

July, 2022

Volume 50  
Number 3

# **THE SUFFOLK INTERGROUP BULLETIN**

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

*Happiness Comes in Waves*



# The Suffolk Intergroup Bulletin

## July 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. 7/26/22 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 TUESDAY OF THE MONTH**

Thurs. 7/19/22 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.

7/3/22 & 7/17/22 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. 7/22/22 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](http://www.suffolkny-aa.org/meetings)



## Around the AA Campus

Fort Salonga Workshop celebrated its 46th anniversary in early June. See photos below.

That will give you some idea of the wonderful decorations.

### New Group

Community Big Book LGBTQ+ focused online meeting every Tuesday at 7:30 PM

(Zoom 871 8908 0256 Password: BigBook22).

### Discontinued groups

Two more groups have decided to close shop.

Living Sober of Huntington Station will no longer meet

Likewise, Stony Brook Unity has decided to end after a wonderful 21 year run

### Things we cannot change

Terry from New Life in Huntington Station passed on. Was famous for saying GOYA (Get Off Your Ass)

Liz B, although not a Suffolk AA, certainly was well-known out here. She spoke many times this way over the years. She left us with a phenomenal 69 years sobriety.

Both of these ladies will be missed



Fort Salonga Workshop 46th Anniversary Celebration

## The Email Addresses of Intergroup Chairs

Chair - Lee B - [chairperson@suffolkny-aa.org](mailto:chairperson@suffolkny-aa.org)

Alt Chair - Jim S - [alt-chair@suffolkny-aa.org](mailto:alt-chair@suffolkny-aa.org)

Treasurer - David V - [treasurer@suffolkny-aa.org](mailto:treasurer@suffolkny-aa.org)

Corresponding Sec. - Debbie - [corsec@suffolkny-aa.org](mailto:corsec@suffolkny-aa.org)

Recording Sec. - Joanne - [recsec@suffolkny-aa.org](mailto:recsec@suffolkny-aa.org)

Archivist - Bob - [archives@suffolkny-aa.org](mailto:archives@suffolkny-aa.org)

Bulletin - Fran - [bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)

Corrections - Keith - [correct@suffolkny-aa.org](mailto:correct@suffolkny-aa.org)

Grapevine - Kevin - [grapevine@suffolkny-aa.org](mailto:grapevine@suffolkny-aa.org)

Hot Line - Zoie - [phones@suffolkny-aa.org](mailto:phones@suffolkny-aa.org)

Institutions - Dawn - [institutions@suffolkny-aa.org](mailto:institutions@suffolkny-aa.org)

Literature - Bobby - [books@suffolkny-aa.org](mailto:books@suffolkny-aa.org)

Meeting List - Howard - [meetings@suffolkny-aa.org](mailto:meetings@suffolkny-aa.org)

Public Info - Ed - [pubinfo@suffolkny-aa.org](mailto:pubinfo@suffolkny-aa.org)

Office Manager - Kathie - [siaoffice@suffolkny-aa.org](mailto:siaoffice@suffolkny-aa.org)

Schools - Jackie - [schools@suffolkny-aa.org](mailto:schools@suffolkny-aa.org)

Share-A-Thon - Allison - [share@suffolkny-aa.org](mailto:share@suffolkny-aa.org)

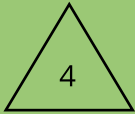
Special Events - Jeffrey A - [specialevents@suffolkny-aa.org](mailto:specialevents@suffolkny-aa.org)

Third Legacy - Laurie - [thirdleg@suffolkny-aa.org](mailto:thirdleg@suffolkny-aa.org)

Web Master - David P - [webmaster@suffolkny-aa.org](mailto:webmaster@suffolkny-aa.org)

Spanish SIA Liason - Jose R. [SpanishRep@suffolkny-aa.org](mailto:SpanishRep@suffolkny-aa.org)

Maureen P. Al-Anon Liason [AAliaison@al-anon-suffolk-ny.org](mailto:AAliaison@al-anon-suffolk-ny.org)



# The Suffolk Intergroup Bulletin



## Spotlight on the SIA Third Legacy Committee

Third Legacy is about service beyond the group level. Once we come to AA we see service as speaking at a meeting, sponsoring a newcomer, or making coffee for the group. But what about going back before we got sober and had to hear about AA and find out where those meetings were? That all gets done by Intergroup, which is the real network that sends speakers to the jails, detoxes, and rehabs where the still sick and suffering are. Those volunteers who answer the hotline speak to that other alcoholic and understand how to get the help they need.

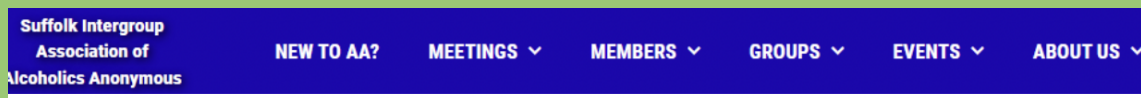
Suffolk County has over 300 groups yet less than a third have an SIA representative. That means two-thirds of our members are available to get involved and give back what has been so freely given to them. Yes, each group is autonomous, but Intergroup is the fabric that keeps us all together.

Third Legacy's mission is to reach out to those groups and let them know how much Intergroup needs their help with the other committees. This means I go to so many more meetings and get to meet so many more people. I have been involved with Intergroup since my first sober year and I have learned so much from those with great sobriety. I owe AA my life and am happy to always have a "job" here. There is a lot of work for us to do so please reach out to me at [thirdleg@suffolkny-aa.org](mailto:thirdleg@suffolkny-aa.org) to help me get the message out to those groups that don't have any representation. When we all work together the jobs get smaller and more manageable.

Laurie Third Legacy Committe Chair

## A Message from the SIA Webmaster

SIA Web Site – we are in the process of updating our web site <https://suffolkny-aa.org>; here are some recent revisions:



**New To AA** - helpful tips for newcomers and beginners.

**Meetings** - our online Meeting Finder and links for groups needing to update their listings.

**Members** - links to SIA Announcements and Service opportunities.

**Events** - our Calendar of area & virtual events, and links to special SIA events.

**About Us** - information on our physical / virtual locations and 7th Tradition contributions.

SIA Announcements - we send out emails twice a month with announcements and area events; there are a lot of special events happening this Summer so be sure to sign up!

SIA Web Committee - we meet virtually every 2nd Thursday (ZOOM meeting ID **941 2170 5886**, passcode **service**). Join us to share ideas or ask questions - 'tech' knowledge not necessary!

Contact - email me at [webmaster@suffolky-aa.org](mailto:webmaster@suffolky-aa.org)... thank you for allowing me to serve!



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**Free Indeed  
Word of Truth Church  
208 Jamaica Avenue  
Medford, NY 11763**

In addition to his two years of sobriety, Benny C also possesses a very strong faith. For quite a while, he had harbored an equally strong desire to start an AA meeting. The meeting he had planned would "bring the glory of God back into the rooms." To help bring this vision to reality,

Benny's pastor opened the doors to Word of Truth Church and allowed the new group use of a room every Saturday at 9:00 AM. This building is no stranger to Alcoholics Anonymous. It once was home to St. Mark's Episcopal Church and over the years three other AA meetings also met here. St. Marks shut down in 2018 and with it the last AA meeting held there came to an end too.

For more than two years the building went unsold until another church purchased it and made it its new home.

The inspiration for the meeting's name is from the biblical passage "If the Son therefore shall make you free, ye shall be free indeed." (John 8:36). The format is open discussion; speaker followed by others sharing. Everyone sits around a long table. The atmosphere is relaxed as one of the Archives Committee members discovered when he attended the first meeting on August 14, 2021. Benny was the first speaker - the person he asked to do that job was unable to attend. He shared his powerful message. Many related a strong identification. An added bonus was the cannolis Benny brought for us all to munch on.

Not many of us could recall enjoying these delicious morsels at such an early hour, but quickly were able to overcome any resistance we might have had.

Some of those who attended that first meeting are part of the Word of Truth congregation. They had found an answer to their alcoholism at the church. Now they were looking to add AA to their recovery program. All thanks to Benny, whose own recovery and message of hope inspired them to check it out.



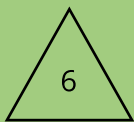
They were now seated at the table too. One person who popped in had been checking out the meeting app on his cellphone. He never recalled a listing for a meeting in Medford - probably because it was only just listed - and rode his bicycle over. Little did he realize, when he got there, that he would encounter others he knew. Eight showed up in total, which made for a memorable beginning. At subsequent meetings, some ladies from a local sober house made an appearance. On another Saturday only Benny showed up. Such is the way of new meetings. It takes time for the word to spread.

Benny has a long history of AA service work. He and his wife ran AA marathon meetings at St. Paul's church in Patchogue during the holidays. He long pondered starting a meeting but managed to keep talking himself out of doing so. When his church moved to its new location, and with the support of his pastor, that dream came true. When Benny shared his story and looked around with tears in his eyes, he said "There are miracles happening here." Wiser words were never spoken.

SIA Archives Committee

October 6, 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

### JUST A PHONE CALL AWAY

You wake up one morning after one of your alcoholic benders. You have been drinking now for ten days straight and you just cannot stop, but physically, emotionally, mentally, and spiritually you are spent. You have had many bottoms, but you have had enough. You reached the point where "one drink is too much, but a thousand isn't enough". Heard that saying before? You keep drinking to get to the place where it first got you in the beginning of your drinking. Now you can't even get drunk. You keep on drinking more and more to get the desired results. Your whole existence is one monstrous blackout. You have reached bottom. No one wants anything to do with you anymore. All your family and friends have distanced themselves from you. They might have strongly suggested to go to an AA meeting, and you don't know what to expect. For all you know there are a bunch of old men surrounded around the coffee pot smoking cigars and reminiscing about their drinking days.

You reached the point of desperation, when you wake up and stare in the mirror and don't recognize the face looking back at you. So what can you do? You google AA on your phone and you come upon the number for the hotline in your designated area. You might ponder about calling it, afraid they would come to your house and whisk you away and lock you up in some asylum and throw away the key. You take the risk anyway and call. You are desperate. You can't remember what you did last night. You only have half a bottle of poison left. You surrendered and do not want to ever drink again. You say that all the time, but you are now ready to do whatever it takes. Help is just a phone call away, and you pick up that phone that feels like a brick and dial the hotline phone number.

"Hello, this is Zoie from the hotline, how can I help you?" You don't know what to say. You pause for a second but the woman on the other line is still there. "Hello," she says again with a gentle and patient tone, and compelled to talk to her. You promised yourself you would do anything, so you spill your guts out to her and she listens, being courteous and patient. She asks you if you have ever been to an AA meeting or if you need detox. She asks you how much you have been drinking and for how long, in case you are in need of medical help, but you plead with her, suggesting that you will try going to this AA thing, what you call it, and if she can kindly find you a meeting. She asks you where you live so she can find you a meeting closest to you. The meetings are now re-opening. It is two years since the lock-down, so she asks you if you want to go in-person or on zoom. You tell her definitely not on zoom, as your hands tremble in need of a drink and you tell her you have half a bottle of whiskey in the house. She suggests you throw it down the toilet while you are on the phone with her, unless you need it if you are detoxing badly, but you go grab the bottle and flush it down the toilet. You took step one. You surrendered and with another person on the other line. A stranger, but yet a friend. She instantaneously finds you a meeting. It is ten in the morning and there is a meeting at noon and you have to travel fifteen minutes away. There is also a meeting that evening around the corner from your house and since you are unemployed at the time, she suggests you go to both. She tells you what to expect and she makes it sound so simple. You ask her how long she has been sober, and she says six years. You tell her that it is impossible, and she tells you she did it an hour at a time that first year.

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You finish talking and decide to get ready for the noon meeting even though you have a massive headache and regret flushing all that whiskey down the drain. Your hands can't stop shaking, but you think of Zoie and she told you how she did it, and how she is now helping others and what she shared with you, and if she did it, just maybe you have a shot at staying sober. You begrudgingly get dressed and drive to the meeting, although she suggests you get a ride because you drank a few hours ago, and you walk in the door, and a year passed and you are celebrating a year

already.

A year later, you call the hotline hoping Zoie answers to express your gratitude to her, because if it was not for her picking up the phone on that September, bleak and darkest day of your life, you would probably be dead the way you were drinking. You are filled with gratitude. If anyone told you a year ago that AA would become the most important thing in your life, you would tell them they were crazy, but yet Zoie was the messenger, and if it was not for her assuring you that AA is not so bad, you would never have gone to the meeting. Well actually she told you there was good cookies and the coffee is the best she ever tasted. You have to argue on that with her. But you are not complaining.

You figured you would give it a shot and see if she would be on the hotline today. This time you don't even have to ponder to make the call. "Hello, this is Zoie, how can I help you? That was your Higher Power working. It was what I would call a God Wing moment. You thank her and invite her to your year anniversary and she comes. You owe your life to her and you tell her that. And, she states at that it happened the moment that made you pick up the phone to call me. I was just the messenger. It could have been anyone on the other line. You surrendered, that is why you are sober today. You were honest, open and willing. That spells HOW, and it is how the program works"

This is a true story of how the hotline works. You don't always get to witness a new comer who calls the hotline get and who stays sober, but it is the moments like these ones that are most rewarding, and you'll miss them if you aren't on the other line when someone calls you.

Zoie S.

## THE ESSENCE OF EXPRESSION

Words can hurt, words can cause  
havoc.

They sometimes cause strife, and some  
may cause damage.

But there are words said only with  
love.

Words that bring joy, from up above.

Take it all in with a grain of salt.

Decipher an insult from those who exult.

Choose your words wisely.

Mean what you say, express yourself  
precisely.

Chrissy W.

Bellport Group

## — SUFFOLK INTERGROUP ASSOCIATION —



Join us for a day of food, fun & fellowship  
This is an OPEN event - all are welcome !!

**Sunday, August 21, 2022**  
**11am – 6pm**

**Heckscher State Park - Taylor Pavilion**  
**East Islip, NY**



tickets	Adults: \$27 (before June 15)
	Kids (under 12): \$20 (before June 15)
included	food • beverages • all activities
not included	\$10 park entrance / parking fee
notes	no refunds • no rain date • no pets

Scan the QR code to purchase tickets on the SIA website



## 2022 **Share-A-Thon** **INTO ACTION**

Sunday, October 2nd  
8:00 AM - 4:30 PM

**St. Joseph the Worker Church**  
**510 Narragansett Ave.**  
**East Patchogue, NY 11772**

Groups needed to host workshops !!

Volunteers needed for setup, greeting, clean up !!

Come join us at the Share-A-Thon Committee meeting on the last  
Tues of the month at 7pm immediately before the SIA Meeting

Scan the QR code to visit <https://suffolkny-aa.org/share-a-thon> :



- Register your group
- Submit Workshop Ideas
- Sign up to volunteer at the event
- Learn more about the Event

## Note:

The discounted price of tickets has passed  
and they are now \$30