

October 2025

Vol. 53 - No. 06



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

**“Autumn is the season
that teaches us that
change can be beautiful.”**

– Unknown

**“The trees are about to
show us how lovely it is
to let the dead things go.”**

– Unknown



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



Suffolk A.A. Needs YOU



Volunteers are needed for all service committees:

- Archives
- Big Meeting
- Bridging the Gap
- Treatment Facilities
- Correctional Facilities
- Public Information
- Schools
- SIA Office
- Special Events
- Cooperation with the Professional Cmnty.
- Technology

Come to the next SIA Meeting to learn more !

October 28th, 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

HOTLINE VOLUNTEERS NEEDED!!

Volunteering to answer the Suffolk County A.A. Hotline is easier than you think!

- ✓ 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**
- ✓ all the resources you need are available on our website

We will show you how to take calls and provide you with all the necessary tools.

To sign up as a **Phone Volunteer**, scan or click the QR code to the right :



To sign up as a group or for any other inquiries, email phones@suffolkny-aa.org

We're rebuilding our 12-Step Volunteer list — and we need YOU on it!

- ✓ YOUR phone number is never shared
- ✓ you'll be given the caller's number to return their call
- ✓ you choose what level of help you're comfortable offering:
 - return a phone call to share your experience, strength, and hope
 - arrange to meet them at an AA meeting
 - pick someone up and bring them to a meeting—with another AA member

To sign up as a **12 Step Volunteer**, scan or click the QR code to the right:



To learn more about the hotline visit :

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

A Full and Thankful Heart

I flew into Seattle, WA, to visit family before driving north to Vancouver with a sponsee. When we stopped at the Canadian border, an immigration official asked where we were headed and we told her we were going to the AA Convention. Nonplussed, she then asked how many years sober we each had, and whether either of us had ever been convicted for DUI. Our answers satisfactory, we were in.

The thrill of being in Vancouver with tens of thousands of AA members, the anticipation of meeting new friends and being immersed in the living beauty of our fellowship for the whole long July 4th weekend, initially filled me with gratitude and a childlike excitement. However, as the reality of travel inconveniences and being out of sync with my normal routine set in, I felt “off” and began to suspect that I may not be the only alcoholic in the city feeling less than 100% spiritually fit. I feared Vancouver would soon be overrun by folks like me who were angry, irritable and discontent! Thanks to the spiritual tools of AA, and the kindness of my sponsor, my bad mood quickly lifted and I was able to meet challenges with dignity, humility and grace. And I believe I was one among many Conventioneers who were relying on Program to avoid crags along the Road of Happy Destiny.

Throughout the Convention weekend, I bumped into people I knew from back home, enjoyed conversations with many new acquaintances, and reveled in the warm and inspiring atmosphere created by this gathering of recovering people in love with AA. Talk about “beyond my wildest dreams”!

Highlights of my experience included Convention service commitments. First, as CPC Chair for SENY, I had volunteered to help staff the CPC Booth in the Carry the Message Pavilion. The view from our booth was spectacular—seaplanes landing and taking off in the harbor, against a majestic backdrop of snow-capped mountains. The mountains were an awing reminder that I was no longer home on Long Island. As a volunteer, I got to meet our GSO staff member who current-

(Continued on page 6)

More Stories from The International Convention

This month, we’re excited to be able to continue to share stories from some of our fortunate local A.A. members who attended the **2025 International Convention**. Haven’t sent yours in yet? **It’s not too late!**

For those who couldn’t be there, we hope these tales bring you a taste of the **laughter, fellowship, and spiritual “highs”** — and inspire you to **join the camaraderie and the fun in St. Louis in 2030!**

October Calendar

Oct 5 @ 9:00 am - 4:00 pm

SHARE-A-THON

**(Hyatt Regency LI — 1717
Motor Pkwy, Hauppauge)**

Oct 7 @ 7:00 pm - 8:00 pm

Corrections Committee Meeting
(virtual)

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

Bridging The Gap Committee
Meeting (virtual + SIA Office)

Oct 14 @ 7:00 pm - 8:00 pm

Archives Committee Meeting
(virtual)

Oct 14 @ 6:00 pm - 7:00 pm

Web Committee Meeting
(virtual)

Oct 17 @ 8:00 pm - 9:00 pm

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

Oct 18 @ 11:00 am - 3:30 pm

**SENY - Joy of Service Workshop
(True North - lunch served)**

Oct 20 @ 5:30 pm - 6:30 pm

Schools Committee Meeting
(virtual)

Oct 21 @ 6:00 pm - 7:00 pm

Officers & Chairs Meeting
(virtual + SIA Office)

Oct 28 @ 7:00 pm - 8:00 pm

Treatment Committee Meeting
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

Oct 28 @ 8:00 pm - 9:00 pm

SIA Business Meeting
(virtual + True North)

SAVE THE DATE

SUFFOLK COUNTY GENERAL SERVICE UNITY BREAKFAST

Marriott Melville Long Island
Sunday, Feb. 1st, 2026, 9a - 1p

Around the A.A. Campus

Group Updates

El Milagro

El Milagro, the Spanish AA group from Wyandanch, has moved. It now meets at 31 Mahan Street Unit F West Babylon. The schedule remains Monday, Wednesday, Thursday, Friday, Saturday 8:00 PM to 10:00 PM and Sunday 7:00 PM to 9:00 PM (See photo below).

Brookhaven Happy Hour

Brookhaven Happy Hour's Tuesday online has stopped meeting, but the other meetings continue as usual. Here is the current schedule: 4:00 PM (Big Book) in-person, 5:00 PM Wednesday separate in-person and online Beginners and Friday 4:00 PM in-person Closed Discussion. For the remaining online, use ID 571 032 502 Passcode: 951700. The address for the in-person is Presbyterian Church 329 South Country Road, Brookhaven.

True Friends

Oh no! We got it wrong. Last month we wrote that True Friends had switched its 7:00 PM Wednesday Beginners meeting to Closed. In fact it has been switched to an Open. The meeting can be found at Mather Hospital 75 North Country Road in Port Jefferson, along with its Sunday 8:00 AM Open Discussion.

When Your Group Shuts Down

Nobody likes to shut down a group. Lots of hard work goes into getting one up and running and many people were helped along the way. Sometimes, however, circumstances far beyond our control conspire against us and there is no choice but to end things.

Please don't toss out your treasure!!

The Intergroup Archives Committee implores you to contact them first. The paperwork you used has historic value. The books and other literature are passed on to newer groups. The Twelve and Twelve shades are given to others. Even the donation baskets will find a new home. Many groups create special signs and these can be given to other groups or will be permanently displayed at the Suffolk Intergroup Archives office as a tribute. It's a nice reminder and lets the memory linger on.

Two examples shown below. The Whoopee Party in Kings Park proudly displays signs that once were part of the late Stony Brook Unity Group. The Serenity Prayer tapestry hangs at Melville High Noon. It was donated by the Rocky Point Unity Group after it stopped meeting.

Have some stuff? Don't toss it out!
Contact Archives@SuffolkNY-AA.Org



El Milagro - West Babylon



The Whoopee Party



Melville High Noon

Huntington Station New Life

Group History

St. Hugh of Lincoln RC Church
 21 East 9th Street
 Huntington Station,
 NY 11746



According to a long-time member, it all began May 6, 1979, when a breakout group was formed from the Greenlawn Huntington Station Group. They were called Huntington Village Group and met on Monday and Thursday at 8:30 PM at the Old Village Green School in the Nutrition Center.

Sometime around 1981/1982, in the first of various moves, they headed over to the lower level of St. Patrick's in Huntington, where they met in the basement and got a new name, Huntington Village. That would turn out to be a short stay. The August 1984 Suffolk meeting list showed they had kept the name and moved to St. Peter's in Huntington Station. Two years later, as of February 1986, they relocated to the First Presbyterian Church in Greenlawn and with that they became known as Greenlawn Village. The next move to Bethany Presbyterian Church was documented in the November 1991 meeting list and would turn out to be a long beneficial connection. They continued to be known as the Greenlawn Village Group until the July 2009 meeting list showed they changed their name to Huntington Station Bethany.

But there are no guarantees in life. Problems arose concerning things like air-conditioning, or rather the lack of, and these issues were not resolved. The group moved to St. Hugh of Lincoln in Huntington Station on February 3, 2020. Here they were renamed New Life. Within two months, COVID reared its ugly head and they were forced to move online. They were one of the first groups to reopen after the pandemic. Yet they have still maintained a virtual presence in addition to the in-person meetings.

It's been an action packed forty-five years because of their resilience. This crowd knows how to bounce back. The group boasts many long-time members who are there to help the newcomers. One of those long-time people and his fellow celebrants bring all the fixings for ice cream sundaes in a truly sweet anniversary held yearly. That's the kind of group this is. They meet Monday (Literature) and Thursday (Beginners) at 7:00 PM. There is lots of laughter that goes along with those tears.

SIA Committee Meeting Schedule

- Archives** (virtual)
2nd Tuesday 7:00 pm
- BTG** (virtual + SIA Office)
2nd Friday 6:00 pm
- Corrections** (virtual)
1st Tuesday 7:00 pm
- Schools** (virtual)
3rd Monday 5:30 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

October 7th, 7:00 PM

or

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

The Promise of “Yet”

I’ve heard this phrase many times, usually at newcomer meetings: *“I only have two days sober.”* It’s said truthfully, but maybe not accurately.

If a newcomer simply said, *“I have two days without alcohol, and it was tough,”* that would still be true—and it would better acknowledge a major success. Going two days without drinking is not easy. It’s an achievement that shouldn’t be dismissed with the word *“only.”*

I’ve also heard people say, *“I’m going to try AA because I have nothing to lose, and it might just work.”* That can sound negative at first—but isn’t *“nothing to lose”* also another way of saying *“everything to gain”*?

There’s so much power in the honesty and willingness of newcomers. That’s why it puzzles me how often they use the word *“only.”*

After years of dreaming about living sober and free, when I finally made it to two days without drinking, I told myself, *“I only have two days.”* But that word—*“only”*—downplayed a huge accomplishment. Two days of sobriety was something I had once thought was completely out of reach. Why would I minimize that?

Maybe saying *“only”* was just another way I had learned to beat myself up—something I had practiced for far too long. I overlooked the miracle of reaching the kind of pain that finally made me willing to seek help. Ironically, it was that very pain that brought me to AA in the first place.

I probably said *“only two days”* to many of you back

(Continued from page 3)

ly works at the CPC desk, and to distribute literature and exchange practical ideas with visitors to our booth from around the world. (Service brings me into the safe center of the herd.)

Secondly, I had the pleasure of taking a turn hosting the Northeast U.S. Region hospitality room. This commitment allowed me to visit with AA’s from back home who stopped by to say hello, and to chat with visitors who stopped by for fellowship and BUTTONS. Among other things, we gave away SENY buttons generously donated by our Delegate, Nisaa, and SENY CPC buttons which had been designed by my CPC buddy, John V. (who gave a very informative and moving talk as a panelist for the *“AA and the*

then. But today, I wish I had said something more hopeful—like, *“I don’t have three days... yet.”* What a difference that one word makes! **“Yet”** points toward growth, momentum, and belief in what’s possible. It says my sights were set forward—that I had a sense of purpose and a positive expectation of achieving another day tomorrow.

My first two days—any number of my days, really—are miracles. If the program teaches us to *“keep it in the day,”* maybe I should focus on the joy of sharing each sober day with all of you. AA doesn’t have to be about the number of days—it can be about the quality of the days, shared together, one at a time. That kind of focus brings us into equality with each other.

Can a newcomer’s joy over their first two days of sobriety be any less meaningful than the last two days of someone who’s been sober for decades? I don’t think so. In fact, I think those first two days might be even more significant. They often come after a battle against deeply rooted, self-destructive habits—where inertia, fear, and alcohol are all working hard to pull that person back. They may have reached that moment after sitting alone, questioning whether life was still worth living.

With all that in mind, the word *“only”* doesn’t belong in any room where every person is a living miracle—a miracle that many others will sadly never find. And I’ve never heard anyone say, ***“I only have a miracle.”***

“Only” belittles achievement. **“Yet”** carries the promise of more to come.

- Rick

Healthcare Profession” session).

I also had the honor of being a panelist for the *“Gratitude—A Full and Thankful Heart”* session. Uplifted by the love in the room, supported AA friends who showed up, and filled with gratitude for the sober life I’ve been given in exchange for my imperfect devotion to the principles of AA recovery, I stood before a packed room and painted a picture of where I was 30 years ago when G-d first brought me to AA, described the miracle which began my spiritual journey, and shared some of the many blessings which I now enjoy as a participating member of our worldwide community. Not the least of which is the ability to attend the International Convention of AA!

- Annabel B. Elmont, NY CPC Chair-SENY

What is a Grateful Alcoholic?

They've lost their job, they become unemployable.

They lose their wife and kids who no longer want to live with them or be around them.

They lose their house and car, they become homeless.

They may even spend some time behind bars.

Their lives are in ruins. Their body and soul are shattered.

How can they ever be grateful to be an alcoholic?

Many haven't reached a bottom this low. They still function, they still have jobs, their family is still intact.

Yet they've suffered many of the damaging consequences of alcoholism: shame, guilt, the loss of trust of important people in their lives.

Their physical health is impaired.

And they too wonder how they can ever be grateful to be an alcoholic.

But once an alcoholic begins their journey of recovery, their life begins to change.

They become a better spouse, a better parent.

A better sibling and friend.

A better employee.

And everyone in their lives begins to notice.

Their thinking begins to change.

They become more positive.

They no longer engage in the negative behaviors and thoughts that led them to excessive drinking in the first place.

A steady stream of gratitude begins to flow.

Many newcomers who hear people say they are "a grateful alcoholic" don't understand.

They can't see why people are grateful to be alcoholics, having suffered the awful and distressing—and even dangerous—consequences of being alcoholic.

But as they go through the process of self-improvement, addressing and working to change character defects like selfishness, dishonesty, resentment, fear, and pride, they begin to see how these traits have fueled their addictive behavior.

With the support of other alcoholics, and by working through the steps, they can begin to minimize them.

Perfection is not expected—only continual progress.

As the newcomer begins to see these changes take place, their focus changes.

They no longer dwell so much on their problems or their faults, but more on all the positive and favorable things they have in their lives — all that they have because they don't drink anymore.

And that's when the grateful alcoholic is born.

- 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 Debbie A.
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



Does your group need a literature rack?

The Archives Committee has a nice used one for free.

Send an email to archives@SuffolkNY-AA.Org

You will need to arrange a pickup.

Upcoming Events in the Area

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

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



2025 SHARE-A-THON

AL-ANON PARTICIPATION

Bridge to Shore

Guest Speaker:
Connina D.
from Fort Lauderdale, FL



Sunday October 5th
9AM-4PM
Meetings Begin Every Hour
GSR & SIA Workshops
Lunch Served

Hyatt Regency LI
1717 Motor Parkway
Hauppauge, NY 11788

AREA 49 / SENY
PRESENTS

Joy of Service Workshop

“Humility in Action”

Saturday, October 18th
11 AM - 3:30 PM
LUNCH WILL BE SERVED



True North Church
1101 Lakeland Ave
Bohemia, NY 11716

*** Easy access via LIRR @ Ronkonkoma ***
shuttle service on request—contact host committee

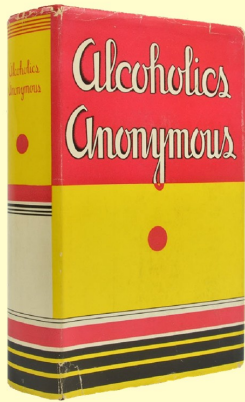
*** For information contact: Jim S. Alt-DCMC ***
jim.service2008@gmail.com

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WHILE SUPPLIES LAST !!**

UNITY BREAKFAST

2026

MANY VOICES, ONE PURPOSE
SUNDAY, FEBRUARY 1ST
9 AM - 1 PM
WITH AL-ANON PARTICIPATION



Save The Date

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1350 WALT WHITMAN RD, MELVILLE, NY 11747
2ND FLOOR BALLROOM