting list.

Peggy S. from Bay Shore shared this memory about the group. "They used to have these people coming in off the streets just to get things to eat. Mary would have all sorts of hors d'oeuvres. She had flowers at the meeting. It was lovely and these people would come to eat. It was good. It is a good memory. The first meeting they ever had was candlelight because the power went out. So they decided to have the meeting anyway. They lit candles and had the meeting."

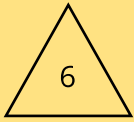
Mike believes in the Power of Miracles, which he believes "is God's way of doing things anonymously" an expression he believed he coined until he heard a speaker at the 1985 Montreal International convention use that very term. He attempted to meet up with that person but the line was too long so he resigned himself to not being able to do so.

The next day he went into a rest room and lo and behold, that same speaker was using the urinal right next to him. They struck up a conversation. The person's name was Tex and he hailed from Oklahoma, where he ended up on the Bowery due to his drinking. One night to keep warm he slept over a grate with newspapers as a blanket. As he adjusted the newspaper he spotted an article in it on a group called Alcoholics Anonymous. In that article, there was an expression "Miracles are God's way of doing things anonymously." Tex got sober. Mike continues using that saying and sharing this wonderful story.

Interview with Mike M.

SIA Archives Committee 2006

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



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Sobriety During the Coronavirus

AA is not Found in a Room

I'm Bill and I'm an alcoholic. Before the coronavirus hit, I was 18 months sober and making at least one meeting a day. I have been blessed with willingness to do anything. My sponsor is a no bs guy so I listened. I had lost everything before my sober date which is October 8 2018. When they started to close churches, I thought my church wasn't going to close. However, it did finally close, one of the last.

I started doing more for my sobriety by the fifth day. My sponsor and a few more people in my support group put a meeting together at Belmont Park. It started with four of us. At that time, we made three meetings a week at Belmont Park (Friday, Sunday and Tuesday). Within weeks, another person from my home group put together a Thursday meeting. Yet another made one on Tuesday afternoon.

All of a sudden, our home group members, plus others, started to become so close that we became even more of a family than before. We would have meetings and then go on Zoom at night. Thank God I was given a laptop a month before Covid-19. I was at my sponsor's house a lot. I would meet people in parking lots for a half an hour. My higher power and I have become very close. I kept telling myself "how bad do you want it?" Before the meetings re-opened up in the church, we had set up a meeting and a Zoom meeting every day. I got to get even closer to AA and God.

Now that some meetings have opened up, I realize AA is not an hour a day in a building. It became part of my soul. I am doing AA 24 hours today. I am with my higher power all day! I am lucky the coronavirus has strengthened my sobriety with God's grace. I'm coming up on two years and now my nickname today is Grateful Bill, not Fall Down Drunk Bill! Every day has become a gift and a great adventure. It's kind of fun discovering who I really am. The Belmont meeting now averages 25 people and we are still going to people's houses even though meetings have opened up inside again.

I am truly grateful to be sober and grateful to be an alcoholic.

God bless!

Grateful Bill

West Islip Easy Does It

**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
November 3rd at 6:30 pm**

**We will be covering
Traditions 11 & 12**

**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



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

FREEDOM THROUGH SOBRIETY

A.A. AND ALANON INVITE YOU
TO JOIN ON

SUNDAY, OCTOBER 4TH

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

Go to suffolkny-aa.org/share-a-thon for updates!



The Bulletin is published monthly by the Suffolk Intergroup Association of Alcoholics Anonymous, PO Box 659 Patchogue, NY 11772. "Alcoholics Anonymous" and "AA" are registered trademarks of Alcoholics Anonymous World Services, Inc. Quotes from AAWS literature and AA Grapevine are used with permission .