

# Newsletter

## Nassau Intergroup

### of Alcoholics Anonymous

Business phone: (516) 292.3045

**World Wide Web Edition**

24-Hour HotLine: (516) 292.3040

Office: 361 Hempstead Turnpike, West Hempstead, NY 11552 eMail: [intergroup@nassauny-aa\(dot\)org](mailto:intergroup@nassauny-aa(dot)org)

Nassau Intergroup WebSite: <http://www.nassauny-aa.org>

To place an article in this Newsletter, call the Editor at (516) 292.3045

eMail: [newsletter@nassauny-aa\(dot\)org](mailto:newsletter@nassauny-aa(dot)org)

# JUNE

# 2011

## Calendar of Events

**All Meetings are held at the Intergroup Office unless otherwise noted**

### June

Jun 1 8:00 pm Institutions Committee  
Simpson Methodist Church  
Locust & Sunset, Amityville

#### **Note: Time Change**

Jun 2 7:00 pm Intergroup Rep's Orientation  
7:30 pm Intergroup Rep's Meeting

Jun 9 7:00 pm Special Needs Committee

Jun 13 8:00 pm Newsletter Committee

Jun 14 7:00 pm PI/CPC Committee

Jun 15 7:30 pm Web Site Committee

Jun 16 **Newsletter Deadline**

Jun 18 7:30 am Speakers Exchange Meeting  
Garden City Community Church  
245 Stewart Ave, Garden City

Jun 20 7:00 pm Nassau GSR Orientation

7:30 pm Nassau GSR Meeting

Jun 30 7:30 pm Steering Committee

### July

Jul 6 8:00 pm Institutions Committee  
Simpson Methodist Church  
Locust & Sunset, Amityville

#### **Note: Time Change**

Jul 7 7:00 pm Intergroup Rep's Orientation  
7:30 pm Intergroup Rep's Meeting

Jul 11 8:00 pm Newsletter Committee

Jul 12 7:00 pm PI/CPC Committee

Jul 20 7:30 pm Web Site Committee

Jul 21 **Newsletter Deadline**

Jul 24 8:00 am **Annual Intergroup Picnic**  
Eisenhower Park, Field 6A  
Hempstead Tpke, East Meadow

Jul 28 7:30 pm Steering Committee

# WE ONLY LIST AA MEETINGS

## MEETING CHANGES

**Lynbrook: Primary Purpose** has changed the Thu 7:00 S to a BB, the Sun 7:00 B O to a Sat 7:00 B O and dropped the Tue 8:00 BB

**Rockville Centre: RVC AM Group** has changed the Tue 6:15 am C to a S, last Tue – Trad

**Seaford: Seaford at Wantagh** has changed their Wed 7:30 BB to 7:30 CD 2nd Wed BB, last Wed ann

## NEW MEETINGS

**Elmont: Grupo Volviendo Al Hogar** now meets at Belmont Race Track, Gate #6, Cottage 28B on Sun 7:00 CD

**Elmont: Grupo Volviendo A Vivir** now meets at Belmont Race Track, Gate #6, Cottage 28B on Mon 7:00 OD

**Great Neck: 11<sup>th</sup> Step Meditation Group** meets at Global Harmony House, 46 S Middle Neck Rd on Sun 4:00 OD

**Hempstead: Take Three Steps** meets at the Salvation Army Bldg, 194 Front St on Thu 6:00 B Men's, S, O

**Huntington Station: Sobriety First** meets at United Methodist Church, West Hills Rd on Thu 6:00 C 1<sup>st</sup> week S

**Long Beach: Sobriety After Work** meets at Temple Israel, 305 Riverside Blvd on Wed 4:30 CD

**Long Beach: Sunday Morning Meeting** meets at Temple Israel of Long Beach, 70 E. Park Ave, End of Riverside

**Malverne: Gratitude Group** has added a Tue 7:30 S Last Tue Tradition

**Manhasset: Sober Spirits** meets at St Ignatius Retreat House (rear), 251 Searingtown Rd on Mon 5:30 R, Wed 5:30 Meditation, Thu 5:30 S, Fri 5:30 BB

**Rosedale: Sunrise Beginners** now meets at Throop Memorial Presbyterian Church, 140-17 243<sup>rd</sup> St, Rosedale on Sat 9 am OB S

## DELETIONS

**Lynbrook: Primary Purpose** has deleted the Tue 8:00 BB

## **From The Chair -**

### **SUPPORT FOR THE HOME GROUP**

The AA home group has been called the “heartbeat of AA.” It is where individual recovery begins, is nurtured and supported. It is not uncommon for home groups to struggle with issues and questions ranging from the mundane such as paper or foam coffee cups to more significant challenges such as insurance, an inability to meet the rent or how to handle disruptive members.

AA’s collective experience can come to the rescue on many an issue. After all, in our 76 years we’ve seen it all. AA’s “Twelve Traditions” (themselves a great resource for working through problems) grew out of the collective struggles of the early groups. No need to reinvent the wheel. We can look to lessons learned. AAWS helps us do this through a number of publications. These seem to be well kept secrets, but they speak to most issues although not always directly.

A good basic pamphlet is *The AA Group* (P-16). This Conference-approved work is a primer on just about anything a home group needs to consider. It includes sections on getting a new group going, group membership, understanding open and closed meetings, the 7<sup>th</sup> Tradition, group service structure, community relations, group conscience, the group’s relationship to the rest of AA and more. Another good resource is the *AA Group Handbook* (M-36), a loose-leaf book containing key pamphlets and other information for group use including a copy of *The AA Group*. These are available at your Intergroup office or directly from AAWS. There are also “AA Guidelines”, shared experience on specific topics such as finance, public information and special needs. Guidelines are available through Intergroup, and free online at [www.aa.org](http://www.aa.org).

We can also reach out directly to our General Service Office at 212-870-3400 (ask for “Group Services”) looking for shared experience on specific questions. GSO will not tell us how to handle an issue, but will point to what AA has learned over the years. Closer to home, our monthly Intergroup Reps meetings include an “open forum” in which we can seek guidance from those present on our group’s particular issues

Hope this is helpful.

NIAA Chairperson,  
[chair@nassauny-aa\(dot\)org](mailto:chair@nassauny-aa(dot)org)

## **FROM THE FIRST VICE CHAIR - CELEBRATING MY ANNIVERSARY**

On June 26<sup>th</sup> at **Sunday Sunrise** in Roosevelt I will be celebrating my 30<sup>th</sup> year in sobriety. I hope that you come and help me show the newcomer that this fellowship works and is the best game in town. I learned how do stay sober with the ABCs (ashtray, broom & chairs) of AA.

I was taught early on that it is a good idea to always have a job in AA. My most loved job in AA was and is making coffee. There are many lessons that one can learn by that coffee pot. I have to tell you that I do not see myself as an "Old Timer". I still go to those who came before when I have questions about being sober or I just need to talk. There are many friends and members that have helped me through my journey in the fellowship for me to thank. So to all of those who are no longer with us and those who are still here God bless you and many thanks.

Lastly if anyone has any suggestion as to where we can hold the Speaker Exchange meetings please contact me through the intergroup office.

Yours in service,  
First Vice Chair,  
[1stvice@nassauny-aa\(dot\)org](mailto:1stvice@nassauny-aa(dot)org)

---

## **SPEAKER EXCHANGE MEETING**

**Saturday, June 18<sup>th</sup>**  
**Time: 7:30 am**  
**Garden City  
Community  
Church**  
**245 Stewart Ave**  
**Garden City**

## **From the Editor - SPEAKER EXCHANGE**

I spoke at my first Speaker Exchange Meeting about three weeks ago at the Keep It Simple Group in Oceanside.

Since I've been sober, my home groups were never involved in Speaker Exchange Meetings. There were some advantages and disadvantages to this. The advantage: I knew every speaker at every meeting. Everyone felt it was easier and more comfortable to share. The disadvantage: I never heard a message from another alcoholic who was outside of the groups. Maybe that was making my thinking limited but I never really knew.

There was always a desire for me to speak at a Speaker Exchange Meeting. During the time of my sobriety, I've always had milestones. Things happen that allow me to advance to the "next level". Recently I decided to change home groups. My new home group is Friday Nite Live in Wantagh. They participate in four Speaker Exchange Meetings a week so there's plenty of choices for me. In order for me to keep up with my service commitments, I speak at about two meetings a month. I also speak to other group members about taking commitments at the Speaker Exchange Meetings. When we attend the meetings, if we ask for four meetings a week then we offer to take the same amount of meetings.

Now I see how being involved in a group that has Speaker Exchange Meetings benefits my sobriety. I hope every alcoholic will participate in speaking at an Exchange Meeting. Service helps keep me sober.

The Speaker Exchange is also looking for another meeting place. Together we can all help AA to grow. If you have any suggestions please let us know.

The Newsletter Committee will meet at Intergroup on the second Monday of every month at 8 pm. If you are interested you can contact me or just come to Intergroup. So far I have a few people but I'm always looking for more. I'm also looking for articles from alcoholics. Write about anything you like about AA or sobriety. My contact info is below.

Thank you all.

In Love and Service  
Newsletter Chair and Editor,  
[newsletter@nassauny-aa\(dot\)org](mailto:newsletter@nassauny-aa(dot)org)

---

## **Keep on Truckin' One Day at a Time**

It took me a while in the beginning to get used to the concept of "One Day at a Time." I was so used to grabbing my calendar and writing down important dates to remember, things in the future that sometimes I forgot to keep my feet and my head in the day I was in.

My sponsor kept explaining the importance of "One Day at a Time" to me and sure enough of those "one days" have added up. I say this to even now remind myself why keeping in the days is so important (tomorrow will take care of itself), but because I don't want to forget where I came from – physically, emotionally or spiritually.

We each take different paths to get to the rooms of AA. I got to my first meeting when I was 19 years old, when my close friend, Susie, saw how much I was drinking and what it was doing to me. She also saw how much I changed once I took that first drink.

Susie knew the difference between social drinkers and alcoholics, and she guessed correctly that I had fallen into the "alcoholic" category. So my good friend was serious about getting me a Nassau County meeting list and making sure that, in the beginning, I got to the meetings on time.

That was 36 years ago. I have been an active member of AA ever since. I mention this to give hope to any newcomer who may be reading this newsletter. We can stay sober if we are serious about it. If we get to meetings, get a sponsor and start following the program, miracles can happen. And the promises can come true for us.

I also say this for anyone who may be relapsing. We can get help and start over. We can surrender to our alcoholism just for today – and tomorrow will take care of it when tomorrow comes.

Sometimes I look back and reflect just to remember where I used to be. But I don't stare at the past. I started drinking when I was 13, quit when I was 19 and in that time of six years I did enough damage to qualify for this program. I never had a DWI, never went to a detox – and I don't want those "yets."

I look forward to celebrating 37 years in January in Mineola. But for now – I think I'll just keep it in the day.

Grafeful Alcoholic  
Mineola County Seat Group

---

## **From the Share-A-Day Chair - LETTER FROM SHARE-A-DAY XXXIV**

Dear AA Brothers and Sisters:

Share A Day XXXIV has come and gone, it was a great success. We would like to thank the many groups that made donations to help in this year's big event. We would like to thank St Joe's Church in Hewlett for the use of the grounds. Special thanks to the groups that stepped up to the plate to cover all the programs, fill all the information tables, and help set up and clean up. Finally we would like to thank our Share A Day Committee who did such a great job. It was a pleasure working all together as a team to make this event successful. What a great committee.

Thanks to everyone. Hope you all have a great summer. Hope to see you next year at Share A Day XXXV.

Sincerely,  
Your AA Brother  
Share A Day XXXIV Chair

---

### **NASSAU INTERGROUP OFFICERS**

Chairperson.....chair@nassauny-aa(dot)org  
1<sup>st</sup> Vice Chr.....1stvice@nassauny-aa(dot)org  
2<sup>nd</sup> Vice Chr....2ndvice@nassauny-aa(dot)org  
Secretary.....secretary@nassauny-aa(dot)org  
Treasurer.....treasurer@nassauny-aa(dot)org

### **NASSAU INTERGROUP COMMITTEE CHAIRS**

Archives.....archives@nassauny-aa(dot)org  
Books/Literature.....literature@nassauny-aa(dot)org  
CPC.....cpc@nassauny-aa(dot)org  
Corrections.....corrections@nassauny-aaa(dot)org  
Financial Review.....finance@nassauny-aa(dot)org  
Institutions.....institutions@nassauny-aa(dot)org  
Meeting List.....meetinglist@nassauny-aa(dot)org  
Newsletter.....newsletter@nassauny-aa(dot)org  
Night Book.....nightbook@nassauny-aa(dot)org  
Office Manager..officemanager@nassauny-aa(dot)org  
Program Chair Sec.....seclist@nassauny-aa(dot)org  
Public Information....publicInfo@nassuny-aa(dot)org  
Share-A-Day.....shareaday@nassauny-aa(dot)org  
Speakers Exchange.....  
.....speakersexchange@nassauny-aa(dot)org  
Special Needs.....specneeds@nassauny-aa(dot)org  
Web Site.....webcommittee@nassauny-aa(dot)org  
12th Step List.....12thstep@nassauny-aa(dot)org  
Nassau DCMC.....nassau@aaseny(dot)org

---