

January 2026

Vol. 53 - No. 09



SUFFOLK INTERGROUP ASSOCIATION

Bulletin



**“Faith is taking the first step
even when you don’t see
the whole staircase.”**

– Dr. Martin Luther King Jr .



**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 !

January 27th, 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



Bridging the Gap

The **Treatment Facilities Committee** is ramping up the county's BTG program. We need your help to be:

Temporary Contacts - bring prospects coming out of a Treatment facility to their first six meetings & get them connected with a sponsor, home group & commitment.

BTG District Captains - remember the SIA hotline district Captains who used to go around recruiting A.A. members for 12 step calls via the hotline? Same thing - only recruiting Temporary Contacts for Bridging the Gap instead. Must have working knowledge of A.A. traditions or be willing to learn.

BTG Facilitators - communicate with prospects before they leave an institution over the phone, and arrange for a Temporary Contact to call, & take the prospect to their first meeting on the outside. Follow up with the prospect to make sure the Temporary Contact completed the 12 step call a few times and the prospect got a sponsor.

To learn more about service opportunities w/ Treatment Facilities Committee scan or click QR code, or visit:

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



HOTLINE VOLUNTEERS NEEDED!!

It's not difficult to work the Suffolk County A.A. 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>



Passing the Torch at Intergroup

Suffolk Intergroup is pleased to announce our newly elected officers:

Chairperson – Tom B.

Alt-Chairperson – David V.

Treasurer – Meredith M.

Recording Secretary – Kimberly L. **Corresponding Secretary** – Rob M.

Please join us in welcoming our new officers and in **thanking our outgoing Chair, Jim S.**, for his many years of generous and dedicated service to Suffolk Intergroup, which has meant so much to us all. Jim will be truly missed, and we wish him all the best as he moves on to “greener pastures” — hopefully not too far from a good meeting.

The Vital “-tions” of Service : *Rotation and Participation*

Hello, fellow A.A. Members and Trusted Servants. Our next Suffolk Intergroup two-year term will begin in a matter of days. You will have a new slate of SIA Officers and Committee Chairs; and of course, most importantly, your Group will have selected (or will be in the process of selecting) its new SIA Representative.

From my perspective, there are — or should be — three mission-critical positions in each Group: the Treasurer, the General Service Rep (the GSR), and the SIA Rep. The Treasurer is in large part responsible for the financial functioning and well-being of the Group. The GSR is the sole means of bringing your Group’s voice to the A.A. General Service Structure, via the Area Assemblies. And the SIA Rep points Suffolk County’s “boots on the ground” in the right direction, so that we are all helping the next suffering alcoholic as best we can.

A huge factor in the ongoing success of these three positions, as well as SIA and the other service structures, are Rotation and Participation. I could recommend to you the A.A. Service Manual, Appendix E (“The Principle of Rotation”) and Concept IV (the Right of Participation), but instead I’ll just offer this simple thought: if there is no rotation, then participation is stifled. And in my experience, participation below the Group level is critical to my own continued sobriety, and ultimately to the survival of Alcoholics Anonymous.

Does that sound too melodramatic? Okay, put it in perspective of your own Group’s business meeting. If the group chair doesn’t rotate every two years, is it the Group’s business meeting, or the group chair’s business meeting? If the same few people dominate

discussion at every business meeting, are we losing the voices of the rest? As a Group member, ultimate responsibility always falls on you. You know, “I am Responsible” and all that. Your voice and ideas count, and they need to be heard, and honored. Rotation and participation make that possible.

And so: as your incoming SIA Chair, **I’ll be reaching out to people to serve as the various SIA Chairs. I will be looking for a few people with experience, AND I’ll also be asking people who have never served outside their own Group to step outside their comfort zone.** We don’t just need to oil the service machine; we need to keep adding new parts, and keep the machine healthy and growing.

When you’re asked to do a new kind of service, **please say yes!**

January Calendar

Jan 4 @ 3:00 pm - 6:00 pm
LICYPAA Elections / Pizza Party
(virtual + 1324 Motor Pkwy, Islandia)

Jan 6 @ 7:00 pm - 8:00 pm
Corrections Committee Meeting
(virtual)

Jan 9 @ 6:00 pm - 7:00 pm
Bridging The Gap Committee Meeting (virtual + SIA Office)

Jan 13 @ 7:00 pm - 8:00 pm
Archives Committee Meeting
(virtual)

Jan 13 @ 6:00 pm - 7:00 pm
Web Committee Meeting
(virtual)

Jan 16 @ 8:00 pm - 9:00 pm
Suffolk General Service Meeting
(virtual + Emanuel Lutheran Church Patchogue NY)

Jan 27 @ 7:00 pm - 8:00 pm
Treatment Committee Meeting
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

Jan 27 @ 8:00 pm - 9:00 pm
SIA Business Meeting
(virtual + True North)

Appendix E



Concept IV

- In Grateful Service, Tom B.

Around the A.A. Campus

Group Updates

Amagansett Saturday Night

Amagansett Saturday Night 8:00 PM at St Peter's Church 286 Montauk Highway has turned the lights off for the year. It will reopen again around April/ May 2026. Good time to remind all seasonal meetings to let Intergroup know that you have stopped meeting or will be meeting elsewhere during the colder months. We always want our meeting list to be up-to-date.

NEW Queer Men's Group

A new group has started Thursdays at 7:00 PM at the Unitarian Universalist Fellowship 109 Browns Road Huntington. Called Queer Men's Group, it is a Closed Discussion offering different formats each week. Gay, Bi, Trans-masculine, Queer and male identifying allies are all welcome. (See photo below)

Bridgehampton – Progress Not Perfection

Progress Not Perfection is now meeting one hour earlier — Thursday at 6:00 PM. Why not progress on over to Queen of the Most Holy Rosary, 2350 Montauk Hwy, Bridgehampton. New time, same coffee.

Thanksgiving Meeting Mini-Marathon

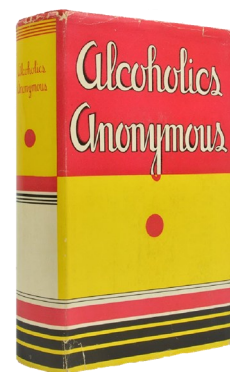
Happy to report that the Mini-Marathon held Thanksgiving Eve and Thanksgiving Day was a huge success. The was a joint effort of Women's Namastay Sober (Bohemia), Bridging the Gap



(Bohemia) and Medford Miracle. There was food galore (see photo below) and meetings every hour. Always so nice to have a safe space to go during the holidays. Maybe for some of the various holidays that pop up during the year, your group would also like to put one of these together.

Archives Big Book

Speaking of things we're happy to report. The Archives Big Book now has 873 signatures. Started over twenty years ago, all Suffolk AAs with thirty or more years of sobriety are invited to sign this vintage Big Book. Contact the Archives Committee if you would like to add your name. Email Archives@SuffolkNY-AA.Org



Things We Cannot Change

Wayne S from Mount Sinai Sober Start passed away in November. A gentle, kind soul whose presence lit up a room.

Smithtown Serenity's Gary R also left us. He struggled with some health issues the last few years with grace and dignity.

Both of these gentlemen will be greatly missed.



Boho Group



Group History

True North Community Church

1101 Lakeland Ave
Bohemia, NY 11716

In 2008, a member of the True North Community Church, then located in Port Jefferson, won three million dollars with a New York scratch-off ticket.



He immediately turned it over to his pastor Bert Crabbe. According to one newspaper story, Pastor Crabbe's wish was to find a bigger home for this growing flock. Some of that money went towards that and the church moved to Bohemia. The church shares a gigantic modern building with a manufacturer. This does not look like your typical house of worship.

Lisa M was stricken with that age old alcoholic remedy for a resentment: start your own meeting. One day at her old group, an AA with only two months sobriety was chosen to speak at a beginners meeting. Lisa's sponsee and Lisa both had an issue with this. That was the final straw and her catalyst for starting Boho.

She belonged to True North Church. She arranged for the 2011 Big Meeting, an annual Suffolk AA event, to be held there. So, she approached her pastor, who opened up his heart and church to this new meeting. The meeting would be held in the cafe because as the clergyman put it, "alcoholics shouldn't have to be in the basement anymore."

The first meeting was held on November 4, 2011. At that meeting, when the question was asked "is there anyone new here? ", everyone in the room raised their hand. As Lisa recalled that, tears glistened in her eyes. A schedule was set up for a Friday 7:00 PM beginners followed by an 8:15 PM Big Book and one on Sunday at 3:00 PM. Within three years, the Friday meetings were shut down.

The meeting is held in a large room near the entrance of the church. It has the ambiance of a Starbucks with small round tables. The lighting is subdued. There is a variety of different coffees, pastries, and bagels for the taking. Much is leftovers from the earlier church services and would have been discarded anyway. Those in attendance try their hardest to make sure nothing goes to waste.

The name of the group is a shortened version of the town they meet in, Bohemia, but nothing at this meeting is a shortened version of what recovery is all about. The church may have benefited from the luck of a lottery ticket, but those of us know sobriety itself involves hard work. That's the message this group puts out week after week.

S.I.A. Archives Committee

Original history written January 2, 2012

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

TICKETS ON SALE NOW AND GOING FAST!



SUFFOLK COUNTY GENERAL SERVICE UNITY BREAKFAST

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

Last updated September 20, 2023

— PASSING THE TORCH —

Letting Newcomers Carry the Message

“I don’t foresee outgrowing my need for help” was the Grapevine quote of the day recently; and that got me reminiscing and thinking. I remember asking old timers, “when will I be sober long enough to stop coming to these meetings?” Laughingly, I was informed that when I got enough recovery I would want to keep coming. I had to scratch my head over that response just as I did over all the paradoxes I heard at meetings, such as ‘surrender to win’ and ‘give it away to keep it.’

So I have come to understand and accept that a sober human is always going to need help, and my higher power shows me the way. But what does this all mean with respect to how I carry the message to the alcoholic who still suffers now that I have time behind me in the fellowship of Alcoholics Anonymous?

Yes, I need help, and yes, I need to carry the message; but a new awareness has taken hold in this 50th year; and that is, that my primary purpose beyond staying away from that first drink, beyond doing service, is to encourage the new member to carry the message through the many opportunities for service available in this AA fellowship. I have been warned against sounding like a “bleeding deacon,” moaning about the passing of the good old days and the good old ways but rather to deliberately step aside and encourage new members to carry the message in their somewhat new-fangled ways.

Specifically, this means that sharing my thoughts at every single one-hour meeting might give way to gently coaxing newcomers to share their struggles. I need to remind myself that closed meetings are the workshop where struggling newcomers get help with touchy stumbling blocks. They won’t ask for help if we don’t give them time and encouragement. Even if I share how wonderful sober living can be, there’s a new man or woman wondering how to handle a relative who might say, “one isn’t going to hurt you.” Another member might be wondering if he needs to stay away from a person he’s close with because temptation dogs the

relationship. Another might wonder if there’s a difference between normal sadness and self-pity. How does she handle either one without a drink? A sponsor is vital, but a closed meeting is the workshop for the myriad of newcomer concerns that cry to be addressed but remain unspoken if I don’t encourage them.

Another reminder is that telling my story of what it was like, what happened and what it is like now is important; but getting a sponsee to do it is over-the-moon happy destiny!

Thirdly, taking a commitment in my home group, General Service or Intergroup is rewarding and keeps me connected to the path of sobriety; but better yet is keeping the path clear for the future sufferer at the AA doorstep. This requires that I encourage sponsees to take commitments, teaching them that recruiting a new coffee maker or greeter does more to ensure AA’s future than doing it all myself. Can I say something without sounding negative? Here goes: If a group’s commitments are fulfilled only by members with more years’ sobriety, what will become of our ability to carry the message down the line? Let our new members learn by doing.

Well, this is a new understanding of the responsibility statement for me, as I am not the fastest learner. As I enter my year 51, I’m trying to stop doing it all myself. Instead, I’m teaching new members to take commitments, then pass them on to newer members. Ensuring that the new member is the most important person in the room is the heart of service:

“Whenever someone reaches out for help, I want the hand of AA to always be there, and for that, I am responsible. “

Finally, I understand what my sponsor tried to teach me whenever she started singing the Mighty Mouse jingle, “Here I come to save the day!”

I have to do something, but I don’t have to do it all. The new members will save the day for the future of our fellowship if we let them.

- Anonymous





MEETING SPOTLIGHT

STONY BROOK FREETHINKERS

11 YEARS WELCOMING ALL SEEKERS

On January 16th, Stony Brook Freethinkers will celebrate eleven years to the day since Brian C. opened the doors for anyone seeking sobriety—regardless of what they do or don't believe about a Higher Power. When he started the group in 2015, Brian's vision was simple and very much **in line with AA's own tradition of inclusivity**: to offer a home where every alcoholic would feel welcomed, whether theist, agnostic, atheist, spiritual-but-not-religious, or simply "unsure."

From the beginning, Stony Brook Freethinkers has been both firmly AA and gently secular. Alongside AA's original Twelve Steps, the group displays an agnostic version of the Steps, offering members more than one way to relate to the same spiritual program of action. This side-by-side approach quietly underscores their message: you don't have to accept anyone else's beliefs, and you don't have to deny your own, to recover in Alcoholics Anonymous.

Stony Brook Freethinkers is a **fully hybrid group**—meeting **in person** at the Unitarian Universalist Fellowship at Stony Brook (380 Nicolls Road, E. Setauket, NY 11733) and **online** (Zoom Meeting ID: 843 5088 8563 / Passcode: 297082).

Although not the first, it is **currently the only secular AA group** in Suffolk County. Those "crazy heathens in Stony Brook"—now including believers, nonbelievers, and everyone in between—routinely welcome visitors from all over the U.S. and the world, sharing experience, strength, and hope across time zones and belief systems.

Meeting Schedule – Stony Brook Freethinkers

Wednesday 7:30 PM – Closed Rotating Literature Study

- 1st Wednesday: Step Study
- 2nd Wednesday: Tradition Study
- 3rd–5th Wednesdays:
Plain Language Big Book Study

Friday 7:30 PM – Open Topic Meeting

- Anniversary meeting on the **last Friday** of the month

At Stony Brook Freethinkers, they put it this way:

"We do not endorse any form of religion or atheism. Our only wish is to assure suffering alcoholics that they can find sobriety in AA without having to accept anyone else's beliefs, or having to deny their own."



2026 — 2027 Officers & Chairpersons

Chairperson Tom B.
chairperson@suffolkny-aa.org

Alt Chairperson David V.
alt-chairperson@suffolkny-aa.org

Treasurer Meredith F.
treasurer@suffolkny-aa.org

Corresponding Sec. Rob M.
corsec@suffolkny-aa.org

Recording Sec. Kimberly L.
recsec@suffolkny-aa.org

Archives Evan H.
archives@suffolkny-aa.org

Archivist Bob R.
archives@suffolkny-aa.org

Bulletin **** VACANT ****
bulletins@suffolkny-aa.org

Big Meeting **** VACANT ****
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Corrections Ashley O-W.
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Grapevine Mike A.
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Hot Line Howie L.
phones@suffolkny-aa.org

Literature Charlie D.
literature@suffolkny-aa.org

Meeting List Debbie A.
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Office Manager Meredith F.
siaoffice@suffolkny-aa.org

Public Info Laurie A.
pubinfo@suffolkny-aa.org

Schools **** VACANT ****
schools@suffolkny-aa.org

Share-A-Thon **** VACANT ****
share@suffolkny-aa.org

Special Events **** VACANT ****
specialevents@suffolkny-aa.org

Third Legacy Ed A.
thirdleg@suffolkny-aa.org

Treatment Facilities Nancy S.
treatment@suffolkny-aa.org

Web Master David P.
webmaster@suffolkny-aa.org

SGS Liaison Natalie S.
SGSLiaison@suffolkny-aa.org

Spanish Liaison Jose R.
SpanishRep@suffolkny-aa.org

Al-Anon Liaison Matt C.
AAliaison@al-anon-suffolk-ny.org

Alateen Liaison Ed O.
AlateenChair@al-anon-suffolk-ny.org

Upcoming Events in the Area

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

[https://suffolkny-aa.org/
announcements](https://suffolkny-aa.org/announcements)



LICYPAA
LONG ISLAND COMMITTEE OF YOUNG
PEOPLE IN ALCOHOLICS ANONYMOUS
PRESENTS...



Slice of Service

2026 ELECTIONS AND
PIZZA PARTY

Pizza, fellowship, and a chance to be of service!
Elections for service positions will take place during this event.
All are welcome to participate.

SUNDAY, JANUARY 4TH
3-6PM

THRIVE SUFFOLK 1324 Motor Parkway, Islandia, NY 11749

CAN'T MAKE IT IN PERSON? WE'RE HYBRID!

ZOOM ID: 846 6825 9768

SOBER JUST FOR TODAY

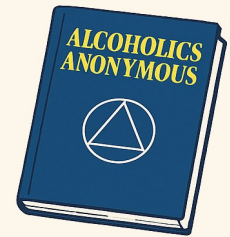
ST. JAMES R.C. CHURCH • PARISH HALL
429 NY-25A, Setauket-East Setauket, NY 11733

JANUARY 2026 SPECIAL SERIES

TUESDAYS AT 10:00 AM

For the month of January 2026,
the Sober Just for Today group
will be reading and discussing
"The Doctor's Opinion" from
the Big Book.

Bring your own Big Book
and join us



25TH ANNIVERSARY CELEBRATION

Tuesday, January 13, 2026
• 10:00 AM

Join us as we celebrate the group's
25th Anniversary of
carrying the message

ALL ARE WELCOME!



UNITY BREAKFAST 2026

MANY VOICES, ONE PURPOSE

SUNDAY, FEBRUARY 1ST

9 AM - 1 PM

WITH AL-ANON PARTICIPATION

MARRIOTT MELVILLE

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

\$45 PER TICKET



[HTTPS://AASUFFOLKGS-NY.ORG/EVENT/2026-UNITY-BREAKFAST/](https://AASUFFOLKGS-NY.ORG/EVENT/2026-UNITY-BREAKFAST/)

WE'VE REBRANDED

YOUNG AT HEART

Meeting format change from a
Young Person's meeting to an
Open Discussion meeting

FRIDAYS 8:30PM - 9:30 PM

One Hope Church
127 Country Village Lane
East Islip, NY 11730

