

March, 2024

Vol. 51 - No. 11



SUFFOLK INTERGROUP ASSOCIATION

Bulletin



**“No winter lasts forever;
no spring skips its turn”**

Hal Borland

**Visit us at
suffolkny-aa.org**



SIA Business Meeting

Held on the last Tuesday
of every month

Starting at 8:00 p.m.

IN PERSON

St. Joseph the Worker
510 Narragansett Ave.
East Patchogue,
NY 11772

New Rep Orientation
7:00 p.m. (in person only) (see page 3 for zoom info)

VIRTUALLY

New Locations

SIA Office

33 Comac Loop
Suite 1A-1
Ronkonkoma, NY
11779

Tel: (631) 654-1150
Fax: (631) 654-1110

Mon – Fri 9am – 3pm
Saturdays 9am – 1pm

Speaker Exchange

True North Church
1101 Lakeland Ave
Bohemia, NY
11716

Held quarterly on the 2nd Saturday of
March, June, September and December

Begins promptly indoors at 8:00 a.m.
with coffee and hospitality
Doors open 7:45 a.m.

DO NOT exchange in the parking lot!

KEEP MARCHING...

It says on page 164 in our book *Alcoholics Anonymous*, fondly known as our BIG BOOK, "we trudge the road OF happy destiny" NOT TO happy destiny!

So what does that really mean to me? Well I can tell you in my sobriety where I'm at today it means that I do this 'everyday', 'one day at a time', 'in the now', 'in the present moment'. Bill Wilson in his story calls it "fourth dimension living". In Chapter 2 "There is a Solution" on page 25, in the book *Alcoholics Anonymous* it says that "We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed." I continue to March forward. I do not arrive. It is a journey.

Many people believe that ALCOHOLICS ANONYMOUS is this faith-based/religious program because most people say that we have a spiritual solution in ALCOHOLICS ANONYMOUS. That is only a half truth. This is directly related to the statement used three times in the book *Alcoholics Anonymous* directly by using the term "Faith without works is dead". You see, I had to learn how to access POWER greater than me where I found out that I was powerless back in STEP ONE. The first 11 STEPS will do that for me. Back in STEP ONE I learned that (p45 A.A.) "Lack of power was our dilemma. We had to find a power by which we could live, and it had to be a POWER GREATER THAN OURSELVES. Obviously. But where and how were we to find this power?" And then in the next sentence it says "Well, that's exactly what this book is about. It's main object which is to enable you to find a POWER greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual as well as moral. And it means, of course, that we are going to talk about God."

You see drinking was not my problem it was only a symptom. Later I got "down to causes and conditions"... My problem was staying stopped. Though many times in my life I had stopped, I never stayed stopped and that was my problem. That problem is called ALCOHOL__ISM! NOT ALCOHOL__WASISM!! Not being able to stay stopped is where I am powerless and that's why I needed a POWER GREATER THAN MYSELF, that I call GOD, to give me that ability to stay stopped.

So now that I have stopped for quite a few years I can tell you that I am not cured. You see if drinking was my problem you would be read-

(Continued on page 6)

March Calendar

March 5 @ 7:00 pm - 8:00 pm
Corrections Committee Meeting
(virtual)

March 8 @ 6:00 pm - 7:00 pm
Treatment Committee Meeting
(virtual + SIA Office)

March 9 @ 8:00 am - 9:00 am
** NEW LOCATION**
Live Speaker Exchange
(True North Church)

March 10 @ 9:00 am - 1:00 pm
Suffolk GS Unity Breakfast
(East Wind Long Island)

March 12 @ 7:00 pm - 8:00 pm
Archives Committee Meeting
(virtual)

March 14 @ 7:00 pm - 8:00 pm
Web Committee Meeting
(virtual)

March 19 @ 6:00 pm - 7:00 pm
Schools & Public Info Committee Meeting (SIA Office)

March 26 @ 7:00 pm - 8:00 pm
Treatment Committee Meeting
(virtual + St. Joe The Worker)

New Intergroup Rep Orientation
(St. Joe the Worker)

March 26 @ 8:00 pm - 9:00 pm
SIA Business Meeting (virtual + St. Joe The Worker)

**SIA Virtual
Meeting Space**



Zoom ID 941 2170 5886
Passcode service
Tel Dial-In (929) 205-6099

Around the AA Campus

Group Updates

Hayground Keep It Simple

Hayground Keep It Simple of Bridgehampton will be going virtual temporarily from now until April 6, 2024. They can be found Saturday at 7:00 PM on Zoom ID 378 504 990. Passcode 23670

Cow Harbor

Cow Harbor has added a Thursday women's meeting at 5:00 PM. They meet at St. Paul's Methodist Church 270 Main Street Northport.

Beach Bums

Beach Bums are leaving the beach and heading indoors. They will be meeting Monday to Saturday at the Blue Point Bible Church 5 Cedar Street Blue Point. Sunday will be their only beach holdout day on Corey Beach. All of these meetings—whether inside or out—meet at 8:00 AM.

Young, Wild and Free

New young people's group Young, Wild and Free meets every Tuesday at 7:30 PM Setauket Presbyterian Church 5 Caroline Avenue Setauket. See photo below.



Young, Wild and Free

South Shore Serenity in Amityville

New group South Shore Serenity in Amityville meets every Monday at 7:30 PM at St Paul's Evangelical Lutheran Church 147 Park Avenue (Church office entrance downstairs).

Sayville Peace and Serenity

Yet another new group Sayville Peace and Serenity meets at Christian Reformed Church 31 Rollstone Avenue West Sayville every Saturday at 10:00 AM (Step/Tradition) and Tuesday 6:00 PM (Women) and 7:30 PM (Closed Discussion). See photo to the left.

Apology Time

Last month, there was a piece on a new meeting called 36 Principles which meets every Monday at 6:00 PM at the Local Church 1070 Portion Road Farmingville. We were not able to post a photo of the group by deadline. See photo on next page.



Sayville Peace and Serenity

Group History — Setauket Recovery

Presbyterian Church
5 Caroline Avenue
Setauket, NY 11733

One day, Cathy decided to attend a local Big Book meeting. She found the combination of one disruptive child and one disruptive adult far too distracting for her to focus on much of anything. What could she do? She liked the idea of this type of meeting and the time was convenient. So, she discussed it with her friend, Karen. Karen is an old hand at starting new AA meetings - three in Suffolk County alone. The two of them decided to create their own meeting. That is what recovery is all about - taking care of one's needs.

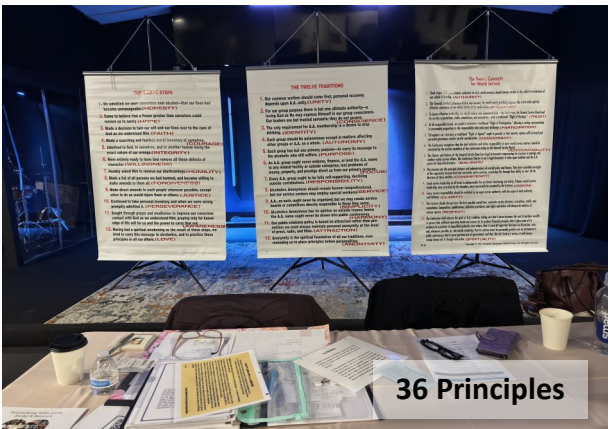


Arrangements were made with the Presbyterian Church in East Setauket and on Saturday November 5, 2022 the first meeting was held. Karen and Cathy decided upon a no-frills approach. Those attending are advised to bring their own Big Book and beverage, since neither would be provided.

The format is also no-frills. The meeting's reason for being is to go through the first 164 pages of the Big Book. As an added bonus they will delve into the appendices plus two personal stories. Both of these were written by physicians: "Dr. Bob's Nightmare" and Dr. Paul O's "Acceptance Was the Answer."

The atmosphere is relaxed. Going clockwise around the tables, each person reads a paragraph or two and then passes on to the next person. At any point, anybody can share on what was just read, if they choose. Repeat sharing is allowed. This allows for a spontaneous flow of activity. For the first meeting, 10 showed up. All came prepared with books and drinks.

11:00 AM seems like an ideal time to get together. The church is a beauty, with grounds designed for a stroll. Its current structure dates back to 1812 and is on the National Register of Historic Places. There is a graveyard onsite



with graves going back to the 1700 and 1800s. Benches provide places to rest.

The church is steeped in history with surrounding grounds for quiet contemplation. There is a warm welcome from members of AA. And finally, the focus is on the book, *Alcoholics Anonymous*. All the ingredients are here for the perfect way to spend an hour or so on a Saturday morning. That is what this Recovery is all about.

S.I.A. Archives Committee

November 6, 2022

SIA Committee Meeting Schedule

Archives (virtual)
2nd Tuesday 7:00 pm

Corrections (virtual)
1st Tuesday 7:00 pm

Schools (SIA Office)
3rd Tuesday 6:00 pm

Treatment (virtual + SIA Office)
2nd Friday 7:00 pm

Treatment (virtual + St. Joe W.)
last Tuesday 7:00 pm

Web (virtual)
2nd Thursday 7:00 pm

SIA Business Meeting
(virtual + St. Joseph the Worker)

SIA Virtual Meeting Space



Zoom ID 941 2170 5886
Passcode service
Tel Dial-In (929) 205-6099

SIA Announcements



view latest announcements by scanning the QR code or visiting:

<https://suffolkny-aa.org/announcements>

(Continued from page 3)

ing a different article from somebody else and not me because I wouldn't be here in ALCOHOLICS ANONYMOUS today.

So that brings me to the second half of the program when I said that was only half the picture about the spiritual aspect of my solution in ALCOHOLICS ANONYMOUS, and why we are not a religious program or faith-based program. I had to be willing to believe in a POWER GREATER THAN MYSELF and start to cultivate a relationship with that POWER. In any relationship it is about communication. Talking and listening. Prayer is talking to that POWER, and meditating is learning how to listen to that POWER. I had to learn how to work the 1st eleven steps by taking ACTION and APPLYING these PRINCIPLES (THE 12 STEPS) to My life to start to have this relationship where I could access POWER. Remember, "INFORMATION WITHOUT APPLICATION IS HALLUCINATION!".

We are an ACTION-BASED PROGRAM. That's what step 12 is all about. You see step 12 is not one of 12 Steps. Step 12 is The other half of our program of ACTION. The first 11 steps in the book *Alcoholics Anonymous* are arguably the "Doctor's Opinion", and Chapters 1-6 in the first 88 pages of the 4th edition BIG BOOK. Page 89-164 of the BIG BOOK is the second half of the program which can be referred to as "The Works".

The work I am referring to is Chapter's 7, 8, 9, 10 and 11. Remember the statement earlier "FAITH WITHOUT WORKS IS DEAD"! You see the first 11 STEPS are basically a self-help program to stop drinking. For me to stay recovered from that hopeless state of mind and body, I have to use that POWER, that I am accessing in my relationship, in a selfless giving way; which when I do that, it incrementally turns me into this giver and not a self-centered taker! That is the only thing that will treat my alcoholism - the root of my trouble... That altruistic plane relieves me of the bondage of self.

That's what sponsoring/service is all about!! The transformation of becoming a giver and not a self-

centered taker and being other centered instead of self-centered.

This is what keeps me connected to ALCOHOLICS ANONYMOUS in my society as a whole not only at my home group, but below the group, and outside the group, and how I take this program of action out into the world around me "in all my affairs"...

I talked about UNITY in last month's article of the BULLETIN. In next month's article (April) I will talk about the first three traditions in my relations to the TRADITIONS CHECKLIST produced by the GRAPEVINE.

KEEP MARCHING EVERYONE!!!

Love and Service Peace and Blessings,

Jim S. SIA Chair

Panel 74

Area 49 South Eastern NY

Acceptance is the Key

Learn to practice a little acceptance in your life in some way every day. Like when you're not getting along with a co-worker or if someone cuts you off in traffic. Or when you have to wait on the phone for some ridiculous amount of time to talk to a "real person" from some entity.

Learning to "accept life on life's terms", in every way, is a critical part of our recovery. "Unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world, as on what needs to be changed in me and in my attitudes." pg. 430 – The Big Book

While small but negative day to day things can throw us off kilter, bigger events in our lives matter even more. Living life on life's terms includes accepting whatever life throws at you, the problems you can't anticipate and aren't prepared to deal with. Instead of numbing our problems with alcohol, we learn to accept life as life is, as sober people.



- Fran H.

SIA Officers & Chairpersons**2024 – 2026**

Officers		Email
Chairperson	Jim S.	chairperson@suffolkny-aa.org
Alt Chairperson	Allison M.	alt-chair@suffolkny-aa.org
Treasurer	Tom B.	treasurer@suffolkny-aa.org
Corresponding	Zoie S.	corsec@suffolkny-aa.org
Recording Sec.	Tiffany W.	recsec@suffolkny-aa.org
Committee Chairpersons		Email
Archives	Evan H.	archives@suffolkny-aa.org
Archivist	Bob R.	archives@suffolkny-aa.org
Bulletin	David V.	bulletins@suffolkny-aa.org
Corrections	Ashley O-W.	correct@suffolkny-aa.org
Grapevine	Mike A.	grapevine@suffolkny-aa.org
Hot Line	Howie L.	phones@suffolkny-aa.org
Treatment Facilities	Rob M.	treatment@suffolkny-aa.org
Literature-	Charlie D.	literature@suffolkny-aa.org
Meeting List	Kit C.	meetings@suffolkny-aa.org
Printed Meeting	Rob S.	printedmeetinglist@suffolkny-aa.org
Public Info	Laurie A.	pubinfo@suffolkny-aa.org
Office Manager	Meredith F.	siaoffice@suffolkny-aa.org
Schools	Jackie S.	schools@suffolkny-aa.org
Special Events	VACANT	specialevents@suffolkny-aa.org
Third Legacy	Ed A.	thirdleg@suffolkny-aa.org
Web Master	David P.	webmaster@suffolkny-aa.org
Spanish SIA Liai-	Jose R.	SpanishRep@suffolkny-aa.org
Al-Anon Liaison	Maureen P.	AAliaison@al-anon-suffolk-ny.org

AA History – March

1936 - AA had 10 members staying sober. At end of 1936 AA had 15 members.

1938 - Bill begins writing the book Alcoholics Anonymous. Works Publishing Inc established to support writing and printing of the book.

1939 - Readers Digest fails to write article on AA.

1940 - Alcoholic Foundation & Works Publishing move from Newark to 30 Vesey St in lower Manhattan – first headquarters of our own.

1941 - Second printing of 1st edition of the Big Book.

1941 - Jack Alexander's Saturday Evening Post article published and membership jumped from 2,000 to 8,000 by years end.

1944 - New York Intergroup was established.

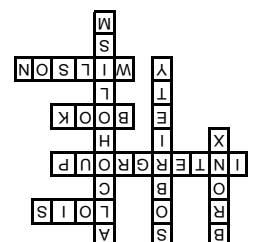
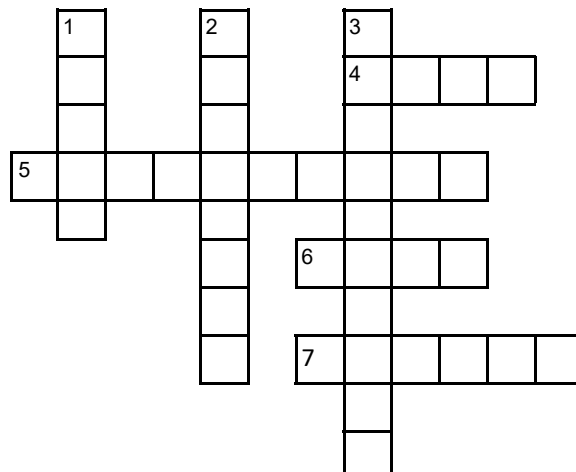
1951 - Dr William Duncan Silkworth dies at Towns Hospital.

DOWN

- 1 Bill's 1st drink was a _____ Cocktail
- 2 Maintain your _____ every day
- 3 You can't have 2 down if you suffer from active _____

ACROSS

- 4 First Al-Anon _____
- 5 Suffolk _____ Association
- 6 BIG _____
- 7 Bill's last name _____

ANSWER KEY**SOBRIETY CROSSWORD**

Upcoming Events in the Area

CORRECTIONS SERVICE

CARRY THE MESSAGE
TO THE **STILL
SUFFERING
ALCOHOLIC**



CORRECTIONS COMMITTEE
1ST TUESDAY
EVERY MONTH 7 PM
ONLINE ONLY
ZOOM: 941 2170 5886
PW: service



TO GET INVOLVED CONTACT:
Ashley Corrections Chair
CORRECT@SUFFOLKNY-AA.ORG

**NO PREVIOUS JAIL TIME
REQUIRED**

Let's Talk Traditions

sponsored by **Al-Anon** Suffolk County in participation with **AA**

This is a **QUARTERLY** workshop
focusing on 3 traditions at a time.
Session 1 (traditions 1, 2 & 3)

St. Gerard Majella R.C. Church
300 Terryville Rd.
Port Jefferson Station

**March 23
2024
10AM-2PM**

The basket will
be passed
honoring our
7th tradition.



**FREE
Event**

Have
questions?
Put it in the
"Ask It" Basket!

For information contact:
AAliaison@al-anon-suffolk-ny.org



EASTERN AREA CONVENTION OF YOUNG PEOPLE IN AA
**APRIL 25-28TH HUNTINGTON HILTON
MELVILLE, NY**

**4 DAY CONVENTION, 1000+ AA'S (YOUNG
AND OLD) CELEBRATING SOBRIETY**

ROCKET INTO THE 4TH DIMENSION
**CONNECT WITH AN AA UNIVERSE BEYOND
YOUR WILDEST DREAMS**



WITH AL ANON PARTICIPATION
**USE CODE EACY TO GET
DISCOUNTED ROOM RATES!**
WWW.EACYPAXX.ORG

LONG ISLAND SPIRITUALITY THROUGH SERVICE 2024

"Connecting with Love, Unity & Service"

**SATURDAY MAY 11, 2024
9:00 AM - 4:00 PM**

ST. FRANCIS de SALES SCHOOL for the DEAF
260 EASTERN PARKWAY
BROOKLYN, NY 11225

*The Long Island Spirituality Through Service ("L.I.S.T.S.") Workshop aspires to reaffirm the strong spiritual benefits of service to recovering alcoholics.
Sponsored by the General Services of Brooklyn, Queens, Nassau and Suffolk Counties, and the Hispanic Districts Hosted by Brooklyn County.*



FREE EVENT
The "Basket" will be
passed honoring our
7th Tradition

Panels / Roundtables / Big Meeting / Service Fair / Light Breakfast and Lunch Served
Handicap Accessible / ASL Provided / Free Parking Available
For more information, contact Eddie D. at altdcmc@brooklynnaa.org