

December 2025

Vol. 53 - No. 08



SUFFOLK INTERGROUP ASSOCIATION

Bulletin

Peace on Earth

Paz Frieden Paix Pace

سلام صلح Мир Pokój ארש

和平 평화 Hòa bình 平和 နံစီဓါာဖ

Ειρήνη Bari शांति அமைதி ਸਾਂਤੀ



"We are not to fear the dark,
but to be lamps within it."

— C.S. Lewis



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



Suffolk A.A. Needs YOU



Volunteers are needed for all service committees:

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

Come to the next SIA Meeting to learn more !

November 25th, starting 8:00 p.m.

New Rep Orientation 7:00 p.m.



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



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>



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>



Let's Get Psyched Up! It's Time For Your Group's... *Business Meeting???*

Hello, fellow A.A. Members! I had an interesting discussion with the chair of a meeting after it concluded on Halloween, and the discussion inspired me—dared me?—to write about one of those subjects on which almost every A.A. Member has an opinion. Yes, I know the very mention of a “business meeting” may make your blood run cold. In fact, in my first, oh, 18 months or so in our Fellowship, the double whammy of a Traditions meeting followed by a Business meeting was enough to send me running. That was then; this is now.

I've attended many different business meetings in many different groups, especially over the last decade, while I burrowed my way down the “service triangle”: everything from my own home group to facilitating group inventories to my travels around SENY in various capacities. While there is no magic, one-size-fits-all formula, I have observed certain practices—principles, if you like—that seem to be present in the most effective and balanced group business meetings. I'd like to share several of them with you.

■ **Substantial Unanimity**—simply put, this means that anything the group votes on that affects the *Group Conscience* (vs. strictly procedural stuff) must have a 2/3 majority to pass, not just a simple majority. In business, and in other venues, I've been on the wrong side of a 51% vs. 49% vote, and it fosters a “they won, we lost” mentality. I have yet to find it written anywhere in our literature that “winning” is one of the core principles in our Fellowship, especially in Traditions One (A.A. Unity) and Two (Group Conscience). Put simply: if I'm in a less than 33% minority of A.A. members who love our Program as much as I do, then just maybe *gasp* I'm missing something...

■ **“How important is it?”**—have you ever sat in your group's business meeting and rolled your eyes / turned red in the face / groaned aloud about debate over something so miniscule that... well, that it should be up to the person doing the job, and not a matter for heated argument? If you're feeling adventurous, take a look at Concept X sometime.

■ **An effective Group Chair**—this is a tough one, because there is often a fine line between running a crisp agenda and being seen as a dictator. Your Steering Committee—or your members' votes in the matter—need to look for balance, impartiality, knowledge of how A.A. works, and a strong sense of the “spirit” of the group, for lack of a better term.

■ **A Tradition meeting before the business meeting**—regardless of what I said about my early (and misguided) perception of a “double whammy” above, I now know that reflecting on what the earliest A.A.s realized in doing things the *wrong* way is the best way to center myself to do things—and vote—in the *right* way. And the Serenity Prayer can't hurt, either. But most important of all (and incorporating all these other thoughts):

■ **Do the outcomes of our business meetings allow us to consistently honor our Primary Purpose?** *“...to stay sober and help other alcoholics to achieve sobriety.”* If we don't hold the newcomer (and the rest of our group members and visitors) as the guiding light of everything we do and decide in our business meetings, then _____.

Feel free to fill in the blank. And thank you for being open to additional information!

December Calendar

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

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

Dec 9 @ 6:00 pm - 7:00 pm
Web Committee Meeting
(virtual)

Dec 12 @ 6:00 pm - 7:00 pm
Bridging The Gap Committee Meeting (virtual + SIA Office)

Dec 19 @ 8:00 pm - 9:00 pm
Suffolk General Service Meeting
(virtual + Emanuel Lutheran Church Patchogue NY)

Dec 30 @ 7:00 pm - 8:00 pm
Treatment Committee Meeting
(virtual + True North)

New Intergroup Rep Orientation
(virtual + True North)

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

Dec 31 @ 5:00 pm - 12:00 am
New Year's Eve Alcañon
(True North)

- In Grateful Service, Tom B.

Walking Through Fear Into General Service

Walking into General Service was just as scary as my first A.A. meeting—maybe even scarier. Back in 2020, when I was about two years sober and getting interested in the **Traditions**, a sponsor suggested I get involved with **service beyond the group level** and become the G.S.R. for our group.

I walked into my first General Service meeting in Florida and couldn't understand a thing. It felt just like my first A.A. meeting—confusing and intimidating. *Do I even belong here?*

People were using terms I didn't know—**area numbers, districts, conference advisory actions, proposed agenda items**—it all sounded like a secret language. It seemed like an elite club, and *I definitely did not belong.*

Just like after my first A.A. meeting—even though my mind (where my main problem centers) was racing and hissing *"You're in way over your head!"*—a deeper part of me felt a **quiet spiritual peace.**

Then COVID hit, and I had the perfect excuse not to continue with General Service.

In 2021, I moved back to New York and attended my first Suffolk Intergroup meeting (on Zoom at the time), and I grasped it right away. I became the SIA rep for my home group and got really involved. But when I again heard talk about General Service, it was as confusing as the first time I went through the Big Book with a sponsor.

When Bill W. talked about having "golf fever," I actually thought he was sick with a real fever. When he mentioned the "lunacy commission," I didn't know what it meant. I also remember reading "frothy emotional appeal" in *The Doctor's Opinion* and wondering what on earth that meant.

In 2022, a few of us women decided to start a new meeting. By default, I became the General Service Representative. At every business meeting I would say, "I'm not doing this—we need a real G.S.R." But no one would take the commitment. So either I had no report, or I'd glance at some flyers and just announce what I could.

About a year later, Jim S. became our Intergroup Chair, and I was asked to be the liaison for Suffolk Intergroup, **bringing information to General Service.** I said yes because I love Suffolk Intergroup and thought that

report would be easy.

What I didn't expect was for that all too familiar **fear hit the second I walked in.**

I didn't know anyone, and I feared my report would be judged because everyone seemed to know more than me. Many of my character defects—**perfectionism, fear of being judged, people-pleasing, grandiosity (the flip side of which is feeling "less than")**—often got in my way. Only God is perfect, and I'm learning to ask for help and accept that everyone makes mistakes. **This is A.A., not the Supreme Court**—we're all perfectly flawed. We are all alcoholics.

I skipped a few reports early on because fear crept in or I told myself I wasn't smart enough. But each time I showed up, I learned something new, and slowly the fear began to fade.

A year later, when General Service began a new term, I was asked to be the liaison **in the other direction—bringing information from General Service back to Suffolk Intergroup.** I told Jim I would think about it, but the "evil, corroding thread of fear" described in the Big Book kept me from getting back to him. I never followed up—but I believe Spirit guided me.

I walked in secretly hoping Jim had picked someone else. Instead, I gave my first report. When Jim asked if I was okay, I answered, "No." He said something along the lines of, **"Good—you're growing, and you're not supposed to have all the answers."**

One of my first reports was about the **Delegate's Day of Sharing and the questionnaires.** I was so nervous because I thought I needed to know everything—but the funny part is, **I only knew a little**, and that was just enough to motivate me to **read, prepare, and step out of my comfort zone.** To my surprise, **I started falling in love with service.**

The Delegate's questionnaire and Day of Sharing were **super intriguing (and a little mind-boggling).** I began to see something beautiful: each group's voice truly matters. What we share—our experiences and concerns—**flows through service structure and the delegate and reaches far beyond our home group,** becoming part of the larger fabric of A.A.

Think of A.A. like a family: the home group is our home, the district is our neighborhood, and the area is our town—all working together so everyone has a

(Continued from page 4)

voice, **flowing all the way down to the General Service Conference.**

It's a profound reminder that even the smallest voice contributes to something much bigger, and that **our collective conscience shapes the service that supports us all.**

There I was, armed with a stack of flyers, a confused smile, and a head spinning as I tried to remember **our area number—along with districts (how many?), conference advisory actions (should I be taking notes?), proposed agenda items (can I skip these?)—and all the confusing General Service terms**, just trying to survive. Sometimes I imagine I should have been supplied with a **"General Service Survival Kit"**: highlighter, decoder ring, caffeine, chocolate, and a big dose of prayer.

At that point, I knew I was locked in. Just like my first year in A.A., I had to keep coming back, learn to listen, get a service sponsor, ask questions, get involved, and start reading the **Service Manual**—our guide through the **Third Legacy of Service**—just like the Big Book guides us through the Steps. I once swore I'd never read the Big Book—instead reading it changed my life.

I also started reading the **Suffolk General Service Group Conscience and Bylaws**—and helpful resources like the "alphabet soup" list. Hang around long enough and it starts to make sense. These materials showed me how our local structure works and how every group connects through shared service and unity.

The Service Manual can feel intimidating at first, but if I let **my Higher Power and the Fellowship** guide me, it starts to unfold and make sense.

Along the way, I learned **not to be afraid to ask questions.** I ask lots of them—and **I've become a bit of a service geek.**

In January of last year, once again no one wanted to be G.S.R. for my home group. I said, "Hey, I'm there anyway—I'll take the commitment." It was exactly what I needed at the time, as complacency was creeping into my recovery. I began showing up at every General Service meeting on the third Friday of the month at Emmanuel Lutheran in Patchogue. I also attended my first Area meeting, which brought me back to **confusion and intimidation**—but at the same time, I was falling in love with service.

Fear still shows up—and probably always will.

Just when I thought I had the hang of things, another growth opportunity arrived. I was asked to **host the Joy of Service Workshop**—bringing together the Area, past delegates, and the "spiritual giants." It was an honor—and **the most frightening, joyful moment of my service journey.** It came together at the last minute after original orginaizer fell ill. I had no idea how we'd pull it off, but with **my Higher Power, the Fellowship, and our county, I not only survived—I also grew.**

Where I'm At Today — Gratitude and Growth

As it's almost time to rotate out, I finally feel like I'm starting to understand the basics of my service position—just in time to hand it off! Isn't that always the way in A.A.? You spend months—or years—feeling lost, and then right as you start to get it, it's time to move along and let someone else grow.

SIA Committee Meeting Schedule

Archives (virtual)
2nd Tuesday 7:00 pm

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

Corrections (virtual)
1st Tuesday 7:00 pm

Schools (virtual)
3rd Monday 5:30 pm

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

Web (virtual)
2nd Tuesday 6:00 pm

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

SIA Virtual Meeting Space



Zoom ID 941 2170 5886
Passcode service

**TICKETS
ON SALE NOW
AND GOING FAST!**



SUFFOLK COUNTY GENERAL SERVICE UNITY BREAKFAST

Marriott Melville Long Island
Sunday, Feb. 1st, 2026, 9a - 1p

A.A. (SM-31)



Service Manual

(Continued on page 7)

Around the A.A. Campus

Group Updates

Seeking Sisters

Another new group for the ladies has started in Babylon. It's called Seeking Sisters and meets every Friday at 6:00 PM with a Daily Reflections format. Where? St. Joseph's Church Center Room 26 North Carll Avenue. (See photo below).

Greenport Primary Purpose Virtual

...has new Zoom information. ID: 861 4451 4584. Passcode greenport. This Closed Discussion meets every Sunday at 4:30 PM.

Bridge to Sobriety

They're back! The Sunday Bridge to Sobriety will be meeting every Sunday at 7:30 AM. Easy to remember where it is. Just sing along with the Village People. "It's fun to go to the Y-M-C-A." The Great South Bay YMCA 200 West Main Street Bay Shore is where they meet. For those keeping score, another separate meeting called the Men's Room, also meets in the same building every Tuesday at 7:00 PM. Why not stop in and check them both out.

Setauket Group

The Sunday 2:00 pm Setauket meeting which met at the Methodist Church 160 Route 25A is now inactive.

Amityville Beach Meeting

Amityville Beach has moved to a new location for the winter months. They now meet every Tuesday 7:00 PM for a Beginners and every Thursday 7:00 PM for a Closed Discussion at St. Martin of Tours School 30 Union Ave Amityville.



Babylon - Seeking Sisters

Beach Bums

From November 1 to April 15, Beach Bums will be meeting at the Blue Point Baptist Church 8:00 AM to 9:00 AM, Monday to Saturday. Sunday will still be on the beach. So bundle up.

Attitude of Gratitude

... at the Center for Rehabilitation and Nursing in Southampton has been put on hold for the time being. They met on Saturdays at 5:00 PM

Sober Women's East

... has added an online meeting to its schedule, which will run from November to April at 5:30 PM on Mondays. Zoom ID: 489 358 693 ID: EHSWE1994

Things We Cannot Change.

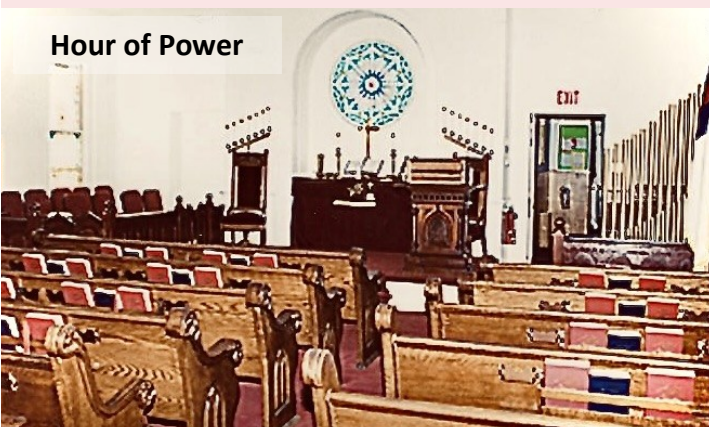
Jan, longtime member of the Smithtown Group has passed away. She will be missed.

CORRECTION

Sorry! Sorry! Sorry! Last month's group history for **Baiting Hollow's Hour of Power** had the wrong photo. What you saw was actually Huntington Station New Life. The correct photo is below.

Will You Be the Hand of AA?

The writer of this column has had the good fortune of answering the **Intergroup Hotline**. Only 28 men and 15 women are currently on our **12 Step Volunteer Phone List**—the AAs who call back those reaching out for help. **Phone Volunteers**—the front line members are also needed. Surely, there are more of us ready to answer that call. What better way to give back to the program that saved your life? **See pg 2 for more info.**



Hour of Power

Babylon Serenity Group History

Christ Episcopal Church
12 Prospect Street
Babylon, NY 11702

Suffolk Alcoholics Anonymous loves its serenity. There are groups named East Northport Serenity, Smithtown Serenity, Rocky Point Serenity, two named South Shore Serenity, and even three named Serenity by the Sea. There have been



many others in the past and some with variations like Serenity on the Lake, Serenity at Trinity, Serenity at Seven, Serenity Seekers. So, they decided to stick with a name that has a proven track record, Babylon added another Serenity.

The start of the group, as is the case with so many others, was not born of serenity. Ray and a few others had issues with their old group. A difference of opinion on the interpretation of our Traditions led to starting this new group on March 30, 2015. It meets Monday (Step) and Wednesday (Big Book), both at 10:30 AM.

Back in 2015, this group was visited by the Archives Committee. The day of the meeting, there was a Memorial Day parade in progress, making negotiating the main roads difficult. Despite that, there were fifteen attending. The focus was on the Seventh Step and in depth sharing followed. Back then, when the group was new, they had no prudent reserve and trusted all would go well. It has. Here we are nine years later and they continue to meet twice weekly, still on that road to serenity.

S.I.A. Archives Committee

Orig. history written May 25, 2015

Last updated March 7, 2024

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Fear still creeps in, absolutely. But if I can get out of my own way and continue to ask my Higher Power to direct my thinking to what He would have me be, the fear starts to subside.

I am **deeply grateful** for Alcoholics Anonymous, for the Fellowship, for **my sponsor and my service sponsor**, and for everyone who has guided me along the way. To anyone **new to service**, or maybe thinking about it—**jump in!** You don't have to know everything (none of us do). Ask questions, make mistakes, laugh at yourself, and let **your Higher Power and the Fellowship guide you**.

Service has brought me a sense of **purpose, connection, laughter, and joy** that I never imagined, and I know it can do the same for anyone willing to step out of fear and into participation.

- Natalie S., S.G.S. Liaison

2024 — 2025 Officers & Chairpersons

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Alt Chairperson **** VACANT ****
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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](https://suffolkny-aa.org/announcements)



December 6th Group Anniversaries

**GET RIGHT
TO IT**

**53RD GROUP
ANNIVERSARY**

**SATURDAY
DECEMBER 6TH
6 PM TO 8 PM**

Setauket Presbyterichn
Church, Lower

Fellowship, Food, Fun
with Special Guest
Speakers

*Women's
NamaStay Sober*

**3rd Anniversary
Brunch**

December 6, 2025
10:30am

St. John Nepomucene
1140 Locust Avenue
Bohemia

Food • Fellowship • Fun
Speaker
Open Meeting
All Are Welcome



HOLIDAY GRIEF SUPPORT

Grief During the Holidays

A Gentle Gathering for Reflection and Support

Available In-Person and Online

Saturday, December 13, 2025

9:00 AM – 11:00 AM EST

Robert Reid Recreation Center – NYSL
Defense Hill Rd, Shoreham, NY

Zoom link
Mtg ID #9326 4505 176 PWD: 713704

The holidays can be an especially emotional time after
the loss of a loved one. Join us for a safe, welcoming
space to reflect, share, and find comfort whether you're
attending in-person or from home.

What to Expect

- Gentle conversation
- Speaker(s)
- Quiet moments for remembrance
- Resources for coping with grief virtual support

Free and open to all

Presented by District 111 & Suffolk General Service

We Stay Sober Together New Year's Marathon Meeting



Zoom Meeting 12/31 @ 6pm through 1/1 @ 5pm

Meeting ID: 989-7393-1417

Password: 532292

SIA PRESENTS

Happy New Year



2026

31 DECEMBER

MARATHON
MEETINGS,
FOOD,
FELLOWSHIP,
FUN

**START THE NEW YEAR
WITH AN ALCATHON!**

MEETINGS 5PM-12AM

**\$10 FEE/\$15 AT THE DOOR
FOR CATERED EVENT**



For more info please email: specialevents@suffolkny-aa.org

Or visit: <https://suffolkny-aa.org/newyeareve-alcathon>

True North Church 1101 Lakeland Avenue Bohemia, NY 11716