

**April, 2024**

**Vol. 51 - No. 12**



**SUFFOLK INTERGROUP ASSOCIATION**

# **Bulletin**



**“There are always flowers for  
those who want to see them”**

**Henri Matisse**

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



# SIA Business Meeting

( NEW LOCATION )

Held last Tuesday of every month

**April 30th, 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 3 for zoom info )

# SIA Office

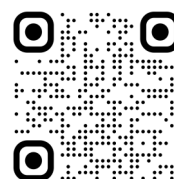
( NEW LOCATION )

33 Comac Loop  
Suite 1A-1  
Ronkonkoma, NY  
11779

Tel: (631) 654-1150

\*call ahead to confirm we're open

Mon – Fri 9am – 3pm  
Saturdays 9am – 1pm



## SIA Bylaws Committee

Please join us in our quadrennial assignment, to:

- ✓ Review the SIA Bylaws
- ✓ Propose desired changes
- ✓ Publish proposed amendments
- ✓ Report on the anticipated effects
- ✓ Present amendments to the body for approval by substantial unanimity.

Your participation and input in this crucial process are highly valued.

The committee meets on the second Tuesday of the month - **April 9th, 6:30 p.m.** at the **SIA Office.**

Email Allison, Alt-Chairperson with any questions [alt-chair@suffolkny-aa.org](mailto:alt-chair@suffolkny-aa.org)

View Bylaws via QR code or visiting:  
<https://suffolkny-aa.org/bylaws>

Scan or click me



for SIA By-laws

## SIA Announcements

view latest announcements by scanning the QR code or visiting:

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



## SIA Calendar

view full calendar of events by scanning the QR code or visiting:

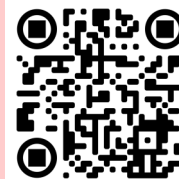
<https://suffolkny-aa.org/calendar>



## SIA Hotline

groups and individual volunteers needed, learn more by scanning the QR code or visiting:

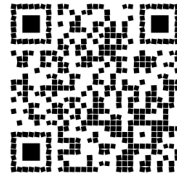
<https://suffolkny-aa.org/hotline>



# "SPRING" AHEAD IN UNITY!

As we "trudge this road of happy destiny"!

This article builds on the theme explored in my previous articles from the February and March issues of the BULLETIN. If you want to catch up on those, just click or scan the QR code on the right or visit <https://suffolkny-aa.org/bulletin> for archived issues dating back to 2003.



I was taught that I DO not do UNITY. The same way I do not DO Step One. See Step One is the QUALIFIER and is a yes OR no answer to my problem. That is why it is called the 100% Step. Yes is a complete sentence and no is a complete sentence (100%). If I do Steps 2-12 then I will have the ability to stay stopped: to stay recovered from a hopeless state of mind and body, which made me so restless, irritable and discontent that I had to drink to get the sense of ease and comfort that comes at once with taking a few drinks...

If I learn how to stay in UNITY with my home group and the society of Alcoholics Anonymous then maybe I can bring it out into the world, my home my workplace and all my affairs. So again I do not do unity in Tradition 1. If I do/apply TRADITIONS 2-12 I will be IN Unity...

Another way to look at the TRADITIONS is that the first five TRADITIONS define the group and myself as a member of the group. If the group does the other seven TRADITIONS it will stay in UNITY, as will I, and survive as Bill Wilson wrote in his article to the AA Grapevine in April of 1946: *"Twelve Points to Assure Our Future"*. The home group or the service group will be in UNITY if we operate in the spirit of the Second TRADITION where we run it democratically and have no bosses except a loving GOD as he may express HIMSELF in our group conscience and we have just leaders that are trusted servants. Anyone can be a member of the group if they identify as being alcoholic and suffer from alcoholism (not alcoholwasim). The group, guided by its own group conscience, can choose to do whatever it wants as long as it doesn't affect other groups directly or our whole society of Alcoholics Anonymous. Additionally we have learned from the Washingtonian movement that we need to maintain a singleness of purpose, through our primary purpose, and not be diverted by trying to be everything to everyone.

I will continue this theme in next month's publication of the BULLETIN: to be continued... I have not arrived, but I am SPRINGING AHEAD IN UNITY!!

Love and Service Peace and Blessings,

Jim S. SIA Chair  
Panel 74,  
Area 49 South Eastern NY

## April Calendar

**April 2 @ 7:00 pm - 8:00 pm**  
Corrections Committee Meeting  
(virtual)

**April 9 @ 6:30 pm - 7:30 pm**  
Bylaws Committee Meeting  
(SIA Office)

**April 9 @ 7:00 pm - 8:00 pm**  
Archives Committee Meeting  
(virtual)

**April 11 @ 7:00 pm - 8:00 pm**  
Web Committee Meeting  
(virtual)

**April 12 @ 6:30 pm - 7:30 pm**  
Treatment Committee Meeting  
(virtual + SIA Office)

**April 16 @ 6:00 pm - 7:00 pm**  
Schools & Public Info Committee Meeting  
(SIA Office)

**April 25 - 28**  
Eastern Area Convention of  
Young People in AA  
(Huntington Hilton, Melville)

**April 30 @ 7:00 pm - 8:00 pm**  
Share-A-Thon Cmte Meeting  
(True North)

Treatment Committee Meeting  
(virtual + True North)

New Intergroup Rep Orientation  
(virtual + True North)

**April 30 @ 8:00 pm - 9:00 pm**  
SIA Business Meeting  
(virtual + True North)

**SIA Virtual  
Meeting Space**



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

# Around the AA Campus

## Group Updates

### Meetings in Spanish - Reuniones en español

Four new Spanish language groups have been added to the meeting list:

- 1) Hampton Bays - Hay una Solución
- 2) Bay Shore - Fortaleza y Esperanza
- 3) Coram - Aprendiendo a Vivir
- 4) Bay Shore - La Salida.



This brings the total number of Spanish language groups in Suffolk to twenty. Great to know our amigos and amigas are growing in numbers.

### Open Door in Amityville

Open Door In Amityville will no longer be holding hybrid meetings. In-person and online meetings will be held separately. But both are definitely worth checking out.

**IN PERSON** meetings held Monday, Wednesday and Friday, 10:00 AM at Hollywood Baptist Church 3504 Great Neck Road in Amityville.

**ONLINE** meetings held Monday - Saturday, also at 10:00 AM. Zoom ID: 632 240 6247 No passcode.

### Medford Miracle has moved

Medford Miracle has moved. It now meets at the VFW 8330 North Dunton Avenue East Patchogue every Monday at 7:00 PM .

### Word of Mouth in Bohemia

Word of Mouth in Bohemia will be changing its meeting time to 7:00 PM and format to literature. The day stays the same: Sunday. This takes place at St. John Nepomucene 1150 Locust Avenue Bohemia.

### Ladies Just For Today

First new online meeting of the year Ladies Just For Today meets every Thursday at 7:00 PM. Zoom ID: 287 407 7543 Passcode: BillWilson

### Groups recently shuttered

East Hampton Women’s Step, which met Tuesdays at 5:45 PM is taking a breather and stepping back to consider its options. They will be listed as inactive until further notice

New Beginnings Online Group has called it quits after 29 years. It started in Shelter Island in 1995 and moved online during the pandemic.



### NEW LGBTQ+ meeting - Sober & Out

Sober & Out, a new open discussion LGBTQ+ meeting meets at the LGBT Network 125 Hauppauge Drive Suite 100 Hauppauge Thursday at 7:30 PM



# Group History



# Hands of Peace

First United Methodist Church  
 51 Wheeler Road  
 Central Islip, NY 11722

The first notice about Hands of Peace appeared in the January 1983 Suffolk Intergroup Bulletin. It was meeting in one of the classrooms of the Central Islip High School Wednesday (8:00 PM Big Book) and Saturday (1:00 PM Beginners). A registration was sent to AA World Services in August 1983 with Leonard W of Central Islip listed as the contact of record.



By 1984, there was a day switch from Wednesday to Tuesday. There would be other format and day changes. The number of days would be increased to three with the addition of a Monday meeting. By 1994, there was a move to the elementary school on Clayton Avenue which was short-lived. That same year they got out of the schools completely and moved to the Episcopal Church of the Messiah and would stay there for the next seven years. The First United Methodist Church has been their home ever since.

A wooden sign with the words "Hands of Peace" with a set of praying hands and a dove carved in it is on display at each meeting. In 2005, longtime member Manny told the Archives Committee that John the Butcher from the Smithtown Group made the sign years ago. It has served the group well all these years and the group has served its community equally well. The number of participants these days is small, but that in no way diminishes the power of the meetings. These hands are there to welcome a newcomer with a hearty handshake and a pat on the back.

### S.I.A. Archives Committee

Original history written March 26, 2015  
 Updated January 24, 2024

## SIA Committee Meeting Schedule

- Archives** (virtual)  
2nd Tuesday 7:00 pm
- Bylaws** (SIA Office)  
2nd Tuesday 6:30 pm
- Corrections** (virtual)  
1st Tuesday 7:00 pm
- Schools** (SIA Office)  
3rd Tuesday 6:00 pm
- Share-A-Thon** (virtual + True North)  
last Tuesday 7:00 pm
- Treatment** (virtual + SIA Office)  
2nd Friday 6:30 pm
- Treatment** (virtual + True North)  
last Tuesday 7:00 pm
- Web** (virtual)  
2nd Thursday 7:00 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

**The Archives Committee is always looking for volunteers to help save our Alcoholics Anonymous history.**

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

### Heard in the Rooms

**"The better I feel, the more meetings I need"**

# “Living One Day at a Time”

I can better understand the wisdom of living one day at a time, if I reflect on a hiker standing at the southern tip of the Appalachian Trail in Georgia. Were it me, my thoughts would not be of hiking the entire 2,200 miles with the clothes presently on my back, or any concern about the weather next month, nor what I would be eating next Thursday. My only thought would be getting to the lean-to I selected for my first night. I only have to carry my pack that far, these 24 hours. This is my application of the AA “One Day at a Time” concept.

It is a good mind-set for all journeys. The entire Appalachian Trail is much too long to foresee and comprehend all of the difficulties I might encounter, and so is my AA program! Problems in Pennsylvania will be problems in PA., not here, and certainly, not today. So why should I worry about being sober a week from now, or a month from now?

I am on my sober journey, and any problems will be dealt with in the present. Weeks later, I will be a more experienced sober hiker, and better able to face new challenges. Success is best achieved by breaking up my journey into 24 hour intervals — taking one step at a time. Both journeys — sobriety and hiking — are loaded with hopes, disappointments, physical, mental, and emotional challenges. Both journeys will change me, because hopes, disappointments, resentments, trials, and successes leave their effects on any traveler.

I well understand the emotions of standing at a sign-in, for a hike that will take days ... it is similar to my deciding to try AA. It is seeking a chance to have a shot at something substantial ... a promising change of direction in my life. In both these journeys I question how I will perform and will need occasionally to lean on my fellow travelers. I usually feel a good inner spirit at the outset of every meeting, and every hike. Oddly it is a feeling of reliance. Both journeys require me to be self-reliant in spirit, with a belief in a power greater than any problem I might face, as well as a reliance upon other travelers for information drawn from their own experiences.

The wisdom of living one day at a time avoids worrying about my sobriety three days, or four months from today. Thoughts of the future do not serve me well. The reasonable goals that I set daily for myself, will be goals I am likely to achieve today. A string of daily goals will deliver three days of sobriety, eventually four months of sobriety, but they were only won on a daily basis using thousands of steps. The Serenity Prayer became a mantra getting me through many tough times. “To accept”, “to change”, and “to know” can only be done in the “now”.

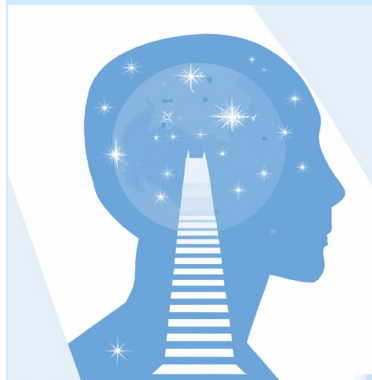
One day at a time has another significance for me, though I never had to use it. By focusing on my sobriety for today only, it becomes a recurring 24 hour event, and not linked to the next day. Days were unconnected! Were I to slip, perhaps only one day of my journey is thrown away. Possibly a focus on one day only, would make it easier for me to return to AA the day after slipping, because my focus would never be on my entire life. My entire life would not been thrown away, only one day would have been. To focus on the entire 2,200 miles of the hike, would make my journey look impossible.

I have learned in hiking not to focus on what I was giving up. I was hiking to get, not give-up something of value. I guess that is what you AAs mean by “Stick with the Winners” — those who see so many beautiful new things, and learn so very much about themselves, that they want to “hike” again tomorrow.

- Rick M.

## Our Spiritual Awakening

Regardless of how we drank, what we drank or how often we drank, when we alcoholics stop drinking we feel a sense of emptiness. We need something to fill that void.



This is when our “spiritual awakening” begins. We discover and tap an “inner resource” we neither knew we had nor needed, *Alcoholics Anonymous*, p. 567.

We discover a Higher Power greater than ourselves — a force that might be God, Good Orderly Direction, the collective strength of our Fellowship, or perhaps a unique blend of these elements. This Higher Power assists us to regain our confidence and restore our sense of worth.

May you continue to seek and nurture yours.

- Fran H.

SIA Officers & Chairpersons		2024 – 2026
Chairperson	Jim S.	chairperson@suffolkny-aa.org
Alt Chairperson	Allison M.	alt-chair@suffolkny-aa.org
Treasurer	Tom B.	treasurer@suffolkny-aa.org
Corresponding Sec.	Zoie S.	corsec@suffolkny-aa.org
Recording Sec.	Tiffany W.	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
Corrections	Ashley O-W.	correct@suffolkny-aa.org
Grapevine	Mike A.	grapevine@suffolkny-aa.org
Hot Line	Howie L.	phones@suffolkny-aa.org
Treatment Facilities	Rob M.	treatment@suffolkny-aa.org
Literature	Charlie D.	literature@suffolkny-aa.org
Meeting List	Kit C.	meetings@suffolkny-aa.org
Printed Meeting List	Rob S.	printedmeetinglist@suffolkny-aa.org
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Schools	Jackie S.	schools@suffolkny-aa.org
Special Events	VACANT	specialevents@suffolkny-aa.org
Third Legacy	Ed A.	thirdleg@suffolkny-aa.org
Web Master	David P.	webmaster@suffolkny-aa.org
SGS Liaison	Nattie S.	SGSLiaison@suffolkny-aa.org
Spanish Liaison	Jose R.	SpanishRep@suffolkny-aa.org
Al-Anon Liaison	Maureen P.	AAliaison@al-anon-suffolk-ny.org
Alateen Liaison	Ed O.	AlateenChair@al-anon-suffolk-ny.org
YPAA Liaison	Caroline N.	Info.eacypaaxx@gmail.com

P E S C T D S O S M H S C Y U  
 O C N R S R C W E N G Q A O D  
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 C D S R U A S O N I D T T Y D

**SEARCH FOR THESE GROUP NAMES**

- ALIVE AGIAN
- BIG BOOK
- BOHO
- DESIDERATA
- DINOSAURS
- EYE OPENER
- FIGHT CLUB
- FREEDOM
- FREETHINKERS
- HAPPY HOUR
- HIGH NOON
- JUST FOR TODAY
- NEW LIFE
- ROAD DOGS
- SERENITY
- SOBRIETY
- SOS
- SWEETAIR
- TRADITIONS
- UNITY

## AA History – April

**1935** - Dr. Silkworth told Bill to quit preaching at drunks & tell them of obsession & allergy.

**1938** - Bill began writing what was to become the Big Book.

**1939** - Publication date of *Alcoholics Anonymous*, AA's Big Book.

**1940** - The first AA pamphlet, "AA", was published.

**1941** - Ruth Hock reported there were 1,500 letters asking for help as a result of the Saturday Evening Post Article by Jack Alexander.

**1941** - Bill and Lois finally found a home, Stepping Stones in Bedford Hills, NY.

**1946** - Traditions first published in Grapevine under the title "Twelve Points to Assure Our Future".

**1950** - Saturday Evening Post ran follow-up article "The Drunkard's Best Friend" by Jack Alexander.

**1951** - AA's first General Service Conference was held.

**1953** - *Twelve Steps and Twelve Traditions* published.

**1958** - The word "honest" dropped from AA Preamble, "an honest desire to stop drinking".

**1989** - Distribution of *Alcoholics Anonymous*, reaches the 1,000,000 mark

**1989** - Film "My Name is Bill W.", a *Hallmark Hall of Fame* presentation, was broadcast on ABC TV.

## EACYPAA XX Meeting Marathon

**Volunteers needed** to chair or speak at the Eastern Area Convention Young People in AA April 25th - 28th



Scan or click QR code to Sign Up

# Upcoming Events in the Area

## CORRECTIONS SERVICE

CARRY THE MESSAGE  
TO THE **STILL  
SUFFERING  
ALCOHOLIC**



### CORRECTIONS COMMITTEE

1ST TUESDAY  
EVERY MONTH 7 PM  
\*\*\*ONLINE ONLY\*\*\*  
ZOOM: 941 2170 5886  
PW: service



### TO GET INVOLVED CONTACT:

Ashley Corrections Chair

CORRECT@SUFFOLKNY-AA.ORG

**NO PREVIOUS JAIL TIME  
REQUIRED**

### Practicing the TRADITIONS in AA & Relationships! Unity.... (including sex)



Sunday April 21<sup>st</sup> 10am-12pm

Cosponsored by Suffolk County Intergroup's  
Third Legacy Chair  
District 120, Area 49

Welcomes Presenters:

**Billy N.** Palm Beach Gardens, FL  
\*past General Service Board Trustee

**Bob D.** Las Vegas, NV  
\*trusted servant in many capacities

### St. Joseph the Worker Church

510 Narragansett Ave.  
East Patchogue, NY 11772

"ASK IT  
BASKET"

Contact: Ed A. SIA Third Legacy Chair  
thirdleg@suffolkny-aa.org  
or  
Jim S. DCM District 120  
dcm120aasuffolkg-sny.org



## LONG ISLAND SPIRITUALITY THROUGH SERVICE 2024

"Connecting with Love, Unity & Service"

SATURDAY MAY 11, 2024  
9:00 AM - 4:00 PM

ST. FRANCIS de SALES SCHOOL for the DEAF  
260 EASTERN PARKWAY  
BROOKLYN, NY 11225

The Long Island Spirituality Through Service ("L.I.S.T.S.") Workshop aspires to reaffirm the strong spiritual benefits of service to recovering alcoholics. Sponsored by the General Services of Brooklyn, Queens, Nassau and Suffolk Counties, and the Hispanic Districts Hosted by Brooklyn County.



**FREE EVENT**  
The "Basket" will be  
passed honoring our  
7th Tradition

Panels / Roundtables / Big Meeting / Service Fair / Light Breakfast and Lunch Served

Handicap Accessible / ASL Provided / Free Parking Available

For more information, contact Eddie D. at altdcmc@brooklynaa.org



EASTERN AREA CONVENTION OF YOUNG PEOPLE IN AA

APRIL 25-28TH HUNTINGTON HILTON  
MELVILLE, NY

4 DAY CONVENTION, 1000+ AA'S (YOUNG  
AND OLD) CELEBRATING SOBRIETY

ROCKET INTO THE 4TH DIMENSION

CONNECT WITH AN AA UNIVERSE BEYOND  
YOUR WILDEST DREAMS



WITH AL ANON PARTICIPATION

**USE CODE EACY TO GET  
DISCOUNTED ROOM RATES!**

WWW.EACYPAAXX.ORG