

February 2026

Vol. 53 - No. 10



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

Last Issue!!
Until a new Editor
steps forward.
See page 2

**“Winter teaches us to listen.
Spring rewards us with answers.”
– Anonymous**



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



Suffolk A.A. Needs You

Volunteers are needed for all service committees. Come to the next SIA Meeting to learn more! Held on the last Tuesday of every month.

February 24th, starting 8:00 p.m.
 New Rep Orientation 7:00 p.m.

IN PERSON



True North Church
 1101 Lakeland Ave
 Bohemia, NY 11716

VIRTUALLY



(see page 5 for zoom info)

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



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>



New Editor Needed



I'm rotating out as Bulletin Editor— so the Bulletin will be on hiatus **unless and until** the next trusted servant steps forward and grabs the baton.

What does the Bulletin Editor do?

You **gather** announcements, articles and other material from our committees and groups, then **lay them out** into the Bulletin each month. That's it: collect, organize, publish.

Do I need to be "good with computers"?

Computer comfort is a big plus. However, **training and support are available**— you just have to be willing to learn.

Why does it matter?

The Bulletin helps AA groups and members **stay connected across Suffolk**—sharing events, service opportunities, meeting updates, and the little bits of AA life that help us feel united and a little less alone.

In the spirit of rotation, please consider stepping up... or tap a friend you think would be great at it.

Interested? Email bulletins@suffolkny-aa.org to get started.

Thank you for allowing me to serve.

David V., Editor

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>



ByLaws Committee Members Needed

Why the Bylaws Matter

Most of us don't wake up excited to read—let alone update—bylaws, and that's okay. Bylaws are a lot like underwear: when they're fresh, well-fitting, and doing their job, you don't have to think about them. But when something starts slipping or leaking—confusion about a role, a process that doesn't match real life, a gray area that turns into tension—you suddenly wish you'd paid more attention.

At their best, our SIA Bylaws do some quiet but essential work. They **protect the groups** by keeping the Intergroup accountable to the body it serves. They **preserve continuity** as officers, chairs, and reps rotate, so we're not reinventing the wheel every term. They **reduce needless confusion** by giving us shared, written expectations when questions come up. And they help keep our service work **aligned with the Traditions**—not as “rules,” but as guardrails that support unity and trust.

Why update them?

Things change, and Intergroup has to keep up to fully serve the groups. Our service structure has grown, technology has changed how we communicate and do business, and the day-to-day functions of the Intergroup have evolved. The Bylaws are meant to be a living document—otherwise we drift into “unwritten rules,” patchwork solutions, and “I thought we always did it this way.” That's where misunderstandings multiply, and where the groups' needs can start to feel secondary to simply “following the bylaws” as written.

The good news is: the bylaws already anticipate this. They call for a review **at least every fourth year**, and they lay out a process to **draft, publish, and explain the effects** of proposed amendments before anything comes to the body—so everyone has an informed opinion.

Why we need Group Reps involved

The Bylaws Committee is facilitated by the Alternate Chairperson, but it's **meant to be group-driven**. The bylaws require that **at least 51% of voting members** be Group Representatives holding **no other current Intergroup position**. Practically, that means we need **at least two Group Reps** to step up but we'd like anyone interested to participate.

Group Reps are the direct link to the conscience of the groups. Without them, we risk turning a group process into an “Intergroup insiders” process—something none of us want.

We need your committed and consistent participation to keep this work grounded, balanced, and truly representative of the groups' needs.

February Calendar

Feb 1 @ 9:00 am - 1:00 pm
Suffolk County General Service
Unity Breakfast
 (Marriott Melville Long Island)

Feb 3 @ 7:00 pm - 8:00 pm
 Bylaws Committee Meeting
 (SIA Office)

Feb 3 @ 7:00 pm - 8:00 pm
 Corrections Committee Meeting
 (virtual)

Feb 10 @ 7:00 pm - 8:00 pm
 Archives Committee Meeting
 (virtual)

Feb 10 @ 6:00 pm - 7:00 pm
 Web Committee Meeting
 (virtual)

Feb 13 @ 6:00 pm - 7:00 pm
 Bridging The Gap Committee
 Meeting (virtual + SIA Office)

Feb 17 @ 7:00 pm - 8:00 pm
 SIA Officers & Chairs Meeting
 (virtual + SIA Office)

Feb 24 @ 7:00 pm - 8:00 pm
 Treatment Committee Meeting
 (virtual + True North)

New Intergroup Rep Orientation
 (virtual + True North)

Feb 24 @ 8:00 pm - 9:00 pm
 SIA Business Meeting
 (virtual + True North)

Feb 27 @ 8:00 pm - 9:00 pm
 Suffolk General Service Meeting
 (virtual + Emanuel Lutheran
 Church Patchogue NY)

Meeting schedule

First Tuesday of each month, beginning
Tuesday, February 3rd at 7:00 p.m.

(except in March, will meet March 10th)

Location: SIA Office

Questions? Email David V. (Alt Chairperson):

alt-chairperson@suffolkny-aa.org

View current Bylaws by clicking or scanning the QR code or visiting <https://suffolkny-aa.org/bylaws>



Around the A.A. Campus

Group Updates

****NEW** Sober Dads**

New men's meeting out in Amagansett called Sober Dads. This Open meeting meets every Sunday at 4:00 PM at St. Peters 286 Montauk Highway. And yes, children are allowed.

Breakfast Club

Breakfast Club, which meets at the Association of Mental Health and Wellness 939 Johnson Avenue Ronkonkoma, has made its Monday 6:00 PM a Big Book meeting and added a Tuesday 6:00 PM Step. This is in addition to the Saturday 10:00 AM (Open Hybrid).

Caminos de Sobriedad

Caminos de Sobriedad, a Spanish-language meeting at 186 West Main Street Patchogue has advised Intergroup that its Sunday meeting is held at 9:00 AM. Meetings are also held Thursday, Friday and Saturday at 8:00 PM.

Connect the Dots

Connect the Dots has streamlined its schedule a bit. Its Monday evening has been discontinued. The Friday and Saturday lineups continue at the same time as before at 7:00 PM. These hybrid meetings are held at True North Church 1101 Lakeland Avenue Bohemia. The Zoom information gets a bit tricky. Friday's ID is 964 1713 2964 and Saturday's ID is 994 4085 0855 Both meetings have the same passcode: 164

Day By Day

Day By Day in West Islip has lowered its times. The new schedule is Monday 7:00 PM (Big Book), Tuesday 7:00 PM (Step) and Saturday 11:00 AM (Open) and 7:00 PM (Beginners). All of this happens at Our Lady of Lourdes 455 Hunter Avenue. They meet in the convent basement.

Greenport Group

Sad news indeed. The Greenport Group is shutting down for good. They have been meeting since 1965 at Holy Trinity Episcopal Church on 768 Main Street. Not every day does a sixty year old AA group fade away.

Round Robin in Amagansett

Round Robin in Amagansett has changed its Zoom in-

formation. The ID will now be 858 8392 9409 No passcode. Every Sunday at 9:00 AM is where you can find it. It's a nice way to start the morning.

Saint James 12x12

Saint James 12x12 has merged with Sunrise Reflections. Meets at 6:15 AM seven days a week and now will be meeting also on Thursday at both 6:15 PM and 7:30 PM. Where is this located? The VFW 460 Lake Avenue

Smithtown Serenity

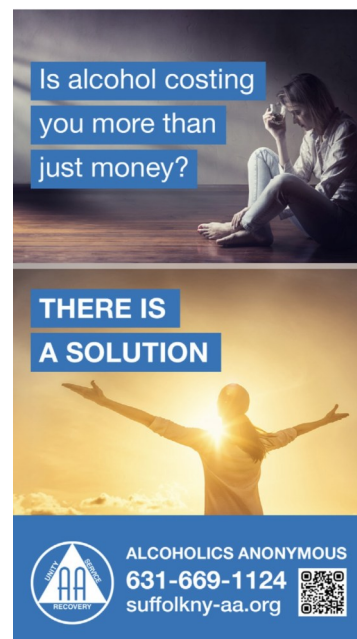
Smithtown Serenity has discontinued all hybrid meetings. From now on, meetings are in-person only. Here is the lineup: Monday 6:30 PM (separate Beginners and Step), Thursday 10:00 AM (Closed Discussion) and 7:00 PM (Big Book) and Saturday 7:30 PM (Open). They can be found at St. Andrews 30 Brookside Drive Smithtown.

Young at Heart in Islip

Young at Heart in Islip has changed things around a bit. From now on the format is Open Discussion, although the time still remains Friday at 8:30 PM. Despite its name, it meets in EAST Islip at the Hope Church 127 Country Village Lane. They extend a warm invitation, so head over, but please only park in front of the church or the church parking lot—not the neighbors' driveways!

Public Service Announcements

In an effort to reach out to the still sick and suffering alcoholic, the Intergroup Public Information Committee arranged notices to be displayed at both the Babylon and Ronkonkoma train stations from November to January. Here's hoping this will be the introduction to many who have never heard of Alcoholics Anonymous before and a reminder to those who have—and need us again.



Is alcohol costing you more than just money?

THERE IS A SOLUTION

ALCOHOLICS ANONYMOUS
631-669-1124
suffolkny-aa.org

Cutchogue Sunday Group History

First Presbyterian Church
27245 Main Road
Cutchogue, NY 11935

According to group records, the Cutchogue Group, as it was called for many years, started in December 1971, then registered with Alcoholics Anonymous General Services on June 19, 1972. The Program Chairperson was Thomas W and the Secretary was Harry R. The new group met at the Presbyterian Church on Sundays at 8:30 PM. Here they met in the basement. The church is a classic New England steeple church across the street from the Town Green, surrounded by buildings dating back to the late 1700s.

Originally the group reported having ten to fifteen members and those numbers grew over time. By the late 1970s the group had thirty members and that would stay the norm for quite a few years. None of the original group members are left. During the summer months, numbers swell as the people from the city venture out to avail themselves of the boating, beaches and country living.

The North Fork offers a less hectic living style than does the Hamptons. Like with other groups, there was tinkering with times and formats. For many years they offered two meetings on the same evening, including a Step meeting, but group conscience voted to end that. As of November 2007, the group renamed itself Cutchogue Sunday.

In 2024, one eagle-eyed soul spotted that the listing on the meeting list had the wrong address. It turns out the address had been listed that way since 2007, seventeen years! They had the address of the house across the street from the Presbyterian Church. One group member believed the house across the street once belonged to the church. The problem was quickly fixed and all goes well for the group.

Fifty-three years and still going strong!

S.I.A. Archives Committee

Original history written
August 2005 by Kathy K.

Last updated October 1, 2024



SIA Committee Meeting Schedule

Archives (virtual)
2nd Tuesday 7:00 pm

BTG (virtual + SIA Office)
2nd Friday 6:00 pm

ByLaws (SIA Office)
1st Tuesday 7:00 pm

Treatment (virtual + True North)
last Tuesday 6:20 pm

Web (virtual)
2nd Tuesday 6:00 pm

Officers & Chairs (hybrid)
next to last Tuesday 7:00 pm

SIA Business Meeting
(virtual + True North)
last Tuesday 8:00 pm

Full Event Calendar



SIA Virtual Meeting Space



Zoom ID 941 2170 5886
Passcode service



A NEW YEAR — A DEEPER LOOK AT THE TRADITIONS

As we begin a new year, many of us reflect on what has helped keep us sober and connected. For me, the longer I stay in A.A., the more I realize how much the Traditions quietly protect what we all depend on—our unity, our groups, and our ability to stay sober together.

When I was new, the Traditions confused me. I didn't understand them, and honestly, I didn't really want to. I just wanted relief. I would walk out of Traditions meetings and avoid them altogether. Over time, though, something shifted. I've come to see that the Traditions are one of the main reasons A.A. is still here—and why I am still here.

I'll be honest—I need a refresher on the Traditions myself, and I'm really looking forward to it. The Traditions continue to unfold for me, slowly answering so many of the questions I had early on: Who runs this? Why am I putting money in the basket and where is it going? Why do different groups do things differently?

As I've learned more, I've also realized that many of the questions people naturally ask in A.A. already have answers within the Traditions.

- **Tradition One** speaks to unity and why our common welfare comes first.
- **Tradition Two** helps explain how decisions are made through group conscience.
- **Tradition Four** helps explain why each group has the freedom to operate independently while still being part of A.A. as a whole—why

meetings can look different and still be A.A.

- **Tradition Seven** sheds light on why we pass the basket and remain self-supporting.
- **And other Traditions** help us understand things like anonymity, why we avoid outside controversy, and why A.A. stays focused on its primary purpose.

With that in mind, we're starting a **Traditions Workshop** in the new year. This will be a Tradition-of-the-Month format, offering space to explore how each Tradition shows up in our meetings, our service, and our lives—through shared experience, discussion, and questions.

This workshop isn't about having all the answers. It's about learning together, asking questions, and deepening our understanding of what keeps A.A. united. Whether you're brand new or have been around awhile, there's always more to discover—and you might be surprised how practical the Traditions become over time, not only in how we work with one another in A.A., but in how we relate to others in our lives—friends, co-workers and even family.

We hope you'll join us as we kick off the new year grounded in unity, open-mindedness, and the shared experience that makes A.A. work.

We'll meet the **first Friday of each month**, starting **February 3, 2026 at 6:00 PM**. See the flyer on the back cover for all the details. Zoom information can also be found on **page 5**.

- **Natalie S., Third Legacy Chair**

Spiritually Hydrated

I'm sitting in a dark room, the only light coming from my phone, lighting up my face. And in this small, quiet glow, I realize — I didn't get everything I ever wanted; I got what I needed. I learned to see the gifts I already have. Yet somehow, everything I ever wanted, I've already been given.

There was another moment, just the night before — the way the moon came through the front picture

window and cast the night sky across my dining room table. It stopped me. It felt like God was reminding me that light always finds its way in.

That's the miracle of this program: physically, not much changes — but everything changes. It's a whole new set of eyes.

For most of my life, I was thirsty — trying to quench that thirst with all the "good" things: career, marriage, motherhood. And they are some of the greatest blessings I'll ever know.

(Continued on next page)

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But they still fell short. I was trying to fill God-sized holes with people, places, and things. When that didn't work, I poured alcohol into those holes, hoping for peace — but it only led me deeper into loneliness and darkness.

The truth is, there was only ever one thing that could truly quench my thirst.

Today, a little over three years sober, I can honestly say: I am not thirsty in the same way anymore. I found my Source. I found my running water. I found Truth.

Now, when I do get thirsty — spiritually, emotionally, humanly — I know where to go to fill up. I know where to draw from. I just have to stay spiritually hydrated.

I have a career in healthcare. It's honest work — technical and skilled. For a long time, I thought I was supposed to love my job differently — that I needed more time with patients, to make more of a mark. But now I see that the time I get is just enough. Just enough for me to get out of the way. My motives have shifted — I'm learning to be a witness, a channel, to let something greater flow through me.

I wanted to be a teacher, and God sent me a student at work. I don't get paid extra for it.

I wanted to help people who feel lost, and God sent me to the rooms of Alcoholics Anonymous. I don't get paid for that either — at least not in money.

But not all value is measured in money. The rewards of this life aren't always meant to be seen by everyone. When you really

change from the inside out, you know — and that's enough.

This relationship I have with my Higher Power is deeply personal — unique, beautiful, and rich in ways that can't be counted. Helping others has repaid me tenfold in forms that don't show up in a bank account.

This is where the true wealth is.

I may not have an Ivy League degree, or a big paycheck, or a body that matches my old ideals — but I know people. I know suffering, and I know redemption. I know miracles. I know a Power greater than myself that works through me — and that's enough.

Finally, I'm enough.

Once I started to cooperate with my Creator and stop trying to control everything, little by little I gave it all away — my fears, my plans, my resentments — turning them over to God, as I understood Him. That's where this new set of eyes began to form, where I began to see life differently, to notice the miracles in the everyday, and to finally experience the peace I'd been searching for all my life. And when we do that, mountains move. They may look like little sand piles at first, but when you look back, you see the miracle for what it really is.

That's why I write. That's why I share. Because this truth — this peace — is what I want everyone to feel.

As my mom always said: "Keep on truckin'."

- Nikki N., Tuesday night
Cutchogue Step Group

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 |
| Corrections | Karen C. correct@suffolkny-aa.org |
| Grapevine | Laurie A. grapevine@suffolkny-aa.org |
| Hot Line | Howie L. phones@suffolkny-aa.org |
| Literature | Mike R. literature@suffolkny-aa.org |
| Meeting List | Debbie A. meetings@suffolkny-aa.org |
| Office Manager | Charlie D. siaoffice@suffolkny-aa.org |
| Public Info | Ed A. pubinfo@suffolkny-aa.org |
| Schools | ** VACANT ** schools@suffolkny-aa.org |
| Share-A-Thon | TBA share@suffolkny-aa.org |
| Special Events | Pete K. specialevents@suffolkny-aa.org |
| Third Legacy | Natalie S. thirdleg@suffolkny-aa.org |
| Treatment Facilities | Nancy S. treatment@suffolkny-aa.org |
| Web Master | David P. webmaster@suffolkny-aa.org |
| SGS Liaison | Zoie 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>



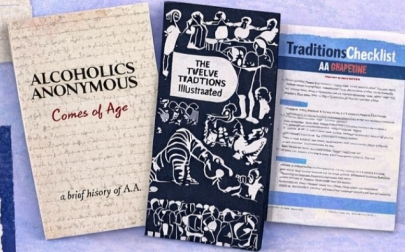
START DATE: February 6th

The 2026 Unity In Action 12 Traditions Workshop

First Fridays
Each Month in 2026
6pm

ZOOM Meeting ID:
941 2170 5886
PWD: service

- Q&A sessions
- Handouts provided
- Resources to take others through AA's Traditions



Contact Natalie S
for handouts & info
Third Legacy Chair
thirdleg@suffolkny-aa.org

How Al-Anon and AA Work Together



Please Join Us for A Recovery Outreach Meeting

** Refreshments will be served in Media Room **

Date: Sunday, February 15, 2026

Time: 1 –2:30 PM

Place: The Arbors Assisted Living at
Islandia East
1515 Veterans Memorial Highway
Islandia, NY 11748

Al – Anon Speaker • AA Speaker

Speaking at
Meetings
Outside of A.A.



Saturday
February 28 2026
11am-2pm



"Sharing the AA Message with Non-AA Groups"

In person and online

Nassau Intergroup (IAN)

Public Information Committee
361 Hempstead Turnpike
West Hempstead 11552

Lunch Provided

For more info: publicinfo@nassauny-aa.org

Meeting ID:
554 670 5146
Passcode:
870607



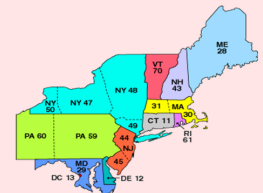
NERAASA 2026

35th Annual Northeast Regional A.A. Service Assembly
February 20-22, 2026 in Portland, ME

Holiday Inn By the Bay
SOLD OUT

BOOK YOUR ROOM at
Westin Portland Harborview:

To Register Online Visit
www.neraasa.com



ROUNDTABLES INCLUDE:

Intergroups (Sat. Only) ~ DCMs / Alternate DCMs / DCMCs ~ GSRs / Alternate GSRs ~ PI/CPC / Literature ~ Corrections / Bridging the Gap / Grapevine / Treatment ~ Delegates / Alternate Delegates ~ Secretary/Registrars ~ Accessibilities / Remote Communities / Website and Technology ~ Area Chairs / Alternate Area Chairs ~ Treasurers / Alternate Treasurers
Young People ~ Spanish



Questions? Contact us: NERAASA2026Info@gmail.com