



The Suffolk Intergroup

# BULLETIN

Volume 41, Number 4

AUGUST 2014

## NON-PROFESSIONALISM



According to Dr. Bob, the co-founder of Alcoholics Anonymous, the essence of our fellowship can be summed up into two words: love and service. The love part is obvious everywhere; especially evident when a newcomer enters a meeting for the first time—shaky and apprehensive—and those of us in attendance reach out to offer support and phone numbers. That we give freely.

Service, too, is usually done without cost. Whether it is a Twelve Step call, making coffee, giving a car ride to a meeting--- in other words---most of the nitty-gritty basics that help carry the message of recovery, these come straight from the heart. Experience has taught us that little else compares to service work in terms of the return given to the donor. The usual end result is this thing called sobriety. Another fringe benefit is a warm feeling inside, knowing that we have become part of the solution these days, whereas in the past we were a considerable drain on everyone's resources and patience.

However, free service work has its limits. All the warm fuzzies and best intentions in the world may not cut the mustard when it comes to more specific duties. Here is when Tradition Eight comes into action. We may need to hire outside help, for example, to prepare Intergroup taxes every year or to fix an overflowing toilet at the SIA office. That same office may need a person to come in regularly to clean and vacuum. Legal documents may best be left to a paid attorney who may have the expertise we lack. At times like these, it is far better to reach for the check book instead of the Big Book. That way we are freed up to do what we do best and that is what we have been doing since 1935. One alcoholic reaching out to another -no price tag attached to that. Dr. Bob summed it up nicely.

*Bob R., Kings Park Group*

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*I Am Responsible...*

*When anyone, anywhere,  
reaches out for help,*

*I want the hand of A.A.*

*always to be there.*

*And for that:*

*I am responsible.*



## ViewPoints:

### WHATEVER HAPPENED TO THE CIRCLE AND TRIANGLE?

A triangle, enclosed within a circle, has long been recognized as one symbol of Alcoholics Anonymous. Yet, both the triangle and the circle are among the earliest spiritual signs known to man. To ancient Egyptians, the triangle was a sign of creative intellect; to the Greeks, it meant wisdom. In general, it represents an upward yearning after higher knowledge or spiritual realm.

At the International Convention celebrating AA's 20th anniversary, a circle enclosing a triangle was accepted as the symbol of Alcoholics Anonymous. "The circle," Bill told the A.A.s gathered in St. Louis, "stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity and Service. Within our wonderful new world, we have found freedom from our fatal obsession. . . ."

The symbol was registered as an official A.A. mark in 1955, and was freely used by various A.A. entities, which worked very well for a while. However, by the mid-1980s, there was a growing concern by the members of

*The accompanying article was suggested by Kevin C., the Third Legacy Committee Chair, it concerns the circumscribed triangle, A.A.'s icon. From Box 459, Volume 39, Number 4, August-September 1993.*

the Fellowship on the use of the circle and triangle by outside organizations. In keeping with A.A.'s Sixth Tradition, that Alcoholics Anonymous "... ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise . . .", A.A. World Services began efforts in 1986 to prevent the use of the circle and triangle by outside entities, including novelty manufacturers, publishers and treatment facilities. The policy was undertaken with restraint, and only after all attempts at persuasion and conciliation had failed were legal actions considered. In fact, of approximately 170 unauthorized users contacted, only two suits were filed, both of which were settled at a very early stage.

By early 1990, some members of the Fellowship

seemed to be saying two things: "we want medallions with *our* circle and triangle," while others were saying, "we don't want our symbol aligned with non A.A. purposes." The desire of some A.A. members for anniversary chips was addressed by the A.A. World Services and Grapevine Boards in October 1990, when they considered the possibility of producing medallions. The boards felt that tokens and medallions were unrelated to our primary purpose of carrying the A.A. message, and that the matter should be given a thorough airing at the Conference in order to seek a group conscience from the Fellowship. The essence of this decision was relayed to the 1991 General Service Conference in the A.A.W.S. Board's report. The 1992 Service Conference began to confront the dilemma by hearing presentations on why we should or should not produce medallions, and the responsibility of A.A.W.S. to protect our trademarks and copyrights from uses that might suggest affiliation with outside sources.

The result was a Conference Advisory Action for the General Service Board to undertake a feasibility study on the possible method by which sobriety chips might be made available to the Fellowship, followed by a report to an ad hoc committee of 1993 Conference delegates.

Following lengthy considerations, the ad hoc committee presented

their report and recommendations to the 1993 Conference. After discussion, the Conference approved two of five recommendations that:

the use of sobriety chips medallions is a matter of local autonomy and not one on which the Conference should record a definite position; and

it is not appropriate for A.A. World Services or the Grapevine to produce or license the production of sobriety chips/medallions.

Among the considerations in the ad hoc committee's report were the implications of continuing to protect A.A.'s trademarks from use by outside organizations through legal means.

Coincidentally, the A.A.W.S. Board had begun to consider recent developments, culminating in recognition that the prospects of increasingly costly and lengthy litigation, the uncertainty of success, and the diversions from AA's primary purpose were too great to justify continuing the protection effort of the circle and triangle.

During the post-Conference meeting of the General Service Board, the trustees accepted A.A.W.S.'s recommendation to discontinue protecting the circle and triangle symbol as one of our registered marks.

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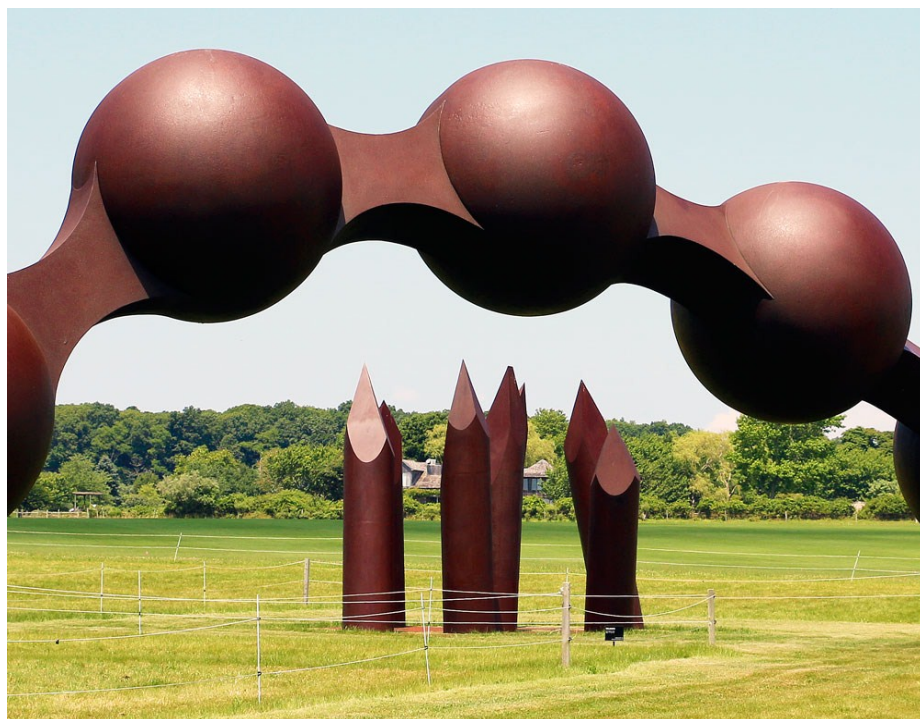




## The Bulletin's Artist-In-Residence

Regular readers of the Bulletin will have noticed the photographs that often adorn these pages, most frequently accompanying the monthly Group History. These photos are the work of Russ M. of the Sag Harbor Friday Fellowship. Russ' work has appeared in juried competitions, shows and museums on the East End. Russ is completely self-taught.

Of his work for Intergroup, Russ says, "It was suggested that I do service work to enhance my sobriety. I joined the Archives Committee a couple of years before they started building the web site. I have photographed meeting places from Amityville to Orient



## Step Eight: Made a List...

In the past, if I let my mind over think situations, I found I just complicate things. Today, I prefer to keep things as simple as possible.

Step 8 reads, "*Made a list of all persons WE had harmed, and BECAME WILLING to make amends to them all.*" Step 8 to me is the repairing of my social life. I want to fix the bruised relationships that I had caused and clean out the pockets of guilt, pain, fear, resentment and sadness that have been stored deep inside of me. I no longer want to be stuck in my shameful and unpleasant past deeds and thoughts. I have been taught, this undealt-with "stuff" blocks me from truly loving other people, myself and God. With calm and thoughtful reflection I have the tools by which this list can be made. The step says ALL people WE had

(Continued on page 4)

Point. Working with the Archives has added great experiences and substance to my life and it is an honor to do it."

Russ normally works in color which, unfortunately, we cannot afford to reproduce here. If you would like to

see more of Russ's work, in color, visit the Bulletin section of the SIA website and look up the August 2014 issue.

(Legal note: Russ's pictures appear in the Bulletin with the permission of the copyright holder.)







## Group History of the Month

### New Soil

Two members of the East Northport 164 Group, Bruce and Matthew, were the driving forces behind starting New Soil. After deciding there was a need for an early Sunday morning meeting, they approached the powers that be at Temple Beth David, who enthusiastically welcomed them. Mathew, who provided much of the information for this history, wanted a meeting that was grounded in the Big Book of Alcoholics Anonymous and have its name reflect that. It was originally called "Our Dilemma", which in and of itself created a dilemma. The inspiration for that was found on page 45 of the book, Alcoholics Anonymous: "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power?"

Unfortunately, those unversed in the verses of the Big Book misinterpreted the implication of this name often enough that a decision was made to change the meeting name to New Soil. This, too, is a Big Book term and does double duty, appearing on page 12 in "Bill's Story", "I saw that my friend was much more than inwardly reorganized. He was on different footing. His roots grasped a new soil". And again in the chapter "To Wives" on page 117, "Seed had started to sprout in a new soil, but growth had only begun".

With its new name dusted off, the job of sobriety became the primary purpose of New Soil. Since March 10, 2013 when this hour long meeting began, it has offered a Big Book based solution. Each week, the speaker chooses a passage of choice from anywhere in that Big Book. Around the room that selection is read. The speaker then shares why that particular excerpt was chosen, how it applies to his/her recovery and what it might mean today. A show of hands follows. The meeting is scheduled for 11:30 in the morning. Most weeks it is a closed

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*Temple Beth David Meeting Room*

### *Step Eight*

*(Continued from page 3)*

harmed. Not all people who harmed us. We are listing the people WE had harmed and the damage WE had caused. I know that I must be thorough; the more thorough I am, the better the results will be.

In making the list, I went back over my step 4 for names and events I had recalled. There were people who had hurt me and I retaliated and there were people for whom the very thought of them made my emotions flip negatively. There were also people I hurt and they never knew it. I had harmed every person on my list. My list included my family that I loved more than anything. I also tried to think of people who had drifted in and out of my life. I then made the conscience decision that I would forgive all those who had harmed me and make every amend possible. I know that to do this process completely may take years, but I am willing and prepared to do it.

I know that bad human relations, not understanding myself or the consequences of my actions had helped fuel my active addiction. Over time and with much soul searching and prayer, I will make the necessary amends. At this point, I work at God's speed. Step 8 will be done to the best of my ability through calm reflection, using the tools that I have learned and with the list I have made, I am willing to make my necessary amends. I dream of a life that is filled with love and happiness and knowing that I can be counted on to always do the right thing!

*Jim O., South Shore Serenity*



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## **The Bulletin**

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## **Please note:**

Inclusion of articles and announcements in The Bulletin does not constitute endorsement by Alcoholics Anonymous or Suffolk Intergroup Association. Rather, members of Alcoholics Anonymous have been encouraged to share their experience, strength and hope through this publication. Opinions expressed are those of the writer unless otherwise noted. Suffolk Intergroup makes these articles and announcements available solely as a service to the reader.

Brian C., Editor

## **Next Up on the HotLine:**

### **August Commitments**

District 210, Willie Phone Captain  
Riverhead Groups

District 240 - Don, Phone Captain  
Bellport Groups

District 110- Paul, Phone Captain,  
Holbrook Love and Share

District 80 – Woof, Phone Captain  
TBA

District 40 - Bob L., Phone Captain,  
Melville Sweet Air

### **Thanks to July's Hotline volunteers:**

Pat- Area 270- East Hampton/ Amagansett;  
Mike Area 70- Great River Group/ Non-Smokers;  
Dave- Area 90- 4 Groups;  
John Area 30- East Northport Eye- Openers/  
Valley 8 PM

## **Intergroup Officers**

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Treasurer Bob W. Treasurer@suffolkny-aa.org

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Third Legacy Kevin C. ... Thirdleg@suffolkny-aa.org

Treatment Fac. Tom M. Treatment@suffolkny-aa.org

Webmaster Martin ..... Webmaster@suffolkny-aa.org

## **September Meetings**

**Archives Committee:** 9/3/2014 8:00 PM SIA Office

**Institutions Committee:** 9/17/2014 7:00 PM SIA Office

**Public Information Committee:**

9/16/2014 7:00 PM SIA Office

**SIA Monthly Business Meeting:**

9/9/2014 Cleary School

**6:30 PM** New Group Rep Orientation

**6:30 PM** Share-a-Thon

**7:30 PM** Intergroup Meeting

**SIA Officers & Chairs:** 9/2/2014 7:00 PM SIA Office

**Suffolk General Service:** 9/19/2014 8:00 PM

Trinity Lutheran Church,  
Rocky Point

**Third Legacy Committee:** 9/23/2014 7:30 PM SIA Office



# ANNOUNCEMENTS



Ten years ago, the meeting list was filled with meetings that no longer existed. In order that this situation not happen again, every group is required to contact SIA once each year to let us know you are still in existence. The deadline for contact is October 1st. If we have not heard from you, your group will be dropped from the meeting list. Don't let this happen: contact the Intergroup office, update your group information, stay listed

COMING SOON TO A BULLETIN  
NEAR YOU!

INTERVIEWS FROM THE ARCHIVES OLD-TIMERS OPEN HOUSE!

What was AA like in the '50's, '60's and '70's?

DID AA "DO BETTER" IN THE PAST?

BILL'S ESTIMATE OF SUCCESS RATES

## 2014 BIG MEETING

**SOBRIETY THROUGH  
SERVICE**

Committee Chairs – Volunteers – New to Service  
New to Sobriety – All Are Welcome  
Sponsored this year by Suffolk General Service



SATURDAY SEPTEMBER 13th 2014  
TRUE NORTH COMMUNITY CHURCH  
1101 LAKELAND AVE, BOHEMIA  
6:00 PM TO 9:00 PM



Write us and tell us what you think of, well, pretty much anything A.A. related. We'd like to make the Bulletin the voice of the members of A.A. in Suffolk County. This means YOU! Tell us what we're doing right; tell us what we're doing wrong; share your experience with others.



Center Moriches Sunrise Sobriety  
Group will hold their Group Anniversary  
Picnic in Southaven Park on Sept 7,  
2014 from 11:00 AM to 4:00 PM.



## New Soil

*(Continued from page 4)*

format, leaving the last Sunday as an open meeting, allowing non-alcoholics to attend.

Many AAs are familiar with the Promises from Chapter 9. Not many may be aware of other promises sprinkled throughout the Big Book. New Soil starts off with the Third Step Promises.

"All sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of his presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn."

They also read the 10th Step Promises:

"And we have ceased fighting anything or anyone-even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality-safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition."

Firmly planted in the Big Book of AA, this meeting sets an example. Those looking for the reward of sobriety must roll up their sleeves, do the dirty work of cleaning up the wreckage from the past and live a life along spiritual lines. It is out of that kind of soil that healthy AAs can grow.

## The Suffolk Intergroup Association

### Public Information Committee

*Presents*

## Speaking at Non-A.A. Functions

Sunday August 24, 2014

from 12pm - 2pm

Learn how to present AA to schools and the Professional Community. This presentation will take place at the SIA Office at

113-8 Bay Avenue Patchogue.

It is suggested that you have 2 years of continuous sobriety.

This workshop is limited to 25 people. Please contact the PI/CPC Chairperson by email

Pubinfo@suffolkny-aa.org

Refreshments will be provided. Seating is limited to

TWENTY FIVE people.

**Young people in A.A. are strongly encouraged to attend!! Help us get the message out.**

## ***CIRCLE AND TRIANGLE*** *(Continued from page 2)*

By early June, the General Service Board reached substantial unanimity in support of A.A.W.S.'s statement that, consistent with our original purpose to avoid the suggestion of association or affiliation with outside goods and services, Alcoholics Anonymous World Inc. will phase out the "official" or "legal" use of the circle and triangle symbol. A.A.W.S. will continue to resist unauthorized use of our other marks and any attempts to publish A.A. literature without permission.

The triangle within a circle will, of course, always have a special meaning in the hearts and minds of A.A.s, in a symbolic sense, just as do the Serenity Prayer and slogans.





The Huntington Group at Old First Church  
presents

# Big Book Unplugged

A 12-Week Series on  
the History and Program of Alcoholics Anonymous  
as it appears in the Big Book

Led by Richard H.  
Trustee of Dr. Bob's Home in Akron, OH

*BYOBB*  
(bring your own big book)

**Every Sunday from 7:30 to 8:30 PM**

**From June 15, 2014 – August 31, 2014**

In the downstairs room of  
Old First Church

125 Main Street, Huntington, NY 11743

Contact information available through the  
Suffolk Intergroup Association