



March, 2022

THE SUFFOLK INTERGROUP BULLETIN

**Volume 49
Number 11**

**Visit our SIA Website at:
<https://www.suffolkny-aa.org>**

**Spring Into
Sobriety!**

The Suffolk Intergroup Bulletin

March 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. 3/29/22 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. 3/15/22 7:00 PM

SIA Office, 113-8 Bay Ave,

Pathogue

Schools and Public Information:

LAST THURSDAY OF THE MONTH

Thurs. 3/31/22 7:00 PM

SIA Virtual Meeting Space

Treatment Facilities

NOTICE

**The committee will hold two zoom meetings
on Sunday March 13th and Sunday March 27th
at 12:00 pm**

Mtg ID 941 2170 5886

Passcode service

Third Legacy

TBD

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 3/18/22 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/>

Treatment Facilities Committee

Announcement

Hi all,

**Thank you all for your service. Hospitals and Institutions is meeting via zoom, please check
the SIA website weekly for dates and times.**

We are always in need of people to help the still sick and suffering, so please contact us.

Forever grateful,

The Treatment Facilities Committee

Around the AA Campus

Aquebogue Thursday Steeple stopped meeting as of January 18, 2022.

Rule 62 has switched from a phone only meeting to a virtual meeting. Come join them by phone or over Zoom Mondays and Wednesdays at 6:00 PM

For online groups looking to book incoming and outgoing speakers, consider using the Queens Intergroup speaker exchange. It meets online the first Saturday of every month (unless holiday weekend, then it moves to the second). More and more Suffolk groups are using it. Great way to fill those speaking slots. For more information, email Secretary@QueensAA.Org

The SIA Archives Committee reports the crew will have a display table set up for the Unity Breakfast on March 6. The vintage Big Book will be there for any Suffolk AA with 30 or more years sobriety, to sign. Stop over and say hello. Maybe you'll catch the Archives Fever and sign up to volunteer.

Speaking of the Unity Breakfast, Fort Salonga Workshop proudly displays the flyer for that great event right at its front table, for all to see. See photo below. Hope you all can join us. Enjoy a great meal and great fellowship. Tickets are still available.

The Things We Cannot Change

Smithtown Serenity's longtime member Mary Anne W. passed away. Beth from Reflections 90, "One amazing woman and she helped countless people..." also passed on. Both of these ladies will be greatly missed.



Fort Salonga

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 - Keith - correct@suffolkny-aa.org

Grapevine - Kevin - grapevine@suffolkny-aa.org

Hot Line - Jeff - phones@suffolkny-aa.org

Institutions - Dawn - institutions@suffolkny-aa.org

Literature - Bobby - books@suffolkny-aa.org

Meeting List - Howard - meetings@suffolkny-aa.org

Public Info - Ed - pubinfo@suffolkny-aa.org

Office Manager - Kathie - siaoffice@suffolkny-aa.org

Schools - Jackie - schools@suffolkny-aa.org

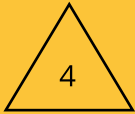
Share-A-Thon - Jean Marie - share@suffolkny-aa.org

Special Events - Jeffrey A - specialevents@suffolkny-aa.org

Third Legacy - Laurie - thirdleg@suffolkny-aa.org

Web Master - David P - webmaster@suffolkny-aa.org

SIA Volunteers - volunteer@suffolkny-AA.org



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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

webmaster@suffolky-aa.org

Online Meeting List

Find in-person, virtual and hybrid meetings, with updated information on changes, closures and reopenings.

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

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 second 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>

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 7th 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.

<https://suffolkny-aa.org/7th-trad>

The Suffolk Intergroup Bulletin

**Word of Mouth
St. John Nepomucene Church
1140 Locust Avenue #3
Bohemia, NY 11716**

When Jay got sober through the Twelve Steps, it was a life-changing experience for him. Using the book Alcoholics Anonymous, he was guided by someone who had followed the path before him. He found that this approach gave him the gift of sobriety that had so long eluded him. He also came to believe it was now his responsibility to carry this message to others.

Years later, Jay met up with another AA, who had long been abstinent from alcohol but felt something more was needed in his life. Jay began working with Mike using the Big Book as the guide. The focus was on the first 164 pages. This was expanded into a weekly gathering that met in a mechanic's shop. Others were invited.

Slowly this group grew until the shop could no longer handle the numbers. St. John. Nepomucene opened its doors to them, as it has for many AA groups over the years. Up until now, everything was by word of mouth. It was decided that maybe being undercover was working against Traditions.

The group needed to get posted on the Intergroup meeting list so others—especially newcomers—could be made aware of the work being done here. By



July 2021, it officially opened. When deciding on a name, Word of Mouth seemed a fitting selection.

Every Sunday at 8:00 PM, the doors are open for those brand new in AA, those looking to explore our basic text or just those who understand the power of the program that has saved so many lives and want to expand upon this knowledge. The meeting has an open format, so anyone can come and learn how to apply these Steps to their lives. They can have a life-changing experience, too.

SIA Archives Committee

July 26, 2021

**The Archives Committee is always looking for volunteers to help save our history of Alcoholics Anonymous.
Contact us at 654-1150.**



The Suffolk Intergroup Bulletin

A Covid Experience

My AA experience during the COVID-19 pandemic was both positive and negative.

I dearly missed the in-person meetings, and the fellowship aspect of my AA program suffered as a result. However, I was able to establish and maintain the contact I needed through the Zoom meetings. They were a godsend. I was, and still am, in awe of the speed with which they were established and their extensive availability. I was able to access meetings all over the country and even the world. This was truly a miracle and a blessing.

I also listened to online speakers. I receive an email every day known as "The Daily Reprieve." In addition to the readings and other resources it contains, it provides access to different online speaker everyday. I have, therefore, been able to attend a Zoom meeting and listen to an online speaker just about every day during the Pandemic. As a result, my sobriety has grown despite the challenging times.

I also read the book "Writing the Big Book" by William H. Schaberg. It is a terrific read, and I gained an enormous amount of information about how our inspired text came to be written. Though the experience has been mostly positive, I am looking forward to getting back to in-person meetings as soon as possible.

Lou L

Smithtown Serenity April 11, 2021

Spiritual Workouts During the Pandemic

I must do specific physical exercises to arrive at the physical strength I seek. To cut back on the suggested weights and repetitions, is to eventually miss out on the goal I had set before the Pandemic. Am I willing to settle for less physical development because these times are too difficult to do a physical workout?

Were I to skip my workouts, I would be unable to meet my goal, unable to perform as I dreamed I would, and be disappointed in myself, not the trainer. No, he knew, and included, specific actions to target particular muscles, and I simply failed to do his suggestions. Neither the trainer nor the program is to blame, it is really me, a dreamer who made dreams, but a dreamer who did not do the work because of viruses missed out.

This is the purpose of the spiritual exercises I continue to do during these times, to the best of my ability, despite my challenging new life style. Yes, I do modify my program occasionally, usually with an excuse that seems justifiable at the time, and maybe it really is, but it is still a modification of my spiritual workout, the three phone calls to other alcoholics, the readings and meditations, the 90 in 90, maintaining a contact with a Power greater than I, substituting Zoom for in-person meetings, etc. These are the weights and repetitions required of me, to stay in spiritual shape. I think the daily challenges that I will fail at during the present moments of today will be, anger issues that I do not control, resentments that I create, maybe a decision to pursue short term lust, or possibly to be comfortable looking down on others because they deserve it, and stuff like that. Most of those missed opportunities will go by unnoticed. Later on, my drinking will return, once "my will be done" becomes my newest program.

This is why my Sponsor Trainer suggested that I ignore viruses and continue my program, so that I may achieve the goals that I still hold important. My sixteen hours today will be filled with unpleasant events that could be used by me to get a good workout in my spiritual development. Today's unpleasant people, places, and things are opportunities to control particular passions. Spiritual workouts will always be available to me during these times. No ever has said that "Working out is hard dream".

Rick

Our Great Responsibility

SENY/Area 49: Joy Of Service

Hosted by

Nassau County General Service

March 19, 2022 doors open 12:30pm

Event begins 1:00 pm- 3:30 pm

**Bellmore Presbyterian Church
2740 Martin Avenue, Bellmore**

**Zoom Hybrid
Mtg ID: 82640806947
Passcode: Nassau**

**Lunch will be served, service fair tables,
literature, and committee chairs**

**LIRR
Babylon line, Bellmore.
0.6 miles via Bedford Ave.**

**Wheelchair accessible.
Spanish Translation
MASKS REQUIRED**