

**February, 2021**

**THE SUFFOLK INTERGROUP BULLETIN**

**Volume 48  
Number 7**

**Visit our SIA Website at:  
<https://www.suffolkny-aa.org>**

*Stay Safe and Warm  
and Have a  
Happy Valentine's Day*



# The Suffolk Intergroup Bulletin

## February 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/>

**Public Information Committee:**

THIRD WEDNESDAY OF  
THE MONTH  
2/17/21 7:00 PM  
SIA Office, 113-8 Bay Ave.  
Patchogue

SIA Officers & Chairs:

LAST TUESDAY OF THE MONTH

Tues. 2/23/21

SIA Business Meeting: 8:00 PM

Archives Committee meeting:  
7:00PM

New Group Rep Orientation:  
7:00 PM

89 North Ocean Avenue  
Patchogue

**Institutions Committee:**

THIRD TUESDAY OF MONTH

Tues. 2/16/21 7:00 PM

SIA Office 113-Bay Ave. Patchogue

**Suffolk General Service:**

THIRD FRIDAY OF MONTH

Fri. 2/19/21 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](mailto: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 and 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](mailto:Institutions@suffolkny-aa.org)

Thank you for your Service!



## Around the AA Campus

Here are some recent meeting moves but a smart move these days is to double check before heading over, These could change at a moment's notice.

Road Dogs (Sunday 9:30 AM) now meets at the Unitarian Fellowship 380 Nicolls Rd Stony Brook

Babylon Mid Island (Monday and Thursday 7:30 PM) now meets at St. Joseph Church 39 N. Carl Ave.

Sober Start (Thursday 10:00 AM) now meets at the Ancient Order of the Hiberians 172 N. Country Rd. Mount Sinai

## Things We Cannot Change

Ron R. of East Northport Big Book passed away back in October

Laura H., the founder of Brookhaven Miracle Workers also left us in early 2021

Both will be missed tremendously

## Heard in the rooms

Alcohol gave me wings but took away the sky

In the March 2020 printed meeting list, there were 334 groups listed. At the December 2020 Intergroup meeting, 38 reps showed up. That comes to about a whopping 11%. Important decisions are made and your group's input is invaluable. Kindly spread the word, at present you don't even have to leave your house to attend this—it's on Zoom. Come join us.

<https://suffolkny-aa.org/groups/sia-general-meeting/>

## 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 -  
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

# 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 114 groups that have resumed a total of 285 face to face meetings. Regardless if you are looking to find these in person meetings or your group is 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.

March Exchange will be held on February 13 th , 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 of AA wishing to speak can 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 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/#meeting-list>

## Upcoming Area Events

Check the events calendar for all upcoming events in the County and in the SENY area.

<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 7 th 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. Visit:

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

## **Zoom into Action Online Group Deer Park, NY**

**There is something very inspiring when young people, new to Alcoholics Anonymous, get involved in service work. Whether they make coffee, or in this case start an online group, they bring so much to it. Even their choice of a group name shows not only innovation but a sense of fun. Sobriety is hard work but who ever said you can't enjoy doing it.**

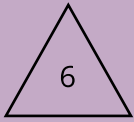
**Zoom into Action started as part of the Deer Park Primary Purpose Group. When the coronavirus pandemic hit, most meeting places were shut down. St. Patrick's, where Primary Purpose meets, was no exception. The group then opted to run online meetings. This went on from March to August, 2020. At first, 15-20 people were showing up regularly. As time went on, that number dwindled down to a mere trickle. The members clamored to return to their face to face meetings again. A small contingent chose to stay put. Some had medical reasons to continue to avoid in person meetings. Others just fell in love with its good vibes. This was the humble beginnings of Zoom into Action. 5-6 of them hung on and decided to split off. No bad blood was experienced. Since it was meeting online on Zoom, the name was a natural. Into Action references a chapter in the Big Book.**

**This group follows the same schedule as Primary Purpose: Monday at 7:00 PM and Friday at 8:00 PM. This way they can welcome their compadres from their old group should the coronavirus return and the church gets shut down again. Monday is a Big Book meeting while for the time being Friday is a speaker meeting for the first three weeks. They officially started on October 5, 2020.**

**If you are looking for a small intimate meeting, you are heading in the right direction here. Lauren, Mike, Fred and Raquel will meet you in their living rooms, so to speak. Turn on your laptop, iPad or iPhone and zip right over. You can show up in your bathrobe, if that suits you. Dress is casual and the atmosphere is casual but their approach to recovery is right out of the Big Book**

**Archives Committee October 12, 2020**

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



## The Suffolk Intergroup Bulletin

### My name Chris W. I'm an alcoholic.

In March of 2020 I was told we cannot continue to hold our Friday night meeting, known as Living with Sobriety, at the Unitarian Church in Huntington. I have been the chairperson for over 4 yrs. The first time I came to this meeting was in 2011 with my wife. At the time it was a couples in recovery meeting. Now it's an open topic discussion meeting. I did struggle with my alcoholism in the beginning. My sober date is 07/20/2012 and with the help of you, I've remained sober. The struggle was real. Not only for my sobriety but for numerous fellow alcoholics. We would call each other. I have been sending a Friday morning text to the group members since March. The texts are A.A related words of encouragement.

I have seen members start dwindling away. We were never a large group in the first place. We were 15 strong now we are now down to 5 original members. We came up with a plan. We would meet outside once a week on Saturday evening around 6 P.M.

We did this from June to October. Our meetings were topic related. We averaged about 6 to 7 of us a week. The group was smaller but we had each other to stay stronger. The pandemic has been taking it's toll on all of us. Stories of loved ones, neighbors and coworkers getting the virus. Wearing masks was the new normal. The days turned into weeks and then into months. No sign that we could get back to our beloved home group. The church gave me the news that we would not be able to come back. Maybe in the spring of 2021 but I knew we had to make a change.

I realize now I that I had to overcome a fear that was stirring in my brain. I never felt comfortable in the past going to online A.A. meetings and I would fall into that mode of pretending I was ok with that. Zoom, Google hangouts, What? are you kidding me?!

I was going to other live meetings in the area. Less people were going. The same people were sharing. We would talk about the online meetings and how it's not the same. I was getting frustrated and angry. I was missing something in my sobriety. More stories of relapse and death. This year has taken on a new low. Nothing changes if nothing changes right? Well there is the courage to change. I needed meetings. I'm very grateful I emailed the Suffolk Intergroup. David from the web reached out and helped us get started. Our first A.A. Zoom meeting was launched November 7th. 2020. Our meeting is now "Saturday Evening Living With Sobriety". Sounds like a mouthful. Now it rolls off my tongue, like the preamble.

My fears, my ego, my patience and just simply letting go and being part of a new way to meet so many new faces. I would have never met so many great people at so many different meetings. Alcoholics Anonymous has saved my life. The online meetings have been a blessing in disguise for me. I still talk to people who are still determined to go to live meetings. As of today it's not worth the risk. The Coronavirus is not going away anytime soon right now. It has been a challenging year. I still send out Friday morning texts. It helps me stay grounded. I'm looking forward to my next online meeting.

It has been an adventure and I'm eternally grateful to be part of this journey.

Chris W





## How has the pandemic affected my life, my sobriety and my homegroup?

Kassina A.

### Brookhaven Happy Hour

For starters a little background about myself. I got sober in January 2011 at 23 years old.

I have had a sponsor, home group and commitment since I first joined AA. There has been a lot of life that's gone on over the past 10 years but none quite like this past year. I was pregnant with my second daughter, who was born February 2020. Everything at that point was relatively "normal". Family and friends came up to the hospital to meet our newest addition. I squared away all my business objectives to prepare for my eight weeks of maternity leave, and mentally I was ready to handle what new changes were coming my way. But little did I know, like the rest of the world, that these changes and

next few months would look and feel a lot different than what we all originally thought. That eight-week maternity leave turned into weeks and weeks of uncertainty, isolation and fear. So as the scary weeks went on, the news repetitive played over and over. The death toll, the impending peak, the uncontrollable spread. I found myself getting to a place I haven't been in a long time. The same place I was in before sobriety, a place of crippling fear and anxiety. The difference though was that the program has taught me and countless others that we have a choice today. We don't have to stay in that dark isolated place; We are not alone. As long as I am not drinking, I get to choose. I get to choose faith over fear, I get to ask myself if I want to live in fear and anger over all the many things I cannot control, or to move forward in gratitude, courage, peace and serenity. Regardless of what the external circumstances look like I am no longer powerless over how those things affect me. I have learned a new meaning of service to others. In a time when it was and still is so easy to be on the outskirts of

Alcoholics Anonymous, myself and countless others have stepped up to the plate. My homegroup quickly adapted to the Zoom way of life. We came up with speaker seekers, got word out of our new online meeting, login information, filled commitments of host and co-hosts. Zoom has had its challenges, I think it's safe to say we all had moments of annoyance from the infamous "Can you hear me" question, or not being able to find the raise hand button, or the person who doesn't realize they're unmuted. But ultimately this past year had us all asking, what are we willing to do for our sobriety. And by the grace of God my answer is still anything. I have slowly come to an acceptance that I am still human, I have and will always have feelings of sadness, of being scared, angry, resentful and so on, but today I can feel those things without having to drink them away. And funny thing is, they tend to pass on their own, who knew? I found the quickest way for me to obtain peace in the midst of turmoil and be able to enjoy all the other amazing gifts of the program is through my higher power. I knew if I stayed close to him all will be well. Throughout this pandemic I watched Alcoholics Anonymous' amazing members live up to its primary purpose; to stay sober and help another alcoholic. And for that I am forever grateful.

# ★ 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 ★