

**May, 2021**

**THE SUFFOLK INTERGROUP BULLETIN**

**Volume 49  
Number 1**

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

**We Believe in  
Recovery**





# The Suffolk Intergroup Bulletin

## May Business Meetings

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

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

**LAST TUESDAY OF THE MONTH**  
Tues. 5/25/21  
**SIA Business Meeting: 8:00 PM**

**SIA Officers and Chairs**  
**SECOND TO LAST TUESDAY OF THE MONTH**  
5/18/21  
SIA Office, 113-8 Bay Ave.  
Patchogue

**Public Information Committee:**  
**LAST THURSDAY OF THE MONTH**  
**ONLINE ONLY**

**Institutions Committee:**  
**THIRD TUESDAY OF MONTH**  
Tues. 5/18/21 6:15 PM  
SIA Office, 113-8 Bay Ave.  
Patchogue

**Suffolk General Service:**  
**THIRD FRIDAY OF MONTH**  
Fri. 5/21/21 8:00 PM  
New GSR Orientation: 7:00 PM



### **SIA is forming an ad-hoc Web Committee to:**

**Guide future improvements to the SIA Website**

**Research and author any needed updates to SIA's Web Guidelines**

**Research, guide and author SIA's Digital Privacy and Cookie Policy**

**Improve Digital Communication and Outreach to newcomers, groups and members.**

**If you'd like to help with any or all of these areas, please email the Web Chair!!**

**Web Support - David - [websup@suffolkny-aa.org](mailto:websup@suffolkny-aa.org)**

## Around the AA Campus

Corona Beach (Hampton Bays) celebrated its first anniversary in grand style.

Commemorative coins were handed out. Special cupcakes were created and personalized. Face masks were worn. And in what has to be a Suffolk County first, they arranged to have a jet fly overhead during the meeting! You read that right.

Thanks to Ginnie, group co-founder for information and photos.

Things we cannot change

We lost two giants in the last month

Jack N of Centerport-Greenlawn

Caesar S of Just For Today (Kings Park)

They will be missed tremendously. Both brought so much to all of us

Heard in the Rooms

It's just an emotion, not an emergency

This is a copycat program. Just make sure sure you copy the right cat

The Archives Committee is looking for somebody or somebodies to maintain its website. That site is a treasure trove of information about the history of Alcoholics Anonymous in Suffolk County. Why not check it out? SuffolkAAArchives.Com

**Happy Birthday, Suffolk Intergroup!**  
**48 years old this month!**



Flyover at  
Corona Beach  
1st anniversary  
celebration



Aerial view of  
Corona Beach Group  
celebrating their  
1st anniversary

## 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

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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 -  
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Schools - Phil - schools@suffolkny-aa.org

Share-A-Thon Mellisa -  
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Special Events - VACANT -  
specevent@suffolkny-aa.org

Third Legacy - Jim -  
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Web Support - David -  
websup@suffolkny-aa.org

SIA Volunteers -  
volunteers@suffolkny-A.A.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 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/>



## Cherry Grove Off-Island Group Online Group

In the late 1940s, Marty M, one of the first women to maintain long term sobriety, started the Cherry Grove Group. All these years later, that group still meets. However, it only meets during the summer season - Memorial Day to Labor Day. After that, the town simply rolls up the sidewalk and just a few locals remain. According to Wikipedia, the summer population nears 2,000. When that crowd moves on, there remains 15 who live there all year!

The need to continue meetings during coronavirus introduced many to the world of online. Why end just because summer is over? Recovery is a 365 day arrangement. Why not continue the support connection made? Zoom and Google hangouts afforded us all the potential of expanding our sobriety options. This is one superb example.

In a text message to the Archives, the founder wrote: "The Cherry Grove Off-Island Group began on March 24, 2020. It was started on Zoom as a daily LGBTQ+ Alcoholics Anonymous meeting for folks who would be soon be attending meetings at the Cherry Grove Group on Cherry Grove. As it turned out the pandemic would delay the opening of that group. In the meanwhile the Cherry Grove Off-Island Group carries the message to a growing number of people beyond those who would vacation at or visit the Grove during the season. It has met daily since the first meeting and continues to meet each day at 6:00 PM."

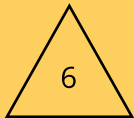
Off-Island not only meets every day, it offers a different format every day, too. Variety offers exposure to the many facets of Alcoholics Anonymous. The lineup is: Sunday: Topic, Monday: Daily Reflections, Tuesday: Step, Wednesday: Big Book, Thursday: Discussion, Friday: Speaker and Saturday: Beginner. Off-Island is the first new LGBTQ+ meeting in Suffolk County in over twenty years. Although based locally, this virtual group has the potential of reaching people around the globe. It is one of the very few Suffolk meetings with its own website. Here one can not only find useful information about the group but see the various readings and prayers used during the meetings.

Nothing is cast in stone but the tentative plan is to continue year round with summer meetings in person and off season online - even when the coronavirus finally dissipates and we all are free to go wherever we please, once again. Not too hard to imagine Marty M looking down from above, smiling her approval. She probably knew this meeting would just go on and on.

S.I.A. Archives Committee

February 4, 2021

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

### WE HAVE TO DO WHAT WE NEED TO FOR OURSELVES

We need to stay sane, to stay healthy.

No discrimination here,

whether you're poor or wealthy.

I walk with faith, I don't judge another,

I support everyone around me like my sister and brother.

These difficult times may make us fragile but...

God has a plan, there's no room to Hagggle.

Don't let your gut, your heart be forsaken

You'll find in time, you were surely mistaken

Be cautious, be wise, be loving

and grateful

Do whatever it takes to remain Far from hateful.

Chrissy W.



### TOGETHER IN OUR PLACE

There is this sacred place filled with wisdom and ingenuity,

Those who prosper lose their pride, live in humility.

Like the Red Oak trees that seem grow and grow,

Their roots attach sideways, never ever too low.

They depend on each other never to sway,

Their roots are connected, unable to stray.

Naturally they seem to get higher and higher,

With the help of each other to surrender, ceasefire.

With God up above and our roots connected,

We stand tall together, no one ever rejected.

One by one they grow stronger and wiser,

As soon as they make God their only advisor.

This is how it trickles down,

This cycle of life starts when we ground.

To lean on one other, to stop running the show,

Like those tree roots that connect,

We are ready for the ebb and flow.

Nothing is easy until you trust,

Have faith in a higher power, this you must.

Chrissy W.



## COVID-19 and AA

It's been long a year since we all learned about COVID-19. We didn't know then how much life would change nor how long it would last. We didn't know what changes would be temporary and which would be permanent. We didn't know who would get sick, who would die, or who would become contagious but experience no symptoms at all.

For some of us, life didn't change much. We didn't lose a loved one. We didn't lose jobs, businesses or income. We didn't face homelessness or need to choose between buying groceries and paying rent. Some of us actually prospered even more without ever leaving the house. Our changes didn't extend much beyond hoarding toilet paper and replacing gym time with power walks.

For others, everything changed. Death and illness, financial ruin, loss of business, hopelessness, depression. We couldn't comfort our loved ones as they slipped away. If infected, our own illness disabled us, isolated us, and left us with long term effects. Our young tried to learn online, but we quickly sensed remote schooling was just not the same as being in person. Playgrounds and game rooms closed. Playdates were canceled. Life became frustrating for some, and downright miserable for others—all with no end in sight.

For AA it meant losing the core experience we've come to embrace and depend on for our fellowship and common experience. We missed our meetings, we missed the pre-meeting talks, hugs, and handshakes. We missed the power of listening to others in-person as they shared their challenges and joys. We missed welcoming and nurturing a newcomer, one-on-one, face-to-face. We missed the fellowship.

Online meetings replaced the meeting rooms. But some of us didn't make the transition. Some just disappeared. I wonder where they are now. Are they OK? Will they survive the absence and return when the rooms reopen or will the stress of COVID and distance from the program take them out. Never to return?

We've been online for a year now and many of us have grown tired of the experience. Just as online learning is not a replacement for young kids in school, online meetings fall short of replacing the rooms.

We're grateful on-line is available, or there would be no meetings at all. But it's just not the same experience. We humans are social creatures. We need contact. We bond with contact. We observe body language with contact. We have personal "mini-meetings" in the parking lot. Yes, we're grateful for meeting online, but we yearn for the day we can be together again.

The Big Book speaks of challenging times, and what could be more challenging than war? How did the young AA make out during wartime? How did he or she remain sober under such extreme stress, the loss of friends, enduring terrible injuries, and being witness to the horrors? The soldiers, the doctors, nurses, the medics and the civilian casualties? This was life on life's terms at its most extreme and yet our book tells us they fared very well— often much better than those not in AA.

In the early years of AA, there were very few meetings and they were very far apart. Most people couldn't attend a meeting. They didn't organize themselves. Yet people got sober and the program grew and thrived.

For 80 plus years, AA's have lived through difficult times, both personally and as a group, and we have come out the other side strong and resilient. COVID will be no exception. We will survive and thrive as we always have. Faith, Fellowship, and the Steps. These are our foundation and salvation.

Matt F

Breakfast Club

April 11, 2021

## AA Covid Experience-

My AA experience during the COVID-19 pandemic was both positive and negative.

I dearly missed the in-person meetings, and the fellowship aspect of my AA program suffered as a result. However, I was able to establish and maintain the contact I needed through the Zoom meetings. They were a godsend. I was, and still am, in awe of the speed in which they were established and their extensive availability. I was able to access meetings all over the country and even the world. This was truly a miracle and a blessing.

I also listened to online speakers. I receive an email every day known as "The Daily Reprieve." In addition to the readings and other resources it contains, it provides access to a different online speaker every day. I have, therefore, been able to attend a Zoom meeting and listen to an online speaker just about every day during the Pandemic. As a result, my sobriety has grown despite the challenging times.

I also read the book "Writing the Big Book" by William H Schaberg. It is a terrific read, and I gained an enormous amount of information about how our inspired text came to be written. Though the experience has been mostly positive, I am looking forward to getting back to in-person meetings as soon as possible.

Lou L

Smithtown Serenity

April 11, 2021

## Sober During COVID

Where to begin... AA did an amazing job, as always, being available to anyone who needed help. AA has struggled, just as we did, during the pandemic.

Before, during and after I was diagnosed with PTSD, after suffering my entire life with mental illness, I was advised by "medical professionals" I should hire an attorney and file for Social Security Disability immediately. August of 2020, I was diagnosed with cancer for the third time since 2007. My experience? AA's fellowship, our text, Zoom, conference calls, social distancing, cups of coffee outside, hiking, keeping my doctors' appointments and most of all, time to be with my family. Those are my tools that have kept me sober since 1997. I hear about drinking, at meetings, I learn how to live with our text.

Newly sober, I had an old timer from The Sayville Group question me as to why I was at the Friday night meeting. I said "Mick, it's my home group".

Micky kept it simple. "Who is watching your son, kid? Your mom? It's your weekend. Isn't it?" He went on to say, "Feel like drinking"? My response, "No, Mick". "Then leave at the break, it is not your moms' job to raise your son. What do people do that cannot get to meetings because of life, kid? The text and fellowship. Sobriety begins at home."

For me times are changed, not changing. I am sober 23 years, just diagnosed with cancer again, for the fourth time, March of 2021 and disabled after 39 years of employment. I am blessed with a son and daughter, a partner and her daughter, sober friends from 53 years to 90 days, friends and family who don't have our problem. Keep it simple. I practice what Micky C taught me. He is no longer here but his words are. I miss ya, Mick. I'm still a weasel.

Not once have I had a thought about drinking. I did that. Doesn't work anymore. Adapt and Overcome!

Harry A

The Sayville Group

March 27, 2021