

September, 2024

Vol. 52 - No. 05



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

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

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



Visit us at
suffolkny-aa.org

SIA Business Meeting

Held last Tuesday of every month

September 24th, 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)

SIA Bylaws Committee

Please join us in our quadrennial assignment, to:

- ✓ Review the SIA Bylaws
- ✓ Propose desired changes
- ✓ Publish proposed amendments
- ✓ Report on the anticipated effects
- ✓ Present amendments to the body for approval by substantial unanimity

Your participation and input in this crucial process are highly valued.

The committee meets on the second Tuesday of the month - **Sept. 10th, 6:30 p.m.** at the **SIA Office**.

Email Allison, Alt-Chairperson with any questions alt-chair@suffolkny-aa.org

View Bylaws via QR code or visiting:
<https://suffolkny-aa.org/bylaws>

Scan or click



for SIA By-laws



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>



HOTLINE VOLUNTEERS NEEDED!!



It's not difficult to work the Hotline

- ✓ calls are automatically forwarded to your phone
- ✓ no one will see YOUR phone number
- ✓ most callers are looking for help finding a meeting or to be connected with a 12 Step Volunteer

We will show you how to take calls and provide you with all the necessary tools.

To sign up as a group or for any other inquiries, email phones@suffolkny-aa.org

To sign up as an individual, scan or click the QR code to the right :



To learn more about the hotline, scan or click the QR code to the right or visit :

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



Participation — The Next Step

Hello, Friends in A.A. I was delighted and grateful with the turnout at our July 30th Suffolk Intergroup Membership meeting! As is always the case, at least in my experience, when Alcoholics Anonymous asks for help, our members respond, in so many different ways. Last month we had more than enough Groups represented to reach and exceed a quorum, and therefore to conduct the business that SIA needs to do. Well done, and keep it up!

With that in mind, and given that there were new attendees who may have had questions on the whole process of conducting “the business of A.A.”, let’s look at a core element of that process: voting. On its surface it’s pretty simple – the Chair of the meeting tells us who is eligible to vote, and then, (after motions are made / seconded / discussed), those who are eligible... well, vote. Piece of cake, right? Yes, and no.

Let’s look at the most straightforward part of voting: yes or no, “yea” or “nay”. The group representative knows, or should know, how their group feels – either specifically or generally – about most any given topic or area, and votes accordingly. We can talk about Concept III, the Right of Decision, down the road somewhere! Depending on whether approval of the motion requires “substantial unanimity” (a 2/3 majority) or a simple majority of more than 50%, the vote is taken, and the motion is decided. There’s more to it than that, such as hearing the Minority Opinion, but that’s the bare bones of the process. And I might even talk about “abstentions” at the next meeting – oh, joy!

However, as is often said in TV ads: “but wait, there’s more”. And that “more” has to do with the number of reps / Groups voting vs. the total number of Groups in Suffolk County. For instance, if I remember correctly, we had around 55 votes cast on each issue or iteration last month. Given that some of those votes were officers and committee chairs, let’s assume that the number of reps (i.e., Groups) present who were voting were... oh, let’s say 40 or so. This met the required quorum, yes, so it’s “legal”. And it most likely reflects the will of the Groups who attended (that’s one reason there’s a quorum in the first place, so that the Groups have the controlling say, not officers and committee chairs).

BUT: if Suffolk County has around 320 Groups, and only 40 of them (or, 12.5%) are voting on the use of group basket dollars, is it the will of Suffolk County A.A. Groups, or simply the will of 12.5% of them? Hm...mmmm...

You’ll note that the title of this article says “Participation”, not “Voting”. To the other 87.5% of Suffolk County groups: can one of your members spend up to an hour and a half per month (either live or virtually) being part of the solution, a little bit below and beyond the Group level, to have your voice heard, and to participate on a more far-reaching scale in helping even more alcoholics gain sobriety and serve Alcoholics Anonymous?

In Service,

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

September Calendar

Sept 3 @ 7:00 pm - 8:00 pm
Corrections Committee Meeting
(virtual)

Sept 3 @ 8:30 pm - 9:30 pm
Special Events Committee Mtg
(virtual)

Sept 10 @ 6:30 pm - 7:30 pm
Bylaws Committee Meeting
(SIA Office)

Sept 10 @ 7:00 pm - 8:00 pm
Archives Committee Meeting
(virtual)

Sept 12 @ 6:00 pm - 7:00 pm
Web Committee Meeting
(virtual)

Sept 13 @ 11:00 am
Suffolk General Service visits
A.A. General Service Office
(61 Clairmont Ave, Manhattan)

Sept 13 @ 6:00 pm - 7:00 pm
Treatment Committee Meeting
(virtual + SIA Office)

Sept 16 @ 5:30 pm - 6:30 pm
Schools Committee Meeting
(virtual)

Sept 17 @ 6:00 pm - 7:00 pm
Officers & Chairs Meeting
(virtual + SIA Office)

Sept 20 @ 8:00 pm - 9:00 pm
Suffolk General Service Meeting
(virtual + Emanuel Lutheran
Church Patchogue NY)

Sept 24 @ 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 24 @ 8:00 pm - 9:00 pm
SIA Business Meeting
(virtual + True North)

Around the A.A. Campus

Group Updates

East Northport Big Book

East Northport Big Book is no longer meeting. They met for the last 24 years on Monday and Thursday at 7:30 PM. Job well done for all these years.

No Matter What Club!

New men's closed discussion, No Matter What Club meets every Monday at 7:30 PM at 755 Waverly Avenue Suite 205 Holtsville. Come out and support the new kid on the block. See photo below.



We Can Recover

We Can Recover has discontinued its Wednesday evening meeting, but still will continue its 6:00 PM Saturday beginners hybrid. They meet at Bethel Lutheran Brethren Church 10 Pinetree Road Huntington Station or on Zoom 283 023 1736 Passcode 253666

Sweet Air

Sweet Air at the Presbyterian Church 95 Old Country Road Melville has changed its Sunday Step meeting from open to closed. Except the last Sunday when they celebrate anniversaries and all are welcome.

Yaphank Patchogue East Love and Service

Yaphank Patchogue East Love and Service has juggled around its schedule with too many changes to list here. Why not check them out in person. They meet Monday, Wednesday, Thursday, Friday and Saturday at 8:00 PM The group meets at the Presbyterian Church 65 Main Street in its community center.

Lake Ronkonkoma Group

The Lake Ronkonkoma Group has lowered meeting times to Tuesday 6:45 PM (Big Book and Beginners) and Friday 7:00 PM (Open). They meet at the United Methodist Church 792 Hawkins Avenue. To think that just seven years ago their Friday meeting met at 9:00 PM! Their Open meetings, by the way, are old style two speakers. No raising hands here to share. A golden opportunity to learn how to listen.

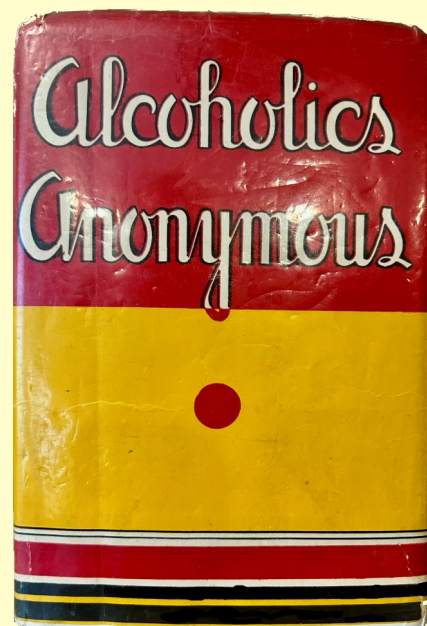
Babylon Bridge to Sobriety

Babylon Bridge to Sobriety reports that its Sunday 7:00 AM meeting at the South Overlook parking lot at Captree State Park will now be meeting year round. Bring your own coffee or tea. If you get there before 7:00 AM there is no parking fee.

Heads Up Time

The Intergroup Archives Committee has a vintage Big Book and all Suffolk AAs with thirty or more years sobriety are invited to sign it. Why not add your signature to more than 800 names in there already! The Big Book will be at the Share-a-thon.

Contact them via email archives@SuffolkNY-AA.Org



Medford Miracle Group History

VFW

330 North Dunton Avenue
East Patchogue, N.Y, 11772

Stacy did a great deal of service work. She was Corresponding Secretary of Suffolk Intergroup, she volunteered down at the intergroup office, and still managed to find time to co-found this new group. That's the spirit behind Medford Miracle.



Born in Medford, both she and the other co-founder, Don, were over two years sober. She "had always wanted to start a meeting in Medford." Medford was ripe for a new one. Although that town once boasted several meetings, it had been without one since By the Book folded two years ago. After mulling it over for a while, she took the plunge. She decided it was time "to put your money where your mouth is." Knowing the guys who ran the VFW and working out a rent schedule was another incentive to get things going.

The first meeting was on August 31, 2020. Here the world was still in the midst of the coronavirus pandemic and 25 people showed up for this premiere. Of course, face masks were required. A quick sampling of the room revealed the bulk of those in attendance were newly sober and 80% were male. Quite a few people in the room signed up to join this new group. That's always a promising sign that good things are ahead. The schedule was Monday 7:00 PM beginners and Friday 7:00 PM closed discussion.

The room was spacious and on this August evening also air-conditioned. When coronavirus restrictions were eliminated, this room could easily hold 100 people. If there might be a drawback, parking space was very limited but it was pointed out that on street spots were plentiful. Leo H was the first speaker and those of us who have heard him before knew immediately this was going to be good and we weren't disappointed. A great way to start a group.

In its short history so far, much has happened. The Friday evening meeting was deleted. As of March 11, 2024, the group moved to the VFW in East Patchogue. Stacy moved out of state and a tragic motorcycle accident took the life of Don. These changes have only spurred the group to forge ahead and offer miracles to others who walk through the door.

S.I.A. Archives Committee

Original history written by September 1, 2020

Updated March 12, 2024

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

September 10th, 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

Step 9 and the Saint Francis Prayer

Steps 8 & 9 have always struck me as being "about time." They focus on three main ideas: "a list of people we had harmed" (dealing with the past), "direct amends" (dealing with the present), and "except when to injure them" (thinking about the future). These steps are more than just looking back at my past or trying to improve my relationships by making amends. They provide ongoing insights, even as I move into Step 10, which continues the lessons learned from these steps. Interestingly, Step 9 involves helping others because making amends offers them a chance, if they choose, to shape their own future. This step has the potential to help the people I've hurt, as long as they have the same thing that led me to AA — willingness.

When I look back at my past interactions with some of these people, I see unfinished business and questions that may have come up over the years. Some of them might have been disappointed or even angry because it seemed like I didn't care about where my life was heading. Some might have ended our friendship because they couldn't stand to see me ruining my future. Maybe some of them later wondered if I ever sought help. Step 9 gives them a chance to find closure and resolve any turmoil I caused. If I don't fully complete this step, this unfinished business could linger for both of us. The risk of hurting them or others by doing this step was something I had to consider with my sponsor's help. Looking back, I didn't have the "wisdom to know the difference," but he did.

Step 9 is about telling the people I've hurt that I'm sorry for what I did and promising that it won't happen again to them, or others. This concept comes from the St. Francis prayer, a prayer of service, where I want to be an instrument of peace and help others find closure.

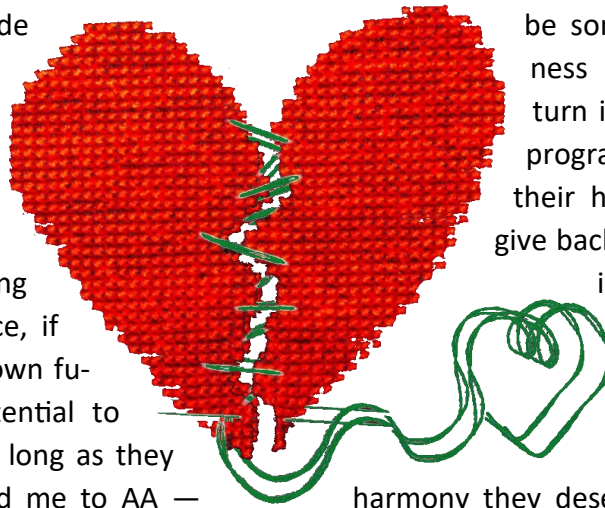
May my Step 9 "be an instrument" so that their justified anger can turn into love. My hurting them can turn into their chance to forgive. Where there was doubt about my future, there's now faith—a belief that something good happened because of AA. Where there was despair about my actions, there's now hope that knowing me won't be something they regret. Any sadness they felt about my past can turn into gratitude that I joined this program. In the past, I took away their happiness, and now I want to give back with a sense of peace. Step 9 is much more than just saying sorry; it's about becoming an instrument of change so that the chaos others felt because of me can turn into the harmony they deserve. The despair they saw in me can turn into hope that other alcoholics they know might also find a way out. By doing this step, I'm showing my faith in AA, in myself, and in a higher power. Step 9 really is about time — time for me to take action.

- Rick

The Season of Change

Mornings are crisp. Days are shorter. Trees show a sense that the end of summer is near. We feel gratitude for the past few months, their days of time outdoors, time at the beach, BBQs, fun with friends and long lasting light. But now it's time to look forward to autumn, the time of harvest, abundance and giving thanks. We can reflect on our blessings and express gratitude for them. We can cultivate a sense of contentment and joy even in the midst of challenges and difficulties. We can embrace the season of change.

- Fran H.



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

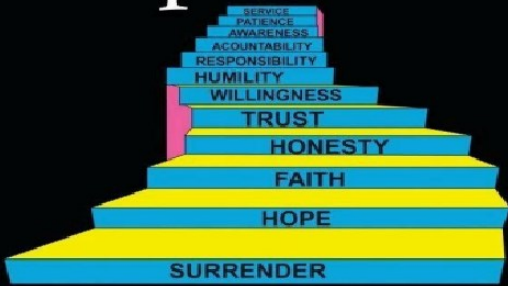
Going Through The Steps

Receive the life changing spiritual tools to live in 10, 11 and 12.

Saturday, September 7, 2024

True North Community Church
1101 Lakeland Ave
Bohemia, NY 11716

12 Steps



Doors open 8:15am

Start time 9:00 am to approximately 5:00 pm

FREE EVENT 7th tradition basket will be passed

Bagel Breakfast, coffee, tea, snacks, lunch TBD

All 12 Step Programs Welcome To Attend!

Suffolk County Al-Anon in participation with AA



“Let’s Talk Traditions”

*This is a Quarterly Workshop focusing
on 3 traditions at a time*

*St. Mark’s Episcopal Church
40 Main Street.*

West Hampton Beach

**Free
Event**

Session 3 (traditions 7-9)

Saturday
September 21
10am-2pm

*The
basket
will be
passed
around
honoring
our 7th
tradition*

*Have a
question?
Put it in the
“Ask It”
basket*

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

ALATEEN

“Alateen, part of the Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. Alateens help each other by sharing experience, strength and hope. By applying the Twelve Steps to their lives, they begin to grow mentally, emotionally and spiritually.”

When you’re affected by
someone else’s drinking

Click or scan QR code

or Email:

AlateenChair@al-anon-suffolk-ny.org



SHARE-A-THON

OCTOBER 6TH, 2024

AL-ANON PARTICIPATION



MEETINGS 9-4 PM

ST. JOHN NEPOMUCENE CHURCH

1140 LOCUST AVE.,

BOHEMIA, NY, 11716