

June, 2025

Vol. 53 - No. 01



SUFFOLK INTERGROUP ASSOCIATION

# Bulletin

**"Continuous  
improvement  
is better than  
delayed perfection"**

**— Mark Twain**



Visit us at  
[suffolkny-aa.org](http://suffolkny-aa.org)

# SIA Business Meeting

Held last Tuesday of every month

**June 24<sup>th</sup>, 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](mailto:bulletins@suffolkny-aa.org).

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

## Looking for AA Literature? We Have You Covered

You can purchase AA literature at the SIA Office, which stocks most AA books & pamphlets. Anything we don't carry can be ordered for you.

Payment accepted by cash, check or credit/debit card.

You can also **email the Literature Chair** at [books@suffolkny-aa.org](mailto:books@suffolkny-aa.org) with your order details, and your items will be ready for pickup at the next SIA Business Meeting.

### SIA OFFICE

33 Comac Loop  
Suite 1A-1  
Ronkonkoma

### OFFICE HOURS

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



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

## Grapevine & La Viña

The **Grapevine Chair** would like to **visit your meeting in person**, and set up a table displaying the wide array of literature offerings available from AA Grapevine and AA La Viña. **Email [grapevine@suffolkny-aa.org](mailto:grapevine@suffolkny-aa.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](mailto: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>



## Intergroup vs. General Service What's the Difference?



Good day, fellow A.A. Members. The title above is not meant as some kind of fatalistic throwing-up-of-the-hands in defeat. Rather, it's to stress the importance of A.A. service overall, and to help those who are new to service below the group (and perhaps other members as well) understand the difference between the functions of Intergroup and General Service in Alcoholics Anonymous.

In the current version of the *A.A. Service Manual (2024-2026 Edition)*, specifically in *Appendix S* (page 166) there is a 4-page explanation titled "General Service and Intergroup / Central Offices." If you don't have the Service Manual, you can also view it / download the pages by clicking or scanning the QR code next to the title of this article. It is informative, comprehensive and current. But if that kind of research is not within your time budget or interest, let me give you a single paragraph from my 2016-18 AASM edition, page S41:

*"Traditionally, general service committees and intergroup/central offices have performed different functions. Central offices provide local services; general service committees maintain the link between the A.A. groups and the A.A. General Service Board by means of the Conference. So these two **separate but vital service structures** coexist in many areas in mutual cooperation and harmony." (Bold text added for emphasis by me).*

I got sober in Connecticut; at that time and place, intergroup basically handled speaker exchanges, and general service handled everything else. When I moved down to Long Island, I found that SIA was much more dynamic and involved than I was used to. This paragraph helped me sort out my confusion. I share sometimes that, for me at least, general service and intergroup are kind of like the army and the navy: two different functions, both critical, but ultimately working towards the same goal. Not a great analogy, but it works for me.

The point of all this? Whether your preference for service below the group level is intergroup (boots on the ground, seeing the results of 12<sup>th</sup> Step work quickly) or general service (making sure that Alcoholics Anonymous is around for the *next 90 years, so that alcoholics have a place to go for recovery*): *make the commitment, do the commitment, and honor the commitment.*

**All** A.A. service is important. From sponsorship (honored by Bill W. in Concept IX), to the coffeemaker or greeter, to the SIA Rep or General Service Rep, to all the committee and servant-leadership positions further down the "upside-down service triangle" – keep doing service. Or, as I've said many times over the past decade: "It's not important what A.A. service I'm doing, but it's critically important – for my own sobriety and for the sake of Alcoholics Anonymous – that I'm doing service."

In Service,  
Tom B.

## June Calendar

**Jun 2 @ 7:00 pm - 8:00 pm**  
Corrections Committee Meeting  
(virtual)

**Jun 8 @ 9:00 am - 12:00 pm**  
**Founders' Day Brunch**  
(St. Joseph the Worker)  
**ADANCE TICKETS ONLY**

**Jun 10 @ 6:30 pm - 7:30 pm**  
Bylaws Committee Meeting  
(SIA Office)

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

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

**Jun 13 @ 6:00 pm - 7:00 pm**  
Bridging The Gap Committee  
Meeting (virtual + SIA Office)

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

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

**Jun 24 @ 6:30 pm - 8:00 pm**  
Treatment Committee Meeting  
(virtual + True North)

**Jun 24 @ 7:00 pm - 8:00 pm**  
Share-A-Thon Committee Mtg  
(virtual + True North)

New Intergroup Rep Orientation  
(virtual + True North)

**Jun 24 @ 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

### Women's Group of Hampton Bays

The Women's Group of Hampton Bays has disbanded after eighteen years. They helped many ladies along the way. Sad to see them go.

### Beach Bums

It's back to the beach. Beach Bums has returned to meeting at Corey Beach, Blue Point after relocating to Blue Point Baptist Church for the colder months. They meet seven days a week at 8:00 AM. Bring your beach chair, coffee, sunscreen and come prepared to enjoy a great outdoor meeting.

### Let It Begin With Me

Let It Begin With Me at Grace Presbyterian Church 425 Hawkins Road Selden has shifted its Saturday Open to a 6:30 PM time. Why not make a point of checking it out.

### Shelter Island Keep It Simple/Early Birds

All meetings Monday to Friday (7:00 AM) at Shelter Island Keep It Simple/Early Birds are now Closed. However, their Saturday (8:30 AM) is Open. They do a hybrid in-person and phone. St. Mary's Episcopal Church 26 St. Mary's Road or phone in at 978 990-5000 Passcode 891 721#

### Orient Step Group

The Orient Step Group has gone underground. They have moved downstairs to the basement of the Congregational Church. The schedule remains the same—Monday (Step) and Friday (Big Book)—both at 9:00 AM. Same address too: 23045 Main Road.

### Sisters in Spirit / Namastay Sober Angels

Sisters in Spirit is now known as Namastay Sober Angels. The same schedule of Wednesday (5:45 PM) and Saturday (10:30 AM) still applies. And they still meet at St. John Nepomucene (Building 3) 1140 Locust Avenue in Bohemia. Namaste!

### Cherry Grove Off-Island

Cherry Grove Off-Island, which meets online seven days a week at 6:00 PM, has changed its passcode. To get in use the Zoom ID 817 779 951 — **passcode 11782**

### Corona Beach

Corona Beach has moved back to Tiana Bayside Facility 89 Dune Road Hampton Bays. They meet every day at noon.

### Kindred Spirits

Kindred Spirits of Riverhead is back in action. Every Saturday at 11:00 AM and Wednesday at 6:30 PM. This happens at Grangabel Park Roanoke Avenue. On rainy days the meetings are held under the gazebo (Roanoke Avenue and First Street).

## In other news...

### Huntington Group

Generally we don't note anniversaries in this column, but the Huntington Group **celebrated 79 years**. That's worth mentioning.

### Whoopee Party

Here's an eye-opener for you. The Whoopee Party of Kings Park has a basketful of reading glasses available at their meetings. This way even those of us with slight vision issues can read the Big Book along with everyone else there. The meeting is held every Sunday at 2:00 PM at St. Joseph's School 59 Church Street.

### Grapevine News

A tip of the hat to Matthew C of Coram. His story "*Whooooole Bunches of Love*" appears in the May 2025 Grapevine. Great stuff!

## Seasonal Meetings

'Tis the season when many groups resume meeting at their summer location.



There are way too many to list here individually, but if yours is one of these and you are back in business, kindly contact the meeting list chairperson (meetings@SuffolkNY-AA.Org) and let us know.

Likewise let us know if you stopped meeting. Keeping our meeting information accurate is vital.

# Serenity Sisters Group History

755 Waverly Avenue  
Suite 205  
Holtsville, N.Y. 11742

Sometimes miraculous things arise out of tragedy. Such was the case when Sheri suffered the loss of her son. That brought her to a place called Thomas'



Hope Foundation. This agency was created by a mother who also lost a son and wanted to help others. Sheri not only found hope; the director invited her to start a women's Alcoholics Anonymous meeting right there. By that time, Sheri had accumulated a sober support network and three years sobriety.

Serenity Sisters was started on September 9, 2023 and meets every Thursday at 7:00 PM. Word of mouth and flyers passed out at meetings paved the way for the first two months. Without the benefit of a listing, it was already drawing an average of 25 ladies a week. The listing online and on the app appeared mid-November.

The meeting is an open discussion topic with a speaker. Two women from the Archives Committee went to check it out and reported that there was a mixture of familiar faces from the Brookhaven Women's Group, which is Sheri's home group, and people young in sobriety. "It was a packed house."

Metal chairs are set in rows in a bright looking room. A Keurig machine makes coffee. Newcomer packets of literature are there for the asking, as are meeting lists. Coins are given out for various lengths of sobriety time. Since there are newcomers galore, these go quickly.

One of the regulars at this meeting owns four sober houses, so a few ladies come along with her each week. When the numbers increase, and there are all indications that will happen, there is an adjoining room that can be pressed into service to deal with the overflow crowd. All the bases are covered. These women mean business. That's not to say all is doom and gloom. There is an abundance of laughter here, too.

Out of adversity comes great things. This meeting is a prime example of what happens when grief gets channeled into helping others. Many women will walk into this room broken in spirit and walk away women of grace and dignity. That's nothing short of a miracle.

**S.I.A. Archives Committee**

## SIA Committee Meeting Schedule

<b>Archives</b>	(virtual)
2nd Tuesday	7:00 pm
<b>BTG</b>	(virtual + SIA Office)
2nd Friday	6:00 pm
<b>Bylaws</b>	(SIA Office)
2nd Tuesday	6:30 pm
<b>Corrections</b>	(virtual)
1st Tuesday	7:00 pm
<b>Schools</b>	(virtual)
3rd Monday	5:30 pm
<b>Share-A-Thon</b>	(virtual+True North)
last Tuesday	7:00 pm
<b>Treatment</b>	(virtual + True North)
last Tuesday	6:30 pm
<b>Web</b>	(virtual)
2nd Thursday	6:00 pm
<b>SIA Business Meeting</b>	(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**  
**June 10th, 7:00 PM**  
or

**Contact the SIA Office at**  
**(631) 654-1150**

November 20, 2023

# I Stopped In Time

My name is Mike, and I am an alcoholic. I have no war stories from my drinking days. Before AA there were no bar fights, no arrests, no DUIs, no blackouts, and no rehabs. I have always held a steady job. I am happily married. I came to AA simply because I had a desire to stop drinking, and I was assured that this was the only requirement for membership. I am one of those who was fortunate enough to stop in time.

I grew up in an alcoholic home. My father was a well-respected doctor and a periodic drinker who suffered with the disease of alcoholism. I was the oldest of 5 children and a good student who never got into trouble.

While I was away in college my father's alcoholism progressed. He hit his bottom and then thankfully began attending AA. This was the beginning of recovery for my entire family. I participated in Al-Anon where I learned about the disease of alcoholism. I learned it is a **family disease** in that it impacts everyone in the family. I learned that this disease is progressive; that over time things get worse, never better. I learned that if not treated it ends in jails, institutions, or death. I learned, importantly, that this condition often runs in families and that therefore I was at risk.

With the help of AA and Al-Anon the family situation greatly improved. I followed my father's footsteps into medicine. Throughout a long period of medical training my life was good. I got married and started a family.

There was no drug or alcohol use during those many years, and I can't for the life of me remember the beginnings of my problem drinking. It began slowly and it progressed over time. At some point I began to drink after work in order to relax. I often drank alone. As time went on I began a more secretive pattern. I hid how much I was drinking. I had a stash of alcohol in the garage.

As time went on these behaviors progressed and my world became smaller. I began to isolate and I would often feel depressed. To the outside world everything seemed fine. I had a great career, a nice house, beautiful children, and a lovely wife. But inside I was miserable.

My **jumping off point** was when my wife told me I needed to get some help and that she would leave me if I didn't.

I had become what the *Big Book* calls an **“actual or potential alcoholic, even though no serious harm yet had been done.”**

I was convinced, as the *Big Book* says, that **“compulsive alcoholism already had me, and that complete ruin would be only a question of time.”**

Armed with my knowledge of the nature of alcoholism, and my early family experiences with AA and Al-Anon, I came to AA. I attended beginners' meetings at first and I took suggestions. I attended 90 meetings in 90 days, got a home group, took a commitment as coffee maker, got a sponsor, and started working the Steps.

Sure enough, before long The Promises started to come true: I began to know a new freedom and a new happiness; I could comprehend the word serenity and I knew peace. I gained interest in my fellows; I became able to handle situations that used to baffle me; my whole attitude and outlook upon life changed.

It has become clear to me that by coming to AA early on I was saved from what likely would have been endless pain and suffering. I am grateful for having stopped in time.

- Mike I



**SHARE-A-THON**  
*Committee Meeting*

LAST TUESDAY  
OF THE MONTH  
@ 7:00PM

**VOLUNTEERS NEEDED**

**IN PERSON & HYBRID**  
True North Church  
1101 Lakeland Avenue, Bohemia, NY 11716  
ZOOM ID: 941 2170 5886  
PASSWORD: service

Contact Marianna:  
[SHARE@SUFFOLKNY-AA.ORG](mailto:SHARE@SUFFOLKNY-AA.ORG)



## MEETING SPOTLIGHT

### “As Bill Sees It” Tuesdays

**Bridge To Sobriety** in Babylon holds four weekly meetings— three literature based meetings and one open discussion meeting.

On **Tuesday mornings 7:00 AM** we read from *As Bill Sees it*. The chairperson invites someone to read the day’s passage and start the sharing by reflecting on how it relates to their own experience. From there, the sharing continues round-robin around the room.

In my opinion, of the three literature meetings, this meeting really stirs something up in the group every week. As the sharing unfolds, the depth of feeling and connection to the reading often brings us closer to one another—and closer to our Higher Power.

In late 2023, the group decided to read the book straight through from page 1 to 332, rather than picking pages at random. The first reading, “*Personality Change*” was shared on November 7th 2023. We’ve recently reached page 78 “*Clearing a Channel*”. God willing, the final page, “I Am Responsible,” will be read on June 17, 2031—completing a journey of seven years and seven months.

If you’re looking for a meaningful way to start your Tuesday, come join us. All meetings begin at 7:00 AM at Christ Episcopal Church, 12 Prospect St., Babylon.

In addition to Tuesdays, we also meet:

- Sunday – Open Discussion ( there is also an outdoor meeting at the same time at Captree State Park )
- Thursday – Step Meeting
- Friday – Big Book Study

We also meet online at the same times using :

Zoom ID : **860 7064 7539**  
Passcode : **bridge**

We hope to see you at one of our meetings.

CLICK OR SCAN



FOR MORE INFO

- **Pete V., alcoholic**

## Progress not Perfection

Our only aim in Alcoholics Anonymous is to continually make progress. Striving for perfection, which is unattainable for any human being, will only serve as a hindrance to achieving sobriety. When you fall short of your expectations you’ll be setting yourself up for disappointment and failure. It might even cause you to give up.

Overcoming your character flaws is all you need to do. As long as you’re making an honest attempt to do better and to be a better and healthier person you’re making progress. And you continue on your journey.

- **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
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	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>



JOIN US TO CELEBRATE

# YOUNG, WELD & FREE

## 2<sup>ND</sup> GROUP ANNIVERSARY

**TUESDAY JUNE 10TH 2025**

FOOD | MUSIC | SOBRIETY COUNTDOWN | SPEAKER

**7:00PM - 9:00PM**

SETAUKET PRESBYTERIAN CHURCH  
5 CAROLINE AVE SETAUKET, NY 11733

ALL ARE WELCOME! YOUNG AT HEART!

YOU'RE INVITED TO

## The Primary Purpose Group's Anniversary

FOOD FELLOWSHIP SPEAKER

WE DO RECOVER

**06.25.25 WEDNESDAY 7PM**

ST. JOHN NEPOMUCENES CHURCH  
1150 LOCUST AVE., BOHEMIA, NY 11716

LONG ISLAND COMMITTEE OF YOUNG PEOPLE IN AA PRESENT:

# 21ST ANNUAL LUAAU

Sunday July 20<sup>th</sup> 2025  
10 AM - 5 PM : 4 PM meeting  
Robert Moses State Park Field #2  
(Picnic area to the right of the parking lot)

BBQ | BEACH | VOLLEYBALL | FELLOWSHIP

\$10 parking per car  
\$15 Suggested Contribution day of

LICYPAAevents@gmail.com

\$10 suggested contribution when you pre-register!

## 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 [AAIaision@al-anon-suffolk-ny.org](mailto:AAIaision@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