

**Suffolk General Service**  
**Alt-DCMC Report May 2023**

Greetings All,

I attended the LISTS (Long Island Spirituality Through Service event last Saturday, May 13, 2023. in Briarwood, Queens.

The food was delicious with Assorted bagels, and pastries for breakfast. There were snacks and unlimited coffee/tea provided throughout the day in the hospitality room.

I attended the CPC workshop in the morning. Lunch was provided. Lunch featured fried chicken, two different rice dishes, pasta, hero sandwiches, and salads.

After lunch, there was a very entertaining skit entitled “You’re an Alcoholic Charlie Brown” featuring The Peanuts with Lucy and Snoopy. Of course, Lucy didn’t charge for 12-step suggestions/advice.

After lunch were more workshops. I attended one of the afternoon workshops. It was The Concepts workshop where Suffolk County’s very own Melissa (featuring Amelia) and Tom B spoke on the concepts. I attended that workshop. Joann M, our delegate, was the keynote speaker. Joann gave very little information about what went on at the Conference. She just said that it was non-stop action and that she needed a few days to recuperate afterward. We will have to wait to hear her report at the June 17th, Post-conference assembly. After the delegate spoke about her history in service, there was the sobriety countdown resulting in the person with the most time giving the person with the least time a Big Book.

While we’re talking about the post-conference assembly, I have a sign-up sheet for the bus transportation on that date. Christian is going to share the bus schedule online and I would like anyone who is attending tonight virtually, who would like to attend the assembly (in person) to let Christian know. The bus is both comfortable and modern with a bathroom on the bus and Wi-Fi access. You can charge your electronic devices right next to your seat and enjoy the ride to Valhalla, New York.

I am attending the SIA 50<sup>th</sup> celebration on Sunday at St. Joseph the Worker church at 510 Narragansett Ave., in East Patchogue from 2-6 pm. Food and refreshments will be served. A member from my home group, Bob T, who has 56 years of sobriety is the keynote speaker and he will give a history of AA in Suffolk County.

Thank you for allowing me to serve,

Regina C

## Suffolk General Service Bus Schedule to the Assemblies

**Next Assembly June 17, 2023**

### **The bus schedule is as follows:**

- 5:45am Pickup Riverhead Staples 1087 Old Country Road Riverhead,
- 6:15am Pickup Exit 63 Park and Ride North Ocean Avenue Farmingville, NY
- 6:30am Pickup Exit 56 Park and Ride 2199 Joshua's Path Hauppauge, NY
- 6:45am Pickup Exit 49 Park and Ride Walt Whitman Road / Route 110 Huntington, NY
- 7:15am Pickup Blue Bay Diner 5850 Francis Lewis Blvd Flushing, NY
- 8:30am Drop-off – Destination Westchester Community College 75 Grasslands Road Valhalla, NY**
- 3:15pm Pickup - Leave Westchester Community College 75 Grasslands Road Valhalla, NY**
- 4:30pm Drop-off Blue Bay Diner 5850 Francis Lewis Blvd Flushing, NY
- 5:00pm Drop-off Exit 49 Park and Ride Walt Whitman Road / Route 110 Huntington, NY
- 5:15pm Drop-off Exit 56 Park and Ride 2199 Joshua's Path Hauppauge, NY
- 5:30pm Drop-off Exit 63 Park and Ride North Ocean Avenue Farmingville, NY
- 6:00pm Drop-off Riverhead Staples 1087 Old Country Road Riverhead, NY