

June, 2022

**THE SUFFOLK INTERGROUP
BULLETIN**

Volume 50
Number 2

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

*"I survived, carried on, glad to be
like a weed, a wild red poppy,
rooted in life."*

Marylin Buck

The Suffolk Intergroup Bulletin

June Business Meetings

**The SIA Business Meeting has gone
HYBRID both in person and online**

Our new location is St Joseph the Worker RC Church
510 Narragansett Ave. East Patchogue, NY 11772

Join via ZOOM

ID 941 2170 5886 Passcode Service

LAST TUESDAY OF THE MONTH

Tues. 6/28/22 8:00 PM

SIA Business Meeting: 8:00 PM

New Rep Orientation: 7:00 PM IN PERSON ONLY

Share-A-Thon: 7:00 PM

FEB - SEPT only

Schools and Public Information:

EVERY THIRD THURSDAY OF THE MONTH

Thurs. 6/16/22 6:00 PM

At the SIA office at

SIA office 113-8 Bay ave, Patchogue NY

Treatment Facilities

Meets virtually every other Sunday at 12:00 PM

Currently scheduled meetings.

6/5/22 & 6/19/22 at 12 PM

SIA virtual

meeting space

Check Events calander to confirm

Third Legacy

Currently not meeting

Suffolk General Service:

THIRD FRIDAY OF MONTH

Fri. 6/17/22 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 Now Available !!

Pick them up at the [SIA Monthly Meeting](#) or the

[SIA Office](#) - 113-8 Bay Ave., Patchogue

PLEASE NOTE:

The printed meeting list contains IN PERSON aka
LIVE aka Face2Face meetings ONLY.

Limit of one bundle per visitor.

You may not pick up multiple bundles for multiple groups.

For the most current information, including all ONLINE meetings, please
visit the Meeting Finder using the QR Code to the left or the following
link:

www.suffolkny-aa.org/meetings



Around the AA Campus

Another new meeting has started. Community Big Book meets online every Tuesday at 7:30 PM. Although the focus is LGBTQ, anyone with a desire to stop drinking is welcome. Zoom 871 8908 0256 ID: BigBook22

Another group. Stony Group Discussion, has stopped meeting. They had been in existence over 50 years and helped many people in their time, our bulletin editor included.

Recent group anniversaries

New Beginnings in Lake Ronkokoma 25 years

164 Group in East Northport 18 years

The things we can't change

Two long time members have left us. They both will be so missed.

Lady Jo (High Noon Melville)

Carol K (Selden Day)



Spotlight on the SIA Corresponding Secretary

My name is Debbie and I'm the SIA Corresponding Secretary

My duties include:

- Maintaining the Suffolk group addresses from emails and office mail box
- Printing the group addresses on the envelopes through Office Access
- Gathering notices from other Officers and chairpersons
 - Copy and fold notices
- Collate all notices with monthly Bulletin, Treasurer's report and minutes of the Business meeting
 - Stuff the envelopes
- Enter mailing info on USPO website and print out the postage statement
- Drop off completed mailing at PO
- Print out all group addresses to bring to the Business meeting for distribution

I am grateful to be of service
and
by the Grace of God I can be.

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 - Zoie - 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

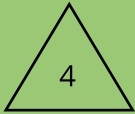
Special Events - Jeffrey A -
specialevents@suffolkny-aa.org

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

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

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

Maureen P. Al-Anon Liason
AAliaison@al-anon-suffolk-ny.org



The Suffolk Intergroup Bulletin

Grapevine Have you Heard?????

Please help me stay sober by allowing me to attend your meetings
and help pass along the greatest AA magazines and books ever
written.

I'm Kevin, your SIA Grapevine chairperson, and I will come to your
group and set up a display, which you and your group members can
browse.

I can be reached through my email

Grapevine@suffolkny-aa.org

Thank you for allowing me to serve.

A Message from the SIA Webmaster

visit our web site <https://suffolkny-aa.org>

for an up-to-date online listing of live and virtual meetings, or to update your group's
meeting information, go to [Meeting Finder](#)

for a calendar of upcoming virtual and live area events, go to [Members > Events](#)

for information on service opportunities through SIA, go to [Members > Service](#)

for current SIA announcements, go to [Members > Latest Announcements](#) (you can also
sign up to receive announcements via email on our main page)

To make an online 7th Tradition contribution, and find out how contributions allow
SIA to continue helping groups carry the message, go to

[About Us > 7th Trad Contributions](#)

The [Web Committee](#) meets virtually every 2nd Thursday (ZOOM meeting ID [941 2170 5886](#), passcode [service](#)). All members are invited - 'tech' knowledge not necessary! Let's
share ideas and discuss ways to improve SIA's digital outreach and better serve
newcomers, members and groups.

Corrections, questions or suggestions please email webmaster@suffolkny-aa.org...

The Suffolk Intergroup Bulletin

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**Friday Sunday Group
Our Lady of Assumption Church
Outreach Building
115 Leonardo Da Vinci Street
Copiague, NY 11726**

"Copiague" is a Native American word meaning sheltered harbor and Our Lady of Assumption has been just that over the years; offering a safe place for Alcoholics Anonymous to meet. As the pandemic seemed to be winding down, the doors of that church were reopened to groups, including this new one.

When the dust had settled from the coronavirus, Copiague had lost two longtime groups: the Pinelawn Group and the Evening Group. Maybe they will re-emerge one day, but in the meantime, Friday Sunday has moved into the Evening Group's days with a slight adjustment to the Friday time. Friday (Big Book/ Step) is at 7:00 PM, Sunday (Beginners) at 1:30 PM.

The co-founders were Judy, George, Jack, Sal, Mary Ann and Lorraine. They had decided that the time was right to offer the community a new meeting option and arranged with the church all the necessary details. The group would meet in the Outreach Building across the street from the rectory. Other groups had met there before and the bright, clean room can easily accommodate a decent size turnout. The first meeting had been slated for Friday January 7, 2022, but Mother Nature had different plans—a snow storm the day before forced a last minute change.



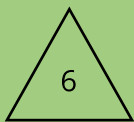
With the streets and some of the parking lot cleared of snow, they were off and running. Twenty-nine people showed up for the debut, a truly impressive number for a new group. The speaker, Al, carried a wonderful message. His message was followed by others who shared afterwards. An added bonus was the offering of lasagna and other tasty goodies. It is safe to say that those in attendance walked away with hearts full of the spirit and stomachs equally full. All in all, it was a great start.

For those of us who consistently forget what days a group meets, the name Friday Sunday makes it that much easier to remember. Their name is direct and to the point, much like the message of recovery they offer. Friday Sunday offers a refuge for those invested in working on their sobriety. Come over and experience it yourself.

S.I.A. Archives Committee

May 5, 2022

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

Gaining Sobriety Through Covid

In March of 2020, as the whole world shut down, my drinking ramped itself up. I was ordering by the case at this point and using the pandemic as the perfect excuse. No one would dare question the mother of three school aged children who I was forced to home school. Milk went in their Cheerios, while vodka went in my coffee and off to the dining room we went.

This went on for the next 10 weeks with my participation getting to the point of nonexistence. If I wasn't sleeping off a hangover, I was working on my next one. I turned my children into cocktail waiters, barking orders and complaints as if I was the only one suffering and made everyone around me fearful of what I would do next. Little did I know there was concern each morning if I would even wake up.

Friday, May 22, 2020 we busted out of quarantine and went to a friend's backyard for some socially distant commiseratory drinks. It was a casual night that came and went, but somehow turned ugly for me on a dime. While everyone was sipping beers outside, I was gulping from the vodka bottle inside the house. I barely remember leaving. At midnight I began to write my suicide note. I thanked my family for loving me but apologized for being too broken to carry on. At 3 am I woke up in the emergency room. At 9 am, I was told my blood alcohol level from the night before was a .33— near fatal. At noon, they ran out of private rooms and stuck me in the hallway. It was there outside Exam Room 8 that I had my first spiritual experience. I admitted I had a drinking problem and I needed help.

The next 45 days tested me. The first 5 days I sat in the hospital doing nothing, bored out of my mind on suicide watch. The next 10 days I was in a psychiatric hospital being evaluated prior to going to rehab. It was there I learned CPS had been called. I was under investigation for endangering the welfare of my children. I doubled down on my commitment to getting sober and off to rehab I went. The next 30 days were intense, but I was a model resident. I got up on time, made my bed, attended every group, therapy session and anything else they asked me to do, but wasn't sure if I would find open in-person meetings. That first night I went to a Zoom meeting from my rehab. But the next day I found an in-person meeting in Kings Park. I didn't know it at the time, but I felt the love of the fellowship from the moment I stepped into the room. The women gave me their phone numbers but more importantly they gave me hope. They told me of a few other meetings in the area that were open as well, including one at the beach.

On the outside it all looked great, but on the inside I was struggling to fit in at home. While I was gone, life went on and my children and husband had routines that didn't include me. I tried to act normal around everyone, but the only place I felt like myself was at AA meetings.

The lockdown had its benefits. I avoided parties because there were none. Restaurants were only take-out, baseball stadiums were closed and airports were shut down. All my favorite drinking spots were unavailable and for that I was grateful. Covid gave me a chance to get my bearings as a sober alcoholic. It afforded me the opportunity to change my people, places and things. The lockdown started out as the worst thing I thought had ever happened to me and became the greatest accomplishment I will ever have.

It has been two years since the pandemic began and God willing I will be celebrating two years sober in a couple of weeks. Covid has had an innumerable amount of losses, but for this alcoholic, I gained my sobriety and for that I will forever be grateful.

Jessica F

Fort Salonga Workshop

April 28, 2022

Balance

A key to serenity, a state of contentment,
The feeling of peace within,
aligned, grounded, without resentment.

Flourishing in Philosophical fluidity, accepting and free,
Feeling anchored,
Lack of emotional rigidity.

From one extreme to the other, always interrupted.
Consciousness to decipher, all confusion disrupted.

It's a scale of equal preference, your soul consolidating.

Your conviction unwavering, Vanquish all contemplating.

Breaking through concentric circles, a paragon of peace,

An undeniable calmness, a sense of compassion, a mental release.

The ability to rise above, sometimes below,
While maintaining aspiration to set free from EGO.

The procurement of self-awareness, the key to emotional intellect.

It takes soul searching, self analysis and time for introspect.

In conclusion, the matter at hand will be acquired,
when you discover your Authentic Self,
Your inner soul and what you've always desired.

CHRISSY W



"The key to keeping
your balance is knowing
when you've lost it."

ANONYMOUS


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
Luau
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

Founders' Day 2022 Celebration 87th Anniversary of Alcoholics Anonymous

5tWhen:

Saturday June 11
10am—2pm



Where:

The Outreach Building at
Our Lady of Assumption Church
115 Leonardo Da Vinci St, Copiague
Hosted by the Copiague Friday Sunday Group

What:

9:30—Coffee and Donuts
10:00 to 12:00—Various speakers followed by comments,
coffee breaks, fellowship and 50/50 raffle ticket sales.
12:00—Break for complimentary lunch served onsite
1:00—Old Timers' Panel
—Your questions answered with the wisdom gained
from 160+ combined years of sobriety!
2:00—Closing Remarks and 50/50 raffle drawing!

Why:

Come celebrate 87 years of Alcoholics Anonymous!
Come for experience, strength and hope! Come for support and
fellowship!



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