

May, 2025

Vol. 53 - No. 01



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

**"And the day came
when the risk
to remain
tight in a bud
was more painful
than the risk
it took to blossom.**

– Anaïs Nin



Visit us at
suffolkny-aa.org

SIA Business Meeting

Held last Tuesday of every month

May 27th, 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**



Bridging the Gap

The Treatment Facilities Committee is ramping up the county's BTG program. We need your help !!

To learn more about service opportunities w/ Treatment Facilities Committee scan or click QR code, or visit:

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



**Calling All AAs
The Bulletin
needs your
Voice !!**

Have a story to tell? A lesson learned? 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.

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

SIA Office

We're here to support you and your group in your primary purpose of carrying the message to the alcoholic still in need.

At the SIA Office, you can:

- Purchase AA literature
- Pick up newcomer packets
- Pick up printed meeting lists
- Pick up flyers to distribute at your meetings
- Learn how you can volunteer at the office

VISIT US AT

33 Comac Loop
Suite 1A-1
Ronkonkoma

OFFICE HOURS

Mon - Fri: 9 am - 3 pm
Saturday: 9 am - 1 pm
***Telephone: (631) 654-1150**

For more info, scan or click QR code :

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



**Please call first to ensure that a volunteer is there to assist you*

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>



But One Primary Purpose

At my very first A.A. meeting, people talked about their drinking. This was of vital importance to me. If no one had done that—if everyone just talked about their individual conceptions of God, of their experience with the Steps, and about how wonderful they found the Fellowship—I probably wouldn't have come back.

The solution to alcoholism made available to me that night was not what first connected me to you. The first thing that connected me to you was your drinking. Your reliance on alcohol. Your need for it. The magic and power of it. How it was the center of your existence, or (as one guy put it) “the greatest love affair of my life until the bleepity-bleep turned on me.”

This is what got my attention. I didn't need to be told at the first meeting that you'd found a way to be happy, joyous, and free. I already knew that by the laughter in the parking lot when I arrived, and by the spark in your eye when you smiled and shook my hand near the coffee pot. What I needed—and what you provided—was the knowledge that all the people in that room that night had once been dying from what was killing me.

Tradition Five talks about our primary purpose—to help alcoholics. Does our solution work for other problems too? Apparently so, which is part of the reason why A.A. has so freely granted permission to countless other fellowships to adapt our principles for other problems. However, helping people with “problems other than alcohol” form other fellowships isn't the only reason we've shared our core principles. We've also done it to preserve our own Fellowship.

A.A. is a fellowship of alcoholics. Sure, many alcoholics have additional problems, but it is their problem with alcohol—and their desire to stop drinking—that makes them eligible for A.A. membership.

Inviting non-alcoholics to attend open meetings is a long-standing practice, and one that reportedly has been helpful to such people in their efforts to address other problems. However, as Bill W. writes about in the pamphlet [Problems Other Than Alcohol](#):

“It has also been learned that there is no possible way to make nonalcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.”

If I'd walked into that first meeting and heard someone talking about gambling, and then someone talking about opioid addiction, and then someone talking about being an overeater, I would not have felt the sense of hope that arose in me that night.

A day when a newcomer walks into A.A. and can't identify with those speaking would be a sad day indeed.

- Jim M.

Reprinted with permission from [May 2021 issue of NIAA Newsletter](#)

May Calendar

May 5 @ 7:00 pm - 8:00 pm
Corrections Committee Meeting
(virtual)

May 13 @ 6:30 pm - 7:30 pm
Bylaws Committee Meeting
(SIA Office)

May 13 @ 7:00 pm - 8:00 pm
Archives Committee Meeting
(virtual)

May 8 @ 6:00 pm - 7:00 pm
Web Committee Meeting
(virtual)

May 9 @ 6:00 pm - 7:00 pm
Bridging The Gap Committee Meeting (virtual + SIA Office)

May 15 @ 7:00 pm– 8:00 pm
Special Events Committee Mtg
(virtual)

May 16 @ 8:00 pm - 9:00 pm
Suffolk General Service Meeting
(virtual + Emanuel Lutheran Church, Patchogue NY)

May 19 @ 5:30 pm - 6:30 pm
Schools Committee Meeting
(virtual)

May 27 @ 6:30 pm - 8:00 pm
Treatment Committee Meeting
(virtual + True North)

May 27 @ 7:00 pm - 8:00 pm
Share-A-Thon Committee Mtg
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

May 27 @ 8:00 pm - 9:00 pm
SIA Business Meeting
(virtual + True North)

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

**Full Event
Calendar**



Around the A.A. Campus

Group Updates

Our Next Chapter

A new group has joined the Suffolk AA team. It is called Our Next Chapter and meets at St. Mary's Episcopal Church 315 Lake Shore Road Ronkonkoma Sunday 7:00 PM (Beginners). Why not check them out. (see photo on page 6)

Spiritual Circle

Spiritual Circle has stopped meeting. Neighborhood Sobriety will be moving into their time slot (Friday at 7:30 PM) at St. Andrew's Episcopal Church 250 Neighborhood Road Mastic Beach. They already meet Fridays at 10:00 PM. That meeting will still continue for all you night owls.

Wainscott Zoomers

A brand new online group called Wainscott Zoomers is here. This Closed Topic will meet every Monday and Wednesday at 1:00 PM. ID 870 0165 7211 No passcode. A great place to spend an early Monday afternoon.

Organic Mustard Seed

Organic Mustard Seed is expanding. Already meeting Monday to Friday at 7:30 AM (with a variety of different formats), they now have added a Wednesday 3:00 PM (As Bill Sees It) meeting. There are no afternoon meetings in Riverhead, so this should prove to be very helpful. They can be found at 10 Flanders Road—near the traffic circle— on the second floor of the health food store.

Stony Brook Freethinkers

Freethinkers has added a **Plain Language Big Book Study** to their Wednesday rotation: 1st Wed Step, 2nd Wed Tradition, **3rd-5th Wed PLBB Study**. Meetings start at 7:30 PM and are hybrid— held in person at Unitarian Universalist Fellowship 380 Nicolls Rd and on Zoom ID: 843 5088 8563 Passcode: 297082. PS The group also meets on Friday at the same time for an Open Discussion meeting. Be sure to check them out!

Keep It Simple/Early Birds

Keep It Simple/Early Birds has added a Saturday 8:30 AM meeting. This is different timewise from their Monday to Friday meetings, all of which are at 7:00 AM.

These are all hybrid meetings—face-to-face and phone. The face to face meets at St. Mary's Episcopal Church 26 St. Mary's Road Shelter Island. The phone ID is 978 990-5000. Passcode: 891721#

Happy Hour of Amagansett

Information about Happy Hour of Amagansett has been updated. This is an online meeting with a Daily Reflections format and meets Friday at 4:30 PM Zoom ID 844 5451 8684. Passcode: 505622.

Middle Road

Bayport Middle Road has added a Tuesday 1:00 PM in-person only Literature meeting. Join them at United Methodist Church 482 Middle Road. They also hold hybrid meetings Monday 6:30 PM (Beginners) and 8:00 PM (Step), Friday 6:30 PM (Big Book) and 8:00 PM (Open) and Saturday 8:00 AM (As Bill Sees It).

Road Dogs

Port Jefferson's Road Dogs has added a Tuesday evening 7:00 PM to their schedule. They still meet Sundays at 8:30 AM (Big Book) and 9:30 AM (Beginners). Join them at Hope House 1 High Street. Reminder: this is a men's group.

Smithtown Serenity

The Times they are a-changin. Smithtown Serenity has moved its Thursday Big Book meeting to 7:00 PM. Where? St. Andrews Lutheran Church 30 Brooksite Drive. This group also meets Monday 7:30 PM (Both Step and Beginners), Thursday 10:00 AM (Closed) and 7:00 PM (Big Book) and Saturday 7:30 PM (Open Speaker). Zoom ID 431 393 3180 Passcode: serenity

Early Birdies

Early Birdies has changed its Zoom information. It is now ID 394 5090 344 Passcode: blessings. They meet seven days a week online at 7:00 AM with different formats.

Whitman Group

Our apologies! In last month's Bulletin, we got the schedule of the Whitman Group all wrong. They meet on Monday 7:30 PM (Step and Big Book) and Friday at 7:30 PM (Beginners). The one thing we did get right is that they have moved to the United Methodist Church 400 Deer Park Road Dix Hills. Come visit them.

Oakdale Bohemia Idle Hour - Group History

St. John's Episcopal Church
1 Berard Boulevard
Oakdale, N.Y. 11769

Idle Hour registered with Alcoholics Anonymous World Services on St. Valentine's Day 1972. The original contacts and, in all likelihood, the co-founders were some well-known AA's from the area like Otto N, Matt F and Jack D. The group turned out to be nomadic over the years, moving from place to place.



Their first spot, and their namesake, was at the now defunct Dowling College, which was located in Oakdale at the William Vanderbilt mansion called Idle Hour. They met on Tuesday and Saturday. Their stay was short-lived. Around 1973/74, they moved to Peace Lutheran Church in Bohemia. With this move, came changes to the meeting days. Now they met on Sunday and Thursday. This stay would last about ten years until a change noted in the November Suffolk 1984 meeting list. Next, they stopped for a spell at the Senior Center on Greene Street in Sayville. Days again changed. This time to Monday and Thursday.

The Senior Center was but a brief encounter as Idle Hour once again moved on to St Luke's Episcopal Church in Bohemia as of February 1985. Naturally, another new schedule had them meeting on Tuesday and Friday now. By May 1991, they headed over to the PACE Counseling Center on Vets Highway in Bohemia and of course it wouldn't be the same without another switch in days. Here they would meet on Monday and Friday. That, too, turned out to be a short stay. Within three months, they were back meeting at St. Luke's with a change to Tuesday and Friday.

Their sixth move showed up in the February 1992 meeting list. Here it was noted that they found a new home at the B'nai Israel Reformed Temple in Oakdale. Tuesday and Thursday became their days to meet. With this move, the group name was also changed to Oakdale Bohemia Idle Hour, which reflected the bouncing back and forth between these two towns. By August 1996, the group settled into one of their former locations at 680 Ocean Avenue in Bohemia. When they met around 1974 to 1984, the church was called Peace Lutheran Church. The church had been renamed Peace Christian Church. For their first two years here, the days were Tuesday and Friday. Thereafter, it became Tuesday and Thursday. But old habits die hard and off the flock moved again for what is hoped to be their final exodus.

As of November 2002, they moved in at St. John's Episcopal Church in Oakdale. Although they meet in the basement of the Parish House, there have been occasions they have had use of the church. The church was built in 1765 and is a beautiful structure steeped in history. Idle Hour is also steeped in history. Theirs is a history marked by twists and turns. However, many disruptions came along, they always bounced back. Things don't always go according to our plans and learning flexibility may not be easy—but is necessary. This group has gone through a roller coaster ride and has picked itself up time after time. Today, they meet only on Wednesdays at 7:30 PM with a Step meeting. Since 1972, Idle Hour has been anything but idle.

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 6:30 pm

Web (virtual)
2nd Thursday 6:00 pm

SIA Business Meeting
(virtual + True North)
last Tuesday 8:00 pm

Spiritual Experience or Spiritual Awakening

Is there a difference between Spiritual Experience and Spiritual Awakening?

According to Bill Wilson, there isn't any. In a letter to AA historian Mel B. regarding his spiritual awakening, Bill writes:

"I often fail to make the point that every AA who has the program gets the same thing. The only difference that I can see is that most experience is strung out over a long period of time. In these sudden events I think the ego gives way at the depth to a complete collapse, at least momentarily, that permits a huge inrush of grace that brings a vision. In most cases grace leaks in little by little therefore I can't hold with most theologians that the sudden experiences are something very special and unique if you were to take the sum total of your own transformation since you have been in AA and condense the whole business into 6 minutes you too would see the stars and more."

What Bill is saying is that our collective experiences over the course of our sobriety are equal to his "White Light" experience. I find this to be extremely comforting.

I remember the first time I saw Step 2 on the shade: "Came to believe that a Power greater than ourselves could restore us to sanity." I had no faith and didn't believe in any "Power greater than myself," let alone "God." But my first sponsor, Chris, assured me that this was a process. He always said, I came – I came to – I came to believe.



Our Next Chapter

I think that's what Bill meant by grace leaks in little by little. In my opinion, grace does leak in—step by step. Each step I take causes a little bit more ego deflation, and as my ego collapses, I see a different vision for my life and my relationship with God.

After Chris explained that my recovery is a journey and a process, I had the courage to go on. I did turn my will and my life over to God as I understood Him at that point—but there was more to come.

Time to start writing. I put down on paper what my resentments were and what part of me they affected, only to discover, when talking about it, that it was all about my ego—and my part was usually my ego protecting me. More chipping away. Another deflation.

Once again, I turned to my Higher Power— who I now called God— became willing, and asked Him to take away these obstacles blocking me from Him, others, and a contented life. A couple more steps, some more ego deflation, to complete the clearing of the wreckage of my past and sweep my side of the street.

As promised, I was amazed before I was halfway through. I found a new freedom and a new happiness that I had heard other people talk about, and I finally realized that God, all along, was doing for me what I could not do for myself.

The final steps of my journey taught me how to admit my mistakes, how to look to God for guidance, and how to put other people before myself. What a long way from those words: I came – I came to – I came to believe.

Chris was right—it is a process. A process that continues today, through good times and troubles, through my stumbles and mistakes. God's grace can enter through the cracks as I continue to go through the process of character building and trying to be the person God intended me to be.

- Ed A, Third Legacy Chairperson

Twelve Step Villanelle

Days become months, there are twelve in a year
 Twelve steps that promise a highway to hope
 I am finally free to live without fear

Those steps once looked steep to this mountaineer
 When I spent my nights scoring booze and dope
 Days become months, there are twelve in a year

I felt disgusted, nothing to see here
 When the rooms reached out and threw me a rope
 I am finally free to live without fear

Read the big book, listen, breathe, volunteer
 Make meetings, work the steps, help others cope
 Days become months, there are twelve in a year

Those that you cherish slowly reappear
 No longer balancing on a tight rope
 I am finally free to live without fear

My disease wants me dead, that much is clear
 But my higher power arms me with hope
 Days become months, there are twelve in a year
 I am finally free to live without fear.

- CDC, 164 Group, E. Northport NY

Spring Sobriety

Spring is a time of awakening and reinvigorating the soul. Everywhere flowers and trees are coming back to life and filling the air with the freshness of the season. Friends and family and neighbors are all around.

But it can also be a precarious time for those of us in recovery. It can be misplaced optimism and act as a trigger to step back to our past lives and relive the good, fun, but risky times.

The times when we threw caution to the wind and took back our will. Spring feels good, and so does drinking. If these feelings do creep up remember the journey you've taken and the changes you've made and remember how to live sober at this joyful time.

- Fran H.

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.	Shannon O. recsec@suffolkny-aa.org
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Special Events	Tiffany 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	Matt C. 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 ?

PLAIN LANGUAGE BIG BOOK

A Tool for Reading Alcoholics Anonymous

This is A.A. General Service Conference-approved literature

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

Unitarian Universalist Fellowship
380 Nicolls Road
E. Setauket, NY 11733

Starting April 2nd, 2025

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

ONLINE

MTG ID : 843 5088 8563
PWD : 297082

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



KEYS TO SUCCESS

Long Island Committee of Young People in Alcoholics Anonymous
Unity Sponsorship Service

Join us for free, interactive and hybrid workshops and q&a where you will acquire essential skills needed in all stages of sobriety.

Date: May 10th 2025

Time: 2-5 pm

Zoom Meeting ID:
846 6825 9768

1324 Motor Parkway, Suite 102
Hauppauge, NY. 11749

More info:

LICYPAAevents@gmail.com

SUFFOLK INTERGROUP ASSOCIATION
of ALCOHOLICS ANONYMOUS
presents

Founders' Day Brunch



June 8th, 9 a.m. - 12 p.m.

St. Joseph The Worker Church
510 Narragansett Ave
East Patchogue, NY 11772

Brunch Menu

French toast, eggs, bacon, sausage, muffins, fruit, juice and coffee.

James D.

Rockland County Past Area 49 Archivist

Will give a presentation on the History of AA celebrating 90 Years

Susan U.

Suffolk County Past GSO staff member, sober over 50 years

Compiler of the book "Our Great Responsibility"

Will speak on the history of AA

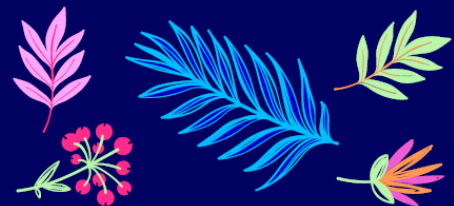


Advance Tickets : \$25

Includes a catered brunch

Only 100 tickets available
No tickets will be sold at the door
Doors will open up around 8:30 a.m.

Journey Through the Steps Al-Anon with AA Participation



Saturday
June 28th



• 10:00AM – 2:00 PM •

• True North Community Church •
1101 Lakeland Ave, Bohemia

Any questions contact AAliaison@al-anon-suffolk-ny.org

Light Refreshments •

FREE EVENT (7th Tradition Basket will be passed)

Please join us as we continue sharing our Experience, Strength and Hope on Steps 4, 5 and 6 with both Al-Anon & AA Speakers