

**September, 2021**

**Volume 49  
Number 5**

**THE SUFFOLK INTERGROUP BULLETIN**

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

*Keep It Simple*



## The Suffolk Intergroup Bulletin

### September 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. 9/28/21 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. 9/30/21 7 PM**

**ONLINE ONLY**

**Institutions Committee:**

**SECOND TUESDAY OF MONTH**

**Tues. 9/14/21 6:15 PM**

**SIA Office, 113-8 Bay Ave.**

**Patchogue**

**Suffolk General Service:**

**THIRD FRIDAY OF MONTH**

**Fri. 9/17/21 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/>**

### **A Message from the Institutions and Corrections Committees**

**Thank you General Service Association for the contribution of two boxes of books  
for the Institutions Committee and the Corrections Facilities Committee. We  
greatly appreciate all your love and support!**

**Sincerely,**

**The Institutions and Corrections Committees**

## Around the AA Campus

Meetings are re-opening all over. Keep checking the Suffolk Intergroup website to see what might be back near you. Since changes are happening constantly, a printed meeting list won't be happening soon. Maybe next year...

New groups continue to pop up. Why not support these newbies by attending? Here are the latest:

Rule 62 can only be accessed by phone. Meets Monday (Step) and Wednesday (Topic) at 6:00 PM. To get in call (978) 990-5000. Rule 62, by the way, comes from page 149 in the Twelve Steps and Twelve Traditions book. "Don't take yourself so damn seriously." Good advice.

On a Sober Journey meets every Friday at 6:30 PM. This is a Zoom meeting To get in: 868 7239 9413 Passcode: 578572

BBC: Men's Big Book Study An in-person meeting that thoroughly explores the Big Book. Meets every Wednesday at 7:00 PM at the Greek Church of the Hamptons 111 St. Andrews Road. Southampton

### Heard in the rooms

Clinking wine glasses and drinking slowly was not in my genetic code

Alcoholism is like having sex with a 400 pound gorilla. You're not done until the gorilla says so

The only thing normal in my house is one setting on my washing machine

### The Things We Cannot Change

Sad to report that Elaine M from Southold passed away on August 4. Condolences to her friends and family.

## 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-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 450 IN PERSON meetings and over 200 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

Join the Web Committee to help guide the future improvements to the SIA Website and help with SIA's digital outreach. We will be meeting the 1st Thursday 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.

Starting in September, the exchange will be held the 1st 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/>

### We Stay Sober Together Online Group

Coronavirus rampaged through the world causing death and disruption. Meeting places were shutting down all over. But the AA spirit would not allow us to be shut out of our meetings for good. Alternative meetings sprouted and flourished.

Suddenly, many people who were initially reluctant became ardent believers in things like online meetings. So ardent, in fact, that when face-to-face meetings began to reopen, these same people refused to go, instead wanting to continue gathering electronically. They found a new home. This led to some disagreements and in the land of Alcoholics Anonymous, sometimes these disagreements translate into new groups starting. Thus was born We Stay Sober Together.

One such convert to online meetings is Ali. She, like many others, looked suspiciously in the beginning at virtual AA meetings. She got sober in brick and mortar rooms and was distrustful—at first. That distrust quickly turned into love. Today, she reports that “I didn’t go to any live meetings since February 2020.” These are now a way of life for her. But it took that gentle nudge of her husband, Billy, to get her to commit to starting one.

The very first meeting was held on July 6, 2021. By the second one, 14 people were showing up; which is a wonderful number for such a new meeting. Ali reports that many others have expressed an interest and the door will be open wide for them, when they do decide to join in. She takes a very philosophical approach to all of this: “God closes one door and opens another.”

We Stay Sober Together meets twice weekly, 7:00 PM on both evenings. Tuesday is a beginners meeting and Friday is a *Daily Reflections*. The Serenity Prayer starts and ends the meeting. A fitting way to get going. Once more Ali succinctly puts things in perspective regarding the new group: “We all are doing our best.” They all seem to be doing a great job.

SIA Archives Committee

July 20, 2021

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



## Covid Changed Our World

It was March 2020 and our world was changed forever, for it was the beginning of everything shutting down for what was to become known as the COVID 19 pandemic . I had just been to a Woman's Meeting in Westhampton Beach and it was announced that there would no longer be live meetings after that day. I was shocked and concerned and couldn't imagine what would happen to all of us AA 's if there weren't any live meetings to attend. In addition, at that point zoom was not even in our AA vocabulary!

Within a couple of days AA Inter Group came together and meetings were readily available on zoom. It was done so swiftly and efficiently and it was truly incredible to me to see the support of all of us in the fellowship pulling together to make certain that meetings would continue via zoom. Within two weeks I decided that I would open a zoom account and start a small women's meeting that I named The GREATFUL HEART♥. That name came to me effortlessly as that is what I truly feel every day as a member of AA!

The meeting ended up changing my sobriety immeasurably and it continued through this past June !! I was not only doing service but I

was having a chance to meet women from all over the country and in fact all over the world.

In addition to Grateful Heart meeting which, I held on zoom twice a week at 1 PM, I began attending a new group In Westchester known as the Armonk group. To this day I am still going to the Armonk meetings several times a week even though I have already begun going back to live meetings in my hometown of Westhampton Beach. This group has enriched my sobriety incredibly and I have made many new friends during the course of the past 16 months .

For me the zoom AA experience was truly wonderful and looking back now I feel it taught me so many new life lessons about myself and our god-given fellowship . I am beyond blessed to be a have been amember of Alcoholics Anonymous for the past 8 1/2 years.

Fondly Susan L



## 54 Days

I came into AA in 1982 when I was just 26 years old. Six detoxes, hospitalizations for alcohol poisoning and four rehabs later, I finally got sober in 1988. For decades, I was an active member, attending meetings regularly, doing service and helping the newcomer.

All the promises had come true. Life was wonderful! So much so that I began to think that I did not need all of these meetings anymore. It was a gradual transition; lessening up on meetings and eventually pulling away from the program in its entirety. I stopped connecting with my sober friends and stopped sponsoring people. After all, it was the bridge back to life and I was married now and busy having all of these babies.

At approximately 20 years sober, I thought it was no big deal to smoke weed- after all, this was not my drug of choice, Alcohol was. I continued to smoke weed, recreationally for the next few years. Thereafter, I developed stage 4 lung cancer & became addicted to pain meds.. I had no program, no sober friends, no higher power. It was only a matter of time & at 26 years abstinent from alcohol, I picked up a beer. It was the point of no return...

But, I thought I could come crawling back to AA & get sober again. It wasn't so. I tried going back to meetings but I kept relapsing. My ego & phenomenal of craving kept me drunk. I didn't want to do the work.

I've had a series of emotional bottoms and awful consequences but I felt hopeless. I was going to die anyway. That was six years ago.

Needless to say, I take this miracle drug that's kept me alive. I have been in remission for the last five years. But the drinking continued as did my suffering.

For the last year, a woman who I got sober with in the 1980's sent me a text every couple of months with a link to a woman's Zoom meeting. I ignored her texts. I continued to drink during the pandemic and could not be there for my children. I was out of it everyday.

About 70 days ago, I awoke to the daily hangover, unable to lift my head up off the pillow before noon. I was spiritually and physically bankrupt. My grief was enormous. For the first time in many years, I prayed to God for the willingness to attend a meeting, and stop hurting myself. My prayers continued everyday for 2 weeks but I still drank.

54 days ago, completely beaten down, I reached out to my sober friend and attended my first meeting in five years. Today, she is my sponsor.

I cannot convey in words how much these online meetings have helped me. I have a home group on Zoom that I attend every morning at 6:45 AM called Sunrise Sobriety. I attend 2-4 meetings per day and not only have my long time sober friends embraced me but I have also made so many new sober friends. The first three Steps are in my life daily. I take it one day at a time. Some days are really difficult because my coping skills are not good. but God is working through other sober people. I'm still here. I'm incredibly grateful. Once or twice per week, I travel an hour so that I can attend a live meeting and they're wonderful.

Nevertheless, it is the Zoom meetings that have kept me sober. I think these should continue as they help so many people. I look forward to my 90 days so I can throw myself into service.

Leah O.

SUFFOLK INTERGROUP ASSOCIATION  
OF ALCOHOLICS ANONYMOUS  
PRESENTS

## 2021 SHARE-A-THON



**WE ARE NOT A GLUM LOT**

**OCT 17TH, 9AM - 4PM**

**HYATT REGENCY  
1717 MOTOR PKWY  
HAUPPAUGE, NY 11788**



**Join us for a full day of workshops, speakers,  
food, fellowship and above all else FUN !!**

Visit <https://suffolkny-aa.org/share-a-thon> for more info