

nassau
intergroup
of alcoholics anonymous®

NEWS
NEWS



2018



Nassau Intergroup of AA, Inc.
361 Hempstead Tpke., West Hempstead, NY 11552-1342
www.nassauny-aa.org intergroup@nassauny-a.org
516-292-3040 (24/7 Hotline)
516-595-3045 (Business)

GROUPS EXCHANGE
March 17 2018 7am-9am
Nassau Community College
1 Education drive (Cluster F) Room 127
Garden City, NY 11530

I CAN'T. YOU CAN'T. WE CAN.

We offer a very strong message to a newcomer when we suggest that we maintain our sobriety with the help of others. This is a "we" program. "Letting go" in sobriety was scary for me and it seemed to require strength. It was, however, not my strength but the strength of AA that pulled me through the hoop. How does a boxer "throw a fight?" He does so by not trying so hard, thereby allowing the other boxer to win. Fighting John Barleycorn was a fight I absolutely had to lose and I was helped in the fellowship to lose the fight. I actually learned to enjoy the loss. It could be said that I "threw the fight" and, guess what – I was not called up before a boxing commission. The program of Alcoholics Anonymous rescued me from the "punching" that alcoholism had been giving me. It's painful to see someone we've been helping, come in time after time and sorrowfully admit, "I drank again but I'm really trying." In examining my own experience with "trying" I see now that I was actually trying to hold onto the old ways of thinking. Surrender is the answer; the only answer. "Letting go" is not always easy but within the confines of the strong arms of AA it can and does happen every day.

Ed H.



AA TRADITIONS WORKSHOP SERIES

Sponsored by: Nassau Intergroup and
Hosted by Various Groups in Nassau County...

Dates:

- | | |
|------------------------------------|--------------------------|
| Tradition 1 January 13 | Tradition 7 July 14 |
| Tradition 2 February 10 | Tradition 8 August 11 |
| Tradition 3 March 10 | Tradition 9 September 8 |
| Tradition 4 April 14 | Tradition 10 October 13 |
| Tradition 5 May 12 | Tradition 11 November 10 |
| Tradition 6 June 9 | Tradition 12 December 8 |

All workshops will be held at the Nassau Intergroup Office, 361 Hempstead Tpke. West Hempstead, NY Meeting will begin at 9:30 a.m. and end at 11:00 a.m. Light refreshments will be served.



Concept III's "Right of Decision" – How Far does it Go? Jim M.

One Day at a Time Group -- Oceanside, NY

I still remember my 90th day of sobriety. I had just received my 90 day coin, and after the meeting I was enjoying the kind encouragement so often showered on newcomers. "Good job!" they said. "Keep coming!"

Then this woman, Deb, walked up to me. What she said was simple: "Hey, we need your help. Do you have a little bit of time you could give to keep this group going strong?"

The following week I started my new service position as our home group's new "Assistant Literature Chairperson" (a job I still believe was invented so I could enjoy the precious gift of doing a few simple things for my fellow alcoholics). The job wasn't complicated: take the books from the box that we kept in the closet, and arrange them on a table near the front of the room prior to the meeting. After the meeting, put them back in the box, and put the box back in the closet.

Like every service position in A.A., those responsibilities came a certain level of authority, including the traditional "Right of Decision" described in Concept III found in the A.A. Service Manual.

That "Right" included the authority to decide how to arrange the books on that table. I learned in the weeks and months that followed that it also included the "right" to add other AA literature to our display that the group didn't previously have. I had an idea to make a small, stand-up bulletin board to post event flyers. After sharing that idea with the group and getting permission to purchase the materials, it was clear I also had the "right" to suggest ways to improve our group's literature display. Cool!

Then came the first problem: the church where we met was having a social event that sounded interesting to me, and I thought it would be helpful to some of the people who attended our meeting to have it posted. My motives for doing so were entirely good. I was just doing my best to be helpful. I copied the flyer from their bulletin board, and put the copy on our group's display. When the flyer disappeared that night, I assumed somebody else was equally excited and had grabbed it to share with others. No problem. I made another copy and replaced it on the board.

Then came the business meeting, where I suddenly found myself being "schooled" about some AA principles. Most of the people were very kind and patient because they knew I was new to this position. There was one guy, however, a "know-it-all" who didn't seem to care about my feelings, who threw around big words like "non-affiliation" and acted like I was going to single-handedly destroy AA.

The group, overall, was kind in helping me to a better understanding of what my "Right of Decision" did and didn't include. At the most basic level I came to understand that even though it was my responsibility to take care of our literature display, it wasn't my literature display. It belonged to the group -- just like I did. Ultimately, it was the group that would decide any major changes or additions to that display, and it was my responsibility to carry out those decisions.

I also learned in the months and years that followed that problems like this are common in A.A. The best way to avoid or minimize them is spelled out in the pamphlet "The Twelve Concepts Illustrated":

Bill warned us against using "The Right of Decision" as an excuse for failure to make the proper reports of actions taken; or for exceeding a clearly defined authority; or for failing to consult the proper people before making an important decision. But he concluded: "Our entire A.A. program rests squarely upon the principle of mutual trust. We trust God, we trust A.A., and we trust each other."



Support: Elmont Belmont "Give it a Try"

We need your support

**Deliverance Baptist church 227-11 Linden Blvd
Cambria Heights, N.Y.14111 -7:00pm -8:15- Th. 715-8:30**

Spiritually Fit and Serene in 2018

Nassau Intergroup presents:

The 41st Annual Share-A-Day

Saturday April 28th, 2018

8:15am - 4:15pm

St Joseph's School

1346 Broadway

Hewlett, N.Y.



Old Timers Panel • Traditions Play
Keynote Speaker • 24-Workshops

The SAD Committee will be meeting on the 3rd Wednesday of the month at 7:30pm at the Nassau County Intergroup Office in the months leading up to the event...

Volunteers needed!!! [email:shareaday@nassau-aa.org](mailto:shareaday@nassau-aa.org)

Individual and group contributions are now being accepted to support this event.

Please send your donations to:

Nassau County Intergroup Office

361 Hempstead Tpke

West Hempstead, NY, 11552-1329

...and remember to note on your check that your donation is for Share-A-Day.

Handicap Accessible • Public Transportation, Bus N32S



KEEPING IT GREEN DANCE

Saturday March 17th, 2018

Speaker Meeting: 6:30pm - 8pm

Dance: 8pm - midnight

Suggested Donation \$10 - No alcoholic turned away!
Beverages Available for Purchase

Thrive Recovery Center

1324 Motor Parkway, Suite 102, Hauppauge NY 11749

More information available at www.licypaa.org

At the 68th General Service Conference, the Conference will tackle the following literature-related agenda items under Literature or Archives:

--Consider proposed revisions to *Alcoholics Anonymous: Adding an appendix reflecting recognition from the Library of Congress, adding the "AA Preamble" and "Responsibility Statement,"* and adding an endnote to "Bill's Story" acknowledging co-founder Dr. Bob.

-- Consider publishing "The God Word," a pamphlet for agnostic and atheist AA members currently published by AA in Great Britain. Also, consider development of a separate pamphlet for agnostic and atheist members.

-- Consider development of a pamphlet based on AA's Three Legacies.

-- Review a report and suggestions on inclusion of language related to safety in AA to existing literature.

-- Review revised drafts and/or the progress reports on the pamphlets: "AA for the Woman," "AA and the Gay/Lesbian Alcoholic," "Inside AA," "Twelve Traditions Illustrated," "Too Young?," "Young People and AA," and "AA for Alcoholics with Mental health Issues" (new).

-- Consider revisions to Living Sober

-- Consider development of a new book combining Twelve Steps and Twelve Traditions with Twelve Concepts for World Service

-- Consider a request to add a section on anonymity to the pamphlet, "Questions and Answers on Sponsorship."

-- Review the proposed publication, Our Great Responsibility: Selections of Bill W.'s General Service Conference Talks, 1951-1970

These are highlights of the literature-related agenda. Want to see the full Conference agenda (some 90 items) or to learn more about any of these items?

Consider attending the Delegate's Day of Sharing, a day-long assembly not just for GSRs where the Conference agenda will be discussed in some detail.

March 3, PS 41, 116 West 11th Street, New York 10011,

8:30AM-3PM, or review the background materials www.aaseny.org.

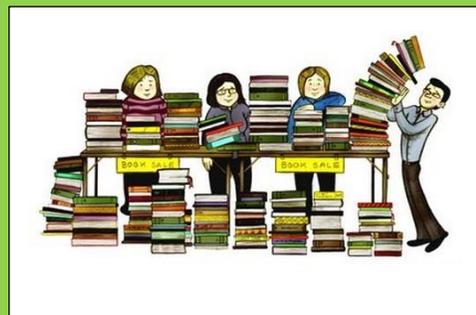
Raise an informed voice when local AA is invited to have its say on the Conference agenda at the April 8 pre-Conference assembly in Suffolk County.

Next month,

Came to Believe

Bill C., Literature Committee Chair

516-292-3045 or literature@nassauny-aa.org



When and Where did the Journey Begin ?

Who was the first member of Alcoholics Anonymous in Nassau County? Where was the first meeting of our society in Nassau County? In addition, what was the name of the first group? There are so many unanswered questions like the aforementioned.

It is my pleasure to be the archivist of Nassau County Intergroup and to attempt to answer those questions. It's a daunting job and not easy to answer those questions since our forefathers have long since left this earth. Many of the artifacts, personal histories, and group records have long passed into the black hole of history.

Was the first meeting in Hempstead? It was fifty or so fledgling members that traveled from Hempstead to Forest hills Queens in the early 1940's to the first meeting in Queens. Because of the war, were they forced to share their experiences, strengths, and hopes closer to home? What about the Northshore? What town did the old timers start up meetings in? Was it Manhasset, Roslyn or Port Washington? Did members meander from the Bronx or Manhattan to start the original meeting in Nassau County? Don't forget our Intergroup has its ancestry in the Manhasset-Roslyn Anniversary Service. Could it be the Baldwin Group whose original name was the South Shore Group? How about Garden City, Great Neck and Oyster bay?

Bill said in the "Big Book" of Alcoholics Anonymous that our jobs were avocations. My avocation is to reinvigorate and reinstate our archives.

In future issues of this Newsletter I will share stories of different people from different areas. The common denominations that they were all alcoholic who went to meetings and stayed sober with their individual higher powers help.

I need your help!. If you have any artifacts or knowledge of the earlier years of AA in Nassau County, please share them. We have a meeting the last Wednesday every month (the next one will be in April). Also if you are willing to share your story, were willing to listen and record them. Furthermore, we'd love to write and document the histories of your groups or take pictures of any artifacts in the meeting places. My name is John W. and willing to go to any lengths to make Nassau County AA archives the best that it can be! Please submit your articles,pics,to:archives@nassau-aa.org, or feel free to write us, we love snail mail...

East Rockaway Group

51st group anniversary
March 17th, 7pm to 11pm

Food, Fun and Fellowship, 50/50, dancing
Bethany Church,100 Main ST.,11518



North Nassau SENY Districts 208,209, & 211

PRESENT:

SPONSORSHIP WORKSHOP

"The Lifeblood Of AA"
How it WAS, how it IS, and how it COULD be!

- When: April 21, 2018 Saturday; 10am - 1 pm
- Where: St. Luke's Episcopal Church; 253 Glen Avenue, Sea Cliff, NY 11579
- Panel Presentation followed by *LIVELY* group discussion
- *Special guest speakers!*
- Light refreshments and PIZZA Lunch served!
- **PLEASE E-MAIL IF YOU WANT TO COME TO:**
- SCRIBBLER30@GMAIL.COM



Glen Head Group

70th Anniversary
Tuesday,

March 20, 2018

Food at 6:45PM

Speaker at 8PM

Glen Head Youth
Center

200 Glen Head Road
Glen Head, NY 11545



Beyond the Bars -- Alcoholics Who Want Our Help but CAN'T Come to Us!

By Jim M. - Corrections Committee chair

What would you say if someone told you there are alcoholics who are ready and willing to get started on a path to sobriety, but truly are not able to come sit next to us at the local meetings we so often take for granted?

What would you say if someone told you there are alcoholics in Nassau County, right this minute as you're reading this, TODAY, who are desperate for a message of hope and hoping for a chance to hear YOUR story, but need YOU to bring your story to THEM.

Would you do it? If you answered yes, and you've got a year of sobriety, a desire to use your own story to help other alcoholics, and a little bit of patience -- we've got a job for you!

Nassau County Correctional Center allows A.A. members like you and me to bring our A.A. message to alcoholics in the DWI Program and the DART Program. There is a clearance process that must be followed (our committee can walk you through the simple one-page form) and some basic safety guidelines we need to follow when we enter NCCC.

Some members might hesitate because they "don't have any experience with being in jail." Don't worry about that. The men and women in our local jail don't need to hear about our experience with being locked up -- they're already having one of their own! They DO want to hear about how to live a sober, useful life on the outside. To them, that is the big puzzle. Many of them will be returning to their home communities soon, and would love to have some suggestions to put in place right away!

Still reading? Good! There are several ways to get involved:

- Contact the Corrections Committee at corrections@nassauny-aa.org
- Come to the monthly Corrections Committee meeting at the Intergroup Office at 8pm on the 1st Wednesday of each month (immediately following the Institutions Committee meeting)
- Show up for our Corrections Workshop on March 10th at 11:30am (see info elsewhere in this newsletter)

Let's work together to help the drunks who want our help, but can't come to us to get it.

NIAA Institutions Committee

It might be of value to explain why carrying the message into institutions is important to me personally. Many years ago, an AA member who'd had the higher education experience provided by Freeport Hospital recommended that I go there myself. I was at the proverbial jumping off place, so I gave it a try. They brought in AA meetings and I listened, but I questioned the motives of the people doing the meetings -- why would they waste their time talking to me, and what was in it for them? When I left, I attended meetings sporadically, but nowhere near 90 meetings in 90 days. Due to my casual attitude toward a fatal illness, I started drinking again for no other reason than that I'm an alcoholic. Several months later I had to go to the emergency room at what was then the Meadowbrook hospital, now NUMC. They called down one of the counselors from their Alttox unit named PJ who suggested I spend a few days with them. I told him I'd think about it, but I was essentially telling the man that I had higher priorities than saving my own life. However, I did think about it and went into that week. When they brought in AA meetings I listened carefully, and when I left I started attending meetings religiously, and I've been doing so ever since.

The words and actions of those people coming into those hospitals reached someone who, by all outward signs, was unreachable. You just can't tell who will 'get' this program, and who won't. I'm alive today because people were kind enough to bring meetings to institutions and point me to AA. I'll never live long enough, and most of them have passed on anyway, to pay back the people that helped me -- John the fireman, Airplane John, John southwest, and Buddy (whose real name was also John). I can only try to pay them back by following their example -- to be of service to others. Carrying the AA message into institutions in Nassau. There are two ways that groups can support the work of carrying the AA message into institutions in Nassau. The first is by sending an institutions representative to the monthly meeting (first Wednesday of the month 8P) at the Nassau Intergroup office in W Hempstead. This rep can then book speaking commitments at the institutions we support (see back of meeting list). This rep can then book speaking commitments at the institutions we support (see back of meeting list). The Institutions Committee recommendation is that 5% of a group's donations should be earmarked for Institutions. So for example, if your group follows General Service guidelines (see pie chart at http://www.aa.org/assets/en_US/mg-15_finance.pdf) and donates 50% of total donations to intergroup, 5% could be earmarked for institutions (by specifying on the check or checking the box on the envelope), with 45% to intergroup (and the remainder to other service entities). Obviously, it's up to each group to determine the appropriate amount for them. Donations of literature (books, Grapevines etc.) no longer needed can also be made. Contact institutions@nassauny-aa.org for information.

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



Michael S. 1953-2018

A Devoted husband, father, family member, but utmost he was a great friend too.

He had 28 years of sobriety, a bulk of that time he was dutiful to giving back to the community, the AA Fellowship, and developed a real sense of giving without having to receive anything in return.

His genuine concern was easily felt through his true interest for another human being. It is rare to meet someone who truly is gifted with "Heart Smarts".

He volunteered for the Nassau County Intergroup office as a telephone Rep. His voice carried a message that connected through the phone lines that touched many lives from his life experience, strength and hope.

It was his willingness to help a fellow alcoholic, even though they may not have been successful in their sobriety. For him that was still a victory just by trying to help another person.

Through the years of his involvement in A.A., He sponsored many, held various commitments through the years and developed a huge network of friends because he was truly a Good Samaritan.

Michael maintained his sobriety while also suffering from mental illness. His wife reached out on social media for the world to know that anyone suffering from mental illness, to please seek medical attention, and to reach out to someone, anyone and be honest with that one last gasp of hopelessness with another person. However, Michael did leave a legacy that will not be forgotten....Giving of his time, the unconditional love for his family and friends, inspiring others towards greatness, and modeling forgiveness...

Michael you will be missed,...

For help in Nassau County-24 hours a day

A.A.Hotline: (516) 292-3040



Anne P.

Farmingdale Alcohol Only Group

44 years of sobriety...

RIP In loving memory...

The Stigma Of Depression
In An Alcoholic

My dad has been an Alcoholic in recovery for almost twenty one years now. He also suffers from an anxious Clinical Depression with a mood disorder. My younger brother and I have never seen my father drunk or high, and he has always been there for us when we needed him, and he is a loving and devoted father; yet there have been many times when he "shuts himself out" of family gatherings, and would rather be alone than with company. Since suffering a car accident and subsequent surgery in 2005, my dad has been totally disabled from his line of work. He believes that his work situation has magnified his Depression, and greatly increased his anxiety. His involvement with AA takes up a lot of his time, which he maintains, has helped to keep him sober these past twenty and a half years.

He is acutely aware of the effects that his illness has on our family. It fills him with remorse at times, and with that he feels stigmatized. In his early recovery, it was hard for us to understand him - for example his need to go to an AA meeting on school nights, or on the Thanksgiving holiday. My mother used to become cross with him for going, saying that she felt "abandoned," or "a family man does not leave his family alone like you do!"

Part of the reason that AA is an *anonymous* organization is because of the social stigma of Alcoholism. The same holds true with mental or emotional illness. Society was quick to label such people as "sick," or "crazy;" and if you add the disease of Alcoholism to the mix, well, there you have it. My dad believes that people still tend to place labels on people with mental illness. Since mental illnesses do not show any outward signs of disease like a wound or scar, people tend to think of the sufferer as "lacking will power," or just "acting out for sympathy." As far as Alcoholism, the Alcoholic is "weak-minded," again lacks "self-control," and is a social misfit. My dad is acutely aware of these stereotypes which are why the people in our extended family do not know of his condition, except for one or two trusted people. He also believes that in the social activities he engages in outside of AA, like for example, the synagogue, for people to know he is an Alcoholic would be a disaster.

Today, I think, things are a little bit better. Medications for mental illnesses are trumpeted on the media practically all the time; people are aware. They see "normal people" caught up in a devastating illness. The same is true of Alcoholism and drug addiction. You hear about celebrities going into rehabs all the time now, and there are many commercials for these rehabilitation facilities on TV.

My dad still maintains, however, that "people who don't suffer from Alcoholism OR Depression, have no idea what we go through." He is right, but my family is more attuned to getting information about these ailments, and we offer encouragement to dad. When I take hold of dad, look at him squarely, and just ask "How're you feeling today, dad?" he told me it can brighten up his whole day. No one ever gets *cured* of being an Alcoholic or a Depressive, but advances in psychotropic medications have really made a difference in treatment. The main lessons for the loved ones of these people, are to be empathetic and patient with them, become educated about mental illness and alcoholism, and most importantly, to NEVER lose hope.

Submitted by,
Anonymous
A.A. Member

HOPE
HOLD ON, PAIN ENDS.

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Of A.A.W.S., Inc.
Medications & Other drugs Brochure...



“One day, I came upon a billboard that said something like ‘Depression is a chemical imbalance in the brain, not a moral defect.’”

I rode the pink cloud for over a decade in sobriety. I was single and pretty much free to do as I pleased, so I was able to give a lot of time to A.A., and the rewards were great. I felt good almost all the time. My career took off, and I had a great relationship with my girlfriend. Even after we married, and I needed to spend more time being a good husband, I very much enjoyed the benefits of living a spiritual life and being in the Fellowship.

My career peaked when I was offered a vice presidency at a large corporation. I did my best to be humble and stay grounded. While all this great career movement took place, my wife and I started our family. When my daughter turned two, we found out that my son was on his way. We had a nice home and a good income, so everything seemed great.

Trouble loomed around the corner. The business started a very fast decline, to the point where I had to cut the staff by eighty percent. Then I got transferred to a much less prestigious position. My two children both had problems that we did not know about when they were infants. I felt so angry with God. Why, when I did all that I could for A.A., and the program turned my life around, would God give my children these problems? I felt betrayed, infuriated, devastated and I went into a deep depression. I felt tired all the time, angry with everyone, even suicidal. At times, I couldn't bear to be in a meeting where people shared about their happiness or gratitude.

I struggled with this depression for almost two years. I went to a therapist and he tried very hard to help me, and at times I felt better. But the dark mood persisted and in my new job I started to act as I had when I drank. getting resentments, missing work, feeling paranoid.

I knew and accepted that I had clinical depression. I thought that I could beat it though, with therapy and A.A., and I think I sincerely tried. Unfortunately, after trying for two years that combination did not work. My therapist encouraged me to see my doctor and see if I could get help with medicine. At first I was totally against the idea. I had taken many drugs in addition to my drinking and after finding such a better life sober, I did not want to even consider drugs.

One day, I came upon a billboard that said something like “Depression is a chemical imbalance in the brain, not a moral defect.” I think that the use of the word “defect” really struck me because of our Seventh Step. My mind opened that day and I became willing to consider medical help. I prayed about it and talked to my sponsor, my therapist and to others in the Fellowship and finally decided to talk to my medical doctor about my depression.

She started me on an antidepressant. It took a little while, but I started to feel much better. Life stopped being such a daily grind, and I even started to have some gratitude again. I was very pleased that I hardly even noticed that I was taking the medicine, even in the beginning. I feel normal on it, not high or fuzzy in any way.

I now know many others who find that their path to happy destiny includes antidepressant medicine. It is by no means for everyone, but for me these medications are a godsend. Richard

Freedom from the Bondage of Self



Reflections on A.A. Service by an A.A. Member in Nassau County:

Most of us are familiar with the story of Bill W., just a few months sober, standing in the lobby of the Mayflower Hotel in Akron, Ohio. What saved him that day from the temptation to drink was not “remembering” his own suffering, or calling someone who could help him. What saved him was the thought of his responsibility to *other alcoholics*.

That selfless thought led him to the first encounter with Dr. Bob, and sparked a worldwide fellowship that arguably has saved all of our lives. That kind of selfless thinking is still what drives the growth of A.A. today, and continues to save lives.

Bill didn't need help. *He needed to be helpful*. As he turns his thoughts to someone he could help, he went from being confused and frightened to being aware of his usefulness and purpose.

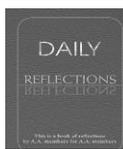
If you've been awakened by the Power that brings us together and heals us, and you're ready to deepen your experience through the joy of helping others, we hope you'll reach out to one of our committee chairs at Intergroup! It only takes a second, and you'll be talking to a drunk just like you who can help you find the best way to get involved.

The Public Information committee (publicinfo@nassauny-aa.org) always needs help getting the word out about A.A. in Nassau County, so alcoholics looking for help understand what A.A. can do, and how to find us. The Night Book (nightbook@nassauny-aa.org) is always in need of local groups willing to “cover the phones” during the hours that our volunteers aren't at the office answering the hotline. Event organizers for the annual picnic, Share-a-Day, and other activities need helpful hands to bring us together in unity and celebration. The Institutions Committee (institutions@nassauny-aa.org) and Corrections Committee (corrections@nassauny-aa.org) are ready to harness your energy to help alcoholics who want our help but can't come to us. The list goes on -- and there's always something for everyone that will suit your talents and experience.

Daily Reflection Favorite of the month:

Submitted by: Cindy R. No Frills Group, Bellmore

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I CANNOT CHANGE THE WIND

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. ALCOHOLICS ANONYMOUS, p. 85

My first sponsor told me there were two things to say about prayer and meditation: first,

I had to start and second, I had to continue. When I came to A.A. my spiritual life was bankrupt; if I considered God at all, He was to be called upon only when my self-will as incapable of a task or when overwhelming fears had eroded my ego.

Today I am grateful for a new life, one in which my prayers are those of thanksgiving.

My prayer time is more for listening than for talking. I know today that if I cannot change the wind, I can adjust my sail. I know the difference between superstition and spirituality. I know there is a graceful way of being right, and many ways to be wrong.

What's your favorite daily reflection? Submit to :

--www.nassauny-aa.org, or SNAIL MAIL US

From the Night Book - March 18



The Gold at the End of the Rainbow

Whenever I qualify at a meeting, I like to speak about doing Service, and how it has changed my life around so much. People who are newcomers to our Fellowship may think that things happen - like coffee, meeting set-ups, and book sales, by paid employees; i.e. Persons outside of AA. (These were the thoughts expressed to me by *one* newcomer!)

Those of us who DO Service do it because we *like doing it*. It's that simple. Of course, the AA Literature tells us about Service being the lifeblood of AA, that you have "to give back what you get," etc., etc. I suppose I got tired of going to meetings and doing the same old routine; getting a cup of coffee and a cookie, then taking a seat. Of course my first sponsor got me to start *making* the coffee, cleaning up and washing coffee pots at the end of the meetings. Needless to say, these early forms of in-group Service were just "baby steps" along the road to full recovery and a more productive life - through doing for another Alcoholic(s).

Okay, so about 5 years ago, an "old-timer" in my home group asked me if I would become the Intergroup Rep for the group. I jumped at the chance because I became, at this stage in my recovery, curious as to how things ran *outside the group level*. The Intergroup Rep commitment got me interested in taking the Night Book for my group to do every few months, and I also volunteered to help the Night Book Chair out whenever there was a blank slot on the calendar and no one was available to do it. For me, this "Night Book thing" was about as real as it ever got to pure Twelve Step Work. It became exciting for me; an actual living, breathing thing - The "*Responsibility Declaration*" incarnate! I clearly remember several "miracle phone calls" that I received when I did the phones that made me feel like *I was blessed*. There was the guy who called me from his car and told me that he was going to buy some booze and go home and drink himself into a stupor. I spoke to him for half an hour, doing nothing except share my Experience, Strength and Hope with him. I couldn't DO any more than that.

After about thirty five minutes, he told me that he was going home, going to sleep, and going to a meeting the next morning. He did. How do I know? Because he called the Office the next morning and told them!

Then, there was the merchant marine who called me on New Year's Eve, telling me that his mother had just died that very day, he was home alone, and drinking everything in sight. He was indeed, very drunk, and wanted help. He asked if I would call the police for him, and ask them to send an ambulance for him and take him to detox. It was either that, or suicide by alcohol. He ended up calling 911, and then called me to put a police officer on the phone. I gave some background to the police, and he went off to detox.

About 6 months later, a call came into Intergroup. It was the merchant marine, and he wanted to thank (he used my first name), the Night Book operator who was on the phone that night; saying "*he saved my life!*" For us in Service, this is about as good as it gets! It is but a small beginning; because by doing these things we increase the quality of our own sobriety one hundred fold! Since this is March, the month of *St. Patrick's Day*, these things are truly "The pot of gold" at the end of the rainbow. Until next month - A healthy recovery, One Day At A Time.

At this time I would like to thank the groups who did outstanding Service to AA by taking the Night Book during the month of February:

- Serenity By The Sea AM
- Seaford At Wantagh
- Franklin Square Road To Recovery
- Stepping Stones of Oceanside
- Rockville Center Discussion Group

Yours, In Trusted Service,
Steve S., Night Book Chair Nassau County Intergroup of AA
"Service Is Gratitude in Action"



Meeting List

- Next Printing You may have noticed that the printed version of the Nassau meeting book is no longer being published on a regular schedule, instead it is now being printed on as "as needed" basis. This change is the consequence of several factors. One is that there is an absolute minimum quantity that any printer will run. We have been printing at that limit for many years. At one time that would only provide for a three-month supply. That had slowly grown to 4 months and now stretched to 6 months or even longer. With the advent and growing use of the web site, that demand has slowly diminished. When we introduced the "Meeting Guide" smart phone app, the demand for the printed list declined even further.

At this point, we "go to print" when the supply gets low. To try and impose a set schedule would result in many copies being left over and having to dispose of hundreds of copies, hardly a prudent use of our funds (your donations). Our next printing will be in late April. So, the deadline for any changes will be the April rep's meeting (April 5th). As a reminder, new groups will only be included if we received a "Meeting List Change Form" for a new group before October 1st. On a brighter note, the "Meeting Guide" app continues to improve and widen its coverage by adding more and more central offices and intergroup's around the country and around the world. As a reminder, it locks in on your current location and shows the meetings closest to you. Here in Nassau, that is a limit of about 6 or 7 miles. If you want to find a meeting that is not showing up, head up to the menu in the upper left corner and manually adjust the "location" that it should use as a central starting point. If you are using the meeting guide from within a regular web browser and not the app, be aware that it does not function properly on the latest updates to the Firefox browser (56 & 59). This glitch only affects the Firefox browsers and none of the others. With your help and assistance, we can always be assured of being able to find a meeting when and where we need one, and not wind up hearing "Oh, they haven't met here for years" or "That meeting ended half an hour ago".

In love and service, Cory B Meeting List Chair
meetinglist@nassaunya-aa.org

Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood Him."

I spend way too much time in my head and can overcomplicate even the simplest of things. So turning my will and my life over wasn't exactly a walk in the park for someone like me. However, by listening to others share their experiences, I was able to find a way to make this step work in my life. I needed something that was going to be both simple and not negative (as I already have an abundance of overcomplicated negativity juggling around inside my head for years). Anytime I am dealing with a situation in my life and I am unsure of the outcome, I am usually in an extremely chaotic place mentally. I am usually trying to control the outcome and running on my own self-will and it seems to cause me nothing but unnecessary pain and misery. By coming to a place of acceptance and doing the next right thing and becoming open and willing to hear whatever the universe is trying to tell me, I am able to live a much happier softer existence and not everything is so intense. I could be struggling with waiting to hear back about a job, fighting with a person that I am close to, or making poor financial decisions. I can also be struggling with not hearing back from the cute guy I texted, and wondering if all of their fingers are suddenly broken! No matter how big or small the situation is, I have to practice turning it over on a daily basis.

Whenever I am struggling with turning my will over and wondering what the outcome may be, I try and remember these 3 simple things:
A Yes., B. Not right now., C. Something even better is coming.

- Rob K. from There Is A Light in Bellmore

CALENDAR OF EVENTS

All meetings are intergroup events held at 361 Hempstead Turnpike, Hempstead, N.Y. 11552 unless otherwise noted.

- 3/1 Intergroup rep. Meeting 7:30 7pm (suggested for new reps)
- 3/7 Institutions committee meeting 8pm
- 3/8 PI/PC meeting 7pm
- 3/10 AA Tradition 3 Workshop 9: 30am-11am
- 3/15 newsletter deadline
- 3/17 exchange group meeting 7am-9am
Nassau Community College, 1 Education Drive
(Cluster F) Room 127, Garden City, NY 11530
- 3/21 Share-A-Day Committee, 7:30pm
- 3/19 Nassau General Service Group (NGSG) meeting;
Concepts III & IV meeting 7:00PM.
- 3/22 Steering Committee, 7:30 pm (By Invitation)
- 4/4 Institution committee meeting 8pm
- 4/5 INTEGROUPEP MEETG 7:30pm (suggested for New reps)
- 4/5 Deadline for any changes for your groups meeting list
submit at intergroup reps meeting
- 4/12 PI/PC meeting 7pm
- 4/14 NI Tradition 4 Workshop 9:30am-11:00am.
- 4/15 newsletter deadline
- 4/16 Nassau General Service Group (NGSG) meeting;
Orientation7PM; Reps meeting 7:30PM.
- 4/18 Share-A-Day committee, 7:30 pm
- 4/21 Seny208, 209&211 St. Luke's Episcopal Church 253 Glen
Avenue, Seacliff N.Y. 11579 Sat.10am-1pm
- 4/25 Archives meeting 7pm every other month
- 4/26 Steering committee7:30 (by invitation)

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
 - Prof. 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
 - Office Manager, 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, speakersexchange@nassauny-a.org
 - Special Needs, specneeds@nassauny-aa.org
 - 12th Step List, 12thstep@nassauny-aa.org
 - Website, webcommittee@nassauny-aa.org

New Groups

- Franklin Square 11010 Brew Crew Group; Ascension Lutheran Church, 145 Franklin Avenue; Tues. *CD 11am.
- GardenCity11530 Grupo Tu Si Puedes Womens Spanish Wed, 7:30*cd
- Levittown 11756 Sober Living Group; Presbyterian Church, 474 Wantagh Avenue; all meetings 10am; Mon. *CD, Tues. *B, Wed. *BB, Thurs.* CD, Fri.*CD, last Fri. Anniversary
- Levittown 11756 The Old School Group; Good Shepherd Church, 3434 Hempstead Turnpike; Thurs.* B, 5:30p
- Manhasset 11030 Big Book Experience Group, 626 Plandome Road; Sat. *BB, 11am.
- Wantagh 11793 Lady's Clique St. Francis de Chantel 1309 Wantagh Ave8:30-9:30pm CD
- Westbury 11568 AA Beyond Belief, Life Lutheran Church 1 Old Westbury rd. Wed 8pm *CD parking in rear
Institutions: East Meadow11554 Nassau Medical Center Altos 10fl.9:30 am*B

CHANGES

- Bellmore 11710 Only Booze 2740 Martin ave Fri 10am cd added
- Bethpage11714 Principles before Personalities Monday 7-8 1&3rd week(S),2nd and 4th week (T)(cd), Wed7-8pm daily reflections deleted,Fri Beginner's 8pm-9pm meeting deleted
- Cambria Heights 11411 Elmont/Belmont Give It A Try Group; Deliverance Baptist Church, 227-11 Linden Boulevard; Mon. S, 7pm and Thurs. *B, 7:15pm, last Thurs.* Anniversary.
- Mineola 11501 Attitude Adjustment II 12pm cd Deleted
- Garden City 11530 Grupo Tu Si Puedes; Ethical Humanist Society, 38 Old Country Road. Deleted Mon. 7:30 *CD.
- Levittown 11756 Serenity Night Live Group; Good Shepherd Church, 3434 Hempstead Avenue; Sat. *CD will now be *OD, 6:30pm.
- Levittown 11756 The Old School Group; Good Shepard Church, 3434 Hempstead Turnpike; deleted* Cd TH 5:30.
- Long Beach 11561 Living Sober Group; St. John's Lutheran Church, 75 E. Olive/Riverside Boulevard; Tues. *OD, 9am. Mistakenly listed as no longer meeting.
- Lynbrook 11563 Lynbrook Group; 49 Blake Avenue; no longer Meeting. There Is A Solution; New location: Good Shepherd Church, 3434 Hempstead Turnpike. No other changes. Hope Group; New location: Good Shepherd Church, 3434 Hempstead Turnpike. No other changes.
- Malverne 11565 Big Book Fever Group, 8pm Sunday*cd deleted 12 Step Fever; Church of the Intercessor, 50 St. Thomas Place; Sun. Step *O, 7.30pm;
- Merrick 11566 Stepping Stones Cure of ARS school, 2323merrickave (s.ny27),grnd fl. St. Michaels room(no meetings on holidays)12:30*S meeting moved to Rectory lower level 12:30*S
- Massapequa Park11762 Discussion Group wed11am*CD to Wed 1pm*cd also first wed of the month 12:15 tradition
- Rockville Centre 11570 Off the Fence Group; The Vineyard Church, 251 Merrick Road; Drop Thus. O and Fri. *CD, add Sun.* Od, 8pm. Sober Company Group; 30 Hempstead Avenue; deleted Sun. 7 pm *CD.
- Uniondale 11553 Pace Group; Grace Lutheran Church, 311 Uniondale Avenue; drop Tuesday 7:30 BB.
- Pace Group; Grace Lutheran Church, 311 Uniondale Avenue; drop Tuesday 7:30 BB.
- Wantagh 11793 Lufberry Second Chance Group Thurs. step meeting 8pm
- Woodmere 11598 Arcade Legends Tues 630am *cd, th.6:30*am deleted