



March, 2021

THE SUFFOLK INTERGROUP BULLETIN

Visit our SIA Website at:

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

**Volume 48
Number 10**

***Welcome March
and Spring!***

The Suffolk Intergroup Bulletin

March 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:

LAST TUESDAY OF THE MONTH
Tues. 3/30/21

SIA Business Meeting: 8:00 PM

Archives Committee meeting:
7:00PM

New Group Rep Orientation:
7:00 PM

89 North Ocean Avenue
Patchogue

Public Information Committee:
THIRD WEDNESDAY OF
THE MONTH
3/17/21 7:00 PM
SIA Office, 113-8 Bay Ave.
Patchogue

Institutions Committee:
THIRD TUESDAY OF MONTH
Tues. 3/16/21 7:00 PM
SIA Office 113-Bay Ave. Patchogue

Suffolk General Service:
THIRD FRIDAY OF MONTH
Fri. 3/19/21 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

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

Thank you for your Service!

Around the AA Campus

The first new Suffolk LGBTQ+ group in over twenty years now meets online. Cherry Grove Off-Island meets every day at 6:00 PM. There's a different format each day for those of you who seek variety.

If you haven't heard about it yet why not help the Archives with its history project. We're inviting one and all to write about their experience, strength and hope during the coronavirus pandemic. It's affected everyone of us, so help preserve these memories so future generations can learn from this. Kindly send to Archives@SuffolkNY-AA.Org

Heard in the rooms:

Gratitude is the hinge on which recovery swings

New definitions out there

Tipsy texting: writing texts while under the influence

Speaker seeker: the people in groups who arrange incoming speakers

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 - VACANT
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

AA Old Preamble - 1940

We are gathered here because we are faced with the fact that we are powerless over alcohol and unable to do anything about it without the help of a Power greater than ourselves. We feel that each person's religious views, if any, are his own affair. The simple purpose of the program of Alcoholics Anonymous is to show what may be done to enlist the aid of a Power greater than ourselves regardless of what our individual conception of that Power may be. In order to form a habit of depending upon and referring all we do to that Power, we must at first apply ourselves with some diligence. By often repeating these acts, they become habitual and the help rendered becomes natural to us. We have all come to know that as alcoholics we are suffering from a serious illness for which medicine has no cure. Our condition may be the result of an allergy, which makes us different from other people. It has never been by any treatment with which we are familiar, permanently cured. The only relief we have to offer is absolute abstinence, the second meaning of A.A.

There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares his debt by helping others to recover.

An Alcoholics Anonymous is an alcoholic who through application and adherence to the A.A. program has forsworn the use of any and all alcoholic beverage in any form. The moment he takes so much as one drop of beer, wine, spirits or any other alcoholic beverage he automatically loses all status as a member of Alcoholics Anonymous. A.A. is not interested in sobering up drunks who are not sincere in their desire to remain sober for all time. Not being reformers, we offer our experience only to those who want it. We have a way out on which we can absolutely agree and on which we can join in harmonious action. Rarely have we seen a person fail who has thoroughly followed our program. Those who do not recover are people who will not or simply cannot give themselves to this simple program. Now you may like this program or you may not, but the fact remains, it works. It is our only chance to recover. There is a vast amount of fun in the A.A. fellowship. Some people might be shocked at our seeming worldliness and levity but just underneath there lies a deadly earnestness and a full realization that we must put first things first and with each of us the first thing is our alcoholic problem.

To drink is to die. Faith must work twenty-four hours a day in and through us or we perish. In order to set our tone for this meeting I ask that we bow our heads in a few moments of silent prayer and meditation. I wish to remind you that whatever is said at this meeting expresses our own individual opinion as of today and as of up to this moment. We do not speak for A.A. as a whole and you are free to agree or disagree as you see fit, in fact, it is suggested that you pay no attention to anything which might not be reconciled with what is in the A.A. Big Book.

If you don't have a Big Book, it's time you bought you one. Read it, study it, live with it, loan it, scatter it, and then learn from it what it means to be an A.A."

AA Old Preamble 1940

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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

Re-Opening Meetings

There are 131 groups that have resumed a total of 305 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.

April Exchange will be held on March 13th, 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 in the foreseeable future. The Online Meeting List is updated daily and is the best place to get the most current 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>

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

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Corona Beach Meeting
Ponquogue Beach (spring)
Tiana Beach (summer)
79 Foster Avenue (winter)
Hampton Bays, NY 11946



In the midst of the COVID-19 pandemic, as in-person meetings were shutting down all over, “people were desperate to have face to face meetings.” So said Ginnie, the co-founder, who along with Ronnie A. got these meetings going. There was a definite need. Within a short period of time, despite being on the beach, it would attract from 30 to 50 people every day. What was even more gratifying was the number of newcomers to Alcoholics Anonymous it was attracting. “They weren’t getting anything out of Zoom meetings and needed a place to meet.”

Ronnie, who provided other details, mentioned that they worked closely with the local police to make sure everything was up to snuff. They first began meeting on the deck of Ponquogue Beach “huddled together to keep warm.” That was on St. Patrick’s Day, 2020. They met “rain or shine. That worked out to be a very nice arrangement - that is until Memorial Day, “when the summer people arrived.” That necessitated a move to the Tiana Beach parking lot. Here they were practicing social distancing and wearing masks. Both co-founders shared that one of the great rewards of doing this meeting is watching the growth of new people coming into the rooms. People who were so scared at the onset, now began to blossom. Several have celebrated anniversaries - as did Ronnie, who had his 30th on October 17, 2020.

With the weather turning colder - “we had hailstorms at one meeting” - efforts were made to find a warmer meeting place. They asked all over and got nowhere. Churches and the usual spots that would usually offer room for an AA meeting were not very receptive. Finally, they did find a winter home at a friend’s house. It is a “huge place” a former convent turned Bed and Breakfast. Their meeting place is certainly one of a kind. It has a statue of a masked Elvis Presley, two pirates and Snoopy in a biplane! Somehow it seems to fit. Numbers are slightly lower (in the 10 to 20 range) but they still follow the required safe practices they did when they met outside. For the 2020 holidays they celebrated in grand style with food.

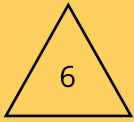
Each day is earmarked for a different format. Monday: Step, Tuesday: Joe and Charlie tapes, Wednesday: open discussion, Thursday: meditation, Friday: beginners. Saturday and Sunday are set up as closed discussion. All of this happens at 12 noon each and every day. Of course, when the warmer days come along, it will be back to the beach for this crowd. Remember this is the Hamptons!

When the time came to come up with a name, they chose to make mention of the coronavirus. In a way, it is a tribute to the resiliency of AA. No matter what is thrown at us, when we are focused on staying sober, we will prevail. Wars couldn’t stop us and neither will this awful illness.

S.I.A. Archives Committee

January 9, 2020

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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Overcoming the Pandemic

Bridget M.

COVID, Quarantine, Pandemic, Death, Economic Disaster, 2020, Lockdowns and of course political conspiracy theories - words all too familiar now. Our world filled with so much loss and sadness, do I dare report how out of all of that despair, Alcoholics Anonymous, not only survived; but flourished? There is a line in our literature, "Modem to Modem or face to face, AA's speak the language of the heart in all its power and simplicity." Well 2020 gave that line a whole new meaning.

On March 6th, my company sent us all home. This gave me the opportunity to attend my morning home group each day, and volunteer for the hotline that following Saturday.

Answering the phones that day was quite the experience. Every 10 min, the phone rang, meetings were closing across the island. No one knew where to go. I didn't know where to send them, I contacted the SIA Web Chair and we began to update the Suffolk County meeting list and by the end of the day we had a solid list of what was opened and what was closed.

The next morning, I went to my home group, and suggested that we host meetings on Zoom. As a result, we were one of the first meetings in Suffolk County to host an online meeting virtually and also daily. Immediately my group began to be of service and teach others about Zoom. We sent out links, we hosted tutorials, we put together lists in Suffolk County, we brought literature to newcomers, we brought coins and cards to anniversary celebrants, we drove people to the hospital and rehabs when absolutely necessary. We did amazing things, for AWHILE.....

Three months later, not so much. Still locked in our homes, waiting for our phases to be called and released from our homes, little by slowly, our mental health deteriorating, many, many overdoses and suicides, sobriety lost and mourned, and of course the ever rising COVID death toll. I began to receive calls from some of my girls (sponsees) and they/we were beginning to fall apart. We had all had a solid foundation in AA three months ago, but now we were losing it. Some of us were lucky enough to work from home, some of us were on the front lines and losing our minds with the amount of devastation we were seeing and some of us were home all day and night by ourselves and suffering from a loneliness that could swallow you whole. I began to panic, my mind was beginning to get sick and clouded with fear like everyone else.

I finally prayed and accepted the fact that this is a time in history that we would have to get through, the best we could and I began to invite one by one, each of these women for a walk, each day. This way we could at minimum see each other, socially distanced of course and masked up. We could move our bodies, clear our minds, socialize with each other, pray together and meditate as we walked. I then began a spiritual book study each Sunday for about 25 women, who were struggling and each week got a bit easier for all of us. We all got to grow together and it became a safe space to share together and cry together. Physically, spiritually, mentally and emotionally we all began to be okay, we even began to blossom. We continue to zoom, walk and meditate together and have now spoken at meetings on several continents, which has been the benefit of zoom. If we should get locked down again, we have a new solution, we can survive but not by ourselves, not as individuals. If there is anything I can share through my story, it is that, this is a WE program whether we are opened or closed for business.

Please do not attempt to do this alone.

An Alcoholic's Pandemic Story

Susan, Sunrise Sobriety

When I celebrated my twenty-third year of sobriety, I was living on Long Island, attending my home group meeting, practically every morning at six forty-five. My saying was, "Those are some seriously sober people, willing to be there at that crazy hour". That was the year, at fifty years old, I married the man of my dreams and left New York. Leaving my kids and grandkids was difficult, but of course there would be many visits back and forth. For my AA friends, who I had spent so many mornings sharing our journeys, there was only a small chance that I would be seeing them again.

When I moved to Pennsylvania four years ago, I imagined that being new in town, I would make the rounds speaking at meeting after meeting. Soon I would have lots of new sober friends. That didn't happen. In my small, one meeting per week town, no women stood out to me to ask to be my sponsor. My new home group meeting felt chaotic as sharing was done by just speaking out and not by a show of hands. I got so out of practice in doing service, that every time I was scheduled to chair our meeting, I would convince my husband to take my turn. Going to one meeting per week, typically attended by the same eight people became a chore. Each Tuesday evening felt more like an obligation. I now had almost twenty-seven years of sobriety and it was all... well... okay.

In March of 2020, my home group closed when the governor mandated all gatherings of more than ten people to cease. Never did any of us ever imagine that AA meetings might not be allowed to happen. I began to hear of something called Zoom meetings popping up, which was totally foreign to me. On March 24th I received a Facebook message from a former Long Island group member who had also moved out of New York State, giving me the ID and password for Sunrise Sobriety.

I will never forget the rush of emotions I felt the first time I signed on to that meeting at 6:45 am, seeing faces that I painfully said goodbye to four years earlier. Sure, I could still see what they were posting on social media, but to listen to what was really going on in their lives... priceless. For some reason, and I believe it was my higher power at work, I started waking up at 6:00 am without an alarm, which was not my norm. I made a cup of tea, signed on early for the "meeting before the meeting" and began sharing regularly.

In July, at the Sunrise Sobriety business meeting, members discussed the idea of discontinuing our online meetings as the numbers of Covid19 cases decreased. I felt panic and the desperation of a newly sober alcoholic. By then I had chaired a couple of zoom meetings and now was willing to do whatever it took to keep this going. If that meant running that meeting four or five days a week, I would have done it. The group voted to keep our online meetings going, members stepped up to fill all of the positions, and I was entrusted to chair Wednesday's beginner's meeting. I asked friends from Pennsylvania to speak for us which provided some fresh stories for my New York friends.

This very sad part of global history, with its massive death toll, financial devastation, and uncertainty, has forever changed us all. For me, after the initial shock wore off, I was able to appreciate the time my higher power gave me to slow down, properly prioritize life, and rethink my program of recovery. I have traveled virtually to other continents, I have a much larger tribe of supportive women who live all over the country, and have taken many speaking commitments which gets easier each time. Finally, I have a wonderful new sponsor who lives 250 miles away. We meet weekly face to face through zoom.

I never did 90 in 90, even in my early days. Today is the 300th day in a row in which I attended either one, two, and sometimes even three meetings. If I ever think of sleeping in and missing my new/old home group meeting, the fear of missing something awesome gets me out of bed. God has never let me down yet. Every single morning I am blessed to be one of around thirty faces on my laptop screen who are absolute miracles and share their lives with each other.

★ 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 ★

BOUND BY DISASTER
ESCAPE THROUGH UNITY



2021 Virtual Unity Breakfast

March 14, 2021 9:00 am - 1:00 pm

Online via Zoom

**There is no cost to
attend the event this year!**

**Register for the 2021 Unity
Breakfast Register on the SIA
website**