

THE COFFEE POT
THE ULTIMATE SERVICE
TO G-D AND OUR
FELLOW MAN



What I learned from the AA Coffee Pot: It was a cold rainy night in November. I was about to embark on another year sober at the end of the month. The Thursday night coffee maker asked me if I could make the coffee for her that night.

I had just taken the 100 cup pot back home and scrubbed and cleaned it, as I have done many times before.

I set up and made the coffee, and was so happy that it tasted so fresh! A clean pot does the trick. As my fellow travelers came into the meeting, my excitement about the coffee was a bit over the edge. It really wasn't about the coffee. It was about the transformation that takes place around the service opportunity, and the acceptance of my past and the miracles which God had afforded me in this wonderful program. Let me explain.

My mother made a great cup of coffee. The pot had to be clean. I was a terrible cleaner, always skimped on the job. Half measures they say. I was a half measure girl, teen, woman. I always ran and made excuses for my behavior, hence, full blown alcoholism, beaten by this deadly disease and a life in shambles.

Did you ever go to a meeting and the coffee was terrible? Well that has to do with the "pot". Everyone wants to go home when the meeting is over, and people don't want to clean the coffee pot, so they rinse it and do not completely do the job, hence, bad coffee.

So when we come into the rooms and they tell us to do the Steps, clean up our actions, make restitution, and continue to help others along with, of course, praying and meditating to the one who has all power, half measures might get me dry, as dry and as dirty as that coffee pot which appears to be clean. But not until I practice these principles along with working with newcomers, my message might sound good, but it not clean and my life is not tasty.

From: A sober women since November 30, 1994

JANUARY 2018

Nassau Intergroup of AA, Inc.
361 Hempstead Turnpike, West Hempstead, NY 11552-1329
www.nassauny-aa.org • intergroup@nassauny-aa.org
516-292-3040 (24/7 Hotline) 516-292-3045 (Business)
WORLD WIDE WED EDITION

"HALT"

I remember in the process of my journey hearing the word "HALT" being described as, "Don't get too Hungry, Angry, Lonely, or Tired." As I grew through the program, the concept of a threefold disease began to make more sense. The word "HALT" gained a deeper meaning.

HUNGRY was not only referring to physical food, but also meant increasing one's mental knowledge through meetings and the AA program literature, while seeking a greater understanding of what is spirituality. Realizing that yesterday's food (physical, mental, and spiritual) may not be enough for today, and will not provide all the needed substance for the future, I became more involved in my sobriety. More knowledge and more action produced less stress.

Likewise, I cannot allow for ANGER, expressing it verbally or physically, by renting it space in my head, or allowing it to interfering with my spirituality.

Loneliness is often assumed to be physically separated from others, but I came to realize one could be just as alone surrounded by people, even at meetings. Going to a meeting, getting involved with service; even something as simple as being a greeter works wonders. Say, "hello."

Finally, the word TIRED can seem easy, get enough sleep. Yet I realized, I cannot afford to become tired of this special gift, by becoming comfortable or complacent, mentally and/or spiritually. Then, I might begin to think I know it all, or have it made. (EGO). George P.

HALT ACRONYM:

HUNGRY, ANGRY, LONELY, TIRED.

"HALT" RHYMES WITH SALT THAT MELTS THE SNOW & ICE....WHICH CREATES A SOLID GROUND TO WALK UPON.



Step One

"We admitted we were powerless over alcohol and that our lives had become unmanageable."

In Step One we begin to live a life of rigorous honesty by admitting something that most of us had denied for so long. That we are alcoholic. We are not fine and we cannot stop whenever we want. We have a problem. We have to admit that once alcohol enters our body, we are no longer in control. This is a very uncomfortable truth. This is followed by the admission that drinking, which has been such an important part of our lives, a part that has been defended and rationalized, has robbed us of the ability to meet the demands of our lives. These uncomfortable truths will form the foundation of our recovery.

All of the honesty and willingness required of the remaining eleven Steps begin here. For many of us, this is the first taste of true honesty that we have experienced in quite some time. It is difficult, uncomfortable and challenging, but once we do it we have made a mighty beginning.

Sean B., There Is a Light Group

A RESOLVE

For Every Morning of the New Year

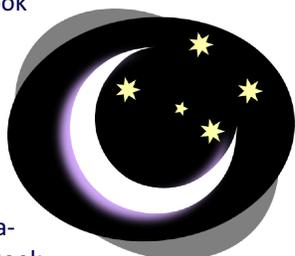
I will this day try to live a simple, sincere and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking, cultivating cheerfulness, magnanimity, charity, and the habit of holy silence, exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a child-like trust in God.

From a Calendar by Bishop John H. Vincent

From The Night Book

Another Year of Selfless Service

As December rolls to a close and a New Year is upon us, it is with a true love of AA Service that I'd like to reflect upon a very successful 2017, the close of my first full year as your Night Book Chairman. Just when I become complacent in my daily routine of making the calendars, writing the lists of daily phone volunteers, and getting my emergency list organized; I'll get a call from someone who just took the Night Book, and they're excited because they made a difference in another person's life, maybe even saved it! It certainly adds to sobriety knowing that I am a facilitator by virtue of my Night Book Chair commitment; that I offer the chance to another AA member to be that caring voice of hope and healing on the phone. Carrying the AA message of hope does not get any more basic than that.



I can say with all confidence that NONE of the other eleven counties in SENY have a Hotline system like ours that works 24 hours, seven days a week! At the beginning of 2018, I would be remiss if I did not acknowledge the unfaltering assistance of our Intergroup Office Manager; Kenny H. Kenny handles the day to day running of our office here at 361 Hempstead Turnpike, and is also responsible for putting together and organizing volunteers to man the front desk from 9:00am to 5:00pm 7 days a week. These people answer the Hotline during office hours, and then transfer the phone lines to the Night Book volunteer. In the morning, they bring the phone lines back to the office. So I like to give kudos to Kenny for a job well done in 2017, and to his cadre of service-minded folk who help him. All of us work in tandem to keep that line of recovery open twenty-four hours a day. Great job everyone!

Bill, when describing our nascent Fellowship, said something like (forgive me if I miss the exact quote); "Every day my friend's talk to me in my kitchen multiplies itself over and over again," his point being that our message, our unique primary purpose, is repeated in thousands of kitchens, meeting rooms and institutions throughout the world. Our membership - in the millions, our groups - in the tens of thousands, and the countries we find ourselves in, are in the hundreds: all united under the same Twelve Steps of Recovery, the same Twelve Traditions, and the same Twelve Concepts of Service. Now you see the sides of our triangle symbol named - our Three Legacies; Unity, Recovery, and Service. Each night here in Nassau County, with the phone replacing that famous table in Bill W.'s kitchen; our message is spread to all who hunger for it, all who suffer in a hell of alcoholic despair. As a Night Book volunteer, you may be the only copy of a Big Book that the caller will see. Your knowledge of the Fellowship, your skill in communicating your identification with the caller, and your compassion and remembrance of your own suffering and sorrow, will help another human being and start them on the Road to Recovery. That's how we roll! The Night Book has become a hugely popular and great way to do Service. The volunteer, through the briefcase they get, may become started on yet another aspect of AA Service. I've included in each briefcase a copy of our AA Grapevine, our "meeting in print," for them to peruse; also a copy of our Nassau County Intergroup Newsletter The Link, our SENY Area 49 newsletter. I get calls each week from AA's who want to get in on the Night Book; I'm only too happy to place them on my emergency volunteer list, which is growing by leaps and bounds! To make the service more accessible, I've lowered the requirements to 6 months of continuous sobriety instead of 1 year. As they say: "Ya' gotta be in it to win it."

Now I'd like to give thanks to the groups who took the phones for the month of December, 2017.

First Things First Group

The Moonlight Group

The PACE Group

Serenity By The Sea Group, PM

Sobriety Without End Group

Yours In Trusted Service, Steve S., Night Book Chair

NIAA Institutions Committee

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 Simpson Methodist Church Amityville. This rep can then book speaking commitments at the institutions we support (see back of meeting list).

Second, 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 (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

(Continued next page.)

NIAA Institutions (continued)

to each group to determine the appropriate amount for them. Donations of literature (books, Grapevines etc.) no longer needed can also be made.

Occasionally, AA members will ask what's involved in institutions work, so it might be of value to describe this work and its components. Sometimes, folks will ask, before accepting a commitment, whether a given meeting is in a detox, rehab, or psych ward, so it may be helpful to provide descriptions of each of these from a layman's perspective. To keep it as simple as possible, a detox treats the acute symptoms of the disease of alcoholism (withdrawal etc), a rehab provides longer term therapeutic care for alcoholics, and a psych ward treats alcoholics with illnesses other than alcoholism, such as depression.

In the broadest sense, these facilities all share a common purpose - they all treat alcoholics and the disease of alcoholism. So it's important to realize, next time you are thinking about accepting a commitment, that alcoholics in a psych ward need the help of AA just as much as those in a detox or rehab. For reasons that I've never fully understood, it's more difficult to get people to cover a meeting in a psych ward than a detox or rehab; sometimes a person will accept a commitment, and when they learn it's in a psych ward, refuse it. People are often surprised to find, when they attend their first meeting in a psych ward, that there is very little difference between alcoholics there and anywhere else. Personally, I've only been treated in detoxes myself (once at the Freeport Hospital and once at the Meadowbrook Hospital), but I could easily have found myself in a psych ward at any point on my trajectory to a bottom. There but for the grace of God go I. So you may find speaking at a psych ward meeting to be a very worthwhile experience.



NIAA brings meetings into the hospitals and jail every day at various times listed in the meeting list. If you, or someone in your group, might be interested in speaking at one of these meetings, please 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). 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 institu-

tions 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 Avenue, 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.

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., Institutions Chair, Serenity by the Sea, Pt. Lookout

Proposed Intergroup By-Laws Changes

The following changes to Nassau Intergroup's current By-Laws are proposed.

Article I— Name. The name of this organization is the Intergroup Association of Nassau, Inc. ~~Nassau InterGroup of A.A, Inc.~~

Article II— Purpose. Section 1. The Intergroup Association of Nassau, Inc., Nassau InterGroup of A.A, Inc. also known as Nassau Intergroup (NI). Section 3. To this end, in accordance with AA's Twelve Steps, Traditions, and Concepts for ~~of~~ World Service

Article VI— Steering Committee. Section 1. The Steering Committee of Nassau Intergroup ~~of AA~~ shall consist of: ~~(c) the eight (8) zone coordinators or their authorized alternates chosen by and from the local groups or appointed by the Chairperson with the approval of the Intergroup Representatives;~~

Article VII— Committees. Section 1. There shall be the following standing committees: ~~(i) Secretary/Program Chairperson List,~~ (o). Technology WebSite (08/04),

All new text is underlined. All deletions are in ~~strikeout~~. All references to the organization within the amended by-laws have been changed to be consistent with the names referenced in Article I and Article II, Section 1. All specific page and edition references to *The AA Service Manual* have been eliminated.

There will be a full discussion of the proposed changes at the January and February Reps meetings. It is expected the by-law changes will be finalized at the March 1 Reps meeting.

Literature: *As Bill Sees It*

From the "Big Book," to *Twelve Steps and Twelve Traditions*, to *AA Comes of Age*, to *Twelve Concepts for World Service*, to the *Third Legacy Manual* (today called *The AA Service Manual*) to his many *Grapevine* articles and his extensive correspondence with AA's, friends of AA and others, Bill W. was a prolific writer.

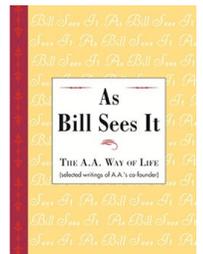
First published in 1967, *As Bill Sees It, The AA Way of Life: selected writing of AA's co-founder* offers a wide selection of excerpts (several hundred) from his writings indexed by topic or theme such as acceptance, forgiveness, humility, prayer and unity.

In his forward to the volume, Bill suggests that, "Touching every aspect of AA's way of life . . . this material may become an aid to individual meditation and a stimulant to group discussion . . ."

As Bill Sees It is available from AAWS in soft and hard cover, and in large print editions.

Next month, *Living Sober*.

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



Remembering Denis O'B.

AA lost a dear trusted servant in November with the passing of Malverne, Sobriety Without End's Denis O'B., only a few weeks after he had celebrated his 20th AA anniversary. He suffered a massive heart attack on November 10, and died November 18.

Denis wasn't perfect, but he was pretty good by any fair measure. From his first days in the Fellowship, he took to heart our suggestions and worked hard to "practice these principles in all [his] affairs." As a result he became a significant mover in all the spheres of his life, not just within AA. Active in his profession, church, community, family and AA, Denis was able to leave positive marks in so many places and with so many people, all without looking to shine a spotlight on his accomplishments. And he got to do some cool stuff too.

In AA he served his home group and offered sponsorship to newcomers. Grateful for his recovery, his generosity was without parallel. (Little known, Denis commonly paid all expenses for groups of newcomers to attend the SENY convention and other similar events which would otherwise have been denied them.) Denis also served in formal roles with both General Service (at many levels) and with Intergroup, working tirelessly in every job.

Denis lived Dr. Bob's admonition to remember that our Twelve Steps "resolve themselves into the words 'love' and 'service'," and that we need to be ready "to extend to our less fortunate brothers that help which has been so beneficial to us."

It wasn't so long ago that Denis and I talked of plans for the future, plans we will now not be able to see through together. I'm reminded to cherish today, and to live well the present moment for tomorrow is never guaranteed.

Denis lived well in recovery, and all who knew him are better off for it.

Bill C., Baldwin Group

CORRECTIONS WORKSHOP: AN INSIDE JOB

- Pre-Release Contacts: How we help alcoholics behind the walls prepare for being released and making contact with AA on the outside.
- Corrections Correspondence: How local members are using "snail mail" to carry AA's Twelve Steps to alcoholics behind the walls.
- Nassau County Corrections Hotline: How the friendly voice of another alcoholic can help a newcomer to navigate the slippery slope between the institution and their first meeting on the outside.

Saturday, March 10, 2018. 11:30am - 1pm
Pizza lunch for all attendees

Held at Nassau Intergroup Office, 361 Hempstead Turnpike, West Hempstead, NY 11552

Questions? Email: corrections@nassauny-aa.org

Spiritually Fit and Serene in 2018

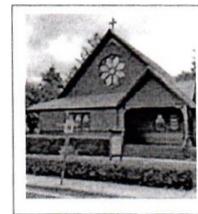


Your Nassau Intergroup is requesting that all Nassau County AA groups become part of our annual day of sharing by making a donation to the 2018 Share-A-Day.

Donations, large and small, can be submitted now.

Please become part of this great day by making a donation or by attending.

North Shore General Services of AA For Districts 208, 209, & 211



Website development workshop planning!

All GSRs are asked to attend from our districts, plus interested AA's.

When: January 11 at 7 pm

Where: St. Luke's Episcopal Church 253 Glen Ave.

Sea Cliff, NY 11579

For info email: nightbook@nassauny-aa.org

See you there!!

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. 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
Officer Coordinator (Mgr.), officemanager@nassauny-aa.org
Program Chair/Secretary, seclist@nassauny-aa.org
Public Information (PI), ublicinfo@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

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

SHARE A DAY 2018 Is Coming This Spring

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 2018?

**Please join us at our meetings on the 3rd Wednesday of each month
at 7:30PM.**

(Just show up at the next meeting on January 17.)

Meeting Location

Nassau Intergroup Office 361 Hempstead Turnpike
West Hempstead, NY 11552

Jim C., shareaday@nassauny-aa.org

CALENDAR OF EVENTS

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

- 1/3 Institutions Committee, 8pm, Simpson United Methodist Church, 30 Locust Avenue, (off Sunset Avenue from County Line Road), Amityville 11701
- 1/3 Corrections Committee: 8:30pm, immediately following Institutions at 8:30pm; same address as above.
- 1/4 **Intergroup Reps Orientation**, 7:00pm. (Suggested for new Reps.) **Intergroup Reps Meeting**, 7:30pm
- 1/11 Pl/CPC committee, 7:30pm
- 1/11 Newsletter Deadline for February
- 1/13 Traditions Workshop, 9:30-11am
- 1/15 [NGSG](#) Concepts I and II Workshop, 7:00pm
- 1/17 Share-A-Day Committee, 7:30
- 1/25 Steering Committee, 7:30 pm (By Invitation)



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

- Franklin Square 11010
Brew Crew Group; Ascension Lutheran Church, 145 Franklin Avenue;
Tues. CD 11am.
- 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.
- The Old Skoal Group; Good Shepherd Church, 3434 Hempstead
Turnpike; Thurs. B, 5:30pm.
- Manhasset 11030
Big Book Experience Group, 626 Plandome Road; Sat. BB, 11am.

CHANGES

- 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. O Anniversary.
- Garden City 11530
Grupo Tu Si Puedes; Ethical Humanist Society, 38 Old Country Road;
Add Mon. 7:30 CD.
- Levittown 11756
Serenity Night Live Group; Good Shepherd Church, 3434 Hempstead
Avenue; Sat. CD will now be OD, 6:30pm.
- The Old School Group; Good Shepard Church, 3434 Hempstead
Turnpike; drop CB 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; Church of the Intercessor, 50 St. Thomas
Place; Sun. 12 Step Experience O, 8pm; formerly BB.
- Rockville Centre 11570
Off the Fence Group; The Vineyard Church, 251 Merrick Road; Drop
Thus. O and Fri. CD, add Sun. O, 8pm.
- Sober Company Group; 30 Hempstead Avenue; drop Sun. 7 pm CD.
- Uniondale 11553
Pace Group; Grace Lutheran Church, 311 Uniondale Avenue; drop
Tuesday 7:30 BB.

Winter Weather Alert

Winter is upon us, and with that comes the increasing possibility that the NI office and some meetings may be closed with little or no notice.

When possible, we will put a note on our website if we close the office, but to avoid frustration and a wasted trip, please call ahead on the Business line (516-292-3045) before coming in. (If no answer, the office is closed.) This is a good practice at any time (since we don't always know when office volunteers aren't able to get in), but particularly if the weather is bad.

The hotline (516-292-3040) is always covered, and should have current information on office and meeting closings as available.



