

January, 2023

Volume 5
Issue 8

THE SUFFOLK INTERGROUP BULLETIN

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

*"Winter is a season of
recovery and preparation."*

Paul Theroux

The Suffolk Intergroup Bulletin

January Business Meetings

SIA Business Meeting

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. 1/30/ 23 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
1/19/23 at 6:00 PM at the SIA office
113-8 Bay Ave. Patchogue

Treatment Facilities

LAST TUESDAY OF THE MONTH
1/30/23

just prior to the SIA meeting at
7:00 PM at St. Joseph the Worker Church
510 Narragansett Ave. Patchogue, NY
Next meeting

Suffolk General Service

THIRD FRIDAY OF THE MONTH
FRIDAY 1/20/23

Join via ZOOM
Mtg ID 932 6450 5176 Passcode 713704

Vist SGS Website for more information:
<https://aasuffolk-ny.org>

Message From the Bulletin

The Bulletin is inviting all members of our SIA community to send in articles, stories or write ups about your experiences in AA. They can be about AA topics and how you apply them in your life, your own personal story or any story that you would like to tell. Maybe you've told a story or heard something at a meeting that you'd like to share with the rest of us.

I understand that lots of people don't feel comfortable writing, but we can all tell our stories and we're always sharing them with one another. So I can assist you in writing one or, if you prefer, we can simply have a conversation about something you'd like to share with Suffolk County AAs and I can write up a story that I'll send to you for your approval.

Your stories can be as short as 200 words or as long as 800 words.
Poems, Photos, Drawings and Paintings are welcome too.

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 bulletin@suffolkny-aa.org.

The deadline for submissions to the February Bulletin is January 16th

Around the AA Campus

New meetings

Love and Tolerance

Online meeting

Monday and Friday 8:00 PM

Zoom 285 656 2922

Passcode: serenity

Get Your Step On

157 5th Avenue

Bay Shore

Saturday at 6:00 PM

Starts January 7, 2023

Group Updates

Zoom Into Action online group no longer is meeting

The Things We Cannot Change

It has been a particularly sad month with the following losses.

Don E co-founder of Medford Miracle and Intergroup office volunteer

Robert M from Mount Sinai

Emma from Smithtown Afternoon, one of the early people involved in starting Suffolk Intergroup

All three gave so much of themselves.

Heard at a meeting

My wife is an archaeologist. She keeps digging up my past

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

The Suffolk Intergroup Bulletin

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

Suggested Topics for Stories For the Bulletin

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

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

From the SIA Web Committee

We recently added a "New To A.A.?" page as a starting point for beginners and newcomers (click the bright green sign on our main page). If you or someone you know is curious about A.A. or is just beginning recovery, this is a good place to start!

We are always looking for ways to utilize our website and electronic communications to assist Suffolk groups and members.

How can we help? Do you have an idea, question or special request?

Email us at **webmaster@suffolkny-aa.org**,

or join us for the next **SIA Web Committee meeting** (every 2nd Thursday, ZOOM meeting ID 941 2170 5886, passcode service)

Thank you for allowing us to serve

<https://suffolkny-aa.org/new-to-aa/>

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Way of Life St. John Nepomucene Church 1150 Locust Ave. Bohemia, NY 11716

Way of Life began with another name and in another town. Around the end of October 1976, the group sent a notice registering with Alcoholics Anonymous World Services. The name of this new group was Heart of the Lake and it met at St. Joseph's Church in Lake Ronkonkoma. It reported having 20 members, one of whom, Joe C., sent in that original registration form. Joe still attends meetings and usually can be found at the Lake Ronkonkoma Group these days.

Its original schedule was a Wednesday open meeting and a Friday closed meeting, both of which met at 8:30 PM. By the August 1977 Suffolk meeting list, a Saturday afternoon meeting at 2:00 PM had been added. The February 1978 meeting list indicated the Friday evening meeting had moved to Saturday at 8:30 PM. Now the group had both an afternoon and evening meeting on the same day. That was an unusual scheduling arrangement and would demand much dedication on the part of its members.

For whatever reason, by February 1981 a major division had occurred within the group. Both evening meetings moved to St. John Nepomucene in Bohemia. The afternoon Heart of the Lake meeting remained at St. Joseph's and, despite a few moves within the building complex over the years, has continued meeting to this day. When the evening meetings moved to Bohemia the days changed to Monday and Friday.

It took five years but the name was changed to Way of Life. Like many groups, there have been changes in format over the years. For two years between 1990 and 1992, the group had a women's meeting on Tuesday. For many years now, the meetings have remained consistent with a Monday Beginner's meeting at 8:30 PM and a Friday Step meeting at 7:30. Room 7 classroom has been the meeting location since 1981.

For forty years, whatever its name, this group has kept its doors open for those looking for recovery. Its longevity is a model for those who have come after. In essence, Way of Life has almost become a way of life for many.

**SIA Archives Committee
September 25, 2014**



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

Joe C's Story

"Keep me safe in the company of those who seek the truth and safe from those who profess to have found it." I don't know who said that but with this in mind I want to say that I am still learning about the Twelve Steps. I enjoy Step Meetings for the wealth of experiences of other alcoholics. I wanted to write a bit about my personal experience with Step One. By my experience I mean what I have filtered, attempted and worked out in my own unique way.

There has been a wealth of ideas and instructions I have gleaned from other peoples' life stories in AA.

Admitting that I am powerless and that my life became unmanageable was a process not an event. I didn't always disappoint myself or others, I didn't always embarrass myself when I drank and I hadn't given up on the idea that I could drink like a gentleman. I wanted to be a drunken gentleman. I thought that it was a cruel joke that alcohol (and drugs in my case) presented itself as the answer to life that I was looking for and then it would tempt me, turn on me, get me in trouble and leave me the blame. Kris Kristofferson has a song lyric that describes the Dr. Jekyll and Mr. Hyde aspect of addiction that I loved to sing and still do:

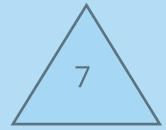
I sat me down by a tender young maiden,
 Who's eyes were as dark as her hair.
 And as I was searching from bottle to bottle,
 For something un-foolish to say.
 That silver tongued devil just slipped from the shadows,
 And smilingly stole her away.

I said: "Hey, little girl, don't you know he's the devil.
 He's everything that I ain't.
 Hiding intentions of evil,
 Under the smile of a saint.
 All he's good for is getting in trouble,
 And shiftin' his share of the blame.
 And some people swear he's my double:
 And some even say we're the same.
 But the silver-tongued devil's got nothing to lose,
 I'll only live 'til I die.
 We take our own chances and pay our own dues,
 The silver tongued devil and I."

Still, I thought that getting the good stuff from drinking and not having to suffer any of the bad, was a labyrinth in chemistry. If I could find the right mixture of this-and-that, I would be like Thomas Edison – doubted by everyone, after 14,000 tries he finally invented the incandescent light bulb. By ass-mosis is more than osmosis – sitting my ass down and listening – I gradually accepted that my thinking was flawed. I understood what was meant by, "A pickle never becoming a cucumber again."

Still, I would often feel entitled to a largely imaginary past-glory. If there was a pay-day from drinking I had cashed that check and spent it – another one wasn't coming any more than Santa Claus had a bag of toys for me. I was powerless. I lacked the power to choose if I would be good or bad once I started drinking. I came to understand that my intentions weren't the measure of a manageable life, my actions were.

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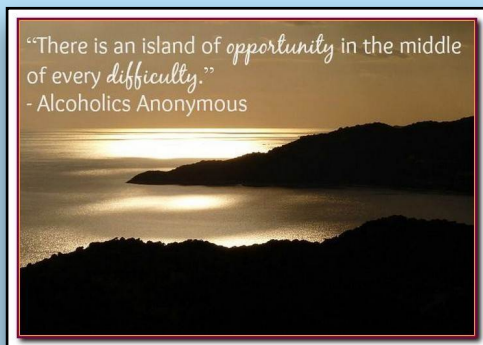


Cont. from p. 6

It's true – I was better than the heart-breaking drinking me. Step One was taking ownership of that. Instead of demonizing “bad Joe,” I accepted that I couldn't shift my share of the blame. The cause and the blame were no-longer the issue. Debating if it was my genes or my circumstances that made me an alcoholic were infinitely futile. The question now was who was going to do something about it? The answer was that I was going to do something about it, with help. I was one of these alcoholics who had tried to stop drinking and I had failed. My dilemma wasn't stopping – I had done that before. My dilemma was staying stopped.

In Montreal where I got sober there was an ad that ran in the personals of one of two daily English papers at the time. It said, “If you want to drink and can, that's your business. If you want to quit and can't that's our business. Call Alcoholics Anonymous.” It was followed by Montreal's English Intergroup number. I couldn't drink and I couldn't quit on my own. I was a good candidate for AA.

My sobriety was shaky then. I didn't have faith in myself. I did have faith in you. You were proof that sobriety was possible. I wrestled with thinking I was different; I still do sometimes. But your sobriety was evidence that if I wanted to stay stopped, I could. Just for today my sobriety is a prized possession. “Sobriety is mine and you can't have it,” is how I feel about it today. You can threaten me, you can treat me badly but I know now that you can't make me drink. I took ownership of my alcoholism and I take ownership of my sobriety today. Because I said, “My name is Joe and I am an alcoholic,” there was no indication that I had won the game of life there and then. Step One was a beginning.



How I navigated the rest of the Twelve Steps is a story for another day. I did not have all the honesty, integrity, open-mindedness and willingness that that the Steps require. I would have to learn and I would have to grow new muscles. It didn't happen all at once and there was never a time when I knew I was home-free. The rest would take faith. I had faith that staying stopped was your business and you could teach me. It wasn't rationally certainty; it was a gut feeling. I trusted that feeling and so far, so good. I am grateful to say that I am an alcoholic and a proud member of Beyond Belief Agnostics Group of Alcoholics Anonymous.

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AA Agnostica

AA Hotline Needs Volunteers!!



The AA Hotline needs you and especially your group to sign up to answer the phones.

To sign up as an individual scan this QR code :



To sign up as a group or for any other inquiries, email phones@suffolkny-aa.org.

For additional information visit <https://suffolkny-aa.org/hotline> or scan this QR code :



Did you know :

- Unlike other areas, the AA Hotline in Suffolk is staffed entirely by volunteers like YOU
- 24/7 coverage means there are 14 shifts in a given week
- Daytime shifts run from 8am to 8pm; Nighttime shift run from 8pm to 8am
- WE NEED GROUPS to sign up for upcoming weeks
- If your group can not cover all 14 shifts in the week, we will help you fill gaps in the coverage.
- WE NEED INDIVIDUALS with 1 year of continuous sobriety to sign up
- You do not need a physical Hotline Book to work the hotline — there is an online version accessible from your computer, tablet or smartphone