

**Nassau Intergroup of AA, Inc.**

361 Hempstead Turnpike, West Hempstead, NY 11552-1342

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516.292.3040 (24/7 Hotline) 516.292.3045 (Business)

WORLD WIDE WED EDITION

# NOVEMBER 2016



## CALENDAR OF EVENTS

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

### NOVEMBER 2016

- 11/2— Institutions Committee, 8PM, Simpson United Methodist Church, 30 Locust Ave. (off Sunset Ave. from County Line Rd.), Amityville 11701
- 11/3— **Reps Orientation**, 7PM (Suggested for new Reps.)  
**Reps Meeting**, 7:30PM. Deadline for submitting Meeting List changes for the next printing.
- 11/3-6— 31<sup>st</sup> Annual Central Office/Intergroup Seminar, hosted by Kansas City, MO; Email, [director@kc-aa.org](mailto:director@kc-aa.org) for info.
- 11/5— Joy of Service, SENY sponsored workshop hosted by Nassau General Service Group (NGSG); Bishop Molloy Recreational Center, 15 Parkside Dr., Point Lookout 11569; 10AM-2PM
- 11/9— Share-A-Day Committee, 7PM
- 11/10— PI/CPC Committee, 7:30PM
- 11/10— Newsletter deadline for December
- 11/17— **Steering Committee**, 7:30PM (By invitation.)
- 11/21— NGSG Roundtable Workshop, 7PM; Concepts XI and XII
- 11/23-24— **Thanksgiving Alkathon**; hourly AA meetings beginning 5PM Thanksgiving Eve, 11/23. Last meeting ends 11PM Thanksgiving Day, 11/24.



### DECEMBER 2016

- 12/1— **Reps Orientation**, 7PM (Suggested for new Reps.)  
**Reps Meeting**, 7:30PM
- 12/7— Institutions Committee, 8PM (See 11/2 above for location.)
- 12/14— Share-A-Day Committee, 7PM
- 12/21— Website Committee, 7:30PM
- 12/17— **Exchange Meeting**, 7-9AM, Nassau Community College, 1 Education Dr. (Stewart Ave. to Lifetime Brands Blvd.), Cluster F, Room 127, Garden City 11530 (Park in East 2.)
- 12/19— NGSG Meeting Orientation, 7PM (Suggested for new DCMs/GSRs.) NGSC Meeting, 7:30PM

- 12/21— Website Committee, 7:30PM
- 12/22— **Newsletter deadline** for January
- 12/17— **Steering Committee**, 7:30PM (By invitation.)
- 12/24-25— **Christmas Alkathon**; hourly AA meetings beginning 5PM Christmas Eve, 12/24. Last meeting ends 11PM Christmas Day, 12/25.
- 12/31-1/1— **New Year's Alkathon**; hourly AA meetings beginning 5PM New Year's Eve, 12/31. Last meeting ends 11PM New Year's Day, 1/1.

## From the Chair

Congratulations to Nassau Intergroup's trusted servants elect for 2017-2018: Chair, Elise M., First Vice Chair, Kevin Mch., Second Vice Chair, Regine V., Treasurer, George P., and Recording Secretary, Tricia L. Thank you Jim M., Linda D. and Regina T. from General Service for facilitating the elections.

Thanks to all who attended The Big Meeting. Special thanks to the Planning Committee: Liz P. as moderator and with Hospitality;

*(Continued, page 3.)*

## AA'S THREE LEGACIES FOR NOVEMBER

**Step 11**— Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

**Tradition 11**— Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

**Concept 11**— The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day ‘Thy will be done.’”

—From “Step Eleven,” *Alcoholics Anonymous*, pp. 87-88.

**From the Editor**

We’re coming on time for a change.

Every two years Nassau Intergroup’s elected and appointed trusted servants rotate, that is, we elect new officers and the chair-elect in turn enjoys the right of appointment or re-appointment for all the standing committee chairs not otherwise selected from within their respective committees. (Currently, only Institutions and Share-A-Day select their own chairs from within their ranks.)

And so, we have one more issue of the *Nassau Intergroup News* under my hand as editor. It has been a privilege and a lot of fun doing the newsletter. I’ve especially enjoyed running the items on AA history, the *Grapevine* and “Who Am I?” along with the chance to bring back some previously published articles which nevertheless still seemed timely and relevant to me.

I hope you will actively support the new editor with your continuing contributions of articles, poems and haiku, drawings, announcements, memorial items, comments and suggestions. Expect some changes too, perhaps a new look or changes of standard content.

Remember our [e-subscription](#) option. (NI enjoys a small but dedicated following of its digital edition.) The digital edition of the *News* offers full colour graphics and many working hyperlinks to make your access to additional content quick and easy. Opt in or out at our website, [www.nassauny-aa.org](http://www.nassauny-aa.org), just below the “Current Issue” pdf icon.



In Service,  
Bill C., Editor, NI Newsletter  
516-292-3045 or [news@nassauny-aa.org](mailto:news@nassauny-aa.org)

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**A Bit More AA History**

**More on Bill W. and Towns Hospital**

Bill and Lois W. were in dire financial straits. Bill had not had paid employment for years. They had lost the Clinton Street house in September 1936, and were finally forced out in April 1939. (They would be virtually homeless moving from place to place until April 1941 when they acquired Stepping Stones.) So when Charles Towns offered Bill a job at Towns Hospital as a lay alcoholism therapist in November 1939, Bill initially responded with enthusiasm.

However, when he approached Lois with the idea she was less than enthusiastic. A similar reaction greeted Bill when he shared Towns’ offer with his circle of local AA members who suggested that Bill’s accepting payment for sharing the AA program while others were expected to do the same without pay would cause an unhealthy split within the young Fellowship.

Bill accepted this counsel (an early example of the group conscience in action), and we can see the experience’s impact on what would become AA’s Traditions. He would recount the episode in

**AA HISTORY FOR NOVEMBER**

- November 1934— Ebby T. visits Bill W. in Brooklyn and offers a spiritual path to recovery.
- November 11, 1934— Bill W. starts on his last drunk.
- November 1939— Bill W. considers going to work at Towns Hospital.
- November 11, 1940— First issue of the *AA Bulletin* (later named *Box 459*) is published and mailed to groups.
- November 17, 1943— First meeting of The Alcoholic Foundation, Inc.
- November 1949— Short form of the “Twelve Traditions” is published in the *AA Grapevine*.
- November 16, 1950— Dr. Bob dies, Arkon, Ohio.
- November 3, 1975— AA Archives formally opened in NYC.
- November 1, 2001— Fourth Edition of the “Big Book” is published.

some detail when he later wrote his essay on “Tradition Two” for *Twelve Steps and Twelve Traditions*. We can also see its impact in “Tradition Eight.”

(See, *Language of the Heart*, pp. 77-78, and 86-87; [Nassau Intergroup News, September 2015](#), p. 6; *Pass It On*, pp. 175-177; and, *Twelve Steps and Twelve Traditions*, pp. 132-138, and, 166-171.)

**Who Am I?**

After a dry period, my last drunk began innocently enough with a golf outing to Staten Island on Armistice Day 1934. By December I would be hospitalized yet again, but this would be the beginning of my awakening and long-term recovery from my alcoholism. When I got out of the hospital, I would begin trying to help fellow sufferers, and therein happen on a part of the formula for recovery so fundamental to AA.



(Answer on page 6.)

**NASSAU INTERGROUP - EMAIL ADDRESSES**

**OFFICERS**

- Chairperson [chair@nassauny-aa.org](mailto:chair@nassauny-aa.org)
- 1st Vice Chair [1stvice@nassauny-aa.org](mailto:1stvice@nassauny-aa.org)
- 2nd Vice Chair [2ndvice@nassauny-aa.org](mailto:2ndvice@nassauny-aa.org)
- Secretary [secretary@nassauny-aa.org](mailto:secretary@nassauny-aa.org)
- Treasurer [treasurer@nassauny-aa.org](mailto:treasurer@nassauny-aa.org)

**STANDING COMMITTEES**

- Archives [archives@nassauny-aa.org](mailto:archives@nassauny-aa.org)
- Coop. Pro. Comm. (CPC) [cpc@nassauny-aa.org](mailto:cpc@nassauny-aa.org)
- Corrections [corrections@nassauny-aa.org](mailto:corrections@nassauny-aa.org)
- Financial Review [finance@nassauny-aa.org](mailto:finance@nassauny-aa.org)
- Institutions (H&I) [institutions@nassauny-aa.org](mailto:institutions@nassauny-aa.org)
- Literature [literature@nassauny-aa.org](mailto:literature@nassauny-aa.org)
- Meeting List [meetinglist@nassauny-aa.org](mailto:meetinglist@nassauny-aa.org)
- Newsletter [news@nassauny-aa.org](mailto:news@nassauny-aa.org)
- Night Book [nightbook@nassauny-aa.org](mailto:nightbook@nassauny-aa.org)
- Officer Coordinator (Mgr.) [officemanager@nassauny-aa.org](mailto:officemanager@nassauny-aa.org)
- Program Chair/Secretary [seclist@nassauny-aa.org](mailto:seclist@nassauny-aa.org)
- Public Information (PI) [publicinfo@nassauny-aa.org](mailto:publicinfo@nassauny-aa.org)
- Share-a-Day (SAD) [shareaday@nassauny-aa.org](mailto:shareaday@nassauny-aa.org)
- Speakers Exchange [speakersexchange@nassauny-aa.org](mailto:speakersexchange@nassauny-aa.org)
- Special Needs [specneeds@nassauny-aa.org](mailto:specneeds@nassauny-aa.org)
- 12<sup>th</sup> Step List [12thstep@nassauny-aa.org](mailto:12thstep@nassauny-aa.org)
- Website [webcommittee@nassauny-aa.org](mailto:webcommittee@nassauny-aa.org)

We continue to offer a listing of opportunities for service with Nassau Intergroup. Interested? Leave a message at the NI office during business hours (9AM-5PM daily) at 516-292-3045 or send an email to the addresses below.

For November and beyond, the service opportunities include:

- **Assistant Treasurer**— Primary responsibility for record keeping and compliance with respect to proposed literature sales and related sales tax filings. (Probably to begin some time next year.) Contact: [treasurer@nassauny-aa.org](mailto:treasurer@nassauny-aa.org).
- **Public Information**— Speaking at schools, colleges and other venues; commitment of one hour a month. Contact: [publicinfo@nassauny-aa.org](mailto:publicinfo@nassauny-aa.org).
- **Institutions (H&I)**— Many opportunities for speaking at institutions. Come to the H&I meeting (first Wednesday monthly, see the Calendar of Events) or, contact: [institutions@nassauny-aa.org](mailto:institutions@nassauny-aa.org).
- **Intergroup Office**— Volunteers needed to answer phones and handle literature questions, any day(s), 9AM-1PM or 1-5PM. Contact: [officemanager@nassauny-aa.org](mailto:officemanager@nassauny-aa.org).
- **Website**— Volunteer(s) needed familiar with PHP or MySQL. Contact: [webcommittee@nassauny-aa.org](mailto:webcommittee@nassauny-aa.org).



## Help Wanted

“Great modesty and humility are needed by every AA for his own permanent recovery. If these virtues are such vital needs to the individual, so must they be to AA as a whole. This principle of anonymity before the general public can . . . guarantee the Alcoholics Anonymous movement these sterling attributes forever. Our public relations policy should mainly rest upon the principle of attraction and seldom, if ever, upon promotion.”

—“Our Anonymity Is Both Inspiration and Safety,” AA Grapevine, March 1946, in, *The Language of the Heart*, p. 20.

### From the Chair (Continued)

Bonnie S., Hospitality Chair, and for the Sobriety Count Down; Kenny H., Co-Chair and set up/clean up; Geralyn G., Publicity, for a wonderful program; and Marty K. for set up/clean up, greeting and seating for special needs.

We also thank Marty and Steve S., Night Book, who were standing by to sign groups up and answer questions about the 12<sup>th</sup> Step Contact List, and the Night Book; Steven S. on hand to answer questions about Public Information; George P. with Literature; and Steve K., DCMC, for his service that day and all the days he has served AA in Nassau County during his term as a valued trusted servant. Thank you too to our panel, Marie M.-S., Patty V., and Al Z., and to our keynote speaker Bill C.

Our Alkathon season begins. Liz P. is the Thanksgiving Alkathon Chair. Groups who wish to sign up for the Christmas or New Year Alkathon, please have your Rep present at the Reps meeting December 1, or contact the office (below) and leave a message.

Our Share-A-Day planning committee is shaping up too. Liz P will be the chair. It's our largest event here in Nassau County. The committee meets the second Wednesday of every month at the Intergroup office, and many hands make light work. We could use some fresh ideas and faces. Come join us. Bring a sponsee, friend, or a newcomer.

Lastly, congratulations to the newly elected trusted servants at Nassau General Service Group: DCMC, Regina T., First Alt. DCMC, Linda D., Second Alt. DCMC, Pam S., Treasurer, Vinny McP., and Secretary, Gerlayn G.

Service is gratitude in action,  
LaRaine A., Chair, 516-292-3045 or [chair@nassauny-aa.org](mailto:chair@nassauny-aa.org)



### From the Night Book— A Cry for Help



Hello everyone. Whenever I get good stuff to share with you, I always do. This last month, I received a phone call from Greg, a Night Book volunteer from the previous night. He told me that about midnight, a new AA with two weeks of sobriety called him and told him that he was on his way to buy booze and cop some drugs. The volunteer kept him talking while the caller was just driving around aimlessly. Then the special magic happened. One alcoholic talking to another helped to lift the obsession and restore hope to what could have been just another disaster of the disease claiming another victim. The caller made a U-turn and went back home, WITH-OUT buying anything!

But Greg didn't just stop there; he went the extra mile and asked the caller if he would like to come to his home group the next morning and that he would meet him there. So Greg and the caller met the next morning, and Greg made a new friend, and the group possibly gained a new member, who by the Grace of God and our Night Book was saved from more suffering.

When Greg called me, he could hardly contain his enthusiasm for AA, and his part in helping another person stay sober. I've experienced this satisfaction many times myself, covering the phones, and now as chair. I get a “special satisfaction,” because I am helping to facilitate this service for others. I will do whatever it takes in loving service to make the Night Book experience fantastic beyond belief for all who step up and do it. Isn't it time that YOUR HOME GROUP “TAKES THE NIGHT BOOK,” and sees what all the joy of serving is about?

I would like to thank the groups which took to the phones during the month of October:

- Gift of Serenity, Franklin Square
- Live at Five, Mineola
- The Moonlight Group, North Bellmore
- Seaford at Wantagh, Wantagh
- Serenity by the Sea AM, Long Beach

Yours in Trusted Service,  
Steve S., Night Book Chair  
516-292-3045 or [nightbook@nassauny-aa.org](mailto:nightbook@nassauny-aa.org)  
“Service Is Gratitude In Action”

“The longtime success of our General Service Board . . . will depend quite as much upon the competent leadership and harmonious association of those non-Trustee committee members, corporate service directors, executives and staff members who must actively carry on AA's world services.”

—“Concept XI,” *Twelve Concepts for World Service*, p. 48.

## Happy Veteran's Day

On the eleventh hour of the eleventh day in the eleventh month in the year of 1918, an Armistice was signed to end the First World War. The date was referred to for years as Armistice Day. This day became known over time as Veteran's Day, a day of thanks and appreciation for the veterans who have served in the military.

Bill W. served in World War I, and it was during that service in England that he saw the writing on a headstone at Winchester Cathedral about the Hampshire Grenadier which he relates in "Bill's Story" in the "Big Book," the "Ominous warning—which I failed to heed."

With the freedom from dependence upon alcohol and a Higher Power, soldiers in combat have learned to deal with the pressures that are associated with it, which we learned in Step 3 of the "12 and 12."

Today there is AA along with other organizations that are there to help Veterans deal with problems that they are having difficulty with.

Happy Veteran's Day, Jim G.

## AA Grapevine Highlights for November

**November Issue**— Featuring stories about our Twelve Traditions.

**Books**— New, *Forming True Partnerships* (GV34), *Un Día A La Vez* (SGV03), and *Our Twelve Traditions* (GV35). Many e-book titles also available.

**Sobriety Calculator**— It's fun to count your years, days, hours or minutes in recovery.

**The Laugh's On Us**— Submit a caption for a *Grapevine* cartoon.

**Daily Quote Subscription**— [Sign up](#) to receive an inspirational daily quote from the *Grapevine* via email.

Consider a *Grapevine* or *La Viña* subscription or one of the

many other AA Grapevine publications as a gift for that special AA friend.

Go online to [www.aagrapevine.org](http://www.aagrapevine.org) for more info or to get an AA Grapevine [catalogue](#).



## Practice These Principles

### Step 11—

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

So here we are, the month of November where our spirit of gratitude is heightened and thankful for family, friends, relationships and most of all, the gift of sobriety given to us only by the Grace of a loving Higher Power (whom I choose to call God).

Our sobriety depends on the maintenance of our spiritual condition. The powerlessness over our alcoholism, that nearly destroyed us, will return if we do not work on maintaining our contact with a Higher Power. In Step Eleven, we carry that goal further: we seek to improve the conscious contact with God that we have established in the previous Steps.

Our Twelve and Twelve tells us that, "Prayer and meditation are our principal means of conscious contact with God." It is through prayer and meditation that we reestablish our desire to do God's will. Prayer is speaking to God, whereas meditation is listening to God. We need to ask God to reveal His will to us, but we must also listen in order to hear the answer.

For me, I had to realize that Step 11 was a heart thing. It was my desire to want to have a personal relationship with God. It was about taking time to spend with God, getting to know Him and allowing Him to know me. It was a change that took place within me; a wanting—seeking—searching—yearning for more of a spiritual connection with God in my life. An even deeper desire to allow God to fill in that hole that had been empty for so long. The 11<sup>th</sup> Step urges us to go beyond our own problems and develop a life of conscious contact with God.

Trust me, it's not something that happens overnight, but you can get to that place where you are seeking God's will for your life. I want to do God's will, but I can only achieve that if I ask for the power to do so. I want to live right, but again, I have to ask God for the power to do so. Step 11 is a daily process that continues for a lifetime.

My prayer is that God would conform my will to His will. Simply stated, "Thy will, not mine, be done. Show me what you want me to do today, God, and then help me do it." In Love & Service, Cynthia S., Just Booze, Baldwin

### Step 11—

When I first attended AA meetings, I'd review the shade containing the Twelve Steps from top to bottom: 1— Well yeah, my life was unmanageable, and I had to admit that I couldn't stop drinking even under duress. 2— A power greater than myself? Not likely. 3— Turn management over (no matter how badly it was going under the current management) to a power that I didn't understand? Not likely. 4 and 5— Searching and fearless inventory of my moral bankruptcy? Not likely. And so on straight through Step 10. At most of them, I balked. However, I then came to Step 11, "Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out."

The prayer part? Well, see 2 and 3 above. But the meditation part? I thought to myself, "Hey, that's the first cool thing I've seen in the whole damn list." After all, this was the mid 1970s, and only a few years before the Maharishi had done his world wide tour with the Beatles and transformed meditation from something for religious zealots into the latest trend for the cognoscenti. Besides, it didn't appear to require any real effort. Hey, I could do this.

Who knew? Meditation and prayer, it turns out, are more challenging than they first appear. There's a saying: Meditation, it's not what you think. Thinking is like talking. If you're talking, you're not listening. Years ago I was given a suggestion, "Take the cotton out of my ears and put it in my mouth." Similarly, if I'm thinking, my conscious contact with the Higher Power is limited at best.

### Haiku

Pray to recover  
Meditate and  
contemplate . . .  
Living life sober !

Brenda P.



## Practice These Principles

### Step 11 (Continued)—

Thinking is like talking to myself inside my own head. By meditating I can quiet that ceaseless chatter, improve my conscious contact with that higher power, and listen for the will of God. With continued practice, I am able to carry this principle into all my affairs. I learn to handle situations that once would have baffled me.

AA is a program of action. As we know, if you don't change the person that came to AA, that person will take you back out. To avoid any possible confusion, let me be clear. This Step is not suggesting a return to the frozen, walking-dead state of active alcoholism. Quite the opposite. Rather than trying to blot out the reality of my existence, I can smell the roses, hear a bird sing, see a sunset. I can learn to pay attention, to be conscious.

Perhaps the biggest challenge associated with this Step, and what sets it apart from most of the others, is that it does not require action, it simply requires being. But letting go is not as easy as I anticipated. It's no accident that this Step is the eleventh in a progression. You cannot read about it or be told about it. You must experience it.

A cardinal suggestion of the founders of AA was this simple insight: "Take it one day at a time." As alcoholics, we have a tendency to spend our thought lives in the past or the future, oblivious to the joy of living in the present moment, which, at the end of the day, is really all I have. A good friend of mine who passed away recently but lived life to the fullest, used to say, "Don't just do something. Stand there." Very often, the very best medicine for a beleaguered soul is simply sitting quietly, doing nothing.

There are many forms of meditation, and no single right way to meditate. A painless introduction to meditation can be found at any of the meditation meetings in Nassau County. But AA is not allied with any sect or denomination. Likewise, meditation meetings do not advocate any particular form or format. A typical approach is to read a short passage from Conference approved AA literature, then spend the next ten minutes paying attention to your breath with your eyes closed sitting quietly. The passage is then discussed by those present. Sounds easier than it is.

I'd venture to say, and contrary to my initial expectations, compared to this Step, the others may not be easy, but are at least

straightforward. You'll quickly notice the emergence of many distracting, random and irrelevant thoughts. When you notice that happen, just label it "thinking," and resume the focus on your breathing once more. There are a number of such meetings in the meeting list. Just look for the note, "Meditation." As it says in the text of this Step, there are many satisfied customers.

I often hear people in meetings talk about how their minds and thoughts seem to go into overdrive, particularly when times are tough. One of the many lessons that I learned in AA was that thoughts and feelings are not facts, and that I can train my brain to respond effectively rather than defectively to almost any situation I may face. Meditation, improving conscious contact, helps with that.

All the best, Mike F., Serenity by the Sea PM

### Tradition 11—

*"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."*

"We seek publicity for AA principles, not AA members. ... Personal anonymity at the public level is the cornerstone of our public relations policy. ... Each member becomes an active guardian of our Fellowship." (From, *Twelve Steps and Twelve Traditions*, page 12.)

"In 2013, the 63<sup>rd</sup> General Service Conference affirmed that, "the Internet, social media, and all forms of public communication are implicit in the short form of Tradition Eleven, which reads 'at the level of press, radio, and films.'" (From, [AA Guidelines, Internet](#), page 1.)

I've always loved the various guidelines, and am so glad that now I can access them easily, via the Internet at [www.aa.org](http://www.aa.org). I feel incredibly blessed that we have resources available to us at all times, on our phones! We're recovering in an amazing time for the world (easy Jane, no outside issues), and our Fellowship as well. Opportunity abounds.

I am grateful to say that I have been able to attend all of the Internationals since 1995 because I love AA conventions! Why then was I overcome with sadness at the 2015 International Convention of Alcoholics Anonymous? Here's my experience: At the welcome meeting on Friday night in the stadium, I saw a couple of people photographing their surroundings and kept quiet, but it bothered me, a lot. The meeting

opened and an announcement was made that no photographs should be taken, including in outdoor areas of the Convention. The next morning, I entered the main hall and there was a giant, I mean huge, anonymity booth. I stopped, shared a bit about my feelings from the night before, and got a button that read, "Anonymity-I get it."

Heading towards my day's first meeting, I was stunned when a member in front of me on the escalator was taking a video on her phone of the venue and all the people. I should have said something. I was so disturbed that I stayed quiet. At that meeting I heard the same announcement, to please refrain from photographs. That same "no photos" announcement was made at every meeting of the Convention. And it seemed to me that no one paid attention.

Saturday afternoon I went back to my hotel room, mad, sad, and scared. I called a friend to talk, and she told me that another friend had posted street scenes on a social media site (not on a private online group) from the Convention, but hadn't explicitly said "AA." Didn't that make it okay? I think not. I made up my mind that this was my last International. I reasoned that I had been to five, and had planned and saved to go each time, and this event was not for me any longer. The very thought made me cry.

Time does accomplish the impossible. It's sixteen months later, and I am planning on going to Detroit in 2020. It will be after I figure out how to lovingly ask, "Will you stop photographing, please?"

AA should not be anonymous, but its members should be.

In Love With Service,  
Jane E., SCGS Registrar,  
SENY Chair-Elect



### Concept XI—

*"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."*

This concept makes us aware that the trusted servants who work for the various AA entities need to be carefully selected because they will have the most day-to-day contact with members and others interested in AA, in order to help actively perform AA's world services. Since the goal of any AA service is to effectively carry the message,

(Continued, page 6.)

**Practice These Principles**

**Concept XI (Continued)—**

we must continually seek out qualified servants and personnel to help us achieve the primary objectives.

This is about the way we recognize and run the GSO, the AA Grapevine office and the AA World services (publisher of all AA's literature). It offers principles and suggestions in four areas of our service activities:

■ **The status of executives**— The executives should inspire by energy and example, thereby securing willing cooperation.

■ **Paid workers, how compensated**— AA world service services are for the benefit of us all including the newcomer; those services are to support the general welfare and protection of us all.

■ **Rotation among paid staff workers**— The spirit of rotation and equal staff pay helps to maintain the security and continuity of the office operations.

■ **Full "participation" of paid workers is highly important**— We need to treat paid workers with respect as we would our volunteers.

The insights of these areas help me to apply them into my own personal life, and work relationships with others to improve the quality and dedication of my participation in the program of AA.

I realize that the quality of my service reflects my sobriety, as I need to not become complacent in AA, but to try and dedicate a maximum service, remaining useful to the program. I learn to try to work with others because what we do together is for the common welfare of our relationship as members supporting AA as a whole. I need to pray every day that I do a little better than I did yesterday in order to improve my attitude and the quality of my work in all my affairs in my personal recovery at home and in the program. I have to continue to help the newcomer to get better by example one day at a time. I need to show appreciation to those who came before me and continue to dedicate their service in order for me to stay sober. I need to pray that I develop the willingness to dedicate myself to do service even when I don't feel like it as my sobriety and my life depend on it.

Geralda L., Second Alternate DCMC, NGSG

**Meeting List Changes**

(As of 10/20/2016.)

- 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

**NEW GROUPS**

- Freeport 11520**  
**Thursdays As Bill Sees It Group**, Freeport Community Church of the Nazarene, 301 Atlantic Ave.; Thur. 7PM C (*As Bill Sees It*).
- Garden City 11530**  
**Grupo Tu Si Puedes**, LI Ethical Humanist Society, 38 Old Country Rd.; Wed. 7:30PM Mujer (Women); en español (in Spanish).
- Levittown 11756**  
**Serenity Night Live Group**, Good Shepard Lutheran Church, 3434 Hempstead Tpk.; Sat. 6:30PM CD.
- Malverne 11565**  
**Big Book Fever Group**, Church of the Intercessor, 50 St. Thomas Pl.; Sun. 8PM BB.
- North Bellmore 11710**  
**Moonlight Group**, Walk in for Love Jesus Church, 906 New-bridge Rd.; Mon. 9PM B.
- Rockville Centre 11570**  
**Joy of Living Group**, St. Agnes Cathedral, 29 Quealy Pl. (Dominic Room, basement rear); Sat. 9AM BB.
- Wantagh 11793**  
**Peace Within 11<sup>th</sup> Step Meditation Group**, 3050 Merrick Rd.; Sun. 7:30PM O.
- West Hempstead 11552**  
**Creatively Sober Group**, 482 Hempstead Ave.; Mon. 8AM CD, Sat. 7PM B; WC.



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**CHANGES**

- Baldwin 11510**  
**Baldwin Group**, First Presbyterian Church, 717 St. Luke's Place; Wed. 9PM BB dropped. No other changes. WC
- New Look on Life Group**, First Church Baldwin United Methodist, 881 Merrick Ave. (parking in rear); Tues. 7:30PM B, 9PM C, Fri. 6PM CD, 7:30PM S.
- Over the Hill Group**, Baldwin Lutheran Church, 1375 N. Grand Ave.; Thurs. CD 8PM.
- Bellmore 11710**  
**We Change Together Group**, Pride for Youth Center, 2050 Bellmore Ave.; Tues. 6:45PM O.
- Farmingdale 11735**  
**A Way Out Group**, Crossroads Church of Long Island, 610 Car-mans Rd.; Wed. 9:30AM BB (Women's).
- Freeport 11520**  
**Freeport I Group**, Church of the Transfiguration, 69 S. Long Beach Ave. (Address correction); Tues. 7:45PM B (Last Tues. O).
- Inwood 11696**  
**We Can Do It Group**, St. Paul's United Methodist Church, 200 Redwood Ave.; no changes to meetings.
- Long Beach 11561**  
**High Noon/West End Group**, West End Community Center, 91 Maryland Ave.; Add, Sat. 10AM B.
- Lynbrook 11563**  
**Lynbrook Group**, Christ Episcopal church, 49 Blake Ave.; Sun. 7PM CD ("Promises").
- Malverne 11565**  
**Gratitude Group**, Community Presbyterian Church, 12 Notting-ham Rd.; Mon. 7:30PM B, Tues. 7:30PM S, Thurs. 7:30PM OD. (Anniversary last Thurs.).
- Sobriety Without End Group**, Our Lady of Lourdes Church, 65 Wright Ave. (Sheehy Pl. between Park Blvd. and Wright Ave.); Wed., 7:30PM OD only, drop 7PM S and 8:15PM OD; no other changes.
- Manhasset 11030**  
**Good Morning God Group**, Temple Judea. 333 Seasingtown Rd.; Sun. 9:30AM CD only.
- New Hyde Park 11040**  
**Floral Park/Bellrose Group**, Holy Spirit RC Church, 500 Jericho Tpk.; Mon. 7:15PM B and C (2<sup>nd</sup> Mon. "Promises" CD, 8:30PM BB (2<sup>nd</sup> Mon.OD) and C, Thurs. 7:15PM S Last Thurs. T), 8:30PM C.
- Plainview 11803**  
**Plainview Promises Group**, Plainview Reformed Church, 560 Old Bethpage Rd.; Thurs. 7:30PM S.
- Rockville Centre 11570**  
**We Can Do It Group**, Vinyard Church, 251 Merrick Rd. (upstairs, 2<sup>nd</sup> door on right); New location only, no changes to meetings.
- Rosedale 11422**  
**Sobriety with Love Group**, St. Clare's Church, 137-35 Brookville Blvd. (at 241<sup>st</sup> St.; formerly in the Rectory); Sun. 6PM, 1<sup>st</sup> week B, 2<sup>nd</sup> S, 3<sup>rd</sup> T, 4<sup>th</sup> C, 5<sup>th</sup> BB; 7:30PM CD dropped.
- Wantagh**  
**Live and Let Live Group**, St. Frances de Chantal School, 1309 Wantagh Ave., Room 15; Sun. 7:30PM BB (changed from CD), Fri. 8PM CD.

—**Woodmere 11596**  
**Arcade Legends Group**, 936 Broadway; Tues. & Thurs. 6:30AM CD (*Daily Reflections*; Men's).

**TEMPORARY CHANGES**

—**Cambria Heights (formerly Elmont) 11411**  
**Elmont/Belmont Give It A Try Group**, Deliverance Baptist Church, 227-11 Linden Blvd.; Mon. 7PM S and Thurs. 7:15PM B (last Thurs. O anniversary).

**CLOSED GROUPS**

- Bellrose 11001**  
**Daily Reprieve Group**, House of Hope United Presbyterian Church, 84-54 248<sup>th</sup> St.
- Garden City 11530**  
**Joy of Good Living Group**, Unitarian Universalist Center, 233 Stewart Ave.
- Malverne 11565**  
**Spiritually Fit Group**, Bridge Church, 1 Norwood Ave.
- Long Beach 11561**  
**Living Sober Group**, St. John's Lutheran Church, 75 E. Olive St.
- Uniondale 11553**  
**Hope of Sobriety Group**, 913 Front St.
- West Hempstead 11552**  
**Here and Now Group**, Project Outreach, 600 Hempstead Tpk.

**Answer to Who Am I?**

**Bill W. (1895-1971)**— After his first admission to Towns Hospital, Bill came away confident he understood his problem (an allergy to alcohol which left him unable to safely drink), and felt he would be able to stay sober on this knowledge. That would not be the case. After two more hospitalizations, Bill was depressed and shaken as he began another difficult dry period. He started what would be his last drunk on Armistice Day 1934. He had planned a golf outing to Staten Island that day, but never made it to the course getting drunk instead. By December 11 he was again in Towns under the care of Dr. Silkworth. It was during this time that Bill had his "white light" experience which Silkworth urged him to embrace as possibly transformative. Bill left Towns on December 18, and began his outreach to fellow alcoholic sufferers. It was this outreach and his own need that led him to Dr. Bob in May 1935, to the eventual founding of AA, and the idea of one drunk helping another as part of AA's road to recovery. (See, *Pass It On*, pp. 100-111, 119-121, 123-126, and 133.)

**Announcements**

**Port Washington Group Anniversary Party**  
**Saturday, November 12**  
**Port Washington Methodist Church**  
**35 Middle Neck Road**  
**Port Washington 11050**  
**7PM-12AM**  
**Speaker 7:30PM • Dinner 8:30PM**  
**Dancing • Raffles**  
**Suggested Donation \$5**