

The background of the entire page is a photograph of a winter landscape. It features several evergreen trees heavily laden with snow. The ground is a smooth, white expanse of snow. Numerous white snowflakes are captured in mid-air, creating a sense of gentle snowfall. The sky is a pale, hazy blue. The overall mood is peaceful and serene.

January, 2022

THE SUFFOLK INTERGROUP BULLETIN

Visit our SIA Website at:

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

Volume 49
Number 9

*“To keep a warm heart in
winter is the real victory.”*

Marty Rubin

The Suffolk Intergroup Bulletin

January 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. 1/25/22 8:00 PM

SIA Business Meeting: 8:00 PM

New Rep Orientation: 7:00PM

Institutions Committee:

THIRD TUESDAY OF MONTH

Tues. 1/18/22 6:15 PM

SIA Office, 113-8 Bay Ave.

Patchogue

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 1/21/22 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/>

ELECTION RESULTS

OFFICERS 2022 - 2024

Chairperson - Lee B

Alt person - Jim S

Treasurer - David V

Recording Sec - Joanne

Corresponding Sec - Debbie

We thank you all for your service.

Around the AA Campus

No sooner did last month's Bulletin group history on Bridging the Gap hit the newsstands when the group had to move. It now meets at St. John Nepomucene in Bohemia. Same day and time as before: Thursday at 7:30 PM

Northville Beginners in Riverhead has shut down after 18 years of operation.

New meeting: Iron Pier Beach meets every Wednesday at 6:00 PM at the George Young Community Center 446 South Jamesport Avenue, Jamesport

The Empire State Convention of Young People will be holding its convention back on Long Island next fall. LICYPAA won the bid. Congratulations!

For those of you who read the Alcoholics Anonymous magazine, the Grapevine, the December issue features one of Suffolk's own. Check out Paula's wonderful piece on the powerful lessons she learned during coronavirus.

A little late sad news. We are told our dear friend Jeanette from Jamesport passed away a few months ago. She started meetings both in Jamesport and Dix Hills. She will be missed.

Finally once again a reminder. If for whatever reason your meeting shuts down, please don't throw your stuff away. Some of it may have historical value or may be recycled. In the last year both New Soil (Commack) and the Long Island Group (Dix Hills) folded. Big Books from New Soil have found a new home at Free Indeed (Medford) and Hope at Noon (Patchogue). The coffee pots are now used at Amityville Beach (Amityville) and their wonderful podium is used at Hope at Noon (Patchogue).

From the Long Island Group, their canvas sign will now hang in the Suffolk Intergroup office. Their spirit will live on.



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

370 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 - Lee B - chairperson@suffolkny-aa.org

Alt Chair - Jim S - alt-chair@suffolkny-aa.org

Treasurer - David V - treasurer@suffolkny-aa.org

Recording Sec. - Joanne - corsec@suffolkny-aa.org

Corresponding Sec. Debbie - 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

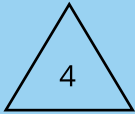
Share-A-Thon Shannon - share@suffolkny-aa.org

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-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

Re-Opening Meetings

Suffolk has 570 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 1st Thursday of the month at 7 pm 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 VIRTUAL SPEAKER EXCHANGE GOING FORWARD. INSTEAD, WE WILL POST INSTRUCTIONS ON HOW YOU CAN REGISTER FOR THE QUEENS VIRTUAL SPEAKER EXCHANGE

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

Your Group and the Meeting List

We are firming up plans to have a new meeting list in the spring. If you wish your group to be included in this printing it is URGENT 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 LIST CURRENT WITHOUT YOUR HELP!! TO FIND OUT MORE ABOUT HOW YOU CAN KEEP YOUR GROUP'S INFO UPT 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 SENYarea.

<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/>

The Suffolk Intergroup Bulletin

5

**Amityville Beach
VFW Post 7223
300 Broadway
Amityville, NY 11701**

It was March 2020. "Everything shut down," said Dennis, who started this group with three others. Dennis, who is 31 years sober, knows that something as consequential as a pandemic would never get in the way of his AA program. The following week, he sat with his friends down at Amityville Beach. They had their coffee and shared. That worked out so well that the very next week each of them invited others and, suddenly, this gathering exploded.. The number of people who came continued to increase. 40 to 60 AAs a meeting became the norm. At one anniversary, 140 people showed up to honor those celebrating. Remember there were no other places open in town. There were no coins being handed out.

No one had a place to celebrate an anniversary.

The Mayor was not a big fan in the beginning and each week town police would move them out of the beach pavilion. Another small inconvenience, they simply moved on to the grass and made peace with the police. When the weather got colder they moved into the VFW. This crowd was willing to go to any lengths to stay sober. There is a spirit here. To commemorate, the group had sweatshirts made with "We survived COVID-19 2020...Amityville Beach Gathering" printed on them. One of these was donated to Suffolk Intergroup and will be on display down at the office in Patchogue.

According to Dennis "I can only get sober eye to eye. Online meetings didn't work for me."

He has witnessed first hand the miracle of recovery. Five people who came to the Amityville Beach meeting, and stayed with it, have managed to celebrate their first



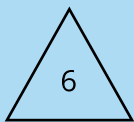
anniversaries. Dennis also knows well the heartache. "We lost two guys and a girl to this disease."

During the end of October 2021, the group went public. The meeting was now listed on both Nassau and Suffolk meeting lists. Since they will be meeting at the VFW Hall and rent will be paid, it seemed a perfect time to tell the world. The group will meet at 7:00 PM on Tuesday (Beginners) and Thursday (closed discussion). The plan is to stay at the hall until warmer weather comes along again, and then they will be back to the beach.

When two members of the Archives Committee came to visit on Veterans Day 2021, they witnessed firsthand the magic in this room. "I did this for me," said Dennis, who had just completed radiation treatment when this meeting began. He freely states that Alcoholics Anonymous saved his life twice. First with his alcoholism and second with a bout he had with cancer. Although he may have started Amityville Beach for himself, fortunately many others will benefit from it too.

**S.I.A. Archives Committee
November 11, 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

Keeping A Meeting Going

Before COVID, everything was going fine. I went to meetings twice a week at my home group and filled in the week with other meetings. Then the pandemic came along and meetings started closing down. Once online meetings started popping up, it was good.

We could make other group meetings but our own meeting wasn't open yet. After a while, the Zoom meetings weren't cutting it for me any more. I started to lose contact with my friends and group members. I became lonely and isolated. My wife and I decided to start up a Zoom meeting for our home group (at least the Tuesday night Step meeting). The group never got too big, but members of the group came on. Reading the Steps and applying them is an important part of my sobriety. We even started reading the Traditions and having business meetings online.

As things started to get a little better, I was hearing that other groups were starting to open in-person meetings again. I wanted to reopen our meeting because it is very easy when doing only Zoom meetings to not have any commitment to the group. And that is such an important part of Alcoholics Anonymous. Our group was pretty resistant to reopening but I wanted to at least open the Friday night meeting again. During one business meeting, we finally got enough support to approach the minister to see if the church was okay with the idea. I did meet with him and he came up with some rules. Initially, we had to wear masks, no food or drinks in the church and we needed to keep a list of all the attendees. In addition, we couldn't hang around after the meeting. We agreed and I did a lot of research on how to make the meeting a hybrid meeting. It was a lot of work, trial and error with the equipment, but the hybrid was a success. I had a new sponsee and he became my helper for setting up the meeting. It not only helped me but gave him that responsibility in the group that gives new members a sense of purpose. That is so important to help our sobriety in the beginning.

We are now exploring the possibility of opening up the Tuesday night meeting as a hybrid. At this point, I am passing the torch of running the meeting. My sponsee is happy to set up the equipment for this meeting also.

Hopefully, we are at the point where attendance will start to pick up again and more members will come back to the group so we can start to fill out the commitments. It has been very difficult keeping the meeting going with only a limited amount of people involved. We have always had that problem and the pandemic just exacerbated it. This is my home group and one of the oldest groups on Long Island. I have had a hard time letting it fall by the wayside.

Philip

Kings Park Group

October 28, 2021

BETWEEN THE LINES

One of life's goals, for most,
is to have peace of mind,
it's attainable when you want more than the
typical daily grind.

It's the effort and drive to achieve your goals,
the vision of your desires to fill your heart, to
fill your souls.

There is a difference in our beliefs, our
innermost pride.

Just reach for what you yearn for,
All that really matters is the effort, you tried.

My perception is being content, serene and
peaceful,
a simple life filled with love, far from deceitful.
To each his own, it's a personal choice,
What keeps you going, what leads to rejoice.

For some it's social status, mostly exterior,
The money, the gifts, always eager to be
superior.
There is no victor or perfect answer,
Whatever will aid, be effective, a life enhancer.

This measure of life, what we've learned to
endeavor, It will keep changing, evolving
through your life now and forever.

Success is the topic if you couldn't read
between the lines,
It's what we all strive for just different designs.

CHRISSY W



AA Comes of Age 2.0

2022 Suffolk County Unity Breakfast

March 6, 2022
9 AM-1PM

The Inn at East Winds

5720 NY 25-A, Wading River 11792

Sales & Ticket Information:

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

