

## JUNE 2013

# ALCOHOLICS ANONYMOUS CELEBRATES 78 YEARS JUNE 10, 1935

### CALENDAR OF EVENTS

(All meetings held at Nassau Intergroup unless otherwise noted.)

#### **June 2013**

- 6/5 8 PM Institutions Committee Meeting  
(Simpson Methodist Church, Locust & Sunset, Amityville)
- 6/6 7 PM Intergroup Reps Orientation
- 6/6 7:30 PM Intergroup Reps Meeting
- 6/11 7:30 PM PI/CPC Committee Meeting
- 6/15 7:30-10AM Speaker's Exchange Meeting  
(Nassau Community College, Cluster F, Room 127)
- 6/17 7 PM New GSR Orientation, Traditions/Concepts 5&6
- 6/17 7:30 PM GSR/DCM Meeting
- 6/20 7 PM Special Needs Committee Meeting
- 6/19 7:30 PM Website Committee Meeting
- 6/20 Newsletter Deadline**
- 6/27 7:30 PM Steering Committee Meeting
- 6/29 11 AM Service in Your Home Group Workshop**

#### **July 2013**

- 7/3 8 PM Institutions Committee Meeting  
(Simpson Methodist Church, Locust & Sunset, Amityville)
- 7/4 7 PM Intergroup Reps Orientation
- 7/4 7:30 PM Intergroup Reps Meeting
- 7/9 7:30 PM PI/CPC Committee Meeting
- 7/17 7:30 PM Website Committee Meeting
- 7/18 Newsletter Deadline**
- 7/21 Intergroup Picnic**  
(Eisenhower Park, Cedars Area, Car Parking Field 6A)
- 7/25 7:30 PM Steering Committee Meeting

STEP 6— Were entirely ready to have God remove all these defects of character.

## AA HISTORY

June 10, 1935—Dr. Bob's last drink. A.A. is founded.  
June 1940—First pamphlet, *AA*, is published.  
June 1944—First issue of the *AA Grapevine* is published.  
June 1944—GSO moves to 415 Lexington Avenue, New York City.  
June 1953—*Twelve Steps and Twelve Traditions* published.

### NASSAU INTERGROUP - MEETING LIST CHANGES

#### DELETIONS:

##### East Meadow 11554

East Meadow Group, Tuesday 6:45 PM #Step (#Last Tuesday Tradition) Meeting.

##### Freeport 11520

**Freeport II Group**, Monday 8 PM Open Discussion.

##### Manhasset 11030

**Sober Spirits Group**, Saint Ignatius Retreat House, 251 Searington Road, Manhasset are is longer meeting.

##### Oceanside 11512

**Keep It Simple Group**, Tuesday 9 PM Closed Discussion (Candle Light).

**One Day At A Time Group**, Monday 8 PM Step.

##### Rockville Centre 11570

**Encouragement Group**, Monday 7:30 PM Step; Thursday 7:30 PM Closed Discussion.

#### MEETING CHANGES:

##### Amityville 11701

**Open Door Group**, Tuesday 10 AM Closed now Closed Topic; Thursday 10 AM Closed is now 10 AM Beginners.

##### Baldwin 11510

**Baldwin Group**, Wednesday 7:30 PM Big Book is now Open Discussion Big Book.

##### Bethpage 11714

**Caring & Sharing Group**, Wednesday 7:30 PM Closed now #Closed (#1<sup>st</sup> Wednesday Step/Last Wednesday Beginners).

##### East Williston 11596

**Serenity Group** (formerly Searington Group, Manhasset) have relocated their Wednesday 7:30 PM Step to The Community Church of East Williston, 45 East Williston Avenue.

##### Freeport 11520

**Day Enders Group**, Last Wednesday, 4:30 PM Tradition; last Friday, 4:30 PM Open Anniversary.

##### Garden City 11530

**Easy Does It Group**, Saturday 7 PM Step & 7 PM Young People's now 7 PM Alternating Closed Discussion/Step.

**Garden City Group**, 7:30 PM Friday Open Big Book Study now 7:30 PM Sunday Open Big Book Study.

##### Manhasset 11030

**Good Morning God Group**, added Monday 5:30 PM Closed Discussion, Tuesday 5:30 PM Meditation & Thursday 5:30 PM Step.

**Searington Group** is now called **Serenity Group** and have relocated to East Williston (see above).

##### Huntington 11743

**Huntington Group**, Sunday 6:45 PM\* & 8 PM Closed now 6:15 PM Closed Discussion & 7:30 PM Closed; Wednesday 7 PM Open, 8:15 PM Beginners & 8:15 PM Step now 7:15 PM Open, 8:30 PM Beginners & 8:30 PM Step.

##### Lawrence 11559

**Lawrence/Cedarhurst Group** Anniversaries now last Monday 7:30 PM.

##### Lynbrook 11563

**Primary Purpose Group**, Added 8:15 PM Anniversary last Tuesday; Added Thursday 7 PM Big Book (# Last Thursday Tradition).

##### Manhasset, 11030

**Manhasset Group**, 7:30 PM Closed Discussion now 7:30 PM Open Meeting.

##### Mineola 11501

**County Seat Group**, 7:30 AM Closed Discussion now 7:30 AM# Beginners (#Living Sober); 1:15 PM #Beginners now 1:15 PM Closed Discussion. (No change to other meetings/times as listed.)

##### Oceanside 11512

**One Day At A Time Group**, Sunday 7 PM \*Closed now 7:30 PM \*Open Discussion. (\*Sunday – Anniversary as needed.)

##### Port Washington 11050

**Port Washington Group**, Tuesday 9:00 PM Closed Discussion now 8:45 PM Open Discussion; Thursday 9:00 PM Beginners now 8:45 PM Beginners.

#### NEW GROUPS:

##### Farmingdale 11735

**I Am Responsible Group**, Tuesday 7:30 PM Big Book & Thursday 7:30 PM Beginners, Crossroads Church, 610 Carmans Road, Farmingdale.

##### Garden City 11530

**Open Hearts Group**, Thursday 8 PM 11<sup>th</sup> Step Meditation, Ethical Humanist Society, 38 Old County Road, Garden City.

##### Port Washington 11050

**ME—Third Group**, Monday 5:30 PM Big Book & Friday 5:30 PM Beginners, Saint Peter's Convent, 1327 Port Washington Boulevard.

##### Rockville Centre 11570

**"Off The Fence" Young People's Meeting**, Thursday 6 PM Beginner's, The Vineyard Church, 251 Merrick Road, Rockville Centre.

#### TEMPORARILY CLOSED MEETINGS:

##### Roosevelt 11575

**Sunday Sunrise Group** and **Women Caring for Women Group** which meet at the React Center, 27A Washington Place, are temporarily closed until further notice due to fire damage at the center.

#### MEETING CHANGES DUE TO HURRICANE SANDY

##### Island Park 11558

**Island Park Group "Below Sea Level"**: Resumed their Saturday 7:30 PM Candlelight Meeting, Sacred Heart Parish Hall, 301 Long Beach Road, Island Park.

##### Long Beach 11561

**High Noon/West End Group**: New location: Long Beach Catholic Regional School, 735 West Broadway, Long Beach (over gym). No Beginners meeting.

##### **New Beginnings Group**: Two new locations-

Saint Mary of the Isle, 315 East Walnut Street, Long Beach (near Park Avenue; enter behind church on Walnut Street and Monroe Boulevard) Long Beach; Sunday 7:30 PM Big Book only; and People's Church of Long Beach, 111 Delaware Avenue; Friday 7:30 PM Beginners only.

**Serenity by the Sea/AM Group**: New location: Saint John's Lutheran Church, 75 East Olive Street, Long Beach (home of the Early Risers Group).

**The Step Meeting**: People's Church of Long Beach, 111 Delaware Avenue, Long Beach (not previously listed as not meeting or displaced, but resumed regular meetings 01/08/2013.)

**Young by the Beach Group**: Have returned to Saint Ignatius Martyr, 721 West Broadway, Long Beach.

##### Point Lookout 11569

**Serenity By The Sea/PM Group**: Temporary location: Point Lookout Community Church, 60 Freeport Avenue, Point Lookout. Monday 7 PM Beginners & 8:30 PM Step; Wednesday 7 PM Open & 8:30 Big Book.

**NB**: Information is subject to change and is correct to the best of our knowledge. All other groups/meetings are meeting as usually scheduled as far as we know.

## From the Nassau Intergroup Chair

Well folks, here I sit getting ready to celebrate another year of sobriety. When I look at the numbers, my head gets hot!!! I used to go to an AA website and count my sober heartbeats, but I stopped because I realized that my heart has a shelf life.

If you are near Roosevelt on Friday night, June 28, 2013, please stop by the We Care Group and help me show the newcomer that this fellowship works. So to those who came before me, and to those who follow, I thank you all for being in my life.

Steve K., from Nassau General Service Group, and I have finally set the date for the "SERVICE IN YOUR HOME GROUP" Workshop.

Date: June 29, 2013  
Time: 11 AM  
Place: Nassau Intergroup Office  
361 Hempstead Turnpike, West Hempstead, NY 11552

Light refreshments will be served. Please join us and bring a friend along. Hope to see you there!

Lastly, a reminder that the Speaker's Exchange Meeting is on Saturday, June 15, 2013 at the Nassau Community College. Intergroup still needs groups to step up and take the Nightbook. I'll gladly give you the contact number of our Nightbook Chair, Johnny "Cadillac," at the Exchange Meeting. This is an important service activity, so please help keep our 24 hour hotline phone service going.

Yours in Service,  
Jack K.  
Intergroup Chair  
(516) 292-3045 or chair@nassauny-aa.org

## A Veteran's Story

My name is Jim G., and I'm a Vietnam Veteran. My sober date is 12/02/2003. Shortly after getting sober, I started to develop a series of anger-related problems. I was also being treated for depression when the doctor who was seeing me suggested that I should see a professional for my anger issues. After a couple of visits, the therapist suggested that I contact the VA, because he thought I might be suffering from a Post-Traumatic Stress Disorder (PTSD).

Sometime later I was diagnosed with PTSD. I went into therapy for this problem, and it seemed the longer I was sober the worse the side effects got. (I was told this is normal.)

When I was finishing up the therapy, I asked the therapist if there was an alcoholic in therapy that I could speak to. I was told there was, but the person wanted to remain anonymous. So that was that!

Sometime later I was asked to attend a luncheon for veterans at a counseling center. The speaker was saying something about possibly starting an AA group for veterans. After the meeting, I went up to the person and offered my services in starting such an AA meeting. So Rich H., Phil J., and I got it up and running.

***"Well, I believe only an alcoholic veteran can help another alcoholic veteran."***

Being an intergroup rep (and having a sponsor who did it before me) I had a pretty good idea of how it's done. The following Sunday, we had our first meeting (April 2012). The Veterans in Recovery Group was born. We meet on Sundays at 7:30. The meeting is open to alcoholics with the emphasis on veterans. At first, some people would get upset because it was a veterans meeting. (What? This is discrimination!) When a returning veteran walks in the room and says, "Thank you for being here," it makes it all worthwhile. I was told in AA that only an alcoholic can help another alcoholic. Well, I believe only an alcoholic veteran can help another alcoholic veteran.

I'm a firm believer in how this program works. Stay away from a drink one day at a time. Do the Steps, work them in your life, and do service. The group brings AA meetings into the Northport VA hospital twice a week on Monday evenings and Friday mornings.

Jim G.  
Veterans in Recovery Group & NI Al-Anon Liaison

**NASSAU INTERGROUP &  
NASSAU GENERAL SERVICE GROUP PRESENT  
"SERVICE IN YOUR HOME GROUP WORKSHOP"  
SATURDAY, JUNE 29, 2013 AT 11 AM  
NASSAU INTERGROUP OFFICE  
361 HEMPSTEAD TURNPIKE,  
WEST HEMPSTEAD, NY 11552**

## Nassau County's Seniors in Sobriety

The Nassau County Intergroup Steering Committee members bring a lot of energy and enthusiasm. Liz P.'s efforts to update the 12 Step List was going full force until she fell down the stairs. The resultant broken ankle threatened to thwart Liz's efforts to intercept as many groups as possible at the Share A Day. (Hope you are feeling better and healing quickly Liz!) I offered to take the list of groups that we were hoping to connect with and try to find them at Share-a-Day.

As I was sitting at the front desk watching people sign in there were two lovely ladies who listed their home group as Seniors In Sobriety. I followed them into the cafeteria, and set about asking them to take the form and get the 12 Step List updated. Helen looked me in the eye and told me, "No, we don't do that." I asked why, and Helen proceeded to tell me about Seniors In Sobriety. I put on my original hat as the Chairperson of the Special Needs Committee for Intergroup as Helen educated me.

Here is some of what Helen told me about seniors that are in recovery:

- ❖ Some seniors may have issues sleeping, and cannot be woken up during the night for 12 Step calls, so no Night Book commitments.
- ❖ Some seniors can have challenges with moving around, and accessibility to the space can be an issue.
- ❖ A senior alcoholic can get lost in a meeting. Younger people and seniors may not connect. The younger ones have jobs, families, and houses. The seniors need other seniors to identify with.
- ❖ It can be hard to get seniors to take commitments when the newcomers may be 75 years old, and may have issues getting to meetings. Plus, can they lift the large coffee pots?
- ❖ Seniors may tend to go to day time meetings as it is easier to drive in the day light. So, the senior groups are not going to the Exchange Meeting as it is too limiting.
- ❖ The stories of the seniors that are sober are often not drug driven. Drugs may be mentioned in passing, but not the larger topic that is with younger people.

I really enjoyed speaking with Helen, and knew that we would enjoy each other's company. We made plans for me to meet her at Seniors In Sobriety on Friday at 11 AM at 385 Oak Street in Garden City. In true AA style everyone said hi to me and introduced themselves. I knew a few when I walked in, but many when I left. It was an anniversary meeting, upbeat and fun. But, while my home group members may share about children and jobs, here there was a lot of sharing and laughing about misplacing their walking canes. The group reaches out to seniors, but all are welcome. Older people may not identify with the younger people who are talking about drugs and relationships. Seniors identify with different things. The younger people can enjoy listening to the older folks, and can get strength from doing so.

Old fashioned 12 step work abounds here. Although some seniors can no longer drive, others step in and provide rides to meetings. There are foot problems, eye sight issues, diabetes and other physical limitations that affect seniors' ability to get to meetings. Helen makes it a point to call people from the Seniors In Sobriety Group if someone misses a meeting whether it is a man or a woman. Seniors are more concerned than younger AAs that there may be a serious health issue going on.

[Cont'd on page 4.]

## Who Am I?

I helped start AA in the mid-west. Sister Ignatia worked with me in treating alcoholics at Saint Thomas Hospital in Akron. My middle name was Holbrook. And my last drink also marks the birthday of Alcoholics Anonymous.

[Answer on page 4.]



**BALDWIN GROUP 68<sup>TH</sup> ANNIVERSARY**  
**SATURDAY, JUNE 15, 2013**  
**6:30-11 PM**  
**FIRST PRESBYTERIAN**  
**CHURCH OF BALDWIN**  
**717 SAINT LUKE'S PLACE**  
**BALDWIN, NY 11510**

**FOOD FELLOWSHIP FUN**

**Nassau County Seniors in Sobriety** [From page 3.]

The issues of 12 stepping a senior who is not currently sober into AA are varied and many. Helen says that no one is too old to get sober, and that they have people coming into AA at 73, 82 etc. People think that when they walk into a meeting filled with people with grey hair that they all have long term sobriety. That may not be so. The person may be drinking for many years and be even more resistant to suggestions regarding AA. In cooperation with the professional community, some outside groups do refer seniors to Senior meetings.

Helen says that Seniors In Sobriety tend to stick to "old AA": Steps, Big Book, following suggestions, sharing and commitments where possible. At the same time, Helen says that she is not old. Sober 28 years, she still gets in the car and cranks up the tunes.

We have been talking every few days, and I am enjoying this new friendship and the education about seniors in sobriety. It helps me as I continue with the Special Needs Committee, and carry the message to the alcoholic senior who still suffers in and out of the rooms. Thanks Helen!

**Nassau County Meetings for Seniors:**

- ❖ Back Door Friends Are Best Group, Mercy Family Counseling, 385 Oak Street, Garden City, NY 11530, Friday, 11 AM Closed Discussion.
- ❖ Seniors In Sobriety, 385 Oak Street, Garden City, NY 11530, Wednesday, 10:15 AM Step.
- ❖ Seniors For Sobriety, Mercy Medical Center, 1000 North Village Avenue, Rockville Centre NY 11570, Blue Wing, 3<sup>rd</sup> Floor Craft Room, Monday, 1 PM Open Discussion.

Service is Accessible

June C.

NI Special Needs Chair

(516) 292-3045 or specneeds@nassauny-aa.org

**TRADITION 6—** An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

**Answer to "Who Am I?"**

**Doctor Bob S.**

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**From your Newsletter Editor**

*Kia ora!* Can you believe AA celebrates 78 years on June 10<sup>th</sup>? AA members worldwide will be rejoicing this special day. In fact many will be making their annual journey to Akron, Ohio for Founders Day. Yay!

Summer is here with the promise of long hot days and nights. And while you're chilling out why not consider writing something for our newsletter. Or send in information about your group anniversary and I'll gladly post it in our newsletter. Stay cool. . . .

Submit via email or by regular mail to the intergroup office "Attn: Newsletter Editor!"

Service in Action  
 Brenda P.  
 Newsletter Editor  
 (516) 292-3045 or news@nassauny-aa.org



**Nassau Intergroup Picnic**  
**Sunday - July 21, 2013**  
**8 AM - 4 PM**  
**Eisenhower Park - Cedars**  
**East Meadow**  
**Car Parking, Lot 6A**

**NASSAU INTERGROUP - EMAIL ADDRESSES**

**Officers**

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

**Standing Committee Chairs**

Archives.....archives@nassauny-aa.org  
 Books/Literature.....literature@nassauny-aa.org  
 CPC.....cpc@nassauny-aa.org  
 Corrections.....corrections@nassauny-aa.org  
 Financial Review.....finance@nassauny-aa.org  
 Institutions.....institutions@nassauny-aa.org  
 Meeting List.....meetinglist@nassauny-aa.org  
 Newsletter.....news@nassauny-aa.org  
 Night Book.....nightbook@nassauny-aa.org  
 Office Manager.....officemanager@nassauny-aa.org  
 Program Chair/Secretary.....seclist@nassauny-aa.org  
 Public Information.....publicinfo@nassauny-aa.org  
 Share-a-Day.....shareaday@nassauny-aa.org  
 Speakers Exchange.....speakersexchange@nassauny-aa.org  
 Special Needs.....specneeds@nassauny-aa.org  
 12 Step List.....12step@nassauny-aa.org  
 Web Committee.....webcommittee@nassauny-aa.org

**CONCEPT 6—**The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.