

**March 2026**

**Vol.53 - 11**

**SUFFOLK INTERGROUP ASSOCIATION**



# Bulletin

**It's simple, not necessarily easy, but, the rewards are endless.**



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

# From the desk of The Chair



## Taking a searching and fearless moral inventory of... our Hot Line

Good Day, fellow alcoholics. At our first SIA meeting of the new (2026-2027) rotation on January 27th, I shared my vision of what we might all do together over the next two years.

For those Groups who did not supply an SIA Representative at that time – sadly, a great majority of our Suffolk Groups didn't do so, in spite of the availability of online attendance – I talked about SIA's task, and the Groups' task.

The short form was that the officers and committee chairs serve the Groups, and the Groups advise us and give feedback so that we are enabling them to honor the 5th Tradition. Of course, I used a lot more words than that. I'm an alcoholic.

After that, you who attended heard from our other Officers and Committee Chairs, and it was during the latter that I pointed out – not very gracefully, I'm afraid –

***The Elephant in the room.***

Since the onset of Covid-19 six years ago (and perhaps prior to that), the Hot Line service commitments have been changing.

And I'm told that participation is significantly different now, at least in the source of those individuals doing the actual 12-hour shifts. The heart of the issue? It seems to be more and more difficult to get Groups to take on a week's worth of Hot Line commitments; instead, one hundred or so individuals (wow, "the first one hundred"!) are apparently available to fill in gaps, either in Group coverage or in whole weeks.

The (almost) brief discussion we had was "spirited." That's a euphemism. MANY good points were raised. Our Hot Line Chair has done a magnificent job in his Sisyphus-like task, but at this point I believe we need to take... well, "a searching and fearless [Hot Line] inventory."

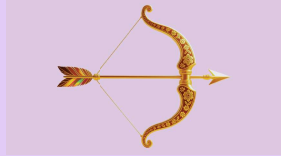
On March 24th, at our regular monthly SIA gathering, we will hold a "Town Meeting" to discuss where we are, and where we want to be with our Hot Line. Ultimately, it will be the SIA Reps at a subsequent meeting who will vote on how we proceed.

Do you have a voice?

In Grateful Service,

Tom B.

# Meetings and Commitment's



## 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>



Mar 31 @ 8:00 pm - 9:00 pm  
SIA Business Meeting  
(virtual + True North)

## SAVE THE DATE

### March Calendar

Mar 6 @ 6:00 pm - 7:00 pm  
Third Legacy Traditions Workshop  
(virtual)

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

Mar 10 @ 7:00 pm - 8:00 pm  
Bylaws Committee Meeting  
(SIA Office)

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

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

Mar 14 @ 7:00 am - 8:00 am  
Speaker Exchange  
(True North)

Mar 24 @ 7:00 pm - 8:00 pm  
SIA Officers & Chairs Meeting  
(virtual + SIA Office)

Mar 27 @ 7:30 pm - 9:00 pm  
Suffolk General Service Meeting  
(virtual + Emanuel Lutheran Church  
Patchogue NY)

Mar 31 @ 7:00 pm - 8:00 pm  
Treatment Committee Meeting  
(virtual + True North)

New Intergroup Rep Orientation  
(virtual + True North)



### 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

# Around the A.A. Campus

## **Lake Ronkonkoma's Our Next Chapter**

has made changes. First two Sundays are now Big Book meetings while the remaining Sundays are Beginners. The time remains the same:

7:00 PM, as does the location:

St Mary's 315 Lake Shore Road.

## **The online Westhampton Mens Tell It Like It Is**

has changed its Zoom information. ID now is 848 3597 3526 Passcode: 529696. That's their only virtual meeting. In person is another story.

Monday 6:30 PM, Wednesday 6:30 PM, Thursday 6:30 PM and Saturday 7:00 AM and 9:00 AM. All of these are at Westhampton Community Church

118 Montauk Highway

## **And some more news from the Hamptons...**

### **Hampton Bays Women's Group**

is held Wednesday 6:30. Half the year the meeting is in person at Christ Our Savior 9 Terrace Drive and during the colder months meets online

(821 6201 1807 Passcode: 345329).

This is to correct some misinformation out there.

### **And still more: Hampton Bays Sunday Night**

has adjusted its schedule and now meets at 6:00 PM instead of 7:00 PM. It has also done away with its Zoom meeting.

In-person only from now on.

### **And another...Remsenburg Zoomers is expanding.**

Now there's a Sunday, 7:00 PM. This is in addition to the Monday, Tuesday, Thursday and Friday 7:00 PM schedule. To join on Zoom:

ID 699 794 136 Passcode: 809363

### **Things We Cannot Change.**

#### **Shoreham May You Find It Now**

"Charlie B, our meeting Chairperson for over a decade(!) left us in December. He was always smiling, upbeat, no matter what the situation. Keeping our an-o-nym-i-ty in the Tuesday meeting."



## **Southold's Move a Muscle Change a Thought**

has also changed its Zoom information. This online meeting is held every Wednesday at 10:00 AM. Updated information: ID is 850 1506 4587 and Passcode is NewFreedom

### **Organic Mustard Seed**

—upstairs at 10 Flanders Road Riverhead has switched its Monday to an Open Beginners. There are a variety of formats Monday to Friday at 7:30 AM as well As Bill Sees It Wednesday at 3:00 PM. They're right by the traffic circle.

### **Here's one more.... Attitude of Gratitude is back!**

Formerly met on Saturday in Southampton, but after a few months break has moved to Tuesdays at 6:00 PM at St. Mary's 165 Ponquogue Avenue Hampton Bays. Thirty people showed up for the first meeting!

### **Tip of the hat to Siobhan M from Babylon.**

Her letter is printed in the February 2026 issue of AA's Grapevine. Nice work!

Always sad to hear about a meeting shutting down. We say goodbye to Northport's Round Robin which met Saturdays at 7:30 PM.

# Unity Breakfast

Over 650 AAs and their guests gathered in fellowship at the Melville Marriott on February 1! Old friends were reunited and new friendships were begun. Such is the love that permeated the occasion. Outside single digit weather may have chilled the bones, but inside there was a warmth that enveloped the hearts of all.



## 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

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 Tim D.**

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 \*\* VACANT \*\***

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

**May You Find It Now**  
**Robert E Reid Rec Center**  
**NY 25A & Defense Hill Road**  
**Shoreham, N.Y. 11786**

In spring 1986, Pete W, a member of the Port Jefferson Group, decided to start a nonsmoking meeting. A chance encounter with Joe A at a delicatessen resulted in Joe joining him in this plan. In addition, Gary I, Bob S, Walter A and Peggy jumped on board, too. Originally, the group met in the kitchen of the Sound Beach Clubhouse. To ward off the cold in the winter months, the gas stove was turned on. Back then, non-smoking meetings were not a popular option, so it took several years for attendance to grow. When it turned the corner and became known, between fifty and sixty AAs were showing up each week. Many of these had long-term sobriety, that left the group no choice but to move into the bigger main room. The rent was raised, but at least now they had heat. Sound Beach is a quaint little town with a unique backstory. In 1929, a New York City newspaper, the Daily Mirror, had a promotion to sell newspapers. With a year's paid subscription, people could purchase parcels of land. As part of the arrangement, a clubhouse was built for the residents to use. For many years, Sound Beach remained a summer community and steadily grew long after that newspaper ceased to publish in 1963. In that same clubhouse, Joe A remembered, as a youngster, watching his very first cartoons. They were projected on a wall.

All went well for the group for thirty-three years, until an inspection of the building found the clubhouse fell short in various codes. They had to find a new place to meet, but there was nothing available in Sound Beach at all. They moved about ten miles away to the Reid Community Center in Shoreham. Not such a terrible trip to make. A nice bonus is the community center is air-conditioned. Here they hold an Open Discussion every Tuesday at 6:30PM. When they met in Sound Beach, a common problem was people not used to the area had difficulty locating the meeting. That's where the may you find it now comes from. Even though it is far easier to find them in Shoreham, they decided to stick with their original name.

In late 2025, the Reid Center became a joint effort between the Town of Brookhaven and the North Shore Youth Council Partnership. This new alliance now enables the group to meet year-round - even on holidays. More work on the group's ongoing efforts to reach out to newcomers. They're pretty good at that by now, since they have been doing it for the last forty years.

S.I.A. Archives Committee  
 Original interview with Joe A and history written  
 May 2, 2018  
 Updated January 13, 2026



**This Month in A.A. History**  
**On March 1, 1941, The Saturday Evening Post**

Published an article titled  
 "Alcoholics Anonymous: Freed Slaves of Drink, Now They Free Others"  
 Written by Jack Alexander. The article became a major turning point  
 in Alcoholics Anonymous' history!

<https://www.aa.org/the-story-behind-Jack-Alexanders-article>

## In It

I crawled out of myself one shaking morning  
 when the bottle finally stopped pretending it was  
 my friend.

My hands smelled like yesterday, my breath like a  
 life I didn't want, and the mirror looked at me like  
 it was tired of holding my face.

Sobriety didn't arrive like a sunrise. it came like a  
 punch- a cold slap of you can't keep doing this  
 echoing in the bones I'd been ignoring.

The first days were a war. My body begged for the  
 poison that was killing it. My mind whispered lies  
 in a voice that sounded like mine.

But somewhere between the cravings and the  
 shaking and the nights that felt too long, I found a  
 tiny spark

- a stubborn, trembling spark -that said not today.  
 And then not today became a string of days, and  
 those days became a life that didn't hurt to wake  
 up in.

Sobriety isn't a victory march. It's a daily decision  
 to choose the hard truth over the easy escape.  
 It's looking your demons in the eye and saying  
 I'm still here. I'm not running. I'm not drinking.  
 It's messy. It's brutal. It's honest.

And it's mine.



## The Dawn of Sobriety.

From fog and flame, I rise anew.  
 The glass no longer claims my view.  
 Where once I drowned in fleeting peace,  
 I've found a quiet - clear release.

The nights were long, my heart was tired,  
 Each burn disguised the ache I sired.  
 But now, the morning greets my name.  
 Without regret, without the shame.

The mirror shows an honest face,  
 No haze to blur this newfound grace.  
 Each breath, a gift I chose to keep,  
 Each dream, one lost, now wakes from sleep.

It isn't ease, but inner fight,  
 To trade false dark for living light.  
 Yet in that light, my soul can see  
 - sobriety's fierce dignity.



**AREA 49 PRESENTS**  
 THE  
**58<sup>TH</sup> SENY CONVENTION**  
**HUMILITY**  
 IN  
**ACTION**  
**MARCH 20<sup>TH</sup> - 22<sup>ND</sup> 2026**  
**WESTCHESTER MARRIOTT**  
 670 WHITE PLAINS RD.  
 TARRYTOWN, NY 10591

AL-ANON PARTICIPATION  
 ASL UPON REQUEST

Register at  
[www.convention.aaseny.org](http://www.convention.aaseny.org)  
 or use the QR code



### SIA Bylaws Committee

Please join us and lend your voice to this important service assignment, which is to:

- ✓ Review the SIA Bylaws
- ✓ Identify and propose needed changes
- ✓ Publish proposed amendments
- ✓ Report on the anticipated effects
- ✓ Present amendments to the SIA body for approval by substantial unanimity

#### Meeting schedule:

First Tuesday of each month - beginning Tuesday February 3rd, 7:00 p.m. at the SIA Office.  
**(except in March, will meet 2nd Tue instead)**

#### Questions?

Email David V.: [alt-chairperson@suffolkny-aa.org](mailto:alt-chairperson@suffolkny-aa.org)

View current Bylaws by visiting:  
<https://suffolkny-aa.org/bylaws>

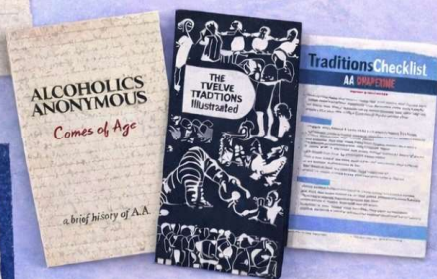


START DATE: February 6th

## The 2026 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  
[thirdlegacy@suffolkny-aa.org](mailto:thirdlegacy@suffolkny-aa.org)

*This we owe to A.A.'s future:  
 To place our common welfare first,  
 to keep our fellowship united.  
 For on A.A. unity depend our lives*



## WORKSHOP

Southeast NY (SENY) Area 49



The SENY Cooperation with the Professional Community (CPC)  
 & Nassau Intergroup Public Information (PI) Committees  
 present:

### CONFIDENTIALITY vs. ANONYMITY

A COMPREHENSIVE (hybrid) DISCUSSION  
 including Inspiring Speakers

*Refreshments will be served!*

**Sunday, March 15, 2026 from 3:00pm to 5:30pm**

Nassau Intergroup Office  
 361 Hempstead Turnpike, West Hempstead, NY



**We are responsible**  
 When anyone *anywhere*  
 reaches out for help

If you have questions, please contact [cpc@aaseny.org](mailto:cpc@aaseny.org)

VIRTUAL:  
<https://zoom.us/j/5546705146>  
 Meeting ID: 554 670 5146  
 Passcode: 870607