

August, 2021

THE SUFFOLK INTERGROUP BULLETIN

**Volume 49
Number 4**

Visit our SIA Website at:

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

Every day is a new beginning



The Suffolk Intergroup Bulletin

August Business Meetings

The SIA business meeting

has gone HYBRID

both in person and online

Our new location is

MEDFORD VFW

507 Long Island Avenue

Medford, NY 11763

Join via ZOOM

ID 941 2170 5886

Passcode Service

LAST TUESDAY OF THE MONTH

Tues. 8/31/21 8:00 PM

SIA Business Meeting: 8:00 PM

New Rep Orientation: 7:00PM

Share-A-Thon Committee: 7:00 PM

Visit the SIA Website for more information:

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

Public Information Committee:

LAST THURSDAY OF

THE MONTH

Thurs. 8/26/21 7 PM

ONLINE ONLY

Institutions Committee:

SECOND TUESDAY OF MONTH

Tues. 8/10/21 6:15 PM

SIA Office, 113-8 Bay Ave.

Patchogue

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 8/20/21 8:00 PM

New GSR Orientation: 7:00 PM

Join via ZOOM

Mtg ID 932 6450 5176

Passcode 713704

Visit the SGS Website for more information:

<https://aasuffolkgs-ny.org/>



Around the AA Campus

Two new meetings. Both of these are on Zoom.
Why not give them a look?

Women in the Solution meets every Thursday at
6:30 PM

(Meeting ID: 209 509 1328

Password: sober2)

Early Bird Reflections meets every morning at
7:00

(Meeting ID: 501 101 5434 Password: 448049)

The Corona Beach Group reports that during a
recent downpour at the Ponquogue Beach
Pavilion, they ended up meeting in the men's
room. Nothing stops us.

Maybe something unusual has happened at your
meeting lately. Please send your story along.

Heard in the Rooms

The life of an alcoholic is an exhausting one.

Today is the day you worried about yesterday

Things We Cannot Change

Sad news. Since the last Bulletin, we have lost two
of our people.

Vic M from Terryville

and Dotty K

Both will be missed



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

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 Shannon -
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-A.A.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

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
 opening, 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 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 groups 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/>

Women's Back to Basics Online Group

Prior to coronavirus, Bernadette and Amber had discussed the need for a group specifically geared towards women. These meetings would have an emphasis on the literature of Alcoholics Anonymous. What the pandemic did was simply speed the process up for them. Meeting places were drying up all over due to restrictions. There was a mad scramble for people to find alternatives to continue having meetings. Some continued to meet in parks and beaches. Others met in the parking lots of their former inside meeting places. Most resorted to online meetings. That's what these ladies did, too. Like just about everyone else, they were flying by the seats of their pants

Although Bernadette gives most of the credit to Amber for setting up the technical side of creating an online meeting, she certainly didn't just sit back and wait for it to happen. While others were using Zoom, this group opted for Google Hangouts. The two sites have some minor differences. Their inaugural meeting was on April 4, 2020.

The format is simple; a piece of literature is selected and read paragraph by paragraph with the reader given the option to share. However this group may have one of the widest variety of AA related literature used in any Suffolk meeting. In addition to the usual like the Big Book and the 12 and 12, they will tackle Dr. Bob and the Good Old Timers, Pass it On, Living Sober, and Came to Believe. The following pamphlets will also be used; The AA Group, What is AA and Questions on Sponsorship. These ladies will be well-versed in the fundamentals and background history of Alcoholics Anonymous by the time they finish the cycle.

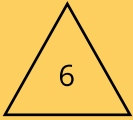
So far 10 to 14 ladies show up at each meeting. Of these, 10 have under a year sobriety. 8 or 9 are brand new. One lady was showing up and still drinking. With the help of the group, she was encouraged to enter rehab. Wisely, she followed that suggestion. She returned with a renewed goal to make sobriety her life's work. Like all the other women, she also has a commitment. That's part of the deal. No slackers allowed here.

When the pandemic blows over, Bernadette expressed an interest in continuing as an online venue but that still remains to be seen. The group did branch out once in the second week of September and set up an in person Friday meeting, 10:00 AM at Crab Meadow Beach. According to Bernadette; "we froze." So it was back to online the very next Friday. Right now she is too busy being in awe at what is happening with these meetings. "Ladies are getting through COVID-19 and staying sober. It's miraculous!"

SIA Archives Committee

September 17, 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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What is God Telling Me?

My name is Lew, I'm an alcoholic, and it's December 2019, the first Sunday of the month. Business meeting for my home group, which means commitments for the group. Some for the next six months and some for the whole upcoming year

My life has changed dramatically over the past years of sobriety, going through the Steps with another and being hoodwinked into service. So, I take a commitment to chair a 7:00 AM Tuesday Step meeting.

There's a hint of something that is changing society in a foreign country, and our youngest son's wife gives birth to our fifth grandchild. It's a boy on the 12th of December, at Huntington Hospital. My wife, of course, is overjoyed and we get to go to the hospital to see the newborn.

January, our son, his wife and their child return to their home upstate in February. My wife starts to experience some dizziness, and that starts a round of medical tests, as the hint turns into an alarm of the coronavirus.

March, I chair my last Tuesday Step meeting, as the lockdown commences, Somehow, miraculously, my home group transitions somewhat smoothly to online. I start chairing the Tuesday Step meeting online, as the physical meeting continues, albeit with only 10 or 12 people, instead of the usual 40 or so. The online meeting grows to 70 or 80.

Looking back, the world seems out of control, and I haven't picked up a drink. As I was taught, my sobriety isn't dependent on circumstances. I went from a sober husband and equal partner to a loving caregiver as my wife's condition spirals downward. All my thoughts turn to my Higher Power and how getting sober has a timing all its own. A role reversal appears, as my wife is no longer the mother of an erring drunk husband. I now can be there for her as the principles of Alcoholics Anonymous kick in.

November, COVID hits our family as one of our children is infected but develops only semi-mild symptoms and recovers in five long anxiety-ridden weeks.

Everything seems on hold except my sobriety, I start attending online meetings across the country and worldwide. I speak at meetings, but as I start to get overwhelmed, I begin to change my prayers, asking only for strength. Just for today.

December my wife's physical condition is dire and she ends up in the hospital emergency room.

By this time, even the hospitals are locked down, I say goodbye to my wife as she's wheeled down the hall and call my sponsor. Will this be it? What is God telling me? Pray he tells me.

December 23rd she's released. It's cancer. I call my sponsor. There is hope, a treatment, I call our family, I call my sponsor.

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All through this, I slowly but surely stop sharing at meetings, I'm still making phone calls, praying and reading. Sounds like the beginning of isolation, and I'm aware on it. The round of treatments begin, and all the accompanying physical deterioration.

It's now March 2021, I'm exhausted and overwhelmed. My fellows start to surround me, if not physically than emotionally.

One more trip to the ER, results in CCU and Hospice. It seems AA is everywhere.

Two days later, as I lay in her room trying to sleep, God takes her back. I call my family and then my sponsor, he says: "What are you going to do for your recovery today?" Now there's things to do, arrange and accept. They all get done, with Gods help, AA and the blessings of recovery.

A low bottom, fall down drunk, like me, living a compromised life, somehow got sober long enough to be an instrument of kindness and service.

God bless us all!

Lew

Eye Opener

May 25, 2021

UNANIMITY

Some people in your life seem more equipped to listen,

They open their heart to find what works, find the bliss in.

We all have a part in one another's lives.

A roll to fulfill, when emotion arrives.

We need to find balance and not depend on one.

Don't put all you your eggs in one basket.

It doesn't work, you'll learn in the long run.

Life is all about learning who you are.

We seek to transcend, expand our repertoire.

Being yourself and balancing your ambition.

It's wise to ask another, so success can come to fruition.

In time we find what we need for clarification...

It's using the tools we learned with self, with spirit, our salvation.

-Chrissy W



2020 Confirmed AA for Me

After a 30-year drinking career, I came to Alcoholics Anonymous on September 30, 2019. I was beat, unable to stop drinking on my own. My alcoholic journey had progressed to the point where I could not—for the life of me—stop buying and consuming large quantities of alcohol. I am a reasonably intelligent, professional, retired person. Yet, all my efforts to quit had failed. I was desperate and panicked.

My Uncle Ed and Cousin Billy were long haulers in the program and happy. In June 2019, I met a friend's ex-husband. He was in AA now and totally different from when I knew him back in the day. He was glowing with peace and serenity.

I dipped my toe into AA for a few months before the COVID-19 lockdown. During that time, I flew on the point cloud of "One Day at a Time" and "Don't Pick Up That First Drink." I slipped once, got irritated and took a swig of tequila.

Throughout 2020, I did attend Zoom meetings and did not have a solid foundation in the program. Yet, the bits I had garnered from my initial entrance were still in my brain. Alcohol's grasp was loosened—but not gone. Every two months or so, I would choose to drink. Just the one night, at home, all alone. In the morning, I'd pour anything remaining down the sink.

So after four incidents, I learned the truth of "you pick up right back where you left off." For me, that was a quick binge to black out. I was able to truly see that I was an alcoholic, a pickle, if you will, and would never be able to drink casually again.

In mid-2021, I walked back into the rooms. This time, I dove in with both feet: home group, sponsor, commitment, reading material and sharing at meetings. Today, I am blessed to be obsession free. Today, I am growing spiritually and emotionally. Today I am sober. I owe it all to AA, with its loving membership and its continuing teaching and support. For me approaching AA with honesty, openness and willingness has been the key.

Connie

Fort Salonga Workshop