



February, 2022

Volume 49
Number 10

THE SUFFOLK INTERGROUP BULLETIN

Visit our SIA Website at:

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

Stay Sober and Love Life
Happy
Valentine's Day

February 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. 2/22/22 8:00 PM

SIA Business Meeting: 8:00 PM

New Rep Orientation: 7:00PM

Share-A-Thon: 7:00 PM

Medford VFW and Virtual Meeting Space

FEB - SEPT only

Corrections Committee:

THIRD TUESDAY OF THE MONTH

Tues. 2/15/22

SIA Office, 113-8 Bay Ave,

Pathogue

Schools and Public Information:

LAST THURSDAY OF THE MONTH

Thurs. 2/24/22 7:00 PM

SIA Virtual Meeting Space

Third Legacy

TBD

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 2/18/22 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/>

Institutions Committee Announcement

We are asking for any volunteers to speak for both the male and female meetings at Rehab, St. Charles , Port Jefferson. We now are doing Zoom meetings for this facility due to the increase of Covid cases. If you are interested please contact us by email. We are doing all we can to keep the message of hope in this facility.

We have many openings for live meetings as well and need woman and men to help the still suffering alcoholic.

Please contact Dawn at

institutions@suffolkny-aa.org

to see what is open.

Please give of yourself as others have given to you. AA saved my life and the lives of many others. Its time to give back.

Thank you for your continuing support.

With all our love to you and yours this new year.

Around the AA Campus

There is a new group in town. Copiague Friday Sunday Group will meet on Sunday (1:30 PM) and Friday (7:00PM). It meets in the Outreach Building of Our Lady of Assumption 115 Leonardo Da Vinci Street.

Bag of Beans in Lake Ronkonkoma will no longer be meeting

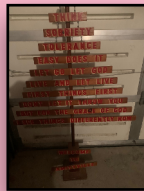
It's with great sadness we announce that Amityville Friendly stopped meeting in December. This group was one of the first five groups to be formed in Suffolk County back in 1946 and existed for 75 years. The group was kind enough to donate its books and signs to the Suffolk Intergroup Archives. The artifacts will be displayed at the Intergroup Office in Patchogue. The books will be shared between the Institutions and Jail Committees. Their memory will live on.

Misinformation reported here in last month's Bulletin. The Iron Pier Beach Group meets on MONDAY at 6:00 PM, not Wednesday, as reported. For the winter months, they will be meeting at the George Young Community Center. Come warmer weather in April, it's back to the beach. Come join them.

Another sad piece of business. Former Kings Park member Ice Mike passed away in December. Mike had moved to Reno, Nevada a while ago but will always be remembered as a one of



The Copiague
Friday Sunday Group



Signs from the
Amityville
Friendly 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 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. - Debbie - corsec@suffolkny-aa.org

Corresponding Sec. - Joanne - 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 580 IN PERSON meetings and almost 200 ONLINE meetings weekly. To learn more about how to find meetings or look up your group's listing visit:

<https://suffolkny-aa.org/meeting-list/#online>

Printed Meeting List

We are actively working towards having a printed meeting list in the spring. This printing will include IN PERSON and HYBRID meetings only.

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 keep your group's list up to date, visit:

<https://suffolkny-aa.org/meeting-list/#update>

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 2nd 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 the website on how you can register for the Queens virtual speaker exchange. Visit the [Virtual Speaker Exchange](#) page to REGISTER your group and learn more.

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/>

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Not a Glum Lot

Phone Meeting

With the pandemic shutting down meetings all over Suffolk County, the Patchogue Morning Group moved its meetings to the phones. Older members of AA were far better at negotiating the telephone than they were with computers. Some questioned how their anonymity would be protected. The negatives seemed to far outweigh the positives. So, they started dialing in.

Joanne was once Chairperson of General Services Accessibility Committee and has worked with these issues before. The committee's focus has been how to reach out to as many suffering alcoholics as possible. Its approach is one of nonjudgmental compassion, trying to remove any physical obstacles that may prevent someone from accessing an AA meeting. If people cannot or will not use a computer, let's go to Plan B. That backup plan was the telephone. A simple solution.

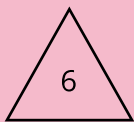
When the Patchogue Morning Group returned to meeting in person, the phone people opted to split off and continue. Some people had medical conditions that could still be compromised by coronavirus. One grandmother was uncomfortable with her grand kids listening in to online meetings. Another person moved to Connecticut and wished to stay connected with her old group

For those unfamiliar with teleconferencing, it is simple. The phone number to call is provided and when that number is called, the caller puts in a numeric passcode. The biggest problem seems to be the same one an online meeting might have, with muting and unmuting. Phone meetings are hardly an innovation, but prior to the coronavirus outbreak, never used at all for AA meetings in Suffolk County. Not a Glum Lot is a trailblazer—one of the first new meetings out here starting out on a phone platform.

Tuesdays are reserved for Steps/Traditions and Fridays are closed discussion. Both days meet at 10:00 AM. Turnout has been very good. Their name Not a Glum Lot comes from page 132 in the book, Alcoholics Anonymous. "But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it." This group is living proof of that.

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.



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MY SAFE HAVEN

There is something special about High Noon that draws me to this meeting, especially the physical room. I have been in and out of AA for nineteen years. I came to this room drunk for a long time until seven years ago when I surrendered to my disease of alcoholism and finally got sober. Although, High Noon was not my home group until the pandemic hit, I always attended the group. The pandemic reassured me how exceptional the fellowship of the program is, and that is what kept me coming back to High Noon. To me High Noon is the best group around. But, I guess everyone says that about their home group.

Before the pandemic and zoom, I would go to the meeting in person, but I was outside looking in. I was sitting on the outskirts of the meeting. I was present but never shared. Maybe all the members in the group intimidated me, but that was my own perception. There was nothing wrong with my fellow peers that went to High Noon, it was me that was the problem. I was full of fear. I thought that I didn't belong, I wasn't worthy enough to put my hand up and share. I was sober five years, going on six when the pandemic started. While I was drawn to High Noon I just couldn't share. I felt like I was being judged. Even when I was drunk, and when I picked up one of many white chips, everyone would welcome me back.

I wanted what everyone in that room had. I wanted the camaraderie and friendships that all the members formed. I wanted to belong. I wanted to be able to reach out and call the women in that group. I wanted to be able to celebrate my milestones there. I felt that my Higher Power was present in that room. It was where I surrendered and finally stopped drinking. It was in this group I found serenity and peace. It was in this group that I found hope. It was in this group that I finally got the message. They say if you come long enough you will hear your story. It was in this room, while I was active, that another woman shared her story, and it was parallel to mine. A couple weeks after this woman shared, I surrendered and I have been sober now since January 20th, 2015.

Once the meetings closed down in March 2020, I started attending zoom meetings and a woman from High Noon, took it upon herself to step up and make sure we had a meeting every day at noon. Being on lock-down, and with nothing to do, I started attending High Noon every day. One day, during a Daily Reflections meeting, I raised my virtual hand. Now, mind you, I never shared before at High Noon when the meetings were in person. But, every time I got on a zoom meeting, I related to these people and the bond they had with one another and I wanted that. They even stayed after the meeting to socialize on zoom, and I longed to be part of that. So, I finally shared, and someone related to what I had to share. Me? Wow! I was astounded. I never, ever thought that someone would relate to something I would have to share. I then started sharing more, and women of the group would ask for my number and before I knew it I was texting and calling other women from the group. One of my friends' I made on zoom asked me to speak at her one year anniversary. What an honor that was. I started staying after the meeting. I made friends. After a couple of months I was asked to host one day a week. They trusted me with the host key, which not many people knew. I finally felt like I belonged. My self-confidence soared. I started to feel the power of the camaraderie that comes along with having a home group, and the importance of having a home group. I started understanding the traditions, the first one being unity. I started taking more commitments with High Noon. Yes, I joined the group and celebrated six-years with them last January on zoom, and this year I will be celebrating seven years in person with High Noon.

Of my two closest friends that I met on zoom from the group, one will give me my coin, the woman I spoke for at her one year anniversary. The other who gives me rides to meetings, is going to speak for me. We have all become the three Musketeers. We plan to go out to lunch to celebrate Christmas because we were all sick on Christmas.

I was just appointed treasurer at High Noon. When I came back from Greece last summer I started chairing meetings in person, and the first time I walked into the room again, I felt the presence of God. It was an eye-soaring experience. There were my friends. There were some newcomers too. Just seeing them brought tears to my eyes. Then when I glanced at the room, I saw the back table I used to sit at, with my face staring at the floor, because I didn't feel worthy enough to say a word to anyone. I was in a crowded room feeling alone. This September though, walking into High Noon for the first time, after a year and five months being on zoom, I walked into the room and sat in the front, middle seat. I continue to sit there today. I raise my hand now at meetings and share. Maybe, not every day, because I was taught to listen too, but the people at High Noon are my family, as they always were. It was me that had a closed mind. High Noon saved my life. They were always there. I wasn't.

High Noon meets Monday through Friday at noon. It is a Hybrid meeting. I attend in person four times a week, and I host on zoom one time a week. I still kept my evening home group, which is the Brentwood Ladies Group. I also have a commitment there. No matter what group you go to, there will always be a group that will be your safe haven, and that is the one you should call your home group. For me, I have two as well as an online home group at ten pm at night. It is Principle Before Personalities. However, High Noon, gave me the confidence I needed to succeed in every endeavor I endure. They say we learn in the program how to live our lives outside of the rooms, and to practice the principles in all our affairs. Well, High Noon has taught me that. All I have to do is listen and take a risk and share, so people with time can show me the way. When you don't share, people don't get a chance to know you, and thus, no one can help you. The only way you can get help is by putting your hand up and sharing. Being sober is a plus, but being sober and isolated is like being a dry drunk. I was dry for five years, and now I am a grateful, sober alcoholic. Time itself is not relevant. Quality time is. And that is something else I was taught from old timers there. So, take a risk, put your hand up. Let people get to know you. I almost relapsed because I was hiding in the rooms. I'm sober today.

Zoie

ACCEPTANCE

In the morn when I rise
I connect with my higher power.

Love, trust and acceptance,
My soul, a delicate flower.

I try to stay in the day and leave the past
behind.

It's pointless to look back,
it just screws with your mind.

Today is all that exists, it's all that matters. Just
listen to God, forget the chatters.

Remember, certain things you can not change,
you just have to roll with it or you'll feel
deranged.

Find the beauty, the miracles in your life. Stop,
listen and act, stop living with strife.

The bottom line, what's of utmost importance is
to trust and accept and live in God's accordance.

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/>

