

## THE DECISION GROUP of West Hempstead Join us at our

**42<sup>nd</sup>**  
**Group Anniversary**  
**Party**

**Saint Andrew's Church**  
Nassau Blvd., West Hempstead  
(Just North of Hempstead Tpke.)

**Saturday, March 9, 6-9 pm**

**Speakers, Raffles, Fun, Food, Fellowship and Games!**



## March Calendar

**03/07/24** Nassau Intergroup  
New Group Reps Orientation  
7:00 pm (Hybrid)  
*(Meets 1st Thursday of every month)*

**03/07/24** Nassau Intergroup  
Representatives Meeting  
7:30 pm (Hybrid)  
*Meets 1st Thursday of every month*  
*New reps need to attend in person*

**03/06/24** Hospitals & Institutions  
Committee Meeting  
7:30 pm - 8:30 pm (Hybrid)  
*Meets 1st Wednesday of every month*

**03/15-17/24** 2024 Area 49 56th  
SENY Convention  
Westchester Marriott  
03/15@5 pm—03/17 @1 pm

**03/16/24** Speaker Exchange  
Bellmore Presbyterian Church  
located at 2740 Martin Ave in  
Bellmore 7am-8am (In person)

**03/28/24** 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)

## March Spiritual Goal: **Faith**

Faith offers comfort during difficult times, provides support from others who believe in the same things, and gives people a sense of purpose. It also helps people see their addiction as a problem that needs to be overcome, rather than something that defines them.

## From the Chair

### KEEPING IT GREEN



How do I “*Keep it Green?*” I am very grateful for my early sponsors who encouraged me to stick to the basics so I would never struggle to find my way back. What are the basics? Tried and true suggestions are often passed along through sponsorship and at beginner meetings, such as:

- 1. Attend meetings.** I love the wide variety of meeting options in Nassau County. We offer in-person, virtual, and hybrid phone meetings in the morning, afternoon, and evening. I have found magic in the rooms of AA. Hearing other people share renews my appreciation for the many gifts of sobriety I enjoy.
- 2. Call other alcoholics.** Yes, texting is also a way to stay in touch. Still, I find greater benefit from “real-time” voice-to-voice phone conversations with other alcoholics. Although my recovery is enhanced when I speak with sober AA friends, I keep it green by reaching out beyond my close circle of friends to newcomers and offering support to group members who are facing challenges.
- 3. Gratitude Journal.** Sharing my gratitude list with others reinforces my appreciation and provides me with a daily attitude adjustment.
- 4. Morning Practice.** I begin the day with spiritual readings and journaling. This reminds me that God will be with me throughout the day.
- 5. Meditation.** Meditation gives me spiritual insight, physical calm, and emotional balance. If only I would make time for this every day!
- 6. Evening Practice.** I often do a Step 10 inventory before ending the day, reminding myself that no matter what else, I did at least a few things right.
- 7. Service.** How do we gain self-esteem? By doing estimable acts. By taking commitments in my home group and serving Nassau Intergroup as a trusted servant, I position myself for feelings of positive self-worth. Through service, I become part of the beautiful whole that is AA.

**8. Forgiveness.** The 12 steps of AA have taught me to forgive myself for imperfections and to focus on improving my own behavior rather than judging the behavior of others.

Share your tips and suggestions for keeping recovery green by submitting your thoughts to [newsletter@nassauny-aa.org](mailto:newsletter@nassauny-aa.org)!

Yours in service,  
Annabel B.

Chair, Intergroup Association of Nassau, Inc.

## A.A. History

### MARCH

- 1881** Ann R, Dr. Bob’s wife, is born
- 1891** Lois W. is born
- 1938** Bill begins writing the book Alcoholics Anonymous
- 1938** Works Publishing Inc. established to support writing and printing of the book
- 1939** Readers Digest fails to write article on AA
- 1941** Jack Alexander’s Saturday Evening Post article published and membership jumped from 2,000 to 8,000 by years end
- 1941** Second printing of Alcoholics Anonymous
- 1944** New York Intergroup is formed
- 1945** Time Magazine reports Detroit radio broadcasts of AA members
- 1947** 1st AA group formed in London, England.
- 1951** Dr William Duncan Silkworth dies at Towns Hospital
- 1966** Ebby dies



**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)

# GLEN HEAD GROUP

Celebrating our



## Group Anniversary

### Thursday, March 28

Food at 6 pm, Speaker at 7 pm  
All are welcome.

Glen Head Community Center,  
200 Glen Head Road, Glen Head



EASTERN AREA CONVENTION OF YOUNG PEOPLE IN AA

APRIL 25-28TH HUNTINGTON HILTON  
MELVILLE, NY

4 DAY CONVENTION, 1000+ AA'S (YOUNG  
AND OLD) CELEBRATING SOBRIETY

ROCKET INTO THE 4TH DIMENSION

CONNECT WITH AN AA UNIVERSE BEYOND  
YOUR WILDEST DREAMS



Use Code **EACY** to get  
discounted room rates!

[www.eacypaaxx.org](http://www.eacypaaxx.org)



## SENY Convention 2024

### CONNECTING WITH LOVE, UNITY AND SERVICE

WESTCHESTER MARRIOTT  
MARCH 15-17, 2024



SCAN ME



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





## From The Archives

It is a standard joke that most alcoholics love to drink on St. Paddy's Day. I have a friend in Ireland who, when asked about that, says, "No, they're spilling most of it." I have been to Ireland a few times in sobriety, and I'm grateful to know a little of the AA history. A Philadelphia tavern owner sober in 1946 visited Dublin. He was put in touch with an institutionalized alcoholic. He successfully passed the message and a Big Book to Richard P in Belfast.

The inaugural group, The Country Shop, began in Dublin on St. Stephen's Green. I've had the privilege of attending meetings there before it closed. I was at the 30th All Ireland Convention in 1987. There was still conflict then, but some friends I met in 1985 came and left all politics at the door. Witnessing the steps, traditions, and concepts up close in action is amazing. I'm so very grateful for the experiences I've had in the last 40 years. Sackville, an early member whose story is in the 3rd edition of our Big Book entitled "The Career Officer," was the original editor of "The Road Back," an Irish newsletter. His story was dropped from the 4th edition, but we did not drink! I used to be ashamed of being ½ Irish when I was drinking, even when in crummy bars like Mc Sorley's. Boy, talk of the luck of the Irish!

I'm not so much ashamed anymore; in fact, I'm so very happy to be a sober member of AA. Happy St. Paddy's to all. Don't drink, make meetings, help others—*it works*.

Thanks for my life.

Marie S. [archives@nassauny-aa.org](mailto:archives@nassauny-aa.org)

## Area 49

### *Service - Is It Really That Important?*

When we begin the AA program, several things are "strongly suggested." Make 90 meetings in 90 days. Find a sponsor. Start working on the steps. Find a home group. Do service. Often, it is suggested to take the coffee commitment- lol. *But why is this so important?*

It is important because it makes you accountable to someone other than yourself. And just maybe, if life gets hard and you feel like picking up a drink, you will think twice because tonight (or tomorrow or Friday) I have to make the coffee. If I don't show up, there won't be any coffee. And we all know how much most AAs love their coffee!

So, in early sobriety, when we might be struggling, a service commitment might mean the difference between getting through this day and the next- One Day at a Time. Remember the saying "*Service Keeps You Sober!*"

**Next month:** What Other Types of Service Are There?


Cathy C

DCMC NGSG Panel 73



2024 SUFFOLK COUNTY GENERAL SERVICE UNITY BREAKFAST


# THE SOLUTION REVOLUTION



ALANON PARTICIPATION

Sunday  
March 10, 2024  
9am - 1pm

East Wind Long Island  
5720 NY-25A, Wading River, NY



Tickets to be purchased at [aassuffolks-ny.org](http://aassuffolks-ny.org)  
or  
Scan the QR Code to purchase tickets

You're invited to celebrate...

# NEW HYDE PARK GROUP OF AA'S ANNIVERSARY PARTY

FRIDAY-MARCH 22, 2024  
SPEAKER: 7PM-8PM  
FOOD AND FELLOWSHIP: 8pm-10:30pm  
WHERE: 16 SOUTH 9TH STREET, NEW HYDE PARK

# SAVE *the* DATE

NASSAU COUNTY AA INTERGROUP  
SHARE A DAY  
WITH ALANON PARTICIPATION



April 13th, 2024  
8AM-4PM

245 STEWART AVE  
GARDEN CITY COMMUNITY CHURCH  
\*WHEELCHAIR ACCESSIBLE\*

WANT TO GET INVOLVED?  
CONTACT [SHAREADAY@NASSAUNY-AA.ORG](mailto:SHAREADAY@NASSAUNY-AA.ORG)

**LOCATION CHANGE!**

# PRAYERS AND PROMISES FROM THE BIG BOOK

HOSTED BY DISTRICT 208, 209, 211

**Saturday, April 27th, 2024**  
**Shelter Rock Church (Syosset)**  
178 Cold Spring Rd. Syosset, NY

**9:30AM - 5:00PM**  
Doors Open at 8:15am  
Lunch & Coffee Served

**GUEST SPEAKERS:**  
CHRIS S - NJ  
PETER M - FLA  
JIMMY A - NJ  
MARION M - FLA

**CAMBIO DE UBICACION**

# REZOS Y PROMESAS DEL LIBRO GRANDE

PRESENTADO POR DISTRITO 208, 209, 211

**Sábado 27 de Abril 2024**  
**Shelter Rock Church (Syosset)**  
178 Cold Spring Rd. Syosset, NY

**9:30AM - 5:00PM**  
Servicio de Café y Lunch

**ORADORES INVITADOS:**  
CHRIS S - NJ  
PETER M - FLA  
JIMMY A - NJ  
MARION M - FLA

# New Women's Meeting starting March 15, 2024

# GROW WITH THE FLOW

**Fridays at 5:00pm**  
**Christ Lutheran Church-57 Spooner St**  
**Floral Park**

made with mematic



## Technology

*In the early days of AA, communication tools were primarily print media and telephone.*

Today, we've expanded that tool kit to include everything we access online, including AA websites, email, social media, and virtual meetings, offering the possibility of instantaneous communications around the world. The potential power of these utilities cannot be overstated, but there are drawbacks, too.

Some years ago, our General Service area was talking about changing to sending out information via email rather than using the USPS. Still, we were reminded that some either didn't use email or preferred not to use email. Our use of technology shouldn't leave anyone behind.

More recently, the pandemic shuttered face-to-face AA, challenging our ability to connect with alcoholics who were less-resourced and perhaps less able or unable to access AA virtually. Yes, drunks have been getting and staying sober without face-to-face meetings for many years, so it can be done. We see members celebrating anniversaries who came in during the COVID restrictions on Zoom alone and were nevertheless able to build a foundation for recovery. So again, it can be done. But we didn't see the ones who couldn't do that.

The challenge seems to be that alcoholism places many barriers between us and recovery. If AA can eliminate or reduce some of them, we should. Technology can reduce barriers or erect them.

The challenge of access is enduring. One place we see that is with our meeting list. It's available on our website, but we haven't published a print list since January 2020. The website list is always current, and most individuals can access it; some cannot, and others don't even know they can.

Bringing back a printed meeting list has been delayed since no one is in place to do that work. In the interim, we direct inquiries to the website or answer on the phone. Printing a copy of our meeting list is also possible, but you still need to get to the website first or get someone to do it for you.

And what about the newcomer who knows nothing about AA beyond our reputation? An Internet search can turn up variable and confusing information. What about the alcoholic living in a shelter with no material resources? I don't know too many homeless drunks with a smartphone.

None of this argues against using technology to help carry the message. Still, it does suggest we use it thoughtfully, keeping in mind those who, for whatever reason, do not or cannot make ready use of our tech systems to get what they need.

URLs and QR codes represent valuable and powerful tools, but AA also needs the personal touch. "I want the hand of AA always to be there."

Bill C., *Technology Committee Chair*

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





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

## Answer Our AA Hotline

### Hotline Helpers Needed

Nassau Intergroup recently hosted two successful virtual workshops to help people understand what is involved in answering our live hotline. Whether you take a weekly 4-hour commitment to answer the phones at our office or accept forwarded calls for a single night, your assistance will be greatly appreciated. For more information, call the office at (516) 292-3040 or email [nightbook@nassauny-aa.org](mailto:nightbook@nassauny-aa.org) or [phonereps@nassauny-aa.org](mailto:phonereps@nassauny-aa.org).

**“Hello, is this AA?”**

**Who answers our phones?  
Hopefully it’s “You.”**



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

## Vacant Chairs Urgently Need Filling

### Speaker Exchange Chair

The Speaker Exchange is responsible for hosting a quarterly meeting where AA groups can book incoming 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.

### Public Information Chair

Responsible for ensuring that the general public has accurate information about what AA does and does not do. Arranges for well-informed AA speakers to talk about our fellowship and our program of recovery at non-AA meetings, while always maintaining members’ personal anonymity at the level of public media.

### Literature Chair Assistant

Help our current Literature Chair managing the inventory and distribution of AA literature to local groups and individuals.

### Cinco de Mayo

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! We need to give it away to keep it!