

August, 2024

Vol. 52 - No. 04



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

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

**May your August be full of new
hopes and happiness!**



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

SIA Business Meeting

Held last Tuesday of every month

August 27th, 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 A.A. members for 12 step calls via the hotline? Same thing - only recruiting Temporary Contacts for Bridging the Gap instead. Must have working knowledge of A.A. 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 A.A. 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>



Participation – a Right, a Privilege, or... an Inconvenience?

Hello, fellow A.A. members. This is a difficult article for me to write – difficult in the sense that I never figured I'd have to write it on the Intergroup side of service. Therefore, the challenge for me will be not what to say, but how to say it. But I do need to say it (as an A.A. Member, not as an SIA officer), so here goes.

At our June membership meeting, we had several items that needed discussion and votes; however, we didn't have a quorum of group reps, so the items were postponed. Our SIA By-Laws (Article IX, Section 2.C.) set a quorum as "A minimum of 35 Group Representatives". 35 represents, oh, roughly 10% of all the Groups in Suffolk County.

Also found in the By-Laws (Article VIII, Section 2.): "The SIAR [SIA Representative] represents their Group's conscience and is the voice of their Group

in all matters before the Association". As a reference, the A.A. Service Manual's "Structure of the Conference" puts the Groups at the top of the "upside-down triangle", stating unequivocally that the Groups have the ultimate say – as do the A.A. Concepts. If they speak up, that is. This Structure is so important to A.A. that it appears on two separate pages in the Manual (pp. 3 and 103 of the current version).

From active participation in General Service since 2008, at most of the levels available in that organization, I've come to understand that the G.S. side of service below the group is not for everyone – not every alcoholic wants to participate strategically, I totally get that. Indeed, we had to significantly adjust (down) the quorum at Suffolk General

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Understanding Anonymity

Tradition 11 as stated in the Short Form is:

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

However, it is clearer in the Long Form:

“Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never a need to praise ourselves. We feel it better to let our friends recommend us.”

Our founders never meant for AA to be a secret society as matter of fact they welcomed publicity but worked with the media and press to assure personal anonymity was honored.

As stated in the pamphlet 12 Traditions Illustrated:

“Alcoholics who have recovered through our program are themselves the strongest attraction that A.A. has. When people are asked what led them to seek A.A. help, the answer given most often is: “An A.A. member.” Their chances would have been slim if all of us had remained completely in hiding. But many of us have chosen to tell our friends, neighbors, employers, co-workers, doctors, or spiritual advisers that we are in A.A. — and when we do so, we are not breaking our anonymity in the meaning of this Tradition. Suppose a sick alcoholic never has the good fortune to meet an AA. How is such a person going to find us? The search will be difficult if the local group thinks it should be anonymous, too. The Tradition is talking about “personal anonymity,” remember? Alcoholics will not be attracted to AA if they don't know that it exists or if they have distorted, unfavorable impressions of its members or its program. Giving the public an accurate picture of AA is the chief job of our public information committees. In addition, they often carry the message to certain groups – from police officers to personnel directors – whose work includes contact with active alcoholics.”

Information about AA is being offered to the public through all the communications media, in print and over the air. On the radio, it's easy to guard members' anonymity, of course. But TV (Not in wide use when the Traditions were written) is another matter. According to a Conference opinion, members are breaking their anonymity when they are identified on TV as AAs and their faces are shown – whether their names are given. And yet this medium, with its vast audiences, cannot be ignored.

It's important that we don't get anonymity confused with privacy Dr. Bob was quite emphatic about this. These are the words of Warren C from Cleveland, circa 1940:

“He [Dr. Bob] said there were two ways to break the anonymity Tradition: (1) by giving your name at the public level of press or radio; (2) by being so anonymous that you can't be reached by other drunks.”

Laurie A, Public Information Committee

August Calendar

August 6 @ 7:00 pm - 8:00 pm
Corrections Committee Meeting
(virtual)

August 6 @ 8:30 pm - 9:30 pm
Special Events Committee Mtg
(virtual)

August 8 @ 6:00 pm - 7:00 pm
Web Committee Meeting
(virtual)

August 9 @ 6:00 pm - 7:00 pm
Treatment Committee Meeting
(virtual + SIA Office)

August 13 @ 6:30 pm - 7:30 pm
Bylaws Committee Meeting
(SIA Office)

August 13 @ 7:00 pm - 8:00 pm
Archives Committee Meeting
(virtual)

August 16 @ 8:00 pm - 9:00 pm
Suffolk General Service Meeting
(virtual + Emanuel Lutheran
Church Patchogue NY)

August 19 @ 5:30 pm - 6:30 pm
Schools Committee Meeting
(virtual)

August 20 @ 6:00 pm - 7:00 pm
Officers & Chairs Meeting
(virtual + SIA Office)

August 24 @ 1:00 pm - 5:00 pm
AA Summer BBQ - OPEN TO ALL
(Southaven Cnty Park Yaphank)

August 27 @ 7:00 pm - 8:00 pm
Share-A-Thon Cmte Meeting
(virtual + True North)

Treatment Committee Meeting
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

August 27 @ 8:00 pm - 9:00 pm
SIA Business Meeting
(virtual + True North)

Around the A.A. Campus

Group Updates

Get Your Step On

Get Your Step On in Bay Shore is no longer meeting. They met at 7:00 PM on Saturday

Mattituck Midweek

Mattituck Midweek, which had first started back in 1976 as part of Mattituck World Famous has stopped meeting. Thanks for 48 years of service

Rocky Point Unity

Rocky Point Unity, whose group history was recently featured in the June bulletin, will stop meeting after 15 years of service, effective August 1st.

True Friends - Womens

True Friends (Port Jefferson) has changed its Wednesday 7:00 PM to a beginners

Big Commack

Big Commack has switched its Saturday 6:30 PM to a Big Book study

Early Sobriety

Early Sobriety (Islip) Friday 6:30 PM is now a literature meeting

Sobriety First

Sobriety First (Huntington) has streamlined its schedule. Tuesday (S/BB) and Thursday (CD) are now both at 6:00 PM

Corona Beach

Corona Beach will be meeting at Maritime Park 6 Newtown Road Hampton Bays. They meet seven days a week at 1:00 PM

Correction

East Northport Big Book (Tuesday Step) and (Thursday Big Book) meets at 7:30 PM Union Methodist Church 1018 Pulaski Road. People can also phone in to participate and here is the correct information. Dial (712) 432-3900 ID 793461#

Can Visitors Find Your Meeting?

Recently, Suffolk Intergroup received an email from an out of town visitor asking about the location of a certain meeting. She was concerned about finding the best entrance and exact location within the church where the meeting was being held. Is your meeting information visitor friendly? You and other regular attendees may know that it is held in Room 25 in the school building — but would someone brand new know that?

It might be a good idea to review your meeting listing objectively and update it accordingly. Clear, precise directions and location notes could make the difference between a newcomer finding the meeting or walking away frustrated, discouraged — and heading toward a drink.

The Things We Cannot Change

Alan Mc P of Cold Spring Harbor is no longer with us. He was a true power of example and will be missed

Printed Meeting List

The next printing, dated October 2024, will be available at the SIA Meeting on September 24th.

The deadline for submitting updates to your listing for this printing is August 27th.

Even if there are no changes to your listing, filling out the update form yearly ensures we have current contact information and mailing address for your group.

Find the meeting list update form and detailed instructions on how to fill it out by clicking or scanning the QR code, or by visiting:

<https://suffolkny-aa.org/meeting-list/#update>



Embrace Sobriety 🙏 Group History

Yoga Dashana

180 Great East Neck Rd
West Babylon, NY 11704

Embrace Sobriety started out as a women's 11th Step meeting in July 2008. Carin, who started it, had an inside track on a yoga studio on Main



Street in East Islip, which was the ideal place for a meditation meeting. They met at 9:15 PM on Tuesday. The format was to read a passage from Alcoholics Anonymous literature, which the speaker would share about. This would be followed by meditation.

The late Alan L, who wrote the original history of this group and experienced the meeting, ended his history with a glowing review: "the group consists of mixed ages but there is a spirit alive in the room that definitely puts you in a great mood and I love their enthusiasm. I recommend that you check it out."

Fate stepped in when the new format Suffolk County meeting list was issued. The listing accidentally omitted that it was a women's only meeting. Suddenly, it became coed and has stayed that way ever since. Shortly thereafter, the time and day were moved to Sunday at 7:00 PM.

Around April 2015, the yoga studio was sold and the group moved to Bearfoot Yoga and Wellness Center then located at 6 Fourth Avenue in Bay Shore. The only slight hitch was a time change was required to 7:30 PM. One year later, that yoga studio moved to a more spacious location in Bay Shore at 144 West Main Street.

All went well until the coronavirus hit us. The owner of Bearfoot Yoga could not continue to maintain the rent on her larger location and was forced to seriously downsize. The downsize meant Embrace Sobriety had to find a new home - and they did. By October 2021, they had moved to the Yoga Darshana in West Babylon. They meet on the same day and time as they have for the last eight years.

Many people have walked out of this meeting feeling spiritually reconnected and restful. Such is the power of meditation on the mind, body and soul. For those who struggle with the practice of meditation, this meeting may prove to be the answer.

S.I.A. Archives Committee

Original history written by Alan L October 2009
Updated October 25, 2023

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

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

The Archives Committee

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

Join Us on Zoom

August 13th, 7:00 PM

or

Contact the SIA Office at

(631) 654-1150

SIA Virtual Meeting Space



Zoom ID 941 2170 5886

Passcode service

Tel Dial-In (929) 205-6099

Gratitude for A.A.

It is difficult to imagine my life without the A.A. Fellowship and the program of recovery that Alcoholics Anonymous has so beautifully outlined for me. I'd have to say that the greatest gift A.A. has given me is the freedom to search for and discover a God of my own understanding.

No one ever pressured me into religious traditions or challenged my spiritual beliefs; instead I was encouraged to be willing, to have an open mind, and to accept the idea of a power greater than myself. And as promised, when I sought my Higher Power, God revealed Himself to me.

One day I came across a message from a retired Episcopalian Priest, John Shelby Spong. His message wasn't about A.A., but I believe what he shared describes our fellowship so well, that I wanted to pass it along: "We are a community that takes people as they are and we walk with them into the mystery of God. There are no roadmaps. We can't tell them what they have to do. We can't tell them what the rules are to find God; they discover God as they go. We honor people's questions instead of pretending that we have the answers and we let people journey at different paces. We work together to have an experience that will move us in some way outside of our daily concerns and give us a sense of awe, wonder, connection, love; a personal experience of the Divine."

May you find Him now...

- Cami R.

Mutual Understanding

Only an alcoholic can truly understand another alcoholic. The emotional support shared within the fellowship of A.A. helps keep both individuals sober. Alcoholics often share similar character traits, allowing them to relate to each other. This mutual understanding is why A.A. works.

In A.A., we work together and share our feelings. Our sponsors help us understand our negative emotions and guide us through the steps to overcome them. Common defenses for drinking include denial, rationalization, and projection.

- **Denial** - Refusing to accept reality.
- **Rationalization** - Justifying drinking with "good reasons" like stress or the need to avoid bad feelings.
- **Projection** - Blaming others for our drinking behavior.

Only another alcoholic can truly understand these defenses and help us overcome them.

- Fran H.

(Continued from page 2)

Service not too long ago, because of, well, pick a reason.

But SIA is the "boots on the ground", "see the fruits of your labors" part of service, where your Group's voice can have a direct and immediate impact (vs. the General Service Conference, which is 93 Areas, all of the U.S. and Canada, many thousands of Groups). Again, I get that.

Given all that, here's a couple of thoughts: if over 90% of the Groups in Suffolk can't send a Rep to an SIA meeting once a month, or even once a quarter, either physically or online, then exactly

whose Voice are we hearing? Do we need to reset the quorum to only 5% of Suffolk Groups that can have their voices set SIA policy and procedures?

While serving as your Area Delegate in the last G.S. rotation, I came to realize that a deafening silence can also be the Group's voice. Just remember that, when you see an action item or an election or a monetary expenditure that raises hackles at your business meeting, and you haven't sent a Rep, the response just might be: "oh, well".

In Service,

Tom B., A.A. Member (and SIA Treasurer)

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
Office Manager	Meredith F.	siaoffice@suffolkny-aa.org
Printed Meeting List	Rob S.	printedmeetinglist@suffolkny-aa.org
Public Info	Laurie A.	pubinfo@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
Web Master	David P.	webmaster@suffolkny-aa.org
SGS Liaison	Natalie S.	SGSLiaison@suffolkny-aa.org
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.ecypaaxx@gmail.com

LICYPAA
LONG ISLAND COMMITTEE OF YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS
BUSINESS MEETING
SERVICE-FELLOWSHIP-UNITY-RECOVERY
EVERY 1ST & 3RD
MONDAY OF THE MONTH
8:15 PM
Zoom ID: 846 6825 9768

ESCYPAA & LICYPAA
PRESENTS
FELLOWSHIP BOAT CRUISE
FRIDAY, SEPT. 13TH
BOARDING STARTS @8PM
DJ ANONYMASS | DJ SURRENDA
83 North Rivers Piers
New York, NY
PRINT & SCAN FOR TICKET INFO

SAVE THE DATE

Have you made your plans to attend ?

2025 A.A. International Convention

Vancouver, Canada
July 3rd - 6th, 2025



*Language of the Heart
Lenguaje del corazón
Le langage du cœur*

To learn more visit:
aa.org/international-convention

JOIN Suffolk County General Service ON A TRIP TO THE GENERAL SERVICE OFFICE

SEPTEMBER 13TH, 2024
11:00 AM MEETING
12:15 TOUR

61 CLAREMONT AVE
New York, NY 10115




RSVP BY 9.04.24
[GSO VISIT LINK](#)

<https://www.aa.org/visiting-the-gso>

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

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

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

Spiritual Meditation Walk thru Nature
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: workshops.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



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