



April, 2021

THE SUFFOLK INTERGROUP BULLETIN

Visit our SIA Website at:

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

**Volume 48
Number 12**

Bring On 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:

Public Information Committee:
THIRD THURSDAY OF
THE MONTH
4/15/21 7:00 PM
SIA Office, 113-8 Bay Ave.
Patchogue

LAST TUESDAY OF THE MONTH
Tues. 4/27/21

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. 4/20/21 7:00 PM
SIA Office 113-Bay Ave. Patchogue

Suffolk General Service:
THIRD FRIDAY OF MONTH
Fri. 4/16/21 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

New women's meeting

Our Common Journey meets every Sunday evening at 6:00. This is an online Zoom meeting (209 509 1328 Passcode sober2). Why not come support the new kid on the block?

Feel like doing international service work? How about speaking at a meeting in South Africa? Meets seven days a week at 1:00 PM New York time. Check it out at Zoom 949 837 6643 Passcode 1902. Then contact Harold
atFriendsinRecoverySA@Gmail.Com

Heard around the rooms.
Resentments come from a dead tree
Alcoholism is the dark room where
we develop our negatives

Every Sunday from 6 p.m. to 7:30 p.m.
the Three Legacies Meeting of
The CONNECT THE DOTS Group of
Alcoholics Anonymous, Suffolk County
Intergroup's Third Legacy Chair, Jim S., will host

TWELVE CONCEPTS for WORLD SERVICE
These workshops will be RECORDED for
posterity

Contact the Third Legacy Chair
atthirdleg@suffolkny-aa.org for details.

Zoom Info
Meeting ID: 304 369 093
Passcode: 164

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 -
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

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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.

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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**Byron Lake Group
Crossroads Church
127 Country Village Road
East Islip, NY**



Persistence pays off and that has been the name of the game for the Byron Lake Group, facing the challenges that most groups had in the midst of the coronavirus pandemic. One thing that was obvious, "people were sick and tired of Zoom meetings. They wanted "face to face." They tried regrouping at various places. First, they met at Islip Beach but the authorities stepped in and brought that to an end. Then they moved to Heckscher Park and likewise they were advised they couldn't stay. Finally, they found the Byron Lake parking lot. There was a protective overhang which came in handy in case of rain. As a way of not ruffling neighbors' feathers, no indication was made that this was an Alcoholics Anonymous meeting. There were no signs at all. The meetings were not publicized. They did not want the nature of the meeting known to neighbors. But the meetings have the permission of Park Rangers and police. The response was amazing. People were heading over from "Amityville to Greenport."

With the colder weather there came a pressing need to find a warmer place to meet. Crossroads Church fit the bill nicely. Arrangements were made and the church worked with them on rent. The regular schedule is five days a week at 5:00 PM. This all came together in November 2020. The room is spacious. Social distancing is observed and all is well with the world. Their first meeting indoors had Pete G. celebrate his anniversary. At least when this history was written, they were still meeting on the weekends at Byron Lake. It was cold and warmly dressed people were bringing lanterns to see in the dark but the meetings were intimate.

Sandy O. provided much of the information for this history. His enthusiasm was infectious throughout the conversation. He stated his job was to pick topics for each meeting and that the response has been fantastic. His proposed name for the group was the Castaways but the group secretary felt sticking with the name Byron Lake would in essence pay tribute to their beginnings. So it came to be.

Many lessons can be learned from this group. Probably the most important one is never give up. Failure is part of the process and with a slightly different mindset can be seen as a challenge. The Byron Lake Group never gave up. They were going to meet somewhere, somehow, and they did. That's what sobriety is all about.

S.I.A. Archives Committee November 17, 2020

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

The Needed Glue of Zoom During the Pandemic

Zoom has been the glue that has held the fellowship of Alcoholics Anonymous together during this time when WE need each other the most. Personally, I am grateful that I was able to attend in-person outdoor meetings since this new way of staying sober became a necessity. In addition to the in-person meetings, I was on Zoom meetings often. I was able to have a commitment on Zoom with my home group, which was quite a fun experience. Before fully navigating the Zoom App and learning the specifics, I came up with a name for my role which was what I called the "Button Pusher", now called the Co-host. Lol I was fortunate enough to be able to connect with all the people and meetings that I have been a part of throughout my years in recovery. I celebrated my 6th anniversary and all of the most important people in my life were able to celebrate with me, even friends from out of state. I was by myself at home, which was kind of awkward, but it was just as special as celebrating in-person. Actually, It will probably be the most memorable anniversary.

There's a tiny smidgen of this past year in Zoom land.

Chrissy

Brookhaven



The Glue that Has Held Us Together

One-Click at a Time

God loves to teach me life lessons in weird ways. Often, he makes me think that I am the teacher when in fact, I am the student. During the CORONA virus lockdown, I helped my fellow senior AA women by teaching them how to attend digital meetings. While to the outside world, it may have looked like I was training them how to use mobile devices, the truth of the matter was that I was the student. They taught me valuable life lessons about how they stayed sober for 42 and 50 years, respectfully.

And the fact was that it kept me sober, gave me a purpose and a meaningful emotional connection during a lonely and isolating time that I needed very much. I hope that I helped these women, but I know they helped me.

When the pandemic happened, our in-person meetings shut down, and AA members needed to find new ways to connect, support each other, and stay sober. I was concerned for our elderly members, especially vulnerable to the deadly virus, alone in isolation, and some living in quarantined assisted living facilities. So, I reached out to two local women to offer my tech support services to help them connect to digital meetings. The good news they were willing. The bad news, they did not have a computer or internet access. But where there is a will to stay sober, God will make a way. He sure did.

Dee, my first tech support 'client,' did not even have a mobile phone, but she had a fierce determination to stay sober and was willing to learn. We began by dialing, using her landline phone, into the daily meeting -164 and Beyond - hosted by the Remote Communities Committee of District 40 - Area 79 British Columbia/Yukon.

Years ago, this meeting was started to support pipeline workers and isolated communities. It was well-run and had expanded capacity to 1000 participants when US national lockdowns occurred.

She was thrilled that a vital lifeline to the program had opened from her very first audio-only meeting. To hear other alcoholic members, share their experience, strength, and hope from another country, while she was in quarantine, was the sunlight of spirit shining through the dark times of COVID 19.

After a few more months of pandemic lockdowns, she wanted to see people's faces and be seen. She asked an AA friend and me to help her buy a computer and get internet access. Deciding to use her annual travel savings because this year, her trips would all be to digital AA meetings worldwide, she purchased an iPad complete with a Bluetooth keyboard case. Now there was no stopping her.

But it was to be kept top secret until her online debut meeting to celebrate her 50th AA anniversary. Yes, half a century of sobriety! No longer would her name next to a telephone icon in the participant's gallery view, but she would have her face on the video camera, and her audio microphone was unmuted too.



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That night, as soon as she logged on and everyone saw her smiling face, tears of joy and laughter filled our digital meeting room. She shared how she stayed sober for half a century with persistence by using the 12 steps in both good times and bad times and when it was convenient and inconvenient.

Dee taught me about having the courage to try new things and press towards worthwhile goals. Coincidentally, she has told me that God uses her new technology to teach her the valuable lesson of patience.

My second AA longtimer 'client,' June, who likes to remind me that she was born the year AA was founded (1935), is 86 years old. She lives in an assisted living facility under quarantine lockdown after becoming an early hot spot of virus infections.

Our technical 'workaround' was that I would text her the one-click meeting link to her mobile phone, then I would call her on the landline phone and walk her through the login process together. She connected heart-to-heart through the 12 steps of AA in audio-only meetings.

As time passed, I teamed up with her sober son to get into the facility, an iPad, a list of digital AA meeting ID numbers, and step by step instructions.

Then God answered our prayers (through the kindness of a fellow AA member who worked at the facility) with a one-time entry pass for me to help June celebrate her 42-sobriety anniversary at her digitally at her local homegroup.

Thanks to the location-independence of online meetings, her sober granddaughter was her celebration speaker. There was not a dry eye in the house, mine included, while we listened to her beautiful granddaughter share her recovery story filled with gratitude and grace. It was a special celebration of AA through generations of recovery assisted by a local community of AA members.

June showed me how being humble and asking for help is the way to move forward as our world, and ourselves, change. Her persistence at learning how to login to digital meetings impressed me and gave me the courage to face my uncomfortable challenges.

My senior friends taught me that when we go through times of fear, uncertainty, and upheavals, we can come through the other side sober, joyful, stronger, and even smarter. To do so, rely on your Higher Power, be flexible, humble, ask for help, and be willing to go to any lengths – even into the digital world.

Paula D
Peconic, NY