

# Bulletin

Visit your Suffolk County AA Website at: <http://www.suffolkny-aa.org> Volume 45

## **Share-A-Thon 2018**

### **It's official!**

**This year's Share-A-Thon will be held on**

**Sunday, October 14th at**

**St. Joseph's College in Patchogue, NY**

**and we are looking forward to another annual event of  
fellowship and information for all.**

**Volunteers are needed in all areas.**

**Workshops will be provided all day.**

**Doors will open at 8:30 for morning hospitality  
of bagels, coffee and fellowship.**

**Lunch will also be served.**

**Workshops begin at 9 am and end at 3 pm.**

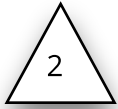
**The Closing Meeting and Spiritual Speakers  
will immediately**

**follow the last workshop.**

**The Battle of the Home Groups will happen again  
this year after the closing Spiritual Speakers.**

**Please join us at our September 4th meeting  
at True North Church 1101 Lakeland Ave. Bohemia, NY  
More information will be available as we approach October.**

**For questions or info please email  
[share@suffolkny-aa.org](mailto:share@suffolkny-aa.org)**



## **SIA SERVICE CHAIRS NEEDED:**

**Currently Vacant Chair Positions.**

### **Meetings Lists**

Manage all groups meetings for the website & printed meetings lists.

Coordinate with groups to make sure that their groups are accurately listed.

### **Office Manager**

Patchogue Office needs a chairperson to coordinate visitors, deliveries, communications, supplies and more.

Actively seeking help with these positions:

### **Online Speaker Exchange:**

Work hand in hand with the current OSE chairs (Steven & Tracy) to help make improvements to the current program.

Learn about how this Online Speaker Exchange program is managed & maintained.

Become an active participant in improving the overall communications.

SIA Services the needs of the entire A.A. Community here in Suffolk County. It is a great opportunity for anyone who'd like to aid and offer services for our community's needs.

Thank you,  
Your Chairperson,  
Tommy O.

**THIS BULLETIN NEEDS YOUR HELP! We need YOUR participation!**

Please help and send in · your articles! · your experiences! · your announcements! · your comments! · your artwork, poems, photos, etc.! Send to Fran at: [bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)

Notice: SUBMISSION DUE DATE for September's Bulletin is August 22nd!

Send your submissions to Editor at: [bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)

## August Business Meetings

1st TUESDAY OF THE MONTH

Tues. 8/4/18 8:00pm

True North Community Church

1101 Lakeland Ave. Bohemia

SIA Business Meeting: 8:00 PM

Archives Committee meeting: 7:00 PM

New Group Rep Orientation: 7:00 PM

Share-a-Thon: 7:00 PM

Public Information Committee: 3rd TUESDAY OF  
MONTH Tues. 8/21/18 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

SIA Officers & Chairs: LAST TUESDAY OF MONTH

Tues. 8/28/18 7:00 PM

SIA Office, 113-8 Bay Ave. Patchogue

Treatment Facilities Committee: 3rd TUESDAY OF  
MONTH Tues. 8/21/18 7:00 PM SIA Office, 113-8 Bay

Ave. Patchogue

Suffolk General Service: 3rd FRIDAY OF MONTH

Fri. 8/17/18 8:00 PM

New GSR Orientation: 7:00 PM

True North Community Church

1101 Lakeland Ave. Bohemia

### \*\*\* *SPEAKERS NEEDED* \*\*\*

**Corrections needs your help  
and service to**

***"CARRY THE MESSAGE"***

by speaking at either Yaphank or  
Riverhead Correctional Facility.

**MALE SPEAKERS NEEDED:**

*Mondays* from 6-7 pm for Yaphank

*Wednesdays* from 7-8 pm for Riverhead

*Fridays* from 7-8 pm for Riverhead

**FEMALE SPEAKERS NEEDED:**

*Sundays* 10-11am in Yaphank

*Monday, Tuesday and Wednesday* from 7-8 pm in  
Yaphank

If you or anyone you know would like to speak,  
please email [correct@suffolkny-aa.org](mailto:correct@suffolkny-aa.org) for an  
application or with questions.

Requirements: 6 months sobriety to speak and 1+  
years to chair a meeting. This is an excellent  
opportunity for service. Thank you!

## Contact your Intergroup Chairs!

**Chair - Tom ....**[chairman@suffolkny-aa.org](mailto:chairman@suffolkny-aa.org)

**Alt Chair - Jean Marie ....**

**alt-chair@**[suffolkny-aa.org](mailto:suffolkny-aa.org)

**Treasurer - Lee....**[treasurer@suffolkny-aa.org](mailto:treasurer@suffolkny-aa.org)

**Corr. Sec. - Zoe corsec@**[suffolkny-aa.org](mailto:suffolkny-aa.org)

**Recording Sec.**

**Christy....**[recsec@suffolkny-aa.org](mailto:recsec@suffolkny-aa.org)

**Answering Service....**[phones@suffolkny-aa.org](mailto:phones@suffolkny-aa.org)

**Archives-Jack....**[archives@suffolkny-aa.org](mailto:archives@suffolkny-aa.org)

**Bulletin - Fran....**[bulletins@suffolkny-aa.org](mailto:bulletins@suffolkny-aa.org)

**Corrections - Mary....**[correct@suffolkny-aa.org](mailto:correct@suffolkny-aa.org)

**Grapevine- Kevin....**[grapevine@suffolkny-aa.org](mailto:grapevine@suffolkny-aa.org)

**Hot Line - Jimmy G.....**[phones@suffolkny-aa.org](mailto:phones@suffolkny-aa.org)

**Institutions -**

**Bridget ...**[institutions@suffolkny-aa.org](mailto:institutions@suffolkny-aa.org)

**Literature - Ed....**[books@suffolkny-aa.org](mailto:books@suffolkny-aa.org)

**Meeting List -**

**VACANT....**[meetings@suffolkny-aa.org](mailto:meetings@suffolkny-aa.org)

**Public Info - Christy ..**

**pubinfo@**[suffolkny-aa.org](mailto:suffolkny-aa.org)

**Office Manager -**

**VACANT....**[siaoffice@suffolkny-aa.org](mailto:siaoffice@suffolkny-aa.org)

**Schools - Mike...** [schools@suffolkny-aa.org](mailto:schools@suffolkny-aa.org)

**Share A Thon Ronnie....** [share@suffolkny-aa.org](mailto:share@suffolkny-aa.org)

**Special Events - Irene L.....**

**specevent@**[suffolkny-aa.org](mailto:suffolkny-aa.org)

**Third Legacy - Dawn....**

**thirdleg@**[suffolkny-aa.org](mailto:suffolkny-aa.org)

**Webmaster - Steven** [websup@suffolkny-aa.org](mailto:websup@suffolkny-aa.org)



## Good Sobriety Good Samaritan Hospital 1000 Montauk Highway, West Islip

This group registered with Manhattan AA on October 2, 1988 with the format of "closed with a preference for beginners." According to Carol M., who was listed as an "additional contact" on the registration form, the meeting had already been going for two months when she became a part of it. The other name on the registration form was W. J. P. known as "Jim". Carol said he may have been the founder. He moved south several years ago.

Carol moved to Suffolk County in 1985 and joined the original West Islip Group in 1988. She became the coffee maker at Good Sobriety, a job she held for 4 or 5 years.

Good Sobriety first appeared in the Suffolk County meeting list in October 1988. It was listed under the institution meetings. The starting time noted was 10:30 AM which may have been a misprint because the registration in Manhattan noted 10:00 AM. By February 1989, the time changed to 9:30 AM, the time it has been meeting every Sunday morning. It took until February 1990 for it to be taken from the institution section of the list. It has always met at Good Samaritan Hospital in West Islip.

The meeting started in the auditorium of Good Samaritan Hospital by the emergency room and when that area was needed for another purpose it moved to the A conference room in the back of the hospital. That room was converted to ambulatory surgery and the meeting has relocated to yet another conference room.

The name "Good Sobriety" may have been chosen as counter balance to "Good Samaritan." Many people used Good Sobriety as a second meeting. There was only one other Sunday morning meeting, the one at Cleary School in Ronkonkoma, which was too far to travel for some so there was a captive audience.

Buying bagels became a tradition when the meeting moved the first time to the back conference room. Carol, as coffee maker, had an idea that they purchased roughly 70 bagels a meeting.

With expansion of the hospital, space became less available but Good Samaritan welcomed us with open arms. It provided a great service for the patients who regularly attended in bath robes and pajamas. Over time people celebrated anniversaries. Although the usual format was closed, it would change to open for the anniversaries so family members could come to the celebration.

Interview with early group member, Carol, combined with SIA Archives Committee research, May 22, 2006

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

Contact the SIA Office at 654-1150.

## Surrender as Strength?

A perfect curve ball is thrown:

*“Strike Three, You’re Out!”* . The umpire’s *call* was the *effect* of a perfect pitch. The *pitch* was the *cause* of that particular *call*. Sounds Easy? Not always.

My surrender to alcohol was an act of knowledge and not an act of weakness, nor defeat! It began with a better understanding of the weaknesses that led to my years of defeats, and then an understanding of my defeats that led to my eventual surrender, years later. My surrender was quite different from my defeat. Yes, a weakness is involved, but it is not involved in the act of surrender.

Weakness is evident whenever I fight any force which is stronger than I am. Surrender is the possession of knowledge that I am the weaker of the two, and therefore defeated by the stronger power. It is a question of accurately identifying, and accurately separating the cause from the effect.

Sounds Easy? For me it wasn’t.

When I surrendered to alcohol, I understood that I was beaten. Since understanding is knowledge, this knowledge did not cause my defeat. It is the acknowledgement that my defeat had already happened, years ago, but I never accepted it. It is a statement to alcohol and to myself that, between the two of us, I was the weaker one. The unsuccessful fight was the cause of my surrender. My surrender was the effect of my seeing (finally!) that my fight had been lost years ago, and could never be won. These two sentences were critical to me in accepting AA’s definition of surrender, as a positive thing.

For me to fight forever might be a good thing if I am stronger than alcohol, and can win. But, I knew I wasn’t, and I was going to lose everything. In AA I finally surrendered, and I am glad I did because on that day, I stopped fighting and began living in self peace.

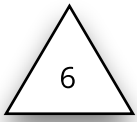
Often the surrender word is inaccurately thought to be a partial cause of the defeat. No, the surrender word is the effect of my understanding, finally who really won, and it wasn’t me. Surrender is knowledge, defeat is not. You might be defeated and not even know it. I was for years! But you can’t surrender without knowing it. When I finally understood the difference in meaning between defeat and surrender, one being the cause, and the other being the effect, I could now use the surrender word as positive, because my defeat, a negative, had already occurred years ago. There was no longer a good reason to continue fighting.

By seeking coping tools, relying on a Power greater than both me and alcohol, forming bonds of support with other players in this game of Life, I gained the strength of being on a Team, a Fellowship. We meet in War Rooms, usually Church basements, and discuss strategies in the daily war against a powerful and baffling enemy.

I am still at war, but it is different now. I am a member of a team, and no longer isolated. Strange, isn’t it, that each team member had to surrender, to belong to this winning team. Alcohol now surrenders to me, actually to *us*, the team, every 24 hours. Yes, we do have causalities. It is war. It is also strange that the “Terms of Surrender” do not apply to alcohol, but to the Winners... my AA team mates!

We Winners understand the “Terms of Surrender” are the Suggestions.

Impossible things really do happen in these war rooms ... .. We Surrender! Rick



## The Suffolk Intergroup Bulletin

### TWO ROADS by Ed H.

*Two roads diverged in the wood and I took the one less travelled by and that has made all the difference*

Robert Frost

In his poem "The Road Not Taken" the American poet quoted above was referring to his choice for the path he had pursued in his particular lifetime.

I herein acknowledge that we do make our own choices as to the paths we follow in life. However, in my youth I got help from a stranger urging me to choose a path other than the one I might have taken.

I was a fourteen-year old kid in the south Bronx when my mother was hospitalized giving birth to the last of the ten children she ultimately had. My father handed me a grocery list and told me to go to Safeway, a food chain that was flourishing in that year of nineteen-hundred and forty-five. I was wearing an oversized second-hand overcoat and, although I was not accustomed to doing the shopping, it didn't take me long to reason that if I was to slip one of the smaller items (a can of spam) into my pocket, I could keep the 29 cents, thinking, "Pop will have no way of knowing".

It worked so well that when I got home I cut the pocket out of the coat so that any items I stole on the next shopping trip would fall to the bottom of the coat and come to rest in the liner. I then asked my father if I could do the shopping in the future and he thanked me for being a dutiful son.

Until that time, I had not thought of myself as a thief but I began to feel the excitement of it and it continued for weeks after my mother's return home.

With the ill-gotten gains I purchased roller skates for myself and for some other kids in the neighborhood. I enjoyed looking into their eyes when I offered the "gifts" and I know today that it was their look of appreciation that I needed most of all. What had I done? Lo and behold, I had traded my honesty for the approval of others.

I waddled out of the store one day with more in my coat than I had ever carried out before and an employee of the store followed me out and told me he knew full well what I had done. The blood drained from my face and I was as frightened as I had ever been before or have been since.

I'm sure this man had a few options in this instance, one of which would have been to have me arrested. He chose instead, after relieving me of the booty, to place his two hands on my shoulders (can't do that to a kid today), look me squarely in the face and say in a voice that was barely audible, "I want you to give me your word that you won't do this again. I was stunned but I managed to mumble, "Yes, I give my word".

I walked away embarrassed and ashamed. Shortly after that I fell into the trap of active alcoholism. Another very powerful nudge I have received in my lifetime was the nudge given to me by an unknown power in this universe that set my feet on the road to recovery in Alcoholics Anonymous.

For that nudge I am extremely grateful and I accept my responsibility to continue on this road that has been freely and lovingly offered to me.

Presently, one of the axioms I live by is: I am entitled only to that which I obtain honestly.

### July 3, 2018, by Roberta S.

Shame is leaving, replaced by Peace.  
I SO love AA, A life with new lease.  
No drink for a DAY??...Then...73!  
I keep asking God...How can this BE?

Silent, self-loathing, I reach for a nip.  
Hot burning numbness, with every sweet sip.  
Then, Who did I call? What did I say?  
I was back to Square One; back to MY Way.

I didn't care; The Buzz was too good.  
Made my brain go blank, just as it should.  
The clink of the ice in those pretty rock glasses.  
Yet, how many times did God give me free passes?

How Entitled I Felt! How falsely elated...  
Just a pretty drunk. And completely over-rated.  
My front door would close and out came the wine,  
I drank enough vodka...It's "tone-it-down" time.

It was never enough to drown out the pain,  
I'd wake up ashamed, same as every day.  
Bloody pillow-cases, black & blues everywhere,  
New stories to tell. New lies to share.

I hadn't a clue what was waiting for me.  
But it was hard-backed chairs that offered Honesty.  
I was quiet, for a moment...Then couldn't shut-up;  
I could connect to the eyes behind the Styrofoam cups.

The Gifts I can have if I'm willing to try,  
God directs my Life – But I Call it Mine!

## Around the AA Campus

To help you with the 11th Step, another meditation meeting has started in East Quogue. On Awakening meets every Saturday morning at 8:00 A.M. It is a seasonal meeting running from June to Labor Day that meets on Hot Dog Beach. Great way to start the day.

Sad to hear that Medford's By the Book will stop meeting. The church it meets in is closing. BTB had been meeting since 2005.

Did you know that Stony Brook's Freethinkers has its own webpage? This is a definite first in Suffolk County. You'll find all sorts of interesting tidbits about secular AA. Check it out <https://sbfreethinkers.org/> Or better yet stop by for a meeting. It meets every Wednesday and Friday at 7:30 P.M. at the Unitarian Universalist Fellowship, 380 Nicolls Road.

"Reports of my death are greatly exaggerated". Seems the original Southampton Group has not shut down as previously reported. Some stalwart members have revived it. For those on the East End, it meets every Saturday at 9:00 P.M. at the United Methodist Church on Main Street.

The Archives Committee vintage Big Book has now reached 600 signatures! If you have thirty or more years of sobriety and are a Suffolk AA we invite you to add your name.

Leave word at the SIA Office. 631-654-1150

## LONG ISLAND SPIRITUALITY THROUGH SERVICE 2018

The Long Island Spirituality Through Service ("L.I.S.T.S.") Workshop  
aspires to reaffirm the strong spiritual benefits of service  
to recovering alcoholics.

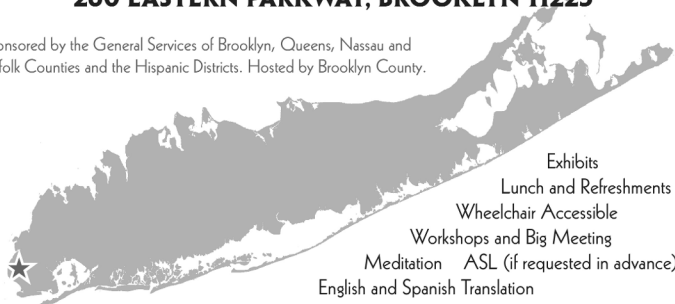
**SATURDAY, SEPTEMBER 22, 2018**

**9:30 AM - 3:30 PM (DOORS OPEN AT 8:30 AM)**

**ST FRANCIS DE SALES SCHOOL FOR THE DEAF**

**260 EASTERN PARKWAY, BROOKLYN 11225**

Sponsored by the General Services of Brooklyn, Queens, Nassau and  
Suffolk Counties and the Hispanic Districts. Hosted by Brooklyn County.



Exhibits  
Lunch and Refreshments  
Wheelchair Accessible  
Workshops and Big Meeting  
Meditation ASL (if requested in advance)  
English and Spanish Translation

**Treatment Centers  
Committee**  
St. Charles Hospital in  
Port Jefferson will open  
a Detox Center  
sometime in August  
or September  
and meeting chairs  
and speakers are needed  
for Tuesday - Thursday  
meetings at 1 pm and 7 pm.

**Consider having your  
whole group act as a  
meeting chair  
and rotate group members  
as speakers.**

**Contact Carolyn at  
[institutions@suffolkny-aa.org](mailto:institutions@suffolkny-aa.org)**



**Suffolk County Intergroup of Alcoholics Anonymous Presents:**

## ***Alcoholics take over***

**Join us for an evening of  
fun and fellowship as SIA  
Hosts a Night at  
Adventureland Amusement  
Park**

# **Adventureland**

**September 15<sup>th</sup>. 6:30 pm to 9:30 pm  
2245 Broadhollow Rd.  
Farmingdale, NY 11735**

**Tickets : \$22.00 (Same Price Adults  
& Children)**

**Tickets include park entry, all rides  
and attractions as well as parking.**

