



## My Pursuit of him-and not Him: How two “sickies” ultimately made two “wellies.”

So, are you familiar with Step 12’s “boy meets girl on A.A. campus?” Well, that’s my story. Only it was a girl recklessly and wantonly pursuing a boy at the expense of her sobriety.

After I was released from a 3-week stint in rehab, it was suggested I attend A.A.. I landed in a church basement that housed my home group for the next 19 years. Having no friends, job, car, or money and sleeping on my dad’s sofa at the age of 39, I had arrived. I trawled that room heavily laden with unsuspecting men of my age group each of the five nights I attended meetings there searching for “him.”

So, I waited a respectable three months and moved in for the kill, latching onto another alcoholic sober 11 days longer than me. I was newly sober and dragging my feet through the steps; honesty still eluded me, and I kept my relationship a secret.

Amazingly, I was the same person in the rooms of A.A. as I had been before I got there. The only difference was that I wasn’t drinking. I was looking for something outside of me to fix my mangled insides. I was not willing to put in the work until the pain became unbearable.

I was attending A.A. regularly — probably because I had an incentive as my new boyfriend was there. So, God used what he had initially to get me there. My ego kept me coming. I needed to feel like I was part of the fellowship, and the connection provided that. I needed to feel wanted and was getting that from the relationship. I was in no way attending A.A. to become a better person, help others, or get closer to God.

*Continued on page 4*

## Feb Calendar

**02/01/24** Nassau Intergroup  
New Group Reps Orientation  
7:00 pm (In person)  
*(Meets 1st Thursday of every month)*

**02/01/24** Nassau Intergroup  
Representatives Meeting  
7:30 pm (Hybrid)  
*Meets 1st Thursday of every month  
New reps need to attend in person*

**02/07/24** Hospitals & Institutions  
Committee Meeting  
7:30 pm - 8:30 pm (Hybrid)  
*Meets 1st Wednesday of every month*

**02/13/24** Nassau Intergroup  
Office Volunteers Workshop  
5:30 pm - 6:30 pm (Hybrid)

**02/17/24** Nassau Intergroup  
Office Volunteers Workshop  
5:30 pm - 6:30 pm (Virtual)

**02/01/24** Nassau Intergroup  
Steering Committee Meeting  
7:30 pm - 9 pm (Virtual)  
*Steering Committee members only*

<https://zoom.us/j/5546705146>

**Meeting ID:** 554 670 5146

**Passcode:** 870607

**Dial-in:** +1 929 205 6099 US (NY)

## Feb Spiritual Goal: Hope

Hope can lend itself to you in any time of need, distress, or unhappiness. Sit down for a couple of minutes quietly, and express your hope that things will work out how they should. If things don’t work out, have hope that you will be okay either way.

## From the Chair

As members of A.A., we know we do not have to wait until next January to kickstart healthy lifestyle changes. We can begin any day of the week or year, at any time of the day or night. So, if you haven't yet replaced your unhealthy habits with healthy new ones, take heart! You are not alone; "we are not saints." I encourage you to join me, enlist the aid of your sponsor and support group, and try again. Success may not come quickly; it's often a series of ongoing, persistent attempts.

For example, suppose your New Year resolution is to become more involved in A.A. service. In that case, you still have many opportunities to get involved. Contact me if you want to discuss some of the exciting service opportunities that interest you. Also, be sure to attend our upcoming Hotline Helpers Workshops to find out how you can be the "Hand of A.A." by answering the Nassau Intergroup Hotline when the phone rings. If your schedule does not allow you to take a 4-hour weekly commitment answering the office phone, consider signing up with your home group for a nightbook commitment (hotline calls are forwarded to your phone for one night).

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

## A.A. History F E B R U A R Y

**1908** Bill W. made his boomerang to show his grandfather

**1916** Bill W. & sophomore class at Norwich University was suspended for hazing

**1938** Rockefeller gives \$5,000 to A.A.

**1939** Dr. Harry Tiebout endorsed A.A., the first psychiatrist to do so

**1940** First organization meeting of Philadelphia A.A. is held at McCready H.'s room at 2209 Delaney Street

**1940** 1st A.A. clubhouse opened at 334-1/2 West 24th Street, NYC

**1943** San Francisco Bulletin reporter Marsh Masline interviewed Ricardo, a San Quentin Prison A.A. group member

**1946** Baton Rouge, LA., A.A.'s hold their first anniversary meeting

**1946** Des Moines Committee for Education on Alcoholism aired its first show on KRNT

**1946** Pueblo, CO., adds a second group, composed of alcoholic State Hospital patients

**1951** Fortune magazine article about A.A. was published in pamphlet form

**1959** A.A. grants "Recording for the Blind" permission to tape the Big Book

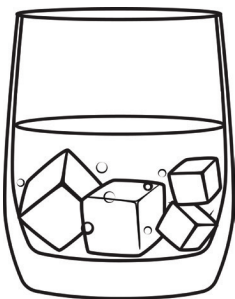
**1963** Harpers carried article critical of A.A.

**1981** 1st issue of "Markings," A.A. Archives Newsletter, was published, "to give the Fellowship a sense of its own past and the opportunity to study it"

**1981** Sales of the Big Book passes three million copies

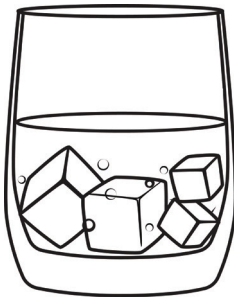
**1985** 50th Anniversary A.A. Int'l. Convention in Montreal. Ruth Hock is given the five millionth copy of the Big Book

### The Optimist



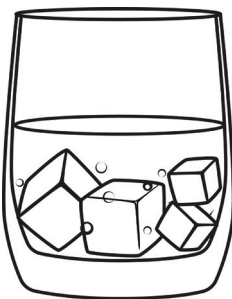
The glass is  
half full!

### The Pessimist



The glass is  
half empty!

### The Alcoholic



Are you gonna  
drink that?

# Everything You Ever Wanted To Know About Intergroup and General Service

## *But were afraid to ask*

A question I always get is: what is the difference between Intergroup and General Service? When asked if their group has a GSR (General Service representative), people and groups will say, “We have an Intergroup rep,” and vice versa. But they are two completely different but important positions with entirely different responsibilities. The best way I can explain it is that Intergroup deals with everything AA within the county, and General Service deals with everything AA beyond the county.

Intergroup is often the first point of contact for a newcomer in AA. They keep track of all the county’s active meetings, which can be found in the meeting guide app and printed meeting lists. This has been a challenging job recently as there have been many changes due to the pandemic. They also operate the 24-hour hotline. Intergroup runs the alkathons over the holidays, so no one has to be alone or scramble to find a meeting if they are struggling. They also run several county events such as the picnic, the open house, and Share-a-Day. Each group should have an intergroup rep who attends their monthly meeting and reports back to their group.

Nassau General Service connects Nassau County with AA World Services/the General Service Office (GSO). In other words, AA as a whole. The GSR attends the county meeting every other month and, more importantly, attends our area (Area 49- Southeast NY—SENY) assemblies. At the area assemblies, we hear from the area chairperson, our delegate, the committee chairs, and the county chairs about what is happening in our area.

Every two years, the GSRs elect a delegate who attends the yearly general service conference in April, where the “work” of AA is done. Nassau

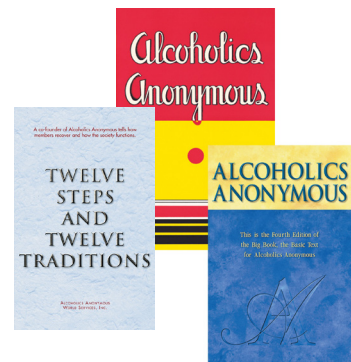
general service also runs several county events, such as the Unity breakfast. Also, an event hosted by Nassau, Suffolk, Queens, and Brooklyn general service called the Long Island Spirituality Through Service (LISTS).

Nassau Intergroup and Nassau General Service play vital roles in AA. They work together so that AA thrives in our county. And we celebrate that each year with The Big Meeting, an event co-hosted by both entities and is always a great event!

Cathy C  
DCMC NGSG Panel 73



## Discussion on Future Editing of Bill W.’s Writings



**7:30pm-9:30pm**  
**January 12, 15 & 31**  
**February 8 & 17**

<https://us06web.zoom.us/j/83113717418>

Meeting ID: 831 1371 7418

Passcode: 880133

Questions? [Delegate@aaseny.org](mailto:Delegate@aaseny.org)

*The Pursuit of him...Continued from page 1*

If not drinking and meeting attendance was the answer, I'd have been cured! I got a little job, a basement apartment, and a lousy car to get to meetings. My family loved me again because I was doing the right thing. My outsides looked great, but I was dying inside. Still living the lie as I was keeping my relationship a secret from my family and friends in the home group.

Slowly, things got a little better. The turning point in my sobriety was when my sponsor said to me in response to my angst over my relationship with my boyfriend, "If you're reaching for him with both hands, how can you reach out to God?"

That was my spiritual moment. It was as big as the one I felt one day early on in sobriety at St Ignatius retreat house when I felt His presence. I liken it to Bill's moment in the Big Book when the icy intellectual mountain melted. Well, I didn't exactly stand in the

sunlight at last as Bill did. Still, I finally understood that I couldn't be the child of God I needed to be if I didn't pursue that relationship. I had nothing to give without God working in me and through me. I know today that God has been waiting for me to reach out to Him. But as soon as I needed Him enough, and I did, He came running to me.

Am I living happily ever after despite my poor choices in A.A.?

*You betcha!* We both remained sober throughout and have grown spiritually together. We're forever united by our "common suffering as alcoholics" and our "common interest in A.A. and spirituality." Today, we live together, are

best friends, and are raising two fur babies. It is only through my relationship with Him that I can have a successful relationship with him.



contacted you via an e-messaging service called MailChimp. (Not all our contacts are handled this way, so if you're left out, see below.) We provided some current Intergroup information in that message, including our recently re-launched newsletter. We also invited you to tailor our communications as you prefer, setting or changing your subscription preferences or unsubscribing entirely.

Need to be connected and want to start receiving communications from Intergroup? Go to our website. There's a Mailing List subscription link at the bottom of every page. Check to receive "News and Events" (newsletters, flyers, etc.), "Intergroup Business" (meeting agendas, minutes, etc.), or both. You can also subscribe to our Calendar of Events. There's a link at the bottom of each calendar page, too.

This management of our contacts is an ongoing project. We'll look at how this effort works, what we might change to be more effective while respecting your preferences, and other ways beyond email to connect.

Intergroup will be a more effective, trusted AA servant if we have a good two-way flow of information with groups and members. Please be a part of that network.

Please send questions, comments, or suggestions through the links below or use the Contact Us option on our website. Thanks.

Bill C., *Technology Committee Chair*

516-292-3045 or [techchair@nassauny-aa.org](mailto:techchair@nassauny-aa.org)



## Technology

### *Even more (and better) ways to stay connected with Nassau County Intergroup.*

When Superstorm Sandy struck in 2012, knocking out AA activity in parts of the county, Intergroup couldn't easily communicate with groups and members on what was happening. Again, when COVID shut down most face-to-face AAs eight years later, we still had no way to talk with AAs in the county about what was developing in the face of the crisis.

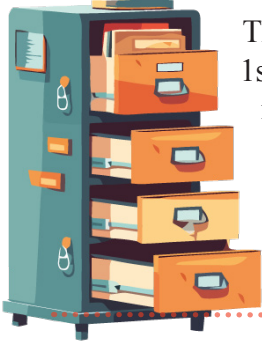
While our telephone hotline and website ([www.nassauintergroup.org](http://www.nassauintergroup.org)) are the backbone of our current communications network, we have other tools, too. One current Intergroup project aims to bring more order and usefulness to the direct links we've developed with local groups and members.

If you previously connected to Intergroup with your email, we recently



# Love

## From The Archives



The following is Dr. Bob's heartfelt address at the 1950 1st International Convention in Cleveland on July 30th. He makes three points which I believe illustrates our creed of Love, Tolerance and Gratitude. These principles are key to the program of Alcoholics Anonymous. We remember and thank this Co-founder in the month of February. Love and Service.



*My good friends in A.A. and of A.A.*

*I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results*

*in proportion to our zeal and enthusiasm and sticktoitiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.*

*There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind.*

*Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.*

*And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us. Thank you very much. — Dr. Bob Smith*

Please contact me if you have any interest in Archives.

Marie S., Archivist

[Archives@nassauny-aa.org](mailto:Archives@nassauny-aa.org)

## More 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](mailto:newsletter@nassauny-aa.org)

## New Meeting!

### Road to Recovery Group

Has added a 1-hour Big Book Meeting at 8:45AM on Saturday mornings. The 10AM Saturday meeting follows afterwards.

Ascension Lutheran Church  
145 Franklin Avenue  
Franklin Square NY 11010



**For more information about meeting times, service opportunities and much more, scan the QR code to visit the Nassau Intergroup website**

**For the  
Love of  
Our**

# Sponsors



## Worthy of Love

Love is all there is. Through the supportive kindness of my sponsors and other AA members, God has shown me many times that I am loved and worthy of love. You show me I have value every time you answer the phone when I call. You show me respect every time you listen. At the same time, I share at a meeting without offering unsolicited criticism or advice I am not yet ready to receive.

My sponsors today and over the years have taught me that love is an action word. They do not just describe love; they demonstrate love by reminding me to live ONE DAY AT A TIME and look for God in all my circumstances. They loved me until I learned to love myself, teaching me by the power of their own example that self-respect and healthy self-discipline nourish healthy self-esteem and increase my willingness and ability to help others. Last week, my car suddenly broke down in a very inconvenient location on a holiday weekend. As disappointed as I was, I did not set the car on fire or buy a drink. Instead, I went to see sober friends. They not only gave me space to share my frustration, but they also offered to go way out of their way to help me get the car serviced and rent a car for temporary use.

When I later mentioned to my sponsor that I felt overwhelmed by and unworthy of the tremendous offers of assistance, he responded,

“If only you could see yourself as we see you.”

Thanks to God and AA, sometimes I can see myself through the eyes of love, as my sponsor and AA friends see me only because you loved me into this beautiful life of recovery, which I now enjoy.

**Annabel B.**

Decision Group, February, 2024

## My Sponsor Rocks

She stands about 5'2" tall, and her petite build is no match for her larger-than-life head of short gray hair that stands about 2 inches off her head. Elvis would be proud.

She wears her faith proudly, just as she did her badge throughout her career in law enforcement. While her appearance may catch your eye, her warmth and sincerity will stay with you long after you've met her. You matter. Everyone matters.

Whether you've known her for years or have only recently met, she greets you with a warm smile and often a hug. When she asks how you are doing, she really cares and will listen intently to your response.

People are drawn to her; many seek her advice no matter the topic. When she responds, she always starts with a very disarming phrase, “For me...” and then will share experiences from her own life that will relate to the feelings or dilemma the person has come to her with. Those simple words, “For me,” shift the focus from the person

seeking help, placing it squarely on her. What's so amazing is two things always happen: 1) the person seeking advice is more inclined to listen to the advice because now it's not about them, and 2) they feel safe; no judgments are being made because she is talking about her experience.

She uses the same “for me” approach with her sponsees. This makes it easier to open up and talk to her because she doesn't judge or tell you what to do; she makes suggestions. Some of the suggestions are to call her daily, regularly attend meetings because meeting makers make it, do service, and go through the steps. At first, it seems like a lot, but if you want the level of peace and gratitude she has, you'll try anything, right? Right!

If you are fortunate enough to meet my sponsor, you will find yourself trying to spend more time with her. This is particularly true if you wish to maintain sobriety, improve your life, or explore your spirituality.

**Tricia N.** Courage to Change



## This is **YOUR** Newsletter!

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



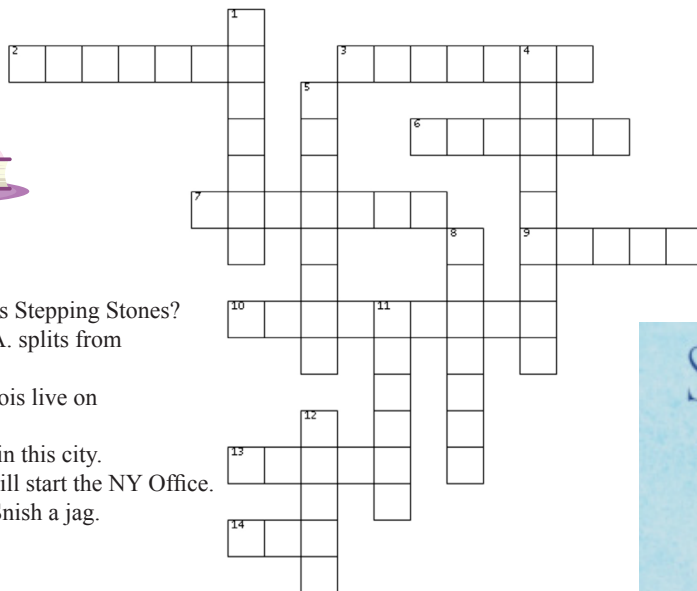


### ACROSS

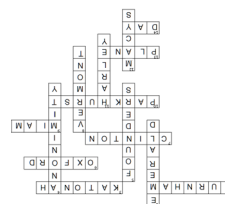
- 2 Lois' maiden name.
- 3 What town in upstate NY is Stepping Stones?
- 6 In 1938, NY Group of A.A. splits from this group.
- 7 What street did Bill and Lois live on in Brooklyn?
- 9 In 1971 Bill passed away in this city.
- 10 Hank \_\_\_\_\_ helped Bill start the NY Office.
- 13 Bill once charted one to Snish a jag.
- 14 One \_\_\_\_\_ at a time.

### DOWN

- 1 What is the name of the lake where Bill met Lois?
- 4 What principle did Bill consider to be the most important?
- 5 What event do we celebrate on June 10th? \_\_\_\_\_ Day
- 8 Where were both of our founders born?
- 11 What brand of motorcycle did Bill and Lois have?
- 12 Where did Lois work while Bill "stole from her slender purse"?



### ANSWERS



**If you're looking for love in the rooms of A.A., your odds are good, but remember, the goods are odd.**



## DECISION GROUP of WEST HEMPSTEAD

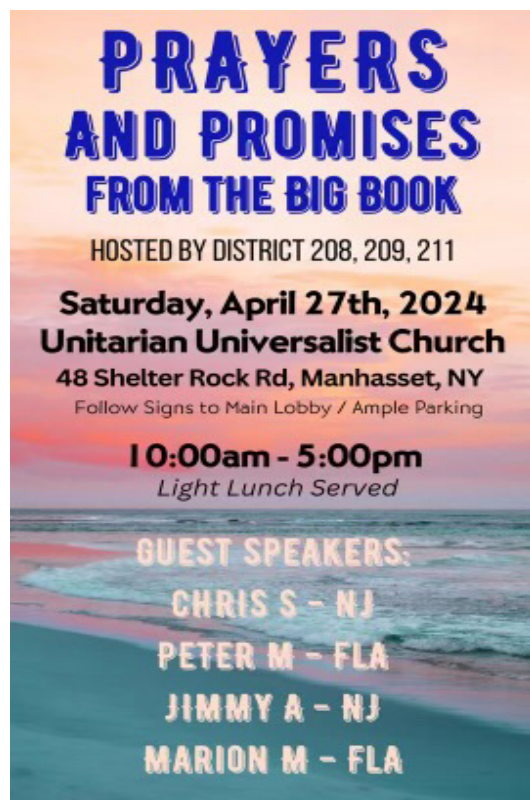
### 42nd ANNIVERSARY PARTY

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!!





*"When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that, I am responsible."*

## Answer the Nassau County AA Hotline

Daytime Phone Reps are trained to cover four-hour shifts (9am-1pm or 1pm-5pm) at the office. They are also shown how to operate our point-of-sale system to handle any literature sales during their shift. Use our [Contact Us](#) page to reach our volunteer coordinator for information about available shifts.

Members with 6 months of sobriety may volunteer as a Daytime Phone Rep for regular daytime shifts at the office.

Nightbook shifts are typically covered by local AA groups signing up to handle the 5pm-9am shifts for a full week. To sign up your home group for this service (or to get further information) use our [Contact Us](#) page to reach our Nightbook coordinator.

## 2 Open Chairs Urgently Need Filling

### Corrections Committee Chair

The Corrections Committee is responsible for helping local AAs carry our message of hope behind the walls of correctional facilities. This includes coordinating speakers and AA literature for "inside" meetings, helping soon-to-be-released alcoholics get to their first meeting in Nassau County, and connecting local AA members with GSO's Corrections Correspondence Service.

### Speaker Exchange Chair

The Speaker Exchange is responsible for hosting a quarterly meeting where AA groups can book in-

coming speakers from other groups. The Speaker Exchange is currently held from 7am-8am on the 3rd Saturday of March, June, September and December at the Bellmore Presbyterian Church located at 2740 Martin Ave in Bellmore.



We also need people to organize the Cinco de Mayo celebration on May 4 and the Intergroup Open House on June 2. In addition, we always need people to join various committees to help out. Check out our [Service Committees](#) page and get involved in service, today!

**"Hello, is this AA?"**

**Who answers our phones?  
Hopefully it's "You."**



**Nassau Intergroup Workshop  
Office Volunteers  
Night Book  
24/7 AA Hotline**

Join us:

**Tuesday, February 13 @ 5:30-6:30<sup>pm</sup>**

361 Hempstead Turnpike, West Hempstead 11552  
Zoom, ID: 554 670 5146 - Password: 870607

or

**Saturday, February 17 @ 9:30-10:30<sup>am</sup>**

Zoom only (as above).