



April, 2022

Volume 49
Number 12

THE SUFFOLK INTERGROUP BULLETIN

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

*"Life isn't about waiting for the
storm to pass. It's about learning to
dance in the rain."*

The Suffolk Intergroup Bulletin

April 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. 4/26/22 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**

Schools and Public Information:

LAST THURSDAY OF THE MONTH

Thurs. 4/28/22 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

Currently not meeting

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 4/15/22 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/>

Printed Meeting Lists

Printed Meeting Lists are now available at the

SIA Office at 113-8 Bay Ave., Patchogue

and at the SIA monthly meetings.

Members may only take one bundle for their own group.

They may not take any for other groups.

Thank You

The Meeting List Committee

Around the AA Campus

Check out the latest Grapevine for an article by Suffolk's own Tom B, the current Area 49 Delegate.

Two new groups have started. Come out and support them.

All R Welcome, a Big Book study meets every Saturday at 11:00 AM at Hope Home 1 High Street, Port Jefferson

Restoration to Sanity at the Restoration Church 1116 Main Road Riverhead meets every Monday evening at 7:15

Things We Cannot Change

Sad to report that Brian P, long time Fort Salonga Workshop member, passed away.

Patrick D of Mount Sinai also left us

Both Patrick and Brian will be missed tremendously.

Finally, on Sunday March 5, over 700 people gathered together at the East Wind in Wading River for the Unity Breakfast. It was a truly great occasion with good food and good fellowship. Make a point of joining us next year!



The venue for the Unity Breakfast. More than 700 AAs were in attendance.



All R Welcome

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 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

Corresponding Sec. - Debbie - corsec@suffolkny-aa.org

Recording Sec. - Joanne - 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

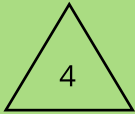
Share-A-Thon - Jean Marie - share@suffolkny-aa.org

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

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

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

Spanish SIA Liason - Jose R. SpanishRep@suffolkny-aa.org



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A Message from SIA Webmaster Committee

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>

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>

Web Committee

The Web Committee meets virtually every 2nd Thursday. If you would like to help with the SIA web site, ask questions, voice concerns, or make suggestions for improving SIA's digital outreach, join us at our next meeting!

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

<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

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<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>

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Letting Go Online Meeting East Hampton

To look at the history of Letting Go, it is helpful to go back in time to the late 1980s. A group called Keep it Green started in East Hampton. Over the years, it grew to a four-day-a-week schedule. Each meeting met on different days at different times but all of them met at the Senior Citizen Center. Things went well. The meetings were well-attended and except for the occasional holiday, when they couldn't meet in the center, all ran smoothly.

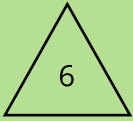
Then things changed. The Senior Center closed for renovations and that was followed by the coronavirus pandemic. Just about everything shut down, including the center. To keep their meetings continuing, the group moved online, but limited the days to 4:30 PM on Saturday and Sunday.

Keep it Green continued to cut back. The Saturday meeting was removed on November 13, 2021. But one regular attendee, Robert A., just couldn't let go of it. A mere week later, on November 20, the time slot was taken over by a new online meeting, Letting Go.

One of the Archives Committee attended Letting Go's first meeting and reported a small turnout - which is not unusual for a new group. Six people were in attendance including one woman from California with two days of sobriety. She has struggled with alcoholism and had previous periods of sobriety when she lived in the Hamptons. Online meetings like this allowed her to reconnect with her former AA crowd. Others there seemed to be friends of the founder. The debut meeting involved reading "We Agnostics" from the *Big Book*. The meeting ran for about 45 minutes and ended with the Serenity Prayer. It was an auspicious beginning and no doubt the first of a long line.

Late Saturday afternoon can be problematic for some AAs. Here is the perfect place to let go of whatever might be troubling you. Tap into the wealth of sobriety available and reinforce your own recovery.

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



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PERCEPTION NOT PERFECTION

I have spoken many a day on life, the good times, the greatest of times, the happiest and most importantly, enjoyment in the subtle moments of love in my life and the breath of fresh air when peace within has been found.

I cant help to notice all of the subtleties each day, each minute, each second when I live in self awareness.

My clouded eyes, long gone now, acquired the ability and necessary way of looking at the world with soft eyes.

There are these moments, for myself, that never go unnoticed, these minuite glimpses of joy in every part of every day in the simplest form.

The art of understanding Perception, a most favorable attribute that I have become proficient in, is definitely a requisite to walk, pace yourself or run through life unscathed by trials and tribulations.

I appreciate moments of clarity, the ripples in the bay, the feeling of looking in the mirror and seeing the beauty of untainted innocence.

I've studied every aspect of each step

I've taken, I have walked with conviction, I'm proud of the idiosyncrasies that make me, ME.

Each and every day is a new day, by definition a day that has not existed before.

Historically, I would succumb to the pessimistic notions that I would rhythmically wake up to. I was naive to the solution, I lacked the skills essential to shift my thought patterns.

After many a time and many escapades and encounters, presently I can open my eyes with a clear conscience and the full working knowledge that I have the capacity to determine my daily prospects and the measures I will go for them to come to fruition.

Chrissy
Bellport Group

**AFTER PAIN, COMES A
BRIGHTER TOMORROW**

**Put pen to paper and got some
guidelines to a happy and
purposeful life:**

**A painful experience only makes
you grow, makes you wiser if you
look at life as a lesson.**

**Each and every decision, and
afterthought is supposed to teach
you, to guide you into being the
human God has created. A genuine
vessel of love and kindness.**

**Be patient, tolerant and loyal. Build
relationships based on trust and
honesty.**

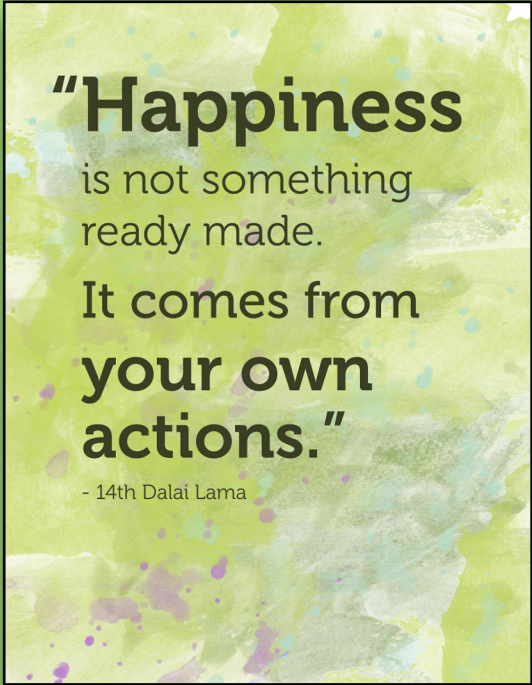
**Have fun and laugh ALWAYS. Cry
to heal. Always keep faith within
an arm's reach.**

**When fear sets in, hold onto love,
hope, contentment, and trust. You
have the power from within. Face
your fears, walk through the pain
and confusion life can cause.**

**There's always a brighter
tomorrow. This too shall pass. Be
yourself, enjoy your life and
forever rely on God.**

**Stick with the positive vibes and
reach for the best. Never ever settle
for less. Be kind to all and share
your LIGHT.**

**Chrissy
Bellport Group**



"Happiness
is not something
ready made.
It comes from
**your own
actions."**

- 14th Dalai Lama

Save The Date
Connect The Dots

6th Annual Birthday Brunch

Celebrating the 87th Birthday of Alcoholics Anonymous

Tickets \$30

**SUNDAY
JUNE 19TH,
2022**

for tickets & info. contact Susanne at
ctdliny@gmail.com

Doors Open at 8:30am

POLISH HALL
214 Marcy Ave. Riverhead, NY

YPAA WEEKEND

**FELLOWSHIP BOAT PARTY – COHOSTED BY
BIG APPLE BID FOR ICYPAA & ESCYPAA VIII
SATURDAY JUNE 11, 2022***



Tickets are only \$25 for the month of January!!
(Price goes up to \$30 on Feb 1)

Get your tickets now by scanning the QR code.

BIGGEST PARTY OF THE SUMMER!!!

**MASSIVE DANCE PARTY ON A BOAT CIRCLING
MANHATTAN**

YOU DO NOT WANT TO MISS THIS!

CHECK IN AT 5:30P, BOAT LEAVES AT 7P. DON'T BE LATE



*Proof of vaccination is required to board the boat due to NYC Law.

followed by...

ESCYPAA VIII Presents

SUGGESTED CONTRIBUTION \$10

**SUNDAY,
JUNE 12, 2022
@8AM**

Zuan

BEACH PARTY

**Robert Moses State Park, Field 2
600 ROBERT MOSES STATE PKWY,
BABYLON, NY 11702
(PICNIC AREA ON THE RIGHT SIDE)
PARKING FEE:\$8
MEETING STARTS AT:4PM
FOOD,FUN AND FELLOWSHIP**

www.escypaa8.org