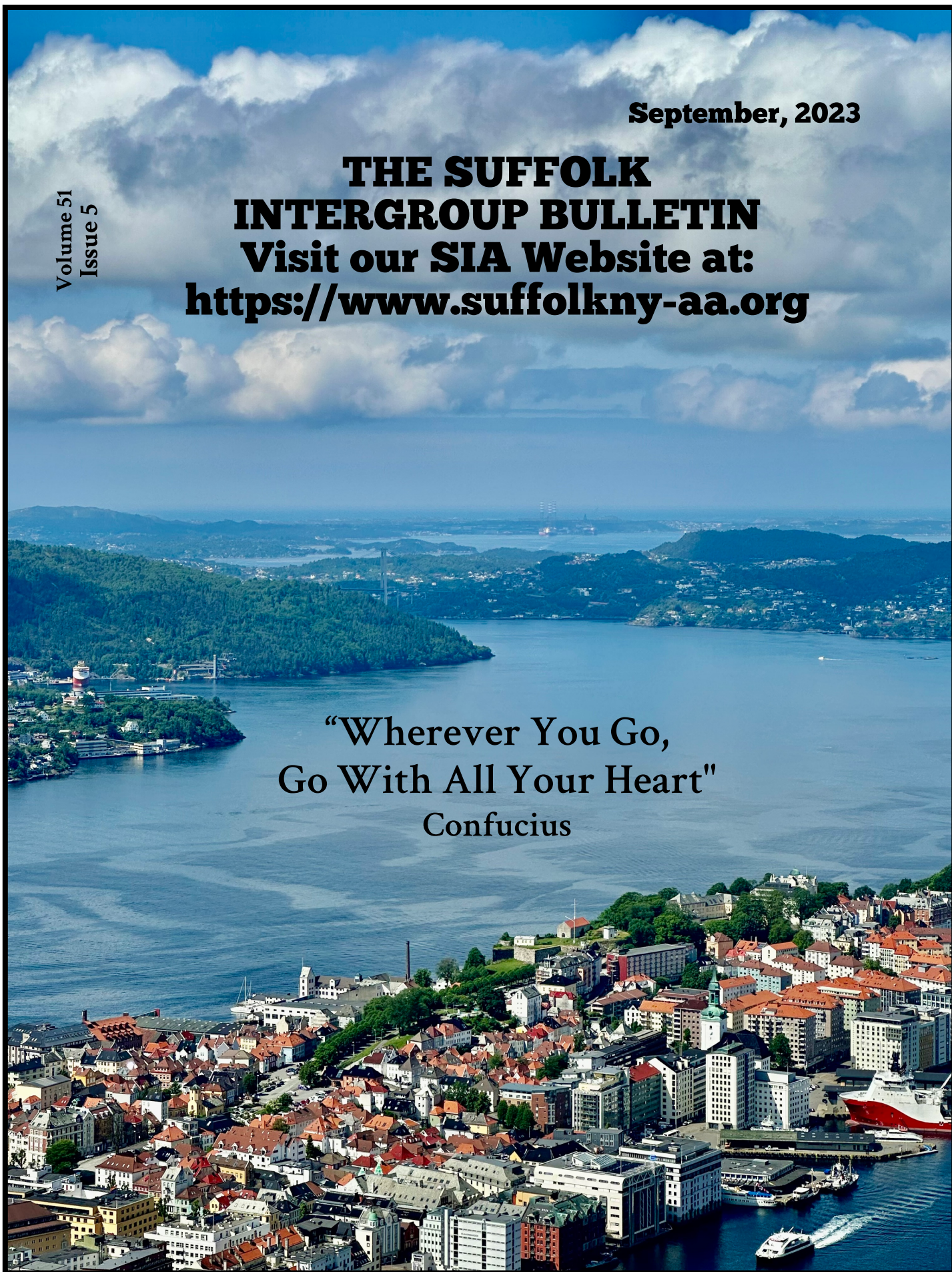


Volume 51
Issue 5

September, 2023

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

*“Wherever You Go,
Go With All Your Heart”
Confucius*



September Business

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. 9/26/23 8:00 PM
SIA Business Meeting 8:00 PM

New Rep Orientation:
7:00 PM IN PERSON ONLY

Schools and Public Information Joint Committee Meeting

EVERY THIRD TUESDAY OF THE MONTH
9/19/23 at 6:00 PM at the SIA office
113-8 Bay Ave. Patchogue

Share-A-Thon Committee Meeting LAST TUESDAY OF THE MONTH 9/26/23

Just prior to SIA meeting at
7:00 PM at St. Joseph the Worker Church
510 Narragansett Ave. Patchogue, NY
Also join via ZOOM
ID 941 2170 5886 Passcode service

Treatment Facilities Committee Meeting

SECOND FRIDAY OF THE MONTH
9/8/23 7:30 - 9:00 PM

SIA Office
113-8 Bay Ave. Patchogue
also via Zoom
ID 9412170 5886 Passcode service

Suffolk General Service THIRD FRIDAY OF THE MONTH FRIDAY 9/15/23

Join via ZOOM
Mtg ID 932 6450 5176 Passcode 713704
Vist SGS Website for more information:
<https://aasuffolk-ny.org>

Special Events Committee Meeting CANCELLED

Corrections Committee Meeting
FIRST TUESDAY OF THE MONTH
9/5/23 at 7:00PM at the SIA office
113-8 Bay Ave. Patchogue Also via ZOOM
ID 9412170 5886 Passcode service

Send your work to the Bulletin for publication!

Your experiences in AA. Any topics or your
personal story. Your work will be edited by the bulletin chair.

Anywhere between 200 to 800 words.

Share your story with AAs across Suffolk County
and do great service!

Send to bulletins@suffolkny-aa.org

The Suffolk Intergroup Bulletin

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Around the AA Campus Group Updates

North Fork Promises has discontinued its online meeting. It will only be in-person from now on. Friday 6:00 PM
North Fork United Methodist Church 43960 Middle Road
Southold

Move a Muscle Change a Thought. New online meeting every Wednesday morning at 10:00. Zoom 743 6289 2340
Passcode: Norbert22

Island of Enthusiasm has expanded. Its second meeting is now held at Thrive 1324 Motor Parkway Hauppauge every Tuesday at 7:00 PM. The Friday 5:30 PM meeting is still in East Northport. (See photo below)

The One and Only meeting in Smithtown celebrated its 700th meeting on August 19th. They meet every Saturday at 3:00 PM at St. Thomas of Canterbury 29 Brookside Drive Smithtown

By the Book in Ronkonkoma, Thursday 7:00 PM meeting has been discontinued

Byron Lake of East Islip has also been removed from the meeting list.

Heard in the Rooms

I never get an answering machine when I try to contact my Higher Power

Comfort is the enemy of progress



Island of Enthusiasm
Meeting Room

Group Emails

If your group hasn't yet elected someone to be your group's Intergroup rep, why not bring it up at your next business meeting? When we all work together, we can best reach out to all who are still sick and suffering alcoholics

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 - Tiffany - 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



Suffolk County
General Service

FALL 2023 CONTRA STUDY

(virtual study of the CONcepts, TRAditions & The A.A. Service Manual)

*presented by District 120, Area 49, in cooperation with SIA Suffolk Intergroup Association
moderated by Trusted Servants from Area 49 (New York)*

every Thursday, 8pm – 9pm, August 3 thru November 16

ZOOM Meeting ID 928 3884 9973, passcode 164

dial in: (720) 707-2699, Meeting ID 928 3884 9973#, passcode 164#

We will cover approximately three chapters of reading material per week, with associated questions. Only those who have read the assignment and have written answers to the weekly questions will be invited to read their answers to the group. All others are welcome to join the meeting and listen.

Schedule:

Aug. 3: Registration and Orientation	Sept. 28: Service Manual chap. 7-9, pgs. 169-173
Aug. 10: Traditions 1, 2, 3	Oct. 5: Service Manual chap. 10-12, pgs. 155-159, 163
Aug. 17: Traditions 4, 5, 6	Oct. 12: Service Manual pgs. 115-154
Aug. 24: Traditions 7, 8, 9	Oct. 19: Concepts pgs. 1-VI, C1-C2, Concepts 1, 2 & 3
Aug. 31: Traditions 10, 11, 12	Oct. 26: Concepts 4, 5, 6
Sept. 7: Service Manual pgs. VIII, 1-6, 85-104	Nov. 2: Concepts 7, 8, 9
Sept. 14: Service Manual chap. 1-3, pgs. 105-114, 160-162	Nov. 9: Concepts 10, 11
Sept. 21: Service Manual chap. 4-6, pgs. 164-168	Nov. 16: Concept 12

CONTRA STUDY Materials (provided upon request):

- Twelve Steps and Twelve Traditions, B-2
- The A.A. Service Manual combined with the Twelve Concepts for World Service, BM-31, 2021-2023 edition
- AA Grapevine Traditions Checklist, July 2018 revision
- A.A.W.S. Concepts Checklist, SMF-91, 08/18 edition (above items available free from www.aa.org)
- 2023 CONTRA Study Service Manual Questions

For more information contact:

Jim S., DCM District 120
dcml20@aasuffolks-ny.org

Dawn D., SIA Institutions Chair
institutions@suffolkny-aa.org

Laurie A., SIA Third Legacy Chair
thirdleg@suffolkny-aa.org

From the SIA Grapevine Chair
Hi I'm Kevin, your Grapevine Chair .

**Please help me stay sober by
allowing me to attend your meetings to
help pass along the greatest AA
magazines and book s ever written.
I'll come to your gr oup and set up a
display which you and your member s
can browse.**

**I can be reached at
Grapevine@suffolkny-aa.org**

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 SIA Web Committee

SIA REPORTS - including Business Meeting Minutes, Treasurer's Reports and more - are sent via email to SIA Group email accounts. If your group isn't using your SIA email account, just email us and we will set you up.

AA-RELATED EVENTS - send your flyers or information to webmaster@suffolkny-aa.org so we can add it to our calendar and/or Announcement emails.

WEB COMMITTEE - meets every 2nd Thursday, ZOOM meeting ID 941 2170 5886, passcode service.

Thank you for allowing us to serve!

**The Little Red Schoolhouse Group
St. Philip & St. James RC Church
1 Carlow Pl.
St. James, NY 11780**

On September 4, 2010, Judy C., one of the co-founders of this group, shared her memories with us.

“About 20 years ago, Michael, Peter, and I met at the Smithtown Group for our regular Friday night Step meeting. I had come down with Epstein Barr which leaves you in a state of exhaustion 24 hours a day. Since I had just purchased a new home for my three children and me, it was imperative that I get to work each day to cover my new mortgage. It was also imperative that I get to my Friday night Step meeting.

We learned that the we had all missed our group's business meeting and the Step Meeting had been moved from Friday to a different night. The three of us all had high stress jobs, both before and after we joined AA. Friday night had always been a heavy drinking night for us prior to recovery and we felt we very much needed our Friday night Step.

Since I was ill, Peter took charge of the search for a new location for a Friday Step meeting. Peter made arrangements with St. Philip and James Church to rent the one room school house on 25A in front of the church. We decided on an earlier starting time – 7:00PM. Originally, we did not have a coffee pot but as the group grew, we added coffee and cookies.

When I first came to AA, I was told winners attend step meetings. The little school house group is still doing well.”



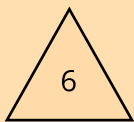
According to Intergroup records, this group first appeared in the October 1990 SIA Bulletin as the Old Little Schoolhouse Group. It began as a Friday Step meeting at 7:00 PM. In 2000, the group added a Sunday 7:00 PM 11th Step Meditation meeting. Along the way, the group has been known as the Old Little Red Schoolhouse Group, the Schoolhouse Group, and by March 2005, it finally settled upon the name it is known as today – The Little Red Schoolhouse Group.

A member of the Archives Committee remembers attending this meeting many years ago and sitting at uncomfortable desks. When he returned many years later, he was delighted to find that there were comfortable couches as well as large pillows to sit on.

The current SIA website shows the Friday Step Meeting and Sunday 11th Step Meditation meetings continue at 7:00 PM. A Tuesday 7:00 PM online Big Book meeting on Google Hangouts has been added.

**SIA Archives Committee
September 2010**

The Archives Committee is always looking for volunteers to help save our Alcoholics Anonymous history. Contact the SIA Office at (631) 654-1150.



The Suffolk Intergroup Bulletin

I am the problem and I am responsible to make my life better

Ali

Hi, my name is Ali and I am definitely an alcoholic. It was December 2019, I went into detox and rehab for about the seventh time. After being in and out of the hospital multiple times that month due to my drinking, I prayed that I was done, that it was over for me. I did another rehab stint.

I came out feeling hopeful and began attending an outpatient program, which was a godsend for me. I enjoyed the meetings there and benefited from the therapists. It was working and I felt good.

Ninety days in, and then Coronavirus hit. The outpatient shut down. Alcoholics Anonymous meetings shut down. They began to do online meetings but it just wasn't the same for me. I was devastated. I didn't pick up, yet. But I stopped doing Zoom because it wasn't even close to the same things I was getting from meeting with other alcoholics in person. I felt far away and detached. It was a scary time. I remember thinking the world could be ending. I was newly sober with barely any tools. No sponsor. No AA. No support. I didn't stand a chance.

I don't know how I stayed sober for the next few months, white knuckling it. What an awful way to live but I was doing it.

Outdoor events began to open up again. It was a Saturday and a few friends and I went to a farm out east. I woke up with no intentions of drinking that day. But remember, I had no tools. There it was, alcohol, my old best friend sitting in front of me. I got a case of the "F*%#k-its really quick. I didn't have just one glass.

When I came to, I was so disappointed in myself. I was beating myself up so badly. My heart was pounding like the times I have felt before. It was a feeling I prayed I would never feel again.

I am allergic to alcohol, so drinking didn't stop for me on this day. I went out and I stayed out. I did a lot of damage this time with relationships. Thankfully, it was only that and I didn't physically hurt or kill anyone. But I was killing myself! I tried getting sober one or two more times. Again, I went in and out of detoxes, but I wasn't ready. I was always getting sober for the wrong reasons. I got sober because someone was mad at me, or because I created a scene while I blacked out the night before.

This time, I was dying and I wanted to live. I didn't get sober for anyone but myself. I knew my life didn't have to be this way anymore. I knew I could have a happy and healthy life with the help of a sponsor and AA. I surrendered. I became willing to do absolutely anything to get it this time. This was the first time I went through the Steps and there it was. It clicked. I am the problem and I am responsible to make my life better.

The Steps changed my life. My sponsor changed my life. AA changed my life. All for the better. Because of AA, I am able to be a good wife, an amazing mother, a loving friend, a hard worker, and an active member of Alcoholics Anonymous. I could not be more grateful.

Ali

All R Welcome

The Suffolk Intergroup Bulletin

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SUFFOLK COUNTY

Al-Anon in participation with
AA: District 120, Area 49

*"A Journey Through
The Steps"*



This is a **QUARTERLY** Workshop
focusing on **3 steps at a time.**

Session 3 (steps 7-9)

The basket
will be
passed
honoring
our 7th
Tradition

Have a
question?
Put it in the
"Ask It"
Basket.

Saturday
23rd

September, 2023
10am-2pm

True North Church

1101 Lakeland Avenue, Bohemia, NY 11716

For information contact

AAIason@al-anon-suffolk-ny.org

dcm120@aasuffolkgs-ny.org

IT'S NEVER TOO EARLY
TO BE THANKFUL

or to set up a Thanksgiving Alcahthon Sub-Committee!!

Suffolk Intergroup Association is grateful to bring you
A Thanksgiving Alcahthon Wednesday 11/22-Thursdays 11/23

WE NEED YOUR HELP PLANNING!

Join us every 3rd Wednesday on Zoom starting...

WEDNESDAY, JULY 19TH
@ 8PM

Zoom ID: 941 2170 5886
Password: service

ThanksgivingAlcahthon@suffolkny-aa.org



SHARE-A-THON OCTOBER 1ST, 2023

AL-ANON PARTICIPATION

COMMITTEE MEETING IN PERSON & HYBRID

ST. JOSEPH THE WORKER CHURCH
510 NARRAGANSETT AVE., EAST
PATCHOGUE, NY 11772

ZOOM ID: 941 2170 5886
PASSWORD: service

THE LAST
TUESDAY
EVERY
MONTH @
7 PM

GROUP DONATIONS
NEEDED
(COFFEE, SUGAR,
PLATES, NAPKINS,
PLASTIC UTENSILS,
SODA, WATER,
COFFEE POTS, ETC.)

*Dropped off at SIA office
labeled SHARE-A-THON*

GROUPS CAN START SUBMITTING TOPICS TO E-MAIL BELOW

CONTACT TIFFANY:
SHARE@SUFFOLKNY-AA.ORG

SUFFOLK INTERGROUP PRESENTS



BARBECUE PICNIC

Heckscher State Park
Taylor Pavilion

SUNDAY
SEPT 10, 2023
11 AM- 6 PM

Adults \$20
Under 12 \$10
Under 3 Free

We are accepting contributions
from groups or individuals for
newcomers

specialevents@suffolknny-aa.org

www.suffolknny-aa.org/picnic

