



Nassau Intergroup of AA, Inc.

361 Hempstead Tpke., West Hempstead, NY 11552-1342

www.nassauny-aa.org Intergru@nassauny-aa.org

516-292-3040 (24/7 Hotline) 516-595-3045 (Business)

APRIL 2017

CALENDAR OF EVENTS

All meetings are Intergroup events held at 361 Hempstead Tpke., unless otherwise noted.

APRIL 2017

- 4/5**—Institutions Committee, 8pm, Simpson United Methodist Church, 30 Locust Ave. (off Sunset Ave. from County Line Rd.) Amityville 11701
- 4/5**—Corrections Committee, 8:30pm, immediately following Institutions at 8:30pm, same address a above.
- 4/6**— **NIG Reps Orientation**, 7:00pm (Suggested for new Reps.) **NIG Reps Meeting**, 7:30pm
- 4/12**-- Share-A-Day Committee, 7pm
- 4/17**—Nassau General Service Meeting
- 4/19**-- Website Committee, 7:30pm
- 4/20**-- **Newsletter deadline** for May
- 4/26**—Archives, 7pm
- 4/27**-- **Steering Committee**, 7:30pm (By invitation.)

MAY 2017

- 5/3**—Institutions Committee, 8pm, Simpson United Methodist Church, 30 Locust Ave. (off Sunset Ave. from County Line Rd.) Amityville 11701
- 5/3**—Corrections Committee, 8:30pm, immediately following Institutions at 8:30pm, same address a above.
- 5/4**— **NIG Reps Orientation**, 7:00pm (Suggested for new Reps.) **NIG Reps Meeting**, 7:30pm
- 5/10**-- Share-A-Day Committee, 7pm
- 5/11**—PI/CPC Committee, 7:00
- 5/17**-- Website Committee, 7:30pm
- 5/18**-- **Newsletter deadline** for May
- 5/25**-- **Steering Committee**, 7:30pm (By invitation.)

AA's Three Legacies for April

Step 4—"Made a searching and fearless moral inventory of ourselves."

Tradition 4—"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Concept 4—"Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge."



From the Chair...

Gratitude in Action. I spend moments each and every day in sobriety in reflection of the miracle of my recovery and all those I come in contact with in our Fellowship. A big part of that gratitude has always included giving back what was so freely given when all hope seemed lost and the powerlessness of my alcoholism would surely be the victor. Nassau Intergroup has many opportunities for our fellow AA members to keep the Gratitude in Action. We have openings for our office staff to answer the phones and carry this message to those who reach out for help. Office staff openings are 4 hour shifts between the hours of 9AM-1PM and 1PM-5PM.

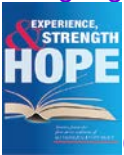
(Continued pg. 7)

Literature

April 10 is the 78th anniversary of the publication of the book *Alcoholics Anonymous* (B-1). The book is now in its fourth edition, and while the basic text has remained essentially unchanged, the stories section has evolved with each edition to include stories more reflective of the face of the membership at the time. This means that a number of stories have been retired with each new edition. Those 56 retired stories are collected and offered in the anthology *Experience, Strength & Hope* (B-20).

Bill W. wrote, "The story section of the Big Book is far more important than most of us think. It is our principal means of identifying with the reader outside of AA; it is the written equivalent of hearing speakers at an AA meeting; it is our show window of results." He continues, "The main purpose of the revision is to bring the story section up to date, to portray more adequately a cross section of those who have found help—the audience for the book is people who are coming to Alcoholics Anonymous now." (From, *ES&H*, pp. ix-x.)

Many of the removed stories were written in what is referred to by some as the "flying blind" period, the time before the development and adoption of AA's Twelve Traditions, before AA meetings became ubiquitous, and before many other AA-based resources (such as local Intergroup associations, service literature, and easy access to AA) existed. Yet, in each, the message of recovery and the language of the heart are clear.



Check out, *Experience, Strength & Hope*.

Are you familiar with the *AA Guidelines*, a collection of short publications out of the GSO on a variety of topics such as Archives, Finance and the Internet for AA? They offer shared experience from around the Fellowship on these and 14 more topics, and are available for free download at www.aa.org. (Go to, "[AA Literature](#)," > "AA Guidelines," or search under, "Guidelines.")

Did you know this year's General Service Conference is considering retiring the pamphlets; *Three Talks to Medical Societies* by Bill W. (P-6) and *Too Young* (P-37), making revisions to several others, and possibly developing literature concerning safety in AA? Ask your group's GSR if you'd like to know more.

Next month we'll take a look at the *Group Handbook* (M-36), a collection of AA materials offered together in a binder designed to assist AA groups as they form and work to carry the message of recovery through AA.

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

STEP FOUR "Made a searching and fearless moral inventory of ourselves."

In Step 4 we continue our self-discovery by taking a careful and in-depth look at ourselves. We focus on our resentments, fears, and harms done to others, which contributed to our compulsive behaviors. At first, this Step may seem overwhelming. Feelings of guilt, shame, remorse, confusion and hurt are very common. When we carry around guilt and anger, sometimes we can't even bear the thought of reviewing our past. It is too painful to think about those we hurt and how we've hurt ourselves. Sometimes we may even question re-opening these old wounds. If it were up to me, it would have been easier to forget the past and move on. Right? This is why we go through the Steps, especially Step 4, with the guidance of a sponsor or spiritual advisor.

So, how was I to take a "searching and fearless" look at myself? There were lots of feelings that came up in the very beginning. With a little guidance, I got over the fear and anxiety of taking Step 4. I began to put pen to paper. I was constantly reminded that Step 4 wasn't just about my past, but instead it was about getting to know myself better. We write our inventory to discover the truth about the lie.

An inventory becomes a ritual housecleaning. We sort through our lives looking for unwanted, outdated clutter, taking up space. It is only then, that we can make room for something new. When our inner houses are clean and clear, our higher power can guide our thoughts and actions.

Kim W., *Floral Park Bellerose Group*

Nassau County General Service Unity Breakfast



Presents: Supporting Our Future

June 4th, 2017, 9am – 1pm

Long Island Marriott

101 James Doolittle Blvd.

Uniondale, NY 11553

\$30 per person

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**Nassau Intergroup of AA
cordially invites you to attend**

SHARE A DAY 2017

Saturday, April 29th 2017

8:30AM - 4:30PM

St. Joseph's School

1346 Broadway

Hewlett, NY

KEYNOTE SPEAKER— OLD TIMERS PANEL

TRADITIONS PLAY

OVER 25 TOPIC MEETINGS/WORKSHOPS

AL-ANON, GENERAL SERVICE &

YOUNG PEOPLE

AA LITERATURE & ARCHIVES

SERVING CONTINENTAL BREAKFAST,

LUNCH AND PLENTY OF COFFEE



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**Nassau Intergroup
Presents
40th Share-A-Day (XL)
"STEP INTO THE SOLUTION"**

**Program of Events:
Saturday April 29, 2017
Doors open at 8:30 a.m. at Saint Josephs in Hewlett
1346 Broadway, Hewlett, NY 11557**

ROOM	9:00-9:45	10:00-10:45	11:00-12:15	12:15-1:30	1:30-2:45	2:45-3:30	2:45-3:30	3:45-4:30
101	<i>God as we understand him</i>	<i>Young people in AA</i>	O L D T I M E R S P A N E L	L U N C H	K E Y N O T E S P E A K E R	T H E T R A D I T I O N S P L A Y	<i>Nassau Intergroup</i>	<i>General Service</i>
102	<i>STEPS 1-2-3</i>	<i>STEPS 4-5-6</i>					<i>STEPS 7-8-9</i>	<i>STEPS 10-11-12</i>
103	<i>Don't Take Yourself so Seriously</i>	<i>AA Slogans</i>					<i>H.O.W.</i>	<i>The Doctor's Opinion</i>
104	<i>There is a Solution</i>	<i>Courage to Change Al-Anon</i>					<i>Let it Begin with Me Al-Anon</i>	<i>Expectations Al-Anon</i>
105	<i>Joy of Living</i>	<i>Prayer and Meditation</i>					<i>Life on Life's Terms</i>	<i>Relapse Prevention</i>
107	<i>Sense of Belonging (Spanish)</i>	<i>Don't Quit 5 Minutes Before the Miracle</i>					<i>Service, Gratitude and Actions</i>	<i>Sponsorship</i>

***KEYNOTE SPEAKER: Fran B. from Bayville Triangle Group**

Tradition Four “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

Autonomous: a. self-governing; independent; subject to its own laws only. b. pertaining to an autonomy, or a self-governing community.

This tradition means that “we had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action.” (*Twelve Steps and Twelve Traditions*, p. 147.) When our forefathers were charting this freedom, they found it necessary to post only two red flags: A group ought not do anything, which would greatly injure A.A. as a whole, nor should it affiliate itself with anything or anybody else. “There would be real danger should we commence to call some groups ‘wet,’ others ‘dry,’ still others ‘Republican’ or ‘Communist,’ and yet others ‘Catholic’ or ‘Protestant.’ The A.A. group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action” (*Twelve Steps and Twelve Traditions*, p. 147) and to develop itself as it sees fit, so long as the main goal was sobriety, and no other A.A groups were affected.

For example, an AA group may declare itself as Special interest group according to a group conscious, perhaps LGBTQ friendly. However, Tradition 3 must remain intact.

Another example: My old home group wanted to change the anniversary celebration times. When taking a vote to establish the new group conscience, someone explained that the new celebration time would interfere with a neighboring group’s celebration. So as to not conflict, or affect the neighboring group, our group decided not to make the change.

These examples are at the core of Tradition 4.

Kelly R., Friday Night Rainbow Group, Asbury Park 



NEWS FLASH!

Update: On the website meeting search, when looking for a beginners meeting, you will now need to search for “Newcomers Meeting”. The app still uses “beginners” in the search, however, look for that to change in the near future.

CONCEPT IV Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

My understanding of this Concept says that all groups within AA should be given a right to participate in the affairs of AA (e.g., Delegate’s Questionnaire). It also provides for the staff of non-alcoholics, that they should be permitted a right to vote in proportion to the responsibility they hold. This makes sure that all responsible components needed to make knowledgeable decision, have the right to participate and provides vocalization for the people with the knowledge of how things operate on a daily basis.

Kathy W., North Bellmore Group

Nassau County General Service Presents: A Roundtable Discussion Concept Series

Speaker - Albin Z.

7:00 – 8:30 p.m.

Intergroup Office

361 Hempstead Tpke.

West Hempstead, NY 11552

**Bring a friend, everyone is
welcome!!**

Concepts V & VI – May 15th, 2017

Concepts VII & VIII – July 17th, 2017

Concepts IX & X – September 18th, 2017

Concepts XI & XII – November 20th, 2017

Please bring your “AA Service Manuals combined with Twelve Concepts for World Service” – we will also have some available for purchase or loan
For more information, please contact
dcmc@nassau.aaseny.org

NIAA Institutions Committee

Occasionally, AA members will ask what's involved in institutions work, so it might be of value to describe this work and its components. The first installment (chairperson) was in January's newsletter. In February the responsibilities of speakers at meetings held in institutions were explained. Last month, we reviewed the institutions committee of NIAA. This month, we'll review the institutions that Nassau Intergroup supports. Although hospitals in Nassau County make up the majority of the institutions we support, we work closely with the NIAA Corrections Committee (in fact, the corrections committee meeting immediately follows the institutions meeting each month). Here is an abbreviated list of the institutions supported by the committee, along with the town and number of meetings held per week (the complete list, along with days/times of the meetings can be found in the back of the NIAA meeting list):

- Brunswick Hospital, Amityville, 3 meetings/week
- Hempstead Park Nursing Home, Hempstead, 1 meeting/week
- Melillo Center for Mental Health, Glen Cove, 2 meetings/week
- Nassau County Correctional Center (Jail, DART), East Meadow, 10 meetings/week
- New Hope and Primary Care Program Treatment Center, Freeport, 2 meetings/week
- Northport VA, Northport, 3 meetings/week
- NUMC, East Meadow, 10 meetings/week
- Salvation Army, Hempstead, 1 meeting/week
- South Oaks (NS LIJ) Amityville 8 meetings/week
- Zucker Hillside Hospital Glen Oaks 1 meeting/week

If you are interested in any of these meetings, please attend a committee meeting or contact institutions@nassauny-aa.org.

The founders of AA were visionaries, particularly in their characterization of alcoholism as a disease. This was a revolutionary idea at the time – rather than the prevailing view that alcoholics were simply bad people, the perception was transformed to the modern view that alcoholics are gravely ill people – and people who can get well. As you probably know, the NIAA Institutions Committee brings AA meetings into institutions throughout the county (it is the longest standing committee of NIAA). (Continued above)

(Continued from below)

As you probably also know, these days most of us find our way to AA through an institution of some sort. The goal of the committee is a simple one, and in support of our primary purpose: we try to make sure that whenever someone in a detox, a rehab or a psych ward reaches out for help, the hand of AA is there. Beyond that, while these institutions provide treatment for the acute symptoms of the disease of alcoholism, we can provide the information and introduction to the broader AA community necessary to get well, and stay well. If you think you might be interested in supporting this kind of service, or would like to learn more about it, or if you know of an institution interested in having AA meetings, please attend the meetings of the Institutions Committee held the first Wednesday of each month at 8P at the Simpson Methodist Church 30 Locust Av., Amityville, which is right across Sunrise Highway from South Oaks Hospital. If you can't make it, feel free to contact me at institutions@nassauny-aa.org. If you or your group has any literature that is no longer needed, or that you would like to contribute, please let me know. We'll pass it on to the various institutions we support.

BTW, we owe a debt of gratitude to the AA members who chair the various institution meetings and arrange for speakers, as well as those AA members who go to those institutions to share their experience, strength, and hope.

Mike F., Serenity by the Sea, Pt. Lookout,
institutions@nassauny-aa.org

AA Beyond Belief Meeting

Free Thinkers, Nonbelievers, Humanists, Atheists, and Agnostics

Nassau meeting being started

Statement: This group of A.A. attempts to maintain a tradition of free expression, and conduct a meeting where alcoholics may feel free to express any doubts or disbeliefs they may have, and to share their own personal form of spiritual experience, their search for it, or their rejection of it. We neither endorse nor oppose any form of religion or atheism. Our only wish is to assure suffering alcoholics that they can find sobriety in A.A. without having to accept anyone else's beliefs, or having to deny their own.

Nassau AA Beyond Belief Group is being formed. A meeting place is currently being sought. Those interested will be contacted when location, days and times are available. To be notified or for more information e-mail:

AABBnassau@gmail.com phone or text: 516-697-4644

From The Night Book:

This month is a milestone for me; twenty years as a sober alcoholic in AA. I have much to be grateful for, so I composed this prayer in honor of all of you who have stepped up to take the Night Book:

The Prayer of the Night Book Volunteer

Master of the Universe

Higher Power of all this is good and just
I am here.

Hear my humble supplications

Although unworthy, full of defects and imperfections,

I stand before You to have compassion for all those

Who may seek me out tonight.

Hold them not accountable for my faults,
And my sins

Instead, grant my ears the Power to hear,
My heart to show Love,

And my soul to show compassion

To all who dial me for help this night.

Grant me a reprieve this day from the scourge of

The disease of alcoholism,

Merciless destroyer of lives and families,

Harbinger of disaster and King of Despair,

So that I may be strong to serve all of them who call
Tonight.

Inscribed on my shield is the Circle of Fellowship

With the triangle showing the Three Legacies

Of Alcoholics Anonymous:

Recovery, Unity and Service

It is a Beacon of Light to curse the darkness of despair

And to offer the hand of AA

Let me turn tears of sorrow and hopelessness into
Pearls of laughter.

Although I give up a few hours of sleep and
Conveniences

Of my life,

It is but a small sacrifice compared to the Good that my
Unflinching service

Gives to the sick and suffering of alcoholism

Grant me tonight, and for an entire forever of

Nights, the strength to perform this

Wonderful service.

And let us say Amen.

I would like to thank the following groups who did service on the Night Book in March:

- East Rockaway Group 3/4 - 3/10
- Floral Park-Bellerose 3/11 – 3/17
- Oyster Bay-Sagamore 3/18 – 3/24
- Creatively Sober of West Hempstead 3/25 – 3/31

Yours in Trusted Service

Steve S., Night Book Chair, NIAA

“Service is Gratitude in Action”



- **New Look on Life, 2nd Group Anniversary Party**, 881 Merrick Rd., Baldwin Saturday, April 22, 7-11:00pm
- **Intergroup Open House**, May 13, more to come...
- **Intergroup Picnic**, July 16, The Cedars @ Eisenhower Pk.
- **Hempstead Group 68th Anniversary** will be held at the American Legion Hempstead Post #390, 160 Marvin Ave., Hempstead on May 27th from 6-10pm FOOD, SPEAKER, RAFFLE, GIFTS. *Sorry, no children please.*

(continues from pg. 1)

From the Chair...

We also need volunteers to Chair Committees for our 12 Step Contact Lists, Special Needs and our Web Site. If you are interested in finding out how you can get involved and help carry the message across Nassau County please contact me or anyone at the office or come down to our Open House Event on May 13th. In Service,
Elise M.
Chair

NASSAU INTERGROUP EMAIL ADDRESSES

OFFICERS:

Chairperson: chair@nassauny-aa.org

1st Vice Chair: 1stvice@nassauny-aa.org

2nd Vice Chair: 2ndvice@nassauny-aa.org

Secretary: secretary@nassauny-aa.org

Treasurer: treasurer@nassauny-aa.org

STANDING COMMITTEES:

Archives: archives@nassauny-aa.org

Coop. Pro. Comm. (CPC): cpc@nassauny-aa.org

Corrections: corrections@nassauny-aa.org

Financial Review: finance@nassauny-aa.org

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

Program Chair/Secretary: seclist@nassauny-aa.org

Public Information (PI): publicinfo@nassauny-aa.org

Share-a-Day (SAD): shareaday@nassauny-aa.org

Speakers Exchange: speakerexchange@nassauny-aa.org

Special Needs: specneeds@nassauny-aa.org

12th Step List: 12thstep@nassauny-aa.org

Website: webcommittee@nassauny-aa.org

Meeting List Changes

Please help NI keep its meeting information current and correct by submitting a "[Meeting List Changes](#)" form (available through the office or on-line under "Group Services") whenever your meeting details change.


BEGINNERS = B BIG BOOK = BB C L O S E D = C CLOSED DISCUSSION = CD OPEN = O OPEN DISCUSSION = OD STEP = S TRADITION = T
WC = WHEELCHAIR ACCESSIBLE YP = YOUNG PEOPLE
NON-ALCOHOLICS ARE WELCOME AT "OPEN" MEETINGS.

NEW GROUPS

--Franklin Square, Brew Crew, Ascension Lutheran Church, 145 Franklin Ave. Franklin Square, 11010: CD 11am
 --Garden City 11530
 Grupo Tu Si Puedes, LI Ethical Humanist Society, 38 Old Country Rd.; Wed. 7:30pm Mujer (Women); en español (in Spanish).
 --North Bellmore 11710
 Moonlight Group, Walk in for Love Jesus Church, 906 Newbridge Rd.; Mon. 9pmB
 ---Port Washington 11050
 Sound Serenity, *Left off Dec. printing of mtg. list* Sun. 7pm B and S, last Sun. O/Anniv.; Tues. 5:30pm OD; Wed. 7:30pm CD; Fri. 7:30pm BB & CD
 --Rockville Centre 11570
 Joy of Living Group, St. Agnes Cathedral, 29 Quealy Pl. (Dominic Room, basement rear); Sat. 9am BB.
 --West Hempstead 11552
 Creatively Sober Group, 482 Hempstead Ave.; Mon. 8am CD, Sat. 7pm B; C.

CHANGES

--Baldwin 11510
 New Look on Life, First Church Baldwin, 881 Merrick Rd., cancelled 6pm CD and "As Bill Sees It" meetings on Friday
 --Kings Point 11024
 Great Neck/Kings Point Merchant Marine Academy (Chapel Basement), now meeting Thursday 7pm CD
 --Levittown 11756
 God's Will, Presbyterian Church, 474 Wantagh Ave. will now be known as **Acceptance is the Key**. No other changes.
 Instrument Group, India Christian Assembly, 100 Periwinkle Rd., Anniversary mtg. moved from last Tues. to last Fri. of month. No other changes.
 --Malvern 11565
 Sobriety Without End, Our Lady of Lourdes, Sheehy Pl & Park Blvd; Wed. 7pm S dropped; 8:15pm OD now meeting at 7:30pm; Last Wed TR dropped; Last Fri O dropped
 --Westbury 11590
 Hand in Hand Group, Westbury Friends School, 550 Post Ave; Mon. 8:15pm CD dropped. No other changes.
 --West Hempstead 11552
 Creatively Sober Group, New address: Trinity Lutheran Church, 260 Chestnut St. Mon. 8am CD, Sat. 7pm B; C.



Nassau County Intergroup Day of Service Recognition OPEN HOUSE

Date	Time	Address	Activities:
May 13, 2017	11-4 p.m	361 Hempstead Tpk W Hempstead NY 11552	<ul style="list-style-type: none"> ☺ Service Recognition ☺ Service Commitments ☺ Meet Nassau InterGroup ☺ Meet Nassau General Service ☺ AA Literature ☺ BBQ ☺ Refreshments

OPEN HOUSE:
 Come Join us on Saturday May 13th – Meet the Steering Committee- Service Committees-Office Staff –InterGroup Reps-Nassau General Service -- Learn the Functions of both Nassau Intergroup and Nassau General Service. Explore Service Opportunities and AA Literature – Enjoy the Fellowship.