



November, 2020

**Volume 48
Number 7**

THE SUFFOLK INTERGROUP BULLETIN

Visit your SIA Website at:

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

**We will have a genuine
gratitude for blessings
received...
12&12 Step Ten p. 95
Have a Very Blessed Thanksgiving**

The Suffolk Intergroup Bulletin

November 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. 11/24/20

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
11/17/20 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. 11/20/20 8:00 PM
New GSR Orientation: 7:00 PM
True North Community Church

Attention, Excessive Drinkers

Alcoholics Anonymous is a non-sectarian organization composed of alcoholics joined together to help each other solve their common problem—alcoholism. If alcohol has become a problem in your life and you have a sincere desire to do something about it, AA may be able to help you.

There are no dues or fees involved. There is a group in your neighborhood. It is suggested that you consult your physician, priest, or minister, or address a note to Box 407, Bayport, N. Y. All communications will be kept strictly confidential.

Suffolk County News
May 20, 1949

Around the AA Campus

More and more meetings are re-opening. Keep checking the Suffolk Intergroup webpage for the latest updates and groups, please let us know what your current status is.

Desiderata, which met for way over 40 years in Bay Shore, has moved to Deer Park. 7:00 PM Sunday at 375 Commack Road (see accompanying photos).

The Whitman Group has relocated to King of Kings Lutheran Church 2611 New York Avenue Melville

Zoom into Action, a new online group, meets every Monday at 7:00 PM and Friday at 8:00 PM. Both meetings are geared towards newcomers.

The most challenging meeting to get to? The Fishers Island Group wins hands down. Although considered part of Southold Township, it is located only two miles from Connecticut. In fact, to reach this place you have to catch a ferry in New London.

Two gems heard at meetings recently:
I never did my drinking half-assed, So why would I
do my Steps that way?

Get off the pity pot. The only thing you are going to
get is a ring around your butt.



**Desiderata's new home in
Deer Park**

The Email Addresses of your Intergroup Chairs

Chair - Jean Marie -
chairperson@suffolkkny-aa.org

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

Treasurer - Laurie -
treasurer@suffolkkny-aa.org

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

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

Archives - Jack - archives@suffolkkny-aa.org

Archivist - Bob - archives@suffolkkny-aa.org

Bulletin - Fran - bulletins@suffolkkny-aa.org

Corrections - Robert -
correct@suffolkkny-aa.org

Grapevine - Jackie -
grapevine@suffolkkny-aa.org

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

Institutions - Kathleen -
institutions@suffolkkny-aa.org

Literature - Tommy - books@suffolkkny-aa.org

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

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

Office Manager - Michael -
siaoffice@suffolkkny-aa.org

Schools - Phil - schools@suffolkkny-aa.org

Share-A-Thon Mellisa - share@suffolkkny-aa.org

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

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

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

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

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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

Re-Opening Meetings

We have a total of 85 groups and roughly 200 meetings that have resumed face to face meetings. 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/>

Virtual Speaker Exchange

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

Find Speakers and Outgoing Speaking Commitments for your Group.

December Exchange will be held on November 14th, 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 List until much later this year. The Online Meeting List is being updated daily and is the best place 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 available 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>

Holiday Marathon Meetings

We are eager to hear from groups that will be holding all-day Marathon Meetings around the Thanksgiving and December Holidays. Please email us with the details if you are planning on holding these Marathon Meetings.

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/>

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Spiritual Solution Old Whalers Presbyterian Church 44 Union Street Sag Harbor, NY 11963

It was time for a change. Back in the 1990s the only early morning meeting option on the East End was Amagansett AM. Traffic and parking during the summer months was described as a “horror show.” Add to that the antics of one member and there were all the necessary incentives for starting a new group. So that’s exactly what Lola, Mary and Marybeth did.

But getting this off the ground took some doing. The three of them always wanted the group to focus on the spiritual side, hence its name. Each day would have a different format based upon a different Alcoholics Anonymous book. To maintain that spiritual ambiance, each meeting would start with the Serenity Prayer followed by a five-minute meditation. The biggest obstacle was finding a place to meet. Most churches they approached wanted more for rent than they could afford. When it looked like a hopeless cause, they tried “just one more” and that did the trick. The Methodist Church on Madison Street became their first home.

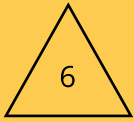
Many times, when another group starts, not everyone is gung-ho about a new addition to the AA family. Many look at it breaking up the old gang. Sag Harbor needed its own morning meeting and Spiritual Solution filled the void nicely. Over time all hard feelings dissipated. Since its start in July 1994, it has become a regular stop for many people. Spiritual Solution meets every day at 7:30 AM except Sunday. Thirty to sixty people show up to partake. Their original meeting place opened its doors to an outpatient treatment program. This required a move to the Old Whalers Presbyterian Church. They have been meeting there since September 2004.

Each meeting ends with another recital of the Serenity Prayer followed by “thy will not mine be done.” For those in attendance it’s an ideal way to start the day and carry the AA message. Which is exactly what three ladies wanted to do when they began this group 25 years ago.

Russell M.

2005, 2011 and 2019

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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An Alcoholics Anonymous Covid 19 memoir

My name is Mike and I'm a grateful alcoholic.

I am also a Covid-19 survivor aka. "A Long hauler". My Covid experience has touched on all aspects of my humanity: physical, mental, emotional and spiritual.

I was taken by ambulance to the emergency room of the local hospital on April 16, 2020 and remained there for 21 days.

The first few days were pretty much a blur and my mental clarity gave way to a kind of disorienting hallucinogenic state I came to know as "The wilderness".

The thought - "I'm still alive" - became the only conscious thought I could muster when I was roused at the end of my nightly journey into this CoVid wilderness. How was my body mustering the strength to fight off the terrible, relentless onslaught it was under? I was in no mental condition to make any choice in the matter; like my mental and spiritual aspects - my soul? - were just along for the ride and when I came to each day the first thought I could form was "I'm still alive ... I didn't die".

The days wore on into weeks. My cell phone became a lifeline to the outside world. I was fortunate to have a ready supply of loving and supportive friends in AA to reach out to and once the word got out that I was ready and able to receive calls, texts and emails I was rewarded with more love, encouragement, support and blessings than I could have ever anticipated.

Day 19 of my hospital stay was the toughest of all. After four days of muscle pain, back spasms and a gout flare up that left me partially paralyzed and bedridden a doctor came in to listen to my breathing and commented on the fact that he had detected an irregular heartbeat.

This news almost broke me, emotionally and spiritually, not to mention physically. I had been to Hell and back multiple times courtesy of the Coronavirus; endured day after day of excruciating physical pain, stared into the abyss of the unknown countless times, felt my body burning up from fever, struggled to breath and literally turned blue from hypoxia and yet the virus was not done with me.

It had attacked me on every level and in every conceivable way, and now it was going after my heart? I broke down and sobbed, defeated, alone, terrified. I did not understand what all of this meant, and in the absence of understanding darkness and fear took root.

From somewhere deep down inside of me that small, still voice that I had come to know and trust in sobriety began whispering words of guidance to me: five guiding principles that I first learned when I walked through the doors of Alcoholics Anonymous in 1987, and embraced again when I went through chemotherapy in 2013 - 2015.

1: Don't isolate or go it alone

2: Go where you're loved

Although physically isolated, I continued to call friends in AA with whom I share a deep spiritual connection. I knew I needed to surrender into this situation, and looked to these folks to help guide me there, which they gently did. Darkness fading; light returning.

3: Take care of yourself from the neck up

4: Be grateful for each day

While the Doctors continued to do what was necessary for me physically, I had to take care of Mike's head from the neck up. Gratitude was a bit more difficult to come by at first, but as I reflected on the care given and the concern shown by everyone who had helped me thus far in my Covid journey waves of gratitude began to well up in me and wash away the fear and anger. The light was getting brighter.

5: Keep it in the day - One day at a time

I can survive anything for a day. I had proved this fact again and again during my Covid journey. I did not know how this newest condition would play out but I knew I could hang on for just this day, so that's what I did, one day into the next.

After 48 hours of intensive treatments my heartbeat returned to a normal sinus rhythm and on Wednesday May 6th I was informed I was to be discharged.

The epidemiologist who had been with me throughout my Covid journey came in to say goodbye and offer a few parting thoughts from her perspective. She told me there were three instances when they almost lost me. Unbeknownst to me, she and her colleagues gathered at the foot of my bed and watched my struggles, knowing that they had done all they could do for me medically. To their amazement I rallied back each time, a feat which they were at a loss to explain medically or scientifically. I will never forget her words to me that day: "There's something inside of you that gave you the strength needed to come back. It's known by different names: spirit; soul; faith. Whatever it is, hold onto it, use it, cherish it. Medicine can take about 75% of the credit for helping you through this crisis, but the other 25% is something inside you."

I know that this "something inside me" came from the grace, love, strength and power provided to me by everyone who offered prayers of healing, thoughts of love and visions of hope in my name. More than once I was told by a beloved group member that they were "storming the gates of heaven" for me.

My ultimate Covid takeaway: IT ALL MATTERS! Every thought and every prayer and every word of love that we utter in someone else's name, someone who at that particular moment in time NEEDS that love, strength and hope to grasp onto, IT MATTERS. This is the 25% my doctor was talking about. It is the greatest gift, the utmost service, the highest form of love that we can bestow upon another.

I truly give thanks to my Higher Power everyday for the gifts of Willingness, Acceptance, and Sobriety I found in the rooms of AA - One Day at a Time.

Thy Will Be Done, Not Mine

Mike M

Huntington Station New Life Group D.O.S. 8/15/1987

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

**We will be covering
Concepts 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