

November 2025

Vol. 53 - No. 07



SUFFOLK INTERGROUP ASSOCIATION

Bulletin



**“Alone we can do so little;
Together we can do so much”**

– Helen Keller



**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 !

November 25th, starting 8:00 p.m.

New Rep Orientation 7:00 p.m.



IN PERSON



VIRTUALLY

**True North Church
1101 Lakeland Ave
Bohemia, NY 11716**

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



* Holiday Meeting Marathons *



Many groups hold meeting marathons during the Christmas and New Year holidays – a wonderful opportunity to share fellowship and stay connected.

If your group is planning to host a marathon, whether in-person or online, please send us the details so we can include it in the December Bulletin.

Submit your meeting info to:
bulletins@suffolkny-aa.org

The Gift of Sharing

Our motto in Alcoholics Anonymous is to share our experience, strength, and hope.

While the experiences we've had in our drinking days may vary greatly, there are similarities we share — the losses, the pain, and the sadness. We hurt.

But from these experiences we gain strength. By sharing them with one another, we give each other the support we need to make our way along this journey — from a life of misery in active drinking to the promise of healthy sobriety.

And as we travel this road, we gain hope — the hope of a contented life, one that is happy, joyous, and free.

And we are grateful.

Wishing you a Happy Thanksgiving

- Fran H.

Voting in Alcoholics Anonymous 101: A Spiritual Exercise

Good day, A.A. Friends! November will be a very important month for our Fellowship—both in Suffolk County and in Area 49 SENY (Southeastern New York). On Saturday, November 8, the SENY Assembly (made up of General Service Reps—“GSRs”—and other SENY committee members) will be holding mid-term elections to replace two officers who stepped down earlier this year—the Treasurer and the Alternate Delegate. And then, of course, on Tuesday, November 25, Suffolk Intergroup will be electing a full slate of officers for the 2026-2027 rotation.

Having been directly involved in service below / beyond the group almost non-stop since 2008 (though, at 14 months sober, I don’t think I was an especially good GSR!), I have participated in many A.A. elections—both 1) in making myself available and 2) as a voting member. I want to use this space to share some thoughts about the *latter*, because I’ve learned some things over the past 18 years that are not necessarily intuitive.

I’m going to ask you to consider four questions, all of which I asked myself in the fall of 2018, when I stood to make myself available for SENY Alternate Delegate—and I’ve been asking them ever since.

- 1) Given that our *Fellowship is Spiritual*, which definitely applies to anyone standing for an officer position: is the position primarily *Spiritual*, or is there a heavy dose of *Technical* thrown in as well? For example, I would never stand for any position that has the term “Tech” in it—I would be a disaster. I cast each vote with this in mind.
- 2) Does (or can) the person standing for an officer position understand that it demands a great deal of time and focus, and that holding another service title below the group at the same time can dilute the person’s effectiveness in both positions? (I am currently guilty of this, the second on an interim basis soon to end, and believe me, it’s a challenge).
- 3) Is the candidate a leader; does the person have a “servant heart”? I invite those who dare to read Concept IX (aka “the Leadership Concept”), pp C27-C32 in the current A.A. Service Manual (see QR code), especially if you’re voting in one of the officer elections above—or even if you’re getting ready to vote for the next rotation in your home group...
- 4) Given that in Alcoholics Anonymous, we don’t “run” for a position, rather we “stand together, and show ourselves available to serve”:
 - a. What does “available” mean? Does the candidate have the time, the temperament, the technical experience (if applicable), the teachability?
 - b. How does the candidate approach service in Alcoholics Anonymous? Is an officer position a title, a job, or a passion?
 - c. Communication: does this person “seek first to understand, then to be understood”?
 - d. Is the potential officer open to additional information? (Ask anyone who serves or has served as a Delegate about this one.) Stated another way, does this person exhibit “tolerance, responsibility, flexibility and vision”? (Concept IX, p 31)

I ask myself these questions at every A.A. (and other) election. Perhaps one or two might ring true for you as well. Thank you for taking the responsibility to vote for A.A.’s future.

November Calendar

Nov 4 @ 7:00 pm - 8:00 pm
Corrections Committee Meeting
(virtual)

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

Nov 11 @ 7:00 pm - 8:00 pm
Archives Committee Meeting
(virtual)

Nov 11 @ 6:00 pm - 7:00 pm
Web Committee Meeting
(virtual)

Nov 15 @ 10:00 am - 2:00 pm
THE BIG MEETING 2025
(True North)

Nov 21 @ 8:00 pm - 9:00 pm
Suffolk General Service Meeting
(virtual + Emanuel Lutheran Church Patchogue NY)

Nov 18 @ 6:00 pm - 7:00 pm
Officers & Chairs Meeting
(virtual + SIA Office)

Nov 25 @ 7:00 pm - 8:00 pm
Treatment Committee Meeting
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

Nov 25 @ 8:00 pm - 9:00 pm
SIA Business Meeting
(virtual + True North)



- In Grateful Service, Tom B.

Around the A.A. Campus

Group Updates

Off Main Street of Babylon

Off Main Street of Babylon has changed from Open Discussion to Closed Discussion and will now meet a half hour earlier at 7:30 PM. This occurs every Wednesday. The group meets at St. Joseph's Parish Center 39 Carll Avenue in Room 259

She Recovers in Melville

The women's meeting in Melville is now called She Recovers. The ladies meet 11:00 AM every Sunday in Room 107 at St Elizabeth's 175 Wolf Hill Road. Check them out. Interesting side note: this is the first meeting in Suffolk County whose name was chosen by Artificial Intelligence.

West Islip Day by Day

Giving you plenty of time in advance, so mark your calendars. As of January 2026, West Islip Day by Day will be changing the times of the Monday (Big Book) and Tuesday (Step) to 7:00 PM. The two meetings on Saturday at 11:00 AM (Open) and 7:00 PM (Beginners) will stay the same times. These can be found at Our Lady of Lourdes 455 Hunter Avenue in the convent basement (Lourdes Hall)

Sobriety First

Sobriety First has expanded. There is now a Step meeting Thursday at 6:30 PM. This is in addition to the regular Saturday 7:00 PM (Big Book) and Sunday 7:00 PM (Beginners). All of this is located at Hope House 1 High Street Port Jefferson



The Road Dogs

Another meeting at Hope House had a change. The Road Dogs 8:30 AM Big Book meeting will now be held every Sunday. Previously it was held biweekly. This is in addition to their 9:30 AM Beginners. Great meeting to dive into our basic text.

Friday Night at Southampton

There's a time change out east. Friday Night at Southampton will now be meeting at 6:00 PM rather than 7:30 PM. This the first time change for the group since it was founded back in 1989—thirty-six years ago! The group meets at Our Lady of Poland 35 Maple Street.

Amityville Beach

For the fall/winter, Amityville Beach will only be meeting on Tuesday at 7:00 PM (Beginners) at the VFW 300 Broadway Amityville. Come warmer weather, they increase to twice weekly and meet outside.

2025 Share-A-Thon

It was a day of sharing, old friends meeting up again and new friendships starting. Of course we're talking about the Share-a-thon which was held on Sunday October 5th. As usual, this annual event was nothing short of spectacular. A big tip of the hat to all of those who worked so hard behind the scenes to put this great event together. For those of you who weren't able to make it, consider doing so next year. See photos below.



Hour of Power Group History

Baiting Hollow Congregational Church
 2416 Sound Avenue
 Baiting Hollow, NY 11933

It all started when two AA's, Patti K and Beth H, decided that a new type of meeting was needed in the area. The meeting starts with two excerpts from the *Big Book*, "How It Works" and "The Promises," followed by a reading from the *24 Hour A Day* book.



This meeting is focused on the daily reading and all are asked to keep their sharing on that reading.

Pastor Stan graciously allowed the group the use of the conference room, with the understanding no beverages are allowed and within a short period of time, the group was drawing twenty people each week.

The meeting was started on July 30, 2008, and was called the **Baiting Hollow 24 Hour Meeting**. That name would be changed by the March 2010 meeting list to **Hour of Power**.

Up until this point, they met only on Wednesday at 6:00PM. With the name change, they added a Saturday 6:00PM Big Book. The November 2012 meeting list noted another addition of a Thursday 6:00PM Big Book.

All was going well with some minor changes like the Thursday format changing from Big Book to readings from the Hazelden book, Stools and Bottles. The pandemic in 2020 changed everything. The church shut down until all was clear.

When Hour of Power returned to meeting in person, they reverted to their original Wednesday meeting only. Thursday and Saturday meetings were discontinued.

They still meet at 6:00 PM and the meeting is still wonderful, reminding everyone that the power of Alcoholics Anonymous covers twenty-four hours a day, not just one.

S.I.A. Archives Committee

Orig. history written Linda Z 2008
 Updated March 15, 2023

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
November 11th, 7:00 PM

or

Contact the SIA Office at
(631) 654-1150

SAVE THE DATE

SUFFOLK COUNTY GENERAL SERVICE UNITY BREAKFAST

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

You are invited to the 2025

Queens Intergroup
 Thanksgiving Shareathon

MEETINGS EVERY HOUR ON THE HOUR

First meeting: Wednesday Nov.26 @ 6 pm
 Last Meeting: Saturday Nov.29 @ 2 pm

GRACE LUTHERAN CHURCH
 103-15 UNION TURNPIKE

VIA TRANSIT: R/R TRAIN TO FOREST HILLS 71 AVE THEN TAKE Q23 TO 71 METROPOLITAN AVE OR M TRAIN TO METROPOLITAN AVE THEN TAKE THE Q54 TO 72 ROAD

VIA CAR: OFF UNION TTPKE SERVICE ROAD B/W 71 DRIVE AND 71 ROAD

Questions? Contact
 EVENTS@QUEENSAA.ORG

2024 — 2025 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.	Cyndy M. 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
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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

Sought Through Prayer and Meditation

When I first came to AA and started attending meetings, I'd scan the Twelve Steps on the shades at the front of the room from top to bottom.

Step 1? — Sure, my drinking was out of control and my life had become unmanageable.

Step 2 — accept help from a power greater than myself? Ok, Maybe.

Step 3 — oh, that power was God? No thanks.

And so it went with the remaining steps until I came to **Step 11**:

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him...”

The prayer part struck me as superstitious — though mostly harmless. But meditation? That piqued my interest.

I knew enough about world religions to know they all practiced it in some form, but my only experience was the bliss of *savasana* after hot yoga. Fortunately for me, meditation and its little brother, mindfulness, had gone mainstream, and here was a piece of the program I could fully embrace.

After much resistance and a few false starts, I worked the earlier Steps as best I could. It helped to find sponsors and groups open to those of us uneasy with the G-O-D word.

In spite of — or maybe because of — that unease, I began exploring meditation and spirituality through books, videos, and podcasts. I discovered a whole universe of guided meditations. I tried Bill W.'s contemplative practice from the Twelve and Twelve and found myself especially drawn to neuroscientist, author and podcaster Sam Harris. His conversations with Joseph Goldstein and others opened new doors and inspired me to explore different forms of meditation.

Gradually, I also started shedding my prejudices about prayer. I once heard someone in a meeting say, “I don't know if anyone's hearing my prayers, but I know I am.” That landed. I began to see prayer as simply setting an intention — for the kind of person I want to be and the kind of world I wanted to share with others.

Meditation and prayer are harder than they sound. There's a saying: “*Meditation — it's not what you think.*” Thinking is like talking; if I'm talking, I'm not listening. Through meditation I quiet that inner chatter, strengthen contact with the life force I call my Higher Power, and learn to pay attention to the present moment.

AA is a program of action, yet this Step invites me to *simply be*. Instead of blotting out life, I can notice it — the roses, the birds, the love I have for others, a sunset. I learn to live fully awake.

(Continued on page 7)

Once Upon a Time

Once upon a time, I had a life planned out in my mind—to always keep moving, like the social butterfly I prided myself on being... fluttering from blossom to blossom, staying just long enough to feed on your leaflet sweetness—close, yet untouchable—always out of reach.

Once upon a time, I planned on it always being sunny. But they say, man plans, and God laughs. I might as well have burned those plans—and all my expectations—to the ground, easing the pain of what was inevitably to come: the Greek tragedy, and sometimes comedy, that was my life.

Oh, how I rose. Nothing was enough. Charging like a mad bull after spotting matador red—always looking for the next best thing, never satisfied with what I had. Constant torture: living in the past and future, tripping all at the same time.

What happened to my youth, my spirit, my innocence? I could hardly recognize the skeleton in the mirror—reflections of nothingness seared through my eyes and into the void where my heart used to be.

Man, it's a long fall from the lonely top—and this time, no parachute to ease my fall. All was broken... no, not broken... **smashed**—beyond repair.

What the hell is going on? This doesn't seem right—and surely not fair. I was floating on life, and now drowning in an endless nightmare. Stripped of everything: my job, my title, my status, my purpose, my identity, and all my isms.

I had NO idea who I was. *I had aged, but never grew up. I had aged, but I never grew up.*

Living in a delusion, I had lost sight of the beautiful forest through the ugliness of one single tree. I was losing it. And I was lost.

I heard the committee—led by the devil himself—screaming in my head: You're a failure. You're worthless. You're rotten to the core. How could you? While your family tried to save you again, you're here dying in vain.

The screaming voices—maniacal death-angel cries—all came to a pinnacle, and then... silence. You could

hear a pin drop echo inside my head as the devil whispered, Just die already. Don't you see? You're already dead.

But I wasn't. Not yet, anyway.

And just as they flooded in—before I slipped into the endless abyss—a hand pulled me up. The darkness subsided, replaced by symphonies of love that created ripples as I floated in a sea of hope.

Once upon a time, a seed was planted deep in the earth. And by the grace of God came growth—and with growth came change, a metamorphosis.

A wise woman writes on the wall: "There is no pain in change, only in resistance to change."

The clouds are starting to part. It's still hazy all around, but with eyes wide open, I'm seeing messages waiting to be found. The picture is getting clearer.

It's not easy—yet day by day, I'm picking up the pieces of a life that had been blown away. By the choices I made, by people, places, and things—this is my one last shot, our one last shot, to realize our dreams.

Once upon a time. I am finally coming into my own. I have gratitude. It's finally enough.

I don't know exactly what my future holds or what all my plans are—but that's okay. It will all be okay if I just stay in the moment. It's the only one we have.

We've all had our crosses to bear, dwelled in misery, and stirred up strife.

**Once upon a time, I had plans.
Now, I have a life.**

- Demitra M.

(Continued from page 6)

There's no single right way to meditate. Many AA meditation meetings start with a brief reading, followed by quiet breathing and reflection, then open sharing. Sounds easy — until the distractions begin. When they do, I simply notice, say "thinking," and return to my breath.

I often hear people share that their minds feel too noisy to meditate. One of the best lessons I've learned through meditation is that I am not my thoughts — and feelings aren't facts. Meditation helps me respond instead of react.

That, for me, is conscious contact in action.

- David V., Stony Brook Freethinkers

Upcoming Events in the Area

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

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



NASSAU INTERGROUP & NASSAU GENERAL SERVICES
PRESENT

★ THE ANNUAL ★ BIG MEETING

SUNDAY, NOVEMBER 9, 2025

2:00 PM – 5:00 PM

–new time–

HUMILITY IN ACTION



Enthralling
Speakers



AA History -
Archives
Presentation



Service
Tables



Refreshments



Step
11



Unitarian Universalist Congregation
of Central Nassau
223 Stewart Avenue, Garden City,
NY 11530

Want to help? Please contact Annabel
at cpc@aaseny.org

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



THE BIG MEETING

NOVEMBER 15TH 2025

10:00 AM – 2:00 PM



FOOD



FELLOWSHIP



SERVICE
TABLES

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

TRUE NORTH CHURCH • 1101 LAKELAND AVE
BOHEMIA, NY 11716



KINGS PARK GROUP

**77TH GROUP
ANNIVERSARY**

FRIDAY NOVEMBER 14

7PM - FOOD

8PM - GUEST
SPEAKER

Lucien Methodist Church, 109 Main St, Kings Park

**GET
RIGHT
TO IT**

**53RD GROUP
ANNIVERSARY**

**SATURDAY
DECEMBER 6TH
6 PM to 8 PM**

Setauket Presbyterian Church,
Lower Level
5 Caroline Ave, Setauket-East Setauket



Fellowship, Food, Fun
with Special Guest
Speakers



*Women's
Nama Stay Sober*
3rd Anniversary Brunch

December 6, 2025

10:30am

St. John Nepomucene

1140 Locust Avenue

Bohemia

FOOD* FELLOWSHIP* FUN
SPEAKER
OPEN MEETING
ALL ARE WELCOME