

Nassau Intergroup of AA, Inc.

361 Hempstead Turnpike, West Hempstead, NY 11552-1342

www.nassauny-aa.org intergroup@nassauny-aa.org

516.292.3040 (24/7 Hotline) 516.292.3045 (Business)

WORLD WIDE WED EDITION



FEBRUARY 2017



CALENDAR OF EVENTS

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

FEBRUARY 2017

- 2/1— Institutions Committee, 8PM, Simpson United Methodist Church, 30 Locust Ave. (off Sunset Ave. from County Line Rd.), Amityville 11701
- 2/2— **Reps Orientation**, 7PM (Suggested for new Reps.)
Reps Meeting, 7:30PM
- 2/8— Share-A-Day Committee, 7PM
- 2/11— SENY Assembly hosted by NGSG, Bishop Kellenberg High School, 1400 Glenn Curtiss Blvd., Uniondale 11553; 8:30AM-3:30PM. (Go to www.aanassaugs-ny.org > "Calendar" or www.aaseny.org > "Events" for details.)
- 2/13— Archives Committee, 7PM
- 2/15— Website Committee, 7:30PM
- 2/16— **Newsletter deadline** for March
- 2/20— [Nassau General Service Group](#) (NGSG) Meeting Orientation, 7PM. (Suggested for new DCMs/GSRs.) NGSC Meeting, 7:30PM
- 2/23— **Steering Committee**, 7:30PM (By invitation.)
- 2/24-26— Northeast Regional AA Service Assemble (NERAASA), hosted by Area 30, Eastern Massachusetts, Sheraton Framingham Hotel & Conference Center, 1657 Worcester Rd., Framingham, MA 01701. (Go to www.neraasa2017.org for details.)

MARCH 2015

- 3/1— Institutions Committee, 8PM (See 2/1 above for location.)
- 3/2— **Reps Orientation**, 7PM (Suggested for new Reps.)
Reps Meeting, 7:30PM
- 3/4— Delegate's Day of Sharing, SENY, Area 49; 9:00AM-3:00PM; St. Patrick's School, 9511 Fourth Ave., Brooklyn 11209
- 3/8— Share-A-Day Committee, 7PM
- 3/9— Pl/CPC Committee, 7:30PM (Meets every other month.)

- 3/15— Website Committee, 7:30PM
- 3/18— **Exchange Meeting**, 7-9AM, Nassau Community College, 1 Education Dr. (Stewart Ave. to Lifetime Brands Blvd.), Cluster F, Room 127, Garden City 11530 (Park in East 2.)
- 3/20— [NGSG](#) Roundtable Workshop, 7PM; Concepts III and IV
- 3/23— **Newsletter deadline** for April
- 3/24-26— 49th [SENY Convention](#), Renaissance Westchester Hotel, 80 West Red Oak Ln., West Harrison, 10604. (For details, go to www.aaseny.org.)
- 3/30— **Steering Committee**, 7:30PM (By invitation.)

AA'S THREE LEGACIES FOR FEBRUARY

- Step 2**— Came to believe that a Power greater than ourselves could restore us to sanity.
- Tradition 2**— For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
- Concept 2**— When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference - excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter - the actual voice and the effective conscience for our whole Society.

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 was in last month's newsletter, and installments will continue over the next several issues of the newsletter. This month we'll explain the responsibilities of speakers at meetings held in institutions.

As with regular AA meetings, for any specific institution meeting there is a chairperson. That chair can either arrange for speakers, or

(Continued next page.)

NIAA INSTITUTIONS COMMITTEE (CONTINUED)

speak at the meetings himself/herself. Speakers can be booked at the monthly institutions meeting, or from among the members of the chairperson's home group. However, one difference from regular AA meetings is this: in a regular AA meeting, if a speaker doesn't show up, a group member can be asked to take the meeting, while in an institution; there is no one but the patients/inmates. So if a speaker doesn't show up, there is no meeting that day. Since this involves considerable responsibility, a speaker should have a minimum of 90 days sobriety. Speakers should be able to represent AA effectively, and should be familiar with the rules of a particular institution, should conduct the meeting in accord with AA traditions, and refer inmates/patients about to be discharged to intergroup or to local AA groups in their areas.

An AA meeting in an institution is essentially a beginner meeting and should be kept to an hour, which is the usual duration allocated by the staff. The speaker should read the preamble, give a brief qualification, and cover the basics of AA, then provide an opportunity for all the patients/inmates to share. In other words, the meeting should be conducted in a manner similar to regular meetings, so patients/inmates get a glimpse of what awaits them in meetings after they leave.

While some of them may have attended meetings previously, start with the assumption that everyone is a newcomer. Since this may be the first time a patient/inmate has encountered AA, a program of attraction not promotion, the speaker should bear in mind that he/she will be considered representative of the AA program, and will be seen as the walking copy of the Big Book that we talk about. Therefore, the speaker should convey a positive attitude, be respectful to patients and staff, use appropriate language and dress neatly. Suggestions for speakers include: abide by all rules of the facility; limit yourself to carrying the message of recovery from alcoholism; listen as much as you talk; align with AA traditions, in particular that AA and the facility are not affiliated in any way; avoid discussing the features of the facility(staff, medication, food, accommodations etc.) with patients/inmates; avoid comparison with other organizations (NA etc.). Speakers should also emphasize that alcoholism is a disease, an often fatal disease, but a disease from which millions of people have gotten well by following the twelve steps of AA.

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). 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, rehab or 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 8pm at the Simpson Methodist Church, 30 Locust Ave., 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



Lakota Wakan Tanka

... FROM THE NIGHT BOOK

Cold, Cold Winter; Heart-Warming Service!

During my drinking days, I used to enjoy drinking outside late at night, right in my own backyard. It didn't matter whether it was in the heat of the summer or the coldest day of the winter; I was always outside with my whiskey or gin. Of course, I drank indoors as well; but the Hell followed me wherever I went. Subtly, insidiously, alcohol had me in a death grip and refused to let go. I absolutely could NOT stop this insanity alone.

One cold night out of pure desperation, I made a phone call to the AA Hotline. The volunteer on the other end understood exactly what I was talking about and reassured me that I was not alone; that it was certainly possible to get well with the AA program of Recovery. It took some slipping and sliding in the beginning to get the message, but by God's Grace it stuck.

I never forgot that volunteer's help and what he and others like him did every night in Nassau County; give hope where there was

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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 speakersexchange@nassauny-aa.org
- Special Needs specneeds@nassauny-aa.org
- 12th Step List 12thstep@nassauny-aa.org
- Website webcommittee@nassauny-aa.org

FROM THE NIGHT BOOK (CONTINUED)

only despair before. Now, I am privileged to be the Chairman of that life-saving Night Book Service; which exemplifies our Fifth Tradition of "Singleness of Purpose" more so than any other 12-Step work. I cannot think of a more heart-warming and satisfying way to spend a cold winter's night.

The Night Book is convenient, easy, and can be fun as well. (See my column in the December 2016 issue). After all, you're providing a fantastic service right from the comfort of your own home! Just ask your Intergroup Rep to put up his or her hand at the next Rep meeting, and volunteer your Home Group to "take the Book." It's that simple!

Now, I would like to thank those groups who performed this invaluable Service to kick-off the New Year in January:

Grateful Group, Massapequa
Moonlight Group, Bellmore
Sobriety Without End, Malverne
South 9th Street, New Hyde Park
Solution Group, Williston Park

Yours In Trusted Service,
Steve S., Night Book Chair, NIAA
"Service Is Gratitude In Action"

LITERATURE

Back in 1939, the early members struggled to get out the first piece of AA literature, the book [Alcoholics Anonymous](#). We've come a long way from there, and today, beyond our basic text, we enjoy a wealth of material carrying the AA message among books, booklets, pamphlets, periodicals, posters and more, offered by AA World Services, Inc. (AAWS) or the AA Grapevine, Inc. in a variety of formats including traditional print, Braille, audio and video recordings (CDs and DVDs), and digital editions along with many special items.

For AAWS, that material is listed in and available through its [Literature Catalogue](#) (F-10), all available in English, French and Spanish, the three languages of our General Service Conference. The catalogue is free to download at www.aa.org (under "AA Literature") or in print at the Intergroup office. Of special interest may be those many items coded "F," which means they are free. Also, many additional items in the catalogue are available for free download off the website.

One of the little AA gems is the pamphlet, [The AA Group: Where it all begins](#) (P-16). Designed to serve "as a handy information tool and suggested guide for an AA

group," this pamphlet talks about what makes an AA group, how it might be organized and how it might relate itself to the rest of AA and to its community. Many a question that typically comes up in our groups may be answered with *The AA Group*. It is available alone, as part of two different collections of AA pamphlets (BP-61 and BP-64), as part of *The Group Handbook* (M-36, a binder of materials considered of special use for groups), or free online.



Next month, we'll talk a bit about AA's three less well-known periodicals, [About AA](#), [Box 4-5-9](#) and [Markings](#).

In service, Bill C.
Literature Committee Chair
literature@nassauny-aa.org

Nassau Intergroup of AA cordially invites you to be a part of our biggest annual event.

SHARE-A-DAY 2017

Coming April 29, [St. Joseph's](#), Hewlett
In order for this event to be a success, we need volunteers for all the following committees:

Hospitality • Program Planning • Publicity
Kitchen/Menu Planning • Set Up •
Clean Up • Actors & Actresses

We all have something to offer, so why not be a part of planning Share-A-Day 2017?

Please join us at our monthly meetings scheduled for the 2nd Wednesday of each month at 7PM

(Just show up at the next meetings: Wednesday, February 8 and March 8)

Meeting Location:
Nassau Intergroup Office
361 Hempstead Turnpike
West Hempstead, NY 11552

If you are interested, contact Share-A-Day Chairperson Liz P., Phone: 516 - 292 - 3045
Email: shareaday@nassauny-aa.org

DOES YOUR DOCTOR KNOW?

Does your doctor know you're an alcoholic? Mine do, and they are very supportive of Alcoholics Anonymous. My doctors and most others understand that alcoholism

is widespread in Nassau County and beyond, and are willing to offer pamphlets in the waiting room of their offices.

Public Information of Nassau Intergroup of Alcoholics Anonymous has been supplying, and placing the pamphlet [IS AA FOR YOU? 12 questions only you can answer](#) in doctors' offices throughout Nassau. So far, we're in about 13 offices, General Services about the same, BUT, there are hundreds of doctor offices in Nassau, and we can use your help. PLEASE ask your doctor if we can place a small single pamphlet holder in their waiting room. Once you receive permission, email or call me and we can arrange placement.

Your assistance is appreciated and may possibly help save a life!

In fellowship and service,
Nassau Intergroup of Alcoholics Anonymous
Public Information Chair, Steven S.
516-292-3045

Email: publicinfo@nassauny-aa.org

CONCEPT II

Concept II states: "When, in 1955, the AA groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference - excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter- the actual voice and the effective conscience for our whole society."

So, while the AA groups have all of the final responsibility and authority, they cannot of themselves manage and conduct our varied and many world services on a day to day basis and thus the need to delegate to the Conference, the structure of which is the framework in which these "general services" are carried out.

This principle of operation was not a quick decision but rather, as many principles in AA, evolved over time and was based on need and experience. Even in the beginning before the "Big Book" or the Traditions or the Alcoholic Foundation, the need for delegation was apparent. In 1937 the groups at Akron and New York authorized Dr. Bob and Bill W. to create overall services which could spread the message worldwide. Also important to note is the fact that our original leaders, Bill and Bob had the insight to transfer their own authority, responsibility and leadership during their lifetimes, avoiding pitfalls

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CONCEPT II (CONTINUED)

that many other societies fell into because their originators failed to do this and vanished.

To gain a better understanding of how all of this works, pick up a copy of the AA Service Manual, read the annual Conference Report or attend the Concept workshops which the Nassau County General Service Committee holds every other month. To see part of it in action attend a Regional Service Assembly. The next Northeast Assembly ([NERAASA 2017](#)) will be held in Framingham, MA from February 24th to 26th, or attend the next [Area 49 Assembly](#) on February 11th right here in Nassau County at Kellenberg Memorial High School. Information for both these events can be found on our area website, www.aaseny.org.

I believe we owe it to ourselves to know how this sacred thing that saved our lives all holds together. "This we owe to AA's future; to place our common welfare first; to keep our Fellowship united. For on AA unity depends our lives, and the lives of those to come."

John M.
North Bellmore Group

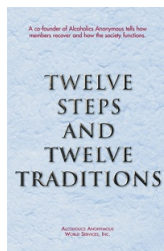
STEP 2, "CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY."

Each of us must "come to believe" in our own way to find our Higher Power. Step 2 is a growing into understanding that once we stop the fighting within ourselves about what the Higher Power will be, we find the peace and joy of a spiritual connection.

For me, my Higher Power is God. It was not easy at first because I was brought up with a fear of a punishing God. I knew when I surrendered and got sober, there had to be a god because with my own self-will, I could not stay sober. I talk to God on a daily basis and I know He loves me (because prayers seem to be rehearsed for me).

Growing up I had to try and control everything I could in order to survive. So when I "came to believe" I couldn't control the uncontrollable world, what a freedom it was. My God also protects me against myself when my self-will runs rampant.

Now, since I "came to believe," the part I really work on is trusting in confidence in my



God because God is doing for me what I could never do for myself!

Coming to believe has given me hope for my continued healing. With God-Higher Power, all things are possible!

Susan
North Bellmore Group

TRADITION 2, "FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY - A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN."

When I first came into the rooms of AA as a newcomer, I made an assumption. I thought the person chairing the meeting ran the whole group. They must know a lot about AA, I thought. After all, they are leading the meeting. Later on, after the meeting was over and we were outside the church, congregating, I asked another group member about the gentleman running the meeting. I asked, is he the leader? Does he make sure the meetings run smoothly? Did he make up all the rules about cell phones in the meeting, and not cross talking, etc. The group member giggled and told me to read Tradition 2 and to attend the next business meeting. "Am I allowed to attend since I have like two seconds sober?" He laughed again and said read Tradition 2, and it will make sense. So like any good alcoholic, I did not read tradition 2.

By the Grace of God, within a week, I attended a step meeting. Guess what tradition the meeting was up to? That's right! Tradition 2. So I listened and heard things like, group conscience, ultimate authority and trusted servants. Reading that chapter in the step book clarified things. Newcomer or old-timer, we are all trusted servants.

So I decided to attend the next business meeting, well actually, my sponsor suggested it. It was a bit frightening listening to everyone try to have civil interactions regarding disagreements in the group. Everyone had different opinions about the topic, and it got quite heated. Everyone was allowed to share his or her viewpoints. However, in the end a vote was taken, and thus begun a new group conscience. When everyone left the meeting, they were all friends again. Here is where I witnessed the "Ultimate Authority." God as we understand him has expressed himself through our group conscience.

As the years went on, I learned to have a voice during business meetings. If we are

mindful of our intentions, and keep the focus on our primary purpose, to carry the message to the alcoholic that still suffers.

Kelly R.
Friday Night Rainbow Group, Asbury Park

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 CLOSED = 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

- Freeport 11520
- Thursdays As Bill Sees It Group**, Freeport Community Church of the Nazarene, 301 Atlantic Ave.; Thur. 7pm C (As Bill Sees It).
- Garden City 11530
- Grupo Tu Si Puedes**, LI Ethical Humanist Society, 38 Old Country Rd.; Wed. 7:30pm Mujer (Women); en español (in Spanish).
- Levittown 11756
- Serenity Night Live Group**, Good Shepard Lutheran Church, 3434 Hempstead Tpk.; Sat. 6:30pm CD.
- Malverne 11565
- Big Book Fever Group**, Church of the Intercessor, 50 St. Thomas Pl.; Sun. 8pm BB.
- North Bellmore 11710
- Moonlight Group**, Walk in for Love Jesus Church, 906 Newbridge Rd.; Mon. 9pm B.
- Port Washington 11050
- Sound Serenity Group**, *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.
- Wantagh 11793
- Peace Within 11th Step Meditation Group**, 3050 Merrick Rd.; Sun. 7:30pm O.
- West Hempstead 11552
- Creatively Sober Group**, 482 Hempstead Ave.; Mon. 8am CD, Sat. 7pm B; WC.

CHANGES

- Malvern 11565
- Sobriety Without End Group**, 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
- Syosset 11791
- Brookville-Muttontown Group**, Faith Lutheran Church, 231 Jackson Ave.; Tues. 7:45pm S (T last Tues.), 9pm C, Fri. 7:45pm B, 9pm OD. (New location and schedule.) WC. (Effective 12/2/2016.)
- Westbury 11590
- Hand in Hand Group**, Westbury Friends School, 550 Post Avenue; Mon. 8:15pm CD dropped. No other changes.

THIS JUST IN!



Baldwin Group Workshop, "Safety & Respect, & Our Common Welfare," March 18, 12:30-4:30PM, 717 St. Luke's Pl., Baldwin 11510

New Look on Life, 2nd Group Anniversary Party, 881 Merrick Rd., Baldwin, NY 11510
Saturday, April 22, 7:00 - 11:00pm
DJ Music, Food, 50/50, Speaker: Calvin B.