nassau intergroup of alcoholics anonymous®





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	Institutions Bpm Followed by Corrections Cmt	• New Reps Orientation 7pm • Reps Meeting 7:30pm	6	7
8 *Tradition 12 Workshop 9:30am	9	10	11	12	13	14
15	16 *NGSG "Bridge the Gap "Committee 6pm all are welcome • GSR Meeting 7:30pm	17	• Web Cmt 7:30pm	19	20	21* Exchange Meeting: NCC 1 Education Drive Uniondale, N.Y.11530 Rm 127,7am
22	23	• Alkathon 5pm	Christmas • Alkathon ends 11pm	• Steering Cmt by invitation only	27	28
29	30	New Year's Eve Alkathon 5pm	New Year's Day • Alkathon Ends 11pm	2 New reps orientation 7:00pm • Reps Meeting 7:30pm	3	4
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

All workshops & meetings are held in office, 361

Hempstead Tpke ,West Hempstead. unless otherwise noted.

Alcoholics Anonymous and AA are registered ® trademarks of AAWS, Inc. Quotes and other items from AA literature or other AA sources are copyright © AAWS, Inc. or AA Grapevine, Inc., and are used with permission or under fair use provisions.

Nassau Intergroup of AA, (Inc.) 361 Hempstead Turnpike, West Hempstead, NY 11552-1342

516.292.3040 (24/7 hotline) intergroup@nassauny-aa.org Business # 516.292.3045

Intergroup Chair's Report



The month of December is my personal favorite not just because Christmas is in it!

On December 27th I had my 1st day or 24 hours without a drink! The AA program is a priority for my life. My life began after Christmas; it is the gift I really needed after being homeless for seven months.

The question most of us are asked as we come into the rooms is: "What are you willing to do to stay sober," and the answer should be *anything!*

During the first year as Intergroup Chair, we have been doing a lot of work with Nassau General Services. "Bridging the Gap" has started in Nassau County Medical Center. Bridging the Gap is a program that gets people who are about to be released from an alcohol treatment facility into AA as soon as they are out. It involves AA member volunteers who are known as "gappers." These people set up the newcomer with an AA in their area who can introduce them to the AA program of recovery.

The Nassau Intergroup Institutions Committee has been working closely to effectively coordinate these efforts with SENY Area 49's Hospital and Institutions Committee. The two committees work in tandem with each other, but independently.

We have updated our meeting list to show meeting availability for AAs with special needs such as those who are wheelchair bound.

We have, with the extremely hard work of our treasurer, assistant treasurer, Financial Review Committee, and the Literature Committee; paid our back taxes from past literature sales in order to enable the return of literature sales to Nassau Intergroup in the future!

My apologies for not being able to attend "The Big Meeting" this year to Nassau General Services because of my own busy Saturday schedule.

The "Share a Day "Committee for 2020 has started to meet on the second Wednesday of each month at 7:30 pm at the Nassau Intergroup Office.

We are looking forward to an extremely productive year in 2020!

Merry Christmas, Happy Hanukah, Happy Holidays & Happy New Year!

The Christmas Alkathon will start on December 24th at 5:00 pm Christmas Eve, and end with the last time slot at 10:00 pm to 11:00 pm on Christmas Day. The New Year's Alkathon will begin on New Year's Eve, Dec 31st at 5:00 pm to the last time slot at 10:00 pm to 11:00 pm on Jan 1st New Year's Day. Thank you! Sincerely, with my heartfelt holiday wishes to you all.

Kevin McH Nassau Intergroup Chair chair@nassauny-aa.org



Literature: New Deadline for Call for Stories from Older Member



The 2019 General Service Conference recommended that the pamphlet AA for the Older Alcoholic—Never Too Late (P22) be updated with "current and inclusive stories" among other changes. Accordingly, the trustees are looking for stories from a broad cross section of older members representative of today's Fellowship.

Typed submissions should be 500-800 words, double spaced, in a 12-point font. Handwritten submissions should be five to six pages. Submit by email to access@aa.org, or by mail to Access Assignment, GSO, Box 459, Grand Central Station, New York, NY 10163. Include your full name, address and email or phone contact information. Anonymity will be preserved. Deadline for submission has been extended to January 15, 2020

Literature at Intergroup would be happy to assist any member who would like help preparing their story for submission. (Contact info is below.)

Closer to home concerning progress on the return to selling AAWS and AAGV literature and related items at Intergroup, our obligations to NY State on past sales tax matters is settled, and we are in the process of applying for the resale authority needed to resume sales.

We are also working on updating the data in our point of sale (POS) system, testing and adjusting the system, and preparing training and support materials for the office volunteers in anticipation of resuming sales in the coming months. At this point, the educated guess remains a likely return to limited sales (one weekend day a week and at

the monthly Reps meetings to start) early next year.

Follow this column for more info as it develops.

Hospitals & Institutions

Merry Christmas, Happy Holidays and Happy New Year.

This year was not without its ups and downs. Some chairs had to step down & most replacements were found.

Generous gifts were given in forms of monies & literature. All has gone to good use. $% \label{eq:continuous}%$

I/we thank all the chairs for holding their promises and bringing in meetings to those in hospitals, institutions and jails.

My passion is for H&I to remain strong. I was a rehab/detox recipient of the generous service provided. And I swore when I got clean and sober I would carry on the message to all that were willing to hear. Thank you 1 and all for keeping the promise.

So please come to our monthly meeting and take a speaking commitment. It is the first Wednesday of the month at 8pm at the intergroup office, 361 Hempstead Tpke., West Hempstead. Our business line 516 292.9045 leave a message for me, email: institutions@nassauny-aa.org for additional info.

Looking for a Chairperson for Brunswick Hosp at 730pm Monday nights.

Archie, H& I Chair

2019 Holiday Alkathons at Nassau Intergroup

361 Hempstead Turnpike, West Hempstead 11552



CHRISTMAS ALKATHON

Meetings Beginning Christmas Eve Tuesday, Dec. 24th at 5 pm, Last meeting Christmas Wednesday, Dec. 25th at 10 pm.

NEW YEAR'S ALKATHON

Meetings Beginning New Year's Eve Tunday, Dec. 31st at 5 pm, Last meeting New Year's Day Wednesday, Jan. 1st at 10 pm.

Meetings start on the hour throughout.

Light refreshments available.

Groups may sign up at Reps Meetings to help cover Alkathons.

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



Line up extra A.A. activities for the holiday season. Arrange to take new-comers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



Don't think you have to stay late. Plan in advance an "important date" you have to keep.



Worship in your own way.



Don't sit around brooding. Catch up on those books, museums, walks, and letters.



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

By Sean M.

STEP TWELVE





"The joy of living", so says the very first line of Step 12 in the *Twelve and Twelve*. "...nothing will so much ensure immunity from drinking as working with other alcoholics..." says the very first line in the chapter Working with Others in The Big Book. Joyful living achieved through sobriety and helping others sounds pretty good. So good in fact that it serves as the foundation of the program. Afterall, this is how Bill W. stayed sober when he connected with Dr. Bob, and how Bill and Dr. Bob got Bill D. sober, and so on and the rest as they say is history. By helping others we affirm with one another that we suffer from the same disease (or dis-ease if you prefer) and it is also how we remind ourselves that we don't have to live the way we did anymore, as long as we stay away from the first drink. But working with others is only half of the 12th Step.

The other half reminds us that we need a spiritual awakening and to get there we need to practice the entirety of all the 12 steps to continue to learn about ourselves and our interaction with others. Through this practice we become capable of things that we were not capable of before. It's almost as though we are born again or get a second shot at life. Little by slowly as we say we get things back in our lives and we witness others getting things back, while new doors and opportunities open for all of us. And even if they don't, with the strength of our higher power, our fellowship and the program, we learn acceptance. We learn to live life on life's terms, sometimes even better than the moderate temperate drinkers among us.

The program of AA was offered freely to us and therefore we should freely give it back. How do we do that? By going to meetings, sharing, sponsoring, being sponsored, lending a helping hand, doing service, putting contributions in the basket, 12th step calls, continuing our step work, and so on. That is why we keep coming: to keep growing because growth is in the journey, not the destination. So, it is in this spirit that we "trudge the road of happy destiny". Seems like an odd expression but it makes sense in the context that life has its drudgery, but it also has its happiness. With sobriety gained and maintained through the program and fellowship of AA, we eventually come to realize it's a good life, and I can say personally that I am a satisfied customer. I think I'll keep coming.

TRADITION 12

At some point in our AA journeys, we will face temptation to challenge the tradition of anonymity, our own or that of others. At its face, anonymity would seem limited to individuals avoiding personal embarrassment or repercussions from being labeled an alcoholic. This is a very real concern because despite societal progress, there is still a stigma attached to those of us who suffer from alcoholism. But anonymity also protects AA. No one person should become a poster child for the efficacy of the program, nor for its failures. Individuals should not distract from the primary purpose of working together to stay away from a drink one day at a time for though the details may vary, we did not really suffer uniquely, and we are not really recovering uniquely. We are all following the same basic guidelines of our program.

We may find ourselves riding a pink cloud of exuberance at our newfound clarity and want to show it off to everyone. We may want to become evangelists. We may be tempted to speak of others membership in the program, because it validates us, we admire them and their sobriety or we have resentments and want to expose them. We may be tempted to wade into the dangerous waters of the digital age of email and social media. We may be tempted to use the program and its name for personal gain or self-satisfaction. All of this detracts from the effectiveness of AA. The way to recognize and deal with this is to understand that if we're working the program honestly and thoroughly, we will recall that humility is a guiding principle for us. Our program and its future depend on "principles over personalities". For as long as there is alcohol, there will be those of us that have a problem with it and thus a need for the program of Alcoholics Anonymous and for that we should be ever grateful and respectful so that there will always be a place for fellow sufferers to go and be blessed with a chance to live in sobriety one day at a time.

Nassau Intergroup of AA Presents AA Traditions Workshop

361 Hempstead Turnpike West Hempstead, NY 11552

JOIN US!!!!

Second Sunday monthly 2019

Open discussion... --Not just reading!

Time: 9:30Am-11AM Lite refreshments



Tradition One—1/13

Tradition Two--2/10

Tradition Three—3/10

Tradition Four—4/14

Tradition Five---5/12

Tradition Six—6/9

Tradition Seven---7/14

Tradition Eight—8/11

Tradition Nine---9/8

Tradition Ten—10/13

Tradition Eleven---11/10

Tradition Twelve---12/8

From the Editor: Steven S



Another year has passed and another year of possibilities to do service has been offered through Nassau County Intergroup's Committees, Some opportunities are and not limited to; Corrections, Hospitals and Institutions, Nightbook service commitment, Answering Phones for the AA hotline, Archives, Share a Day Committee, or just by contributing to this newsletter by sharing your experience strength and hope.

The Nassau County Intergroup Newsletter is the vehicle to convey all those <u>service opportunities</u> as well as a chance for me to be the conduit of these essential services. It is suggested and understood that service is the backbone to sobriety, it is altruism at its best! I have learned personally that if you are not giving it away, you're not getting it. So; if you're not already an Intergroup rep for your homegroup, or your homegroup doesn't have a rep, maybe it's time you bring it up at your next business meeting. If not, then get in touch with one of the many committees that would love your support with your skills and talents.

My "Series on Slogans" continues. This holiday season the following slogans are suggested for you to perseverate on...

Live and let live keep it simple keep in ind

One day at a time Live life on life's terms

One is too many, a thousand is not enough Be good to yourself Just for today I can't, he can, so I think I'll let

Let go and let God Doath, insanity, or recovery

I came to believe Keep coming back it really works!

Surrender to become Victorious Today is all you have

Time takes time UNITY, RECOVERY, AND SERVICE

One Day at a time Keep coming back

NIGHTBOOK COVERAGE NEEDED



HAVE YOU EVER CALLED THE HOTLINE FOR HELP? Well, that would really be sad if nobody was there to answer!

Please support our hotline by signing your group up for one week of service. All you need is 6 months of continuous sobriety, and a telephone. Leave me an email message at Nightbook@nassauny-aa.org or call 516-292-3045 and leave a message for me to contact you. Another way would be to attend the Intergroup Rep meeting the first Thursday of every month.

Your help is greatly needed for this to be successful. LET'S HELP ANOTHER ALCOHOLIC IN NEED!

Thanks to Young by the Beach group of Long Beach, Malverne Gratitude, Early Risers Group of Long Beach, and Road to Recovery Group of Franklin Square who helped with the nightbook last month.

Yours in service, Karen, Nightbook Chair.

Meeting List Deadline January Rep's Meeting

The earliest meetings here in Nassau County were included in New York Intergroup's list of meetings printed back in 1946. At that time, there were less than half a dozen groups to keep track of.

Boy – how times have changed.

Today we try to keep tabs on about 281 groups that host roughly 679 meetings spread across 210 venues in 74 different towns/villages around Nassau county, plus a couple in Queens and Suffolk.

The accuracy of our list depends completely on your assistance in keeping us updated on your group's current information. Unless you let us know, we have no way of knowing when a group has dropped a meeting or even worse, stopped meeting altogether, changed times or types of meeting, or even moved to a new location.

Think of how you feel when you show up at a meeting that is no longer there. Now imagine you are a brand-new member that has just been directed to a

meeting by calling the HotLine, only to find it is not there! That is why the information in our printed books is so vitally important.

So, please take a minute and verify that the information for your group is correct. Check the web site "Meeting Guide" app to see if the information is correct and that the "last updated" info is no more than 2 years old.

If you find that changes are needed, please complete a "Meeting List Change Form". These are available in the office or on the website (http://www.nassauny-aa.org/Forms/Forms.html). Please fill out completely using the January 2019 printed meeting list for the top section. The group number can also be found right under the "Lst UpDtd" info.

If the "LstUpDtd" is more than a couple of years old, and there has been no change in your meetings, just provide the group name/address and NIAA number and mark across where the meeting chart is "No Changes".

Just to re-emphasize, any changes of any kind must be submitted on one of the change forms. Fill one out, and then get it to the office; drop it off at the rep's meeting, snail mail it or even scan or photo it and email it to meetinglist@nassauny-aa.org.

Once submitted, changes will be posted on the web site as soon as possible, and included in the next print edition.

New groups/meetings will be posted on the web site as they come in, but will only appear in the meeting list once they have been meeting for 90 days from

the date the information was received in the office.

With your cooperation, we can be sure to provide the correct information to the alcoholic when they need it.

In addition to our printed meeting books, we now have the added advantage of always having a list handy on our phones. If you haven't tried it yet, be sure to check out the new "Meeting Guide" app.

In love and service, Cory B











Nassau InterGroup of Alcoholics Anonymous

361 Hempstead Turnpike, West Hempstead, NY 11552~1329 Hot Line: (516) 292~3040 Office: (516) 292~3045

Office: (516) 292~3045

	- EMail A	FMail Address: Merinel ist@nassannv.aa.opg	DNASSALINYSAA OBG	WebSire hms://www	WebSire: https://www.nassailmy.aa.opg		
Date		** MEE1	** MEETING LIST CHANGES **	Change	** 5	NA	NIAA Number
New Group/Meeting:	ETİNG:	ſ		7	(Group/Meeting Deletions:	rions:
Group/Meeri Group/M	GROUP/MEETING DAY CHANGE: GROUP/MEETING LOCATION CHANGE:	T T	Group/Meeting Name Change: L	NAME CHANGE: (GROUD/ME	≧	GROUD/MEETING LIME CHANGE: Mailing Address Change:	<u></u> [
Handic	Handicapped Accessible:	المساد	Signer Friendly:	endly:	Smoking	Smoking Permitted:]
OTHER CHANGES:							
May u	May we share this information with ou <mark>r</mark>	NATION WITH OUR NEIC	Hboring intergrou	ps? Yes 🗍 No [Neighboring intergroups? Yes \Box No \Box on the InterNet? Yes \Box No \Box	Yes \Bar\O	
Town / Zip Code		Information	AS IT CURRENTLY APPEARS IN THE MEETING LIST.	Appears in the MEET	ring list.		
GROUP Information	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Name Mrg Faciliry Mrg Address		N.			UP.		
-Beginner's, BB-Big Book, C-Closed, CD-Closed Discussion, O-Open, OD-Open Discussion, OE-Open Ended, S-Step, T-Tradition	Book, C.Closed	d,CD-Closed Di	scussion, O-Opi	EN, OD-Open D	iscussion, OE-Op	DEN ENDED, S-STE	Ep, T-TRAdition
Town / Zip Code		Information as it SHOULD Appear in the NEXT MEETING LIST.	SHOULD Appe	AR IN THE NEXT M	EETING LIST.		
Group Information	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Name Mrg Faciliry Mrg Address		Olto	lies 1	TON	<u> </u>		
Subміттє by:			eMail Address:			DATE:	
osted to DataBase:	DATE:	WebSire:	Sire:	DATE:	WebSire Db:		Date:

Primary Purpose Group of Lynbrook Presents

Their 14th Annual Group Anniversary

Tuesday, December 10, 2019

Dessert Reception

6pm -7pm

Speaker: 7:00 PM

Chris S

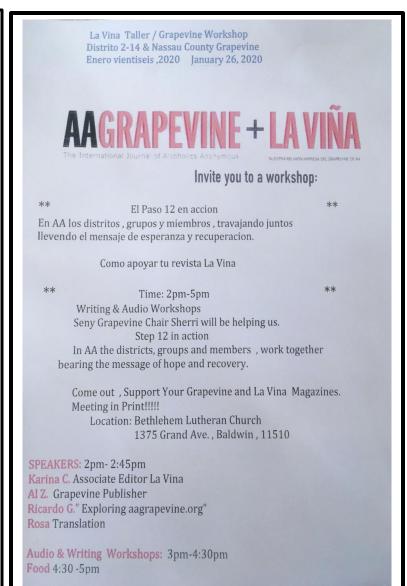
From Bernardsville NJ

Location:

Lynbrook Baptist Church

Earle Ave and (entrance on)

Peninsula Boulevard, Lynbrook, NY





Baldwin Group Holiday Party December 25, 2019, 11am-3pm Food, Fellowship, Fun



First Presbyterian Church 717 St. Luke's Place Baldwin 11510

(Regular Wednesday Meeting 7:30pm)

NASSAU INTERGROUP EMAIL ADDRESSES

OFFICERS

Chairperson	<u>chair@nassauny-aa.orq</u>
1 st Vice Chair	<u>1stvice@nassauny-aa.orq</u>
2 nd Vice Chair	<u>2ndvice@nassauny-aa.org</u>
Secretary	<u>secretary@nassauny-aa.orq</u>
Treasurer	treasurer@nassauny-aa.org

STANDING COMMITTEES

STANDING COMMITTEES
Archives archives@nassauny-aa.org
Coop. Pro. Comm. (CPC) cpc@nassauny-aa.org
Correctionscorrections@nassauny-aa.org
Financial Reviewfinance@nassauny-aa.org
Institutions (H&I) institutions@nassauny-aa.org
Literatureliterature@nassauny-aa.org
Meeting List meetinglist@nassauny-aa.org
Newsletternews@nassauny-aa.org
Night Booknightbook@nassauny-aa.org
Office Coordinator(Mgr)
officemanager@nassaunyaa.org
Public Information(PI)publicinfo@nassauny-aa.org
Share-a-Day (SAD)shareaday@nassauny-aa.org
Speakers Exchange
Speakers Exchangespeakersexchange@nassaunyaa.org
Speakers Exchangespeakersexchange@nassaunyaa.org Special Needsspecneeds@nassauny-aa.org
Speakers Exchangespeakersexchange@nassaunyaa.org

Or phone 516-292-3045 business hours 9-5 and leave a message with phone rep

Nassau County General Service

contact: Annabel......dcmc@nassau.aaseny.org



Meeting List Changes

Please help NI keep its meeting information current and correct by submitting a "Meeting List Changes" form (available through the office or on-line under "Group Services") whenever your meeting details change. (Changes received as of 10/25/2019.) BEGINNERS = B BIG BOOK = BB CLOSED = C CLOSED DISCUSSION = CD OPEN = O OPEN DISCUSSION = OD STEP = S TRADITION = T WC = WHEELCHAIR ACCESSIBLE YP = YOUNG PEOPLE NON-ALCOHOLICS ARE WELCOME AT "OPEN" MEETINGS. ALL TIMES ARE PM UNLESS OTHERWISE NOTED.

NEW GROUPS

--East Meadow11554, Snowflake Sunday Group, United Methodist church,470 East Meadow Ave, East Meadow, Sun,7am, C. meets only 11/10/2019-4/10/2020

-Glenwood Landing 11547 Women's Big Book Study Group, Glenwood Life Center, 71 Grove St.; Thurs. 7:00, BB.

-Levittown 11756 Courage to Change Group, 3434 Hempstead Tpke., Thurs.6:00, BB (Women's closed,

--<u>Malverne11565</u> Malverne Gratitude Group Community Presbyterian Church,12 Knottingham Rd. Living Sober meeting Tues.7:30

-Westbury 11590 AA Beyond Belief Group, Life Lutheran Church, 1 Old Westbury Rd. (parking in rear, wheelchair accessible); Wed. 8:00, CD.

Meeting List CHANGE

- <u>--Baldwin11510 Sober Living Calvary Church 2801 Park Ave Mon, B. last Mon. of the month will be a step meets 8</u>
- --Bethpage 11714 St Paul's Church 449 Stewart Ave, 3 pm Step Deleted
- --East Rockaway Group 11518 100 Main St., 7:30 B. Thurs, BB now deleted —East Meadow 11554 Old Skool Group, 36 Taylor Ave.; Wed. B, now meets at 7:00
- --<u>East Meadow 11554</u> The Moonlight Group, 36 Taylor Ave.; Mon. B. now meets at 8:00, BB now meets on Thurs.8:00
- -Farmingdale 11735 | Am Responsible Group, Crossroads Church, 610 Carmens Rd. (handicap accessible); Tues. BB now 7:30; no other changes.
- -Franklin Square 11010

wheelchair accessible).

- --Franklin Square,11010 Brew Crew Group, Ascension Lutheran Church, 145 Franklin Ave.; add Mon. 11:00AM, Topic (T last Mon.), Tues. 11:00AM, CD
- -- Glen Cove, 11542 Closed Discussion Group, Glen Cove Hosp.,101 St. Andrews lane, lower level. now BB 7PM WED
- —Glen Head 11545 Glen Head Group, Glen Head Youth Center, 200 Glen Head Rd.; Thurs. 8:00, CD dropped; no other changes.
- —Great Neck 11020 Big Book Group, St. Aloysius, 592 Middle Neck Rd. (school building basement, enter from Breuer Ave. at awning); Mon. BB now meets at 7:45.
- —<u>Hicksville 11801</u> Monday Night Big Book Group, United Methodist Church, -<u>Levittown 11756</u> Thursday A.M._Good Shepherd Church, 3434 Hempstead Tpke, 11:30Am group Cancelled.
- --<u>Levittown 11756</u> Women's Discussion 474 Wantagh Ave First Presb. Church, Now Women's 3pm Group Moved to Good Shepheard Luth. Church, 3434 Hempstead Tpke. 3pm Sun
- --Long beach 11561 St. Johns Luth. Church 75E Oliver St/Riverside Blvd, Last Sunday Anniversary (Anniv.as needed), last Sunday 6:30 am
- --Malverne 11565 Sobriety Without End, Our Lady of Lourdes Church,75 park place, Wed. 7:30 (OD)
- --Merrick, N.Y. 11566 Sobriety with Hope, CUR OF ARS Church,2323 Merrick Ave.,7:00 S
- Merrick, N.Y. 11566 Sobriety with Hope, 2323 Merrick Ave, rm210.7pm Step Traditions, last Monday of the Month
- --Rosedale, N.Y. 11422 Rosedale Sobriety with Love, location change St Peters Episcopal Church 137-28 244 St., Rosedale. Meetings and Time remains same

