

The background of the entire page is a photograph of three red apples with yellow streaks, resting on a wooden surface. In the background, there are out-of-focus autumn leaves in shades of red, orange, and yellow.

**October, 2021**

**THE SUFFOLK INTERGROUP BULLETIN**

**Visit our SIA Website at:**

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

**Volume 49  
Number 6**

*Nothing Changes if Nothing Changes*

## The Suffolk Intergroup Bulletin

### October 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. 10/26/21 8:00 PM**

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

**New Rep Orientation: 7:00PM**

**Visit the SIA Website for more information:  
<https://suffolkny-aa.org/sia-general-meeting/>**

**Public Information Committee:**

**LAST THURSDAY OF  
THE MONTH**

**Thurs. 10/28/21 7 PM  
ONLINE ONLY**

**Institutions Committee:**

**SECOND TUESDAY OF MONTH**

**Tues. 10/12/21 6:15 PM  
SIA Office, 113-8 Bay Ave.**

**Patchogue**

**Suffolk General Service:**

**THIRD FRIDAY OF MONTH**

**Fri. 10/15/21 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/>**

### Announcement

**The only night time LGBTQ group in Suffolk County will be restarting in October at 1140 Locust Avenue, Bohemia. It will be on Saturdays at 8pm and there will be a different format each week.**

### 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

New meetings continue to pop up. Come out and support these three latest additions

Free Indeed—Open discussion—Saturday at 9:00 AM— Word of Truth Church 208 Jamaica Avenue, Medford

Bridging the Gap— Open Big Book meeting— Thursday at 7:30 PM—3275 Veterans Highway Suite 15, Ronkonkoma

Wellness Beginners—Open beginners—Wednesday and Friday at 8:30 PM—1193 Flanders Road, Flanders

Things we cannot change

Our dear friend Sonny N of Greenlawn-Huntington Station has left us. He was a gentle soul with much wisdom.

## A reminder to everyone about the Archives Coronavirus Project.

We are going through something AA has never experienced before, so we need everyone's help.

We are asking all Suffolk AAs to write about their experience and their group's experience during this difficult time. How did the pandemic affect you personally and how did you manage to stay sober through it all? What changes did your group make? What did you witness?

We will be saving these in binders of the stories down at the Intergroup Office, and they will be available for anyone to read. It is our responsibility to save our history! Please become part of this and help. Right now we have had 260 different people participate in this. It would be wonderful to get one from every group.

Finished pieces can be emailed to Archives@SuffolkNY-AA.Org

For those, who for whatever reason, writing is out of the question, we will interview you.

Thanks for your help!

## 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

# 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 270 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 1<sup>st</sup> 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.

This exchange is for ONLINE meetings ONLY and is held the 1<sup>st</sup> Saturday of every month @ 9am.

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 7<sup>th</sup> 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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**BBC Men's Big Book Study  
Greek Church of the Hamptons  
111 St. Andrews Road  
Southampton, NY 11968**

Be forewarned. This is not your typical AA meeting. The men who gather here every Wednesday at 7:00 PM are focused wholly on doing Step work and in an intensified manner. This undiluted method of working the AA program has a long lineage going back to Bill W, the founder of AA. Come here and you are in the company of serious believers in the power of our Twelve Step program.

It all started in New York City, when Don K was walked slowly through the Steps during a six-month period. "It was life-altering." The man who carried the message to Don was from Galway, Ireland. The approach taken is right out of the *Alcoholics Anonymous* book. At the time, Don was working - and living - five days a week in the city. On the weekend, he would come out to be with his family. Eventually, he moved out full time to the East End. By his own admission he had "the compulsion to pass it on."

What was to become the Men's Big Book Study first started meeting around a kitchen table on February 1, 2016. Four of them would meet each week to do this intensified work. By word of mouth, the numbers quickly grew to 12. As the numbers grew so did the noise. The house they met in had a baby, whose need for uninterrupted sleep necessitated a move for the group. They found a new home at the Greek Church of the Hamptons. Back then they were known as the Beachdale Book Club.

Finally in July, 2021, the decision was made to open their doors to everyone. The meeting was listed on the Intergroup website. A slight name change to Big Book Club, but the same basic no nonsense working through the book continued. A typical meeting starts with reciting the Serenity Prayer and from there intensified Step work begins. People split off and in various parts of the room someone might be writing his 4th Step on the side. Another may be working on the 7th Step. Half the group may be reading the first 164 pages of the *Big Book*. The work done is individualistic, geared towards the various needs of those in attendance. 12 of the people have gone through those same 164 pages and act as guides. This is a "we" program and not designed to be a pedantic experience. It was emphatically pointed out that this is not a teaching process but one of sharing.

The photocopied notes used are handed out as well as a *Big Book*, if needed. Since this meeting is of such a specialized nature, books are only handed out if a man returns for a second time. Many don't and after handing out many books to people who never returned, the second visit rule was established. Of course, everyone has the option of simply kicking back and listening in the first meeting. Admittedly, this meeting is not for everyone.

Those attending are free to annotate notes to their heart's delight but are advised not to pass those written notes along with the original notes. The focus here is on "the original undiluted message." That message has helped reclaim lives since the book *Alcoholics Anonymous* was published in 1939. Each week, these men gather together to see to it the message is passed forward, so others may also be given the chance to change.

For those who choose to stay and do the work, it can be life-changing.

S.I.A. Archives Committee August 11, 2021





## The Suffolk Intergroup Bulletin

### 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 pink 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

## The Effects of the Coronavirus on My Life

The Coronavirus had a negative effect on my life. Originally the virus was very limiting, like alcoholism it dictated what to do, when to do it and how to do it. For my family shopping was pretty much limited to one store, no such thing as going to church, a movie or the gym. Since I am in the risk category I voluntarily stopped working my part-time job. From the very beginning I said we are either part of the solution or part of the problem.

I believe we in AA have an advantage. AA teaches us to use the tools it gives us and a Higher Power to deal with adversity and accept change. Therefore, being part of the solution was doing what was and has been suggested. Wear a mask, social distance, wash hands thoroughly and disinfect. Being part of the problem is to do none of these and risk death. Half measures availed us nothing. At the peak of the pandemic we were wiping down all food and items that came into the house with alcohol or bleach solution. We reminded each other what had to be done and continued to reinforce the fact we were in this together and everything would be okay as long as we continued to work together and follow the guidelines and do what was needed. Thus, turning a negative into a positive.

Did the Coronavirus affect my sobriety? Well, I didn't pick up a drink but the quality of my sobriety and serenity certainly were affected, especially in the beginning. The way the virus was spreading and killing people was fearful, unnerving and stressful. Groups were closing down. There weren't any meetings to go to and I missed having contact with fellow AA's and my group. There is a magic that happens at meetings, I believe it is a spiritual magic that gives me peace and serenity and I missed that. This is where Zoom, without a doubt, was a life saver and it enabled me to make contact with fellow AA's. My group was able to have a weekly Zoom meeting and I was able to regain some serenity. While Zoom is a change it is something I needed and had to accept. I also found myself using the phone more so as to make contact with people in AA.

During this time however, I witnessed how difficult it was for the newcomer, not being able to go in person. Some did not make it. I also came in contact with fellow members with long-term sobriety who said they were not making any Zoom meetings and they admitted their thinking was going "squirrely". I saw this individual some months later, they did not look good, but I did not have a chance to talk to them. They hurried away. AAs need to be touched --- mentally, physically and spiritually. While Zoom meets two of these criteria, it cannot satisfy the physical one. The reaching out and shaking someone's hand or giving someone a hug. This is another part of AA's magic, affirming someone or being affirmed by a simple handshake or hug. Thus, I am glad that in person meetings are opening up again.

Frank M.

Rocky Point Fellowship of the Spirit

May 28, 2021

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## 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 to 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.

