

nassau intergroup

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Business: (516) 292-3045

24-Hour Hotline: (516) 292-3040

DECEMBER 2012



CHRISTMAS ALKATHON



First Meeting Begins 5 PM, December 24, 2012

Last Meeting Ends 11 PM, December 25, 2012

NEW YEAR ALKATHON



First Meeting Begins 5 PM, December 31, 2012

Last Meeting Ends 11 PM, January 1, 2013



CALENDAR OF EVENTS

(All meetings held at Nassau Intergroup unless otherwise noted.)

December 2012

12/5 8 PM Institutions Committee Meeting
(Simpson Methodist Church, Locust & Sunset, Amityville)
12/6 7 PM Intergroup Reps Orientation
12/6 7:30 PM Intergroup Reps Meeting
12/11 7 PM PI/CPC Committee Meeting
12/11 8:15 PM, LICYPAA Committee Meeting
(South Oaks Chapel, 400 Sunrise Highway, Amityville)
12/12 8 PM Share-a-Day Planning Meeting
12/13 7 PM Special Needs Committee Meeting
12/12 Newsletter Deadline
12/15 7:30-10:00 AM Speaker's Exchange
(Nassau Community College, Cluster F, Room 127)
12/17 7 PM New GSR/DCM Orientation
12/17 7:30 PM Nassau General Service Group Meeting
12/19 7:30 PM Website Committee Meeting
12/24 5 PM Christmas Alkathon Begins
12/25 11 PM Christmas Alkathon Ends
12/27 7:30 PM Steering Committee Meeting
12/31 5 PM New Year Alkathon Begins

January 2013

1/1 11 PM New Year Alkathon Ends
1/2 8 PM Institutions Committee Meeting
(Simpson Methodist Church, Locust & Sunset, Amityville)
1/3 7 PM Intergroup Reps Orientation
1/3 7:30 PM Intergroup Reps Meeting
1/8 7 PM PI/CPC Committee Meeting
1/9 8 PM Share-a-Day Planning Meeting
1/16 7:30 PM Website Committee Meeting
1/17 7 PM Special Needs Committee Meeting
1/24 Newsletter Deadline
1/31 7:30 PM Steering Committee Meeting

Seasons Greetings



AA HISTORY

December 11, 1934—Bill W.'s last drink.

December 1934—Bill W.'s spiritual experience in Towns Hospital.

December 1934—Bill W. meets Rev. Shoemaker of the Oxford group.

December 1938—*Twelve Steps* written.

December 1939—First A.A. meeting in an institution, Rockland State Hospital.

From the Outgoing Newsletter Editor

I would like to take a moment to thank Nassau Intergroup for allowing me to do service as the Newsletter Editor for the past 2 years. During this time I have learned a lot and I have grown immensely. Here's a piece on gratitude:

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world."

Thank you.

In Love and Service
Debbie L.

Email dated 11/20/11 to Nassau Intergroup— "Labor of Love"

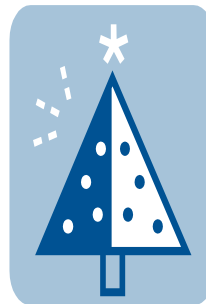
"I called Monday, your 24 hour phone number. I spoke to a volunteer, it was morning time. I am the sister of an alcoholic. I called from Germany. That's where I live because my husband is in the U.S. Air Force and we are stationed here. It was very hard for me to reach out, but I am so glad I did. See, I was not sure where to start.

An AA hot-line volunteer answered my call, and he was very understanding, professional and informative. He went out of his way to help. Together we arranged getting my brother to his first AA meeting. My brother attended the meeting. He called me after the meeting and also called my parents, and I could hear the excitement in his voice for the first time in many years. He found people that he can relate to; he saw that there is a way.

I am so grateful. My cup runneth over. Thank you. Words cannot express my gratitude. I know there's a long arduous journey ahead for him. But I believe that support from peers is the greatest change agent. And we the family will also read and become informed on how we can help, following the overall guidance that your website and books provide.

Thank you to the volunteer, and the Nassau Intergroup of Alcoholics Anonymous web page for all your information and assistance. You are doing a labor of love."

[Edited to protect anonymity.]



THE BALDWIN GROUP'S CHRISTMAS CELEBRATION

DECEMBER 25, 2012
11 AM—3 PM

717 Saint Luke's Place
Baldwin, NY 11510

**MEETINGS every hour upstairs.
FOOD and FUN downstairs.
Friends and Family are welcome!**

From the Chair— After the Storm

Many AAs were adversely affected by the recent hurricane and snow storm presenting profound challenges to their lives. In some cases, homes, businesses and cars were swept away along with a lifetime's collection of mementos. Some lost more. AA meetings too were shuttered by the storms. It has truly been a time of crisis.

In the midst of such destruction and disruption, the spirit of the AA fellowship shone brightly with special efforts on the part of many to reach out to and support their suffering fellows. In the same generous spirit shown in the old time stories from the "Big Book," members had members sleeping in spare rooms and on couches. Some members shuttled supplies including food, clothing and difficult in some places to find gasoline to fellow members in more damaged communities. The home group in some places returned to its roots with meetings being moved to members' homes. Nassau Intergroup too rallied resources to assure we could still find meetings by hosting an open house and offering to work with local emergency services to establish temporary meetings in shelters or crisis centers. For some, helping others served to reduce a feeling of helplessness in the face of catastrophe.

I was touched to find in meetings held shortly after the main storm members reaching out to struggling newcomers as usual (AA's response to crisis is always the same, the 12 Steps and fellowship), in one case to a man finding his way on day one out of rehab, in another to a member coming up on several months recovery displaced from home by the storm and clearly feeling discouraged and isolated. They were in the right place, and got the attention, encouragement and support they needed in that moment.

The recent Thanksgiving Alkathon at the Intergroup office too showed the Fellowship of the Spirit at its best. I noted at one meeting a man who shared that in a prior year the Alkathon at Intergroup had been the only place for him to go on the holiday as he had not been welcomed by his family, a situation happily no longer the case for him thanks to AA. The holiday Alkathons have always offered a special experience with a rich mix of members at very different points in recovery, each there for the same reason.

Thank you all for showing that "together we can." I'm reminded too that, while the gas lines are gone and most lives have returned to routine, many struggle still, and especially need the loving hand of AA.

In other matters, this will be my final article as an officer with Nassau Intergroup, the last over a period of the six years as I moved from treasurer, to first vice chair, to chair, a total of 72 writings.

Well into my 32nd year in recovery now, since I was doing my 90 in 90 I've always had an AA job, a service role, from coffee maker on. I can't help but think my relative success in recovery has been linked to those jobs, to the challenges presented by unfamiliar experiences, to the people I've met, and to the opportunities to grow in recovery I've enjoyed as a result. My experiences with Intergroup in particular have been rich with challenge and opportunity.

My thanks to the AA members who have participated in the life of AA. Were it not for the spirit you have shown in support of our Fifth Tradition, many of us, myself included, would not have had even a shot at recovery. I'm reminded that we serve as links in the chain of recovery and fellowship that reaches back to the kitchen table in Brooklyn where Ebby reached out to Bill, and on to the gate house in Akron where Bill reached out to Bob. The rest is history, our history.

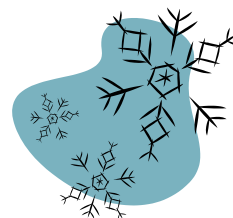
I've always felt sorry for the "hit and run" members, those who come for the meeting, share or don't share and leave before the cleanup without becoming a part of the group. Where's the fellowship in that? Where's the one drunk helping another? Such was the formula Bill confirmed for himself standing in the lobby of the Mayflower Hotel in 1935, and which seems to have worked well for many since, the links in the chain. The "Big Book" (p. 89) reminds us, that "practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics."

Special thanks now to the members of Nassau Intergroup who are rotating out of their service jobs at this time. This rotation's Steering Committee has in particular been stellar as have the group Reps. Thanks to Brenda O., who coordinated our Thanksgiving Alkathon. Thanks too to Ken W., and committee for the Big Meeting, one of the best open meetings I have attended.

See you on the Road of Happy Destiny.

Hope this is helpful.

Bill C., Chair
(516) 292-3045 or chair@nassaunya-aa.org



From the DCMC Nassau

Service comes in many forms, and our members have shown recently how the spirit of service shows itself in Nassau County.

Most directly, many of us invented instant meetings by phone or in person when Hurricane Sandy made it impossible to meet in our usual rooms. Some of us reached out through prayer & meditation, and through our literature, amidst lighting candles or huddling with our families. Some prayed for strength and helped – or were helped by – their neighbors in bailing out basements, removing debris, etc. Some groups found temporary space, and some have lost theirs indefinitely.

We've all found ways to make whatever progress we can. For some, it will take a long time to recover from the physical, emotional, and financial damage the storms may have caused. For others, life has largely returned to whatever we can call "normal." Nassau General Service & Intergroup postponed a Group Officer workshop, which we'll reschedule in 2013. Nassau's Big Meeting happened as scheduled on November 17, with about 75 people attending.

Nassau Intergroup arranged temporary meetings and performed other services the way alcoholics in recovery do best in and through our fellowship: one day at a time, doing the best we can with what we have, and helping each other in every way we can. Nassau General Service will continue to do what we can to support Intergroup in its "front line" role locally.

But what we've learned in our program and fellowship can't be damaged by natural events. Perhaps some turned to drink in response to the storms, but they know that the hand of A.A. will continue to reach out to them. All of us know that no matter what happens, our fellowship will do what we can to make ourselves available if we only try to find it.

I'd also like to acknowledge our outgoing officers and committee chairs whose terms end this month: 2nd Alternate DCMC Bill E., Alt. Treasurer John Z., Alt. Secretary John R., Big Meeting Chair Ken W., and Budget/Financial Review Chair Carlos M. Thanks for your service!

In Love and Service
Ira B.
DCMC Nassau General Service

From your Newsletter Editor

Hi ya'll, I'm filling in as Newsletter Editor. Thanks to Debbie L., for her service these past two years. She did a great job with our newsletter.

Going forward if you have any thoughts on what you'd like to see in future issues please let me know through your Intergroup Rep, via email, or by mail to the intergroup office "Attn: Newsletter Editor!"

Service in Action
Brenda P.
Newsletter Editor
(516) 292-3045 or news@nassauny-aa.org

**NASSAU COUNTY GENERAL SERVICE GROUP
BREAKFAST CELEBRATING:
"UNITY THROUGH LOVE AND SERVICE"
FEBRUARY 10, 2013
TICKETS \$30.00
MARRIOTT HOTEL, UNIONDALE, NY 11553
(Please see your group GSR)**

NASSAU INTERGROUP EMAIL ADDRESSES

Officers

Chairperson— chair@nassauny-aa(dot)org
1st Vice Chair— 1stvice@nassauny-aa(dot)org
2nd Vice Chair— 2ndvice@nassauny-aa(dot)org
Secretary— secretary@nassauny-aa(dot)org
Treasurer— treasurer@nassauny-aa(dot)org

Standing Committee Chairs

Archives— archives@nassauny-aa(dot)org
Books/Literature— literature@nassauny-aa(dot)org
CPC— cpc@nassauny-aa(dot)org
Corrections— corrections@nassauny-aa(dot)org
Financial Review— finance@nassauny-aa(dot)org
Institutions— institutions@nassauny-aa(dot)org
Meeting List— meetinglist@nassauny-aa(dot)org
Newsletter— news@nassauny-aa(dot)org
Night Book— nightbook@nassauny-aa(dot)org
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Program Chair/Secretary— seclist@nassauny-aa(dot)org
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Share-a-Day— shareaday@nassauny-aa(dot)org
Speakers Exchange— speakersexchange@nassauny-aa(dot)org

IN MEMORY
JOE M.
OCTOBER 26, 2012
A NEW LIFE GROUP &
NASSAU INTERGROUP

MEETING CHANGES FOLLOWING HURRICANE SANDY AS OF 11/29/2012



Island Park 11558

Below Sea Level Group, Friday Night Men's Group, Primary Purpose Group and Women's Serenity Group: Not meeting.

Long Beach 11561

High Noon/West End Group: New location: Long Beach Catholic Regional School, 735 West Broadway, Long Beach (over gym). No Beginners meeting.

New Beginnings Group: Not meeting.

Serenity by the Sea/AM Group: New location: Saint John's Lutheran Church, 75 East Olive Street, Long Beach.

Young by the Beach Group: New location: Saint John's Lutheran Church, 75 East Olive Street, Long Beach.

Massapequa 11758

Sobriety in the Park Group: Not meeting.

Point Lookout 11569

Serenity by the Sea/PM: New location: Circulo Hispano, 136 East Park Avenue, Long Beach, 11561.

- *Some AA groups are struggling to resettle themselves after Hurricane Sandy having lost their meeting place and their literature, supplies and equipment. A partial list is above.*

You can best help these groups by attending their meetings and by generously supporting their Seventh Tradition efforts when the basket comes around.



NASSAU INTERGROUP DECEMBER 2012 MEETING LIST UPDATES

MEETING CHANGES:

Freeport 11520

Day Enders Group, last Wednesday, 4:30 PM Tradition meeting; last Friday, 4:30 PM Open Anniversary meeting.

NEW MEETINGS:

None.

DELETIONS:

Freeport 11520

Freeport II Group, Monday 8 PM Open Discussion.

Rockville Centre 11570

Encouragement Group, Monday 7:30 PM Step; Thursday 7:30 PM Closed Discussion.

**FRIENDLY REMINDER
NASSAU INTERGROUP SPEAKER'S EXCHANGE MEETING
SATURDAY, DECEMBER 15, 2012
NASSAU COMMUNITY COLLEGE, CLUSTER F, ROOM 127**

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.



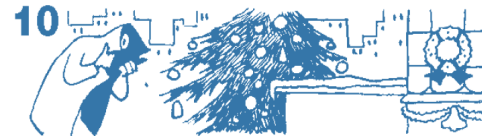
7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



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.