

A photograph of a snowy forest path lined with evergreen trees. The path is covered in a thick layer of snow, with faint tracks visible. The trees are heavily laden with snow, creating a serene winter scene. The sky is a pale blue with some light clouds.

February, 2023

THE SUFFOLK INTERGROUP BULLETIN

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

Volume 5
Issue 9

***“It’s not the destination,
it’s the journey.”***

Ralph Waldo Emerson

The Suffolk Intergroup Bulletin

February 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. 2/28/ 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
2/21/23 at 6:00 PM at the SIA office
113-8 Bay Ave. Patchogue

Treatment Facilities

LAST TUESDAY OF THE MONTH
2/28/23

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 2/17/23

Join via ZOOM
Mtg ID 932 6450 5176 Passcode 713704

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

Special Events Committee
FIRST TUESDAY OF THE MONTH
5:30 - 6:30 PM
via zoom
ID 9412170 5886 Passcode Service

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 to bulletin@suffolkny-aa.org.

The deadline for submissions to the March Bulletin is February 14th

A Message from the Chair

As 2023 begins, I look back on the last year with optimism. AA continues to move forward and grow in Suffolk County.

We started off the year in Medford VFW Hall, when only a handful of people showed up. All wore masks and we kept our distance. However, we could see some light ahead of us.

We started planning to bring back the printed meeting lists in the spring. It was a real chance to revamp and become extremely accurate with the information regarding the status of meetings around the county. In April our first printing was accomplished!

Bob, our archives chairman, continues with his Coronavirus Project, requesting members to send in their stories of how they stayed sober during this unprecedented time in history. Hundreds of stories are available for our future AA's to read and get a glimpse of what it was like.

In March Suffolk General Service held The Unity Breakfast, and we saw that the light was getting brighter and closer to normal.

As the next couple of months passed, more group reps started to show up at our monthly meeting. It became apparent that the VFW hall was becoming a little too small for us.

Due to a scheduling conflict, we were asked to hold our meeting in the basement, where there was a fully stocked bar!! We all got a laugh, but it became clear it was time to look for somewhere else to meet.

In June we moved to our new location in Patchogue, St Joseph the Worker Church.

What a great location it has become. Plenty of room for us to spread out, plenty of parking, and it was just in time for the Share-A-Thon, which was a huge success thanks to all the volunteers.

A special thanks goes out to the Patchogue group for helping us find and support the church's decision to allow us meet there. We hope to be there for years to come.

Jeff, the special events chair, hosted a barbecue, a fishing trip and a New Year's Eve Party with great energy and success.

Our public information ran a bus campaign through the holidays that will help to carry the message to the general public. Maybe a sick and suffering alcoholic or a family member can get some hope that things can change.

The committee chairs for Institutions and Corrections have been reporting that they are reopening for us to carry the message, an even brighter light!

Suffolk Intergroup is going strong with its tireless efforts of the officers and committee chairs and mostly because the group reps have been showing up. We could not do it without your support, so Thank-You!

And finally on the financial side, SIA was able to donate \$50,000.00 to World Service.

The light is glowing for Suffolk AA!

Thank you for allowing me to serve and have a Happy new Year.

Your SIA Chair,

The Suffolk Intergroup Bulletin

Around the AA Campus

New meetings

Get Your Step On
Step Series
157 5th Avenue
Bay Shore
Saturday at 6:00 PM

Bellport Group Online

Sunday 7:30 PM Closed discussion
Thursday 7:00 PM Beginners
ID 910 7220 3383
Passcode: 810096

Group Updates

After 38 years in Terryville, Let It Begin with Me has moved to Grace Presbyterian Church 425 Hawkins Road Selden with a slight adjustment to its schedule. The schedule now is Monday 6:00 PM (Women) and 7:15 PM (Men) and Thursday 6:00 PM (Beginners)

The Mount Sinai Group has moved back to its original meeting place, Congregational Church 33 North Country Road Mount Sinai Tuesday 6:30 PM

Sayville Daily Reflection is back in action at Congregational United Church of Christ 131 Middle Road Sayville Wednesday 7:00 PM

After almost three years, Into Action in Port Jefferson will be returning to Mather Hospital for its 9:30 AM meeting every Sunday

Together Gay in Bohemia has stopped meeting after 39 years

Reaching Out an online meeting (Saturday at 1:00 PM) no longer meets

The Things We Cannot Change

Some of our losses in the last month. Each gave so much to so many

Nancy O, Sayville

Cheryl, Babylon Nuts and Bolts

Paul founder of Sober Sanctuary in East Hampton

Jerry L Smithtown Afternoon

Correction In this column last month we meant to write Emmi from Smithtown Afternoon passed away—not Emma. She was a truly great lady.

Heard at a meeting

Expectations are future resentments

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

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S.I.A--Suffolk Intergroup Association

What is it? It is a group of alcoholics who get together and join committees that get the message of recovery to the "still sick and suffering."

How does it work? By getting people to speak routinely at rehabs, detoxes, jails even schools and addiction events in Suffolk County. By putting together the meeting lists and mailing out the bulletins and selling the literature from the office.

Why attend Intergroup meetings? Because this is where we come together and share information about what is happening in A.A. This is where we share ideas and communicate with every other group in Suffolk County.

Who needs to go? Anyone can attend S.I.A rep meetings they just can't vote unless they are a groups representative. New rep orientation is the hour before the rep meeting.

Where? The meeting is held the last Tuesday of each month at 8pm at St Joseph the Worker church 510 Narragansett Ave East Patchogue or by **ZOOM #941 2170 5886 PWD Service**

If you have any questions about the committees you can email them, their addresses are on the Suffolk AA website or in the monthly 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



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!

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

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)

The Suffolk Intergroup Bulletin

**All R Welcome
Hope House
1 High Street
Port Jefferson, NY 11777**

The pandemic hit Alcoholics Anonymous hard. The number of places willing to let us meet in person was drastically reduced. That was not less so than in Port Jefferson. Even when things let up a little bit, hospitals like St. Charles and Mather kept their doors closed to us. It was in this vacuum that Ray (over 30 years) and Alex (six months) stepped in to fill the void. "There was a need for a Saturday morning meeting."

Saturday morning in Port Jefferson was particularly hard hit. AA lost three face-to-face meetings on Saturday morning. To fill a pressing need, this new group came along to provide some relief. The proof in the pudding was the 23 people who showed up for the first meeting. They had found a new home.

All R Welcome meets 11:00 AM at Hope House. As Ray put it "this is Hope House because here you can find hope." Hope House is certainly no stranger to AA. It has opened its doors to us many times over the years, going back to the 1980s. The large, paneled meeting room will bring back wonderful memories for many of us

The format is open beginners meeting and it is designed to focus on our Big Book. The plan right now is to go line by line, page by page through the first 164 pages. That way, all of those in attendance can get a deeper understanding of our basic text. A paragraph or two is read and then people share about the content. At this point, that format is up for review. The complete particulars of the meeting will be fine-tuned over time, as need be.



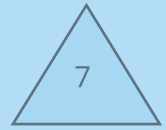
The group met for the first time on Saturday, March 5, 2022. Talk about down to the wire. They beat the deadline to appear in the new printed meeting list by one day. By and large, word of mouth helped spread the news about this meeting. It's set up with chairs in a large circle. The gathering was a nice blend of longtime members as well as newcomers. People had traveled from Patchogue as well as Kings Park to experience Suffolk Alcoholics Anonymous' latest addition. From the sound of things, no one was disappointed. An added plus was Alex's delightful daughter Chloe, also in attendance, who may very well win the Best-Behaved Child Award, if there is one. Some of us could learn a thing or two from her about how to act at a meeting.

Ray, who acted as chairperson, set a gentle, welcoming tone to the meeting. "Love more and judge less" he said. Now that's a great way to begin a group.

S.I.A. Archives Committee

April 1, 2022

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



Steps 4-7

Olga was an old-timer at the Bay Shore Non-smokers Group. She gave me this great metaphor for the “Clean up” and “Grow up” steps, 4-7.

Imagine that you are a shrub or bush that you have neglected for some time due to a disease. You begin to pay attention to the bush. In Step 4, you prune away the dead branches and cut back the excess growth. In Step 5, you call in a more experienced gardener to look at your work. She/he tells you that you missed a whole section on one side and be careful not to cut back the new growth too much because that's an asset! In Step 6, you look at the cuttings and debris and become willing to let it all go. In Step 7, you call in the Garbage man, aka your Higher Power, and ask him/her to remove the debris.

What I love about this metaphor is that it's all about growth. We get pruned by the steps so we can grow! I'm not a bad person trying to get good, but a neglected sick person trying to get well. With careful attention and experienced support, I can clean up my act so I can grow in the image and likeness of my Higher Power.

Siobhan M.

Bridge to Sobriety Group

Babylon, NY

*I have found that the process of
discovering who I really am begins with
knowing who I really don't want to be.*

Alcoholics Anonymous

2023 Suffolk County General Service
UNITY BREAKFAST



AN EXPERIENCE YOU MUST NOT MISS
Recovery • Unity • Service

Sunday, March 5th
9:00am - 1:00pm

East Wind
5720 NY-25A, Wading River, NY 11792

Sales & Ticket Information
<https://aasuffolkgs-ny.org/>



To purchase tickets visit:
<https://aasuffolkgs-ny.org/2023-unity-breakfast/>