



December, 2022

**THE SUFFOLK INTERGROUP
BULLETIN**

Volume 5
Issue 7

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

***Wishing you a Happy &
Joyous Holiday Season
May this Good Cheer last
Throughout the Year
From Your
SIA Family***

December Business Meetings

The SIA Business Meeting has gone
HYBRID both in person and online
Our new location is St. Joseph the Worker
Church 510 Narragansett Ave. East Patchogue,
NY
11772

Join via ZOOM
ID 9412170 5886 Passcode Service

LAST TUESDAY OF THE MONTH
Tues. 12/27/22 8:00 PM
SIA Business Meeting 8:00 PM

New Rep Orientation: 7:00 PM IN PERSON
ONLY

Schools and Public Information
EVERY THIRD TUESDAY OF THE MONTH
12/20/22 at 6:00 PM at the SIA office
113-8 Bay Ave. Patchogue

From the Grapevine

I'm Kevin, your SIA Grapevine
chairperson. Please help me stay sober by
allowing me to attend your meetings to
help pass along the greatest AA
magazines and books ever written.
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 at
Grapevine@suffolkny-aa.org
Thank you for allowing me to serve

Treatment Facilities
TBD

Suffolk General Service
THIRD FRIDAY OF THE MONTH
Fri. 12/16/22 8:00 PM

Join via ZOOM
Mtg ID 932 6450 5176 Passcode 713704

Visit the SGS Website for more
information:
<https://aasuffolkgs-ny.org/>

From the Bulletin

The bulletin is hoping to get stories and
write ups about members experiences
with AA topics and how they apply them
in their lives.

The editor can assist participants in
writing their stories and, if preferred,
interview participants for a written
story.

By sharing your experiences you will be
reaching out to AAs throughout Suffolk

County and doing great service!

Thank you for allowing me to serve.

Send your stories to
bulletins@suffolkny-aa.org

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Around the AA Campus

New meetings

Sound Avenue Sober Sisters (SASS)
online meeting
Tuesday 7:00 PM
Zoom ID 163 830 659
No passcode required

Recovery
Saturday 11:00 AM
Presbyterian Church
5 Caroline Avenue
Setauket-East Setauket

Sisters in Spirit
Saturday Noon meditation meeting
St. John Nepomucene
1140 Locust Avenue
Bohemia

Mornings with Bill
Online meeting
Wednesday at 7:30 AM
Zoom ID 208 892 585
Passcode: 818691

Group Updates

Brentwood Ladies has moved online
Sunday 5:00 PM (Beginners) and 6:00 PM (Step)
Wednesday 6:00 PM (Closed Topic)
Zoom 492 548 0677
No passcode

Connect the Dots in Mattituck has discontinued.

Meanwhile Connect the Dots in Bohemia is thriving
with meetings now on Monday, Thursday, Friday and
Saturday at 7:00 PM

Community Big Book online meeting has stopped
meeting

SOS in Riverhead lost its meeting place. Until such time
as they find a new home, they will be on a sabbatical

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 - Allison - 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 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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Around the AA Campus

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The Things We Cannot Change

Phil A formerly of Smithtown Serenity, Smithtown Afternoon and Kings Park Just for Today passed away

and Vera, the grande dame of the Kings Park Group has left us too

Both of these people touched so many lives and will be greatly missed

Heard at a meeting

The only difference between an obstacle and an opportunity is attitude

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

Groups having holiday meetings, marathons or events - please email me the details so I can include them in an upcoming email / text announcement.

Thank you for allowing me to serve.

**Lindenhurst Group
Our Lady of Perpetual Help
240 South Wellwood Ave.
Lindenhurst, NY 11757**

According to long time member Owen, Lindenhurst was started by members of the Massapequa Park Group in October, 1965. That date agrees with other documents in the Suffolk Intergroup Archives. Original members included Tom K., P.J.R., and B.C.

The very model of consistency, this group has met at the same location for all these years. It began with a 9:00 PM open meeting on Sunday with just that one meeting each week. After about five years a Friday night meeting was added for a closed meeting. For some reason, the Friday meeting was moved to Tuesday around 1973 or 1974. In 1993, the Saturday evening Beginners was added to the roster. This weekly schedule is still in effect today. As with many other groups, there were changes in meeting formats and time slots until they settled on their ideal arrangement. (According to the current information on the SIA website, Lindenhurst has an open meeting on Sunday night at 8:00 PM, two meetings on Tuesday night – a 6:30 PM Big Book and an 8:00 PM closed discussion – and a Saturday Beginners meeting at 7:30 PM.)

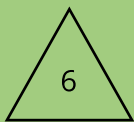


In 2015, Lindenhurst celebrated its golden anniversary – a truly impressive achievement. Fifty years of providing a cup of coffee and a welcome handshake to the newcomer. This group has been around so long it almost seems like they have been providing perpetual help to the sick and suffering alcoholic. Here's wishing them a smooth run for the next five decades.

S.I.A. Archives Committee

January 8, 2015

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



Alcoholism as a Disease

When I first entered AA, I heard the term “disease” used to describe the state of my affliction. It seemed odd that this term was being used in AA rooms, for I had never heard “disease” mentioned when my drinking was affecting my relations with people, my occupation, and most importantly, my view of myself. I say “most importantly ... myself” because I was crushed by my lack of will power. This lack of the disease word turned out to have been critical in delaying my entrance into AA. My belief, and the belief of so many others, had been focusing on a weakness within myself. Such a focus produced shame and guilt and led to a postponement in my sobriety. That pain of constant disappointment in myself and the disappointments I gave to others, encouraged me to try even harder to make promises, sincere promises to important people in my life, only to fall flat on my face time and time again, which added to my problem.

Looking back now, I believe that, had the disease word been used more frequently in society, and had I accepted alcoholism to be a disease, the shame which I had experienced would not have been so powerful in delaying my entering AA. I had demonstrated that to myself with numerous removals of skin cancers, and other physical disorders that visited my body. I never had shame when talking to close friends, my spouse, or a doctor involving certain body happenings that society did label as a disease. But with my drinking, shame had kept me from seeking a cure for decades due to my lack of perception of myself as spiritually weak, self-centered, and unfocused as to what to do about it.

When alcoholism was classified as a disease in 1956 by the American Medical Association, I wish that this new view by doctors, would have infiltrated our society sooner. Perhaps I would have joyfully entered AA without the shame of being seen there. Perhaps newcomers still drag the luggage of shame, thinking that they are worthless and weak. These same newcomers would probably be joyful if one of their relatives finally went for a chest X-Ray, or a skin exam, but they may not feel that same way about their own entrance into AA. This matter is not merely a superficial name change. The doctors are well aware of this, because they know it necessitates a change in their own medical strategies to achieve success.

Thankfully, Bill and Dr. Bob helped with this perspective by observing alcoholics that unsuspectingly discovered an existing power within themselves, that could be their prime source of healing. Their diseased spirit could now begin treatment: actions logically arranged in order, focusing on spiritual health, more so than body.

What role do I have to play in this today? Well, I did arrive too early in AA to be helped by a society that understood this disease category. Prior to that, I continued decades of self battling to someday be victorious, but never was, and never could be. My role now, with any individuals who knew then, that I had a drinking problem and did something about it, is to use the disease word more often with them. So many of them might someday seek their own cure, or perhaps be more helpful and understanding to a sick and suffering friend. Guilt and shame can be diminished by this more accurate perspective. Let's spread the disease word.

Rick

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2023 Proposed Budget

The Finance Committee recently met and came up with the following proposed budget for fiscal 2023.

It will be voted on at the December SIA business meeting.

Income	Proposed	
	2022	2023
Funds from prud	8,400	7,625
Individual Contributions	5,000	5,000
Grapevine	1,000	1,000
Group Contributions	80,000	90,000
Literature Sales	25,000	30,000
Miscellaneous		
Total Income	119,400	133,625

Office Expense	Proposed	
	2022	2023
Internet / Telephone	4,000	2,700
Insurance	5,500	2,500
Leased Equipment	2,000	2,000
Maintenance	7,000	5,000
Miscellaneous	450	500
Postage	2,200	2,500
Rent - Office	16,275	16,275
Rent - Rep Meeting	1,500	1,800
Supplies	1,500	4,000
Utilities	6,500	6,500
Total Office Expense	46,925	43,775

Committees Expense	Proposed	
	2022	2023
Hot Line: Telephone	500	700
Hot Line: Supplies	1,000	500
Archives	2,700	2,700
Big Meeting	-	1,500
Bulletin	5,000	5,000
ByLaws	250	600
Conventions	3,500	3,500
Corrections	3,000	3,000
Grapevine	750	750
Literature	25,000	30,000
Meeting List	6,000	10,000
Office Expense	500	500
Public Information	1,000	12,000
Schools	500	500
Share-A-Thon	15,000	10,000
Special Events	500	1,000
Special Needs	100	100
Third Legacy	1,500	1,000
Treatment Facility	3,000	3,500
Webmaster	2,600	3,000
Total Committee	72,400	89,850

Total Income	119,400	133,625
Grand Total Expense	119,325	133,625

Suffolk Intergroup
NEW YEARS MARATHON



**TRUE NORTH
CHURCH**

31-01
DEC-JAN

**FELLOWSHIP FOOD COFFEE
MUSIC/DANCE**
5pm-1am

1101 Lakeland Ave Bohemia, NY 11716
Email Jeff A at specialevents@suffolkny-aa.org
www.suffolkny-aa.org