intergroup

NEWSLETTER

Intergroup Association of Nassau, Inc. 361 Hempstead Turnpike, West Hempstead, NY 11552-1329

> 24/7 Hotline: (516) 292-3040 Business: (516) 292-3045 intergroup@nassauny-aa.org

OCTOBER 2021

A.A. ANNOUNCEMENTS

- The Oct. Reps. meeting will be on 10/7/21 at 7:30 PM. The Zoom information is as follows: Meeting ID: 554 670 5146 Passcode: 870607. There is a New Reps. Orientation Meeting beforehand at 7:00 pm same Meeting ID and Passcode.
- For upcoming A.A. events see pages 11-13.
- Traditions workshops will be every second Sunday of the month at 10 AM. Zoom information is as follows: Meeting ID: 554 670 5146 Passcode: 870607
- There are service opportunities with the Nightbook/Daybook (see page 8).
- If you are interested in speaking at the Nassau County Jail email Auggie at corrections@nassauny-aa.org.
- The office is open with restricted access, please call ahead (516-292-3045) to verify if someone is available. Masks and social distancing is required.
- · LICYPAA Committee Meetings are held on the 1st and 3rd Mondays of every month at 8:15pm on Zoom. Meeting ID: 658 749 0274 Passcode: LICYPAA
- Nassau General Service CPC/PI Committee Meeting is the 1st Monday of each month 7:00pm Meeting ID: 922 8787 8377 Passcode: 12345

Calendar Of Events:

October 2021

November 2021

- H&I Committee Meeting 8:00pm

- Corrections Committee Meeting

- New Representatives Orientation

Nassau Intergroup Representatives

11/3/21:

8:30pm

11/4/21:

7:00pm

Meeting 7:30pm

10/4/21: - SENY Committee Meeting 7:30pm

10/6/21: - H&I Committee Meeting 8:00pm - Corrections Committee Meeting 8:30pm

10/7/21: - New Representatives Orientation 7:00pm Nassau Intergroup Representatives

Meeting 7:30pm

10/10/21: Traditions Workshop 10:00am

10/18/21 - New GSR Orientation Meeting 7:00pm GSR Reps Meeting 7:30pm

10/28/21: Steering Committee Meeting 7:30pm (by invitation)

<u>11/11/21:</u> - PI/CPC Meeting 7:30pm

<u>11/7/21:</u> - SENY Assembly 9:00am

11/14/21: - Traditions Workshop 10:00am

11/15/21: NGSG Concepts Workshop 7:30pm

11/18/21: - Steering Committee Meeting 7:30pm (by invitation)

For detailed information regarding each meeting, please refer to the Nassau Intergroup Calendar of Events website, which can be found here.

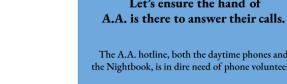
Drunks are calling... Let's ensure the hand of

The A.A. hotline, both the daytime phones and the Nightbook, is in dire need of phone volunteers.

Reach out to Kenny at officemanager@nassaunyaa.org or Luisa at nightbook@nassaunyaa.org for opportunities to do service.

In Remembrance of John W. September 27, 2021

Albertsons/Searingtown Afternoon Discussion Group Intergroup Assoc. of Nassau Archives Chair



"Each day my friend's simple talk in our kitchen multiplies itself in a widening circle of peace on earth and good will to men."

Reprinted from the Big Book, Alcoholics Anonymous, p.16, with permission of A.A. World Services, Inc.

The Tenth Step

This thought brings us to step ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

Reprinted from Alcoholics Anonymous, p.84, with permission of A.A. World Services, Inc.

Step Ten

The tenth step in AA is where we incorporate steps four through nine into our daily lives. It is a maintenance step of the program that must be always worked. I call it "spot-check inventory."

During our daily lives, feelings, reactions, emotions, situations will crop up.To keep ourselves safe from drinking and safe in the hands of our Higher Power, we must keep our house clean, and we do this by taking inventory as we function through our daily lives.Just as in the fourth step, I am to ask myself where am Iselfish? Dishonest? Resentful? Fearful?These do crop up often and I turn to my Higher Power and ask for those feelings to be removed (steps six and seven).Just like in step five, the big book tells us to discuss this spot-check inventory with someone at once.I will call my sponsor, or a friend in recovery.I am to make amends if I have harmed someone in any way (steps eight and nine). Then, I am to turn my thoughts to someone I can help.Doing so will take me out of self and into the program of

action and helping others.

At this point in my recovery, the tenth step is now second nature.I remain sober one day at a time.Therefore, if I am not spiritually fit and working my tenth step, I am at risk of being blocked from the protection of my Higher Power and can lose my defense against the temptation of drinking.

Recently, I found myself in a disagreement with a family member.In the heat of an argument, I lost my temper and said things I am not proud of.After the argument, I walked upstairs where I can be alone to reflect, and I identified where I was selfish. dishonest, resentful, and fearful.I called a friend, whose sobriety I admire, and held myself accountable with honesty and humility.After the phone call, I said a quick prayer to my Higher Power and asked that my feelings be removed so that I can continue to be of service to others. I made amends to the person I was arguing with for my actions, and my actions alone.I did not expect an apology in return because I understood that it is my house I am cleaning, not theirs.My last

action was to pick up the phone and check on someone who I thought could use some support that day.I lost the desire to hang on to those triggering emotions and moved on with my day in peace.

Following this step is one way I stay sober one day at a time.By keeping my house clean, I am free to receive the tenth step promises and my defense against drinking is strengthened.

Teaghan A.

STEP TEN

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition Ten

Well, thank goodness. If A.A. had a stake in outside issues, our fellowship would be widely divided in multiple directions.In local meetings, even speaking about opposing sports teams can be considered controversial. It is comforting to know that A.A. "can express no views whatever" (Long form ten, p. 192).Some groups have difficulty agreeing on group norms and principles, it is unimaginable to think of what the conversation would entail, if a group would discuss, for example, politics. Ouch. The long form also mentions alcohol reform, this was prevalent during Prohibition, and A.A. as a whole advised its members to stav out of any issue, even that involving alcohol.

The 12 & 12 was written ahead of its time, in the description of Tradition Ten, Bill explains the deaths of millions caused by religious and racial difference. Currently, if outside issues were to be brought into A.A. from the outside, many of our fellows would have notion to become thirsty – as no one can make us drink. Another point in Tradition Ten is that A.A. is not superior to other groups or individuals. Staying out of public controversy is a means for survival for us Alcoholics. If we shift our primary purpose, our program would be sure to crumble.

This tradition also offers some historical reference to the Washingtonians. This group was close to finding the answer to alcoholism but became entrenched in political issues and reform. Bill states, "...they had completely lost their effectiveness in helping alcoholics" (p. 178). The example of the Washingtonians is a warning of what would become of Alcoholics Anonymous, if the fellowship were to express opinion on outside issues – even when wethinkwe're right.

*Reference to this article is the<u>Twelve</u> <u>Steps and Twelve Traditions</u>, A.A. approved literature.

-Fellow A.A.

TRADITION TEN

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Reprinted from Tivelve Steps and Tivelve Traditions, p.139, with permission of A.A. World Services, Inc.

TRADITION TEN CHECKLIST

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?

2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?

3. What in AA history gave rise to our Tenth Tradition?

4. Have I had a similar experience in my own AA life?

5. What would AA be without this Tradition? Where would I be?

6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

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Concept X

In this concept, we circle back once more to the relationship between responsibility and authority first introduced in concept one. Now, however, we move beyond the spiritual principle of this relationship and take a look at the nuts and bolts practicality of "defining" any delegated authority, often through some kind of written instrument.

This may seem contrary to some of the folksy "wisdom" often heard in our home groups. Written job description? In AA? It seems kind of silly at first, but when I think about the things we typically bicker about In our business meetings, isn't it often about who is allowed to do what, or how things should be done? I've belong to groups where an argument over how are the meetings that are opened has resulted in a written script for the chair person. Or disagreement over how money is being spent results in a written budget and the expectation of the treasurer providing monthly written statements of income and expense.

Not all of these matters require a written description, of course. As the Concept notes, these matters can also be settled by tradition (how we've always done it) or resolution (like a vote during a group conscience).

As we move down to the bottom of the inverted AA triangle, however, the need for written bylaws and clear job descriptions becomes finally important. Our local Intergroup office, as an incorporated non profit entity under the laws of the state of New York and the federal government, can't afford to have people taking the approach that "it's my service position so I can do it the way I want." Our Bylaws stipulate that our officers must follow current laws and statutes. Furthermore, our financial review committee is in the process of finalizing written purchasing guidelines to govern how specific trusted servants are allowed to use our AA dollars.

Our 12 Traditions suggest the "least possible organization." We sometimes mistakenly think this means no organization at all! Concept X helps us to see the folly of such thinking, and guides us towards the development of resources to support, guide, and (when necessary) rein in our trusted servants.

Jim

CONCEPT X

Every service responsibility should be matched by an equal service authority— the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

Reprinted from Service Material from the General Service Office, p.1, with permission of A.A. World Services, Inc.

CONCEPT X CHECKLIST

1. Do we understand "authority" and "responsibility" as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?

2.Why is delegation of "authority" so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of "authority"?

Hello To All,

I need to encourage participation, especially in "The" Nassau County. We have lacked participation with groups that have a current General Service Representative. Subscribers on this email, talk it up if your group needs a General Service Representative. Discuss the spiritual benefits of service. Service affirms our spiritual program of recovery.

The Responsibilities of a **Groups General Service** Representative is as follows: * Attends SENY'S 5 annual assemblies and 1 Delegates Day of Sharing *This communication is a two-way street, making the G.S.R. responsible for bringing back to the group any Conference actions that affect A.A.'s unity, health, and growth. Only when a G.S.R. keeps the group informed and communicates the group conscience, can the Conference

Relationship of the G.S.R. to Area 49:

truly act for A.A. as a whole.

* Attends and participates at assemblies.

* Attends orientation sessions, and county workshops and area workshops.

* Studies the Traditions, The

A.A. Service Manual/12 Concepts for World Service. * Obtains the services of an alternate G.S.R.- at least during the second year of the term. * A G.S.R. may also want to learn more about or get involved with our Nassau County service committees. Some committees are: Grapevine, Corrections, **Cooperation Professional** Community, Public Information, Archives & Accessibility. Our County Unity Breakfast Committee is a wonderful event to do service.

Be an effective member of an effective committee. This participation is encouraged. Watch out for me on the Service Road. May I meet you there also!

Marty K. Nassau County DCMC-AAIOU

dcmc@aanassaugs-ny.org

G.S.R. General Service Representative

Click here to read the pamphlet

CONTACT INFORMATION

If you would like to get in touch with the DCMC please send an email to DCMC@aanassaugs-ny.org.

Financial Review— Prudent Reserve

"Tradition Seven" in the Long Form says that, "we view with much concern those AA treasuries which continue, beyond prudent reserves, to accumulate funds for no stated AA purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority." (From, "Twelve Suggested Point for AA Tradition, "The Language of the Heart, page 23.) Behind that, "Concept XII, Warranty Two" tells us that, "Sufficient operating funds, plus an ample reserve, shall be its [the General Service Conference's prudent financial principle." (From, Twelve Concepts for World Service, page 62.) Taken together, these thoughts, derived from AA experience and established effective conduct, suggest an approach for all levels of AA to financial practice and spiritual grounding.

While each level of AA is free to determine for itself how it responds to these ideas, this shared experience connects us to the idea of the "prudent reserve," a prudent reserve being sufficient funds being kept on hand at any given time to cover a group's expected expenses for a given period of time should contributions and other sources of income fall off. (For instance, in 2020 we saw AA World Services, Inc. which operates GSO and publishes our literature fall back on its reserve for \$4.5 million when both contributions and literature sales profits-its two sources of income-fell off precipitously because

of the impact on ordinary AA life of the COVID pandemic that year.)

How much is "sufficient" and what "period of time" we seek to cover are key questions with unique answers depending on the AA entity and how it chooses to approach the matter. For Intergroup, our **Bylaws** in Article VIII, Section 1 answer both questions and tell us that, "Intergroup will seek to accrue and maintain a prudent reserve of approximately six months of the combined expenses of Nassau Intergroup and its various committees" For 2021 that amounts to around \$36,000 with the word "approximately" giving us some flexibility as to the precise amount.

It is understood that for some groups setting aside funds in reserve for a rainy day is either not possible or not desirable. For those that can and wish to however, every element of AA sets its own reserve level. A common practice for home groups is to set aside sufficient funds to cover just a few months of operation which might include rent, insurance, literature, trusted servant expenses, special projects if any, supplies and refreshments, or even a shorter list of "essential" expenses only. Funds beyond the reserve may be considered to be on hand "for no stated AA purpose," and therefore available for contribution to the AA service structure if and as the group sees fit. (See the Financial Review newsletter article for March 2021, page 12 for a discussion on contributions to the service structure.)

Some thoughts on considering a group's reserve may also be found in <u>The AA Group Treasurer</u> (F-96, pp. 3-4), available at the link provided or in hard copy through the Intergroup office.

Closer to home, Financial Review will complete its review this month of Intergroup's proposed "Purchasing Guidelines," and will offer the Steering Committee for consideration both that work and a 2022 budget proposal. Both the Purchasing Guidelines and the suggested 2022 budget will subsequently come to the Reps for review, possible amendment and final approval.

Hope this is helpful.Be well.Stay safe.

Bill C., Financial Review Committee 516-292-3045 or <u>finance@nassauny-aa.org</u> As groups are beginning to return to our physical meeting places, why not restock and purchase literature for your group?

I know for me, having physical AA reading materials on hand has always been something I prefer. What I like most is that I am able to write notes in the columns of those books. How many times have you looked at something, and said "what does that really mean"? Well, after researching, or giving it some thought maybe with another recovering Alcoholic, and writing the notes in the column, I would be able to look at it again next time, and remember instead of relying on my memory which is sometimes not the greatest! Can anyone relate?

Nassau Intergroup office has a large variety of literature available for purchase. Why not stop by and take a look at what's in stock?

At the 71st General Service Conference in April 2021, a revision to the AA Preamble was approved through advisory action. The change replaced the words "men and women" with the word "people" in the first sentence of the Preamble.

At this time, the "revised" Preamble is NOW available for purchase, and will be ordered upon your group's request.

Also, as mentioned last month, the AA Grapevine, The International Journal of Alcoholics Anonymous book featuring Prayer & Meditation is NOW available, and can be purchased upon your request. These powerful stories are from members who share the many ways they begin to pray and meditate, and then how they develop their own personal ways to practice.

Literature requests can be obtained via email at <u>literature@nassauny-aa.org</u> or in person at the office daily between 9 am and 5 pm. We ask that you call ahead at <u>516-292-3045</u> to assure someone is physically at the office as many volunteers are still answering the phones virtually. If there is a special request, I can arrange for someone to meet you at the office to obtain the literature needed.

As this pandemic remains a concern, there are still restrictions in place. We ask that you be courteous of other's safety by wearing a mask, and maintaining a 6 ft distance when possible while in the office.

Yours in service,

Karen G., NI Literature Chair, 2021-2022

CONTACT INFORMATION

If you would like to get in touch with the Literature Chair please send

an email to <u>literature@nassauny-aa.org</u>



Service Opportunities!

What better way to help ensure our sobriety than to be willing to be of service to our fellow AA-ers! It works if you work it!

How does taking the Nightbook work it?? Let me explain:

Nassau Intergroup provides many helpful resources for us alcoholics. It is stocked full of literature, pamphlets, meeting listings, events & group anniversaries, archives, and the list goes on and on. But one of the most important tools we offer is our hotline. It's on the back of all meeting list books, in our newsletter, and is offered at some of the rehabs and institutions. We keep this hotline up and running everyday for 24 hours a day just to be able to help that next alcoholic that really needs us. I know I have needed it several times looking for meetings, asking questions regarding a homegroup, inquiring about service opportunities, needing some assistance with handling finances of a group and so much more.

The hand of AA has always been there for me and although I cannot ever fully repay that gratitude, I can certainly help wherever possible. And you can too! Here's how;

Say YES to volunteering your Homegroup!

Ask 7 amazing alcoholics to sign up.

Be available to answer our hotline between the hours of 5pm and 9am.

Sleep. (We remain willing but we don't ask you to deprive yourself of the basic necessities lol)

Email me your list of volunteers.

Nightbook Resources will be sent to your group's chair.

Questions and concerns can be made to me directly via email or text/call.

Trust God, Clean House, Help Others

It's that simple!

Thank you to the following Groups and Volunteers for the month of September:

- Bottom Line Group
- All Lit Up Again
- Albertson/Searingtown
- Young By The Beach
- Frank and Friends

Email me anytime!

Nightbook@nassauny-aa.org

With Love & Gratitude, Luisa Nightbook Chair

CONTACT INFORMATION

If you would like to get in touch with the Nassau Intergroup Nightbook Chair, please send an email to nightbook@nassauny-aa.org.

SHARE-A-DAY CHAIR'S CORNER



The Share-A-Day committee spoke about the current issue that there isn't a location to hold the event. We also discussed that the event should be postponed until at least next year so we can secure a location with hopefully less restrictions. The date can not be determined until the conditions of restrictions change and locations will allow us in to hold an event of this magnitude.

It was brought up about doing a Zoom Event with separate committees, however our members would rather wait until a physical location is made available to do a Live Event.

The Committee will not meet again until Jan.12, 2022 next year. The committee voted and their decision is that I will continue as the chair.

Our next Budget has been submitted to Financial Review, Treasurer, and Assistant Treasurer. We are trying to make adjustments which can be put toward next years budget for next years Budget revision. Meeting in October.

Thank you for all your Support of our largest Intergroup Event!

Kevin McH <u>Shareaday@nassauny-aa.org</u>

The option is still available to do a virtual event and this is something that can be

voted on and discussed. The event can be put together by a more Technical Team and that can be discussed at Steering Committee in September and/or by Reps

CONTACT INFORMATION

If you would like to get in touch with the Share-A-Day Chair please send an email to <u>Shareaday@nassauny-aa.org</u>

The Road Ahead

We're now into the tenth month of a 24 month cycle for the current steering committee. To say that service work through Nassau County Intergroup has encountered a few new challenges would be an understatement. Quite often, thanks to the challenges of a pandemic that was severely limited our ability to meet and work in traditional ways, it often feels like most of our effort is aimed at just keeping our head above water: are the phones being answered? Is the meeting list updated? Can groups get the literature they need? Are we able to carry the message, even if we have to do it virtually, through our service committees?

I must confess that I've frequently gotten so caught up in the "maintenance" effort of keeping us going, that I've forgotten another important aspect of our steering committee's work: planning for the future.

We are just finishing a lengthy process of reviewing and revising our bylaws, a necessary piece of work for a number of reasons (see my article elsewhere in this issue on Concept X).

What do we need to tackle next? The budget for 2022. Approval of our purchasing guidelines. But most importantly, as a friend reminded me at our annual picnic this past weekend, as we need to discuss how we're going to ensure the survival of Intergroup in the years ahead.

Yes, we need bylaws. Yes, we need guidelines. But what we need most of all is people.

Thanks to the principle of rotation, the current members of steering committee will soon need to hand off the following responsibilities:

-management of a six-figure budget,

-reporting requirements to state and federal tax authorities

-adherence to nonprofit laws and statutes

-maintenance of digital resources like our website

-management of a physical office and a team of awesome volunteers

-coordination of literature sales, including inventory oversight and ordering

-production of a monthly newsletter

-coordination of a number of service committees like Public Information, H&I, and Accessibilities

To rotate such duties effectively, we can't wait until the fall of 2022. Take a look at the list above. Do you see yourself in any of those? Are you willing to learn? If so, contact a member steering committee or attend the next reps meeting.

Jim

Long Form Of Tradition 9

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee,

and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principle newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Reprinted from Twelve Steps and Twelve Traditions, p.189-192, with permission of A.A. World Services, Inc.

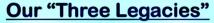
CONTACT INFORMATION

If you would like to get in touch with the Chair please send an email to chair@nassauny-aa.org



Nassau General Services is proud to present: ~A Workshop~

"OUR XII CONCEPTS FOR WORLD SERVICE:" AA'S Spiritual Principles of Recovery





This will be a series of six lectures per year; every other month, covering all XII Concepts of Service ~ Pusented in a related discussion format

On Zoom- ID: 922-8787-8377 Password: 12345 All workshops begin at 7:30 pm and end at 8:30 pm

 March 15th - Concepts III & IV

 May 17th Concepts V & VI

 July 19th Concepts VII & VIII

 Sept 20th Concepts IX & X

 Nov 15th Concepts XI & XII

24th National A.A. Archives Workshop "Today is Tomorrow's History"

September 30th -- October 3rd, 2021 San Antonio, Texas



Home of the Alamo, S.A. Missions World Heritage Site, and Riverwalk www.2021NAAAW.org

Hilton, San Antonio Airport Hotel 611 N.W. Loop 410, San Antonio, TX 78216 Phone: (210) 340-6060

Online: Hilton.com Booking Code: "NAAAW"

Reservations: Phone: (866) 238-4218

Thursday City Tours:

Special Room Rate: \$110. per night Queen-size beds, Single or Double occupancy Rates available from Sep 26 thru Oct 6 Free covered parking Free Shuttle to/from airport and in 3-mi radius

City Tours Ava			ters, hands-on
REGIS' Name:	Cance	lled	learly.)
Name on Badge:		- Prior Jan 1, 2021 @ \$4	0
Street Address:		- After Jan 1, 2021 @ \$4	45
City:	State/Province:	Banquet dinner @ \$50.	
Zip Code/Postal Code: Full Breakfast & lunch @ \$35. (per day)			
Service Position: Hospitality & Coffee Contribution			
Telephone: ()	Email:	_ Ice Cream Social @ \$15	5
Special Needs:		Total Enclosed:	\$
Mail form with check to: 2021 NAAAW Workshop, P.O. Box 17991, San Antonio, TX 78212			
For more information, contact:			

2021ArchivesWorkshop@gmail.com

Nassau General Services Announces:

"THE BIG MEETING"

Celebrates AA in Nassau County! Sunday, November 21st, 2021 A virtual event TIME & PROGRAM TO BE ANNOUNCED



ESCYPAA 7 Presents: From Bridge to Shore

Pre-Reg: \$20 PayPal: STCYPAA12@gmail.com Cash App: \$ESCYPAA7

Holiday Inn Downtown Binghamton, NY \$109/night Code: STC

\$2 Extra for every \$20 spent on PayPal

www.ESCYPAA7.org

2021 Convention November 12-14

IAN Monthly Tradition Workshops



Are you intimidated by or just not necessarily interested when talk in the rooms turns to the Traditions of AA ? Or maybe just unfamiliar with their meaning and purpose within our Fellowship ? Many of us have felt the same way. As important as they are to AA's continued efforts, discussion of them can often seem technical or "dry".

Intergroup Association of Nassau hosts a monthly Traditions Workshop that not only spends an hour or more discussing the Tradition for the given month, but since its pre-virtual-era inception has done so in a significantly lighter, but no less serious way.

Instead of just "going around the room" reading the tradition from the "12 and 12", we've chosen to use the Illustrated Traditions pamphlet, which is more concise and features artwork and captions which are informative and "humorous" at the same time.

This approach lends itself to livelier, somewhat more informal

sessions than many of the

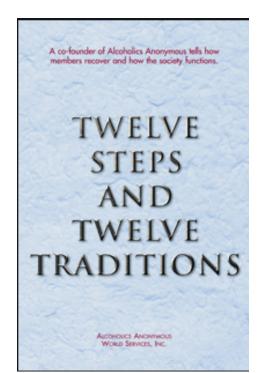
Tradition "Meetings" we may have been accustomed to. Those meetings are extremely valuable and encouraged. These monthly Workshops are designed to enhance our understanding of the Traditions and supplement what we learn about the Traditions throughout our journeys.

It is our hope that attendees, especially those less familiar with the Traditions, come away from these workshops with new understanding and increased enthusiasm toward them (the traditions.)

The Workshops are held (virtually for now) on the second Sunday of each month, starting at 10 am.

The Zoom information is as follows: Meeting ID: 554 670 5146 Passcode: 870607

Michael F.



NASSAU INTERGROUP - EMAIL ADDRESSES

OFFICERS

Chairperson <u>chair@nassauny-aa.org</u> 1st Vice Chair <u>1stvice@nassauny-aa.org</u> 2nd Vice Chair <u>2ndvice@nassauny-aa.org</u> Secretary <u>secretary@nassauny-aa.org</u> Treasurer <u>treasurer@nassauny-aa.org</u> Nassau General Service District Committee Member Chair (DCMC)

dcmc@aanassaugs-ny.org

STANDING COMMITTEES

Archives archives@nassauny-aa.org Coop. Pro. Comm. (CPC) cpc@nassauny-aa.org Corrections corrections@nassauny-aa.org Financial Review <u>finance@nassauny-aa.org</u> Institutions (H&I) institutions@nassauny-aa.org Literature literature@nassauny-aa.org Meeting List meetinglist@nassauny-aa.org Newsletter news@nassauny-aa.org Night Book nightbook@nassauny-aa.org Officer Coordinator (Mgr.) officemanager@nassauny-aa.org Public Information (PI) publicinfo@nassauny-aa.org Share-a-Day (SAD) <u>shareaday@nassauny-aa.org</u> Speakers Exchange speakerexchange@nassauny-aa.org Accessibilities accessibilities@nassauny-aa.org 12th Step List <u>12thstep@nassauny-aa.org</u> Website webcommittee@nassauny-aa.org

<u>Our Purpose</u>

As we say in our meeting books (and more formally in our ByLaws):

Declaration of Purpose:

Nassau InterGroup of Alcoholics Anonymous is an all volunteer organization formed by the AA groups in Nassau County to serve all groups and meetings in Nassau county.

In order to carry the message of Alcoholics Anonymous to the still sick and suffering alcoholic, both in and out of the fellowship, Nassau InterGroup, in accordance with AA's 12 Steps, Traditions, and Concepts of World Service, has as its primary purpose:

- to have all telephone inquiries answered by a recovering alcoholic. The Nassau InterGroup HotLine number will be listed in the Nassau telephone directory. Meeting information and 12 step referrals will be made from all Nassau area groups that have provided up-to-date information.
- publish and distribute at regular intervals up-to-date directories of group meetings in Nassau county.
- publish and distribute a monthly newsletter.
- provide for quarterly group exchange meetings at which groups may exchange meetings with other groups.
- provide for monthly institutions committee meetings at which groups may arrange to participate in "inside" meetings.
- conduct monthly business meetings to address any group concerns and Intergroup business.

Yours in love and service, Nassau InterGroup of Alcoholics Anonymous

Meeting List Changes:

Many meetings have reopened Please check the meeting guide and/or meeting app.

If your group needs changes made, send in a meeting change form and send it to the webmaster email address: webmaster@nassauny-aa.org.

The Nassau Intergroup meeting guide can be found here or you can download the meeting guide app here. These will reflect the most accurate information. Please help to keep the meeting lists current and correct by submitting a "Meeting List Changes Form" whenever your meeting details change. That form can be found here.

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