

April, 2025

Vol. 52 - No. 12



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

**"April hath put
a spirit of youth
in everything."**

— William Shakespeare

Visit us at
suffolkny-aa.org



SIA Business Meeting

Held last Tuesday of every month

April 29th, starting 8:00 p.m.

New Rep Orientation 7:00 p.m.



IN PERSON

**True North Church
1101 Lakeland Ave
Bohemia, NY 11716**



VIRTUALLY

Zoom ID 941 2170 5886
Passcode service
Tel Dial-In (929) 205-6099



Going Through The Steps

I started my sober journey more than 17 years ago in the Riverhead Group. There were not a lot of **Big Book Thumpers** out there at that time. I could easily say that north of 90% of the AA members I came across were using the *Twelve Steps and Twelve Traditions* book to take people through the steps.

My first sponsor made reference to a few passages from the *Big Book* of Alcoholics Anonymous, got me through the first three steps, and eventually got me to write my first inventory. It was one of those inventories that looked like a life story, answering the approximately 40 questions of Step Four in the *Twelve Steps and Twelve Traditions* book. I later got together with my sponsor and did my first Fifth Step.

Less than a month after my Fifth Step with my first sponsor, I met a man named Reverend Kenny M. Kenny was a member of the County Line Group in Amityville. He frequented the Lindenhurst Group and other groups in that area. The County Line Group still exists today. I was told that Kenny took groups of people through 12 steps in 12 hours. I asked a few people about this, and they told me that was ridiculous: "You can't go through the steps in one day!" I soon found out differently.

On page 568 of my Fourth Edition *Big Book*, there is a quote from Herbert Spencer about "contempt prior to investigation." I did my investigating and attended one of these events.

At this event, **Going Through the Steps in a Day**, I heard a lot of things contrary to what I was hearing in the rooms of Alcoholics Anonymous. During a break after the first session, I was able to ask Kenny three or four questions. Within 10 minutes, I was convinced that whatever he knew about presenting the facts—as they are outlined in the *Big Book* of Alcoholics Anonymous—I wanted to know. I stayed the whole day, and Kenny laid the tools at my feet, along with another Kenny, named Kenny K., who was from the Lindenhurst Group.

Kenny M. passed away over three years ago, and Kenny K. just recently passed in the fall of 2024.

I attended three of these events in a four-month period. They were held every two months at the County Line Group. As I went through the event for the third time, I could actually see the structure of how the steps were outlined and how to start using

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

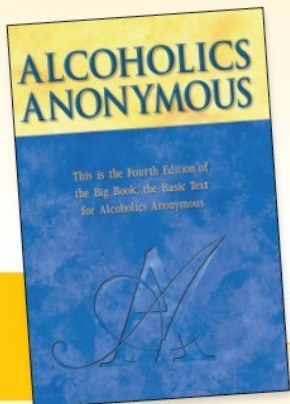
Doors open one hour early for check in and fellowship.

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

(Continued from page 2)

them in my life— to live them. That was when I immediately started sponsoring and helping others, as I was instructed to do in my program of action: Step Twelve.

The more I helped others and passed on what was given to me, the better I became at sharing my experience and applying the spiritual principles to my own life— in all my affairs.

I like to call helping others “working out in the spiritual gym.” On page 85 of the *Big Book* of Alcoholics Anonymous, it states:

“What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

In other words, to keep what I have, I must give it away. Another statement on page 164 of the *Big Book* says:

“Obviously, we cannot transmit something we haven't got.”

My current sponsor chain goes through the steps slightly differently. They take people through the steps in a weekend. One of these events is known as the **State Line Retreat**. I have attended many conferences and roundups whose program follows the same spirit. This is nothing new— it has been going on for decades.

The whole point of these approaches is to remove the stigma and bias surrounding the idea that we can go through the steps quickly. The purpose of doing them quickly is to start using all of them immediately. That doesn't mean we will have a profound understanding of the depth and weight of the steps right away.

It is widely known that when the founders and early AA members went through the steps, it took an average of an afternoon to two weeks to complete the process. It didn't take months or years. You can see evidence of this on pages 262-263 in the Fourth Edition *Big Book*. It tells the story of Earl Treat, who started AA in Chicago in the early 1940s. Dr. Bob was his sponsor and took him through the six-step program in an afternoon.

The six-step program was derived from the Five Tenets of the Oxford Groups, which later became our Twelve Steps. FYI: Earl Treat is also the author of the short form of our Twelve Traditions—the version we see on all the shades hanging in our home groups and meetings. He thought the long form of the traditions was too lengthy.

This article is a plug for the upcoming **Island of Enthusiasm Conference** on **April 4th and April 5th** at **True North Church**, 1101 Lakeland Avenue, Bohemia, NY 11716. (see flyer on opposite page)

Also, on **April 19th**, at **True North Church**, we will have a **Going Through the Steps in a Day** event. (see flyer on back cover)

Please do not have ‘contempt prior to investigation.’ **Keep an open mind, join us as we explore the steps, and see for yourself!**

Love and Service,
Peace and Blessings,

Jim S.

Connect The Dots Group of AA

April Calendar

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

Apr 8 @ 6:30 pm - 7:30 pm
Bylaws Committee Meeting
(SIA Office)

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

Apr 10 @ 6:00 pm - 7:00 pm
Web Committee Meeting
(virtual)

Apr 11 @ 6:00 pm - 7:00 pm
Bridging The Gap Committee Meeting (virtual + SIA Office)

Apr 12
Deadline for submitting your group's
Delegates Questionnaire
aaseny.org/dq2025

Apr 17 @ 7:00 pm - 8:00 pm
Special Events Committee Mtg
(virtual)

Apr 18 @ 8:00 pm - 9:00 pm
Suffolk General Service Meeting
(virtual + Emanuel Lutheran Church, Patchogue NY)

Apr 21 @ 5:30 pm - 6:30 pm
Schools Committee Meeting
(virtual)

Apr 29 @ 7:00 pm - 8:00 pm
Share-A-Thon Committee Mtg
(virtual + True North)

Treatment Committee Meeting
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

Apr 29 @ 8:00 pm - 9:00 pm
SIA Business Meeting
(virtual + True North)

Around the A.A. Campus

Group Updates

Young at Heart / 10:00 AM Group in Islip

No, your eyes aren't deceiving you. The church where both Young at Heart in Islip (Friday at 8:30 PM) and the 10:00 AM Group (Saturday at 10:00 AM) meet has a new name. It is now called One Hope Church and is located at 127 Country Village Lane in East Islip. A friendly reminder to those who do come. Please do not block \ driveways on the street when you park. Always remember we are guests at any facility where we meet. (See photo)

Heart of the Lake

The Wednesday evening Heart of the Lake meeting has been discontinued. Let's hope this is just a temporary measure. It has been around since 1976. Their Saturday 2:00 afternoon meeting still goes on. You can find them at St. Joseph's 25 Church Street in Lake Ronkonkoma.

Wainscott Lincoln and Lee

Wainscott's Lincoln and Lee has switched its Wednesday 1:00 PM format to a topic meeting. They can be found on Zoom ID 553 131 814 Passcode: letmein

Rocky Point Serenity at Shoreham

Rocky Point Serenity at Shoreham has lowered its Monday Open meeting time to 7:00 PM. They also meet Thursday at 7:00 PM (Big Book/Step) at St. Anselm's 4 Woodville Road

Home For Dinner / Home For Dinner Online

It was news to us too. Just found out that the online Home For Dinner split off from the in-person Home For Dinner to become a separate group. They meet Monday to Friday at 5:00 PM Zoom ID 859 3851 9004 Passcode: BigThings. The in-person version still meets seven days a week at various times in the afternoon/early evening. That one meets at Ascension Lutheran Church 33 Bay Shore Road Deer Park.



One Hope Church - East Islip

Port Jefferson Group

The Port Jefferson Group has moved its Monday 8:15 PM Step meeting to Wednesday 7:30 PM. It will rotate with the current Big Book meeting already meeting at that time. They also meet Tuesday 10:00 AM (As Bill Sees It) and Friday 7:30 pm (Open). Where does all this happen? At the Methodist Church 603 Main Street

Amagansett Saturday Night Meditation

Has been deleted from the meeting list. It had been meeting at 6:30 PM. Thanks to those diligent AAs who took the time to report that no meeting was being held. If you go to a meeting and no one is there, let Intergroup know. This way we can keep our meeting information up-to-date.

Whitman Group

The Whitman Group is on the move! Their schedule remains the same (Mon 7:30 PM, Tues 7:00 PM, Thurs 7:00 PM, Fri 7:30 PM and Sat 7:00 PM), but they've found a new home at Dix Hills United Methodist Church, 400 Deer Park Road Dix Hills.

SIA Virtual
Meeting Space



Zoom ID 941 2170 5886
Passcode service
Tel Dial-In (929) 205-6099

Fight Club “The Way Out”



Group History

First Congregational Church
103 1st Street
Riverhead, N.Y. 11901



What better way to kick off a new year than start a brand-new Alcoholics Anonymous group. The date was January 1, 2012 and the group was the Fight Club. Sal, who started the group, thought the name Fight Club would grab the attention of newcomers, and he was right. Three years later, this 7:30 PM Sunday evening meeting was packing in over sixty people. But a name alone doesn't keep people coming back and the strong message of Alcoholics Anonymous is what does the trick. The fact that there are no other meetings in this area offered on a Sunday evening helps too. Since alcoholics are in for the fight of their lives, it's always wonderful to have a new place to take on this disease.

During the pandemic, use of the church was discontinued and members sought out other options. When they were allowed back in, it was business as usual. Back in 2015, Russell M wrote that “the times I have gone to the meeting, it is always good fellowship, good coffee and a good message.” Nothing has changed and no need to pull any punches about it.

S.I.A. Archives Committee

Original history written Russell M February 2, 2015
Updated March 10, 2024

SIA Committee Meeting Schedule

- Archives** (virtual)
2nd Tuesday 7:00 pm
- BTG** (virtual + SIA Office)
2nd Friday 6:00 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)
3rd Thursday 7:00 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

Unity Breakfast

Great time again at the Unity Breakfast held **February 16** at the **Huntington Hilton**.

Congratulations to our friends and fellows at **Suffolk General Services** for another outstanding job. Lots of work is involved in putting one of these on.



2025 Unity Breakfast
Huntington Hilton in Melville

Procrastination and Self-Will — A Subtle Threat to Sobriety

Last March, we had National Procrastination Week—a concept I initially found amusing. But as I reflected on my own procrastination, especially during my struggles with alcohol, I realized it was more than just delaying tasks—it actively shapes our lives. Procrastination isn't laziness. Laziness is apathy, a passive refusal to act. Procrastination, however, is an active process—choosing to do something else instead of the task you know you should be doing.

It often disguises itself as harmless “dilly-dallying”, but for alcoholics, it can be far more dangerous than we realize. The Big Book reminds us, “Our troubles... arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so.” (AA, p.62). We usually associate procrastination with minor tasks—paying a bill, mowing the lawn, making a call. But during those March days, I recognized it as an early warning sign of selfishness creeping back in.

At first glance, postponing chores seems unrelated to drinking. But when I repeatedly ignore tasks and dismiss their importance, I subtly reassert my self-will and self-centeredness. Procrastination deceives us with its smallness—while it does quiet push-ups in the background, growing stronger.

A Cunning Habit

There's no easy rule here. Some tasks feel impossible if I'm not in the right mindset. But I've learned that procrastination can signal a deeper issue—the reawakening of self-centered habits. It doesn't seem tied to drinking, yet it strengthens the impulse to always get my way. Over time, it cultivates entitlement.

When I neglect important responsibilities, am I also neglecting

my program—fewer phone calls, skipped readings, rushed meditations, or missed meetings? It might seem unrelated, but my past tells me otherwise. Many things that mattered never got done because my drinking voice took over.

Wasn't my first drink in the evening an act of will? Didn't I see it as an entitlement? And how well did that work out?

The Slippery Slope of Self-Will

I wonder—when some AA members relapse, does it start with seemingly harmless procrastination? Maybe they developed the habit of only doing what they “felt” like doing, long before alcohol re-entered the picture. If I consistently follow my selfish whims, I risk slipping back into a life where my desires come first and everything else comes second.

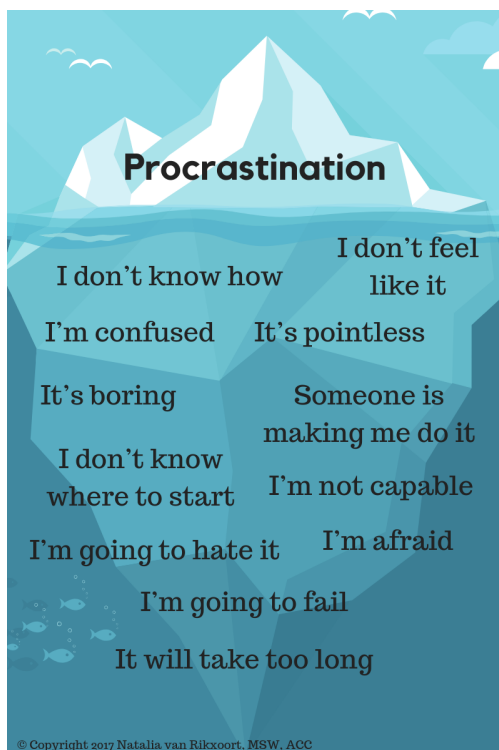
Procrastination isn't just avoiding work—it's avoiding stress, discomfort, or responsibility. That's why it feels so familiar. It's a form of temporary relief, much like alcohol once was. But just like drinking, the relief is short-lived, and the consequences pile up.

Self-centered whims can only be acted upon in the present moment. And procrastination, ironically, is also an activity of the present—one that erodes discipline. If I let it win enough small battles, what stops it from winning the big ones?

Every time I hear myself say, “I don't want to do that right now” I wonder if, somewhere nearby, another alcoholic is saying those exact words—about their sobriety.

So don't procrastinate on taking this seriously. Now you know why this article is a month late.

- Rick



A Season of Growth

Spring is a good time to wake up and shake off any complacency we may have felt through the long winter.

The line between contentment and complacency is very thin. While we may feel content and things seem easy for a time, something unexpected could be ahead—something that throws us for a loop and knocks us off-kilter.

We must be prepared and ready to grow again, just like the beautiful flowers that bloom in spring. We need to remain humble, open to improvement, and willing to embrace change.

- Fran H.

AA History Spotlight — Before Tradition Eleven "Rollicking Rollie" and the Day AA Went Public

On April 16, 1940, young Bob Feller of the Cleveland Indians made baseball history by pitching the only Opening Day no-hitter ever recorded. Of particular note to AA members, however, is the fact that his catcher that day was Rollie Hemsley.



Hemsley was a talented catcher but an even better — or worse — alcoholic. His drinking fueled wild behavior, earning him the nickname "Rollicking Rollie" and causing him to bounce from team to team. Eventually, after being traded to Cleveland, a coach suggested he try attending AA meetings. Dr. Bob himself became his sponsor.

After catching Feller's historic no-hitter, Hemsley was swarmed by sports reporters, many of whom were astounded by the drastic change in him. When asked what had happened, he told them he had gotten sober through AA. This moment became the first national break of anonymity in AA history.

Hemsley reportedly never drank again.

2024 — 2026 Officers & Chairpersons

- Chairperson** **Jim S.**
chairperson@suffolkny-aa.org
- Alt Chairperson** **Allison M.**
alt-chairperson@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
- Big Meeting** **Ed A.**
bigmeeting@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 J.**
schools@suffolkny-aa.org
- Share-A-Thon** **Mariana G.**
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

Upcoming Events in the Area

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

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



STONY BROOK FREETHINKERS

Curious about this new recovery tool ?

Might it help carry the AA message to more alcoholics ?



The primary purpose of any AA meeting is to carry the message of recovery to alcoholics. In this meeting, we do this by studying the Plain Language Big Book (PLBB), a Tool for Reading the Book Alcoholics Anonymous.

Join us for our weekly Literature meeting !

IN PERSON Starting April 2nd, 2025
 Unitarian Universalist Fellowship 380 Nicolls Road E. Setauket, NY 11733
ONLINE Every **Wednesday at 7:30 p.m.**
 1st Wed - Step Study
 2nd Wed - Tradition Study
 3rd Wed - PLBB Study
 4th Wed - PLBB Study
 5th Wed - PLBB Study

MTG ID : 843 5088 8563
 PWD : 297082

For more information, scan the QR code or join us at one of our meetings.



Calling All AAs
The Bulletin
needs your
Voice !!

Have a story to tell? A lesson learned? A poem, a photo, or even a doodle that captures your journey?

The Bulletin is your newsletter, and we'd love for you to be part of it!

Whether it's a personal experience, a reflection on the steps, a moment of gratitude, or even some AA-related humor—we want to hear from **YOU!** Share your **articles, artwork, photographs, poetry, prose, comments, announcements, or anything else** that could educate, inform or inspire your fellow members.

Send your contributions to bulletins@suffolkny-aa.org.

Let's make **The Bulletin** a space where **our fellowship comes to life** — one story, one voice, one share at a time.

We can't wait to see what you've got!

75th General Service Conference Agenda Items & Delegate's Questionnaire Review

A Workshop Series for GSRs & Interested Members



March 13, 20, 27
 April 3, 10
 7:00 PM – 9:00 PM
 (Approx.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12

Join us as we **review and discuss** the agenda items on the **Delegate's Questionnaire**, along with other topics from the **Final Agenda** for the 75th General Service Conference happening this April.

This workshop series provides an opportunity for **Group Service Representatives (GSRs)** and other members to become informed, enabling GSRs to **submit their group's response** to our Area 49 Delegate by **April 12, 2025**.

All are welcome! Your voice matters in shaping the future of AA.

Find everything you need including a reference guide to help answer commonly asked questions, digital submission form, and a downloadable version of the Delegate's Questionnaire here
aaseny.org/dq2025



Join us Virtually on the dates list above

Zoom ID 964 1713 2964
 Passcode 164



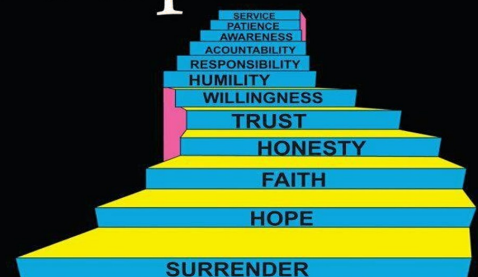
For more information, contact:
 Jim S, Panel 75, DCM District 107, Area 49, SENY
Jim.service2008@gmail.com
 Hosted and moderated by DCMs of Districts 107 and 115

Going Through The Steps

Saturday, April 19, 2025

9:00 am - 5:00 pm

12 Steps



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

FREE EVENT

True North Community Church
 1101 Lakeland Ave
 Bohemia, NY 11716

7th tradition basket will be passed
 Bagel Breakfast, coffee, tea, snacks, lunch TBD

Contact Info : Jim S
jim.service2008@gmail.com

Doors open 8:15am

All 12 Step Programs Welcome to Attend