nassau intergroup
Gratitude Gazette

Intergroup Association of Nassau, Inc. | 361 Hempstead Turnpike, West Hempstead, NY 11552-1329 | January 2024 | Vol.1

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

From the Editor

I am honored and humbled to introduce myself as the new editor of *The Gratitude Gazette*. As a grateful member of Alcoholics Anonymous, it is with much enthusiasm that I take on this role, and I am excited to contribute to the ongoing journey of our Fellowship.

In the spirit of unity, recovery, and service, I want to share my vision for our newsletter with you.

Inclusivity: Every voice in our Fellowship is essential. I encourage all members to share their stories, experiences, and insights. Together, we can create a newsletter that genuinely reflects the diversity of our A.A. community.

Education and Inspiration: We will continue to provide valuable information about the program, the Twelve Steps, and the Twelve Traditions. We aim to inspire personal growth, deepen our understanding of the A.A. program, and help each other on our journeys to recovery.

Unity and Fellowship: I hope to foster a sense of connection and unity among our members. We will feature stories of members who have found strength and support within A.A., highlighting the power of Fellowship in our recovery.

Service Opportunities: We will update you on service opportunities and events within our local and regional A.A. community. Service is vital to our program, and I encourage everyone to get involved.

Feedback and Suggestions: I welcome your feedback, suggestions, and contributions. This newsletter is a platform for all of us; your input is invaluable. Please feel free to contact me with your ideas and thoughts at newsletter@nassany-aa.org.

In closing, thank you all for entrusting me with the responsibility of serving as your editor. I look forward to working with each of you in the spirit of service and unity.

Yours in love and service,

Mark R., *Newsletter Editor*
newsletter@nassany-aa.org

Jan Calendar

01/03/24 Hospitals & Institutions Committee Meeting
7:30 pm - 8:30 pm
(Meets 1st Wednesday of every month)

01/04/24 Nassau Intergroup New Group Reps Orientation
7:00 pm (In person)
(Meets 1st Thursday of every month)

01/04/24 Nassau Intergroup Representatives Meeting
7:30 pm (Hybrid†)
(Meets 1st Thursday of every month)

01/13/24 Nassau Intergroup Traditions Workshop
10 am - 11 am (Hybrid†)
(Meets 2nd Saturday of every month)

01/24/24 Share-A-Day Meeting
7:30 pm - 9 pm (Virtual†)
(Meets last Wednesday of every month)

01/25/24 Nassau Intergroup Steering Commitee Meeting
7:30 pm - 9 pm (Virtual†)
(Meets last Thursday of every month)

† *See page 4 for all Zoom login info*

Jan Spiritual Goal: Acceptance

Throughout the day, things may not go as planned. Practice acceptance when you've just missed the bus for work, or when they run out of coffee in the office. Acceptance is by far one of the most useful principles to practice.

URGENTLY NEEDED

Nassau Intergroup needs a new ***Corrections Chair*** and a new ***Speaker Exchange Chair***. Both posistions have just become available and we really need to fill these vacancies as soon as possible! If interested contact our current chairperson Annabelle B. at chair@nassauny-aa.org

From the Chair

Thank you for the opportunity to serve as Nassau Intergroup Chair for the 2023-2024 rotation. Having served as District Committee Member Chair (DCMC) for Nassau General Service when COVID-19 compelled most AA meetings to close temporarily and many AA events to be canceled, I now have the privilege of serving Nassau Intergroup at a time when our beloved newsletter comes back into publication after its pandemic pause. *Hurrah!*

Since I got sober in 1995, I have had the privilege of serving AA in various ways, at the local and Area level, in positions ranging from SENY Accessibility Chair to greeter for my home group. AA service has helped me replace loneliness, self-pity, and depression with a growing sense of personal value through helping others. I encourage each of you to find out whether AA service can similarly benefit you. Feel free to contact any of the Intergroup Officers or Committee Chairs to discuss available service opportunities.

Also, January is a great month to consider Step 1 and Tradition 1. Step 1 requires me to admit powerlessness over alcohol. Still, it also

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Sobriety in the Time of Covid

During the pandemic, the Sober Network Cast was crucial in helping people stay connected and sober.

We planted the first digital seeds of our new virtual group in 2013 through a text chat, which maxed out quickly at a time when not every phone had text capabilities. We switched to a WhatsApp chat group in 2016, officially calling ourselves Sober Network Cast and sharing sobriety-related messages throughout the day.

Our digital presence grew when we debuted our Sobriety Talk Show, live cast on Zoom, and later posted on YouTube. We added weekend video check-ins in New York, Raleigh, and Boston.

So when COVID squelched live meetings in March 2020, Yours Truly felt called to meet with other AAs on Zoom at a Saturday morning meeting. The word got around pretty fast, and we hit the max limit before everyone got to log in or share. Messages flooded my phone, including, "When are we having the next one?" from Brian M. I deferred the question to my Higher Power, and the response came immediately: Tonight! So we did, reading from the Big Book and holding our first business meeting right after. Peter C. asked our first question: "How do we carry this message to other alcoholics?"

Alcoholics got to work. We decided to run a 6 pm daily online meeting, figuring that if we drank daily, we needed recovery daily, too. We established a meeting schedule, which we still follow today: Monday

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A.A. History

JANUARY

1889 Sister Ignatia born, Ballyhane Ireland.

1918 Bill marries Lois Burnham in the Swedenborgen Church in Brookyn Heights.

1937 Fitz M brings AA meetings to Washington DC.

1938 New York AA splits from the Oxford Group.

1939 First sale of Works Publishing Co stock is recorded.

1939 Dr Bob tells Ruth Hock in a letter that AA has "to get away from the Oxford Group atmosphere."

1940 Akron group moves to their new home at King School.

1944 Onset of Bill's eleven years of depression.

1946 Readers Digest does a story on AA.

1948 1st A.A. meeting in Japan

1951 AA Grapevine publishes memorial issue for Dr Bob.

1954 Hank Parkhurst who helped Bill start NY office dies in Pennington, New Jersey.

1958 Bill writes article for Grapevine on "Emotional Sobriety."

1961 Dr. Carl Jung answers Bill with "Spiritus Contra Spiritum."

1971 Bill Wilson dies at Miami Beach, FL

1971 Volume 1, Number 1 of the Nassau Intergroup Newsletter distributed to the groups. With the exception of several months missed during the pandemic, this newsletter has been published every month since that time.

Sobriety in the Time of Covid, cont'd.

Meditation, Tuesday Beginners, Wednesday Step, Thursday Reflections Round Robin, Friday Closed Discussion, Saturday Big Book, and Sunday Living Sober + Surprise Format. Calls from fellow members looking to do service lit up my phone.

By the end of the week, we had 25 service commitments, including Visual Slides, Spiritual Bouncer (to handle disruptive trolls), Host to moderate, and Speaker for the commitment: two group reps, Neil R. and Liz J., secured speakers on an exchange. We established an email and registered the group; Venmo and PayPal accounts satisfied our 7th Tradition. Something more than "Life on Life's Terms" was going on. Simply accepting our new reality was not enough. We had to have the courage to change. We asked our Higher Power for guidance, and our HP gave it as we grew.

My wife was interested, so we also set up a meeting for Al-Anon's. We felt flush with spirituality as if we were making amends to our loved ones by being of service. There are no back rows on Zoom and no excuse to miss a meeting. If a drink is only an arm's length away, meetings are even closer– at our fingertips.

We celebrated anniversaries in the open-air parking lot and mailed sobriety coins for milestones. When we sadly lost a few members of the group to this disease, we grieved together, too, attending virtual funerals and memorial services. Rain, snow, or shine, even power outages, we were there. Socially distant but digitally and spiritually connected through constant conscious contact. The SN experience starts early each morning with dings on our phones. As Scott W reminds us, "It's a good day to be sober." Indeed, it is.

Aman C., Westbury, NY

From The Archives

In researching the origins of our Newsletter, I discovered the first issue was printed in January 1971, the year Bill W. passed, 1/24/71. I have also found the March 1971 issue in which a loving tribute to Bill was written. We have most of those early issues from when we were the Nassau Answering Service. Those were mainly four printed pages of AA news. The last issue was in August of 2022, and it was digital. Thank you to our new editor, Mark R., for getting us this first new, printed issue.

A vibrant history in Nassau began in the 1940's. Some of the groups we founded back then are still in existence today. I have been able to help some members research their home groups. My homegroup has just celebrated 64 years in a new location. After Covid struck, some groups could not return at all. Others are still meeting virtually. We are resilient; however, making it through other challenges like 9/11 and superstorm Sandy.

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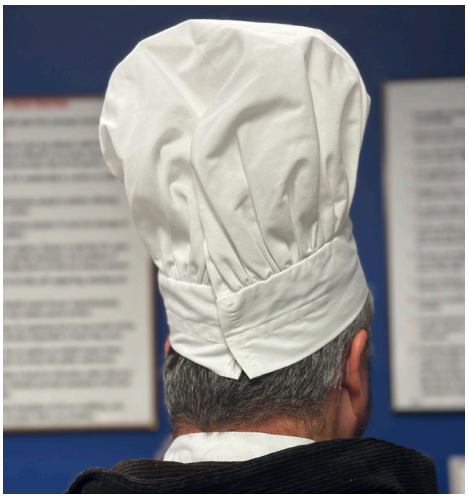
Great Plates

From tattoos to T-shirts to license plates, people love to show their enthusiasm for the A.A. program. Here's just a sampling of some pretty cool license plates we've spotted on the "broad highway."

If you have a "Great Plate" (or have seen one), snap a photo and send it to us at: newsletter@nassauny-aa.org



Can you guess the identity of our mystery Grill Master?

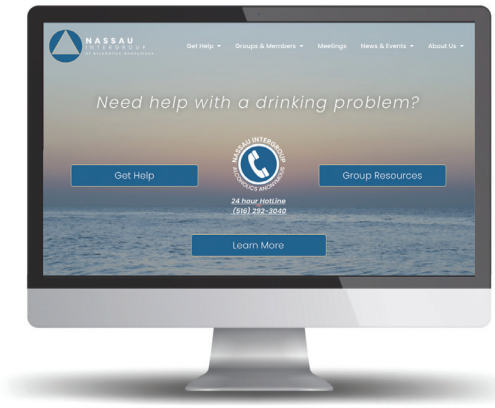
At our Open House on October 14, despite it being a rainy afternoon, this guy was outside grilling up a storm with the tastiest burgers and dogs ever! Know who it is? Send your answer to newsletter@nassauny-aa.org Who knows...*you may already be a weiner!!*

Technology

Technology has become a vital utility, helping us carry the AA message of recovery among ourselves and to alcoholics who still suffer.

At Nassau Intergroup (aka IAN), the Technology Committee ensures we have the tech tools we need for that purpose and that they work well.

Tech's umbrella covers a broad, loosely aligned, and interrelated range of tech-engaged service activities. It includes our website integrating the online meeting list, support for the office literature Point of Sale (POS) system, management of our member/group contact lists, support for our virtual/hybrid meetings online, updating software on our various hardware devices, and support for all other aspects of in-house tech.



Visit our recently updated website at www.nassauintergroup.org. A project worked on by several members over an extended period, the site offers a clean and easy-to-navigate entry point to IAN, Nassau-based AA, and more. Central are the Meeting List, which is easy to use and feeds data to the AAWS-licensed Meeting Guide app, and the Calendar of Events.

The About Us page provides general IAN information, including our By-Laws and an updated Nassau AA Timeline. Question, request, or comment about the website or IAN in general? Use the Contact Us part of the page. Consider subscribing to our Mailing List. Changing your subscription or opting out is easy, too.

In discussing technology at IAN, we'd like to remember Cory B., who died in May 2023 following an extended period of declining health. Over his more than 40 years in recovery, Cory served AA in many different roles in General Service and most extensively and significantly at Nassau Intergroup, where he wore many hats, including chairperson, webmaster, meeting list manager, and more. He was a bit of an AA historian, too. It's been a scramble for us to regroup our tech services after Cory's passing. While a bit of a curmudgeon at times, he was a generous, tireless, and trusted AA servant who loved our program and fellowship. Thanks, Cory.

Bill C., *Technology Committee Chair*
516-292-3045 or techchair@nassauny-aa.org

Check out the new GRAPEVINE and LA VINA apps! Sobriety tracker, recovery podcasts, AA stories, Area events and more. For more information, visit: www.grapevine.org/apps

Q: *When have you hit bottom?*
A: *When you stop digging!*

Hybrid & Virtual
LOGIN INFO

https://zoom.us/j/5546705146

Meeting ID: 554 670 5146
Passcode: 870607

Telephone dial-in:
+1 929 205 6099 US (NY)
Meeting ID: 554 670 5146
Passcode: 870607

This is YOUR Newsletter!

Don't be shy. Send comments, critcisims, ideas for stories... tell us what you like, what you don't and suggestions to help make it the best it can be. Send an email to: newsletter@nassauny-aa.org

prompts me to remember that I have a Higher Power whose guidance and support empower me to trade in a life of self-centeredness and fear for one filled with hope and community. Tradition 1 encourages me to place principles over personalities to acknowledge that my recovery depends upon AA unity. Working with Others (sound familiar?) for the benefit of Nassau Intergroup renders me part of a warm community of recovering people who help me add skills to my spiritual toolbox. Of myself, I am nothing. With you, I am part of a formidable movement transforming the world for the better.

MORE FROM THE CHAIR

Like many other AA service entities, Nassau Intergroup changes with the times. We do not take a position on outside matters, but we are affected by global and local influences. For example, our literature sales have been adversely affected by the pandemic and increased reliance by many AA members on electronic versions of books and pamphlets. Similarly, the Reserve Fund for AA General Services (managed by the AA General Service Board) reflects changing literature purchasing patterns. Despite an increase in 7th Tradition contributions to the AA General Service Board since the onset of the pandemic, decreased literature sales at the international level have led to a depletion of the Reserve Fund for AA General Services.

Yours in service,
Annabel B., *Chair*
Intergroup Association of Nassau, Inc.

From the Treasurer

I have been privileged to serve as your Intergroup Treasurer during this past year.

This year's major project has been transitioning our accounting software from Aplos to QuickBooks Online. The reasons for this are: 1.) The cost of QuickBooks is more than 60% less than Aplos's, and 2.) QuickBooks is more commonly used by many other A.A. entities, allowing us to work together more easily in case of possible accounting or other treasury issues.

Thank you to all the groups and individuals who have contributed to Nassau Intergroup. These allow your Intergroup to provide information, resources, and services in support of A.A. groups and members in Nassau County.

Yours in service,
Karen K., *Treasurer*

From the Archives, cont'd.

As proof of this, we thank all those who helped shape our Intergroup in this issue. RIP Cory B., who has contributed so much while keeping a low profile. We lost some of our Oldtimers recently as well, Adele, Eddie O., and Liz B., all with well over 50 years of sobriety.

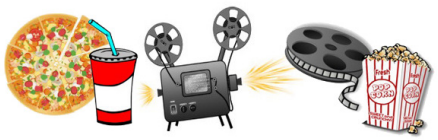
Visit our newly created website, www.nassauny-aa.org where you can see our history. I'm still updating it, but thanks to Jim M, Bill C., Dave, and others for launching it in July 2023. We are all contributing in different and unique ways to help the next suffering alcoholic. I am grateful to you for giving me this opportunity to serve. Happy New Year.

Marie S., *Archivist*
Archives@nassauny-aa.org

A.A. Movie Night

Bill W. Discusses The 12 Traditions

Presented: By The One Day At A Time Group



Date: 02/03/24 Time: 6:00 P.M. to 8:00 PM

Where: St. Anthony's School
11 Anchor Avenue
Oceanside N.Y. 11572

DECISION GROUP of WEST HEMPSTEAD

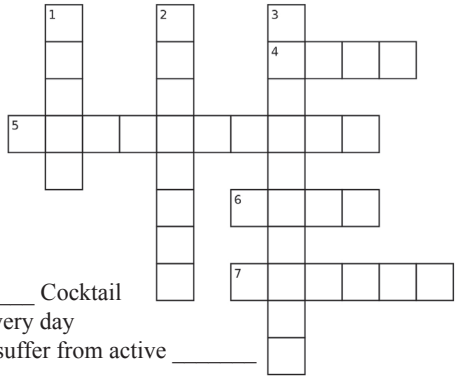
42nd ANNIVERSARY PARTY

JOIN US!!

WHERE: St. Andrew's Church, Nassau Blvd. West Hempstead
(Just North of Hempstead Turnpike)

WHEN: Saturday, March 2, 2024 from 6 – 9 PM

Speakers, Raffles, Fun, Food, Fellowship, GAMES!!



DOWN

1 Bill's 1st drink was a _____ Cocktail
2 Maintain your_____ every day
3 You can't have 2 down if you suffer from active _____

ACROSS

4 Bill W.'s wife _____
5 Nassau _____
6 What we call our main text: BIG _____
7 Bill's last name_____

ANSWERS

Nassau Intergroup Steering Committee

EMAIL CONTACT LIST

Chair	Annabel B.	chair@nassauny-aa.org
1st V. Chair	Chris C.	1stvice@nassauny-aa.org
2nd V. Chair	Jim H.	2ndvice@nassauny-aa.org
Secretary	Pat M.	secretary@nassauny-aa.org
Treasurer	Karen K.	treasurer@nassauny-aa.org
Assistant Treasurer	Carol W.	treasurerasst@nassauny-aa.org
Accessibilities (acting)	George P.	access@nassauny-aa.org
Archives	Marie M.	archives@nassauny-aa.org
Coop. w Pro. Com. (CPC)	Jackie C.	cpc@nassauny-aa.org
Corrections	Christina R.	corrections@nassauny-aa.org
Financial Review	Elise M.	financenassauaa@gmail.com
Hospitals & Institutions (H&I)	Michelle C.	institutions@nassauny-aa.org
Literature	Susan P.	literature@nassauny-aa.org
Meeting List	Scott M.	meetinglist@nassauny-aa.org
Newsletter Editor	Mark R.	newsletter@nassauny-aa.org
Night Book	Janice M.	nightbook@nassauny-aa.org
Office Manager	John M.	officemanager@nassauny-aa.org
Office Manager Assist.	Regina T.	phonereps@nassauny-aa.org
Public Information (PI)	Auggie	publicinfo@nassauny-aa.org
Share-A-Day	Brendon Michelle C.	shareaday@nassauny-aa.org
Speakers Exchange	Christina R.	speakerexchange@nassauny-aa.org
Technology	Bill C.	techchair@nassauny-aa.org
12th Step List	Carlos M.	12thstep@nassauny-aa.org
Immediate Past Chair	Jim M.	pastchair@nassauny-aa.org
Alkathons	Various	alkathons@nassauny-aa.org
Picnic	Kristen D.	picnic@nassauny-aa.org
Webmaster	Mike F.	webmaster@nassauny-aa.org

The International Convention is Coming!

Vancouver will welcome A.A. members from around the world for the 2025 International Convention.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. A.A. members and their families and friends from around the globe attend the event. People attend meetings, workshops, dances, and events at the International Convention. The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium. A highlight is the traditional flag ceremony to celebrate sobriety worldwide. The theme of the 2025 International Convention is "90 Years – Language of the Heart."

The History of A.A. International Conventions

International Conventions, steadily growing in size, have been held since 1950. That year, 3,000 A.A. members, including Bill W. and Dr. Bob., gathered in Cleveland, Ohio.

Attendance at Conventions has grown steadily since. Most recently 2015, in Atlanta, Georgia, an estimated 57,000 A.A. members attended. The convention had 5,000 volunteers - some local, others from distant states and countries.

At A.A.'s International Conventions, attendees virtually took over the city, filling hotels and crowding the coffee shops. A.A. members enjoyed many activities - live music, dances, hospitality rooms, and more than 250 meetings held in more than 10 languages, including ASL (American Sign Language).

Let's celebrate sobriety together in Vancouver in 2025! Keep watching *The Gratitude Gazette* and our website for more info as the dates gets closer.