

August 2025

Vol. 53 - No. 04



SUFFOLK INTERGROUP ASSOCIATION

# Bulletin

"Though I am not  
what I ought to be,  
I am not  
what I once was."

— John Newton



Visit us at  
[suffolkny-aa.org](http://suffolkny-aa.org)  
tel : (631) 654-1150

# SIA Business Meeting

Held last Tuesday of every month

**August 26<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**



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>



## Commitment : The Practical ( Part 1 of 2 )

Good day, fellow A.A. Members. One of the most important things I've ever heard in my journey of recovery was spoken by an A.A. circuit speaker, at the 50th Connecticut A.A. Convention in September, 2008. I was about 1-1/2 years sober, still trudging and fighting my way through the Steps, and about four months into my first commitment as a General Service Representative. While he was speaking, this sentence broke through all the b.s. in my head:

**“Thank you for allowing me to participate in my own recovery.”**

Participation, of course, is active, not passive. It involves me getting off my butt and doing things, rather than having things given to me or done for me. Concisely put, it's the act of being of service to others—at the group level, below the group level, and in various other areas of my life. Of course, I don't do these things perfectly—in fact, over time, I sometimes haven't even done them very well. On the other hand, I've never walked away from an A.A. commitment before completing it—not once. And it's not because I want to be perfect; rather, I want to keep my sobriety intact, and honoring commitments is a major part of that for me.

Like some of us, perhaps, as a newcomer I walked into my early meetings and figured that the whole A.A. structure was there to serve me. (See prior paragraph, first sentence). Over time, I have come to learn how deep that apparent Alcoholics Anonymous paradox really is: “in order to keep it, we need to give it away”. Taking a commitment is a way of doing that. And as I say whenever I'm talking about service: it doesn't matter what commitment I have, but it makes all the difference that I have a commitment.

Of course, the other side of all this is that most insidious part of me: my ego. Like many alcoholics, while drinking I lived for years by the motto “more is better.” In several of the Area commitments that I've had, my service sponsor told me, in so many words, “thou shalt have only the one commitment, because thou shalt need all thy energy and wits about thee to do that one.” Boy, was she right (although she doesn't really talk like that). On the other hand, I'm currently carrying two major below-the-group commitments, but the second one is interim only (both are technical positions), and it came about in a fairly urgent manner. Only the several service bodies and my Higher Power will decide in November whether I was right or wrong.

There are many in A.A. who immerse themselves in service to their home groups. This includes “group commitments,” as well as sponsoring others on the path to a sober life. Regarding the latter, never forget what Bill W. says in the penultimate paragraph of Concept IX: “Every sponsor is necessarily a leader. The stakes are about as big as they could be. A human life and usually the happiness of a whole family hang in the balance...” Others find their passion in serving beyond the group—either in Intergroup or General Service. We need it all.

Alcoholics Anonymous just celebrated 90 years of service. It has lasted this long because people at the top of the service structure take and honor commitments.

**That's the practical side, in a nutshell; stay tuned for some more spiritual aspects next month...**

**In Service, Tom B.**

## August Calendar

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

**Aug 8 @ 6:00 pm - 7:00 pm**  
Bridging The Gap Committee Meeting (virtual + SIA Office)

**Aug 12 @ 7:00 pm - 8:00 pm**  
Archives Committee Meeting  
(virtual)

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

**Aug 15 @ 8:00 pm - 9:00 pm**  
Suffolk General Service Meeting  
**( AUGUST MTG CANCELED  
- SEE YOU IN SEPTEMBER )**

**Aug 18 @ 5:30 pm - 6:30 pm**  
Schools Committee Meeting  
(virtual)

**Aug 26 @ 6:20 pm - 8:00 pm**  
Treatment Committee Meeting  
(virtual + True North)

**Aug 26 @ 7:00 pm - 8:00 pm**  
Share-A-Thon Committee Mtg  
(virtual + True North)

New Intergroup Rep Orientation  
(virtual + True North)

**Aug 26 @ 8:00 pm - 9:00 pm**  
SIA Business Meeting  
(virtual + True North)

# Around the A.A. Campus

## Group Updates

### Amagansett Women's

— a new group meets every Tuesday at 5:30 PM at St. Peter the Apostle Church 286 Montauk Highway. The focus is Big Book/Step with a speaker. Come stop in and join them.

### Breakfast with Joe and Charlie

Another new meeting called Breakfast with Joe and Charlie meets every Saturday at 9:30 AM at Hope House 1 High Street Port Jefferson. A great way to start off a Saturday morning (See photo below)

### Fort Salonga Workshop

— is taking a summer vacation from its usual meeting spot at St. Joseph's School. It will be meeting instead at the Knights of Columbus 44 Church Street King Park until the end of August. When? Monday, Wednesday and Friday at 10:00 AM.

### Serenity Sisters

— has added another day to its schedule. This new Monday 6:00 PM Big Book/Step is in addition to its regular Closed Discussion on Thursday at 7:00 PM. All of this happens at 755 Waverly Avenue Suite 205 Holtsville. This is a women's group. If you are not a woman, wait around just a bit because Monday at 7:30 PM, the **No Matter What Club** men's group meets at the same location.

### West Neck Group

— in Huntington is shuffling things up a bit. The Thursday As Bill Sees It meeting at 7:00 PM has changed to a Living Sober. The simultaneous Big Book continues at the same time/different room. The Monday 7:00 PM Step and Beginners meetings stay the same. United Methodist Church 180 West Neck Road is the place to find all of this.

### The Barnum Avenue Group

— in Port Jefferson has discontinued the 7:00 PM Women's meeting. The Tuesday Meditation and Thursday Big Book remain the same. Both meet at 7:00 PM at the Christ Church 127 Barnum Avenue

### Fishers Island Group

— has changed its times for Tuesday to 6:15 PM. Saturday at 5:00 PM remains the same. To attend request meeting information and password 48 hours in advance at [info@finyaa.org](mailto:info@finyaa.org)

### The Only Requirement

Shirley's The Only Requirement will have a temporary change of time for its Monday meeting. That will meet at 12:45 PM until September 8, then it's back to 12:15 PM. They can be found at The Community Library 407 William Floyd Parkway. It's a hybrid meeting so use 461 401 9987 Passcode SERENITY to get in online.

### The Things We Cannot Change

Announcing the passing of some dear friends :

**Susan P**, one of cofounders of the Northport Free at Last Group. A sweet, sweet lady with a wicked sense of humor

**Ray the Clammer** of Holbrook Love N Share. A whirlwind of service work. He volunteered down at the Intergroup office and brought a weekly meeting into St. Charles rehab

**Al S**, long time member of the Brentwood Group has also passed on. A truly great guy who will be missed tremendously.



Breakfast with Joe and Charlie

# Proposed Bylaws Revisions

The following proposed updates to the Suffolk Intergroup Association Bylaws have been prepared by the Bylaws Committee in accordance with the responsibilities outlined in Article VI, Section 1, Subsection Q, Item 3 of the current Bylaws.

- In the interest of space, **only substantially revised sections** are included below
- **Minor edits** such as spelling corrections, grammatical fixes, and reformatting of ordered lists are not all shown
- Deleted text is shown in **red-strikethrough**
- Added text is shown in **BOLD TEXT**

You can view the full text of the current Bylaws by clicking or scanning the QR code or visiting <https://suffolkny-aa.org/bylaws>



## ARTICLE IV — OFFICERS

Section 1: The Officers of this Association shall be: the Chairperson, the Alternate Chairperson, the Treasurer, the Recording Secretary, and the Corresponding Secretary.

Section 2: Qualifications for Office.

- A. Each **Officer Candidate** shall be a member of an AA Group in Suffolk County.
- B. The Chairperson, Alternate Chairperson and Treasurer shall have a minimum of five (5) years of continuous and current sobriety. The Recording Secretary and Corresponding Secretary shall have a minimum of two (2) years of continuous and current sobriety.
- C. Each **Officer Candidate** shall be elected from among the Group Representatives, or former Group Representatives, or have other service experience in SIA.

Section 3: Removal from Office.

- A. Loss of sobriety automatically results in forfeiture of office.
- B. More than three unexcused absences from the monthly business meeting in a one-year period results in forfeiture of office. Prior notice of planned absence from a meeting must be given to the Chairperson or Alternate Chairperson.

- C. Officers shall be subject to removal by **majority vote substantial unanimity (2/3 vote)** at the regular business meeting after one month's notice of the proposed action has been sent by registered mail to the affected officer.

Section 4: Duties of Officers.

- A. The Chairperson:
  1. Shall preside at the regular business meetings of the Association and direct the conduct of business.
  2. Shall preside at the monthly Officers and Chairpersons Meeting.
  3. Shall make the following appointments, ~~subject to the approval of the Group Representatives~~:
    - a. Chairs of all standing and ad-hoc committees except the Bylaws Committee.
    - b. General Service Liaison
    - c. Office Manager
    - d. Archivist
  4. Shall represent the Association at conventions, seminars and all other AA functions **as appropriate**.
  5. Shall be an authorized signer of checks and have access to all accounts.
  6. Shall be sole signatory of contracts on behalf of the Association.
  7. **Once every 2 years will schedule a group inventory near the end of rotation.**

## B. The Alternate Chairperson:

1. Shall assist the Chairperson and, in the absence or incapacity of the Chairperson, shall perform the duties of the Chairperson.
2. Shall attend the monthly Officers and Chairpersons meeting.
3. Shall be an authorized signer of checks and have access to all accounts.
4. Shall conduct the New Representative Orientation Meeting.
5. Shall function as **Chairman Chairperson** of the By-laws, **Special Needs Accessibility** and Finance Committees.
6. Shall arrange for the Speaker Exchange Meeting in March, June, September and December.

## C. The Treasurer:

1. Shall receive all funds and deposit them in a bank approved by the Groups.
2. Shall be an authorized signer of checks and have access to all accounts.
3. Shall be responsible for the payment of all authorized bills.
4. Shall prepare a monthly Treasurer's report and present it at the regular business meeting of the Association.
5. Shall be an ex officio member, but not the Chairperson, of the Finance Committee, but has no vote.
6. Shall prepare and submit the Association's tax forms by **March fifteenth (15) of each year in compliance with IRS rules and regulations.**
7. Shall complete bank **check** reconciliations monthly **and make available upon request.**
8. Shall see that receipts and acknowledgements are sent for all contributions.
9. Shall attend the monthly Officers and Chairpersons meeting.

## D. The Corresponding Secretary:

1. Shall publish and distribute notices.
2. Shall maintain and distribute the Association's mailing list.

~~3. Shall compile a list of names, addresses and telephone numbers of secretaries and other officers of each AA Group in Suffolk County.~~

~~3.4.~~ Shall conduct such correspondence as does not properly belong to other officers or committees.

~~4.5.~~ Shall attend the monthly Officers and Chairpersons meeting.

~~5.6.~~ Shall form a committee and over see the monthly mailings the week following our monthly business meeting.

**6. Shall possess sufficient computer skills necessary to perform the duties as listed above.**

## E. The Recording Secretary:

1. Shall keep the minutes of each SIA meeting and present them at the next meeting.
2. Shall record each **decision made by** vote **made by or by acclamation of** the Group Representatives **in the "Group Conscience" book into the minutes.**
3. Shall maintain a roll of Member Groups and their SIAR's (Suffolk Intergroup Association Representatives).
4. Shall be custodian of the records.
5. Shall attend the monthly Officers and Chairpersons meeting.
6. Shall prepare copies of minutes for the mailing and monthly meetings.

**ARTICLE V****NOMINATION AND ELECTION OF OFFICERS**

Section 7: The elected officers will assume their duties on **the first day of the month following their election and January 1st or immediately following their election** if elected to fill a vacancy.

**ARTICLE VI****COMMITTEES AND COMMITTEE CHAIRS**

## D. Meeting Lists.

Shall compile records of all Groups **and service committees** in Suffolk County together with their meeting dates, times, location and type of meeting, and shall publish and distribute meeting lists at regular intervals

F. **Answering Service** Hotline.

1. Shall arrange for hot-line telephone facilities whereby AA member volunteers will answer calls for help and inquiries about AA 24 hours daily.
2. Shall provide “12 Step Lists”, updated annually, and other up to date information required for referring “calls for help” and answering AA inquiries.
3. Shall arrange a schedule of participation for ~~all~~ Suffolk County AA Groups.

G. Finance.

1. Shall be composed of the following members:
  - a. The SIA Alternate Chairperson shall chair the committee.
  - b. A past Treasurer to be appointed by the Intergroup Chairperson and confirmed by the Group representatives. **If no past Treasurer is available, the Group Representatives shall elect another person of commensurate fiscal responsibility and experience.**
  - c. ~~One~~ **At least one** Group representative selected from the floor.
  - d. The current Treasurer shall be an ex officio member, but has no vote.

~~e. If no past Treasurer is available, the Group Representatives shall elect another person of commensurate fiscal responsibility and experience.~~

H. Share-a-thon.

1. Shall arrange an annual special meeting with a suitable program of panels and workshops to provide opportunity for all A.A. Groups to share experience, strength and hope with each other.
2. Shall invite Al-Anon and Ala-Teen to participate.
3. ~~Shall be accountable to the Group Representatives.~~

I. **Special Needs** Accessibility

M. Web Chair **Web Site**.

1. Shall maintain the SIA **Web Site** Website.
2. Shall coordinate the timely on-line publication of the Bulletin, Meeting **List Finder**, ~~reports from oth-~~

~~er-committees~~ SIA Meeting minutes and other announcements from the Groups and other AA Service bodies, in compliance with the **Web Site Website** Guidelines.

3. ~~Shall maintain on the web site e-mail boxes and passwords for officers and committee chairs and member Groups.~~ Shall maintain a calendar of events on the website in compliance with the SIA Website Guidelines.
4. ~~Shall be responsible for the maintenance of the SIA computer and software.~~ Shall maintain a distribution list and distribute these same materials via electronic messaging to all interested parties.
5. Shall collaborate with Technology Chair in addressing the Intergroup’s service related technology needs.
5. 6. Shall be eligible for re-appointment since this position requires special knowledge and training.

N. Technology Chair

1. Shall convene and chair the meetings of the Technology Committee consisting of the Web Chair, Meeting List Chair, Hotline Chair and any other interested trusted servants.
2. Shall appoint other trusted servants to assist with the Technology Committee’s responsibilities.
3. Shall assist the Intergroup Officers and Service Committees with their technology needs.
4. Shall be responsible for overseeing the technology budget.
5. Shall coordinate with the Recording Secretary, Corresponding Secretary and Meeting List Chair in maintaining accurate and up-to-date information for groups, including their SIARs and other group contacts.
6. Shall facilitate the online component of the monthly reps meeting.
7. Shall maintain the computer software, technology equipment, including but not limited to the computer at the SIA office and the teleconferencing equipment used for the SIA meeting.
8. Shall maintain the association’s cloud based document storage and email systems.

**9. Shall be eligible for re-appointment since this position requires special knowledge.**

**P.Q.** Third Legacy.

1. Shall work to increase individual and Group awareness of, support for and participation in Intergroup and other AA Service organizations.
2. **Will chair the Big Meeting bi-annually (odd years) in August prior to elections.**

## SUFFOLK INTERGROUP ASSOCIATION

### ~~WEB SITE~~ WEBSITE GUIDELINES

1. The **Website** ~~Web-site~~ should be a tool in the accomplishment of our primary purpose: to stay sober and to help other alcoholics to achieve sobriety. To this end, the **Website** ~~Web-site~~ should be used to disseminate information to members, as a contact point for Public Information work, and as a means of reaching out to the still suffering alcoholic.
2. We must always keep in mind that a **Website** ~~Web site~~, by its nature, is always open to the non-member and the potential newcomer. We must always present information on the **Website** ~~Web-site~~ in such a way that it will not confuse people who are unfamiliar with AA as to what AA is and what it does.
3. Use only first names and last initials; no full names.
4. Do not list private phone numbers or e-mail addresses. Keep all contacts through the office phone, ~~fax or~~ mail, or ~~through the Web site e-mail boxes~~ SIA service email addresses. Exceptions can be made for password protected pages.
5. Do not display any information about an individual that might be used to identify them, for example, "John P., Owner of the Greasy Spoon Diner".
6. Do not link to unaffiliated (non AA) sites where the nature of the linked site might cause confusion regarding affiliation. (~~Map sites are specifically excluded from this prohibition~~ Exceptions to these include **mapping, videoconferencing and cloud-based file storage platforms** as their use has become so ubiquitous on the Web, and their nature is such, that no one would mistake their use for affiliation.)
7. No endorsement of non-AA literature or use of

quotes from such literature. AA literature includes Conference approved books, pamphlets, tapes and videos, "The Grapevine", "Box 459", "The Link", the SIA "Bulletin", etc.

8. Where use is made of copyrighted, Conference approved literature or other materials on which AAWs, or Grapevine, or any other AA entity holds the copyright, always obtain permission for use (if required) and include copyright notices.

9. In the on-line meeting list, if a group meets in a rehab or other institution where a risk of seeming affiliation exists, don't use the name of the institution in the meeting address, replace it with the street address (and building description, if necessary). For example: "157 Broadway, in patient cafeteria".

**10. ~~List institutional meeting on a separate page with a non-affiliation statement on that page. Do not list restricted meetings.~~ Do not list any meeting not open to the public, including institutional meetings and restricted meetings.**

**11. ~~To avoid the conflict between appearing to endorse practices of which we do not approve which other AA services entities may use their web sites Web sites, and harming the spirit of the First Tradition by not linking to some site while linking to others, we will provide links to no AA website Web site other than that of AAWs.~~ To avoid the appearance of endorsing practices we do not approve of, but which other AA service entities may use on their websites, and to preserve the spirit of the First Tradition by not linking to some sites while linking to others, we will provide links to no AA Website other than that of AAWs, The Grapevine, Suffolk General Service, SENY and Suffolk County AA Archives.**

**12. Exceptions may be made on the Events Calendar, Announcements page, and in digital announcement distributions, where AA-related events and links to their websites may be posted, provided they are clearly hosted by an AA entity within SENY.**

13. Include the disclaimer that the site is not approved by the General Service Office of AA and does not represent the views of AA as a whole or of any AA entity except the Suffolk Intergroup Association and Suffolk General Services.

# Morning Miracles Group History

St. Mary's Episcopal Church  
165 Ponquogue Avenue  
Hampton Bays, NY 11946

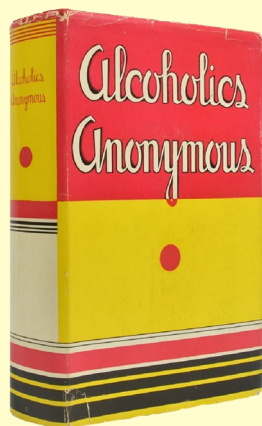


A letter was sent to AA World Services on May 4, 1992 announcing the start of a new group called Steps by the Shinnecock. It met 10:00 AM on Mondays. Harry C and Laura W, both of Hampton Bays, were the two contacts of record. It took nine months for the group to be listed on a Suffolk meeting list, in February 1993. By the time it was listed there had been a few changes to the original information. It had picked up an additional day, Friday, also at 10:00 AM, and a new name: Morning Miracles. For its first few years, it was seasonal, meeting only during the summer months. As of November 1999, it began meeting year-round.

Marion had been attending the Monday and Friday meetings, but being a single mom it was difficult for her to get to evening meetings. Out of this need came the Wednesday Big Book meeting. It started the Wednesday after Memorial Day, 2001 and has continued ever since. Here we are 32 years later and all goes well. Three days a week: Monday, Wednesday and Friday; all sorts of miracles are happening here. In fact, every time a seemingly hopeless alcoholic stays sober is a miraculous event. This group celebrates that and much, much more.

## S.I.A. Archives Committee

Original history written by Russell M May 5, 2007  
Updated March 18, 2024



**All Suffolk AAs with 30 or more years of sobriety**

...are warmly invited to leave their mark in our vintage copy of *Alcoholics Anonymous* — a tribute to long-term sobriety and the spirit of fellowship.

Help us honor the legacy of experience, strength, and hope in Suffolk.

Contact us at [Archives@SuffolkNY-AA.Org](mailto:Archives@SuffolkNY-AA.Org)

## 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+TrueNorth)  
last Tuesday 7:00 pm
- Treatment** (virtual + True North)  
last Tuesday 6:20 pm
- Web** (virtual)  
2nd Tuesday 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**  
**August 8th, 7:00 PM**

or

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

## DOES YOUR DOCTOR KNOW?

When you go to your doctor, do you inform him or her that you are an alcoholic and in recovery?

Do you then assume that your doctor knows what AA is and what it is not?

Is your doctor aware that AA is a tool available to patients in his or her care?

Our Twelfth Step and Fifth Tradition both speak of carrying the message to the alcoholic who still suffers. How better can we assist the active alcoholic than by insuring that professionals who deal with alcoholics in the course of their daily work have a clear understanding of how we can cooperate with them.

That is exactly what prompted the Public Information (PI) committee of Suffolk General Service to prepare a kit of literature for distribution to doctors. There is no "promotion" of AA involved, as determined by our Eleventh Tradition. On the contrary, the committee serves to inform and explain our Traditions to those outside AA, so they will have a clearer understanding of the Fellowship.

A random mailing to doctors is both expensive and impersonal. Personally approaching the doctor or someone on his or her staff is more likely to effectively carry the message. Yet, there is no need for anyone in the Fellowship to sacrifice his or her anonymity in delivering the message to the physician.

In some cases, where you have already discussed your alcoholism with a medical professional, you may want to discuss the contents of the kit with that person. If you're new to the Fellowship and feel uncertain about your

knowledge of the Traditions, there is nothing wrong with saying, "I don't know the answer to that question, but I'll be glad to get back to you." You can then go to your county CPC committee or your sponsor for guidance on proceeding.

Some doctors will be interested in more information about A.A. and we encourage you to suggest that the physician attend an open meeting. You can use your meeting list to point out to the physician the locations and times of open meetings in your area. Lists of open meetings are available from the Suffolk Intergroup and General Service CPC and Public Information (PI) committees. You may want to accompany your physician to the meeting, and over coffee afterward answer any new questions the doctor may have.

Kits are available from your group General Services representative. If your rep does not have any kits, ask that they be gotten from the General Services PI committee. If a physician requests information that he or she can give to alcoholic patients or their families, the CPC committees have prepared packets of informative pamphlets which will be supplied to the doctor free of charge. Questions and requests for kits can also be directed to the CPC committee by emailing them at [cpc@asuffolks-ny.org](mailto:cpc@asuffolks-ny.org). Pamphlets and other information may also be obtained from the General Service Office, PO Box 459, New York, NY 10163; phone (212) 870-3400.

In Service,

**The Suffolk General Service Public Information Committee**

### Where Suffering Meets Grace

As I drove to my Air B&B on Wednesday, July 3rd, in Vancouver, my awe of God's natural beauty was replaced by the human suffering I saw on the street.

I was on my way to the International Convention to join 35,000 other alcoholics to celebrate AA's 90th birthday and our individual sobriety. I couldn't help but feel the powerlessness that encompassed their lives. The effects of addiction were evident, along with the helplessness that accompanied it.

The pain I witnessed turned to gratitude as I reflected on what God had done for me.

When I arrived at the Convention Center, I felt the amazing power of the collective we as we all told our individual stories to our fellow brothers and sisters.

I do not know why God saved me from total ruin, nor do I need to know. But what I saw made me want to get busy and help the next sick and suffering alcoholic.

God showed me what could lie ahead, and He showed me the power of A.A. all at the same time.

**Pain precedes surrender,  
and surrender precedes recovery.**

God is the common denominator — He holds us through the pain, pushes us to surrender, and guides us in recovery.

I pray tonight that at least one of the sick and suffering souls on the street surrenders to their disease and finds the joy I experienced — not only at the Convention but every day of my life.

**- Ed A.**

## Our Doctors Carry our Message

Let me start by telling you a little about myself. In September, I will celebrate 31 years of sobriety. I will also be married for 58 years to the same gal. I am very family oriented.

Let me tell you a little about my doctor. We have been seeing him for about 40 years. He is fantastic at diagnosing all types of ailments. He is very intelligent and cares deeply about helping his patients. When I celebrated my 30th anniversary, I told him it was a special month. I told him I had 30 years without a drink and he asked me how I did it. I told him I go to AA meetings at least once per day.

I asked him how he treats alcoholics. He said that he sees many people that appear to be alcoholic, especially older patients that are retired and are dealing with loneliness or other medical conditions. In severe cases, he will prescribe Antabuse. I politely replied that this was like giving a patient with appendicitis Advil to control the pain. It may help the pain but is not the solution. AA is the solution. I quickly realized that he was on the front line when it came to seeing alcoholics first hand. I also realized that this situation could be a win-win for everyone. I win because I am doing 12th step work, the doctor wins because he is helping patients get better and the alcoholic wins because he may have an opportunity to stop drinking.

On my next visit to my doctor, I brought him 20 meeting lists and the pamphlet "AA as a Resource for Health Care Professionals." He immediately spotted the meeting lists and asked me about them. I realized that a doctor's time is important and can be brief. I opened the meeting list and explained how lucky we were to have so many meetings, one in practically every town.

I explained that here in Suffolk, we're lucky to have an AA hotline that's available 24/7 and is always answered by a volunteer member of Alcoholics Anonymous. I also shared that our website offers helpful information for anyone looking to learn more about AA or looking to find a meeting.

We also went over the 12 questions that an individual could ask himself. I could see that he was truly interested in learning about AA and ways he could help the struggling alcoholic. We spent about 10 minutes going over the material. All in all, I felt like my time was spent wisely.

I was excited to see how things went when I went back 3 months later. He had given out 8 meeting lists to potential alcoholics. It was obvious that he was pleased with his new understanding of AA. He definitely helped carry the message to struggling alcoholics. I was pleased with myself for doing important 12 step work. It felt very gratifying to me. Good luck with your own doctors.

- Randy H.

## 2024 — 2026 Officers & Chairpersons

<b>Chairperson</b>	<b>Jim S.</b> chairperson@suffolkny-aa.org
<b>Alt Chairperson</b>	<b>Allison M.</b> alt-chairperson@suffolkny-aa.org
<b>Treasurer</b>	<b>Tom B.</b> treasurer@suffolkny-aa.org
<b>Corresponding Sec.</b>	<b>Nancy S.</b> corsec@suffolkny-aa.org
<b>Recording Sec.</b>	<b>Shannon O.</b> recsec@suffolkny-aa.org
<b>Archives</b>	<b>Evan H.</b> archives@suffolkny-aa.org
<b>Archivist</b>	<b>Bob R.</b> archives@suffolkny-aa.org
<b>Bulletin</b>	<b>David V.</b> bulletins@suffolkny-aa.org
<b>Big Meeting</b>	<b>Ed A.</b> bigmeeting@suffolkny-aa.org
<b>Corrections</b>	<b>Ashley O-W.</b> correct@suffolkny-aa.org
<b>Grapevine</b>	<b>Mike A.</b> grapevine@suffolkny-aa.org
<b>Hot Line</b>	<b>Howie L.</b> phones@suffolkny-aa.org
<b>Literature</b>	<b>Charlie D.</b> literature@suffolkny-aa.org
<b>Meeting List</b>	<b>Debbie A.</b> meetings@suffolkny-aa.org
<b>Office Manager</b>	<b>Meredith F.</b> siaoffice@suffolkny-aa.org
<b>Public Info</b>	<b>Laurie A.</b> pubinfo@suffolkny-aa.org
<b>Schools</b>	<b>Matt J.</b> schools@suffolkny-aa.org
<b>Share-A-Thon</b>	<b>Mariana G.</b> share@suffolkny-aa.org
<b>Special Events</b>	<b>Tiffany W.</b> specialevents@suffolkny-aa.org
<b>Third Legacy</b>	<b>Ed A.</b> thirdleg@suffolkny-aa.org
<b>Treatment Facilities</b>	<b>Rob M.</b> treatment@suffolkny-aa.org
<b>Web Master</b>	<b>David P.</b> webmaster@suffolkny-aa.org
<b>SGS Liaison</b>	<b>Natalie S.</b> SGSLiaison@suffolkny-aa.org
<b>Spanish Liaison</b>	<b>Jose R.</b> SpanishRep@suffolkny-aa.org
<b>Al-Anon Liaison</b>	<b>Matt C.</b> AAliaison@al-anon-suffolk-ny.org
<b>Alateen Liaison</b>	<b>Ed O.</b> 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](mailto:SHARE@SUFFOLKNY-AA.ORG)

## SERVICE IS OUR THIRD LEGACY COME JOIN US AS AA CELEBRATES 90 YEARS OF SERVICE



### THE BIG MEETING



SEPTEMBER 27<sup>TH</sup> 2025  
10:00 AM – 2:00 PM



ST JOSEPH THE WORKER  
510 NARRAGANSETT AVENUE  
EAST PATCHOGUE

Come join us for food, fellowship, and discussion on how we can serve those still sick and suffering and carry AA's message of hope.

Service tables will be set up to help you find the best fit for you to do service.

\*\*This is an open event with Al-Anon Participation.

## The Wildwood Camping Trip

**Young** (adj.) (from Latin: *you-personal;ng- an action word, as in:*) opening, sharing, funning, enjoying. Not fixed in their ways, but open to change. Not looking at the end of, but focused on what is still to come.

**at Heart** Mayan; the Spirit of one's life)

**Young at Heart** (AA collective phrase:) a continuation, or beginning of, a state of internal adventure, and growth. A young state of mind, not stagnating.

**Wildwood** (N.A. Indigenous): a location where spirits are free to roam in forest of new concepts; new ways to live; A shedding of one's impediments or boundaries, as in: "I went into a wooded area where wild concepts were explained to me; for some: a control of one's self, so as to have more freedom for one's self ... which is a Higher Puzzle, found at Wildwood.

**Camping** (Webster: a gerund) (Latin: from Camp'i ) To be in movement and settling in for a duration. To seek at that location the true internal essentials of life; to discard the trappings of glitter; To live well, unencumbered by one's luggage.

**Trip** (Latin: *Tri-p, to try progress; to leave one's old haunts on faith, and venture to find a more meaningful site. As in: "I had willingness to venture in a new direction. My trip delivered a better way to live."*

-Rick

# 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 12<sup>th</sup> - 14<sup>th</sup> 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.