

July, 2024

Vol. 52 - No. 03



SUFFOLK INTERGROUP ASSOCIATION

# Bulletin

**Celebrating 51 years of dedicated service to  
AA groups in Suffolk County.**



Visit us at  
[suffolkny-aa.org](http://suffolkny-aa.org)

**“If you want to lift yourself up,  
lift up someone else”**

**- Booker T. Washington**

## SIA Business Meeting

Held last Tuesday of every month

**July 30th, starting 8:00 p.m.**  
New Rep Orientation 7:00 p.m.



### IN PERSON

True North Church  
1101 Lakeland Ave  
Bohemia, NY 11716



### VIRTUALLY

( see page 5 for zoom info )



The **Treatment Facilities Committee** is ramping up the county's BTG program. We need your help to be:

**Temporary Contacts** - bring prospects coming out of a Treatment facility to their first six meetings & get them connected with a sponsor, home group & commitment.

**BTG District Captains** - remember the SIA hotline district Captains who used to go around recruiting AA members for 12 step calls via the hotline? Same thing - only recruiting Temporary Contacts for Bridging the Gap instead. Must have working knowledge of AA traditions or be willing to learn.

**BTG Facilitators** - communicate with staff of Facilities to assist prospects connecting with a Temporary Contact on the outside. Must have working knowledge of AA traditions or be willing to learn.

To learn more about service opportunities w/ Treatment Facilities Committee scan or click QR code, or visit:

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



## Your Group's Business Meeting and the 7th Tradition

Hello, Friends.

When I first came into the rooms of A.A. a number of years ago, I heard a lot of things that made no sense to my rum-soaked brain. One of them, which I couldn't grasp at all, was a riddle –

**Q:** "What's the spiritual part of Alcoholics Anonymous?"

**A:** "All of it!"

After I got involved in service below the group level, I learned that there was a loose framework of guidelines in which our Fellowship operates; it's called the 36 Spiritual Principles, made up of our 12 Steps, 12 Traditions, and 12 Concepts. It took me a while to understand that each one of these principles is spiritual in and of itself. Some were self-evident, for example "Having had a spiritual awakening..."

But how could Tradition 7, which is about money, have anything to do with my spiritual growth? In 2011, at four years sober, I got a very personal lesson in the spiritual nature of Tradition 7 that I share every time I'm

asked to speak on that particular Spiritual Principle. My further education continues to this day.

On June 25th, at the monthly Suffolk Intergroup membership meeting, I'll be asking group reps to bring some thoughts and questions back to their respective business meetings.

Hopefully, these thoughts and questions will provoke reflective and spiritual discussion, not groans and eye rolls. At the heart of these questions will be the third sentence from the Long Form of Tradition 7:

*"Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose."*

And here's the really interesting part: the questions won't probe your own group's finances, but rather will ask your group to consider their contributions to other service entities. See you on the 25th!

In Service,  
Tom B., SIA Treasurer

# The Blessings of Sobriety

I didn't really want to stop. I wanted the consequences to stop. By the time I finally walked in the door I had accumulated decades of guilt, shame, and remorse. I found a seat in the back of the room, stared at my sneakers, spoke to no one, and made no eye contact. I was scared. For the first time in my life, I knew drinking was no longer a choice. Years of negotiating with my obsession proved useless. The psychologist and psychiatrist couldn't help. The antidepressants only made me more depressed. Yet the notion of never drinking again seemed absurd. I figured I'd hang around for thirty days, get "cleaned up", and then go back to drinking "normally". In time I came to see how ludicrous that notion was since I never drank "normally" to begin with. It was still the first hour of my first meeting. I didn't know what I didn't know.

My first blessing came in the form of comfort, relief, and a sense of belonging. I didn't know what to expect from that first meeting, but what I heard drew me in. Most people were not talking about drinking. Most were talking about how to live life on life's terms. They talked about gratitude, about humility, about "cleaning house", and making amends. And they talked about the gifts of sobriety. They were

working on themselves, not only as recovering alcoholics, but as moms and dads, husbands and wives, friends, employees, and extending a helping hand to the next alcoholic. I had found my people.

My blessings of sobriety have come in two forms. One tangible, the other harder to define. The tangible blessings are obvious. Had I continued to drink as I did twenty years ago, what are the odds I wouldn't now have cirrhosis of the liver, or heart disease, or diabetes, or perhaps even brain damage?



What are the odds I would have remained employable? What are the odds I wouldn't be in jail for some terrible accident, or perhaps just living under a bridge clutching a bottle? One or all of these outcomes was as inevitable as was the progression of my alcoholism. Thanks to living in sobriety one day at a time, none ever came to pass, and none ever has to so long as I walk the path set out in the program.

But what of the less tangible blessings? We come in simply to stop drinking, but many like myself find the program has the power to change everything. The Ninth Step Promises become our reality. We learn to live life on life's terms. We come to know "a new freedom and happiness."

Thanks to this program of re-

*(Continued on page 6)*

## July Calendar

**July 2 @ 7:00 pm - 8:00 pm**  
Corrections Committee Meeting  
(virtual)

**July 2 @ 8:30 pm - 9:30 pm**  
Special Events Committee Mtg  
(virtual)

**July 9 @ 6:30 pm - 7:30 pm**  
Bylaws Committee Meeting  
(SIA Office)

**July 9 @ 7:00 pm - 8:00 pm**  
Archives Committee Meeting  
(virtual)

**July 11 @ 6:00 pm - 7:00 pm**  
Web Committee Meeting  
(virtual)

**July 12 @ 6:00 pm - 7:00 pm**  
Treatment Committee Meeting  
(virtual + SIA Office)

**July 15 @ 5:30 pm - 6:30 pm**  
Schools Committee Meeting  
(virtual)

**July 16 @ 6:00 pm - 7:00 pm**  
Officers & Chairs Meeting  
(virtual + SIA Office)

**July 19 @ 8:00 pm - 9:00 pm**  
Suffolk General Service Meeting  
(virtual + Emanuel Lutheran  
Church Patchogue NY)

**July 30 @ 7:00 pm - 8:00 pm**  
Public Information Cmte Meeting  
(True North)

Share-A-Thon Cmte Meeting  
(virtual + True North)

Treatment Committee Meeting  
(virtual + True North)

New Intergroup Rep Orientation  
(virtual + True North)

**July 30 @ 8:00 pm - 9:00 pm**  
SIA Business Meeting  
(virtual + True North)

# Around the AA Campus

## Group Updates

### Riverhead SOS

SOS no longer meets. They were meeting on Thursday 9:00 PM in Riverhead

### Sober Women East

Sober Women East will be meeting only in person during the summer every Monday at 5:30 PM. Come fall they will revert back to hybrid. Senior Center 128 Springs Fireplace Road East Hampton

### Barnum Avenue

Barnum Avenue has added another day to its schedule. They now have a Monday women's closed discussion at 7:00 PM in addition to the Tuesday (Meditation) and Thursday (Big Book) also at 7:00 PM. Come to 127 Barnum Avenue Port Jefferson

### Fort Salonga Workshop

Fort Salonga Workshop will be meeting at the Knights of Columbus. 44 Church Street Kings Park from June 24 until August 30. Their schedule stays the same: Monday, Wednesday and Friday at 10:00. After that, its business as usual back at St. Josephs

### Patchogue Group

The Patchogue Group has changed its starting time on Sunday to 8:00 PM starting July 7. They meet at St. Joseph the Worker 510 Narranganett Avenue East Patchogue

## Seasonal Meetings

'Tis the season when many groups resume meeting at their summer location.

There are way too many to list here individually, but if yours is one of these and you are back in business, kindly contact the meeting list chairperson (meetings@SuffolkNY-AA.Org) and let us know.

Likewise let us know if you stopped meeting. Keeping our meeting information accurate is vital.



## Thank You Department

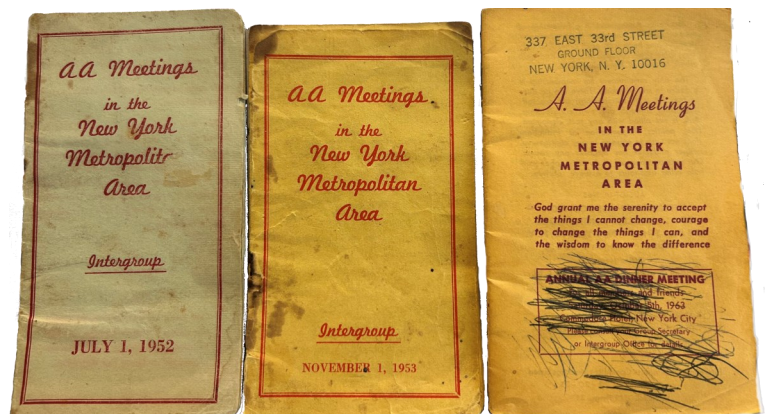
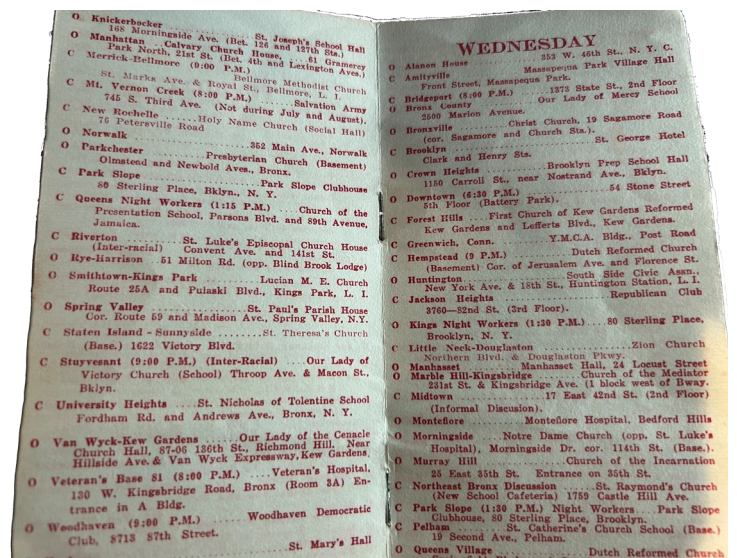
From the collection of the late Kurt S of Centereach Open Door, thanks to his wife, Deana and Ice Cream Joe of New Beginnings in Ronkonkoma, some old meeting lists now belong in the Suffolk Intergroup Archives. These are dated 1952, 1953, 1964 and 1971 (see photos below).

All of these are New York Metropolitan meeting lists. Suffolk Intergroup did not exist yet!

Maybe you have some old AA stuff gathering dust in a cupboard somewhere that is looking for a new home?

Contact archives@SuffolkNY-AA.Org

Kurt, by the way, passed away in 2005 with 54 years of sobriety.



# Morning Group — Group History

St. Paul's Episcopal Church  
31 Rider Avenue  
Patchogue, NY 11772

The Morning Group made its first appearance in print in the May 1989 Suffolk meeting list. It was a humble start, only Tuesday at 10:00 AM and their first meeting spot was the Church of God at 249 Washington Avenue.



The original contacts were Kathleen P. and Tom W. In February 1990, a second day on Thursday, also at 10:00 AM was added.

When the church opened up a nursery school - in 1991 - the group found itself homeless for a while. Father Tom intervened and found them a new spot at Long Island Head Start then on Austin Boulevard right off Sunrise Highway. That would be their headquarters for the next 15 years.

According to member Diane R, the basement setting they were meeting in was small, but adequate. They met in a paneled room that was crowded at times. The big problem was the agency's hours. It closed during various holidays throughout the year. When that happened, the group couldn't be available for the "suffering alcoholic."

In November 1999, the days they met were changed to Tuesday and Friday at 10:00AM - the same schedule followed today. However, in 2006, they migrated to St. Paul's on Rider Avenue. No longer would there be issues with the meeting place closing for holidays.

In 2020, the pandemic shut the doors on most meetings in Suffolk County and this group rode it out. They were the only one of three groups that were meeting at St. Paul's that survived. The other two stopped meeting.

Stop in sometime. It's a great way to kick start a sober day.

## S.I.A. Archives Committee

Original history August 5, 2015  
Updated October 11, 2023

## The Archives Committee

... is always looking for volunteers to help save our Alcoholics Anonymous history.

Join Us July 9th, 7:00 PM on Zoom  
or  
Contact the SIA Office at  
(631) 654-1150

## SIA Committee Meeting Schedule

**Archives** (virtual)  
2nd Tuesday 7:00 pm

**Bylaws** (SIA Office)  
2nd Tuesday 6:30 pm

**Corrections** (virtual)  
1st Tuesday 7:00 pm

**Public Info** (True North)  
last Tuesday 7:00 pm

**Schools** (virtual)  
3rd Monday 5:30 pm

**Share-A-Thon** (virtual + True North)  
last Tuesday 7:00 pm

**Special Events** (virtual)  
1st Tuesday 8:30 pm

**Treatment** (virtual + SIA Office)  
2nd Friday 6:00 pm

**Treatment** (virtual + True North)  
last Tuesday 7:00 pm

**Web** (virtual)  
2nd Thursday 6:00 pm

**SIA Business Meeting**  
(virtual + True North)  
last Tuesday 8:00 pm

## SIA Virtual Meeting Space



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

(Continued from page 3)

covery, I now have good relationships with my adult children. I have good friendships. I've become less selfish and more trustworthy. I've learned to embrace humility. My priorities have changed, and my goals are now grounded in reality.

Perhaps my greatest gift of sobriety was when a family court judge decided I should be granted custody of my young grandson. Now I get to pay it forward in the life of a child in need. What are the odds that would have happened without the program of sobriety? None. I wouldn't have even shown up in court. And if I did, they would have shown me the door.

So, if you're new, grab a seat, raise your hand, get a sponsor, and get into the program. Be patient with yourself and remember you're not alone. Others will see the changes in you before you do. But change will come. The obsession will be lifted and a whole new life will emerge. I can tell you from experience my only regret is that I didn't come in sooner.

- Matt F.

## H.O.W. to Remain Sober

### The Three Primary Spiritual Principles of Alcoholics Anonymous

*"Willingness, honesty, and open-mindedness are the essentials of recovery. But these are indispensable."*

- *Alcoholics Anonymous*, 4th edition, p. 568, Appendix 2 - The Spiritual Experience

These are the three spiritual principles that we all must rely on to maintain our sobriety. We need to be honest, to admit, and embrace the truth about ourselves. We have to be willing to make a commitment to do whatever it takes to recover, and be open-minded to remain teachable. If we do our best to practice all of these principles all of the time in all of our affairs, we will remain sober.

- Fran H.

## DEFEATED by Zoie S.

My last run, but not my worst  
Lying on my bed, emotionally wrought.  
How did I end up like this again?

With mascara running down my face  
And here I thought I was a real hot diva  
But here I am all alone again.

Oh, it looked good that first drink  
I was just going to have one.

At the bar  
Putting down a ten  
I swore it would only be one.  
How much damage could that do?

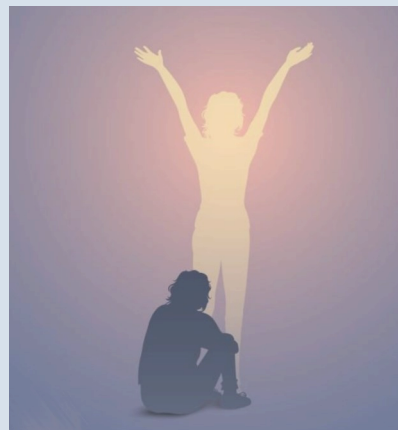
But see, I have a disease that  
After twenty-one years of coming to AA  
With one foot in and one foot out the door,

I should know by now that I will never be able to just have one.

So, here I was, a few drinks later  
well maybe a million, but whose counting,  
I woke up from this hell I was living  
and wished I was dead.

I didn't recall where I was or what I did

Rushing to my driveway to make sure my car is in good condition,  
Fretting whether I hit someone in a blackout the night before



Something magical happened  
to me that night.

Call it divine intervention or a  
divine act of God

I went to a meeting that night  
Got a sponsor, home group  
and commitment

**And I never looked back.**

SIA Officers & Chairpersons		2024 – 2026
Chairperson	Jim S.	chairperson@suffolkny-aa.org
Alt Chairperson	Allison M.	alt-chair@suffolkny-aa.org
Treasurer	Tom B.	treasurer@suffolkny-aa.org
Corresponding Sec.	Debbie A.	corsec@suffolkny-aa.org
Recording Sec.	Tiffany W.	recsec@suffolkny-aa.org
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
Literature	Charlie D.	literature@suffolkny-aa.org
Meeting List	Kit C.	meetings@suffolkny-aa.org
Printed Meeting List	Rob S.	printedmeetinglist@suffolkny-aa.org
Public Info	Laurie A.	pubinfo@suffolkny-aa.org
Office Manager	Meredith F.	siaoffice@suffolkny-aa.org
Schools	Matt G.	schools@suffolkny-aa.org
Share-A-Thon	Debbie P.	share@suffolkny-aa.org
Special Events	Heather W.	specialevents@suffolkny-aa.org
Third Legacy	Ed A.	thirdleg@suffolkny-aa.org
Treatment Facilities	Rob M.	treatment@suffolkny-aa.org
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Spanish Liaison	Jose R.	SpanishRep@suffolkny-aa.org
Al-Anon Liaison	Maureen P.	AAliaison@al-anon-suffolk-ny.org
Alateen Liaison	Ed O.	AlateenChair@al-anon-suffolk-ny.org
YPAA Liaison	Caroline N.	Info.eacypaaxx@gmail.com

## AA History – July

**July 15, 1938** - First documented use of name “Alcoholics Anonymous” as working title for Big Book and name for the fellowship in a letter from Bill to Dr. Richards at Johns Hopkins.

**July 1939** - Warren C. joined A.A. Cleveland, caused debate because he was not hospitalized.

**July 14, 1939** - Blythewood Sanitarium; Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him.

**July 4, 1939** - 1st AA meeting started in Flatbush, NY.

**July 28-30, 1950** - First AA International Convention held in Cleveland, Ohio. Twelve Traditions adopted. Dr. Bob made last appearance at large AA gathering.

**July 2-3, 1955** - 20th Anniversary Convention at St. Louis, MO. A.A.'s founding members turn over the Three Legacies of Recovery, Unity, and Service to the entire movement.

**July 2-4, 1965** - 30th Anniversary of AA in Toronto. Adopted “I Am Responsible.”

**July 3-5, 1970** - 35th Anniversary of AA in Miami. “Declaration of Unity”. Bill’s last public appearance.

**July 5-7, 1985** - 50th AA Anniversary in Montreal, Canada. Ruth Hock was given 5,000,000th Big Book.

**July 5-8, 1990** - 55th AA Anniversary in Seattle, WA. Nell Wing was given 10,000,000th Big Book.

### SEARCH FOR WORDS RELATED TO THIS MONTH’S STEP AND TRADITION

Y I F G S I F G C A O S R K S  
 S M L L R E E G O V U B A X S  
 H E O R A N U H N O P B R T E  
 E U A N E W F T T N I A R S N  
 P J M R O A S I R L V O O U S  
 W F O B U T C P I I P J G P U  
 C U R L L I U T B P V C A P O  
 S O T S L E I A U T M S N O T  
 G S N P M E S S T S Y T T R E  
 Y I U T S S F R I E N C E T V  
 D D F R E L Z H O N M E K I O  
 E R B T E N X D N O M F Q V C  
 E G S S S N T K Y H I E J E L  
 R H E C N E D N E P E D N I C  
 G N I R E E N I M O D M X C O

- Autonomy
- Contribution
- Self-support
- Independence
- Assets
- Abilities
- Defects
- Faults
- Flaws
- Gifts
- Virtues
- Arrogant
- Content
- Covetousness
- Domineering
- Duplicitous
- Greedy
- Generous
- Honest
- Humble
- Supportive

## SIA Announcements



view latest announcements by clicking or scanning the QR code or visiting:

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

# Upcoming Events in the Area

SUFFOLK INTERGROUP ASSOCIATION  
**SPECIAL EVENTS COMMITTEE**

Zoom ID: 941 2170 5886  
Password: service



Every First Tuesday of The Month  
@ 8:30 pm

[specialevents@suffolkny-aa.org](mailto:specialevents@suffolkny-aa.org)

**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](mailto:CORRECT@SUFFOLKNY-AA.ORG)

**NO PREVIOUS JAIL TIME REQUIRED**

**SHARE-A-THON OCTOBER 6TH 2024**

SHARE-A-THON COMMITTEE MEETING



**VOLUNTEERS NEEDED**

**THE LAST TUESDAY EVERY MONTH @ 7 PM**

**IN PERSON & HYBRID**

TRUE NORTH CHURCH  
1101 LAKELAND AVE., BOHEMIA, NY, 11716



ZOOM ID: 941 2170 5886  
PASSWORD: service



CONTACT DEBBIE: [SHARE@SUFFOLKNY-AA.ORG](mailto:SHARE@SUFFOLKNY-AA.ORG)

**Spiritual Meditation Nature Walk**

Pack a Lunch and Bring a Towel to Join Us for a Day of Fellowship  
Hosted by Suffolk General Service

**Date:** August 4th  
**Time:** 9 am – 2 pm  
**Cost:** \$15  
**Destination:** Sailors Haven

**Embark:** Sayville Ferry  
**Address:** 41 River Road  
Sayville, NY

**Contact:** [worksops.ad-hoc@aasuffolkgs-ny.org](mailto:worksops.ad-hoc@aasuffolkgs-ny.org)

Parking available across the street (there is a cost) or at the ferry parking lot (limited)

**AA SUMMER BBQ**




Food Fellowship FUN!

**SOUTHAVEN COUNTY PARK**  
761 Victory Ave, Yaphank NY 11980

**SATURDAY AUGUST 24TH**

**1pm-5pm**

Speaker Meeting at 4pm

Open To Al-Anon and Alateen

To Get Involved, Sign up Here  
<https://suffolkny-aa.org/bbq>  
[specialevents@suffolkny-aa.org](mailto:specialevents@suffolkny-aa.org)



PARKING FEE: \$15 Per Car / Carpool Encouraged

**SHARE-A-THON**

OCTOBER 6TH, 2024

**AL-ANON PARTICIPATION**



BREAKFAST @ 8 AM  
LUNCH @ 12 PM

**MEETINGS 9 - 4 PM**

**ST. JOHN NEPOMUCENE CHURCH**  
1140 LOCUST AVE.,  
BOHEMIA, NY, 11716