

**July, 2021**

**THE SUFFOLK INTERGROUP BULLETIN**

**Volume 49  
Number 3**

**Visit our SIA Website at:**

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

**It isn't where you came  
from. It's where you're  
going that counts.**



# The Suffolk Intergroup Bulletin

## June 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. 7/27/21

**SIA Business Meeting: 8:00 PM**

**Public Information Committee:**

**LAST THURSDAY OF  
THE MONTH**

Thurs. 7/29/21 7 PM  
**ONLINE ONLY**

**Institutions Committee:  
SECOND TUESDAY OF MONTH**

Tues. 7/13/21 6:15 PM  
SIA Office, 113-8 Bay Ave.  
Patchogue

**Suffolk General Service:**

**THIRD FRIDAY OF MONTH**

Fri. 7/16/21 8:00 PM

**New GSR Orientation: 7:00 PM**

**SHARE-A-THON**

**Committee meeting**

**LAST TUESDAY OF THE MONTH**

July/27/21 at 7 PM

**Virtual Meeting**

**Same Link as SIA meeting at 7 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

A new group has popped up in Huntington Station. Living Sober is a group that's part of a new phenomena in Alcoholics Anonymous: the hybrid meeting. Check them out every Tuesday (in-person and online) and Saturday (online) at 7:00 PM.

The in-person is held at St. Hugh of Lincoln on East 9th Street. In addition to being a great meeting, check out their beautiful framed Serenity Prayer.

Seaside Serenity was accidentally removed from the meeting list years ago but that never stopped them. They met anyway. Well, they are finally back on the list, so check them out on Dune Road Shinnecock Inlet every Saturday morning at 8:00 AM, In fact, check out the online meeting list anyway. Meetings are reopening all over.

Far too many to post here.

## Heard around the rooms

I only have time to rock the boat when I stop rowing.

If the two of us are so unlike, one of us is necessary.

## The Things We Cannot Change

Just like Johnny Cash, he always dressed in black. He called himself Black Bob and was a mainstay of the Shoreham Group. He will be missed.

# Life

always offers you  
a second chance.

It's called tomorrow.

## 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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recsec@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 - Dawn -  
institutions@suffolkny-aa.org

Literature - Debbie - 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

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@suffolkny-aa.org](mailto:websup@suffolkny-aa.org)

### Re-Opening Meetings

Suffolk has over 380 IN PERSON meetings and almost as many VIRTUAL meetings a week. Whether you are looking to find an IN PERSON meeting or your group is discussing reopening, please find useful information and resources on this critical topic here:

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

### Web Committee

The Web Chair is forming an ad-hoc committee to guide future improvements to the SIA Website and help with SIA's digital outreach. We will be meeting the 1st Tuesday of the month at 7pm in SIA's Virtual Committee Meeting Space. Come join us and learn more about how you can help!

<https://suffolkny-aa.org/members/committees/#meeting-schedule>

### Virtual Speaker Exchange

<https://suffolkny-aa.org/virtual-speaker-exchange/>

Find Speakers and Outgoing Speaking Commitments for your Group

The exchange is held the 2nd Saturday of the month @ 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/meeting-list/#updates>

### 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/>

## Our Common Journey

### Online meeting

There is an old saying that if you want to get something done, ask a busy person. Ashley is that busy person. Somehow between work, school and home life, she still managed to find the time to get this meeting going. She realizes that without sobriety, the other activities in her life would go by the wayside quickly.

Ashley felt disconnected. She is a firm believer in the importance of doing service work. Almost three years sober, a work change schedule interfered with her recovery program. She couldn't make meetings like she used to, including the meeting she chaired. Somehow the online meetings weren't doing it for her either. She knew this had all to change.

After some soul searching and a sit down discussion with her sponsor and grand sponsor, the solution to her disconnection was to start a women's online meeting. She certainly didn't want to jeopardize "the biggest blessing in my life." She freely admits that AA gave her "a life she never knew she wanted."

Without much hesitation, she went into action. The first meeting was held on January 10, 2021, in the midst of the coronavirus. There was a definite need for a new women's meeting - 30 ladies have been showing up every week. There has been "a nice blend" of ladies with long term sobriety and relative newcomers which makes for a nice balance over all. For the first two months, this meeting wasn't listed. Despite that, there was a tremendous showing week after week. Word of mouth did the trick as it always will when something new and notable comes along. Now that it is listed it should be very interesting to see what happens.

Ashley and her sponsor kicked around some ideas and 6:00 PM Sunday seemed to be the ideal time for all concerned. Sober Sisters was the original name of the meeting but Ashley said "that didn't quite cut it." At her sponsor's suggestion the name was changed to Our Common Journey. That seemed to sum up their focus much better.

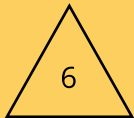
Then a format was set up: a topic meeting with a reading and a two minute meditation to set a nice tone. Thus far this has worked out very nicely.

This history is being written a mere two months after Our Common Journey began but those wheels keep turning. Plans are in place to turn this into a face to face meeting when the pandemic blows over. We try to take things a day at a time but some planning for the future is always a good thing.

SIA Archives Committee

March 17, 2021

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



### **The Changes Covid-19 Has Brought Have Strengthened AA**

COVID-19 has brought about much change in the world. In AA and Al-Anon it has nudged us into a fuller use of the internet and world-wide connections for meetings, service and so much more at a somewhat accelerated rate. As part of the connections, I started to attend Zoom meetings in various cities and states in the U.S. I started going to meetings on Long Island by way of the man I had kept in touch with there. He was and is an exceptional man who does immense service for Alcoholics Anonymous. With the meetings using Zoom, I was fortunate enough to help by being a co-chair for a meeting that he chairs. It has brought me closer to meeting more strangers because of the wider horizon of meeting locations and types of meetings. AA has grown to fill my heart as it was prior to 9/11 and broaden to grow AA not to replace face to face meetings but augment and strengthen them. Hopefully this is not a situation of much longer duration than we have already experienced and been restricted. Where we do not have as much close and direct physical contact with other alcoholics or members of Al-Anon Family Groups. This is putting a different feel to helping others, but I have no doubt that the fellowship will, as it always does, adapt to this and not only handle it well, but will become stronger as it has in all past challenges. Many of the distances have and are still increasing with larger audiences. The online aspect is fostering a more rapid growth and strength of the fellowship in supporting newcomers and more time proven members. A particular element that I find very positive is that the new environment that is evolving will open doors to keeping closer contact with those who we become close to and those who have helped us on our journeys. Old friends will become more plentiful and last for a longer time as the contacts will remain intact. Virtually all of my long-term friendships are those that have been formed while I have been in the fellowship. One area that is less positive is the loss of dear friends and family both in and outside of the fellowship. I know a number of both categories who this pandemic has taken. Close individuals who helped many on their journey before their voyage was shortened. They will be missed and honored. The thing that has shown out and shined to be obvious is that AA is like a Samurai sword. The more it is forged as the sword, it becomes stronger as does the sword having its blade being hammered and folded. As adversity tempers AA it becomes stronger and more tempered as it deals with that adversity. It is a true blessing.

Joe T The One and Only

## My Many Challenges of this Past Year

The last year has been very, very rough! It definitely challenged my sobriety. I was diagnosed a while back with a back problem and they scheduled an operation. I was set up to go in last March (2020) and what happened is it was arranged for March 15, but COVID-19 closed everything down on the 13th. I missed it by two days. I went through the next five months crawling from room to room in so much pain. It took until August when they finally did the operation on my back.

I was also diagnosed with Parkinson's. And I have heart problems. The doctor told me it's bad enough with one of these but with both, it is very hard to control. This was all medical problems. I have been in this program for many years and maybe I was starting to feel like I was running the show. I realized that it's just as hard for those of us who have time in AA as it is for the young guys. I tried to take control back from my Higher Power. I was still going to meetings—even on Zoom. Now, I am starting to get back my Higher Power and putting Him back in the number one spot. That's where he should be. I don't control anything. I am starting to see the light at the end of the tunnel.

I am sober 47 years. There again it's that "I". But It's not me. It's God and the Steps. To add to things, then I got the coronavirus in January 2021. It wasn't that severe. My wife got it a week later. She lost her taste and smell—it's just starting to come back now. We had to wait 30 days before we could get the vaccinations. Saturday, we got the first shot.

I don't like to say this all tested me. These were just situations that were put in front of me that I didn't handle too well. I was cursing my God up and down. How could you do this to me? How could you? Someone once said to me "at least you're talking to Him."

Today I'm okay. I can feel the Higher Power coming back in. I know everyone has troubles. I am not the only one who's had issues. They are making it through too. Just to see AA going through this pandemic. It is still going on. We met in parking lots. And wherever we could. It is great to see that. AA is still going on. We weren't allowed to touch each other but we could meet and that was so important. Each day you hear about the heroes who started meetings. Just today I heard someone say how fortunate we are to have so many groups. So many groups! I am not sure what is going to happen to my home group. We will have to step back and see. I am waiting for that.

Dennis H

Smithtown Serenity

May 1, 2021



## The Suffolk Intergroup Bulletin

### God is ALWAYS working!

My sober date is 18-Sep-2019 and my first day at the Eye Opener was on Monday 14-Oct-2020. Shortly after I took the commitment of being the receiver of the Grapevine and did Sunday coffee service. Service and commitment kept me sober in the early days of my sobriety.

When the initial news of this strange virus COVID-19 reached my eyes and ears and I heard the chatter in the room about "what if?" and "what will we do?" before and after the meetings I started telling people that I could start an online WebEx (that is the service that my company uses). I had only heard a little about Zoom. Initially when I brought it up there was a great deal of push back about starting something. I was gripped with fear that if the Eye Opener closed what would happen? Oh no!!!

But a serious character defect of mine which is not listening to what others say and doing what I want anyway kicked in and what the enemy meant for evil God turned it for good. I did not listen to the "DONT DO THATs" and I:

- Opened up a Zoom account
- Found a distribution list for some people at the Eye Opener
- Sent out an email saying there would be a Step meeting on 24-Mar-2020
- And off we went

This is where the miracle really blossomed. This is where this self centered ego-maniac who entered the Eye Opener as a big shot and worked my way to being a blessed servant to God's work in AA.

This is where I would like to pull together a Zoom meeting for a few of us to share the experience. I have spoken to a couple of the members of the Eye Opener about getting together and sharing our EXPERIENCE how the Eye Opener Online began.

It took the STRENGTH of the members of the Eye Opener to till the soil and plant the seed of the Eye Opener Online and care for the online meeting that started on March 24 of 2020. It was a Step meeting (Step 5 to be exact) with 17 people who had the desire to stop drinking one day at a time.

This is where it is a bit fuzzy on who did what and how we really established the format of this beautiful gift of sobriety.

Since that day and every day for 423 days, as of the writing of this story, we have had on average between 50 to 80 people join this meeting every day.

It is an incredible thing to watch the HOPE and LOVE that pours into this room every day. I have experienced amazing things at the Eye Opener.

Grateful in service,  
Christian  
Eye Opener