

July 2025

Vol. 53 - No. 03



SUFFOLK INTERGROUP ASSOCIATION

Bulletin



**"What we have done
for ourselves alone
dies with us.**

**What we have done
for others and the world
remains and is immortal."**

– Albert Pine



Visit us at
suffolkny-aa.org
tel : (631) 654-1150

SIA Business Meeting

Held last Tuesday of every month

July 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**



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!

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 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.

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>



Spiritual Intent of the Seventh Tradition

I felt like I was a part of AA when I dropped a dollar in the basket in my first few months of sobriety. I soon ventured to Manhattan meetings. At one Manhattan meeting, there was a sign on the wall that showed the year 1962, a picture of a cup of coffee, its fifteen-cent price, and a dollar for the basket. The sign asked for a contribution of two dollars. That was in 1988.

In those days, it was not possible for me to contribute more than a dollar, so I continued to drop a dollar in the basket. It helped me feel like I was a part of Alcoholics Anonymous. A long timer informed me that the amount was not as important as the spiritual intent of the Seventh Tradition.

I learned about the “Birthday Plan” later, where one might send a contribution to the General Service Board (GSB) around their AA anniversary. That was before we could contribute online or sign up for a recurring monthly contribution of \$5 — at AA.ORG. (A member may contribute more each month if it’s not over the limit for any individual member, currently \$7,500 annually. There is no limit to what a group can contribute to the GSB).

I check the [Seventh Tradition Fact Sheet](#) every so often to keep up with what our contributions to the General Service Board are used for. It’s a helpful reminder of the wide range of services that our collective support makes possible. For example, the GSB manages and maintains the Meeting Guide app, which allows Intergroups across the country — including ours — to keep their local meeting information current and accessible to anyone looking for help.

CLICK OR SCAN



7TH TRADITION
FACT SHEET

What about members who do not have money to drop in the virtual or actual basket? How about the still sick and suffering alcoholic who hasn’t arrived yet? Recently, I heard a member at a workshop say, “I put in a contribution for me, a contribution for the member who cannot afford to, and a contribution for the person who isn’t here yet”.

Self-support includes commitments. Are my group’s commitments fulfilled? Does my group have a SIA rep who attends SIA’s monthly meeting and reports at my business meeting? Do I listen respectfully to their report? What about our General Service Rep (GSR) who attends 6 Area Assemblies each year? Attendance at Area Assemblies is the most important part of the GSR’s role. Am I supportive to my group’s trusted servants including the meeting chair, the greeter, and every other trusted servant who makes our meetings ready for the next alcoholic?

I learned that contributions are not donations; we donate when we give to what we are not a part of—We contribute to what we are a part of.

I’m grateful to be a part of Alcoholics Anonymous.

- Jane E.

July Calendar

Jul 3-6

AA International Convention
(Vancouver, BC, Canada)
(virtual track available !!)

Jul 5 @ 7:00 pm - 8:00 pm

Corrections Committee Meeting
(virtual)

Jul 8 @ 7:00 pm - 8:00 pm

Archives Committee Meeting
(virtual)

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

Web Committee Meeting
(virtual)

Jul 11 @ 6:00 pm - 7:00 pm

Bridging The Gap Committee Meeting (virtual + SIA Office)

Jul 18 @ 8:00 pm - 9:00 pm

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

Jul 20 @ 10:00 am - 5:00 pm

LICYPAA 21st Annual Luau
(R. Moses State Park, Field #2)

Jul 21 @ 5:30 pm - 6:30 pm

Schools Committee Meeting
(virtual)

Jul 29 @ 6:20 pm - 8:00 pm

Treatment Committee Meeting
(virtual + True North)

Jul 29 @ 7:00 pm - 8:00 pm

Share-A-Thon Committee Mtg
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

Jul 29 @ 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

All R Welcome

All R Welcome has decided to close shop. It met 11:00 AM Saturday at Hope House 1 High Street Port Jefferson. Did a great job carrying the message for the last three years.

Road Dogs

Another change for a group meeting at Hope House. Road Dogs in Port Jefferson has discontinued the Tuesday evening meeting. However, the Sunday 8:30 and 9:30 AM meetings are still going strong.

Shanghai Noon

New listing: Shanghai Noon meets Monday to Saturday at noon. The meeting is held in the basement of St. Elizabeth's Church 175 Wolf Hill Road Melville. Well worth checking them out!

Ray of Light

Ray of Light—formerly in Mount Sinai—has moved down the road a bit to Hive Creative Studios 101 Main Street Suite E Port Jefferson. Meeting is on Wednesdays at 7:30 PM. Why not pay a visit! (See photo).

Cleary Group

The Cleary Group has added a Sunday 10:00 AM Beginners meeting to the schedule. The schedule now is Thursday 7:00 PM (Step) and Sunday 10:00 AM (Beginners and Big Book simultaneously). The Step and Big Book are hybrid: Zoom information 848 7983 1202 Passcode 12steps This new Beginners meeting is in-person only. All of this is happening at the Greenbelt Recreation Center 281 Patchogue-Holbrook Road Holtsville.

Sisters in Spirit / Women's Namastay Sober

Sisters in Spirit is now known as Women's Namastay Sober. 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!

Serenity by the Sea

Serenity by the Sea—the one that meets at St. Andrews by the Sea 113 Broadway Road Saltaire—has

moved its starting time an hour earlier to 5:30 PM. Nice way to spend a day on Fire Island by getting a meeting in.

Attitude of Gratitude

Attitude of Gratitude in Southampton is no longer a hybrid meeting. It will now meet only face to face every Saturday at 5:00 PM. They can be found at the Center of Rehabilitation and Nursing 64 County Road 39. Turning into an ingrate? This is a good place to snap yourself out of that.

Ocean Beach First Step Workshop

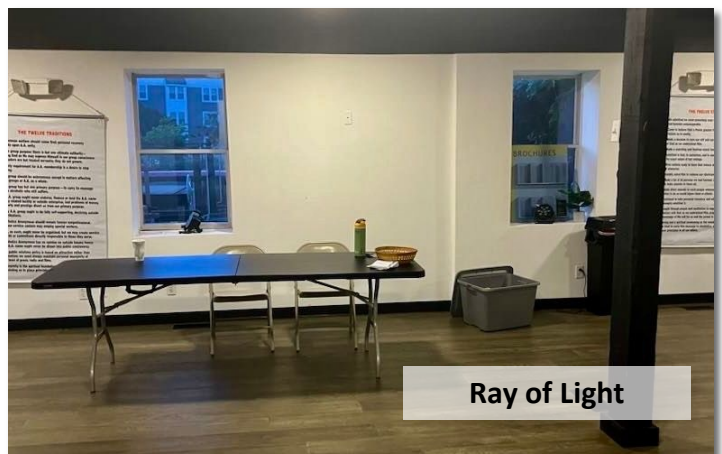
Ocean Beach's First Step Workshop is growing. Now there is a Friday noon and a Thursday 6:00 PM for those out on Fire Island. All of the meetings are seasonal ones and meet at Free Union Church 754 Ocean Breeze Walk.

Corona Beach

Corona Beach has moved both time and place. The new meeting time is at 1:00 PM—not noon anymore—at Maritime Park 6 Newtown Road Hampton Bays. Seven days a week right by the Shinnecock Canal. Beautiful spot for wonderful meetings.

Patchogue Big Book Group

Something we just heard. The Patchogue Big Book Group now has an audio Step meeting. This happens every third Thursday and is held at the United Methodist Church 10 Church Street. Some people learn better by listening rather than reading, so this is right up their alley. By the way, the group also meets on Mondays and Tuesday in addition to Thursday—all at 7:00 PM.



Ray of Light

County Line -- -- Group History

Simpson Methodist Ch.
30 Locust Avenue
Amityville, N.Y. 11701



County Line first met around 1970/71 and, since day one, its home base has been Simpson Methodist Church. The earliest known mention of the group was in March 1971 in a Nassau County AA Newsletter. The original schedule was Monday 9:00 PM closed and Thursday 9:00 PM open. A Thursday 8:00 PM would be added in 1975. Over the years, there would be time changes and format changes, with the group always trying to provide the best possible combination for its members. There was even an attempt at a women's meeting in 1990.

Back around February 1984, another meeting was started at Simpson. It met initially on Friday at 9:00 PM with a closed format and was called County Line Discussion. By February 1986, there was a name change to TGIF and a 7:30 PM beginners meeting was added. By May 1986, they had merged with County Line.

One of the Archives Committee remembered Simpson Methodist Church. For years, the Institution Speaker Exchange was held here. Groups would gather to arrange speaking commitments at the various treatment centers in Suffolk as well as Nassau. These commitments were in addition to regular outgoing speaking commitments, which were booked elsewhere. "It was action packed service work. Exhilarating to book them and rewarding to speak at them. Through this process, I was able to return to two places where I was a patient: Brunswick House and Freeport Hospital. Both have since shut down."

For over fifty years, the doors have been open here. The schedule as of 2024 is Monday 6:45 PM beginners and Friday 9:00 PM closed. The 9:00 PM is one of the last of a dying breed. Earlier meeting times have been the trend. During its existence, County Line has developed a reputation for quality sobriety. In the 1990s, the group sponsored marathon meetings around Christmas and New Years to offer additional support during a difficult time. Its location has allowed it to be there for both Nassau and Suffolk AA's. That's one of the perks of being situated on the county line.

S.I.A. Archives Committee

Original history written March 24, 2014
Updated February 23, 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
Treatment	(virtual + True North)
last Tuesday	6:20 pm
Web	(virtual)
2nd Thursday	6:00 pm
SIA Business Meeting	(virtual + True North)
last Tuesday	8:00 pm

SIA Virtual Meeting Space



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

Archives Committee

The Archives Committee is looking for volunteers to help save our Alcoholics Anonymous history.

Join Us on Zoom
July 8th, 7:00 PM

or

Contact the SIA Office at
(631) 654-1150

Science Confirms What Millions in AA Already Know

It turns out AA works—and not just anecdotally. According to recent research, Alcoholics Anonymous is one of the most effective ways for people struggling with alcoholism to get and stay sober. While therapy and medical treatment can certainly help, studies from Harvard and Stanford show that AA actually outperforms professional interventions when it comes to long-term sobriety.

For a long time, AA was dismissed by many in the mental health field. Critics claimed it wasn't "evidence-based" and lacked scientific backing. It was assumed that only trained professionals truly understood how to treat alcoholism.

But a major 2020 study* turned that thinking on its head.

Published in the *Cochrane Database of Systematic Reviews*—a respected source for medical research—the study looked at data from more than 10,000 people. The results? Peer-led programs like AA don't just help people quit drinking—they're better at supporting long-term recovery than many professional therapies, including cognitive behavioral therapy.

This study is quite important because it "dispels misinformation about the program", said Dr. John Kelly, co-author of the study and a professor of psychology and addiction medicine at Harvard University.

"In the popular press there's been reports of AA not working or even being harmful to people". This new study interpreted recent scientific data. Kelly said that what makes AA so effective is that it's a peer-led program and it has the potential to save health care providers \$10 billion a year in alcohol use disorder treatment. And the program is free!

He continued, "AA didn't come from the scientific community. It came from people who were suffering addiction. They're people with lived experience and that's powerful when you multiply that by a couple million people".

***Visit the post to see source material**

Stanford psychiatry professor and co-author Keith Humphreys admitted he was skeptical earlier in his career. "I remember thinking, 'How dare these people do what I went to school for years to learn how to do,'" he said. "But I've seen the data—and I'm convinced."

The idea that recovery is more than just quitting drinking is echoed in the work of Professor David Best, who surveyed 800 recovering alcoholics in the UK. His study found that 75% of those sober for five years or more were working full-time, and 78% were actively volunteering in their communities. He calls this state "better than well"—a life of meaning, purpose, and contribution.

"Recovery isn't just about stopping something," Best said. "It's about growing into something."

One recovery advocate and author said the study "provides important confirmation to what I have seen in my 15 years of sobriety in AA."

With an estimated 88,000 alcohol-related deaths in the U.S. each year, the stakes are high. But the solution may already be in reach—and it doesn't require a prescription or a paycheck.

- Fran H.

Related Video and Source Material

Click or scan the QR code or visit:

<https://suffolkny-aa.org/does-alcoholics-anonymous-work/>





MEETING SPOTLIGHT

Outdoor Meetings

With the summer months upon us, many AA groups in Suffolk County take their meetings outdoors — to the beaches, parks, and scenic waterfronts. These seasonal meetings offer a refreshing way to connect with the fellowship in the fresh air and sunshine. Most outdoor meetings are held from Memorial Day through Labor Day, though a few extend into the fall.

Two groups hold outdoor meetings **year-round on Sundays** — **Beach Bums at Corey Beach** in Blue Point, and **Bridge to Sobriety at Captree State Park** in Bay Shore — rain, shine, or snow.

Click or scan the QR code to view full details and seasonal dates for all outdoor meetings on our website.

You can also find them by using the **MEETINGS** menu on the website and selecting **OUTDOOR MEETINGS**.

CLICK OR SCAN



OUTDOOR MTGS

Town / Group	Location	Location Note	Days / Time
Amityville Beach Meeting	Amityville Beach, James Caples Memorial Park	Just north of parking lot, by big white wall	Tue 7:00 PM Thu 7:00 PM
Babylon Bridge to Sobriety	Captree State Park	So. Overlook parking lot - arrive before 7am to avoid fees	Sun 7:00 AM (year-round)
Blue Point Beach Bums	Corey Beach, 1 Corey Ave	Sundays year-round	Daily 8:00 AM
Fire Island Ocean Beach First Step Workshop	Top of Ocean Breeze Walk, 708 Ocean Breeze	Beach meetings	Sun 8:00 AM Sat 8:00 AM
Fire Island Pines Clean and Dry	Beach at End of Nautilus Walk		Sun 9:00 AM Sat 9:00 AM
Fire Island Serenity by the Sea - Fair Harbor	Fair Harbor Beach, 119 Broadway Ave		Fri 6:30 PM
Hampton Bays Corona Beach	Shinnecock Maritime Park, 8 Newtown Road	West side of canal, across from Old Canoe Place Inn	Daily 1:00 PM
Hampton Bays Seaside Serenity	Shinnecock Inlet – Dune Road, 373 Dune Rd	Behind the dunes near the jetty	Sat 8:00 AM
Riverhead Kindred Spirits	Grangabel Park, 45 Peconic Ave	Behind Chase Bank	Wed 6:30 PM Sat 11:00 AM

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.
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- Recording Sec.** Shannon O.
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- Archives** Evan H.
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- Bulletin** David V.
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- Big Meeting** Ed A.
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- Corrections** Ashley O-W.
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- 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>



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

BRENTWOOD GRATITUDE 56TH GROUP ANNIVERSARY

You're Invited to celebrate with us



SATURDAY, JULY 12TH*
6 PM to 9 PM

* NOTE CHANGE OF DATE *

St. Anne's Church, Lower Level
88 Second Ave, Brentwood, NY



Food, Fellowship, and Fun
Buffet, DJ and Dancing, Lion Tamer
Speaker, Raffles, 50/50

LONG ISLAND COMMITTEE OF YOUNG
PEOPLE IN AA PRESENT:

21ST ANNUAL LUAU

Sunday July 20th 2025
10 AM - 5PM : 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!



LICYPAA CAMPOUT

Wildwood State Park | Long Island | NY



Pre-register to save money!

Before 7/20: \$35 weekend, \$15 day pass
After 7/20: \$45 weekend, \$20 day pass



September 12th - 14th 2025

Join the Long Island Committee of Young People In Alcoholics Anonymous at our annual 3 day long camp out with meetings, workshops, food and games! More info to come.