

December, 2024

Vol. 52 - No. 08



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

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

Peace on Earth

Paz Frieden Paix Pace

صلح سلام Мир Pokój ארש

和平 평화 Hòa bình 平和 ၽံတီဂါၤ

Ειρήνη Bari शांति அமைதி ਸਾਂਤੀ

“There is no path to peace.
Peace is the path.”

- Mahatma Gandhi



Visit us at
suffolkny-aa.org

SIA Business Meeting

To avoid meeting on New Year's Eve, the next meeting has been rescheduled to

December 17th, 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, but will **not meet in December**. We will next meet on **January 14th, 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 prospects before they leave an institution over the phone, and arrange for a Temporary Contact to call, & take the prospect to their first meeting on the outside. Follow up with the prospect to make sure the Temporary Contact completed the 12 step call a few times and the prospect got a sponsor.

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>



The Overlooked Gift

In the AA book *As Bill Sees It*, I recently came across a passage on page 99 about a talk Bill W. gave in 1960. In it, he discussed the causes of slips, such as rebellion, the illusion of being cured, carelessness, and complacency. One sentence, in particular, left me puzzled at first. Bill made a strong statement: “Too little self-forgiveness and too little prayer—well, this combination adds up to slips”. I wasn’t surprised to see “too little prayer” mentioned, but I was surprised to see such a strong condemnation of “too little self-forgiveness”.

Reflecting on my early days in AA, I remember feeling it was appropriate to judge myself harshly. I could clearly see the harm I had caused others, and the idea of starting again with a clean slate seemed selfish—it felt too easy. Surely some punishment was deserved, and carrying around mental baggage felt like fair penance for the life I had lived. At the time, I had not yet grasped many of the fundamental concepts of AA: living in the present, making living amends, the presence of a loving and forgiving Higher Power, and the broader perspective of rebuilding a new life while helping others to do the same.

Ironically, meditating on this passage revealed that my lack of self-forgiveness was rooted in pride! I wasn’t willing to give up my right to judge myself, to keep replaying the same mistakes I had made, and to pass judgment on a person who no longer existed. Instead, I was sentencing the “new me” to low self-esteem based on a punishing verdict I had handed down to the “old me.”

Nowhere in this process did I leave room for a loving Higher Power the right to offer a different outcome. It was still all about me. I could forgive others, but forgiving myself felt like taking the easy way out. In reality, I was resisting a full surrender of my will and life to a Higher Power. Where was the fresh start in that? Where did forgiveness and the 12 Promises fit in? They didn’t—it was still about me. I wasn’t yet willing to allow any other Power into my mental courtroom.

Humility, as I’ve come to understand it, is about seeing myself clearly. My program suggests that a glance back at the past is fine, but excessive reflection only serves to obscure the progress I might be making. Those past incidents are behind me now, right where they belong. I now try to live in the present, applying what I’ve learned from the program to my daily life, creating a new and better past in the process. Forgiving others has always been difficult for me, but I recognize that true peace will only come when I practice it consistently. I believe the same applies to self-forgiveness. I still make mistakes and fall short of what I know I need to do, but the standard I now hold myself to, is based on a God of my understanding—no longer a punitive one. Beating myself up only harms someone who no longer exists. It’s a way to keep me stuck. Self-forgiveness is about allowing my new self to rebuild a new life, following the proven path of those who came before me.

Something I overlooked when I first came into AA was that self-forgiveness is a God given gift, granted because I asked for it through my actions and efforts. All miracles deserve respect, and self-forgiveness is certainly one of them.

- Rick

December Calendar

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

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

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

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

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

Dec 17 @ 7:00 pm - 8:00 pm
Treatment Committee Meeting
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

Dec 17 @ 8:00 pm - 9:00 pm
SIA Business Meeting
(virtual + True North)

Dec 19 @ 6:00 pm - 7:30 pm
Special Events Committee Mtg
(virtual)

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

Dec 24 @ 5:00 pm - 11:00 pm
Christmas Eve Alcathon
(St. Joseph the Worker, East Patchogue NY)

Dec 31 @ 5:00 pm - 12:00 am
New Year’s Eve Alcathon
(True North, Bohemia NY)

SAVE THE DATE

**SUFFOLK COUNTY GENERAL SERVICE
UNITY BREAKFAST**

9am Sunday, February 16th, 2025

Huntington Hilton in Melville
598 Broadhollow Rd

Around the A.A. Campus

Group Updates

Attitude of Gratitude

A new meeting is here. Attitude of Gratitude is its name and its focus is on staying grateful. It meets every Saturday at 5:00 PM at the Hamptons Center for Rehabilitation and Nursing 64 County Road 39 Southampton. This is a hybrid meeting (Zoom 748 5457 5800 Passcode: 1m5Vv3). See photo to the right

Women's Group of Hampton Bays

The Women's Group of Hampton Bays has changed its schedule. From mid-October to mid-April, it will be online only (Zoom: 878 6625 1233 Passcode girlsrule). The rest of the year, it will be in person—like before—at Christ Our Savior Lutheran Church 9 Terrace Drive. Meeting time remains the same at 6:00 PM.

Freedom Group in Aquebogue

The Freedom Group in Aquebogue has done a complete switch. The Tuesday Open meeting has moved to Friday and the Friday Step, Big Book and Tradition meeting has moved to Tuesday. The time is the same at 6:00 PM and is still at The Old Steeple Community Church 656 Main Road.

Corona Beach in Hampton Bays

Corona Beach in Hampton Bays has moved back indoors during the fall/winter months. It will be meeting at 79 Foster Avenue. For those of you who haven't gone there before, it is truly an interesting place to meet. Come sit in theater style chairs amidst all the Hollywood trappings (see photo below). Just please park in the restaurant parking lot across the road and not on the street.

The One and Only

The One and Only online meeting (Saturday at 3:00 PM) is no more. The regular face to face at 3:00 PM is still going strong. That meets at St. Thomas of Canterbury 29 Brookside Drive Smithtown. Stop in some time.

Not a Glum Lot

Not a Glum Lot is growing. In addition to its Tuesday Step and Friday As Bill Sees It—both at 10:00 AM, a Wednesday 7:30 PM Big Book meeting has been added. All of these are online meetings and can be accessed on Zoom at 8297 696 5941 Passcode: 12345



In The News : The Pit

A recent article in Newsday mentioned “four sacred historical sites” that were having renovations done to their buildings. One of the sites mentioned is the United Methodist Church in Bay Shore—home of the famous Pit. The article said that “two Alcoholics Anonymous groups” meet there. That actually translates into twenty different meetings a week and this isn't a new development. The Pit has had its doors open since the early 1970s and has always been a powerhouse of recovery. Check it out sometime. By the way, their 6:00 AM meeting could use some support and is a great way to start off the day.

The Things We Cannot Change

Speaking of powerhouses of recovery, Dot W (sobriety date: 12/13/70) recently passed away. Whether with the Huntington Group—which was her home group for years—or other meetings out east, she was a role model to all. Her presence will be truly missed.



Island of Enthusiasm — Group History

St. Anthony of Padua Church Outreach
105 5th Avenue
East Northport, NY 11731



Thrive
1324 Motor Parkway
Hauppauge, NY 11788

One of the eagerly awaited annual events on Long Island is the Island of Enthusiasm AA Conference. Although only a few years old, it has already gained a solid reputation for providing two days of intense Step work. Speakers are invited from all over the country to share their experience with our program. Usually, the event is a packed house.



The organizers of the conference did not sit back resting on their laurels. They know sobriety consists of daily practice. Doug started a regular gathering at his home during August 2021 to go through the Big Book. In the beginning, he invited some of the people he sponsored, but over time, those sponsees invited their sponsees. Things just kept snowballing. "If you wanted to come...come." was his philosophy.

After doing this for a year and a half, a decision was made to open things up for all AA's. A spot was found at the St. Anthony of Padua Outreach in East Northport, where both East Northport Step and the Eye Opener Group meet. The first official group meeting was Friday, February 23, 2023. Twenty-two people showed up. The meeting time of 5:30 PM doesn't clash with any other meetings on that evening. Plus, if someone needs additional support, there would still be plenty of time to catch another meeting somewhere close by.

Part of the Big Book is read and then the speaker shares for about five minutes. He/she then picks people to likewise share. The selecting is done randomly; no one knows who will be picked next, which adds to the fun. This allows different people to share - not just the usual people. Of course, everyone has the option to pass. This is an AA meeting, not a pressure cooker.

One of the noted AA speakers of our time was a gentleman from California, who created the phrase "pockets of enthusiasm." According to one website, these are "clusters of AA groups with a high level of the 'spirit within' for recovery." Doug expanded on this when he came up with the name Island of Enthusiasm. An appropriate name for a new meeting on Long Island and the enthusiasm part is obvious. Just show up for the meeting and see for yourself.

On August 1, 2023, the group expanded with a Tuesday 7:00 PM beginners meeting at Thrive in Hauppauge.

S.I.A. Archives Committee
September 20, 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

Special Events (virtual)
3rd Thursday 6:00 pm

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

Web (virtual)
2nd Thursday 6:00 pm

**Rescheduled to
December 17th**

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

A Power Greater than Ourselves

The holidays invoke a sense of gratitude for what is and a sense of faith for what may be. It's a time when the principles of AA and the spirit of the season join in harmony. It may also be a time to reflect on what "a power greater than ourselves" means to us and our sobriety. The Founders were familiar with the Oxford Group, a distinctly religious organization, even borrowing from their core principles. But they also left the door wide open to the believer and non-believer alike. "The only requirement for membership is a desire to stop drinking". We were free to find a power greater than ourselves and a god of our understanding. Many who lost the faith of their childhood found that faith renewed through AA. Others found a god of their understanding for the first time. And still others may never come to believe in the literal existence of a god. But all can agree the program of recovery and our fellowship of common cause is surely a power greater than ourselves alone. We may have drunk in seclusion, but we found sobriety together. What was once thought impossible became possible through a power from without - rather than from within.

The Eleventh Step implores us to "seek God's will" and the Lord's Prayer proclaims, "when we on earth do God's will, as do the angels in heaven, then we will have heaven on earth". But just what is meant by "will" and how can the agnostic and atheist alcoholic fully comply with the Eleventh Step to seek "knowledge of His will for us" when he does not even believe?

Self Will is "the power of control the mind has over one's actions" but we know few if any can always maintain "control" under all circumstances. We are, after all, only human, and humans get "hungry, angry, lonely, and tired" as well as frustrat-

ed, envious, selfish, and depressed. Under such conditions can anyone really claim to be "in control"

Even when not disturbed we tend to "let our natural instincts exceed their proper function" which feeds the relentless "disease of more" which in turn leads to more disturbance – perhaps all there is. Self Will is an illusion. The Founders knew this all too well.

When I admitted to my first sponsor that I was, at best, agnostic, he suggested I should "pray for the willingness to be willing". So, I did. I prayed for the willingness to let go of my self will. I prayed for the willingness to achieve a lasting sobriety. I prayed for the willingness to forgive others as myself and to be on good terms with all people. And I prayed for the serenity to live life on life's terms. Were they real prayers or just the meditations of an agnostic? Does it matter?

That depends on what you believe but I believe my willingness to surrender my will, and seek a power greater than myself, even if just through program and fellowship, granted me a new life, a new vision, a new wisdom for living I didn't even know existed. With the Fifth Step I felt "baptized" in the program, and with the Ninth Step, the elusive Promises came within reach. All I needed to do was stay on the path and continue to be willing.

So, could the prayer of an agnostic, or even an atheist, be granted? I think so, but believer and non-believer alike must do the work. "Faith without works is dead" and for us the "works" is in the Steps, the commitments, the daily vigilance, and our willingness to give freely what was freely given. It is possible for all to be "born again". One need only be willing. Happy Holidays.

- Kris K.



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.	Nancy S.	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.eacypaaxx@gmail.com

AA History

Dec 11, 1934 - Bill admitted to Towns Hosp 4th/last time (fall '33, '34 in summer, midsummer and final admittance).

Dec 12, 1934 - Bill has Spiritual Experience at Towns Hospital.

December 1934 - Bill & Lois start attending Oxford Group meetings.

Dec 1934 - May 1935 - Bill works with alcoholics, but fails to sober any of them. Lois reminds him HE is sober.

December 1938 - Bill writes down the Twelve Steps at his home in Bklyn.

Nov / Dec 1939 - Akron group withdraws from association with Oxford Group. Meetings moved from T Henry & Clarence Williams to Dr Bob and other members homes.

December 1939 - First AA group in mental institution, Rockland State Hospital, NY.

December 1950 - Grapevine article signed by both Bill and Dr Bob recommend establishing AA General Service Conference.

December 1955 - 'Man on the Bed' painting by Robert M. first appeared in Grapevine. Painting originally called 'Came to Believe'

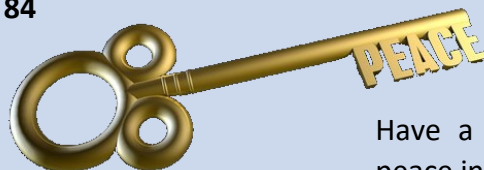
Peace of Mind

One of the most sought-after conditions that we as alcoholics seek is peace of mind: the peace of mind to be free of disturbances and depression, bad and embarrassing behavior, emotional trauma and pain, among many other agonizing and distressing consequences of alcoholism. As many of us say, "it's a prison" from which we long to be released.

The word peace is mentioned many times in AA literature.

BB Into Action - pp. 83 - 84

"We will comprehend the word serenity and we shall know peace"



BB Bill's Story - pp. 14

"There was a sense of victory followed by a peace and serenity such as I had never known"

12 & 12 Step Eleven - pp. 99

"Lord, make me a channel of thy peace—that where there is hatred, I may bring love"

12 & 12 Step Eleven - pp. 104

"And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances"

So pick up the keys, release yourself from the prison of alcoholism and live a happy and peaceful life.

Have a happy and peaceful holiday season and peace in the New Year.

- Fran H.

Upcoming Events in the Area

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

[https://suffolkny-aa.org/
announcements](https://suffolkny-aa.org/announcements)



Sisters in Spirit
2nd Anniversary
Brunch

December 7th
10:30am

Open Meeting
All Welcome

*Food * Fellowship * Fun
Speaker

Saint John Nepomucene
1140 Locust Avenue
Bohemia



SUFFOLK COUNTY
Al-Anon in participation with AA

“Let’s Talk
Tradition”
Session 4
traditions 10-12

FREE
EVENT

Saturday, December 14th
10am - 2pm

TRUE NORTH CHURCH
1101 Lakeland Avenue Bohemia,
NY 11716

For information contact
AAIason@al-anon-suffolk-ny.org

The Cleary Group’s 51st Group Anniversary

Sunday, December 1st, 5:00 p.m. to 6:00 p.m.

St. Mary’s Episcopal Church, 315 Lake Shore Rd in Lake Ronkonkoma.

Come help us celebrate with a light dinner and dessert. The meeting and speaker will start at 7:00 p.m.

SIA presents you with the
Christmas Eve Alcathon

Tuesday, December 24

St Joseph’s The Worker
510 Narragansett Ave, East Patchogue, NY 11772

5pm - 11pm - Meetings every hour, on the hour!

Light hospitality and coffee.



<https://suffolkny-aa.org/christmaseve-alcathon/>

For more information email:
specialevents@suffolkny-aa.org



**We Stay Sober
Together**
New Year’s Marathon Meeting



Zoom Meeting 12/31 @ 6pm through 1/1 @ 5pm

Meeting ID: 989-7393-1417
Password: 532292