



**December, 2021**

**THE SUFFOLK INTERGROUP BULLETIN**

**Volume 49  
Number 8**

**Visit our SIA Website at:**

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

**Wishing You a  
Peaceful and Joyous  
Holiday Season  
and a  
Happy New Year  
From Your  
Suffolk County Intergroup  
Association**

## **December Business Meetings**

**Our new location is MEDFORD VFW  
507 Long Island Avenue Medford, NY  
11763**

**The SIA Business Meeting  
LAST TUESDAY OF THE MONTH**

**Tues. 12/28/21 8:00 PM**

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

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

**Institutions Committee:  
SECOND TUESDAY OF MONTH  
Tues. 12/14/21 6:15 PM**

**Suffolk General Service:**

**THIRD FRIDAY OF MONTH**

**Fri. 12/17/21 8:00 PM**

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

**Join via ZOOM**

**Mtg ID 932 6450 5176**

**Passscode 713704**

**Visit the SGS Website for more  
information:**

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

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



## Around the AA Campus

The One and Only and Serenity, both in Smithtown, will be meeting in person for both Christmas and New Years. The One and Only will also be meeting separately on Zoom for those who may be at home and want to grab a bit of a meeting without leaving the house. These are the only two groups that confirmed meeting during the holidays prior to the Bulletin deadline. If you know of others—or if yours won't be meeting—please let the Intergroup office know at (631) 654-1150

Primary Purpose in Deer Park temporarily closed as they look for a new home

Greenbelt Rec Center in Patchogue is no longer meeting.

Corona Beach is back at 79 Foster Avenue Hampton Bays. They meet at noon every day.

New group: Amityville Beach meets Tuesday (Beginners) and Thursday (closed discussion) at 7:00 PM  
Northport Trinity will be holding its annual New Years marathon. It will start at 6:00 PM December 31, 2021 and end 5:00 PM January 1, 2022

### Things We Cannot Change

We mourn the loss of our friend Tommy H from the Holbrook Group. One of the great story tellers of our time. He will be missed.

Here's wishing everyone safe, sober holidays and a new year full of peace and contentment.

## 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 -  
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 560 IN PERSON meetings and over half 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

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/>

SIA WILL NOT BE HOSTING A SPEAKER EXCHANGE IN DECEMBER AND BEYOND. INSTEAD, WE WILL POST INSTRUCTIONS ON HOW YOU CAN REGISTER VIRTUAL EXCHANGES IN NEIGHBORING COUNTIES SUCH AS NASSAU AND QUEENS.

Visit the [Virtual Speaker Exchange](#) page to REGISTER your group and learn more.

### Your Group and the Meeting List

We have tentative plans to have a printed meeting list in the spring. If you wish your group to be included in this printing, it is imperative that you ensure that you are listed correctly on the Online Meeting List by the end of January at the latest.

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 WHERE YOU CAN 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/>



## **Bridging the Gap 3275 Veterans Highway Ronkonkoma, NY 11779**

With the lockdown of most Alcoholics Anonymous meetings during the coronavirus, one obvious loss was the lack of service commitments. Jobs like coffee maker were no longer even necessary. For those AAs who were raised on doing service work, this could have been devastating. Fortunately, most had learned flexibility, and just moved into different jobs. Like Barbara did - she started this meeting.

Barbara had been part of the Open Books Group since it started in 2016. It first met in Sayville and then relocated to Ronkonkoma, where it met at a professional recruitment agency. They met in a room very appropriate for teaching the *Big Book*, which was the emphasis of their meetings. This meeting place is a far cry from your typical church basement. There are long tables and carpeting. After about 4 years, Open Books became a COVID casualty. There was now this empty meeting place. Combine that with Barbara's desire to do service work, it was a natural that another new meeting would be born.

Barbara had a vision to create a meeting that would also emphasize the *Big Book* but with a focus on those new to AA, especially people coming out of detoxes and rehabs. The meeting would help bridge the gap from treatment to early sobriety. Out of that mission came their name. They would share on the basic text of AA, not teach it. There are no teachers here. Everyone sees themselves as a student in an ongoing learning process. This is a place for people to share their experience, strength and hope about how the wisdom of the *Big Book* moved them away from a miserable life and into the light.

First, word of mouth spread for this meeting starting around April/May 2021. It wasn't until mid-August that it made the meeting list. There are some nice little touches that help make this just a little different. The Twelve Steps are written out



individually and passed around, so each person can read one. This sets a nice tone of people working together towards a common goal. Each person reads a paragraph or two from the *Big Book*, followed by comments. The meeting starts at 7:30 PM every Thursday and runs for an hour.

When one of the Archives Committee showed up on an August evening, he was welcomed warmly. This group wants to reach out. A statement read at the beginning says "Welcome to Bridging the Gap, a meeting to help newcomers entering AA understand what's next and what's needed to obtain sobriety and freedom from alcoholism. To find a design for living that works."

People coming around for their first meetings could use all the help they can get. Well, the help is right here, just for the asking.

SIA Archives Committee

October 2, 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

### I Needed Hope

This pandemic was devastating. I was so very afraid. I remained isolated and alone for over two years. This is obviously not good for this alcoholic.

A little about my sobriety. In short, I was a "Big Book" and service gal. I never missed my home group's Big Book meeting each week, and later had the great honor of running this meeting for a few years. I learned so much about my alcoholism in these meetings.

I initially wrote two poems about coronavirus for the Archives. My poems talked about how Zoom meetings saved my life. But that's not really true. In reflection, I have an anxiety disorder so I hardly paid attention completely to these meetings, I was always up and down doing three things at once. I never attended Big Book meetings as I would have to have my book, sit still and truly listen and continue learning. I now realize that I've been "out of the book" for the last two years.

And then, I relapsed.

I may never know how or why it happened. I beat myself up terribly as I was coming up to my fifth year in sobriety and was just about to celebrate. I was humiliated, remorseful, and very sad. I did not tell anyone immediately. I thought I could keep it a secret. I could not. I wound up telling various folks (my sponsor first) days later. I would not pick up "just coming back" or first month coins at meetings, I just sat there as if I was just fine. My relapse was awful. Although it only lasted a day and so gratefully, I came right back. I realize now how fortunate I am for that.

I felt like I lost all I had learned. Alcohol now tempted me and crossed my mind often. I was very uncomfortable being around active drinkers as I felt so "less than." Nothing made any sense anymore. I missed leading meetings, speaking, and especially the ability of sponsoring other women. It hurt all over.

I have a new sponsor now, one who lives and breathes AA including the history and Traditions and I am going through the entire book, including all forwards, appendixes, and stories. I am redoing my Steps and praying the Lay Aside Prayer, trusting the process of forgetting everything I thought I knew.

Almost two months now, I am feeling better and am diving back into my program, honest, willing, and open minded. I no longer appreciate the phrase "I am part of the no-matter what club" as, in my opinion, there is no such thing. I believed that was me and I now adhere to the statement "for this moment."

I see I did not fare well during this pandemic. I need people, I need fellowship, I need to feel the spirituality which exists in a room of alcoholics sharing their experience, strength and hope.

I needed hope. I suppose I lost it. Thank God it has returned.

Thank you for listening.

Joni

## A Forever Grateful Alcoholic

It was March 10, 2020, I was finishing my final semester of nursing school and in my 5th year of sobriety. I was a volunteer EMT and working in a hospital as well. I received a group text with my coworkers late that evening, saying to pack a bag with one week's worth of clothing and anything that we might need for work should we not be able to go home. We were warned that the World Health Organization and CDC were going to declare COVID-19 an international pandemic. We were told that this was a deadly, highly contagious disease and to prepare for disaster. I woke up earlier than usual, did my morning reading and prayed. I remember leaving my house for work not knowing what to expect.

That first few months during the pandemic, my faith was shaken. It was difficult to talk about what I was encountering with anyone, my family, my sponsor, or people in Alcoholics Anonymous. I would have to go into work knowing I would be doing CPR on people of all ages while double gowned, double gloved, wearing goggles, face shields, N95 respirators, and a mask on top of all that. I would watch people succumb to COVID with their family members saying their final goodbyes over the phone or virtually. One day in October, it had been the worst day that I had seen yet. I took care of nine lives while they took their last breaths and took them one by one to the overflowing hospital morgue. One of them was my age. I called my sponsor in tears and before I could get a word out, she said "I have COVID." I had to pull over and I got on my knees in my car and prayed. Mind you I have only been on my knees two other times in sobriety in the past six and a half years.

It was the support of AA that carried me through this time.

When our home group turned to the online platform, I took on chairing the Friday night open meeting, chaired a women's meeting in the afternoon once a week and became immersed in service. I couldn't talk about what I was experiencing as I did not want to scare people. But I did talk about the feelings and identification with others' feelings (as I was taught to do early on). I was brought back to the basics and lived in the first three steps on some of those challenging days.

I am forever a grateful alcoholic and would not be where I am today without the fellowship.

Alexa

Hauppauge Touchstones

What Is A.A. Beyond Your Local Meetings And Groups

Why Do We Have Both General Service And Intergroup



SUFFOLK COUNTY  
DISTRICT 113  
+  
SUFFOLK COUNTY  
GENERAL SERVICE

A.A. Fellows Involved In Service Have A Better Chance At Staying Sober

WHAT IS THIS CRAZY LITTLE THING CALLED  
**SERVICE?**  
VIRTUAL WORKSHOP  
MULTIPLE TOPICS - GUEST SPEAKERS - OPEN FORUM

**FRIDAY NIGHT**  
**3 DECEMBER 2021**  
**7 - 9 : 30 PM**

FOR MORE INFORMATION PLEASE VISIT  
Suffolk County General Service @ [aasuffolkgs-ny.org](https://aasuffolkgs-ny.org)  
Suffolk Intergroup Association of A.A. @ [suffolkny-aa.org](https://suffolkny-aa.org)

Your Life Will Become As Big As The A.A. Service You Are Willing To Work