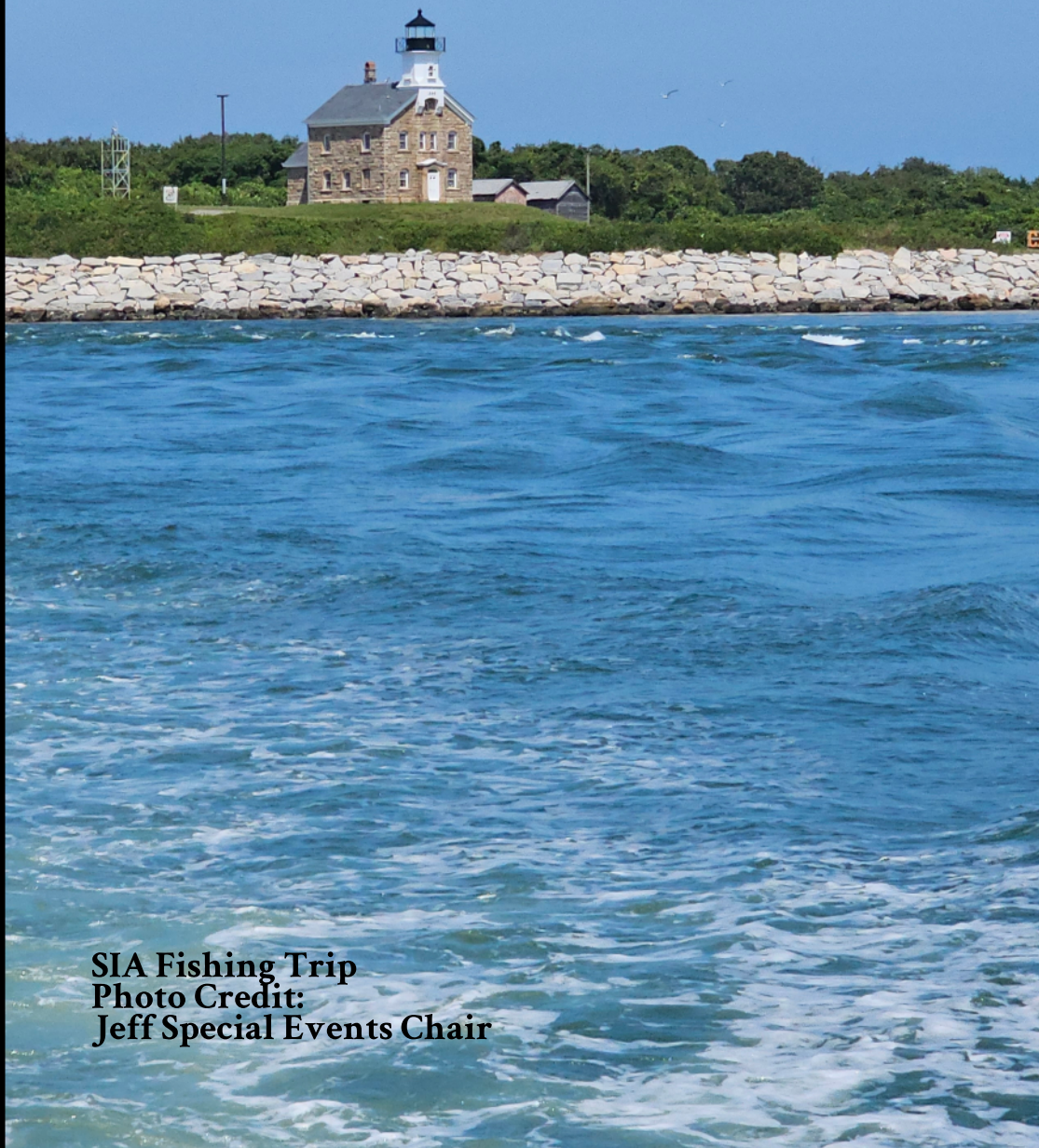


**October, 2023**

**Volume 5  
Number 6**

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



**SIA Fishing Trip  
Photo Credit:  
Jeff Special Events Chair**

## October 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

**LAST TUESDAY OF THE MONTH**

Tues. 10/31/23 8:00 PM

SIA Business Meeting 8:00 PM

Join via ZOOM

ID 9412170 5886 Passcode service

**New Rep Orientation: 7:000 PM IN  
PERSON ONLY**

### Schools and Public Information Joint Committee Meeting

**EVERY THIRD TUESDAY OF THE MONTH**

10/17/23 at 6:00 PM at the SIA office  
113-8 Bay Ave. Patchogue

### Treatment Facilities Committee Meeting

**SECOND FRIDAY OF THE MONTH**

10/13//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 10/20/23

8:00PM

Join via ZOOM

Mtg ID 932 6450 5176 Passcode 713704

Vist SGS Website for more information:

<https://aasuffolk-ny.org>

### Special Events Committee Meeting

**FIRST TUESDAY OF THE  
MONTH 10/3/23 at 5:30 pm**

Join Via Zoom

ID 9412170 Passcode 5886

### Corrections Committee Meeting

**FIRST TUESDAY OF THE MONTH**

10/10/23 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](mailto:bulletins@suffolkny-aa.org)

# The Suffolk Intergroup Bulletin

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## Around the AA Campus

### Group Updates

New meeting: St. James 12 x 12. Meets every Wednesday at 7:00 PM at the VFW Hall 460 Lake Avenue St. James

Another new meeting started. Triumphant Arch every Thursday at 5:00 PM. This Big Book meeting is at Thrive 110 Mill Road Suite D Westhampton Beach

Guys and Dolls celebrated its 50th anniversary. That's quite an accomplishment. Join them sometime either Wednesday or Friday at 8:00 PM Grace Presbyterian Church 425 Hawkins Road Selden.

Sisters in Spirit also will be celebrating its first anniversary October 28 from Noon to 2:00 PM St. John Nepomucene 1140 Locust Avenue Bohemia. There will be food, fellowship and a meeting. Everyone is invited. They will be starting a new cycle in the Big Book, so a great opportunity to get in on the ground floor.

### Other News Items

Photos appear in the AA Grapevine: Ray of Light in the July issue

Brookhaven Womens Group Group Anniversary May 2023 issue

You too can submit photos of your home group. We are sure you are proud of your home group and would like to share photos with the world. Here's the link  
<https://www.aagrapevine.org/share>

A tip of the hat to Evan from the Archives Committee who had the honor of doing a presentation at this year's National Archives Workshop on Covid and AA. He read from the stories many of you submitted the last two years. Thanks to all of you who were part of this or who are thinking of being part of this. Still time to send in yours. We are saving these for future AA's.

### Final Thought This Month

From attending an online meeting out of Hawaii this word came up: Kokua.

Kokua is an important concept that is taught to children in Hawaii from a very young age. Kokua is the word used to describe the spirit of kindness accompanied by a desire to help one another, without expecting anything in return.

Isn't that the essence of Alcoholics Anonymous? Aloha.



12 X 12 in St. James

## 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 - Tiffany - [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





## The Suffolk Intergroup

Suffolk Intergroup  
Association of  
Alcoholics Anonymous

AREA 49  
SOUTH EASTERN NEW YORK  
SENY

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:

<b>Aug. 3:</b> Registration and Orientation	<b>Sept. 28:</b> Service Manual chap. 7-9, pgs. 169-173
<b>Aug. 10:</b> Traditions 1, 2, 3	<b>Oct. 5:</b> Service Manual chap. 10-12, pgs. 155-159, 163
<b>Aug. 17:</b> Traditions 4, 5, 6	<b>Oct. 12:</b> Service Manual pgs. 115-154
<b>Aug. 24:</b> Traditions 7, 8, 9	<b>Oct. 19:</b> Concepts pgs. 1-VI, C1-C2, Concepts 1, 2 & 3
<b>Aug. 31:</b> Traditions 10, 11, 12	<b>Oct. 26:</b> Concepts 4, 5, 6
<b>Sept. 7:</b> Service Manual pgs. VIII, 1-6, 85-104	<b>Nov. 2:</b> Concepts 7, 8, 9
<b>Sept. 14:</b> Service Manual chap. 1-3, pgs. 105-114, 160-162	<b>Nov. 9:</b> Concepts 10, 11
<b>Sept. 21:</b> Service Manual chap. 4-6, pgs. 164-168	<b>Nov. 16:</b> 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](http://www.aa.org))
- 2023 CONTRA Study Service Manual Questions

#### For more information contact:

Jim S., DCM District 120  
[dcml120@aasuffolks-ny.org](mailto:dcml120@aasuffolks-ny.org)

Dawn D., SIA Institutions Chair  
[institutions@suffolkny-aa.org](mailto:institutions@suffolkny-aa.org)

Laurie A., SIA Third Legacy Chair  
[thirdleg@suffolkny-aa.org](mailto: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](mailto: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](mailto: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!**

**Organic Mustard Seed  
10 Flanders Road  
Riverhead, NY 11901**

**It was one of those magic moments.**

**Matt would regularly drive out to either Sag Harbor or Southampton to attend one of the early morning Alcoholics Anonymous meetings. As much as he loved the meetings, the 20 to 45 minute commute each way made him stop and wonder one day. Why couldn't he create the same thing right at home in Riverhead? Besides one Saturday 11:00 AM meeting at Grangabel Park, there were no other morning meetings in town. There seemed to be a need for them.**

**But before he would create anything like a five-day a week group, he would require others to commit to running the meetings. That proved to be very easy. He quickly lined up a willing crew to chair them.**

**He also had the perfect spot for it—a stone's throw from the Route 24 traffic circle—on the second floor of a building.**

**That same meeting place inspired the name for the group. One day a friend checked out the spot and said it reminded him of where the Mustard Seed, an iconic AA group, meets in Manhattan. However, since this would be held right above a health food store, its name would reflect that. Organic Mustard Seed that both honored the famous group in New York City and this group's new home.**



**With a crew and a great meeting place lined up, the next thing was to set up a schedule. Each day would have a different format. Monday: beginners, Tuesday: Big Book, Wednesday: Step, Thursday: Daily Reflections and Friday: Round Robin. Each would meet at 7:30 AM.**

**The first meeting was run by Wesley. Four people showed up. Sergio drove out from Massapequa to lead it. Another drove from Kings Park to support the new group. Two in attendance were relatively new to sobriety. That was on September 1, 2022. Its debut was nothing short of spectacular. The small number showing up did not deter from the power of the sharing. Like the Parable of the Mustard Seed, this may have been a small meeting but it is destined to grow one day into a big one.**

**S.I.A. Archives Committee  
September 2, 2022**

**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

As per Finance Committee Guidelines please see Proposed SIA Budget for 2024 below.

Please review at your group business meetings with your members to prepare for a vote at the November Intergroup business meeting. Questions/Concerns Please email alternate chair Jim S., Finance Committee Chair  
at:alt-chair@suffolkny-aa.org

Thank you

Income	Proposed	
	2023	2024
Funds from prud	7,625	
Individual Contributions	5,000	2,500
Grapevine	1,000	1,200
Group Contributions	90,000	100,000
Literature Sales	30,000	35,000
Miscellaneous		
<b>Total Income</b>	<b>133,625</b>	<b>138,700</b>

Office Expense	Proposed	
	2023	2024
Internet / Telephone	2,700	2,700
Insurance	2,500	2,500
Leased Equipment	2,000	2,000
Maintenance	5,000	5,000
Miscellaneous	500	500
Postage	2,500	1,500
Rent - Office	16,275	24,000
Rent - Rep Meeting	1,800	1,800
Supplies	4,000	5,000
Utilities	6,500	5,000
<b>Total Office Expense</b>	<b>43,775</b>	<b>50,000</b>

Committee Expense	Proposed	
	2023	2024
Hot Line: Telephone	700	700
Hot Line: Supplies	500	250
Archives	2,700	2,000
Big Meeting	1,500	-
Bulletin	5,000	6,500
ByLaws	600	400
Conventions	3,500	3,500
Corrections	3,000	2,750
Grapevine	750	1,200
Literature	30,000	35,000
Meeting List	10,000	8,300
Officer Expense	500	500
Public Information	12,000	8,000
Schools	500	500
Share-A-Thon	10,000	8,000
Special Events	1,000	3,500
Special Needs	100	100
Third Legacy	1,000	500
Treatment Facility	3,500	3,500
Webmaster	3,000	3,500
<b>Total Committee</b>	<b>89,850</b>	<b>88,700</b>

<b>Total Income</b>	<b>133,625</b>	<b>138,700</b>
<b>Grand Total Expense</b>	<b>133,625</b>	<b>138,700</b>



## Patience and Tolerance

There will always be one tree in every forest that is different. And there will always be people that just don't seem to get it. They have their own way of doing, and as long as they can thrive in sobriety, they are also successful AA'ers. Occasionally I pass a forest tree that may not be tall and straight like the others, might not even turn colors in Autumn, like "it is supposed to act". It had been exercising it's own freedom to follow the growth of it's own understanding.

There is a freedom of expression that some people choose to use, their own way of looking at life, the AA program, their own way to meditate, and their own concept of a Power that is greater than they are. There is a desire within the AA program for tolerance, so as to avoid cloning us into identical holes in a donut. Gender, race, political viewpoints, and the many styles of relating which we have when we come into AA, need to be respected once we are in AA. The change that is desired in AA is to be a spiritual transformation towards honesty, love, service, tolerance, and so many other attributes. This transformation is truly inner, it is an awakening of a resource that had long been dormant and, in my life, was unsuspected. What it was not, was a cloning of viewpoints, nor a cloning in the expression of those viewpoints. Acceptance of diversity is not a common experience outside our meeting rooms, and we are fortunate to have it available.

As a newcomer, it was the patience and tolerance of others, that allowed me to finally begin to enjoy a freedom that addiction could never give me. I believe it is important to maintain my own unique way of looking at all the facets of life, as they reveal themselves to me. How boring it would be for me, to listen to the many shares at a meeting, and realize that nothing new had been said, and that all the shared words were clones of what I already thought. I need diversity of viewpoints to reexamine my own. In so doing, I allow myself to change or, if not to change, at least to reexamine. There will always be enough times when I must accept the diversity of shares, while practicing the patience and tolerance of a good listener.

There will always be one tree in every forest that is very much different. But after the hike is over, this is the tree that I will reflect on the most.

How genuinely honest it was to itself, by following it's own unique growth.  
Rick

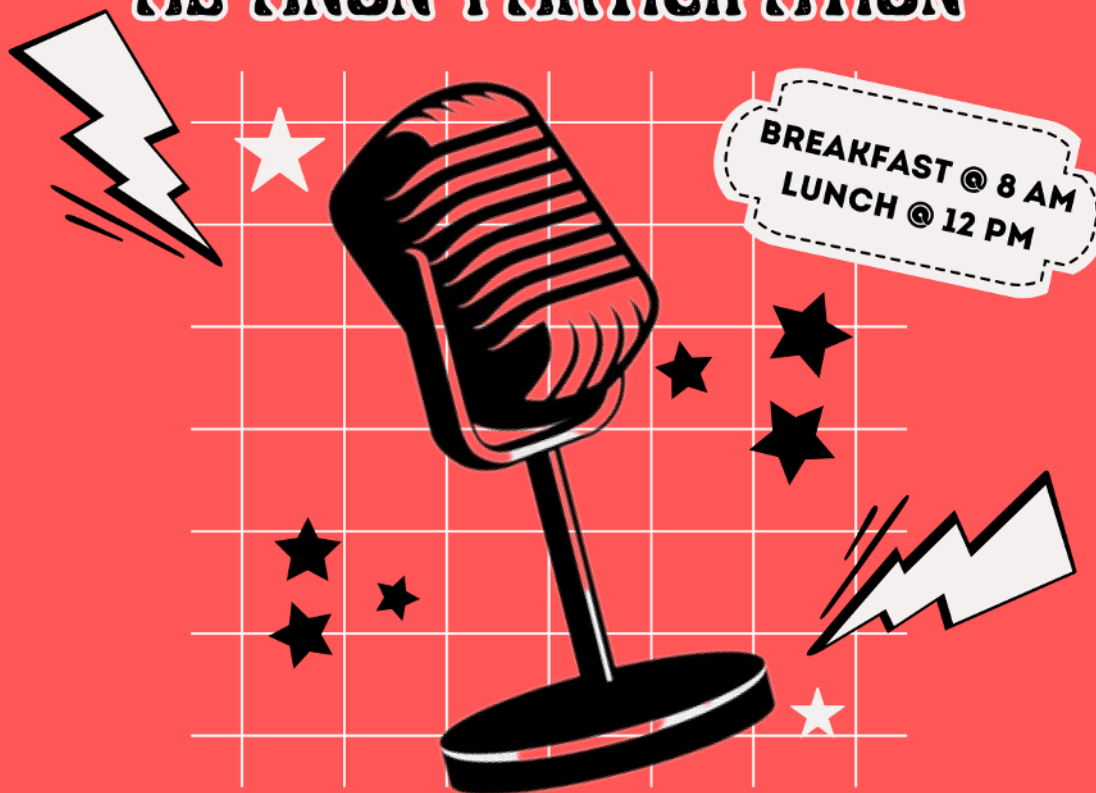


**SIA Thanksgiving  
Alkathon Wednesday  
11/22 - Thursday 11/23**

# SHARE-A-THON

OCTOBER 1ST, 2023

AL-ANON PARTICIPATION



MEETINGS 9 - 4 P M

ST. JOSEPH THE WORKER CHURCH

510 NARRAGANSETT AVE., EAST

PATCHOGUE, NY 11772