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MARCH 2002

**MEETING CHAIRPERSONS NEEDED**

**HOSPITALS, INSTITUTIONS,  
JAILS, REHABS, AND DETOXES**

***Call the Hospital and Institutions Committee @ (516) 292-3045***

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**EXCHANGE MEETING: MARCH 16,2002 @ 9:00AM,  
1<sup>ST</sup> Pres. Ch., 1<sup>st</sup> & Main, Mineola**

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**Calendar of Events**

All Meetings are held at the Intergroup Office unless otherwise noted.

Mar 9 1 PM Corrections Correspondence  
Mar 11 8 PM Dinner Dance Committee  
Mar 13 8 PM Share-a-Day Committee  
Mar 14 7 PM CPC/PI Meetings  
Mar 16 9 AM Exchange Meeting  
Mar 20 8 PM Web Site Committee  
Mar 21 **NEWSLETTER DEADLINE**

Mar 28 7:30 PM Steering Committee  
Apr 3 8 PM Institutions Committee  
Simpson Methodist Church  
Locust and Sunset Amityville  
Apr 4 7:30 PM Intergroup Reps Orientation  
Apr 4 8 PM Intergroup Reps Meeting

## **CORRECTIONS**

**Westbury: Steeple On The Parkway:** still meets Weds. 8:00 pm for a Step mtg.

## **NEW MEETINGS**

**Great Neck: Great Neck Station Serenity Group** 21 No. Station Plaza meets on Wednesday at 6:00 pm –7:00 p.m.

**Long Beach Sunday Morning Meeting:** Meets at Temple Beth Shalom 9:00am CD (Roosevelt & East Park Ave.)

## **MEETING CHANGES**

**Farmingdale: Step into the Light Group** Has added a Big Book meeting Sun. at 7:47 p.m.

**Franklin Square: W. Hempstead/Franklin Square Group is now called Gift of Serenity Group,** and has changed their Thursday 8:00 p.m. CD meeting to a CD/Topic meeting.

**Great Neck: Great Neck Group** has eliminated all 9:00 p.m. OD meetings except the 3<sup>rd</sup> Friday, which will be an Open Anniver. Mtg.

**Levittown: Women Discussion** Sunday 3pm CD meeting at the Pres. Ch. 474 Wantagh Ave.

**Mineola: Mineola County Seat Group** has added a 12:45 p.m. B.B. meeting on Sunday.

**Seniors for Sobriety Step Meeting** has moved from 50 Park Ave. R.V.C. to Mercy Family Council Center, 385 Oak St. Garden City (by Hofstra Univ.) for a 9:15A.M.meeting. The new meeting is now 2 blocks north of Hemp. Tpke. (opp.U.P.S.)

**Roosevelt: We Care Group** has changed Friday 8:30 p.m. Clsd. meeting to an Open Meeting.

**Valley Stream: Just For Today** has deleted their 7:30 p.m. Step meeting.

**Wantagh: Sobriety Group** has changed their name to Wantagh Sobriety and is now handicap accessible

**West Hempstead: Joy of Living** has added a 10:00 a.m. Step meeting. The last Friday is a Tradition meeting.

**Sea Cliff: Alive Again Group:** has added a 6:45pm Beginners meeting on Fridays, with the last Friday being an Anniversary night.

## **DELETIONS**

**Far Rockaway: Keeping It Simple Group** 1649 Smith Pl. no longer meets.

**Mineola: Young At Heart Group** is no longer meeting on Thursday at 7:00 p.m.

## **The Numbers Speak for Themselves** **2002**

Total Number of groups in Nassau County  
250 Plus - Total number of meetings - 851  
Total Number of Reps at the last Intergroup  
Rep's Meeting 50  
Total Number of Groups supporting  
Institutions Committee work: 19  
Total Number of Groups supporting Nightbook  
For the year 2002: 7  
Total Number of Groups providing 12th Step  
lists for the year 2002 : 12  
Total Number of Groups attending last Speaker  
Exchange meeting 95  
Total Number of Groups that kept their  
speaking commitments ??  
Mike F. Keep IT Simple, Oceanside

**From the very *first* days of AA, recovering alcoholics have visited institutions and brought the AA message of hope to the sick and suffering. For 6 months, Bill went looking in Towns Hospital. He and Dr. Bob found AA Number Three in the hospital in Akron. The Intergroup Institutions Committee (IIC) presently brings AA meetings to over 25 hospitals, detox facilities, rehabs, and the jail every day of the week. Various positions for chairpersons and/or co-chairperson are still available. Contact your institutions Rep or Intergroup Rep for an up-to-date list. You need no "hospital" experience, only one-year sobriety to be a chair/co-chair and 3 months to speak. Or just show up at the Institutions Committee meeting which is held the first Wednesday of each month at the County Line Group meeting place at 8 PM (Simpson Methodist Church, Locust & Sunset, Amityville).**

DINNER DANCE

**SAT., MARCH 16<sup>TH</sup>, 2002 7PM.-12AM**

**FUN! FELLOWSHIP! UNITY!**

Come join us to make this a special evening chock full of fun, food, fellowship! The Nassau Intergroup Dinner/Dance will be a sit down gourmet dinner, live dance band, special guest A.A. speaker Liz B., and special live entertainment between sets.

This is an open meeting so all are welcome. Invite your family and friends! Let's show them we can have a great time full of love, laughter and fellowship.

This is not a Fundraiser. The \$50.00 dollars cost will cover our expenses. Tickets are available through your Intergroup Rep., Intergroup office, or call me to purchase tickets.

With love and gratitude,  
Judy

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**THE NIGHTBOOK**

Nassau Intergroup and I would like to give thanks and gratitude to the following groups of people who took the NightBook commitment for the month of February , 2002:

- Franklin Square Decision Group
- Williston Park Solution Group
- Bethpage- Lost and Found Group
- Rockville Centre- New Beginnings Group

Also a reminder to all groups to update their 12 step list; this will help keep us up to date.

Gordon T. Nightbook Chairperson

**The Fourth Edition of the BIG BOOK is  
Now Available**

Please call ahead if you need to buy in quantity; this way arrangements can be made, so that the books/ literature will be available for you when you come into the office. Also new calendars (\$6.00), and the new pocket planners (\$4.00) are in.

I am not one for writing news articles. This is my first attempt. When I heard the topic my mind flashed back to that horrible day (I thought) over 28 years ago, when the man from the union picked me up and drove me to a rehab. It was the evening before Thanksgiving 1973. I did not know what a rehab was; I was scared and didn't want to go. The dog (my drinking buddy) must have sensed it too and bit the poor man (I was told later) – but I was too drunk to notice. Neither did I remember locking the front door. The only reason I agreed to go was to save my job. I would play by the rules, be a good little girl while I was there- and just don't get caught drinking in the future. I had no intentions of stopping ever, just to slow down and be more careful. I saw myself as a victim of circumstances., perhaps a potential alcoholic, but I was not like you. I didn't want to be an alcoholic because it sounded too terrible and shameful. And then the miracle happened, after several weeks of denial, in spite of all the lectures and movies. It was during one of the nightly AA meetings a lady who did "not look like an alcoholic" because she was so well groomed and elegantly dressed, I thought she was a visitor, chaired the meeting and told some of her story: and suddenly it was ok to be an alcoholic! God opened my mind just enough and I started listening. By the time I left the rehab I had found my sponsor who belonged to that lady's group, which became and still is my group today. The same lady had me speak at the rehab after 90 days, and 1 year later I started chairing a meeting there; trying to give back what was given to me. I have been involved in Service, especially with institutions. And for all these years I have been going once a week back to that Rehab to carry the AA message of hope, and to bring literature and meeting lists which I pickup each month at the Ilc meeting for the patients. My reward has been a sober and happy life-and if it had not been for that lady from AA coming to the rehab that nigh long ago, I doubt that I would be alive today. By the way, she too is still sober!

**With Gratitude, Rita K.**

**DON'T DRINK AND  
GO TO MEETINGS**

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## **SHARE - A - DAY**

### **KEEP A.A. ALIVE**

#### **COME TO SHARE-A-DAY 25**

Our annual Share-A-Day is April 27, 2002 at the Valley Stream Central High School; with doors opening at 8 a.m., and work shops beginning at 9 a.m. to 5 p.m. We are celebrating twenty-five years of showing the newcomer how Sobriety is enjoyed beyond the home group. Quite a few enthusiastic Share-A-Day Reps have attended our last meetings. If you love your home group, send a member to our next Committee meeting on March 13, 2002 at 8:00pm. to help with planning a great day. We would greatly appreciate your financial support for this yearly event.. Group donations can be made payable to: Share-A-Day and mailed to the Intergroup Office, 361 Hempstead Tpke., West Hempstead, N.Y, 11552

*See you at Share-A-Day! Marie.*

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### **Old-Timers Open Meetings**

The following groups are hosting an "Old Timers" Night with an open meeting, this is a great opportunity to come out and support the "backbone" of our fellowship, where you can "Learn to Listen and Listen to Learn." Pass the word at your home group and have the experience, strength and hope of two speakers with 25 years or more of sobriety.

**Mar 12 Glen Head 8pm**

**Mar 17 Plainview (EZDUZIT) 7:30pm**

**Mar 31 North Bellmore 8pm**

If you are an Old Timer and would like to speak please contact me.

Yours Gratefully in Service,  
Tony T

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### **GLEN HEAD 54<sup>TH</sup> GROUP ANNIVERSARY**

**Saturday April 6<sup>th</sup>, 2002 @ 7:00PM  
FOOD, SPEAKER, MUSIC-DJ, & FUN**

**St. Patrick's Church, Glen Cove, NY  
(corner of Cedar Swamp Rd./ Pearsall Ave.)**

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### **A MEMBERS VIEW:**

Like many other AA's in Nassau County, I began my journey into recovery in a hospital. Whatever it's official name may have been I'll always know it as Freeport. Although the intervening years have dimmed my memory of that place I still recall my mental state- anxious yet grateful- grateful that the shaking had subsided, grateful that I could sleep at night, and grateful that my terrible isolation had been shattered.

Freeport was also the place where I was reacquainted with a long forgotten sensation- a feeling of Hope. It came in the person of an AA member, who was there to lead a meeting. Outside of the fact that he was male, there was absolutely nothing else I remember of him... except his message- I could stay sober once I left the walls of Freeport. Whoever that man was he gave me hope where before there had been only desperation- albeit the quiet kind- but never the less despair.

Today, I have hope!

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### **COMING IN ON THE SECOND STEP**

I made my first AA meeting in either February or March of 1984. That meeting was in an institution, where I was a patient. When I saw the shades (Steps & Traditions) at the meeting, I was hoping there was finally some light at the end of the tunnel. Butch, Doreen and another man from the Freeport group spoke. Butch later returned and gave me my first Big Book, which I still have today- I am sober over 17 years now, "one day at a time."

I still make 5 meetings a week I am engaged to be married, have a place of my own, my own car, pets, etc. I may still have emotional difficulty sometimes, but I try and work the AA program as best I can. I am grateful for AA in institutions. I give service when I can such as answering phones at Intergroup. I once heard someone in AA say you give a nickel you get a quarter. Thanks to my Higher Power and AA, I am living my life, One Day At A Time.

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### **FROM THE EDITORS:**

**Please feel free to share your thoughts, feelings and sober experiences with us concerning your recovery. Either E-mail us or drop off your article at the Intergroup office. Also, please donate your Old Big Books to the Institution Committee** Mary Jo and George