

August, 2022

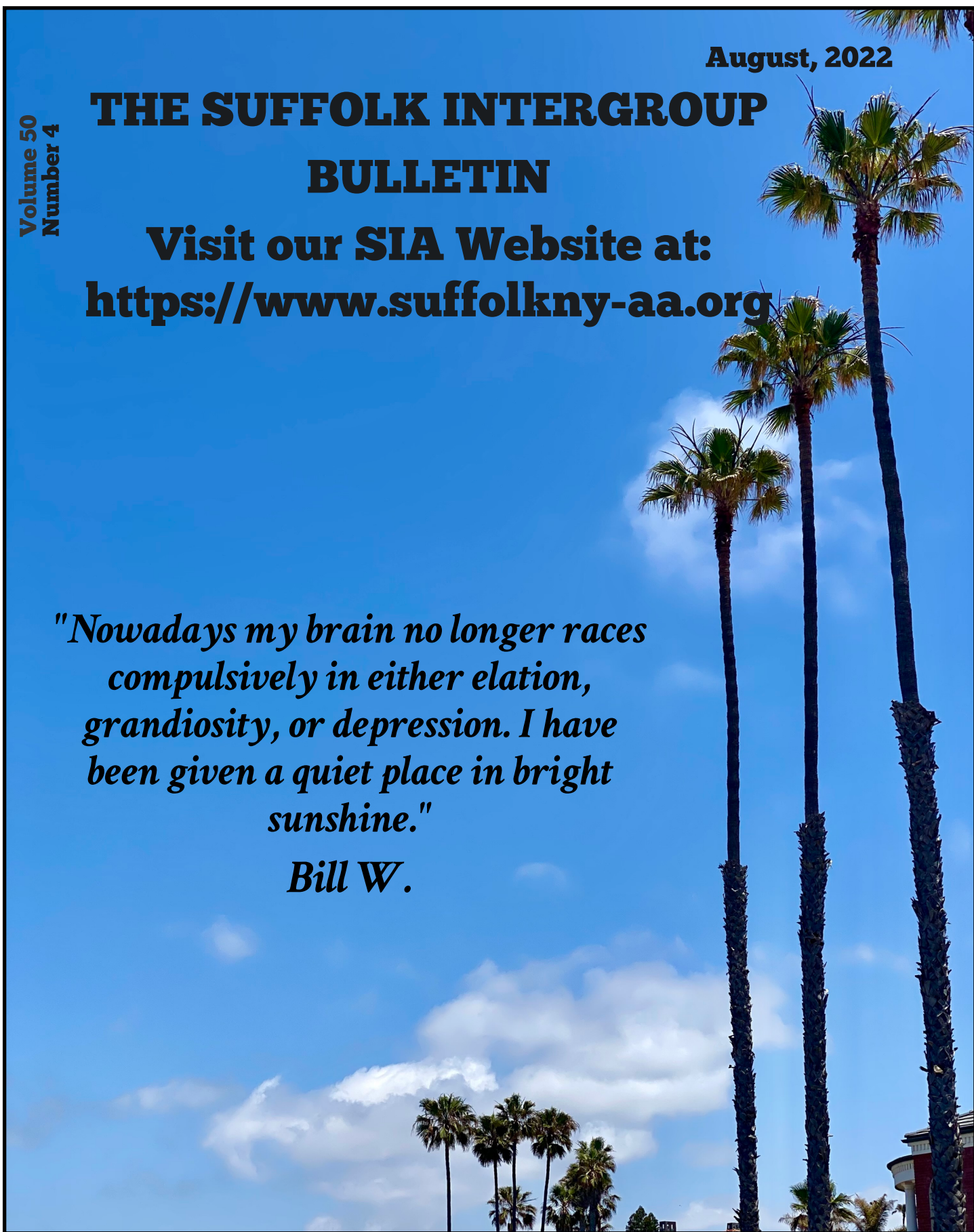
Volume 50  
Number 4

# THE SUFFOLK INTERGROUP BULLETIN

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

*"Nowadays my brain no longer races  
compulsively in either elation,  
grandiosity, or depression. I have  
been given a quiet place in bright  
sunshine."*

*Bill W.*



# 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. 8/30/22 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. 722 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.

8/14/22 & 8/28/22 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. 8/19/22 8:00 PM

New GSR Orientation: 7:00 PM

Join via ZOOM

Mtg ID 932 6450 5176

Passscode 713704

Visit the SGS Website for more information:

<https://aasuffolkgs-ny.org/>



## Spotlight on the Treatment Facilities and Hospitals Chair

We cooperate with various facilities (rehab & detox) to work hand in hand with the facilities in as needed by the facilities.

We arrange contacts and develop relationships with these facilities to ensure that we are compliant and that AA as a whole is being brought to them in an attractive way.

We do our best to acquire lightly used books from members of AA. We also have a budget that allows us to purchase materials that assist our chair people and speakers to work with the people in the facility.

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## Around the AA Campus

**Whoopee Party (Big Book Step Discussion)** meets every Sunday afternoon at 2:00 PM at St Joseph's School 59 Church Street Kings Park. See photo below.

**Remsenburg Zoomers** has decided to become a separate online meeting. Meets online Monday (7:00 PM), Tuesday (7:00 PM), Wednesday (10:00 AM), Thursday (7:00 PM) and Friday (7:00 PM)

## Meetings that have ended

**Stony Brook Unity** has stopped meeting after 21 years

**Online Solutions**, one of the earliest Suffolk online meetings has stopped meeting.

## Things We Cannot Change

**Sad news to report.** Two of our members have passed on

**Ron R** formerly of North Babylon/Deer Park

**and Robin** from Moving Forward

**Both will be missed**



**Whoopee Party  
Big Book Discussion**

## 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)

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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

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### Spotlight on the Treatment Facilities and Hospitals Chair

I have a very active committee who work diligently to cultivate participation from AA groups to take commitments.

As of today we are just starting to make contacts to become more active with bridging the gap.

I have been so blessed to have gotten involved in this committee. It has given me an adjustment to my ego.

This is a We program. Not an I program.

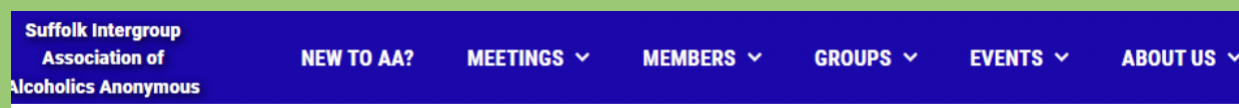
Without all of you there is no me...

Dawn

Treatment Facilities and Hospitals 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 awesome 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!



# The Suffolk Intergroup Bulletin

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## Early Bird Reflections Online Meeting

Back in 1990, when four people started the High Noon Group in Melville, they probably had no idea how successful it would become. Little by slowly, it expanded from a few days a week to its current seven days a week schedule. A few years ago, it added an early morning 6:30 meeting that likewise had a nice consistent following.

In 2020, along came the coronavirus and as for just about everyone else on this planet, things began to change. As meeting places shut down, many AAs moved online and met on platforms like Zoom. So did High Noon, but their early 6:30 crowd opted to split off and create their own group. Out of this division came Early Bird Reflections. In the beginning, it did not make known its presence, preferring to get together discreetly.

With time, however, group conscience supported the idea of listing the meeting information on the Suffolk Intergroup website. At this, some members chose to leave. That left a solid core of regulars.

One of the first things the group did was to change the time from 6:30 AM to 7:00 AM. Not much of a radical change but it did give a few an extra half hour to sleep. Many of them had greatly altered work schedules due to the pandemic.

The meeting begins with a reading of the Set Aside Prayer

Dear God;

Please set aside everything I think I know

about myself, about my disease,

about the Big Book, the 12 Steps,

the Program, the Fellowship,

and all spiritual terms & especially you God;

So that I may have an open mind and a new experience with all these things.

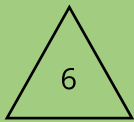
Please help me see the truth.

Amen.

This is a great way to start a meeting and set up a nice atmosphere for contemplation.

This is followed by the preamble and as the group name suggests a reading from the *Daily Reflections* book. That happens every morning except on Monday when a speaker is invited in. The speaker shares and then everybody gets a chance to share. Sharon from the group, who provided much of the information presented here said, "some speakers have liked the meeting so much they have returned." Thus far, things have worked out nicely, a nice reflection on a group of people so focused on sobriety.

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

### I was a Newcomer but God made Me Useful During a Dreadful Period in Human History

On January 9th, 2020, an 82-inch husk wobbled into his first AA meeting. "Do you have twenty-four hours of sobriety?", asked a man with Dennis Hopper-like intensity. It took me twenty minutes into the Sobriety First meeting to realize that I did, in fact, have a day sober. The heavily bearded mass sitting in an armless chair was all that remained after fifty years of drinking...a half century of being on the lam from life, saturated with insecurities, resentments, and fading fragments of what should have been. Alcohol had irreparably damaged my body as if in a jealous rage, seething from my ignorance of its power to destroy. That night I surrendered unconditionally.

Highly motivated, I began my 90-meetings-in-90-days basic training. I discovered the power of meditation, the medium through which to communicate with God. I realized that I had entered an actual fellowship, an ideal antidote for decades of isolation. Good Lord, I was enthusiastic, talkative, and... wait for it...ambitious. No longer an extra on The Walking Dead, I told anyone who would listen that I'd been given a second chance. Full steam ahead!

Then Covid struck. I still had thirty of my ninety meetings left to make. Bewildered AA members could be found outside locked doors of churches everywhere. Parking lot meetings quickly evolved, and just as quickly disappeared. At Sobriety First, three of us remained. We ignored the potential consequences of infection and continued to meet indoors twice, then three times a week. By April 2020, we had a core group of five alcoholics. We spoke for as long as we wanted, peppered some meetings with Big Book and Step readings, and, most importantly, grew to know each other.

Oddly, no one seemed eager to chair the meetings. I tried it a couple of times but felt uncomfortable because shouldn't someone with time be doing this? But God had plans for me to emerge from my shell, to be made aware of a calling to help newcomers, and to stop imagining what people are thinking. I had major surgery at the end of the month but felt compelled to be at these meetings no matter what. Finally, I had a purpose. What better way to return to normal than to run AA meetings, to have responsibilities, and to focus on others. And it was fun, too! It gave me joy. People noticed and began to return each week.

One of the regulars became my sponsor. She emphasized the necessity of a 24/7 relationship with God. It changed my life. Compulsive worrying morphed into feverish gratitude. How was I managing to live without money, work, or health? The answer was God. "Please, God. Take my old life away!", I hollered through the thick August air from my car in the St. Patrick's parking lot...the very car I had been sure would soon become my home. In an instant, my body became a vessel for God's love, forgiveness, and wisdom.

For the next nine months, I gained confidence at the helm. Sheepishness was out, exuberance was in. Our meeting format was adaptive. One day we'd discuss suicide, another day might center around an individual who could not stop crying. Once in a while, I was successful in coaxing a visitor to qualify. People weren't just sharing their drinking/sober history. Their fears were revealed. Childhood abuse was examined (it was then that I stopped lying about how I broke my back as a child). Flurries of self-hatred would erupt, and we would try our best to support the troubled person. Our meeting had become a foxhole in a war against temptation, anger, and mental unrest.

In July 2021 the pre-Covid group returned. During that first meeting, I qualified and was thanked for keeping the room open. Several people commented that I was unrecognizable from my first two months in AA. Every newcomer who regularly attended the Covid meetings celebrated a year sober. God had made my first eighteen months of sobriety doable by making me useful during a dreadful period in human history.

Superficially, I am still a bit of a mess. More deeply, however, I know that I possess traits that warrant a life-long pursuit of abstinence. My sobriety has allowed me to achieve escape velocity from the black hole of addiction. I will always be forever grateful.

Dana L  
Sobriety First  
May 28, 2022



## Suddenly I Knew What I Had to Do

When the world shut down in March of 2020, liquor stores stayed open. I remember thinking that I couldn't do something good for myself, like go to the gym, but it was almost as if I was given permission to do something bad, like drink as needed. Suddenly I was teaching my son from home and "day drinking" became a funny little catch phrase bandied about among the moms. Stuck in my house, ordering groceries online, fear and uncertainty growing with each day, a trip to the liquor store became my escape from the mundane day-to-day existence I suddenly found myself in. The drive or walk to the liquor store got me out of the house, and the vodka I bought there got me out of my own head. I didn't know it at the time, but I later learned through therapy that I have had a need to escape one thing or another my whole life. Alcohol became the perfect escape that I craved. It was legal. It was easy to get and it was almost encouraged as a way of dealing with the shutdown. No one could blame me for wanting to drink away my stress and worries! Before I knew it, I was a daily drinker. Before Covid-19, everyday responsibilities kept my drinking somewhat in check. The pandemic wiped out all of my structure and my days quickly became delineated by the hour at which I began to drink. I could get through my son's schoolwork and the idea of prepping dinner, but after that all bets were off. I knew I was out of control but I did not know where to turn or how to stop. In desperation, I attempted suicide and ended up in the hospital under 24-hour watch. This led to an outpatient Zoom program. For a short time, things improved. The pandemic became a new normal and life evened out for a bit. But alcohol is cunning and baffling, and a nice drink to relax sounded more promising than another outpatient zoom meeting. I willingly slipped back into my daily drinking and soon became a blackout drinker. I figured I was beyond hope so I embraced alcohol and its chaos. By January of 2021, my family had had enough. They confronted me and gave me little choice but to enter a rehab. It was there that my life would begin to change for good. I was introduced to a variety of ways to treat my addiction—group therapy, individual therapy, Alcoholics Anonymous, SMART Recovery, Women for Sobriety, Dharma Recovery, etc. I was saying and doing everything I should, but it wasn't until about a week before I left that something really clicked. It happened during a Zoom Alcoholics Anonymous meeting. For the first time ever, I heard something that struck a chord in me. The speaker spoke to my soul and it wasn't so much what she said, but what was behind the words. It was her strength and perseverance. I wanted what she had; I wanted that kind of strength and perseverance in my life. Suddenly I knew what I had to do. I had to ask her to be my sponsor. I did and she is! I can't say that my recovery has been "perfect," but it has been perfect for me. I needed to slip. Repeatedly. I needed to work through my doubts regarding my Higher Power. I needed to learn to persevere in my thinking and my actions in order to realize that I had the strength inside to finally say no to alcohol and yes to a new way of life. I am nearly 9 months sober now and I know I owe it all to AA, and that one Zoom meeting specifically. In a way, the Covid-19 pandemic proved to be the death knell of my alcoholism. Before I could hear it sound though, I had to go through Hell and sink to depths I didn't think possible. Yes, the Covid-19 pandemic made my alcoholism exponentially worse, but without Covid there would have been no Zoom, and without Zoom, I would not have heard the strength and perseverance that inspired my journey. I'm still a work in progress, but I am eager to continue on the path to learning. I no longer feel the need to escape because AA has taught me that, with the support of others and my Higher Power, I can face anything, and I can do it soberly, one day at a time.

Jennifer T. Copiague

Friday Sunday 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:	\$30 ( price good 'til July 23 )
	Kids (under 12) :	\$25 ( price good 'til July 23 )
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

## The Winners of the Special Events Fishing Trip are as follows:

1st prize went to Franklin C.  
& 2nd prize went to Marcello P.  
both from Camino de Sobriedad  
Thank you Jeff for organizing it  
and Jim for your participation  
and advice

SUFFOLK INTERGROUP ASSOCIATION

## 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