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March 2007

SPEAKERS EXCHANGE MEETING

MARCH 17, 8:00AM
ETHICAL HUMANIST SOCIETY
38 OLD COUNTRY RD., GARDEN CITY

CALENDAR OF EVENTS

All Meetings are held at the Intergroup Office unless otherwise noted

March			April		
Mar 1	7:30 pm	Intergroup Rep's Orientation	Apr 4	8:00 pm	Institutions Committee
	8:00 pm	Intergroup Rep's Meeting			Simpson Methodist Church
Mar 7	8:00 pm	Institutions Committee			Locust and Sunset, Amityville
		Simpson Methodist Church	Apr 5	7:30 pm	Intergroup Rep's Orientation
		Locust and Sunset, Amityville		8:00 pm	Intergroup Rep's Meeting
Mar 8	7:00 pm	PI/CPC Committee Meeting	Apr 11	8:00 pm	Share-A-Day Planning Meeting
Mar 14	8:00 pm	Share-A-Day Planning Meeting	Apr 12	7:00 pm	PI/CPC Committee Meeting
Mar 17	8:00 am	Speaker's Exchange Meeting	Apr 15	1:00 pm	Special Needs Committee
		Ethical Humanist Society	Apr 16		Nassau General Service Committee
		38 Old Country Rd, Garden City		7:00 pm	GSR Orientation
Mar 18	1:00 pm	Special Needs Committee		7:30 pm	GSR Meeting
Mar 21	7:30 pm	WebSite Committee	Apr 18	7:30 pm	WebSite Committee
Mar 22		Newsletter DeadLine	Apr 19		Newsletter DeadLine
Mar 29	7:30 pm	Steering committee	Apr 26	7:30 pm	Steering committee

Nassau GSR'S will not meet in March

WE LIST ONLY AA MEETINGS **MEETING CHANGES**

Baldwin: **Baldwin Group's** 7:30pm Wed Step meeting is a Traditions meeting on the last Wed. The 7:30pm Sat Closed Discussion meeting is Open/Anniversary on the last Sat; 1st Presbyterian Church, 717 St. Lukes Pl

Baldwin Harbor: **Sober Living Group** The last Mon is a Traditions meeting. (Used to be described as the 4th Mon.) This meeting is also Handicapped Accessible; Calvary Protestant Church, 2801 Park Ave

Bellmore: **There Is A Light Group** the second Sun of the month is no longer an Open Discussion meeting; East Bay Reform, 2569 Merrick Rd

East Meadow: **East Meadow Group** Tue 8:00pm meeting is now a Closed Discussion meeting, and the last Tue is an Open/Anniversary meeting; Thu 6:45pm meeting is an Open Big Book Study meeting and the 8:00pm is a Beginner's meeting (non-smoking); Christ the King Episcopal Church, 5th/DeWolfe Pl

Garden City: **Dartmouth Street Group** Meetings are now held Mon at 7:30pm (Beginner's) and Thu at 7:30pm (two meetings: a Closed Discussion meeting and a Step meeting); St Anne's Church, 35 Dartmouth St

Glen Oaks: **Glen Oaks Group** no longer holds a Thu evening meeting; St Paul's Church, 262-22 Union Tpke

Hicksville: **Serenity Group's** Wed Step meeting is now held at 7:30pm; United Methodist Church, 130 W Old Country Rd

Levittown: **Levittown Growth Group** that met at 7:30pm on Fri is now called Farmingdale Growth Group and meets at 7:30pm (Closed Discussion, Open Ended) on Wed; St Kilian Roman Catholic Church, 485 Conklin St, Farmingdale

Manhasset: **Manhasset Group** Mon 7:30pm Closed Discussion meeting is now a Beginner's meeting; Congregational Church, 1845 Northern Blvd

Williston Park: **Solution Group** Closed Discussion meeting on Wed moves from 8:30pm to 9:00pm; St Aiden RC Church, 505 Willis Ave

NEW MEETINGS

Farmingdale: **Sunday at the Park** holds a Closed meeting on Sun at 9:30am. Allen Town Community Park, 45 Motor Ave., Farmingdale 11735

Freeport: **Jaywalkers Group** will meet at 7:30pm on Mon and offer Open and Big Book meetings; 1st Presbyterian Church of Freeport, 178 S Ocean Ave

Lynbrook: **Primary Purpose Group** has added a Step meeting at 7:00pm on Thu; Lynbrook Baptist Church, 225 Earle Ave

Manhasset: **Early Cup of Sobriety Group** has added a Beginner's meeting at 7:00am on Thu; Shelter Rock Church, Plandome Rd

PHONE VOLUNTEERS:

Anyone with 6 months sobriety, who is interested in answering the phones,

CONTACT: the Office Coordinator
(516) 292-3045

NIGHTBOOK

The Hotline is an easy commitment – so easy a caveman can do it! (1) The phones are transferred to your home or cell for the night. (2) The hours are 5pm to 9am (flexible). (3) The Intergroup office has all the information needed in a briefcase (meeting list, 12th Step contact list, other hotline numbers).

Thank you to the following groups for taking the Hotline in February

- ✓ *East Meadow Group*
- ✓ *Levittown Women's Group*
- ✓ *Merrick Sobriety with Hope Group*
- ✓ *The Valley Stream Group*

Love & service,

Nightbook Chair

nightbook@nassauny-aa(dot)org

GENERAL SERVICE NEWS

Reminder to all GSRs/DCMs and any interested AA members. Please join us at the **SENY Delegate's Day of Sharing, March 3rd** from **9:00AM-3:30PM** at Public School 136, 6 Edgecombe Avenue, Manhattan, 10030. This is a special event offering an opportunity for members to learn more about agenda items for the 57th Annual General Service Conference, and in particular the Delegate's Questionnaire items.

Also a huge thanks to all the groups here in Nassau that have sent, and continue to send, contributions to Nassau General Service Group. Greatly appreciated!

In Service,

DCMC Nassau

nassau@aasenya(dot)org

From the Chair:

Dear Friends,

Have you ever struggled with prayer? I certainly have (and still do at times). When I came into Alcoholics Anonymous, the only prayers I really knew were prayers like: "Oh God, if you just help me this one last time, I promise I'll never drink again"; "Please, let the bootlegger still be open"; and my all-time favorite, "God, please don't let me wake up again, I just can't live like this anymore".

When I came into AA, I didn't know how or what to pray for, so I began with small prayers like, "God, please help me not to drink today"; "Please remove the obsession"; Please help me to stay in the moment"; "Please help me keep my mouth shut".

Today I know the Big Book of Alcoholics Anonymous is filled with many prayers. For a daily prayer I can go to (85:2): *Help me to carry the vision of Your will into all my activities. How can I best serve Thee? Thy will not mine be done.* When I need direction (13:4): *Father grant me direction and strength to meet my problems as you would have them.* When I have doubt (87:3): *Please give me the right thought or action.* When I have fear (68:3): *Lord remove my fear and direct my attention to what you would have me be.*

Any communion I have with my Higher Power is a prayer. Sometimes, all I need to do is to

STOP & LISTEN.

Blessed to Serve,

Intergroup Chairperson

chair@nassauny(dot)org

12th Step Lists: Looking Forward to Service

Hello, my name is Ray F, and I am a grateful alcoholic. I just wanted to take a moment to introduce myself. I have recently undertaken a project for Nassau Intergroup. The project is updating the 12th Step lists that are so vital to our program. I sometimes wonder how many of us got our start in AA with a phone call to the hotline.

The 12th Step list that each group provides is one way that "we carry the message". Some think there is no "real" 12th Step work anymore. They are mistaken. Please make sure that your group has sent its current list to Nassau Intergroup. If you're not sure, you can call the office at 292-3045, or you can email me at 12thstep@nassauny-aa(dot)org.

If you're interested in helping with this project, please feel free to contact either myself or the Steering Committee.

Thanks for your help,
12thstep@nassauny-aa(dot)org

From the Treasurer

From the Treasurer- Prudent Reserve, Part 2

Last month we talked about Intergroup's prudent reserve, a fund set up to buffer against the unexpected or unusually large demands on our financial resources. The question remains: How large should a reserve fund should be?

The circumstances and needs of a small home group will not be the same as those of a larger group. The same is true for service committees. Each must consider its own unique needs and expectations.

What has been the trend of contributions? What about expenses? Most groups will at least need to consider things like rent, supplies, and literature. Many also will want to consider funds for supporting the activities of an Intergroup Rep and GSR, and to have a little left over to support AA service activities beyond the home group. Do the last few months reflect a complete picture, or do we need to look back further to get a good perspective on group finance?

Once income and expenses have been assessed, the group can then decide how much to set aside. Where no extraordinary expenses are anticipated, many home groups have decided two to three months combined expenses is a good reserve amount. For service committees, a larger reserve may be needed in order to assure sustained activity, particularly if the committee regularly hosts money-intensive activities like conferences or breakfasts involving contract guarantees. It should also be noted that some groups maintain no reserve at all, either out of necessity (there just isn't enough money coming in to set anything aside) or plan.

I hope this information will be helpful as we continue to discuss the management of Intergroup's reserve resources. As was mentioned last month, our by-laws set a cap on our reserve, but no target level.

In related matters, Nassau remains fortunate to be well supported by local groups and members. Please remember to place your group's NIG number—found to the right of your group's name in the meeting list—on all contributions and inquiries.

It is my pleasure to try to answer any questions you may have, and to assist your group in any way. Just ask.

In service,
Treasurer
treasurer@nassauny-aa(dot)org

The Glen Head Group Anniversary – 59 Years Strong!
Tuesday, April 3, 2007
Food at 7:00 pm * Speaker at 8:00 pm
Music, fellowship, Dancing
Oyster Bay Community Center
200 Glen Head Road, Glen Head NY

SHARE-A-DAY 2007

Where did the time go? Spring is almost here, and soon flowers will start to sprout everywhere. Share-a-Day is less than eight weeks away. It seems like we just started planning at our kick-off meeting in September of 2006.

Our February committee meeting went well, the weather was horrible, and yet there were at least a dozen members present - two first-time committee members as well - all eager to serve. We would still love to see you at our next Share-a-Day committee meeting; there is always a job in AA for someone who wants to stay sober. If you can't make the committee meetings, just show up at Share-a-Day on Saturday, April 21, 2007, it will be great!

We have a winner for our Share-a-Day theme contest! Her home group is Live at Five, in Mineola. Congratulations!

Our next meeting will be Wednesday, March 7, 2007 at 8:00 pm at the Nassau Intergroup office. All are welcome.

See you there.

Your AA Brother
2007 Share-a-Day Chair
shareaday@nassauny-aa(dot)org

District 207/216 present

Saturday, March 10th

at Nassau Intergroup

361 Hempstead Turnpike, W Hempstead
Workshops on Spirituality and Sponsorship

9:30-10:00 am: Continental Breakfast

10:00 -11:00 Spirituality – Live at 5

11-12: Sponsorship – Early Risers

12-1pm: Lunch

1-2: Spirituality – Garden City Group

2-3: Sponsorship/Big Book: Floral Park

We welcome your participation and sharing.

Help a Homebound Alcoholic

Any Female AA interested in bringing a meeting to a homebound female alcoholic, Special Needs Chairperson, at specialneeds@nassauny-aa(dot)org