



January, 2021

THE SUFFOLK INTERGROUP BULLETIN

Visit our SIA Website at:

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

**Volume 48
Number 7**

**May 2021 be a better
year for us all**

The Suffolk Intergroup Bulletin

January Business Meetings

Due to Covid-19 we do not yet know if these meetings will continue to be held either online, at 89 North Ocean Ave. Patchogue or both in the form of a HYBRID meeting. For further information visit:

<https://suffolkny-aa.org/groups/sia-general-meeting/> SIA Officers & Chairs:

Public Information Committee:
THIRD WEDNESDAY OF
THE MONTH
1/20/21 7:00 PM
SIA Office, 113-8 Bay Ave.
Patchogue

LAST TUESDAY OF THE MONTH
Tues. 1/26/21
SIA Business Meeting: 8:00 PM

Archives Committee meeting:
7:00PM

New Group Rep Orientation:
7:00 PM

89 North Ocean Avenue
Patchague

Treatment Facilities Committee:
THIRD TUESDAY OF MONTH
Tues. 1/19/21 7:00 PM
SIA Office 113-Bay Ave. Patchogue

Suffolk General Service:
THIRD FRIDAY OF MONTH
Fri. 1/15/21 8:00 PM
New GSR Orientation: 7:00 PM
89 North Ocean Avenue
Patchogue

Institutions Committee

The Institutions Committee is in need of a new chair.

If you are interested in serving in this capacity contact the

Institutions Committee at

Institutions@suffolkny-aa.org

The Institutions Committee is also in need of volunteers to fill commitments at treatment facilities once a month. Please consider serving in this way. All facilities are working hard to keep us as well as their patients safe during the pandemic!

The Institutions committee meets the third Tuesday of the month at 6:15 PM at the SIA office at 113-8 Bay Ave. Patchogue. Please look for instructions as to whether this meeting will be opened or closed due to the pandemic on the Suffolk AA website.

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

We are asking for gently used, or new AA literature for our facilities. Please collect and bring them to the SIA meeting next month at the SIA office or contact

Institutions@suffolkny-aa.org

Around the AA Campus

Changes continue to happen, so best to keep checking the meeting list for the latest updates. Don't assume anything. Please notify Intergroup of changes you are aware of, so we can continue to stay on top of all of this.

Some new meetings out there

The Byron Lake Group meets seven days a week.

Five of the days, Monday to Friday, at the Crossroads Church 127 Country Village Lane East Islip and 80 Bridle Way Oakdale on the weekend.

All meetings are at 5:00 PM

The Corona Beach Meeting meets seven days a week at noon 79 Foster Avenue Hampton Bays

Looking to do some international service work? The Friends in Recovery Zoom meeting is always looking for speakers. Contact Harold at friendsinrecoveryusa@gmail.com. That meeting, by the way, is in South Africa!

Tip of the AA hat to Lucky Lou C. for his donation of two old Share-a-thon programs to the Archives

Heard at meetings:

Would you rather be a role model or a cautionary tale?

What do you think, God is some kind of celestial bellhop?

Finally, things we cannot change. Long time member, J.J. passed away. He was one of a kind.

A happy sober new year to everyone!



Byron Lake Group

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 - VACANT -
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 -
siaooffice@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@suffolky-aa.org

Re-Opening Meetings

There are 114 groups that have resumed a total of 265 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 MEETING is the term used when a group opts to hold 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.

February Exchange will be held on January 9th, 9am

This exchange is for ONLINE meetings ONLY.

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

Whether your group does or does not participate in the exchange, , INDIVIDUAL members off AA wishing to speak can email websup@suffolky-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 in the foreseeable future. The Online Meeting List is 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>

Events

Check the events calendar for all upcoming 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.

We can now accept Online Contributions by Credit Card, Debit Card, PayPal and ACH Bank Transfers.

The Suffolk Intergroup Bulletin

5

Miracle Workers Old South Haven Presbyterian Church 329 South Country Road Brookhaven, NY

Laura, who started this group, strongly believes in miracles. In her 31 years of sobriety, she has seen all sorts of them. In fact, that's what she calls those who have found sobriety in AA: miracles. When the opportunity presented itself to create a new group she applied that same line of thinking in calling it Miracle Workers.

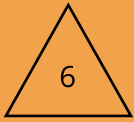
The group first met in the midst of the coronavirus pandemic. That was on Thursday, August 6, 2020 at 5:00 PM. The first meeting met outside at Old South Haven Presbyterian Church. People honored social distancing - staying about six feet apart - and wore face masks. It was an informal gathering of eight people who brought their own lawn chairs. The weather was cooperative although clouds were lurking. The only hitch was the noise on the road nearby which suggested every car driving by needed a new muffler. But these were minor glitches. There was a great spirit; as there usually is with a new meeting.

Two of the people attending were newly sober and two had over 30 years. Naturally after the speaker shared, the new people were the focus of attention. Questions were answered, experiences were shared and phone numbers were exchanged. These are prerequisites if you want miracles to blossom.

"I gave it to God" said Laura about her decision to start this meeting. Her stated goal is "to help people inside and outside, that the hand of AA will always be there." When the weather turns wet or cold, they will move inside. However, inside or outside, everyone will be seated in a circle. To lead this meeting, Laura travels down from Coram, which is about a 10 miles commute each way. Wherever you are traveling from, this meeting will be well worth the trip. Simply sit back and witness all the miracles that will happen

SIA Archives Committee
August 12, 2020

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



An Alcoholic's Pandemic Story

Lindsey M.

I think it's fair to say that 2020 has been, almost without exception, a tough year for all of us. As the number of people who have been impacted by COVID-19 increases, the number of people pushed to their emotional limits, also increases. As infections and the death-toll rise anxieties heighten. And for those of us who can't have the occasional glass of wine to calm the nerves, we have to really feel all of these feelings; the fear, the sadness, the stress. We addicts in recovery experience the full weight of those emotions all the way through, with the hope that we'll come out lighter on the other side.

In March of 2020, as the world started shutting down, my recovery routines went through a total transformation, seemingly overnight. I'm sure most of you reading this can understand when I say that I've found meetings and people with whom I connect that work for me and I've grown dependent on them as parts of my solution. At the urging of one of our members, my home group, the St. James Sunrise Reflections, put a contingency plan together before we had to officially close the door to our meeting. Having already discussed our options, our group was able to make a quick shift to the phone without losing valuable meeting days.

The St. James Sunrise Reflections meeting gathers 7 days a week, 365 days a year at 6:15 AM and on Thursday evenings at 7:30 PM. Many of our members attend the meeting every single day. It was a shock to this alcoholic's system to go cold-turkey without that face-to-face experience. I felt like there was something missing in my life. It took some time to get used to a meeting happening exclusively on the phone, but it was certainly better than starting my day alone without the positive messages our group's members consistently impart. When we were able to open back up we shifted again to a hybrid format, with some people opting to go to our room and others remaining on the phone. We go back and forth as one person in the room shares and then one person on the phone, which has sometimes worked really well and other times has been a real struggle. The point is that we are trying to make it work together. The pandemic has shown us how important it is to be flexible, listen to one another, and be a source of strength for each other when we can.

Life was good in early March 2020. Nine healthy months later, I'm incredibly fortunate to report that life is still good, but it's different. The kind of different that is hard to define, but is palpable. It's pervasive. It sneaks up on you. Just when you're feeling normal, you hear another headline with disease statistics, or you learn of someone else you know who has tested positive. Without my group's dedicated members, without my sponsor and sponsees, and most significantly, without my Higher Power, I don't know how I'd make it through the pandemic sober. What I do know is that because I'm sober, one day at a time, I can make it through this dark time and remain hopeful for the brightness of our future.

The Firepit Meeting and Vito's Clubhouse

It was mid-March of 2020 and we AAs were starting to get nervous as one meeting after another was shutting down due to the COVID-19 pandemic. How were we going to stay sober if there were no meetings to go to? Some people were talking about something called Zoom, an online meeting format. Many of us reasoned that, while it was better than nothing, it could not begin to replace the face to face interaction of being in the company of other alcoholics.

I thought of my friend and fellow home group member Vito G. Vito is one of those AAs that is beyond dedicated to the fellowship. Vito is the guy that drives to the church early, in a blizzard, with a snow shovel to make sure people can have a meeting. Vito also has a big backyard. I called him and asked if it would be possible to hold meetings at his place.

Vito said he would ask his wife Kelly, also a Friend of Bill if she would be okay with that. She gave her okay and when her husband pointed out that it would be kind of cold outside at that time of year, Kelly suggested holding the meeting around their firepit, one of those portable metal fireplace things, and the meeting was born. Tommy H., one of the early regulars, dubbed it The Firepit meeting.

It was pretty chilly out there in the beginning. The fire helped, but because of social distancing, we couldn't all huddle around it at the same time, so we would take turns going up to the fire to warm up. Early members included Carrie, the group matriarch, Rob, Fred, Fireman Jim, Pinky and sometimes Andy and Norm. We had real meetings to go to. Sometimes there were only three or four of us but, hey, it only takes one alcoholic sharing their experience strength and hope with another to have a meeting. We were staying sober!

As the weather got warmer, word spread and others started coming to the Firepit. Soon, the weather was nice enough to not need a fire. Meetings were starting to open up but the Firepit meeting continued. It helped keep us on the AA beam and carry the message. Soon, we were enjoying the lazy, hazy days of summer and it wasn't unusual to have 10-12 people at the meeting.

We started thinking about what would happen once the seasons changed and it started getting cold again. That's when we came up with the idea of building a clubhouse. Vito is a pretty handy guy and knows how to build stuff. The rest of us promised to help finance the project and to lend a hand in the construction. The clubhouse slowly took shape.

First, Vito built the frame, Tommy and Fred then figured out a way to make an arched roof out of PVC piping, which Vito also built. Then we all helped get it on top and bolted onto the frame. like a barn raising. Next, we covered the frame with tarps, which had to be securely fastened and we insulated the inside, well Vito did most of that part too. He also added a bunch of enhancements, such as a ventilation system, lights and a latch for the door. Vito's daughter, an artist, painted the AA circle and triangle and a firepit on the door. She also created posters for the steps and traditions and we added some other AA signs and things like an old license plate that used to belong to Kelly's sponsor that said DD N GTM Don't Drink and Got To Meetings.

Vito had a propane heater and I brought over an electric space heater to keep the place warm. Tommy supplied a portable toilet, which Vito installed in a tent behind the clubhouse.

By mid-autumn, the clubhouse was up and running, providing fellowship and keeping us warm and sober on those chilly November nights. It fits up to 12 socially distanced AAs, masks required! And we are confident that it will sustain us even in the dead of winter and no matter what the pandemic throws at us.

I am blessed to be part of this wonderful fellowship!

Rob P.
Huntington Station, NY
November, 2020



★ 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

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

REGISTRATION FEE : \$20.00

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