



**December, 2020**

**THE SUFFOLK INTERGROUP BULLETIN**

**Visit our SIA Website at:**

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

**Volume 48  
Number 7**

**Have a quiet and peaceful  
holiday season**

## December 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/>

**Public Information Committee:**  
THIRD WEDNESDAY OF  
THE MONTH  
12/16/20 7:00 PM  
SIA Office, 113-8 Bay Ave.  
Patchogue  
SIA Officers & Chairs:

LAST TUESDAY OF THE MONTH  
Tues. 12/29/20  
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

**Treatment Facilities Committee:**  
THIRD TUESDAY OF MONTH  
Tues. 12/15/20 7:00 PM  
SIA Office 113-Bay Ave. Patchogue

**Suffolk General Service:**  
THIRD FRIDAY OF MONTH  
Fri. 12/18/20 8:00 PM  
New GSR Orientation: 7:00 PM  
True North Community Church  
1101 Lakeland Ave., Bohemia, NY 11716

## Institutions Committee

We are looking for AA members to do service in our Suffolk Institutions. If you are comfortable in this setting please consider volunteering even one day a month to an Institution. All Facilities are using proper precautions during this time period. If you would like to do service, but don't yet feel comfortable going into a facility please help us by spreading the word of our needs. Thank you for your continued support.

The institution committee meets every 3rd Tuesday of the month at 6:15pm at the  
SIA office in Patchogue

Thank you for all support and service.

We want to say a special thank you to The Eye Opener group of East Northport for  
their generous donation

Institutions committee  
Institutions ,  
Suffolk Intergroup Association of AA

## Around the AA Campus

With the coronavirus still in full swing, some groups have come to the realization that their old meeting spots might be shut down for much longer than expected. So they found new homes.

**Brentwood Gratitude** has moved to **Christian Church Lighting the Way** at 245 Second Avenue. Wednesday at 6:30 PM and Friday at 5:30

**St. James' Sunrise Reflections** has moved to the **VFW** 460 Lake Avenue. They meet bright and early every morning at 6:15. One Sunday each month, the VFW cooks them breakfast, which is a nice bonus for sure.

Some new meetings to help you stay sober. Why not offer your support?

**Women in Recovery**, a new online ladies meeting, can be found every Saturday evening at 7:30. Zoom 846 5336 8848. Password 893172

**Greenbelt Rec Group**, a new meeting, meets at the **VFW** 32 Edwards Street in Patchogue every Tuesday at 7:00 P.M.

Thanks to Caryn from Blue Point Traditions for her kind donation of old Grapevines to the Archives. Maybe you have some old related material tucked away in a closet or sock drawer, that you might like to donate also.

Heard in the rooms...

I went from being an asshole to an asset.

I didn't come to AA because I saw the light. I came because I felt the heat



**St. James Sunrise  
Reflections**



**Brentwood  
Gratitude**

## 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-AA.org

# The Suffolk Intergroup Bulletin

## A Message from SIA Web Support

Visit the SIA 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

There are 107 groups that have resumed a total of 252 face to face meetings. Regardless if you are looking to find these in person meetings or your group in discussion to reopen, please find useful information and resources on this critical topic here:

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

### Hybrid Meetings

HYBRID meetings is the term used for the practice of holding a regular face to face meeting and an online meeting simultaneously as one single blended or HYBRID meeting. For more information on finding and holding Hybrid meeting, visit:

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

### 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 December 12th, 9am

This exchange is for ONLINE meetings ONLY.

Visit the Virtual Speaker Exchange page to REGISTER your group and learn more.

INDIVIDUALS looking wishing to speak, email [websup@suffolkny-aa.org](mailto:websup@suffolkny-aa.org) for information on available speaking slots in the area.

## Your Group and the Meeting List

It is unlikely that we'll have a Printed Meeting List until the spring at the earliest. 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

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

## Holiday Meet-A-Thon and Other Events

Check the events calendar for upcoming Meeting Marathons and all other events.

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

### 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/>

### 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.



## **Morning Group St. Ann's Episcopal Church 257 Middle Road Sayville, NY 11787**

Back in June 2005, Jack D., one of the founders, wrote about the history of the group, then only three years old.

The group started in May 2002 and originally met in the Littlejohn Building, a wonderful old stone structure. For many years this morning group was no more than a trio. Although it would attract occasional persons fresh out of rehabs or hospitals, unemployed people and those new to Alcoholics Anonymous, attendance consistently remained low. At one point, members considered shutting down the meeting.

However, the decision was made to continue since it was then the only morning meeting in Sayville, West Sayville or Bayport.

Updating things to 2019, things have changed considerably.

Bayport Middle Road has since added an 8:00 A.M. meeting to its lineup. That hasn't impacted this group at all. It is still the only mid-morning meeting in town. Every Thursday at 10:00 A.M. they continue to meet, but now they average at least twenty people each week. At one meeting in December 2019, seven people in attendance had more than thirty years sobriety. The format is to read a passage from the Daily Reflections book, followed by the speaker's ten/fifteen minute share. This is followed by a show of hands. The level of honest sharing was apparent throughout.

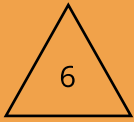
The room they meet in is spacious, bright and immaculate. Chairs are set up in a large oblong configuration. Since it was December, the room was decorated tastefully for the holidays.

Although Jack no longer attends the meeting he helped start, he would be proud of his legacy. When he wrote the original history, he added "we feel we have helped and continue to help suffering alcoholics." Truer words have never been written.

**S.I.A. Archives Committee  
December 8, 2019**

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





# Getting Sober During the Pandemic

Jessica M.

This year started off like any other year, with me in treatment, hopeful for my future. Little did I know this year was finally going to be it! I ended up getting kicked out of treatment for using with a friend. That happened in early February. My family wanted nothing to do with me. So, I went to live with my friend. We stayed sober by going to meetings and helping each other out. That is until COVID-19 hit and all the meetings were shut down. Inevitably, I drank again and this time my friend threw me out. I was homeless with no place to go. I admitted myself into the hospital with suicidal ideation.

I finally convinced my parents to let me come back home with the promise that I would stay sober. I did stay sober—but by the skin of my teeth. That is until April came along and I started smoking weed. My mom would beg me to do Zoom meetings. I would lie and say I did. In reality, I would just isolate instead. This led to more self-destruction and my final drink on June 16, 2020. I was so desperate and alone. I was finally ready to get honest and do the necessary work. I almost died that night. I believe my higher power had a different plan for me. I had to reach the point to realize the value of my own life and that I truly didn't want to die. I would throw those words around all the time but when really faced with it, it really scared the hell out of me. I want to live today!

After that I moved into a sober house where we attended Zoom meetings every day. Sometimes twice. I got a sponsor and started doing the work. I've never felt better. I'm slowly getting back all the things I lost. Now that in person meetings are starting up again, I do not rely on Zoom as much. But it will get me through a crucial part of my early recovery and for that I am eternally grateful.

November 10, 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 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

# ★ 2021 SENY CONVENTION ★ A.A. IN A TIME OF CHANGE



## MARCH 5 – 7

★ HISTORIC 53RD VIRTUAL CELEBRATION ON ZOOM ★

- \* A.A. \* AL-ANON \* ALATEEN \* YOUNG PEOPLE IN A.A. \*
- \* SPEAKER MEETINGS \* 15 WORKSHOPS \* ALKATHONS \*
- \* SPANISH LANGUAGE MEETINGS \* SPANISH TRANSLATION \*
- \* UNITY \* INCLUSIVITY \* DIVERSITY \* ACCESSIBILITY \*
- \* BOX LUNCH + DINNER GUEST HOSPITALITY \*
- \* 12 STEPS \* 12 TRADITIONS \* 12 CONCEPTS \*
- \* FUN \* GAMES \* ENTERTAINMENT \*

## ★ LET'S GET THE PARTY STARTED ★



REGISTER ONLINE @ [AASENY.ORG](http://AASENY.ORG)

REGISTER BY MAIL :  
SENY CONVENTION 2021  
PO BOX 571  
NEW YORK, NY 10116

REGISTRATION FEE : \$20.00

★ INFORM – COMMUNICATE ★ INVOLVE – ACT ★ INSPIRE – ATTRACT ★