

Newsletter

Nassau Intergroup

of Alcoholics Anonymous

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DECEMBER 2011

CHRISTMAS ALKATHON 2011

FIRST MEETING DECEMBER 24th BEGINS AT 5:00 PM

LAST MEETING DECEMBER 25th ENDS AT 11:00 PM

NEW YEAR'S ALKATHON 2011

FIRST MEETING DECEMBER 31st BEGINS AT 5:00 PM

LAST MEETING JANUARY 1st ENDS AT 11:00 PM

Calendar of Events

All Meetings are held at the Intergroup Office unless otherwise note

DECEMBER

- Dec 1 7:00 pm Intergroup Rep's Orientation
7:30 pm Intergroup Rep's Meeting
- Dec 7 8:00 pm Institutions Committee
Simpson Methodist Church
Locust & Sunset, Amityville
- Dec 8 7:00 pm Special Needs Committee
- Dec 11 9:30 am 23rd Annual Unity Breakfast
Plattduetsche, 1132 Hempstead Tpke, Franklin Square
- Dec 12 8:00 pm Newsletter Committee
- Dec 12 8:15 pm LICYPAA Committee
South Oaks Chapel
400 Sunrise Hgwy, Amityville
- Dec 13 7:00 pm PI/CPC Committee
- Dec 14 8:00 pm Share-A-Day Committee
- Dec 17 7:30 am Speakers Exchange Meeting
Nassau Community College
1 Education Dr, Cluster F
- Dec 19 7:00 pm Nassau GSR Orientation
7:30 pm Nassau General Service Meeting
- Dec 21 7:30 pm Web Site Committee
- Dec 22 Newsletter Deadline
- Dec 24 5:00 pm Christmas Alkathon begins
- Dec 24 11:00 pm Christmas Alkathon ends
- Dec 29 7:30 pm Steering Committee
- Dec 31 5:00 pm New Year's Alkathon begins
- Jan 1 11:00 pm New Year's Alkathon ends

JANUARY

- Jan 4 8:00 pm Institutions Committee
Simpson Methodist Church
Locust & Sunset, Amityville
- Jan 5 7:00 pm Intergroup Rep's Orientation
7:30 pm Intergroup Rep's Meeting
- Jan 9 8:15 pm LICYPAA Committee
South Oaks Chapel
400 Sunrise Hgwy, Amityville
- Jan 10 7:00 pm PI/CPC Committee
- Jan 11 8:00 pm Share-A-Day Committee
- Jan 18 7:30 pm Web Site Committee
- Jan 19 **Newsletter Deadline**
- Jan 26 7:30 pm Steering Committee



We Only List **AA Meetings**

MEETING CHANGES

- Amityville: Friendly Group** ASL is no longer available
- Baldwin: Over 40 Discussion Group** has changed their name to **Over the Hill Group**
- Bellmore: There Is A Light** has changed the Sun 7:00 S to 6:30, the Sun 8:30 CD to 8:00, and the Wed 8:00 B to 7:30
- Glen Cove: Saturday Nite Group** has changed their name to **Sunday Reflections Group** and designated the last Sun OD/Ann
- Hicksville: Monday Nite BB** has changed their Mon 7:30 BB to an OBB
- Lynbrook: Primary Purpose** has changed the Thu 7:00 S to a BB, the Sun 7:00 B O to a Sat 7:00 B O and dropped the Tue 8:00 BB
- Massapequa: Extravagant Promises** has moved the Sun 7:30 to Mon at 7:30
- Massapequa Park: Massapequa Sobriety** has added a Thu 1:00 S; last Thu - Trad
- Rockville Centre: RVC AM Group** has changed the Tue 6:15 am C to a S, last Tue – Trad
- Seaford: Primary Purpose of Seaford** meeting incorrectly listed for Sun; actually meets on Sat at 7:00
- Seaford: Seaford at Wantagh** has changed their Wed 7:30 BB to 7:30 CD 2nd Wed BB, last Wed - Ann

NEW MEETINGS

- East Meadow: The East Meadow Group** has added a Sun CD at 7:00 pm through Apr 1st
- Elmont: Grupo Volviendo Al Hogar** meets at Belmont Race Track, Gate #6, Cottage 28B on Sun 7:00 CD
- Elmont: Grupo Volviendo A Vivir** meets at Belmont Race Track, Gate #6, Cottage 28B on Mon 7:00 OD
- Glen Cove: Into Action Group** meets at St Paul's Epis Ch, 28 Highland Rd on Sat for a 7:30 O
- Glen Cove: No Excuses Group** meets at Trinity Luth Ch on Mon for a 7:30 CD with the last Mon an O
- Great Neck: 11th Step Meditation Group** meets at Global Harmony House, 46 S Middle Neck Rd on Sun 4:00 OD
- Hempstead: Take Three Steps** meets at the Salvation Army Bldg, 194 Front St on Thu 6:00 B Men's, S, O
- Huntington Station: Sobriety First** meets at United Methodist Church, West Hills Rd on Thu 6:00 C 1st week S
- Long Beach: Sobriety After Work** meets at Temple Israel, 305 Riverside Blvd on Wed 4:30 CD
- Long Beach: Sunday Morning Meeting** now meets at Temple Israel of Long Beach, 305 Riverside Blvd
- Long Beach: Young By The Beach** meets at St Ignatius

Martyr, 721 W Broadway on Sat 6:15 YPBC, 7:30 O

Malverne: Gratitude Group has added a Tue 7:30 S Last Tue Tradition and designated the last Thu 7:30 CD for Anniversaries

Manhasset: Good Morning God meets at St Ignatius Retreat House (rear), 251 Seasingtown Rd on Thu 10:30am C

Manhasset: Sober Spirits meets at St Ignatius Retreat House (rear), 251 Seasingtown Rd on Mon 5:30 "Daily Reflections", Wed 5:30 Meditation, Thu 5:30 S, Fri 5:30 BB

North Bellmore: Miracles starting Nov 4th has an 8:30 am BB CD

Rosedale: Sunrise Beginners meets at Throop Memorial Presbyterian Church, 140-17 243rd St, Rosedale on Sat 9 am B

Syosset: Deliverance Group has added a Fri 7:30 CD

Valley Stream: Just for Today Group has added a Fri 8:00 S

DELETIONS

Bellmore: The Talks in Sobriety is no longer meeting

Lynbrook: Primary Purpose has dropped the Tue 8:00 BB

Seaford: Gratitude Group has dropped their Wed 8:30

Westbury: New Cassel We Care Too has dropped their Tue 7:30 B

SPEAKER EXCHANGE **MEETING**

December 17, 7:30 am

The Speakers Exchange Meeting is being held on the campus of Nassau Community College, Cluster F Room 127

The parking lot is located at the Endo Blvd (Lifetime Brands Blvd) entrance off Stewart Ave. This is the closest entrance from Meadowbrook Pkwy.

A map can be found at:

<http://www.ncc.edu/nassauVT/default.html>

Reminder- There is no coffee at this location. Please bring your own. The meeting space is a student classroom with individual desks. Small calendars may be easier to work with rather than large desk calendars.

From The Chair -

LETTING GO AND ROTATION IN SERVICE

While the needs of the fellowship in its beginning years demanded a consistency of leadership, even Bill, Dr. Bob and the other early members around them recognized and accepted they could not remain at the helm of AA indefinitely. They knew it wouldn't have been good for AA, or for them. The idea of the "ultimate authority—a loving God as He may express Himself in our group conscience" developed early, and is enshrined in Tradition Two and is echoed in Concept One.

Quite understandably, I sometimes have difficulty letting go of a cherished and rewarding service position or a particular role in my group. We hear of chair people who prefer not to rotate out, and of elders who insist on dominating their groups for years on end. But, as the co-founders understood and had the humility to accept, the rotation of responsibilities to ever changing members is a healthy and important part of AA custom, be it the coffee maker, the Intergroup chair or some other role.

We hear too sometimes that, "no one will take the job, so I'm staying on." Well, no one can take the job if you stay on. It may also provide an important opportunity for the spiritual growth of the group when no one steps up to fill a given role.

Beginning with the example of the co-founders passing the mantle of leadership on to the General Service Conference in 1955 when AA is said to have "come of age," and practiced in home groups and at all levels of General Service and Intergroup, the principle of rotation allows newer members to have a chance to grow too through service, and for those rotating out to move on to new challenges. It is a deeply spiritual practice with practical benefits as well.

Spiritually, rotation helps me keep a perspective on who I am and where and how I fit in the AA landscape. No service job is "mine," nor am I indispensable. I share my service as part of a greater whole in which I participate as but a part. On the practical side, if I accept that I need to move on periodically to different responsibilities, rotation challenges me to continue to personally grow in recovery through facing new expectations and demands. In other matters, this month Intergroup will set its budget for 2012. Intergroup will also host holiday Alkathons around the Christmas and New Year's holidays. It remains important to have a safe haven for all those in recovery over the holidays, so the Alkathons will offer round the clock AA meetings at Intergroup and light refreshment from 5pm the eve of the holiday through 11pm the next day. Please don't bring perishable foods as we won't have the facilities to assure their proper handling.

Hope this is helpful.

NIAA Chairperson,
chair@nassauny-aa(dot)org

From the Night Book Chair -

MY LIFE CHANGING EVENT

My life changing event occurred December 21, 1989. I literally stood at that turning point where one wrong step would have put me out of the game of life forever. I thank God every day that he brought me to AA and to you people who took me under your wing and taught me how to stand on my own two feet again. I was blessed with a sponsor who taught me more by his deeds than his words, a man who tirelessly worked with alcoholics and who could often be heard to say that its all about love and service to God and man. He showed me that I have a responsibility to carry this message, to do all that I humanly can to help the next suffering alcoholic.

During this wonderful time of year I want to wish all of you a blessed holiday season, filled with the joy of living a sober life. God has given us this precious gift and now it's up to us to pass it on. A smile, a kind word, extending the hand to the newcomer and taking the time to listen can really go a long way. Doing service at the group level, having your group take the Nightbook is a fantastic way to reach out and help.

I want to thank you all for keeping me sober, for carrying me when I could not walk, for leading and guiding me and for passing on this beautiful gift of sobriety which I will cherish for the rest of my life, a day at a time.

May God bless you all,

NightBook Chair,
nighbook@nassauny-aa(dot)org

From the Archivist -

FAREWELL

It seems right that in this season of Thanksgiving and Good Will towards all, that I take this opportunity to express my gratitude to AA as a whole and Nassau County AAs in particular. I am stepping down as Archivist for Nassau Intergroup of AA, a position I have had the honor and pleasure to fill for the past several years. There are many things I wish I could have gotten to do with the archives, but I have the satisfaction of knowing that I leave it better than I found it, and, I believe, in good hands.

I am not rotating out of the position, for AA World Services Guidelines suggest that while the chair of the Archives Committee is a rotating position, the Archivist should not be; it takes a while to learn the skills and that knowledge should not be

required to leave once it is learned.

Rather, thanks to the program through which I have recovered from a seemingly hopeless state of mind and body, I am able to grasp life on life's terms and will be relocating to Georgia for a new life with a lady I have known for years, and an active AA society for me to jump into with both feet!

I am grateful for the fellowship here that helped me mourn the passing of my wife, that helped me get through, together, what I don't think I could have by myself. I am grateful for the people who have shown me that "sober" is so much more than simply abstaining from drinking. (Interesting fact: in 5 random online dictionaries, less than 1/4 of the definitions of "sober" refer to alcohol, the rest to level, clear thinking, etc.). I am grateful for this spiritual program that sustains me.

While I am as reluctant and resistant to change as I was when I first came into the rooms of AA, I can now work though it thanks to the support of the fellowship and the spirituality that comes from having a Higher Power in my life, upon which I rely, always. Here's hoping we will meet again, somewhere on that Road of Happy Destiny.

NIAA Archivist, ret.
archives@nassauny-aa(dot)org

From the DCMC - GSR 101

Groups elect a General Service Representative (GSR) to connect with the rest of AA, to understand issues in AA, and to have a say in decisions about AA as a whole. The GSR's role is to learn about things being considered by the General Service Conference (GSC), and to contribute the group's conscience to those considerations. It's also their role to raise issues for consideration by AA as a whole.

Your GSR represents the voice of your group's conscience to AA's General Service Conference (through the Area Delegate), and communicates conference actions to your group that affect it. The GSR serves informally as the group's "sponsor" and as "guardian" of our Twelve Traditions, advising the group when there are questions or issues associated with them or the Twelve Concepts of Service.

Groups in Nassau County are represented in AA's General Service structure through a *local District, if active* → *Nassau County General Service* (which serves the role of the district if none is active) → *South Eastern NY (Area 49)* → *AA's General Service Conference*.

Nassau General Service is your group's link with AA beyond Nassau County.

Did you know that...?

AA's General Service Conference is "...the service body representative of the membership which is 'the guardian of world services and of the Twelve Steps and Twelve Traditions of AA'; the guiding conscience of the fellowship." - Bill W.

AA's Twelve Steps are a guide for individual **recovery**. AA's Twelve Traditions are a guide for group **unity** – effective group operations and continuing survival to perform AA's basic purpose. AA's Twelve Concepts are a guide for performing **service** in AA, and for guiding our elected and appointed trusted servants in performing their duties and responsibilities for AA in groups, districts, and as a whole.

Your group can get a Group Kit and a Treasurer Kit through your GSR?

AA produces public service announcements, which will be seen on Cablevision & Verizon FIOS this season thanks to the efforts of our District 208/209/211?

Tickets may still be available for the Nassau County Unity Breakfast of December 11! Please email [unitybreakfast@stwelvestepshome\(dot\)com](mailto:unitybreakfast@stwelvestepshome(dot)com) for more information.

In love & service,

DCMC (County Chair),
Nassau County General Service
[nassau@aaseny\(dot\)org](mailto:nassau@aaseny(dot)org)



From the Editor-

THE FIRST JERSEY SHORE ROUNDUP

After 5 weeks of working 6 days and minimal meetings, it felt really good to get away. This roundup was at the Sheraton in Eatontown, NJ. It was a mixture of 7 speakers all over the world and a lot of great sobriety. It started on Friday night with Step 1 taking us all the way through the steps ending on Sunday morning. I received 3 days of straight AA. The first meeting was called "Bill and

Lois Wilson, The AA Way Of Life". An archivist for the Bill Wilson Archives took us through Bill & Lois' life stories with original pictures of their childhood and of early days of AA.

I have been going to all different roundups and weekend events like this since early sobriety. I have attended roundups on Long Island, Massachusetts, New Jersey, Miami FL, Honolulu HI and more. These roundups are a great way for me to get connected to my program and also meet other sober alcoholics from all over the world. There's just something about when you put alcoholics in a room together. I just get a very warm feeling like I'm not alone. I can achieve whatever I want and get through anything without ever having to pick up a drink ever again. What a gift that is.

My next Roundup will be the Liberty Bell Roundup in Philadelphia, PA in July. I always want to advance my sobriety. I thank God for that every day.

In Love and Service,

Newsletter Editor & Chair
newsletter@nassauny-aa(dot)org

From the Special Needs Chair- ACCESSIBILITY/ SPECIAL NEEDS

What is the purpose of an accessibility/special needs (A/SN) committee?

The purpose is to increase awareness in the Fellowship that there are AA members with special needs and to ensure that the message of recovery is available to such members. Respect for the dignity of others, with an emphasis on identification, is the guiding principle in our effort to carry the message to the alcoholic with special needs.

What exactly do we mean by special needs?

"Special needs" is a term used to describe those who may have more than the usual barriers to receiving the AA message. While there are no special AA members, some of our members are either blind or visually impaired, deaf or hard of hearing, chronically ill or home-bound, sober over age sixty and in need of assistance, or developmentally impaired.

Why is accessibility part of the committee's name? What does it have to do with special needs?

It has everything to do with it. Imagine that one day you were unable to attend your regular AA meetings because of illness or a disability, or that once at a meeting, you could either not see the other members in the room or hear what they were saying, or for other reasons not participate fully. Accessibility means removing or reducing barriers that prevent AA members with special needs from receiving the message of recovery.

How can I learn more about this area of service?

You can call the Nassau Office at 516-292-3045 (leave a message) or e-mail specneeds@nassauny-aa(dot)org and leave a message. Additional information may be found on the Accessibility/Special Needs committee page on the SENY Web site, www.aaseny.org, which offers additional online resources. You may also wish to

visit the Alcoholics Anonymous Web site at www.aa.org or call the Treatment Facilities/Special Needs desk at 212-870-3400.

Special Needs Chair
specneeds@nassauny-aa(dot)org

THE LEVITTOWN GROUP

61ST ANNIVERSARY

When:

**Thursday, December 8th,
food at 7, speaker at 8**

Where:

**The Parkway
Community Church
95 Stewart Avenue, Hicksville**

eMail Addresses

NASSAU INTERGROUP OFFICERS

Chairperson.....chair@nassauny-aa(dot)org
1st Vice Chair.....1stvice@nassauny-aa(dot)org
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12th Step List.....12thstep@nassauny-aa(dot)org
Nassau DCMC.....nassau@aaseny(dot)org

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.