

February, 2025

Vol. 52 - No. 10



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

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

SUFFOLK COUNTY GENERAL SERVICE

UNITY BREAKFAST

9am Sunday

February 16th, 2025

Huntington Hilton in Melville

598 Broadhollow Rd

**“ In the depth of winter,
I finally learned
there was in me
an invincible summer. ”**

- Albert Camus



Visit us at
suffolkny-aa.org

SIA Business Meeting

Held last Tuesday of every month

February 25th, 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>



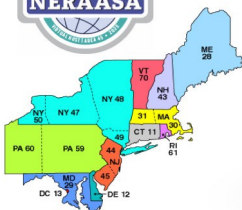
2025 VIRTUAL

Northeast Regional
 A.A. Service Assembly

HOSTED BY

Southern NJ
AREA 45
 A.A.

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

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>



TAKE INVENTORY NOW!
¡HAGA INVENTARIO AHORA!

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



A Different Kind of Service

Hello, fellow A.A. Members. When I started serving deeper down in the Conference Structure in 2019, my service sponsor told me I had to let go of all other A.A. commitments, since participating at that level would require all my energy and attention – and she was absolutely correct. I had to relinquish several other commitments at the time, both in and out of my home group, but only one caused me a lot of pain in the letting go – and no, it was not money-related.

In my fourth year of sobriety I took my first speaking commitment in Corrections, at the Osborn maximum security facility in Somers, CT. Despite my decades of drinking, I had never had to visit a “gated community” other than as a visitor. I took it for two reasons: 1) because I had heard a circuit speaker talk about the power of doing so, and 2) because a District member in CT (whom I respected greatly) asked for speakers. A week before I was due to go, I was ready and prepared to back out, but through an amazing God-moment, I decided to go after all (feel free to ask me about that sometime, it’s a short but pretty funny story!)

Several years after that, I took a speaking commitment at Sing-Sing – another amazing moment. But it was when I started taking a Saturday night meeting into the Riverhead jail, once or twice a month, that the power of a Corrections meeting really took over my consciousness, and the presence of the A.A. Spirit in this type of service became manifest in my life. Surrendering this commitment at the end of 2018 was the only time, before or since, that I have wrestled with the Principle of Rotation.

Why am I writing about this now, just about six years later? Because just last month, thanks to a request for speakers from our Corrections chair, I took my first A.A. meeting into the jail at Yaphank. And guess what – it was like I had never stopped doing it. The magic was still there. And I didn’t have to pick up a drink that night. It made no difference to those in custody that I’m an old drunk who never had to spend a day in jail – all they cared about is that I told the truth as I understand it about our program of recovery, and that I spoke from the heart. And after all, isn’t that what we ALL respond to in Alcoholics Anonymous?

If your sobriety is feeling a little bit listless; if that still, small voice is telling you to step out of your comfort zone; if you’re looking for another powerful way to enhance your own sobriety – even if you only want to do it once – talk with me, or with anyone who has done Corrections service. It is as rewarding as life in our Program gets.

In Service,
Tom B.

February Calendar

Feb 4 @ 7:00 pm - 8:00 pm
Corrections Committee Meeting
(virtual)

Feb 11 @ 6:30 pm - 7:30 pm
Bylaws Committee Meeting
(SIA Office)

Feb 11 @ 7:00 pm - 8:00 pm
Archives Committee Meeting
(virtual)

Feb 13 @ 6:00 pm - 7:00 pm
Web Committee Meeting
(virtual)

Feb 14 @ 6:00 pm - 7:00 pm
Treatment Committee Meeting
(virtual + SIA Office)

Feb 16 @ 9:00 am - 3:00 pm
Suffolk County Unity Breakfast
(Huntington Hilton,
598 Broadhollow Rd, Melville)

Feb 17 @ 5:30 pm - 6:30 pm
Schools Committee Meeting
(virtual)

Feb 20 @ 7:00 pm– 8:00 pm
Special Events Committee Mtg
(virtual)

Feb 21 @ 8:00 pm - 9:00 pm
Suffolk General Service Meeting
(virtual + Emanuel Lutheran
Church, Patchogue NY)

Feb 21 - Feb 23
Northeast Regional Service
Assembly (virtual)

Feb 25 @ 7:00 pm - 8:00 pm
Treatment Committee Meeting
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

Feb 25 @ 8:00 pm - 9:00 pm
SIA Business Meeting
(virtual + True North)

Around the A.A. Campus

Group Updates

**** NEW ** Spiritual Solutions Big Book Step Study**

Spiritual Solutions Big Book Step Study meets every Wednesday 6:30 PM at Thrive 680 Elton Street in Riverhead. Why not head over and support the new kid on the block (see photo below)

Cold Spring Harbor

Cold Spring Harbor's Wednesday 7:15 PM meeting has switched to a As Bill Sees It format. Please note: the login information has recently changed. You can access it by going to Zoom 965 154 7677 Passcode: Steps

Great River in East Islip

The Great River Group will have a new schedule come February 3. Monday Beginners (7:00 PM) and Thursday Big Book (6:30 PM) and Step (7:30 PM). All this is happening at St. Mary's Church 20 Harrison Avenue East Islip.

High Noon in Melville

High Noon in Melville has two women's meetings. BUT the Sunday one at 11:00 AM meets at St. Elizabeth 125 Wolf Hill Road while the 10:00 AM Saturday meets at King of Kings 2611 New York Avenue.

Kings Park Group

The Kings Park Group has switched its Friday format to an open discussion. The group is one of the earliest founded in Suffolk County and meets at 8:00 PM at Lucien Methodist Church 109 Main Street. Come visit them some time.

The Only Requirement

The Only Requirement has finally returned home. While its library home was being renovated, these nomads met elsewhere. It's back and meets online and in person Monday and Friday at 12:15 PM at 407 William Flood Parkway in Shirley. The rest of the week—except Sunday they are online only. Zoom: 461 401 9987 Passcode SERENITY

Peace and Serenity in West Sayville

Peace and Serenity in West Sayville has shuffled up its schedule. It now meets on Tuesday (7:00 PM Beginners) and Wednesday (7:00 PM Step/Tradition) This is happening at the Christian Reformed Church 31 Rollstone Avenue

Open Door in Amityville

Open Door in Amityville has split into two different groups. The in-person will meet Monday, Wednesday and Friday at 10:00 AM, while online will be Monday through Saturday at the same time. In-person meets at Hollywood Baptist Church 3504 Great Neck Road while Online is on Zoom 632 240 6247. No passcode

Mount Sinai Group

The Mount Sinai Group has added Friday Men's and Women's meetings (6:30 PM). This is in addition to their existing Tuesday Beginners (6:30 PM) and Step (8:00 PM) meetings. Visit them at Mt. Sinai Congregational Church 233 North Country Rd Mount Sinai.

The Things We Cannot Change

Lynn S, the grande dame of Patchogue Alcoholics Anonymous passed away. As noted in her obituary "She was a guiding light in the Patchogue Alcoholics Anonymous community, where she mentored countless individuals on their paths to recovery."

Our friend Tony from the Smithtown Afternoon Group has passed on. He will be missed.



Spiritual Solutions Big Book Step Study

Hayground Keep It Simple - Group History

Incarnation Lutheran Church
1553 Montauk Highway
Bridgehampton, N.Y. 11932

Alan, a shoe salesman, started this meeting back in April 1987. The Saturday 7:00 PM closed discussion has met ever since at the Incarnation



Lutheran Church. In 1993, Keep It Simple became non-smoking at the request of the church. With that, Alan, a dedicated smoker, departed his own meeting. Efforts to track down Alan were fruitless. Word on the street was that he moonlighted as a taxi driver and one of the Archives Committee camped out at the train station in hopes of encountering him. That was to no avail but does say something about some committee people's dedication to accomplishing a task.

As of the March 2015 Suffolk meeting list, the name was changed to Hayground Keep It Simple. Just about every AA meeting held at Incarnation Lutheran seems to add the word "Hayground" to its name sooner or later. That the church is located at the intersection of Montauk Highway and Hayground Road might be the inspiration.

Speaking of dedication, even a disruption like the pandemic didn't cause this meeting to flinch. They simply moved to create a hybrid version with both in-person and virtual running simultaneously. Focus ahead on staying sober and things turn out as they should. Can't keep it simpler than that.

S.I.A. Archives Committee

Original history written by Russell M November 9, 2015

Updated September 3, 2023

Two Speaker Meetings — A Rare Breed

In the past, two speaker meetings were more common than they are today and were simply listed as **Open**. Many long-time AA members still associate any meeting labeled as **Open** with the two speaker format.

Today, this format is much less common, and sadly, vagueness has crept into the meeting list. Not all meetings listed simply as **Open** are two speaker meetings, and not all two speaker meetings have a note clearly indicating their format.

The Meeting List Chair would like to bring consistency by adding a meeting note to all two-speaker meetings to clarify their format.

If your group hosts a two-speaker meeting, please let us know by emailing meetings@suffolkny-aa.org. We'd be more than happy to add a note.

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	7:00 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

February 11th, 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



The Spiritual Element

Besides DNA, There Is Another Building Block of Life: **Aa**

A Spiritual Element with Extraordinary Properties

Properties of Aa:

- **Family:** Aa belongs to the Serene family of elements, known for being the most stable and enduring on Earth.
- **Renewal:** It is the only element with a half-life that renews itself daily, a truly unique feature.
- **Stability:** Aa loses all potency when exposed to alcohol. Remarkably, it remains perpetually warm and cannot freeze.
- **Safety:** It is non-flammable and acts as an exceptional fear retardant.
- **Versatility:** Aa bonds effortlessly with any willing element, yet it will not engage with inert or resistant ones.
- **Transformative Power:** Aa is the best-known catalyst for creating Transformium—a substance renowned for its ability to spark profound change.
- **Transparency:** Aa is always transparent, never opaque, allowing its presence and effects to shine clearly.

- **Energy:** Highly charged and active, it is an extraordinary conductor of emotions.
- **Discovery:** Though found worldwide, Aa must be intentionally sought. Curiously, it is discovered anew each day, not by those who merely need it but by those who genuinely want it.

Consumer Warning:

- Aa is completely free. Do not purchase it! If it is not given freely, its properties degrade, and you risk losing not only your money but perhaps much more.
- Be wary of complacency. When you think you have enough Aa, remember—you don't.

Guarantee:

- If sought daily through reading, listening, attending meetings, and reaching toward a Power of your own understanding, Aa promises to restore your life in ways beyond imagining.
- This guarantee is timeless, with no prorated returns and no expiration date.

Despite sounding almost too good to be true, the evidence gathered through my research affirms these remarkable promises.

- Rick

Printed Meeting List

The next printing, dated April 2025, will be available at the SIA Meeting on March 25th.

The deadline for submitting updates to your listing for this printing is February 25th.

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>



THE AA FUNNIES

I keep hearing people refer to AA as a cult. Well if it is I definitely drank the Kool Aid..... it was Grape Vine flavored!!! *

How many alcoholics does it take to change a light bulb? Just one, they hold it up and the world revolves around them.

How many Al-Anons does it take to change a lightbulb? None, they just lovingly detach until it changes itself.

**From Pete Kennedy, Medford Miracles/Beach Bums
Sober date The Ides of March 2020*

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
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

SIA Bylaws Committee

Please join us in our quadrennial assignment:

- ✓ 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 - **Feb. 11th, 6:30 p.m.** at the **SIA Office**.

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

Scan or click



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

for SIA By-laws

The Responsibility Declaration : Origins and Insights

The *Responsibility Declaration* serves as a powerful reminder that, as AA members, we must always be prepared to extend a helping hand to any sick and suffering alcoholic we meet. It urges us to guide them through AA's principles and offer the solution, but its meaning runs deeper.

The declaration was written for the 1965 AA International Convention in Toronto by Al S., a former AA trustee. In the convention's souvenir book, Dr. Jack Norris emphasized:

"We must remember that AA will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our Group, for our Intergroup activities and for AA as a whole. It is in taking responsibility that real freedom and the enduring satisfactions of life are found..."

Bill W. went further. In addressing the convention of 10,000, he stressed that our responsibility includes the need to cooperate with the many agencies engaged in research, education and rehabilitation.:

"We should very seriously ask ourselves how many alcoholics have gone on drinking simply because we have failed to cooperate in good spirit with these many agencies. No alcoholic should go mad or die merely because he did not come straight to AA in the beginning. The first concern of AA members should be with the problem drinkers the movement is still unable to reach."

The *Responsibility Declaration* concludes with a personal commitment:

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA to be there. And for that, I am responsible."

- 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)



commUNITY through UNITY

SUFFOLK COUNTY GENERAL SERVICE UNITY BREAKFAST
Al-Anon Participation

Sunday at 9am
FEBRUARY 16, 2025

Huntington Hilton in Melville
598 Broadhollow Rd, Melville, NY

Tickets to be purchased at
www.aasuffolkgs-ny.org/2025-unity-breakfast

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.

**THE 5TH ANNUAL
ISLAND OF ENTHUSIASM
AA CONFERENCE 2025**
• • • • • LONG ISLAND, NEW YORK • • • • •

FRIDAY, APRIL 4 • 6PM-9:30PM
SATURDAY, APRIL 5 • 9AM-9:30PM
Doors open one hour early for check in and fellowship.

**Take a journey through The Alcoholics Anonymous
program of recovery with:**

- **Mike D.** - Sioux Falls, SD
- **Jennifer H.K.** - Plano, TX
- **Kent C.** - Sandusky, OH
- **Bob D.** - Las Vegas, NV
- **Fr. Tom W.** - Oakland, CA

Speaker Panel, Atlantic Group NYC
Nancy B. • **Cynthia M.** • **Ron B.**

\$60 REGISTRATION INCLUDES:
Continental breakfast Saturday morning at 8am, dinner Saturday night and coffee & snacks throughout.

• • • Registration and hotel information at: Islandofenthusiasm.org • • •
Please register early as space is limited.

The conference is presented by The Island of Enthusiasm AA Group and will be held at
True North Community Church, 1101 Lakeland Ave, Bohemia, NY 11716

For all inquires please email: islandofenthusiasm@gmail.com

THE MOUNT SINAI GROUP

Would like to announce the comeback of
the Men's & Women's meetings!

Starting January 3rd, 2025
Fridays from 6:30 p.m. - 7:30 p.m.

Mt. Sinai Congregational Church
233 North Country Road
Mount Sinai, NY 11766

ALATEEN

**When you're affected by
someone else's drinking**

Click or scan QR code
or Email:

AlateenChair@al-anon-suffolk-ny.org