

September, 2022

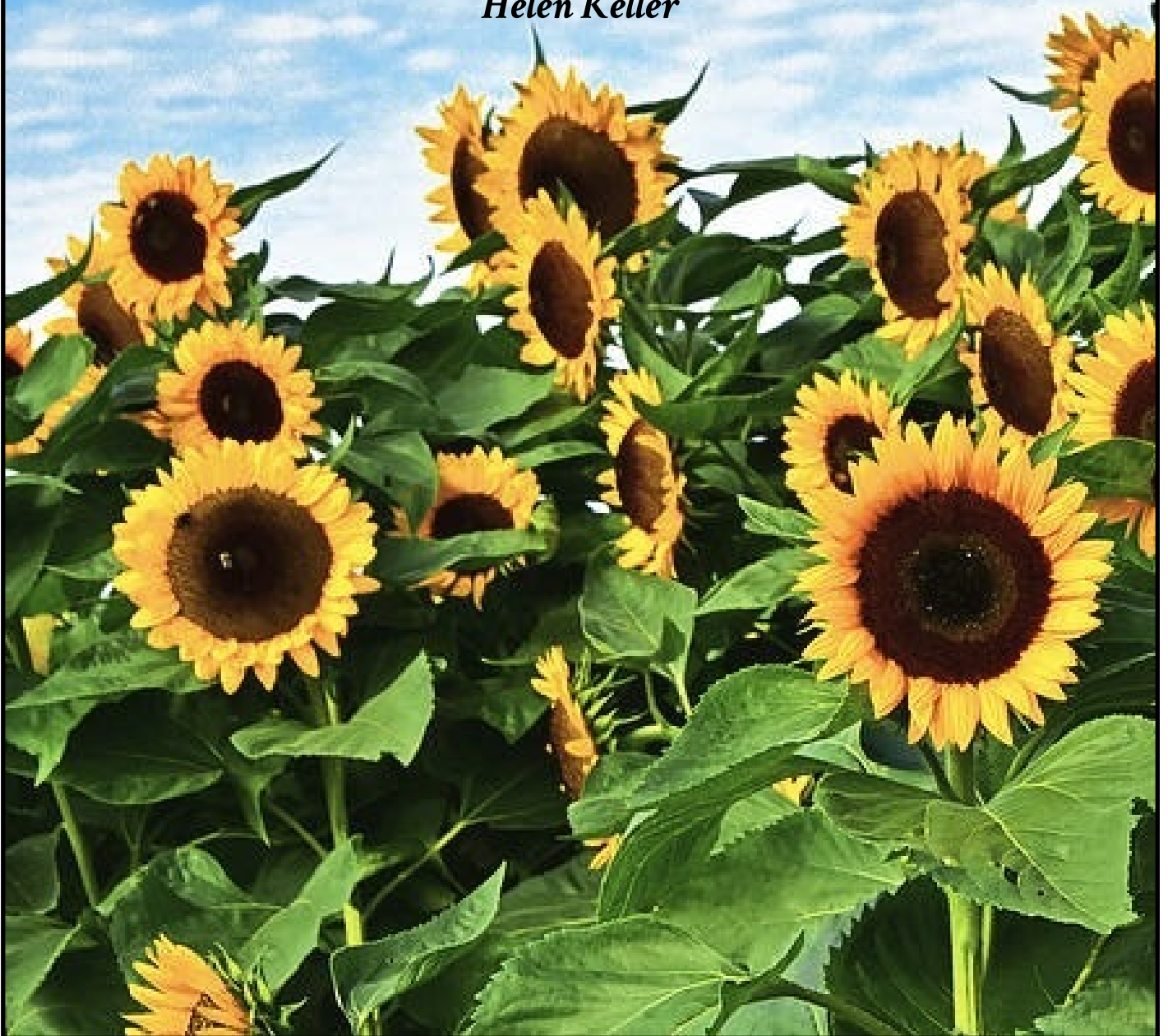
Volume 50  
Number 4

# **THE SUFFOLK INTERGROUP BULLETIN**

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

*"Keep your face to the sunshine and you cannot see the shadow.  
It's what sunflowers do."*

*Helen Keller*



# The Suffolk Intergroup Bulletin

## September 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. 9/27/22 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. 9/15/22 6:00 PM

At the SIA office at

SIA office 113-8 Bay ave, Patchogue NY

### Treatment Facilities

Meet virtually every other Sunday at 12:00 PM

Currently scheduled meetings.

9/11/22& 9/25/22 at 12 PM

SIA virtual

meeting space

Check Events calendar to confirm

Third Legacy

Currently not meeting

Suffolk General Service:

**THIRD FRIDAY OF MONTH**

Fri.9/16/228:00P M

New GSR Orientation:7:00 PM

Join via ZOOM

Mtg ID 9326450 5176

Passcode 713704

Visit the SGS Website for more information:

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

## From the Bulletin

**We're hoping to get stories and write ups about members experiences with AA topics and how they apply them in their lives.**

**The editor will assist participants by helping to write and edit stories. The editor can also interview participants and write the story. They can be as short or as long as you like.**

**By sharing your experiences with various AA topics in the bulletin you will be reaching out to AAs throughout Suffolk County and doing great service. And I'm sure you'll enjoy doing it.**

**Suggested topics on page 4**

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## Around the AA Campus

### New group

SOS meets at the Salvation Army 130 Osborn Avenue Riverhead every Monday at 7:30. (see photo below)

### Group updates

After seven years as the Smith-Wilson Group, they changed their name back to the Wilson Group— its original name. They meet Tuesday, Wednesday, Thursday and Saturday at the St. Thérèse School in Montauk.

Since, it no longer meets at 8:00 PM but at 6:45 PM, the group in East Northport will now be called The Valley. It had been known as Valley 8 O'Clock since 1972. They meet in the St. John Lutheran Church Youth Building. (See photo below).

### Reactivated Groups

The Men's Room in Bay Shore is back to meeting every Tuesday at 7:00 PM. This happens at the YMCA on Main Street.

The Northport Men's Group, affectionately known as the Monk's Meeting, has returned after a two year hiatus. It has been a big part of Suffolk AA since 1965.

South Shore Serenity in Oakdale is also alive and well. It meets Tuesday and Thursday at 8:00 PM at the Parrish House of St Johns in Oakdale. It has been in existence since 1985

Setauket Sunday 2:00 PM is now meeting again at the United Methodist Church.

Kindred Spirits on Peconic Avenue meets at the Grangebél Park stage every Wednesday at 6:30 PM and Saturday 11:00 AM. It is seasonal, running from May to October

### Meetings that no longer meet

Letting Go (East Hampton) online meeting Saturday at 4:30 no longer meets

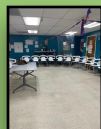
St. Andrew's Serenity in Southampton has closed its doors for good. It started back around 1996 as Sunday Steps. Then changed its name to Hill Street Blues before becoming St. Andrews Serenity

### Things We Cannot Change

Stephanie M., a mainstay of Northport AA for many years— until she moved to Florida two years ago— has passed away. She touched so many lives.



The Valley



SOS

## 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)

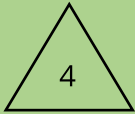
Third Legacy - Laurie - [thirdleg@suffolkny-aa.org](mailto:thirdleg@suffolkny-aa.org)

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 Archives Committee meets the second Tuesday of every month at 7:00 PM on Zoom ID 996 096 9365. Password 799633



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## SUGGESTED TOPICS

From Page 2

Acceptance  
Attitude of Gratitude  
Belief in a High Power  
Complacency  
Fear  
Forgiveness  
Freedom through Sobriety  
Hope  
Humility  
Identification Inadequacy  
Inventory  
Letting go of Anger  
Living One Day at a Time  
Making Amends  
11th Step Meditation  
Patience and Tolerance  
Open-mindedness

Personal Spiritual Experience and  
Awakening  
Plan the Action - Not the Result  
Practice these Principles in all Our  
Affairs  
Projection - living in the Wreckage  
of the Future  
Rigorous Honest  
Serenity  
Service  
Surrender  
Three Legacies - Recovery, Unity and  
Service  
Ways of carrying the AA Message  
What is Sobriety  
Willingness  
Working with Others

## A Message from the SIA Webmaster

SIA Web Site (<https://suffolkny-aa.org>) 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 are now being sent via TEXT as well as email! Subscribe using the new Sign up form on our main page.

SIA Web Committee meets 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 me at [webmaster@suffolky-aa.org](mailto:webmaster@suffolky-aa.org)... thank you for allowing me to serve!

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By the Book  
The Local Church  
1070 Portion Road  
Farmingville, NY 11738

Debbie had given much thought to starting an Alcoholics Anonymous meeting. She is a firm believer in the power of the *Big Book* message, so she knew that would be the meeting's focus. She had recovered through this power and wished to share these words with others. The big question was where to locate it. Her spiritual teacher lived in Riverhead

and the preponderance of sober houses in that town made it an ideal location for a *Big Book* meeting. Those new to AA need exposure to our message of recovery.

When her spiritual teacher passed away, Debbie didn't allow that loss to deter her at all. She simply shifted gears and decided to move the meeting closer to where she lived. That turned out to be a bit more difficult than she anticipated. With the pandemic still looming, few churches were open to the idea of allowing AA use of their facility. She contacted over 20 churches in the immediate area. Many churches didn't even respond. Debbie was undaunted. She knew this was going to happen and sometimes that takes time.

Finally, the Local Church was willing. A Narcotics Anonymous meeting already meets there, so they are no strangers to 12 Step groups. Debbie met with the pastor and a very flexible payment arrangement was set up. The pastor is well aware this is a new meeting and funds may be low in the beginning. However, the meeting would be responsible for paying its own insurance.



The first meeting was held on Tuesday, March 15, 2022. Fifteen people showed up—including someone brand new to AA. This was her very first meeting! Many in attendance were from a women's sober house. Two representatives of the Intergroup Archives Committee showed up to support the new kid in town. It was a great meeting. No doubt the first in a long line of great meetings.

The format is straight-forward. A paragraph or two from our basic text is read and then comments are shared. This continues until the hour is over. Nothing could be simpler. Start at 7:00 PM and over by 8:00 PM. Coffee is available.

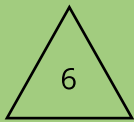
One concern seems to be how to arrange the chairs. Since, Debbie envisions a steady stream of AAs eager to learn about our program of recovery, the seating will be set up in a large circle. That, of course, is subject to change.

When you plan on starting a meeting in Riverhead and end up having it 22 miles away, change is a way of life for you. What will not change is the focus of the meeting. That's not going to happen. The name By the Book says it all.

S.I.A. Archives Committee

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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### A Full and Thankful Heart

....a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know."

As Bill Sees It, page 37

When I look back to the period of time, a little more than two years ago, when the COVID-19 pandemic began, I can distinctly remember the visceral feelings of anxiety, fear, uncertainty, and unease. However, those memories were quickly replaced by a deep sense of gratitude and an awareness of the power of the love of my Higher Power and his protection and guidance.

I am a grateful alcoholic and have been sober since 2015. I have always tried to give back by doing service. I have a sponsor and a sponsee, and before the pandemic, I belonged to two different in-person groups I called home. I attended a fair number of other meetings in-person, and have always cherished the community of this beautiful fellowship.

In March of 2020, as the virus took hold of our community, all normal life seemed to be placed on hold. Looking back in my journal entries for those days, I realize now how naïve I was at the time. I am a yoga instructor, and was teaching at a local fitness and tennis club, and one of my entries tells of the club being closed "for a couple of weeks." I wrote that my grandchildren were going to be home-schooled for a week (they never went back to school for the rest of the school year), and our church ended in-person services. There were no in-person AA meetings in my area. My husband and I were both stricken with the virus in early April, but although we were quite ill, we did not have to go to the hospital, and thankfully managed to recuperate at home.

In the Foreword to the Fourth Edition of the Big Book, written in 2001, it talks about the "sweeping changes in society ....reflected in new customs and practices within the Fellowship."

Taking advantage of technological advances, for example, A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world." Within a week or so of the onset of the pandemic and the many closings taking place, a small group of alcoholics in my community from a couple of different groups started to meet together online on Zoom. Initially, we started to meet a couple of nights a week, but that schedule quickly changed to meetings every night of the week at 6:30 p.m. Each night's meeting was a different format: readings and discussions, 11th Step meditation, Big Book meetings, beginners meetings with speakers, and Step meetings. As word spread, our

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attendance grew, and we realized we needed a core group to host meetings, and a structured format. We initially called ourselves the "Terryville et al Group", but soon changed that to "Welcome As You Are," joking that you could come to our meetings in your pajamas. Our circle grew, and as people from out of state began to join us, and we added our meetings to the SIA website.

We met every single night of the week for almost two years. In 2022, with so many people beginning to return to in-person, we changed our schedule to three nights a week, Monday, Wednesday, and Fridays. A very devoted small group has continued to chair these meetings, even though attendance is small. While most of us were unfamiliar with Zoom and online meetings, we quickly adapted and became used to manipulating the platform. We have seen miracles happen online. I have attended Zoom meetings, workshops and retreats far and wide that I would never have had the opportunity to do in-person. I have met amazing, strong sober men and women from all over the country and the world. I have personally seen people get sober online, and the miraculous power of A.A. change lives.

So my heart is, indeed, brimming with gratitude and overflowing with love. I am so thankful -- for my sobriety, for my connection with a God who loves me unconditionally, for the 12 Steps that have changed my life, for this amazing fellowship and community, and for the serenity, courage and wisdom I've gained. I am a very grateful alcoholic.

Wylie H.

## WAS NO LONGER GOOD ENOUGH TO BE A SURVIVOR, I WANTED FREEDOM

After years of suffering, mostly in silence, I found hope. I found a place where I was understood and where I understood myself, for the first time. It was a safe place with people who just wanted to show me how to love myself. I saw the smiles and the joy passed from one to another in an honest loving way. I wanted to know the secret to their happiness. I participated, humbled myself and asked for help, I took suggestions. I found that a part of the hole in my soul was filling up, happiness was seeping into my heart. I began to experience and receive the gifts like those who showed me what my life could be. This new life changing perception was what I had been searching for all along. I started to feel a bit better, happier, at times but I wanted more, I wanted freedom from fears and all disease that stood in the way of my connection to a Higher Power. I surrendered and with help from others, I experienced a spiritual awakening, that's when I experienced true FREEDOM. A new found freedom came when I was able to help another see all the possibilities of what THEIR lives could be.

Chrissy W.

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