

nassau intergroup

361 Hempstead Turnpike, West Hempstead, NY 11552

Email: intergroup@nassauny-aa.org Website: <http://www.nassauny-aa.org>

Business: (516) 292-3045 24-Hour Hotline: (516) 292-3040

WORLD WIDE WEB EDITION

OCTOBER 2014

NASSAU INTERGROUP ELECTS NEW OFFICERS FOR 2015/2016

CHAIR
1ST VICE CHAIR
2ND VICE CHAIR
TREASURER
SECRETARY

CALENDAR OF EVENTS

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

October 2014

10/1 8 PM Institutions Committee Meeting
(Simpson Methodist Church, Locust & Sunset, Amityville)
10/2 7 PM Intergroup Reps Orientation
10/2 7:30 PM Intergroup Reps Meeting & NI Elections
10/8 7 PM 2015 Share-A-Day Planning Meeting
10/9 PI/CPC Committee Meeting Not
10/9-12 18th National Archives Workshop, King of Prussia, PA
10/15 7:30 PM Website Committee Meeting
10/20 7 PM New GSR Orientation
10/20 7:30 PM GSR Meeting & NGSG Elections
10/23 Newsletter Deadline
10/30 7:30 PM Steering Committee Meeting

November 2014

11/5 8 PM Institutions Committee Meeting
(Simpson Methodist Church, Locust & Sunset, Amityville)
11/6 7 PM Intergroup Reps Orientation
11/6 7:30 PM Intergroup Reps Meeting
11/12 7 PM 2015 Share-A-Day Planning Meeting
11/13 7:30 PM PI/CPC Committee Meeting
11/13 Newsletter Deadline
11/17 7 PM GSR Workshop
11/19 7:30 PM Website Committee Meeting
11/20 7:30 PM Steering Committee Meeting
11/26 5 PM Thanksgiving Alkathon Starts
11/27 11 PM Thanksgiving Alkathon Ends

STEP 10—Continued to take personal inventory and when we were wrong promptly admitted it.

NASSAU INTERGROUP - MEETING LIST CHANGES

DELETIONS:

Amityville 11701

County Line Group, removed Friday 7:30 PM Women's Meeting.

Levittown 11756

Turnpike Group, Saint Bernard's School, 3100 Hempstead Turnpike, removed Tuesday 8 PM Open.

Long Beach 11561

Big Book Study Group (new name: **Living Sober Group**), removed Wednesday 9 AM Big Book.

Manhasset 11030

North Shore Group, Ext Care Facility Rehab, 330 Community Drive is no longer meeting.

North Bellmore 11710

Miracles Group, 906 Newbridge Road, removed Friday 8:30 AM #Big Book.

MEETING CHANGES:

Amityville 11701

County Line Group, last Monday 6:45 PM Open Anniversary only.

Open Door Group, Thursday 10 AM Closed now Thursday 10 AM Beginner's; Friday 10 AM Closed Discussion now Friday 10 AM multiple meetings: First/Last Friday Open Anniversary, 2nd Friday Tradition, 3rd Friday Big Book Stories. Group now meeting in admin building basement, Hollywood Baptist Church, 3504 Great Neck Road.

Bayville 11709

Triangle Group, Village United Methodist Church, 11 Mountain Avenue, Monday 7:45 PM *Beginners; (*1st Monday Open Anniversary.)

Cold Spring Harbor 11724

Discussion Group, Saint John's Church, 1670 Route 25A (behind Fish Hatchery) have added a Friday 6:30 PM Women's Reflections. (No changes to other meetings.)

Bellmore 11710

No Frills Group, formerly of Levittown, is now meeting at: Bellmore Presbyterian Church, 2740 Martin Avenue. Monday, 5 PM *Step, Tuesday **5 PM, Wednesday 5 PM Closed, Thursday 5 PM Big Book, Friday 5 PM Beginners, Saturday 5 PM Open, Sunday 5 PM Closed. (*Last Monday Tradition, **Tuesday Living Sober).

Franklin Square 11010

Gift of Serenity Group, Wesley United Methodist Church, 619 Fenworth Boulevard (off Dogwood Ave), Sunday 6:15 PM *Beginners, Tuesday 7:30 PM #Step, Thursday 7:30 PM #Closed Discussion now 7:30 PM Open, Saturday 7 PM Big Book now 7 PM Big Book Open. (*Last Sunday Anniversary, #3rd Tuesday Tradition.)

Levittown 11756

No Frills Group, has moved from Presbyterian Church, 474 Wantagh Avenue to: Bellmore Presbyterian Church, 2740 Martin Avenue, Bellmore, NY 11710. See Bellmore 11710 listing.

Turnpike Group, Saint Bernard's School, 3100 Hempstead Turnpike, Tuesday 8 PM Open now Tuesday 7:30 PM Beginner's (Room 207); Sunday 8 PM *Closed Discussion. (*Last Sunday Open Anniversary.)

Locust Valley 11560

Choices Group, Reformed Church, 115 Ryefield Road, 6:30 AM Daily Reflections now 6:30 AM Big Book, Saturday 7 AM Big Book now 7 AM Daily Reflections. (No change to Wednesday/Thursday meetings.)

Long Beach 11561

Big Book Study Group, Saint John's Lutheran Church, 75 East Olive/Riverside Boulevard have changed their name to: Living Sober Group. (No change to Tuesday meeting.)

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

Serenity by the Sea/AM Group have returned to: Saint James Episcopal Church, 230 West Penn Street & Magnolia Boulevard. (No changes to meetings.) The Step Meeting, Tuesday 7:30 PM Step is now Tuesday 7:00 PM Step.

Manhasset 11030

Good Morning God/Sober Spirits Group, Temple Judea, 333 Seasingtown Road has changed their name to: **Sober Spirits – Good Morning God Group**. Have removed their Thursday 5:30 PM Meditation Meeting. Added Sunday 9:30 AM Closed Discussion meeting (BYO coffee).

Solid as a Rock Group, Ext Care Facility Rehab, 330 Community Drive have added a Sunday 1 PM Open Discussion Meeting.

Mineola 11501

County Seat Group, Winthrop Hospital, 259 First Street have removed their Sunday 1:15 PM Closed Discussion Meeting. (No changes to the remaining four Sunday meetings.)

North Bellmore 11710

Miracles Group, 906 Newbridge Road, added Monday 7 PM Big Book, Wednesday 8 PM *Open Discussion Topic now 8 PM Closed Discussion.

Plainview 11803

Recovery Group, has moved from Recovery House, 1425 Old County Road to: Recovery House 526 Greengrove Avenue, Uniondale, NY 11553. See Uniondale 11553 listing.

Port Washington 11050

Port Washington Group, correct meeting address: United Methodist Church, 35 Middle Neck Road. (No changes to meetings.)

ME—Third Group, Saint Peter of Alcantara Convent, 1327 Port Washington Boulevard. Friday 5:30 PM #Beginners. (#Last Friday Anniversary). No changes to Monday/Thursday meetings.)

Stools & Bottles Group, Saint Stephen's Episcopal Church, 9 Carlton Avenue & Main Street, Tuesday 7 PM Big Book now 5:30 PM Open Discussion.

Rockville Centre 11570

Off the Fence Group, The Vineyard Church, 251 Merrick Road, changed Thursday 6 PM Beginner's to Thursday 6 PM YP Open meeting; added a Thursday 7:15 PM Daily Reflection; and Friday 6:30 PM YP Step, meeting upstairs. (Only change to Thursday meeting: basement.)

Tuesday Morning Lufberry Group that met at Saint Michael & All Angels, 2197 Jackson Avenue have moved to: Saint William the Abbott, 2001 Jackson Avenue. (No change to Tuesday meeting.)

Seaford 11783

Seaford at Wantagh Group, Saint Gregory Orthodox Church, 1100 Hicksville Road, 2nd Wednesday 7:30 Big Book, now 2nd Wednesday 7:30 PM Closed. (No changes to Sunday meetings. Last Wednesday Anniversary.)

Wantagh Friday Morning Group, has moved from Saint Michael & All Angels, 2197 Jackson Avenue to: Saint Francis de Chantal School, 1309 Wantagh Avenue (behind school), Wantagh 11793.

Syosset 11791

Berry Hill Discussion Group that met at Saint Bede's Episcopal Church, 220 Berry Hill Road to Shelter Rock Church, 178 Cold Spring Road. (No changes to Tuesday, Friday and Sunday meetings.)

Wantagh 11793

Wantagh Friday Morning Group, formerly of Seaford 11783 is now meeting at Saint Francis de Chantal School, 1309 Wantagh Avenue (behind school). Friday 9:45 AM Beginner's, Friday 11:00 AM *Closed. (*3rd Friday Open Anniversary; Last – Step).

Westbury 11590

We Care Too Group United Methodist Church, 265 Asbury Avenue, Westbury, Friday 7:30 PM Step is now 7:30 PM Beginner's. (*Last Friday Open Anniversary).

West Hempstead 11552

Reflect This Group, 311 Hempstead Turnpike, Tuesday/Thursday 10:30 AM Closed meetings now Tuesday/Thursday 11 AM Closed meetings.

NEW GROUPS:

Levittown 11756

God's Will Group, Presbyterian Church, 474 Wantagh Avenue, Monday 5 PM Step, Tuesday *5 PM, Wednesday 5 PM Closed Discussion, Thursday 5 PM Big Book, Friday 5 PM Beginners, Saturday 5 PM Open, Sunday 5 PM Closed Discussion. (*Tuesday Living Sober).

Massapequa 11758

Into Action Group, Grace Episcopal Church, 23 Cedar Shore Drive, Saturday 3 PM Big Book Open Discussion. (Meeting in portable classroom 2B.)

Point Lookout 11569

Point Lookout Group, Point Lookout Community Church, 60 Freeport Avenue, Thursday 7 PM As Bill Sees It & Thursday 8:30PM Meditation.

Rockville Centre 11570

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

Serenity in the Evening (Step 11) Group, Saint Agnes Parish, (Dominic Room), 29 Quealy Place, Wednesday 5:30 PM Step 11 (Prayer, Meditation Meeting).

Uniondale 11553

Hope of Sobriety Group, 913 Front Street, Thursday 7 PM *Closed. (*Last Thursday Big Book/Anniversary).

Recovery by the Book Group, Saint Martha Parish, 546 Greengrove Avenue, Monday 7:30 PM Beginners. (Meeting in church basement).

Recovery Group, formerly of Plainview, is now meeting at: Recovery House, 526 Greengrove Avenue, Uniondale, NY 11553. Wednesday 7:30 PM *Men's Step now Wednesday 8 PM *Men's Step, Friday 8 PM Closed now 8 PM Closed Discussion. (*1st/3rd Closed Discussion & 2nd/4th Closed Topic).

TEMPORARY MEETING RELOCATION INFORMATION:

Elmont 11003

Give It A Try Group, Presbyterian Church, 525 Elmont Road will be relocating effective November 2014. New location to be announced.

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 Place/Whitehouse Avenue.

Kick Up Your Recovery!

We who are regular members of Alcoholics Anonymous do so with the goal of never having to drink again. Those of us who practice a traditional martial art do so with the intent of never having to use it!

I have been involved with Taekwon-do for more than 23 years and have been sober for 17 continuous years. The practice of Taekwon-do has brought me many, many gifts which has enhanced my sobriety and spiritual growth. Taekwon-do taught as a traditional martial art is about our moral development not competition or winning. Those arts which do so are referred to as combat sports. A traditional martial art is about centering one's self. When we become centered we become aware, and when we are aware we can be of better service to the needs of others. Through the regular practice of Taekwon-do we become healthier physically, mentally and spiritually in the pursuit of self-defense.

Our obligation as practitioners is to always stand on the side of justice regardless of the danger. By practicing on a regular basis, especially the patterns (prearranged movements that simulate offense and defense) we connect our mind and body in a unique way. This connectedness allows us to become more centered and we grow spiritually in the process!! To exert oneself physically in this manner causes the brain to release endorphins and the resulting calm also enhances our spirituality.

When I was drinking I was selfish, self-centered and lacking in discipline. Being a recovered alcoholic I strive to be selfless, other-centered and growing in self-control thanks to the program of AA. Taekwon-do has helped me enjoy those gifts and to grow as a person in ways that I never thought imaginable. In addition to the 12 Steps of AA, I live by the Five Tenets of Taekwon-do; Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Regardless of your age or physical condition I would strongly suggest that you consider trying a traditional martial art!

Pil-Sung!!
Ray M.
Solutions Group, Williston Park

Who Am I?

I came to Alcoholics Anonymous in October 1957 with some help from co-founder Bill W. I really know a lot about AA history.

[Answer on page 4.]

I Can Write

I travel frequently for work, so it's difficult for me to take on service commitments. When I traveled less often, I was able to chair meetings, be my group's GSR and even the DCM. But life moves. And I have to know how to shift with it.

I was taught the importance of commitments early on through this analogy: the chicken and the pig decide to have breakfast. The chicken brings the eggs, that's a job. The pig brings the bacon, that's a commitment. And there are no jobs in AA, only commitments. So when I found I could not fill my commitments, I had to step down, and realize that I could not take on new ones that require showing up on a consistent basis. So I do things like set up chairs when I'm in town, and buy the anniversary cards the group hands out. But five minutes ago I realized there was something else I could do: I could write. So I submitted something to the Grapevine and sent in this letter to Nassau Intergroup.

Peter C.
Bayville Triangle Group

From The Chair

As my time as your chair winds down, I have begun to reflect on what we have done at Intergroup. I will write more about that in the next few months.

At the September Reps meeting we discussed the starting of a new meeting in the county. The old-timer's used to suggest before you start a new meeting, make sure there is a need for the meeting. We were taught that we would see if there was a meeting that may need support, and also check to see if groups in the area were already holding a meeting.

For myself, I feel that it is better to have one strong meeting than two meetings that may be struggling to get by; "some food for thought."

I also would like to let you know the our friends at Al-Anon are holding their Autumn workshop, "Harmony Harvest," on Saturday, October 18, 2014 at the Garden City Community Church starting at 9:00 AM. Thanks to our Al-anon liaison Jim C., we will be taking part at their event. I hope I will see some of you there.

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

Holiday Printing

Changes for the holiday printing of Nassau's meeting list are due in the office no later than the November Representatives meeting (Thursday - November 6th).

Just to re-emphasize, only changes submitted on one of our "Meeting List Change" forms will be processed. Changes phoned in or submitted through an email message will NOT be processed.

Also note that new groups must have been meeting for at least 6 months from the date that we receive a copy of the change form in the office. Sooo, if you have filled out the form and dated it for February, but didn't get around to getting it to the office until July - we don't start the 6 month wait period until July.

The "Meeting List Change" form is available at the office or on our website:
<http://www.nassauny-aa.org/Forms/Forms.html>. Just download the pdf, print it out and mail to the office or have your group representative drop it off.

The new print versions should be available for the Thanksgiving Alkathons.

Thanks for your cooperation in keeping the meeting list accurate and up-to-date.

Cory B.
NI Meeting List Chair
(516) 292-3045 or meetinglist@nassauny-aa.org



Happy, Joyous and Free - AA Turns 80!

Yes, plans are underway for our 38th Annual Share-a-Day (SAD) in 2015. Our theme and plans revolve around the AA International Convention to be held this year in Atlanta, GA and we plan to celebrate our 80th Anniversary with a Bang!

In the spirit of rotation, Rich B., our current Second Vice Chair, will assume the Share-a-Day Chair position for the next two years. Our first SAD planning committee meeting was held on September 10th and our meetings will be held at the Nassau Intergroup office on the second Wednesday of each month at 7 PM (see calendar). Please join us to help plan our SAD 2015!

We have attached the first letter requesting donations from the area groups and appreciate all past and future donations made by the Nassau Groups. This is OUR Share-a-Day and it's a WE effort.

In Love and Service

Patty V.

Outgoing NI Share-a-Day Chair

Literature News

Alcoholics Anonymous World Services is raising the prices of many books including Big Books and 12 & 12's (Step books) starting October 1, 2014. If you go to: www.aa.org and highlight AAWS On-line Store in the moving slide show 2/3 of the way down the page you will find AAWS conference approved literature sold by Alcoholics Anonymous, with a line noting price increases. There is also a Grapevine slide button to access AA Grapevine literature.

George P.

NI Literature

(516) 292-3045 or literature@nassauny-aa.org

**FOR YOUR INFORMATION:
NI Meeting Exchange Time Change
New Time: 7:00 AM – 9:00 AM
Change takes effect December 2014**

TRADITION 10—Alcoholics Anonymous has no opinions on outside issues; hence the AA name ought never be drawn into public controversy.

Answer to "Who Am I?"

"AA Comes of Age"

CONCEPT 10—Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

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From your Newsletter Editor

Kia ora! By the time you read this, Nassau Intergroup Reps would have elected new officers for the 2015/2016 rotation. It's an interesting process to experience, and one where the group conscience truly determines who will be our trusted servants for the next two years. Congratulations to our newly elected officers.

Still accepting articles for our newsletter. Please submit via email or by regular mail to the intergroup office "Attn: Newsletter Editor!"

Service in Action

Brenda P.

NI Newsletter Editor

(516) 292-3045 or news@nassauny-aa.org



Intergroup Budget

In November, Nassau Intergroup's (NI) Financial Review Committee and Steering Committee will offer the Reps a proposed budget for Intergroup for 2015 together with a summary of NI's income and expenses through the third quarter of 2014 for reference.

The Reps will have a month to consider the proposal and reference information, and to ask questions before they will need to help us finalize the 2015 budget in December.

Bill C., Chair, Financial Review Committee
finance@nassauny-aa.org

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 Committee Chairs

Archives archives@nassauny-aa.org
Books/Literature literature@nassauny-aa.org
CPC cpc@nassauny-aa.org
Corrections corrections@nassauny-aa.org
Financial Review finance@nassauny-aa.org
Institutions institutions@nassauny-aa.org
Meeting List meetinglist@nassauny-aa.org
Newsletter news@nassauny-aa.org
Night Book nightbook@nassauny-aa.org
Office Manager officemanager@nassauny-aa.org
Program Chair/Secretary seclist@nassauny-aa.org
Public Information publicinfo@nassauny-aa.org
Share-a-Day shareaday@nassauny-aa.org
Speakers Exchange speakersexchange@nassauny-aa.org
Special Needs specneeds@nassauny-aa.org
12th Step List 12thstep@nassauny-aa.org
Web Committee webcommittee@nassauny-aa.org

*History of the "Big Book" and
Links in the Chain: A History of
Sponsorship in Early AA*

Presented by James D., SENY Archivist

Hosted by the Baldwin Group

*Saturday, October 4, 11am-2pm
including Lunch*

*First Presbyterian Church
717 St. Luke's Place, Baldwin 11510*

SUFFOLK COUNTY SHARE-A-THON
SUNDAY - OCTOBER 12, 2014
SAINT JOSEPH'S COLLEGE
EXIT 51 off SUNRISE HWY
WAVERLEY AVENUE - SOUTH -
PATCHOGUE
9 AM-4:30 PM

**All day work shop's from Young People's to
Old Timer's, Yoga & Meditation Workshops, Al-Anon**

**Three Speaker AA Big Spiritual Meeting at 3 PM
Sobriety Count Down**

**Free coffee, beverages and free lunch.
Fellowshipping !!!**

PUBLIC INFORMATION WORKSHOP
NASSAU INTERGROUP OFFICE
361 HEMPSTEAD TURNPIKE
WEST HEMPSTEAD, NY 11552

SATURDAY, OCTOBER 11, 2014
10:00 AM - 12:30 PM

"SPEAKING AT NON-AA FUNCTIONS"
(SCHOOLS, REHAB CENTERS, ETC.)

COME JOIN US!!
YOUNG PEOPLE ARE STRONGLY ENCOURAGED
TO PARTICIPATE

Al-Anon Information Service of Nassau (A.L.I.S.O.N.)

Invites you to our ANNUAL AUTUMN WORKSHOP

HARMONY HARVEST

Saturday, October 18, 2014, 9 AM-4 PM
Garden City Community Church
245 Stewart Ave at Whitehall Blvd., Garden City, NY

OPEN Al-Anon and AA meetings on a variety of topics around the
theme: "Participation is the Key to Harmony"

Program includes 3 Joint Al-Anon-AA Open Discussions:
"Service with a Smile, Conflict Resolution, & Spiritual Anonymity".
Also an Al-Anon Reunion en Espanol seran incluidas @ 1:30 PM

Looking Forward to Twelve Step Creative Expression with Open
Mike "Harmonies", Fun, Fellowship & Reflection

For full program go to: www.alanon-nassau-ny.org click "events."

JOIN IN! JOIN US!

Primary Purpose Group of Lynbrook



Presents

A Meditation Workshop
With Peter D.

Saturday, October 25, 2014
11 am - 3 pm
Lunch will be served

In this four hour workshop we'll learn to develop the skill of meditation.
The workshop will include instruction, discussion and time to practice meditation. We'll
learn the fundamentals of meditation including the skill of mindfulness. In learning these
skills we'll strengthen our ability in practicing meditation and we'll develop in our capacity
to bring meditative qualities into our daily lives.. The work shop is suitable for beginning
and experienced meditators!

225 Earle Ave
Earle Ave & Peninsula Blvd
Lynbrook, NY 11563

CEDARHURST-HEWLETT GROUP
CELEBRATES IT'S

55TH ANNIVERSARY

FRIDAY OCTOBER 31ST 2014
St. Joseph's Church
1346 Broadway-Hewlett NY

SPEAKER AT SDM



FOOD-MUSIC-FELLOWSHIP
TO FOLLOW

COME CELEBRATE HALLOWEEN WITH US