



**November, 2021**

**THE SUFFOLK INTERGROUP BULLETIN**

**Visit our SIA Website at:**

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

**Volume 49  
Number 7**

**I am grateful for what I have. My  
thanksgiving is perpetual.**

**Henry David Thoreau**

**Wishing You a  
Very Happy Thanksgiving  
From Your  
Suffolk Intergroup Association**

## The Suffolk Intergroup Bulletin

### November 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. 11/30/21 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/>**

**Institutions Committee:  
SECOND TUESDAY OF MONTH  
Tues. 11//9/21 6:15 PM  
SIA Office, 113-8 Bay Ave.  
Patchogue**

**Suffolk General Service:  
THIRD FRIDAY OF MONTH  
Fri. 11/19/21 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

The meeting changes keep happening. Way too many to list here. Consider downloading the Meeting App.

Two groups have decided to call it a day.

Free Soil in Commack, which met on Sunday morning will no longer meet

Free Thinkers in Bay Shore, which met on Thursday has closed shop. Those looking for a Free Thinker meeting check out the one in Stony Brook. That meets on Wednesday and Friday at 7:30, with a hybrid format (in-person and online).

Saturday afternoon online meeting could use support. The One and Only meets in person and has a separate online meeting. The in-person is doing very well but the online could use some bodies. Both meet at 3:00 PM. Zoom 909 301 594 Passcode 799633

New meetings galore.

Reaching Out—Online meeting—Saturday at 1:00 PM  
Closed Discussion. Has closed captioning

Not a Glum Lot—Phone meeting —Tuesday and Friday at 10:00 AM

Gimme Shelter—Online meeting—Saturday Open  
Discussion at 7:30 PM

Things We Cannot Change

We mourn the lose of our friend Robin from the Port  
Jefferson Group

## 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.

## 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 -  
volunteer@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/>



## Reaching Out Online Meeting

For most of us, getting to an Alcoholics Anonymous meeting is as simple as looking at the meeting list, finding one conveniently located, and driving over at our preferred time slot. Maybe there might be a glitch here and there: a traffic jam or a flat tire. But basically, all it takes is the desire to get to one and the means to do so.

However, for many AAs, it's not that simple. They don't have the means to do so. They are bed-ridden. They are elderly. There are those who are blind, hearing-impaired or physically challenged in some other way. Then there are those who don't have their own transportation or the bus routes are not scheduled anywhere near a meeting or stop running before a meeting ends. Some people face paralyzing social phobias and anxieties. What do they all do? Their answer might just be here.

Tommy C, who is currently Chairperson of the Accessibility Committee of Suffolk General Services, has made it his mission to assist those in need. He believes everyone should have access to AA meetings. Interestingly enough, the coronavirus pandemic not only raised much awareness about this issue, it offered solutions unheard of previously in Suffolk County. One of these solutions was the online meetings that sprouted like sunflowers. Reaching Out is one such online meeting.

The first meeting was held on August 7, 2021. The meeting uses the General Services Zoom platform and thus far, it has been slow and steady progress. Every Saturday, the meeting is held. at 1:00 PM. The day one of the Archives Committee stopped in, there were nine people attending. The topic was the importance of making meetings available. The speaker was from the Patchogue Group. He is 39 years sober and he reported that his ability to access meetings over the years made that 39 years possible. The importance of spreading the word about our need to make meetings available to all and to get the word out about that was a major focus of this meeting.

One of the features Reaching Out is offering is closed captioning. This allows the viewer to read what is being said. No regular meeting in Suffolk County has ever offered this welcome option before. This will open up a whole new world for many.

Our 12th Step talks of both the need to give back and the spiritual rewards of doing so. This meeting exemplifies both aspects. Our fellowship is based on reaching out to those in need. This meeting is designed to accomplish exactly that. It will be opening doors for those who previously may have been locked out of some meetings.

SIA Archives Committee/ September 29, 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

### The World Shut Down but I Stayed Sober

When the entire world shut down, I was just a couple of days away from celebrating my first anniversary. At the time I thought the lockdown would be temporary, maybe just a couple of weeks. I was very lucky. It took my home group, Way of Life, no time to set up a meeting on Zoom. Things were a little disorganized at first but we got the hang of it very quickly. I started visiting other groups on Zoom and getting speakers. I did get to celebrate on Zoom. Not in the traditional sense, but it was still exciting because I never thought I'd be able to stay sober for one year. We settled in and some of us even had impromptu meetings on Zoom; just to do quick check-ins.

Despite the lockdown our fellowship was thriving. The entire world seemed to change overnight but I was staying sober. I was able to make twice as many meetings, and all from the comfort of my apartment. I got to go to meetings all over the country and speak at a meeting in California.

Our meeting was one of the first meetings to reopen. We were back to in-person by July 4, 2020. But there was some tension within the group. Some members didn't think it was appropriate to resume face to face meetings with the coronavirus. We had business meetings where we discussed doing some type of hybrid meeting. We tested the wifi at our meeting space, but setting up on Zoom at the meeting place didn't seem possible - the internet service wasn't great. We also discussed using the name for a Zoom meeting, but it didn't pan out. Certain members never came back to the group. However, being back to in-person meant that attendance was higher than I had ever seen. Hardly any live meetings were open for attendance so we got to welcome many, many newcomers to our group. It was sometimes hard as our numbers grew. Sometimes, we used an overflow room. Our meeting space isn't that large. We meet in a classroom and we wanted to maintain a safe space with all seating being 6 feet apart. I honestly think the group did a very good job.

Things eventually relaxed a little more. Eventually we stopped wearing masks inside, and as other groups opened back up our meetings attendance went back to normal. I had a pretty positive experience during the pandemic and got to stay sober. I'm blessed that our group is so wonderful and willing to grow with the times.

Meghan M

Bohemia Way of Life

September 2, 2021

# The Suffolk Intergroup Bulletin

7

## My Growth in My Program and In AA During the Pandemic

Without a doubt, the year of the pandemic was the year I had the most growth in the program of AA and my spiritually.

In March of 2020, I moved from Long Island to the Adirondacks. I was sad to be leaving my AA family and home group, Bay Shore Sunrise Sobriety. It is lovingly known as "The Pit." I had previous experience with this. I traveled every summer and always managed to find meetings to attend while on the road. But knowing that this time I wasn't coming back to them was a different process to work through in my mind. My home group continued meeting in the room for a few more weeks. Then the church shut its doors. At this time, I was still working remotely using Zoom, so I knew a little bit about how it worked. I took a leap of faith and opened up a Zoom account and sent the members of Sunrise Sobriety the information. I hoped that they would sign in so that we could continue getting together for our meetings. Most people from the group were immediately on board and people began taking commitments as the host and co-host of each day's meeting. We found that it was better when two people ran the meeting, which was different than what we were used to meet in person. One person would be the chairperson and one would be in charge of the technical aspects of the Zoom room. We modified the in room script a little. Then we turned it over to our Higher Power.

I contacted Suffolk Intergroup to add our Zoom numbers to the meeting list. That's when the newcomers started coming into our online room. I believe it was the newcomers that held this meeting together. We would ask them to read How it Works and once they had 90 days, they became the co-host or the greeter. They were a very big part of our group. Watching them grow online, in front of my eyes, in their little boxes, was such a blessing.

I felt sad for some of my fellows who were refusing to even try out Zoom. They were missing out on this blessing. They were afraid of the unknown. Months later, when the irritability and discontent got too much to handle, they did sign on and joined us. Little by little, God was doing for them what they couldn't do for themselves. And little by little, our group was getting back together. Some days there would be 40 or 50 of us at a meeting. Elders and newcomers alike were embracing this new way of meeting.

People from our group, that had moved away years before, were also starting to sign in to our meeting. It was so great to see these people who had moved away. One of my litter mates had moved to Las Vegas a few years previous. We began to reconnect again thanks to this miracle called Zoom. I started going to some of her Vegas AA meetings on Zoom and started meeting new people with great messages. They welcomed me and made me feel at home.

I also started attending a woman's online meeting twice a week with some ladies that I had gone on retreats with in the past. It was wonderful reconnecting with them and making new friends on that meeting. For the most part, I was on top of my AA game, probably doing 14 or 15 meetings a week. I was growing in leaps and bounds and changing into the person that God had intended me to be all along. And on top of that I wasn't thinking about picking up a drink anymore, which is something I used to always have in the back of my mind.

Then the day came when the world started opening back up again and the church where Sunrise Sobriety meets opened up again. At first it was difficult to get people to commit to opening up the room. People were still leery of going out in public so we decided to continue with Zoom and do a hybrid meeting two days a week. That worked out pretty well for a while. We began to see the people in the room who rarely came on Zoom. Plus, it was during this time that our newcomers started celebrating their one year sober anniversaries. They were the real superstars in all of this. Most of us couldn't understand how they did it and most of them couldn't understand how we did it without Zoom. I came to believe that it was God doing it for us.

For me, being in the Adirondacks and still having the connection to my home group was "beyond my wildest dreams." A new freedom and a new happiness is what I was experiencing and it was amazing! I was so worried about what my AA life was going to be like when I moved. I now realize I have nothing to worry about as long as I continue to trust that God has this all figured out for me.

Lorraine E

Moving Forward

August 4, 2021



## **Service Is Essential**

*Service,  
Our Third  
Legacy*

**Want to know more?**

**Join us at**

## **The Big Meeting**

**Saturday December 4, 2021**

**From 2:00 pm - 6:00 pm at**

**True North Church**

**1101 Lakeland Ave.**

**Bohemia NY, 11716**

**There will be Food, Fellowship and information on  
Service Opportunities.**

**This is about one hand reaching for another,  
Alcoholic to Alcoholic  
Sponsor to Sponsee**



**Practical experience shows that nothing will so much ensure immunity from  
drinking as intensive work with other alcoholics. It works when other activities  
fail"**

**Big Book, Page 89**