

January, 2025

Vol. 52 - No. 09



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

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

**“Recovery teaches us that
every day can be a new beginning.
January reminds us that
the journey is always forward”
- Anonymous**



Visit us at
suffolkny-aa.org

SIA Business Meeting

Held last Tuesday of every month

January 28th, 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 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>



2025 VIRTUAL

Northeast Regional A.A. Service Assembly

HOSTED BY



FEBRUARY
21 - 22 - 23

PURPOSE

The purpose of the Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA) is for GSRs, DCMs, Area Committee Members and Intergroup/Central Office Representatives of the Northeast Region to:

- discuss General Service Conference issues/concerns.
- address Recovery, Unity and Service in the NE Region.

PROGRAM

- **Panel Presentations** on current A.A. issues.
- **Floor Discussions:** including the Northeast Regional Trustee's report
- **Roundtable Sharing Sessions** Topics include:

Accessibilities /Remote Communities, Archives, Area Chairs / Alternate Area Chairs, Cooperation with the Professional Community (CPC) , Corrections, Area Delegates/Alternate Area Delegates, District Committee Members (DCMs) / Alternate DCMs/District Committee Member Chairs (DCMCs) / Alternate DCMCs, General Service Representatives (GSRs) / Alternate GSRs, Grapevine/La Viña, Intergroups/Central Offices, Literature, Public Information (PI), Registrars, Secretaries, Treasurers, Treatment, Websites/Technology, Young People, Español



\$35

TO ATTEND BY
PHONE, TABLET
OR COMPUTER.

Register Now



WWW.NERAASA.ORG



TAKE INVENTORY NOW!
¡HAGA INVENTARIO AHORA!

NERAASA • takes its inventory...
hace su inventario...



Taking the 10th Tradition Home

Well, that time of year is here again when the threefold disease of Thanksgiving, Christmas, and New Year's rears its ugly head. Many people look forward to the holidays with fond memories of the past, gathering with friends and family to celebrate in love and harmony—unless, like me, you suffer from the dysfunctional family reunion. There are places I dread going and people I'd rather not see, but sometimes there's no escape route. This is where Tradition Ten comes into my life.

The short form of Tradition Ten:

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

The long form goes deeper:

“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters, they can express no views whatever.”

Now, you might ask: What does that have to do with my family holiday gatherings? For me, everything. Over time, I've learned that staying neutral—on just about anything that might stir up trouble—is the best way to keep my side of the street clean. It's not just about avoiding conflict in the moment; it's about not needing to make amends later for things I said in the heat of the moment.

When certain topics come up—be it politics, religion, or old family feuds—I've made it known, kindly but firmly, that I have no opinion to share. Even when I do have one, I remind myself that voicing it likely won't change anyone's mind. Instead of engaging, I try to steer the conversation toward something we can agree on, like how happy I am to spend time with them. If that doesn't work, I have an escape plan ready—something my sponsor taught me early on.

Through the Twelve Steps and my sponsor's guidance, I've come to understand that my opinions aren't as important as my ego wants me to believe. In those tricky moments, I ask myself: “Do you want to be right, or do you want to be happy?” More often than not, choosing happiness feels better.

As we move through this “holiday trifecta,” I remind myself that “this too shall pass.” When it gets tough, I turn to my Higher Power and the fellowship of A.A. for strength and perspective. Time spent with others in the rooms is often the best antidote to holiday stress. And every day, I thank my Higher Power for bringing me to a place where I can accept that life—and the holidays—are not all about me.

- Ed A.

Dec / Jan Calendar

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)

Jan 7 @ 7:00 pm - 8:00 pm

Corrections Committee Meeting
(virtual)

Jan 9 @ 6:00 pm - 7:00 pm

Web Committee Meeting
(virtual)

Jan 10 @ 6:00 pm - 7:00 pm

Treatment Committee Meeting
(virtual + SIA Office)

Jan 14 @ 6:30 pm - 7:30 pm

Bylaws Committee Meeting
(SIA Office)

Jan 14 @ 7:00 pm - 8:00 pm

Archives Committee Meeting
(virtual)

Jan 16 @ 6:00 pm - 7:30 pm

Special Events Committee Mtg
(virtual)

Jan 17 @ 8:00 pm - 9:00 pm

Suffolk General Service Meeting
(virtual + Emanuel Lutheran Church, Patchogue NY)

Jan 20 @ 5:30 pm - 6:30 pm

Schools Committee Meeting
(virtual)

Jan 20 @ 5:00 pm - 7:00 pm

36 Principles 1 Yr Group Anniv.
(see flyer on page 7)

Jan 28 @ 7:00 pm - 8:00 pm

Treatment Committee Meeting
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

Jan 28 @ 8:00 pm - 9:00 pm

SIA Business Meeting
(virtual + True North)

Around the A.A. Campus

Group Updates

**** NEW ** Crosstalk in Ocean Beach**

New online group called Crosstalk is here. It meets three times a week: Sunday (Grapevine), Monday (Dealer's Choice) and Thursday (Meditation). All meetings are Open and start at 7:00 PM. Zoom ID 898 1525 6813 No passcode needed. By the way, crosstalk is allowed.

Not a Glum

Online meeting Not a Glum Lot has expanded and added a Wednesday 7:30 PM Big Book meeting to its lineup. Zoom 8297 696 5941 Passcode: 12345 Come check out their new addition. They also meet Tuesday (10:00 AM Step) and Friday (10:00 AM As Bill Sees It).

Sisters in Spirit in Bohemia

Sisters in Spirit has changed its Saturday noon meeting to a 10:30 AM. This women's group also meets on Wednesday at 5:45 PM. Where to find them? St. John Nepomucene 1150 Locust Avenue Building 3 Bohemia

Smithtown Afternoon

Big change happening at Smithtown Afternoon. Its Friday meeting will change to a women's format starting January 3, 2025. It will be the first women's meeting ever at the group, which has been in existence since 1973. This will be at 1:00 PM at the 1st Presbyterian Church 175 East Main Street (See photo below)



Smithtown Afternoon

South Shore Serenity in Amityville

South Shore Serenity in Amityville is no more. It met Mondays at 7:30 PM. Please note that this meeting was not connected with another group named South Shore Serenity which is in Oakdale. That group meets at St. Johns Episcopal Church 1 Berard Boulevard every Tuesday and Thursday at 8:00 PM and has been in existence since 1985.

Southampton Group

Truly sad news here. The Southampton Group has shut down. This was one of the first five groups in Suffolk County, started back on February 20, 1947—Seventy-seven years ago! Let's hope someone reading this decides to revive this pioneer group. (See photo below of where first meeting was held in 1947. Thanks to the Southampton Historical Society)

The Things We Cannot Change

We lost two wonderful women in the past month. Judy C, who was one of the co-founders of the Little Red Schoolhouse in St. James and certainly knew how to speak her mind. That group she started has helped scads of people over the years.

The indomitable June E of Northport's Free at Last also left us. During Hurricane Sandy with all the power shut down, June became the voice and ears of Suffolk AA. The phones couldn't be transferred for at least two days and June handled each call with grace and dignity. Many a stranded, soggy alcoholic owes her big time for being there.



**Southampton Group
(founded 1947)**

Never Too Late — Group History

Peconic Landing
 1500 Brecknock Road
 Greenport, NY 11944



Susan is one active octogenarian. A long-time member of Alcoholics Anonymous, she has had a lengthy history of service work — including a stint at AA General Services. When she finally stopped working, she moved to Peconic Landing, a retirement community 100 miles east from her stomping grounds in New York City. That hasn't slowed her down one bit.

Realizing that seniors are increasingly susceptible to the ravages of alcoholism, she started this meeting which is held in the very community where she lives. An AA meeting onsite might help break through some of the stigma and misconceptions connected with this disease. Getting together in a familiar place may provide the safety needed to encourage others to check it out. However, seniors are not the only people this meeting is focused on. Since it is designated as an open meeting, anyone can attend — it isn't limited to only the residents. Outside AAs are equally welcome and Sunday afternoon at 2:00 is an ideal time. There are no other meetings in the area at that time.

The first meeting was held on November 12, 2023 and twenty people—mostly from the surrounding communities of Greenport, Southold and Orient showed up. It meets in the Learning Center which is down a long, winding corridor in the Community Center. Betsy, a local AA with five years of sobriety, was the speaker and the many heartfelt shares made the hour fly by. Susan had a speaking commitment in Manhattan and was unable to attend, but Richard, also a resident of Peconic Landing, stepped in and did an outstanding job. A few minutes after the meeting ended, Susan was on the phone to check out how things turned out.

Whether one is sixteen years old or eighty years old, it is never too early or too late to get sober. This meeting may act like a magnet to attract those in and out of the facility to join the millions who have come into AA before them. People like Lela, who also showed up for the first meeting. She had lived in this community for four years and had a stroke not too long ago, which had seriously affected her memory. One thing she hadn't forgotten was the many gifts recovery had given her in almost sixty years of sobriety. A big smile came across her face when she talked about having this meeting right there on the premises. She has since passed on, but what a gift to have had this meeting available for her. It is for people like her that this meeting already has had a profound impact. She won't be the only one.

S.I.A. Archives Committee
 November 19, 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
- 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
January 14th, 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

Time + Motivation = Success

For many newcomers, the significance of milestones like the three-month coin isn't always clear right away. When I first walked into AA, I had no idea what might be "suggested" to me. But I took one piece of advice to heart: "90 meetings in 90 days." To this day, I know that daily commitment was essential to my sobriety. It shaped my perspective and laid the foundation for a life I never thought possible.



He placed his 24-hour coin at the 12, then added his one-month, two-month, and so on. His plan is to eventually replace each monthly coin with a yearly coin as he continues his journey. I thought: what a beautiful way to visualize progress—both for ourselves and for newcomers looking for inspiration.

Here's an idea: at Beginners' Meetings, in addition to giving some-

one their three-month coin, what if we also offered them one of these clocks? They could use it to chart their progress and celebrate the journey one day, one coin at a time. A few members could even chip in to make it happen. After all, both coins and clocks remind us of one of the most important principles in AA: time—time spent sober, one day at a time.

Whether it's a simple coin, a clock, or just words of encouragement, let's remember that these early milestones are huge. For the newcomer, they're not just about staying sober—they're about building a life worth living.

But it got me thinking: how could we, as a group, recognize the effort that goes into achieving 90 days of continuous sobriety? Should we honor it in a special way, or simply let the milestone speak for itself?

A friend of mine, Tom, shared an idea that really inspired me. One night, he showed me a wall clock he'd picked up at Walmart for just ten bucks. It was an 11-inch clock with numbers just the right size for AA coins. Tom had removed the glass, used double-sided tape to attach his coins over the numbers, and transformed the clock into a personal timeline of his recovery.

- Rick

commUNITY through UNITY

SAVE THE DATE
SUFFOLK COUNTY GENERAL SERVICE UNITY BREAKFAST
Al-Anon Participation

Sunday at 9am
FEBRUARY 16, 2025

Huntington Hilton in Melville
598 Broadhollow Rd, Melville, NY

AREA 49 PRESENTS
57TH SENY CONVENTION

**WORKING TOGETHER,
INCREASING TRUST**

SAVE THE DATE!

MARCH 21ST-23RD, 2025

WESTCHESTER MARRIOTT
670 WHITE PLAINS ROAD, TARRYTOWN, NY 10591

Information about registration and housing will be provided soon. This will include pricing and links for registration, banquet, and hotel rooms. We strongly suggest waiting for this information to take advantage of our special convention room rates.

SIA Officers & Chairs



view contact information for all SIA officers and committee chairpersons by scanning or clicking the QR code or visiting:

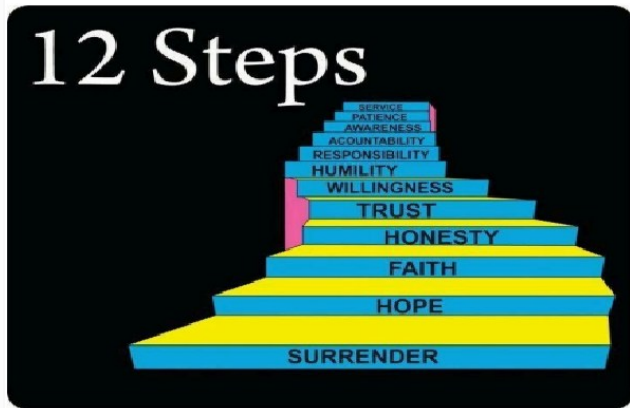
<https://suffolkny-aa.org/contact-us>

Going Through The Steps

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

Saturday, January 4th, 2025

True North Community Church
1101 Lakeland Ave
Bohemia, NY 11716



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!

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 - **Jan. 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>



Look Who's Celebrating One Year 36 Principles Group of AA

January 20, 2025, 5-7pm

5 pm – Food & Fellowship

6 pm – Speaker & Meeting



Local Church, 1070 Portion Rd., Farmingville, NY

SUGGESTIONS

A few days without a meeting

Calling my sponsor takes too much work

I have friends in the rooms

But I am too lazy to make a call

What I do have time for is to call my boyfriend

Waking up too late to pray

Meditation takes too much work

My romance novels replaced the Big Book and other twelve-step literature

Before I know it two weeks have passed by

And even though I am coming up on ten years

And now I am not even doing service work like I enjoy doing

I can lose those nine years and nine months

If I don't get back to basics.

So, I go back to my home group

And I am in awe on how many of my friends missed me.

No one at the bar used to miss me, and remember my name

I wake up early to make room for prayer and meditation

I call my sponsor and a couple of women in my support group

I show up for my service commitments

And my attitude went from grumpy to happy

And even though I suffer from clinical depression

I am not depressed anymore

AA and its suggestions have become my medicine

- Zoie S.

Upcoming Events in the Area

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

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



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



SIA PRESENTS
NYE Party 2024

\$10 ADVANCE
REGISTRATION FEE ONLINE
FOR CATERED DINNER
(\$15 AT THE DOOR)

MARATHON MEETINGS

FOOD FELLOWSHIP MUSIC



DECEMBER 31ST, 2024
5 PM - 12 AM

TRUE NORTH CHURCH
1101 LAKELAND AVE.
BOHEMIA, 11716

Or visit <https://suffolkny-aa.org/newyeareseve-alcathon/>
For more information please e-mail: specialevents@suffolkny-aa.org

SOHO GROUP X LICYPAA
PRESENT

2025 NYE Party

DEC 31, 2024
MEETING AT 7PM
DANCE 8:30PM - 1AM

ST ANTHONY'S CHURCH
155 SULLIVAN ST NY, NY 10012

FEATURING DJ JUNE

FOOD, DANCING, PHOTOBOOTH, FELLOWSHIP
DRINKS AND COAT CHECK AVAILABLE FOR PURCHASE

\$15 ON
EVENTBRITE
PLUS SURCHARGE



\$20 AT THE
DOOR
CASH/ZELLE

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