

# nassau intergroup

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WORLD WIDE WEB EDITION

## DECEMBER 2013

### HOLIDAY ALKATHONS

**DECEMBER 24<sup>TH</sup>, 2013 – 5 PM**  
**DECEMBER 25<sup>TH</sup>, 2013 – 11 PM**  
**&**  
**DECEMBER 31<sup>ST</sup>, 2013 – 5 PM**  
**JANUARY 1<sup>ST</sup>, 2014 – 11 PM**

### CALENDAR OF EVENTS

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

#### **December 2013**

12/4 8 PM Institutions Committee Meeting  
(Simpson Methodist Church, Locust & Sunset, Amityville)  
12/5 7 PM Intergroup Reps Orientation  
12/5 7:30 PM Intergroup Reps Meeting  
12/10 7:30 PM PI/CPC Committee Meeting  
12/11 7 PM XXXVII Share-a-Day Planning Meeting  
12/16 7 PM New GSR Orientation  
12/16 7:30 PM GSR/DCM Meeting  
12/18 7:30 PM Website Committee Meeting  
**12/19 Newsletter Deadline**  
12/21 7-10 AM Speaker's Exchange Meeting  
(Nassau Community College, Cluster F, Room 127)  
12/24 5 PM Christmas Alkathon Begins  
12/25 11 PM Christmas Alkathon Ends  
12/26 7:30 PM Steering Committee Meeting  
12/31 5 PM New Year's Eve Alkathon Begins

#### **January 2014**

1/1 8 PM Institutions Committee Meeting  
(Simpson Methodist Church, Locust & Sunset, Amityville)  
1/1 11 PM New Year Alkathon Ends  
1/2 7 PM Intergroup Reps Orientation  
1/2 7:30 PM Intergroup Reps Meeting  
1/8 7 PM XXXVII Share-a-Day Planning Meeting  
1/14 7:30 PM PI/CPC Committee Meeting  
1/15 7:30 PM Website Committee Meeting  
1/20 7 PM GSR Workshop  
**1/23 Newsletter Deadline**  
1/30 7:30 PM Steering Committee Meeting

**12/21 7-10 AM – SPEAKER'S EXCHANGE MEETING  
NASSAU COMMUNITY COLLEGE, CLUSTER F, ROOM 127**

STEP 12— Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

## AA History

December 11, 1934—Bill W.'s last drink. Admitted to Towns Hospital.

December 12, 1934—Bill W. has his spiritual experience at Towns Hospital.

December 1937—Bill W., Dr Bob, Dr. Silkworth and others meet with Rockefeller associates to raise money for AA.

December 1938— *Twelve Steps* written.

## NASSAU INTERGROUP - MEETING LIST CHANGES

### DELETIONS:

#### Franklin Square 11010

**Gift of Serenity Group**, United Methodist Church, 619 Fenworth Boulevard have cancelled their Sunday 8 PM Open Meeting.

#### Hempstead 11550

**Take 3 Steps Group**, Salvation Army Building, 194 Front Street no longer meets.

#### Manhasset 11030

**Sober Spirits Group**, have cancelled their Wednesday 5:30 PM Meditation.

#### Westbury 11590

**Westbury Advent Group**, have cancelled their Thursday 8:30 PM Big Book.

### MEETING CHANGES:

#### East Rockaway 11518

**East Rockaway Group**, added Thursday 6:15 PM \*\*Big Book. (\*\*Does not meet on major holidays.)

#### Franklin Square 11010

**A New Life Group**, formerly met at 361 Hempstead Turnpike, West Hempstead, now meets at Saint Catherine of Sienna RC Church, 980 Holzheimer Street. Group has removed their Monday 10 AM Big Book; Friday 10 AM Step is now 10 AM Big Book.

**Gift of Serenity Group**, United Methodist Church, 619 Fenworth Boulevard, Sunday 6:30 PM Beginner's is now 6:15 PM Beginner's. No changes to Tuesday, Thursday, Saturday meetings. (#Last Sunday – Anniversaries).

#### Hewlett 11557

**Woodmere Graveyard Group**, Wednesday 7:30 PM Open now 7:30 PM Closed Discussion.

#### Locust Valley 11560

**Choices Group**, added Wednesday 6:30 AM meeting. All other meetings remain the same.

#### Long Beach 11561

**High Noon/West End Group**, have returned to West End Community Center, 91 Maryland Avenue. No changes to meetings.

#### Manhasset 11030

**Sober Spirits Group** has changed their name to **Sober Spirits – Good Morning God Group**. Monday 5:30 PM Big Book now Monday 5:30 PM Closed Discussion; Tuesday 5:30 PM Closed Discussion now Tuesday 5:30 PM Meditation ; Thursday 5:30 PM

Step remains the same. Group formerly met at Saint Ignatius Retreat House, now meets at Temple Judea, 333 Searingtown Road. (**NB:** No AA meetings at Saint Ignatius Retreat House.)

#### North Bellmore 11710

**Miracles Group**, added Wednesday 8 PM Open Discussion Topic meeting; Friday 8:30 AM Big Book.

#### Point Lookout 11569

**Serenity By The Sea/PM Group**: Bishop Molloy Rec Center, 15 Parkside Drive. Monday 7 PM Beginner's & 8:30 PM Step; Wednesday 7 PM Open & 8:30 PM Big Book.

### NEW GROUPS:

#### Port Washington 11050

ME—Third Group, Monday 5:30 PM Big Book, \*Thursday 5:30 PM Step & #Friday 5:30 PM Beginners, Saint Peter of Alcantara Convent, 1327 Port Washington Boulevard. (\*Last Thursday Tradition, #Last Friday Anniversary.)

#### Rockville Centre 11570

**The Men's Group** Friday 8 PM \*Closed Discussion now (\*Open Ended Topic). Group meets 30 Hempstead Avenue, Basement Office Building, Suite H6.

#### Williston Park 11596

**Friends of Bill and Bob Group** Thursday 12 PM Closed Discussion, Saint John's Lutheran Church, 47 Winthrop Street.

### TEMPORARY MEETING RELOCATIONS 12/01/13:

#### Long Beach 11561

**New Beginnings Group**: 7:30 PM Friday Beginner's & 7:30 PM Sunday \*Big Book now located at Long Beach Ice Arena, 150 West Bay Drive. (\*4<sup>th</sup> Sunday Anniversary.)

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

#### Roosevelt 11575

**Sunday Sunrise Group** 8:30 AM Closed Discussion and **Women Caring for Women** 1 PM Women's Meeting are meeting at the First United Methodist Church of Roosevelt, 30 Union

**The Glen Head Group**  
**200 Glen Head Road**  
**(Oyster Bay Community Center)**

*Invites you to:*

**"The Old Timers Celebration"**

*Tuesday, December 10<sup>th</sup>, 2013*



**Dinner and fellowship at 6:00 PM**  
**Speakers from 7:00-9:00 PM**  
**(2 men and 2 women with**  
**25 years of sobriety or more.)**

**Join us for the**  
**Experience, Strength and Hope.**

# Happy Holidays

## A Reflection of Alkathons Past

'Twas just two holiday seasons ago, it was a hectic night at the Nassau Intergroup Reps meeting due to the organizing and group sign up for the Thanksgiving, Christmas and New Year's Alkathons. I had gotten my time slot for Thanksgiving and was now awaiting the available time slots for New Year's. When it got to me there was only one time slot open, 2 AM-5 AM. Someone said just take it, it's probably meant to be. So I did.

When I presented my group with the New Year's Alkathon time slot I did so with lots of enthusiasm. Suggesting that many of the young newcomers may need a place to go and it would be a worthwhile experience. After a couple of weeks my signup sheets were still empty. Now the resentments started, and I found myself thinking and focusing on other AA members how they need to do more service, etc.

New Year's Eve came and the people that were needed showed up, one group member flew into Kennedy that night at 1 AM, stopped by on his way home and spoke at the 2 AM meeting. Another had a very restless sponsee, and she took the 3 AM meeting. As always there were many there to lend a hand.

Meanwhile, my partner at home relapsed on December 30<sup>th</sup>, 2012. Knowing I would be gone for many hours I informed his brother who lived next door of my plans. On the 31<sup>st</sup> I went off to two sober parties before my 2 AM commitment at Intergroup, and didn't arrive home until almost 7 AM. He was in really bad condition when I got home, never even knew I was gone. On January 3<sup>rd</sup>, 2013 I arrived home from work at 3:15 PM to find him lying on the floor, dead from an overdose.

I soon realized that the resentments and feelings I had towards others about doing or not doing service at the Alkathon were and still are none of my business. I believe my Higher Power led me there because I needed those 5+ hours of meetings, fellowship, recovery and service to cope with what was to come. I now have such gratitude when reflecting back, not on the situation but on what I learned. This year I am honored to chair the New Year's Alkathon.

If you or your group would like to sign up for the New Year's Alkathon, please call Liz P. (516) 292-3045. Also, if you or your group would like to sign up for the Christmas Alkathon, please call Marty K. (516) 292-3045.

Liz P.  
NI 12th Step Chair  
(516) 292-3045 or 12step@nassauny-aa.org

TRADITION 12— Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

## Who Am I?

I hosted the first AA meeting in an institution in December 1938.

[Answer on page 5.]

## From the Chair

Hi all, just a short note from the Chair. This time of year is hard on some of us whether you are a newcomer or have been sober for a while. There are a number of reasons for this. One is the holidays, we put a lot of extra pressure on ourselves. With family and all the good stuff that goes along with the holidays, remember to take time to take care of yourself. Remember that no matter whether it is Thanksgiving, Christmas or New Year's, it is just another day.

The second is that the days are shorter and this does affect some of us. So again stay close to the fellowship.

So I hope that we all get through the holidays safe and sober. Stay grateful and make more meetings and we should all be well.

Yours in Service  
Jack K.  
NI Chair  
(516) 292-3045 or chair@nassauny-aa.org

## 24/7 Double "A" Assistance

Some call Triple A for emergency road service. For some contacting Double A is advisable. Similar to auto clubs, Nassau's Hotline/Nightbook offers 24/7 assistance.

The importance of this service for this member is personal. As dysfunctional as an automobile without fuel – nothing operational – on the morning of 11/11 road side service arrived, two AA members to accompany this member to his first Alcoholics Anonymous meeting. That "Twelve Step" call changed this member's life!

Volunteering for the Nightbook service strengthens a home group and its members – not only those who choose to stand with prospects but with fellow members. The routine stories of early evening calls (usually checking on times or place of a meeting) mid-evening to early morning calls (just to share with another member, to "take the edge off.")

But every so often the "distracted one" – down to the last hope is on the line – and you connect enough that he/she asks to go to a meeting. At that point, the Nightbook representative refers the prospect to a contact to set up the Twelve Step call that changes each involved individual's life.

Get involved . . . volunteer!

JB, Seaford at Wantagh Group

## AA GRAPEVINE HIGHLIGHTS:

**December's Issue** - "Have a Sober Holiday"

### Books:

*Emotional Sobriety: The Next Frontier*

*No Matter What: Dealing With Adversity in Sobriety*

*La Viña* magazine publishes the stories of experience, strength and hope of the AA Hispanic community six times per year.

*AA Grapevine* and *La Viña* gift subscriptions available online. For more info go to: [www.aagrapevine.org](http://www.aagrapevine.org).



## You and the Emergency Hotline!

The pebble thrown into the calm complacent pond starts the ripples that will affect the shore. I am but a pebble. I'd like YOU to be a tidal wave!

In my home group eight people besides myself, have dedicated our sober dates to be called up in an emergency should there be a need for someone to fill a gap in the daily functioning of Nassau Intergroup's Nightbook. My sober date is March 27<sup>th</sup> I am offering for the purpose!

As a pebble it is my hope to fill a calendar year with names and so that whoever dials the "hotline" will always reach another alcoholic to talk to. I personally am making myself available on March 27<sup>th</sup>, but I am hoping anyone else who has the same sober date will see the possibilities and join me. That way if I have an engagement I cannot get out of, the phone will still be answered.

Did you know that in SENY there are 13 intergroups. We are one of only two counties; the other is Suffolk, which has live alcoholics answering phones after business hours! Not to say people don't get sober anywhere else, but if you have done the Nightbook I don't need to explain the feeling when I hear someone say, "I'm new, I need help." There is nothing like it.

The Nightbook is the core function of Nassau Intergroup. It started as a phone service at its conception. Everything else it does is second to this! In the Big Book you will find this sentence in the Forward to the Third Edition, "Recovery begins when one alcoholic talks to another . . . ." Keeping in mind that our whole program rests on the fact that Bill W. did not go see Dr. Bob to save Bob, he went there to save Bill!

Join me; make Nassau Intergroup's Hotline the best it can be! It is the heart of what we do. Let's not skip a beat!

Thanks in Service  
Wayne M.



The Solution Group  
INVITES YOU TO JOIN US  
IN CELEBRATING THE SEASON

with our

"Between the Holidays Soiree!"



Saturday, December 28, 2013



Fun! Food! Fellowship! Dancing! Merriment!  
Saint Aidan's, Monsignor Kirwin Hall  
Pembroke & Willis Avenue, Williston Park



Follow the balloons  
Party Starts at 8:15 PM  
Guest Speaker 8:45 PM  
DJ 'til Midnight!  
50/50 raffle

We need volunteers!

Contact Lori at: [lamar8861@aol.com](mailto:lamar8861@aol.com)



## BROOKVILLE/MUTTONTOWN GROUP 38<sup>TH</sup> ANNIVERSARY



SATURDAY, DECEMBER 7<sup>TH</sup>  
DOORS OPEN AT 6:30 PM  
CHICKEN & CHILE (AND MORE) AT 7 PM  
SPEAKER: LEO H. AT 8 PM  
SQUARE DANCING AT 9 PM

CONCEPT 12— The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

## INSTRUMENT GROUP, LEVITTOWN

PRESENTS

2<sup>ND</sup> ANNUAL SCREENING OF THE DOCUMENTARY  
"BILL W."

JANUARY 17, 2014  
7 PM

(Not to be confused with the Garner-Woods movie. This is a strictly factual production also including interviews in shadow of AA members. Much of the information for this production was gathered from the Archives at the AA General Service Office. Running time is 1 hour, 44 minutes with a short break.)

# BALDWIN GROUP'S HOLIDAY PARTY

WEDNESDAY, DECEMBER 25, 2013

11 AM - 3 PM

3 MARATHON MEETINGS, FOOD & FELLOWSHIP

FIRST PRESBYTERIAN CHURCH

717 SAINT LUKE'S PLACE

BALDWIN, NY 11510

## Path to Serenity

Slowly growing towards a white room with padded walls.

Life happening.

Everywhere, everyone goes on.

Stuck in the mud of the trenches.

Trudging.

Step by step pushing through.

Fighting, at first, when the mud is deep.

Feeling the weight of my feet lighten as the mud becomes shallower and shallower.

Still trudging as I watch those around me jog on by on roads paved with dry dirt.

I learn to stop fighting.

To go the speed the mud allows and not push too hard to get through it.

As I do, I speed up.

Their Dirt Roads become paved with asphalt.

My mud is still mud.

I look at all these people passing by.

Some are running real fast.

Others are jogging a bit slower.

I stop wanting to be them.

I start wanting to experience my time instead of flying by like there's somewhere to be.

I start to focus on those nearer to me.

Those Others.

The ones here.

In the mud.

Smiling, as they reach backwards to help pull those even deeper than themselves.

I see.

I feel the hands reaching towards me.

Simultaneously from behind, in the deeper mud, reaching for help and from in front, by the shallower dryer mud, reaching to.

Together we trudge.

Pulling and reaching.

Reaching and pulling.

Happy to be on the road to Serenity.

Happy to be reaching out.

Happy to be helped.

Happy to see the blessings of a dry road ahead.

Happy to be.

Just be.

Anonymous

## From your Newsletter Editor

*Kia ora!* Hard to believe that New Year's is just around the corner. 'Tis the holiday season, and getting into the spirit of things is not easy for some alcoholics. Some of us find ourselves alone, but it doesn't have to be that way. If you can find your way to Nassau Intergroup for the Christmas and New Year's Alkathons, you won't be alone. You can expect heartfelt sharing, fellowship, friendship, a hot cup of coffee, cookies and snacks. And whilst the "7<sup>th</sup> Tradition Basket" may be passed around because we believe in self-support, we don't expect anyone to give up their last dollar. Service comes in many forms. Those groups who signed up for the Alkathon are giving back. The volunteers who set up, keep the coffee brewing, and help keep our office space clean during this time are giving back. This is a great opportunity for anyone to do service for AA. And no matter what you do, Nassau Intergroup appreciates your generous giving.

Have a holiday story that you might like to share for our January 2014 issue? Please submit via email or by regular mail to the intergroup office "Attn: Newsletter Editor!"

Have a safe and sober holiday season!

Service in Action

Brenda P.

NI Newsletter Editor

(516) 292-3045 or [news@nassauny-aa.org](mailto:news@nassauny-aa.org)



## Answer to "Who Am I?"

Rockland State Hospital, Orangeburg, New York.

## NASSAU INTERGROUP - EMAIL ADDRESSES

### Officers

Chairperson..... [chair@nassauny-aa.org](mailto:chair@nassauny-aa.org)  
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Secretary..... [secretary@nassauny-aa.org](mailto:secretary@nassauny-aa.org)  
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