

Nassau Intergroup of AA, Inc.

361 Hempstead Turnpike, West Hempstead, NY 11552-1342

www.nassauny-aa.org intergroup@nassauny-aa.org

516.292.3040 (24/7 Hotline) 516.292.3045 (Business)

WORLD WIDE WED EDITION

DECEMBER 2016



CALENDAR OF EVENTS

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

DECEMBER 2016

- 12/1— **Reps Orientation**, 7PM (Suggested for new Reps.)
Reps Meeting, 7:30PM
- 12/7— Institutions Committee, 8PM, Simpson United Methodist Church, 30 Locust Ave. (off Sunset Ave. from County Line Rd.), Amityville 11701
- 12/12— Archives Committee, 7PM
- 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— [Nassau General Service Group](#) (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
- 12/24-25— **Christmas Alkathon**; hourly AA meetings beginning 5PM Christmas Eve, 12/24. Last meeting ends 11PM Christmas Day, 12/25.
- 12/29— **Steering Committee**, 7:30PM (By invitation.)
- 12/31-1/1— **New Year's Alkathon**; hourly AA meetings beginning 5PM New Year's Eve, 12/31. Last meeting starts 10PM New Year's Day, 1/1.



JANUARY 2017

- 1/1— **New Year's Alkathon** (See above.)
- 1/4— Institutions Committee, 8PM (See 12/7 above for location.)
- 1/5— **Reps Orientation**, 7PM (Suggested for new Reps.)
Reps Meeting, 7:30PM
- 1/9— Archives Committee, 7PM
- 1/11— Share-A-Day Committee, 7PM

- 1/12— PI/CPC Committee, 7:30PM
- 1/16— NGS Roundtable Workshop, 7PM; Concepts I and II
- 1/18— Website Committee, 7:30PM
- 1/19— **Newsletter deadline** for February
- 1/26— **Steering Committee**, 7:30PM (By invitation.)

From the Chair

As I prepare to rotate into immediate past chair of Nassau Intergroup, I feel a deep sense of gratitude for having had the support of our Fellowship. To the Intergroup Representatives and the home groups they serve, you're at the top of that list.

Home group Representatives at our meetings number about fifty while there are more than three hundred groups in Nassau. I'm

(Continued, page 3.)

AA'S THREE LEGACIES FOR DECEMBER

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.

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

Concept 12— The Conference shall observe the spirit of AA 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.

From the Editor

This is the last newsletter under my hand as editor. I've enjoyed and appreciated the opportunity, and hope you've enjoyed the product.

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, just below the "Current Issue" pdf icon.

In Service,
 Bill C., Editor, NI Newsletter
 516-292-3045 or news@nassauny-aa.org



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A Bit More AA History

More on Bill W.

Following another period of drunkenness which began with his failed golf outing to Staten Island on Armistice Day 1934, Bill was again admitted to Towns Hospital on December 11. Shortly thereafter Bill has what he later variously describes as his "white flash," "hot flash," and "white light" experience.

He is visited at Towns by Ebby T. who introduces him to William James' *Varieties of Religious Experience* which has a profound influence on him and his thinking about his alcoholism. From James he draws three key points which help him understand his illness and his spiritual experience. They are that a spiritual transformation requires: 1) Complete defeat in some area of life; 2) Admission of defeat; and, 3) Appeal to a higher power. These ideas become foundational for AA, and are reflected in Bill's subsequent AA writings including in the "Big Book."

Bill leaves Towns on December 18, and begins his work with fellow alcoholics through Rev. Shoemaker's Calvary Church, Calvary House and the Calvary Mission.

(See, *Pass It On*, pp. 120-121, 124-125.)

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can."

—From, "Working with Others," *Alcoholics Anonymous*, p. 89.

"Anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest . . . It is the cornerstone of our security as a movement; at a deeper level it points us to still greater self-renunciation."

—"Tradition Twelve," *AA Grapevine*, November 1948, in, *The Language of the Heart*, pp. 92-93.

AA HISTORY FOR DECEMBER

- December 11, 1934— Bill W.'s last admission to Towns Hospital.
- December 1938— Bill W. pens the "Twelve Steps."
- December 1939— First AA meeting in an institution is held at Rockland State Hospital, Orangeburg, New York.
- December 1940— Jack Alexander is assigned to write a piece on AA.
- December 1940— Bill W. meets Fr. Edward Dowling.
- December 20, 1945— Rowland Hazard dies, Waterbury Connecticut.
- December 1955— The Grapevine publishes the painting "Came to Believe," later to be called, "The Man On the Bed."
- December 1966— The *Exchange Bulletin* is renamed *Box 4-5-9*.
- December 5, 1979— Henrietta Sieberling dies, New York, New York.
- December 1982— Nell Wing retires as Archivist, replaced by Frank M.

Who Am I?

In 1947 I sought a temporary job with the Alcoholic Foundation at AA's headquarters office in New York. I would retire from there 35 years later. I started out as a receptionist, did clerical work, and eventually became Bill W.'s secretary. I would become AA's first archivist in the mid-1970s.

(Answer on page 8.)



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Haiku

Grateful members share
 Sober holiday season
 Bringing hope to all.

by Brenda P.

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 COMMITTEES

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

Help Wanted

For December 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.



■ **Public Information**— Speaking at schools, colleges and other venues; commitment of one hour a month. Contact: publicinfo@nassauny-aa.org.

■ **Institutions (H&I)**— Many opportunities for speaking at institutions. Come to the H&I meeting (see the Calendar of Events) or, contact: 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.

■ **Website**— Volunteer(s) needed familiar with PHP or MySQL. Contact: webcommittee@nassauny-aa.org.

Also, with the upcoming rotation of service positions within the Steering Committee, the following additional Standing Committee Chair jobs are available or are otherwise vacant: 12th Step Contact List Chair, Newsletter Editor, Accessibility/Special Needs Chair, Website Chair. Want to know more? Phone the office and leave a message for the chair-elect (Elise M.) or email, chair@nassauny-aa.org.

From the Chair (Continued)

grateful for each of you who has come month after month to serve. Without you, most of what we do means little.

Intergroup strives to live the Traditions, especially 5 and 8. The "primary purpose" in 5 relies in part on the groups' financial support, and AA home groups are responsible and generous. The office, phones, newsletter, website, night book, literature, Alkathons, and more all depend on you, and on the prudent custodial responsibility of the Steering Committee. The Intergroup Reps that show up the first Thursday of each month have the final say, and they too are financial custodians. If your home group doesn't have a Rep, you don't have a voice or a vote!

Tradition 8 touches all the work done to make 12th Step work possible and available for home groups to be in fruition. The success of phone calls during the day and at night depends on the group 12 Step contact lists as well as on accurate information on meeting times and locations. Public information, Institutions, Cooperation with the Professional Community, and Share-A-Day—our open event which is a show case of AA here in Nassau—all need and afford service opportunities. This is why Intergroup Reps are at the top of my thank you list. Of myself, I am nothing.

The Steering Committee has time and again shown patience and tolerance to me and to one another. What a privilege to serve with all of you! The several past chairs of Intergroup—Bill C., Marie M.-S., George P., Cory B.—have been invaluable in my ability to serve. If I'm only a smidgen of assistance to our incoming officers, that too would be because of all of you.

To our outgoing DCMC Steve K., thank you. You sir have been a fine trusted servant, friend and a pleasure to work shoulder to shoulder with as we have trudged the Road of Happy Destiny, even when it wasn't so happy. I admire your dedication to service, and the graceful way you've practiced AA's 36 principles. Bravo!

I feel a sense of accomplishment unlike any before. Although I'm leaving some tasks unfinished, I've full faith in Elise M. our incoming NIAA Chair. Elise always stepped up to the plate. It's been and will be an honor and privilege to continue serving AA with you.



Today a sick and suffering alcoholic may call the Nassau Intergroup hotline, and tomorrow's Trusted Servant will begin their journey perhaps on to serving as Intergroup Chair too.

Service = Gratitude in Action

LaRaine A., Chair, chair@nassauny-aa.org

NIAA Institutions Committee

My first real exposure to AA was by way of an institution, the Freeport Hospital. It was an institution whose sole purpose was detox and rehabilitation. At the time, I foolishly believed that all I needed was a good cleaning out, and I'd be fine. People would bring in AA meetings, and I listened politely, but I didn't take it seriously. I severely underestimated how difficult it would be to change my entire life and get well. So I left that institution, and after a short time I was drinking again. Several months later, I found myself at the Meadowbrook Hospital, which later became NUMC. This time I listened seriously to what was being said at the AA meetings. I was dimly aware that there was a link between the triage being performed at the hospital, and the long term treatment of this disease provided by AA. I came to believe that I could go to a thousand institutions, but if I didn't follow up and go to AA, I would not get well.

The founders of AA were visionaries, particularly in their characterization of alcoholism as a disease. This was a revolutionary idea at the time. Rather than the prevailing view that alcoholics were simply bad people, the perception was transformed to the modern view that alcoholics are gravely ill people, and people who can get well.

As you probably know, the NIAA Institutions Committee brings AA meetings into institutions throughout the county. (It is the longest standing committee of NIAA). As you probably also know, these days most of us find our way to AA through an institution of some sort. The goal of the committee is a simple one, and in support of our primary purpose: We try to make sure that whenever someone in a detox, rehab or psych ward reaches out for help, the hand of AA is there. Beyond that, while these institutions provide treatment for the acute symptoms of the disease of alcoholism, we can provide the information and introduction to the broader AA community necessary to get well, and stay well.

If you think you might be interested in supporting this kind of service, or would like to learn more about it, or if you know of an institution interested in having AA meetings, please attend the meetings of the Institutions Committee held the first Wednesday of each month at 8PM at the

(Continued, next page.)

NIAA Institutions Committee (Cont.)

Simpson Methodist Church 30 Locust Avenue, Amityville, which is right across Sunrise Highway from South Oaks Hospital. There are presently five meeting chair commitments that need to be filled. If you can't make it, feel free to contact me at the phone or email below. Also, if you or your group has any literature that is no longer needed, or that you would like to contribute, please let me know. We'll pass it on to the various institutions we support.

BTW, we owe a debt of gratitude to the AA members who chair the various institution meetings and arrange for speakers, as well as those AA members who go to those institutions to share their experience, strength, and hope.

Mike F., NIAA Institutions Chair

516-292-3045 or institutions@nassauny-aa.org

Serenity by the Sea, Pt. Lookout

Back In Fifth Grade

This past April, I heard there was an opening at Intergroup for Public Information Chair. After meeting with the Nassau Intergroup Chair I was appointed to the position in which I am proud and grateful to serve. PI works hand in hand with the Cooperation with the Professional Community Committee, also known as CPC. Being the CPC position is currently vacant, I've been fortunate to handle the CPC needs that have arisen. Prior to April to say I had little understanding of what PI or CPC was would be an understatement. I wanted to start doing more service, and my gut feeling was that I could be of help as well as garnering the warm feeling from helping others and securing my sobriety!

Sober fear set in, but with some help from the prior PI Chair, Regine V and the support of the Steering Committee, I started to get my arms around the position. One of the first commitments was speaking to 150 fifth graders graduating from elementary school, I had about a month to find two young people to speak to the class. With the help of my higher power and program friends along came Jenna and Eric, ready, willing and able.

The day came, and we met the school guidance counselor who gave us some instructions and escorted us to the gym where three chairs were waiting for us, but no kids. And then they came in one after another, all shapes, sizes and colors, all set to listen to the speakers from Alcoholics Anonymous, an organization which most of them had never heard of and hopefully, most would never need to attend. But, if they did need help we wanted them to know they are not alone and we are here to help.

They sat on the floor in front of us, talking,

giggling, and staring at us or into space. Would the speakers be able to get through to them, at least a couple, they seemed like a tough crowd. The guidance counselor introduced us and I was up first to introduce Jenna who seemed a little nervous as well, and then Eric, so far so good. Next we broke up into three groups for 15 minutes of questions and answers, oh boy, would we have the answers? I turned my anxiety and the outcome over to God and answered about 15 questions coming from about five different kids. A couple of kids said that we described the behavior of their mother or father, and they seemed a bit relieved to have heard someone describe their home situation.

I glanced over at Jenna and Eric and their groups of kids who also seemed attentive, questioning and at ease. How were they doing, how was I doing, hopefully better than the last time I was in fifth grade, and then it was over. It was evident that we touched a few kids, and we all felt grateful that our message had sunk in to a few of the fifth graders. They got up and left the gym hopefully thinking about something that they had just heard. Five minutes later in came the other half of the fifth grade class and we repeated the message.

My second time in fifth grade was a wonderful inauguration into PI and we have been honored to have had several commitments since then. I get out so much more than I put in and it is truly of labor of love and surely helps me stay away from a drink!

Second time survivor on fifth grade,

Steven S., PI/CPC Chair, 516-292-3045 or publicinfo@nassauny-aa.org

PI-CPC Committees need volunteers to speak at schools, colleges, rehabs and attend health fairs, Narcan trainings and more. Please contact, publicinfo@nassauny-aa.org or 516-292-3045 9AM -5PM and leave a message.



Service Outside of Your Group

Home group service is rewarding—no question! If you're a newcomer, ask the person who makes the coffee why they do it. They will probably tell you that, “to keep it, we have to give it away.”

Healthy growth in AA depends upon an awareness and deepening of personal spirituality. Selfless service and sacrifice beget their own rewards. Being willing to take a call late at night from an AA buddy, taking someone to a meeting who is unable to take themselves, and many times just being a concerned listener are all ways to grow that nebulous spiritual dimension.

This alcoholic, and many others, have found that doing service outside of the home group adds a new zest to Recovery. I had always performed routine service activities within my home group, but I found that “something” was lacking. Maybe I wasn't meeting any new people—perhaps I needed to hear more AA's perspectives on Recovery. So, when the opportunity to become an Intergroup Rep for my home group opened up, I jumped at the chance.

One night a month, I found myself in a room with about 65 alcoholics, all who volunteered to give up a part of their evening for the sake of AA. I learned about the inner workings of AA on the county level, as well as the different committees that Nassau Intergroup has available to serve us! The best part was making new friends and feeling a connection with like-minded individuals.

Two and one-half years later, I was appointed to the position of Night Book Chair. At first, I was trepidatious about doing it, because it is an awesome responsibility. The Hotline system of Intergroup is a lifeline for many alcoholics, and it must run 365 nights a year after regular business hours of the office. It is, without question, the most labor intensive, and crucial of all the Intergroup service committees. I've gotten more out of doing this service job, than anything I could have imagined in AA. Each month, I meet and talk with thirty new AAs—sometimes more!

I've gotten much support for my work, both from my colleagues on the Steering Committee, Intergroup Reps, and phone volunteers. For these people, I will always be grateful, and humbled by their confidence in me.

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Service Outside of Your Group (Continued)

So, expand your Recovery horizons; get interested in all the service opportunities available; and there are many. It is truly worth it!

Steve S., Albertson-Searingtown Afternoon Discussion Group

From the Night Book Make It Fun!

Here it is, another month come and gone, and every night of that month there was a Nassau AA member to take the Night Book and keep the Hotline chugging along. They don't ask for rewards or praise from their respective groups. They do it out of a sense of "giving back," and doing Service to our Fellowship that saved their lives.

Sometimes the Night Book can be a lonely business, many hours without a call, and then suddenly three calls back to back at 1:00AM. So, as the standing Night Book Chair, I've asked myself why can't we make this a little fun for the volunteers? I've come up with a couple of ideas that you may want to try out yourselves during the week that your group takes the commitment.

The first one is an AA trivia contest, in the theme of the popular TV show "Jeopardy," played between the volunteers, group captains and alternates. All participants should have a text capable cell phone. Between the hours, let's say 7:00PM thru 11:00PM, the group captain sends out a question to everyone simultaneously, of an AA category, like "The Big Book," or "Founders and Friends," "The Twelve Steps," "The Twelve Traditions," and so on. A certain number of points can be awarded for the first person to text in the right answer. At the end of the week, the volunteer with the most points wins! The prize could be one of the new *Grapevine* books, or any other AA approved book.

Another idea could be for friends to gather at the home of a volunteer, and take turns answering the phone (great for a weekend), and watch a movie or play a card game till the wee hours—with spousal or parental permission of course!?

My point is just that by introducing a little bit of creativity to the commitment, we can make it FUN, something to lighten the evening. After all, does not the "Big Book" say that, "We are not a glum lot."?

Now, I would like to thank the following groups for doing Night Book Service for the month of November:

Friday Night Live, Wantaugh
Gift of Serenity, Franklin Square
Pace Group, Bellmore
Rockville Centre AM Group
Serenity Seekers, East Williston

Until next month, have a joyous Holiday Season!

Sincerely In Trusted Service,
Steve S., Night Book Chair, 516-292-3045 or
nightbook@nassauny-aa.org
"Service is gratitude in action."

From the Nassau Archives

The history of AA in Nassau County is rich and long with the first formal groups beginning just a few years after the birth of AA itself.

This column gives members the chance to share their group's history. Young group or old group, consider sending your group's history to the Intergroup Archives Committee by mail to the office or by email to archives@nassauny-aa.org. As we receive them, we will publish abridged versions here in the newsletter. This one is our first. It is edited for length from a much longer and more complete history by Derrick H.

John W., Archives Chair

Baldwin Group

It was May 22, 1945, ten years after the actual month that Bob and Bill met, that the South Shore Group began a closed meeting every week on Thursday evenings at Pythian Hall on South Grand Avenue. Just two months afterward, in July, it was realized that a change in quarters, and an open meeting were in order. The South Shore Group, all 30 of them, moved into the Girl Scout "Little House" on Park Avenue, and began holding an open meeting on Sunday at 6:30PM in addition to the Thursday closed meeting.

The South Shore Group's open meeting on Sunday was unlike today's one hour open meetings. It was held at 6:30PM, and a full buffet dinner was served followed by inspirational talks of strength, hope and experience. This meeting would last for three hours.

By 1947, other AA groups began to appear on the south side of the island, and a confusing situation developed. It was on

Thursday, January 16, 1947, at its business meeting that the group decided to change its name to what is now known as the Baldwin Group.

In the following years, as AA grew, so did the Baldwin Group, and Baldwin members went out to found the first groups in Merrick, Bellmore, Rockville Centre, Valley Stream, Hempstead, Freeport and other communities.

In the late 1940s the group moved to the American Legion Hall on Grand Avenue, and in 1965 to its present home at the First Presbyterian Church on St. Luke's Place, which is why some mistakenly refer to it as the St. Luke's Group.

Also, in the decade of the 1960s, two Baldwin members, Fred V. and Tom M., served as delegates from South Eastern New York to the AA General Service Conference.

More



'Tis the Season for Alkathons

The Thanksgiving Alkathon started on November 23rd at 5PM, and ended on November 24th at 11PM. We had much participation, and meetings every hour on the hour for 30 hours. This service allowed us a safe place to be on the holidays. For those of us with little or no family you don't have to be alone. In addition it provided us with fellowship, the chance to meet new AA's, and it was fun! If you didn't get a chance to participate or visit us for Thanksgiving, remember the Christmas and New Year's Alkathons are coming up too. Check the calendar.

Thank you to the following groups for your service and support in the Thanksgiving Alkathon:

AM Group, Rockville Centre
Baldwin Group
Extravagant Promises, Massapequa
Friday Night Live, Wantaugh
Gratitude Group, Seaford
Moonlight Group, Bellmore
Sagamore Group, Oyster Bay
Solution Group, Williston Park
South 9th Street, New Hyde Park
Young by the Beach, Long Beach

Liz P., Thanksgiving Alkathon Chair

AA Grapevine Highlights for December



December Issue— Featuring stories about Remote Communities in AA.

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 for more info or to get an AA Grapevine [catalogue](#).

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Practice These Principles

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."

I look at this step and think if I have thoroughly worked the prior 11 steps, this would result in a spiritual awakening thus I would be willing to carry the message and be unconsciously practicing these principles in all my affairs!

But For me I need to look at this Step in three parts:

I. I believe having had a spiritual awakening as a result of these steps refers to all prior eleven steps. By skipping a few steps (2, 3, 6, 7, 8 and 9) as I did for my first 14 years, I never had that physic change nor any changes on the inside and no improve-

ment in behavior other than I had not used alcohol. Though active in fellowship and service, I believe that I had many small awakenings, but by skipping steps I wasn't allowing myself the full spiritual experience. Becoming ashamed of my behaviors, not being honest and holding onto secrets made feel like I didn't belong anymore resulting in a three year relapse after one beer.

II. Now back 10 years, I've experienced many changes in my belief system and consciousness which allow me the opportunity to do things differently resulting in practicing these principles in all my affairs. Here are some examples: At work, when I make a mistake, I no longer cover it up or blame someone or something else. I admit it, and move swiftly to the solution. I no longer need to feel bad or apologize when I snap at my elderly father if I am diligent about maintaining patience and holding my tongue, and we actually have a harmonious home. While driving the LIE daily to work, I often found myself speeding above the normal limit which caused me to be on the lookout thus creating unnecessary anxiety and worry. I found that staying within the speed limit, I could move over, let others pass and relax all the way. This all so seems so simple, but it takes work to change and I am certainly not perfect.

III. As far as carrying the message, we do this in so many ways. Firstly, by staying sober we show others that it works. Remembering our primary purpose, we can set up meetings, take the hotline, be an intergroup rep, take someone through the steps, and the list goes on. For me, doing service in AA has changed my life for the better in so many ways, but mostly by making me feel a part of. In AA we learn how to humbly perform services to benefit others with no expectations of anything in return. But we do by the grace God get something, another day sober!

Liz P., Oyster Bay-Sagamore Group

Tradition 12—

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

I came into Alcoholics Anonymous 23 years ago after my walk through the valley of the shadow of death. The last eight years of my drinking saw my budding career as a young professional going up in smoke when I was arrested for my third time for being under the influence while driving.

My entry into the program was like coming up and out of that cyclone cellar described in the "Big Book." My backyard was a mess, but, by golly, the hurricane had stopped and I was eternally grateful to Alcoholics Anonymous for that.

When I came into AA, my anonymity was of great importance and concern as I rebuilt my standing at home and in my community. I took great solace in the membership's protection of my anonymity at this critical period in my life as I was still fearful of the alcoholic stigma and the negative effects, distrust and contempt of others.

As the sober years passed and I got back on my feet financially and emotionally, my fears concerning my anonymity evaporated and I started to think that I and all sober Alcoholics Anonymous members should be shouting AA from the rooftops in the press, television, and in social media.

My sponsor would gently point me to the 12th Tradition while I would insist with great earnestness upon helping as many of the boatloads of despairing alcoholics as possible. I began to speak before civic organizations and professional societies where my anonymity was maintained.

I am forever indebted to my sponsor and the 12th Tradition as requests for my name and photo for organization newspapers would be politely declined in deference to my AA membership. At this altitude (press, web sites and social media) anonymity was the only possible answer.

As the sober years have passed by and my promoter instinct has waned, I find I am speaking less at these professional and civic gatherings and helping out more at my home group's Beginner meeting where a newcomer recently shared with me his fear of his alcohol problem being discovered by his mates and fellow townfolk. With great pleasure I gently pointed him toward our 12th Tradition, and reminded him that his anonymity was the foundation stone of all of our Traditions.

Later, as I was locking up after the meeting, I basked in the bright and fragile glow of the sunshine of the Spirit as experience has taught me that anonymity is real humility at work. "That each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity. That our great blessings may never spoil us."

Jim G., Port Washington Group

("Practice These Principles" continued next page.)

Practice These Principles

Tradition 12 (Continued)—

The Twelfth Tradition begins, “The spiritual substance of anonymity is sacrifice.” Referring back to Tradition One, we find that our (my) personal recovery depends on AA Unity, common welfare comes first. I must quiet my own personal desires so the program can succeed for others and myself. What I have witnessed over the years is the need for people to feel safe emotionally and physically.

Coming into AA for the first time, I needed to believe my secret—“I am an alcoholic”—will not be shouted from the rooftops. The protection of AA as a whole is such that I should also refrain from proclaiming to the public that this is the only solution, just in case I should start drinking again, giving AA a bad name. Allowing the recovery period to follow its course, anonymity becomes a sacred responsibility.



While I realize the need for a person's desire to remain anonymous—protection of family, job, etc.—I also see the need to provide certain people this info in seeking their help. Letting a doctor for instance know of my situation helps not only me, but helps to strengthen the AA program.

Not everyone knew I had a drinking problem though enough people at work did. Family members did not know of the serious consequences of my problems with alcohol. Yet, once I started working this AA program, I also realized the effect the alcoholic stigma could possibly have on family members: “Your uncle’s a drunk.” Protection of others, and myself is a primary concern for the continuing of AA. While it is anybody's right to choose to give their full name, it is not my right to do so, unless I have been given permission. Even then, I still seek to keep it confidential.

George P., Serenity by the Sea PM Group

Concept XII—

“General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of AA Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial

principle; that none of the Conference members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote, and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference will always remain democratic in thought and action.”

Whoa! Who wrote this, a lawyer? Maybe so, since AAWS and Grapevine are both corporations with a Board of Trustees, paid employees, and operate like a business, but rely solely on support from members like you. Warranty Two makes a stark contrast between our giving of time when compared to our giving of money. *(Of course we give a lot of our time to AA activities for our own protection and growth. But when it comes to the actual spending of cash, particularly for AA service overhead, many of us are apt to turn a bit reluctant.)*

When this was written, 1960, it was a period of the greatest prosperity that America has ever known. World Services operating cost annually was \$200,000, group contributions exceeded service needs by 5% and it required one paid employee to each 1000 AA members. Today, America has been in a recession since 2007, total operating expenses were a little over \$15 million, group contributions were down 1.3%, and we have one worker per 17,000 AA members.

In 2014, the Trustees' Finance and Budget Committee noted several negative trends for AAWS/Grapevine; declining membership, contributions and literature sales/subscriptions. What resulted was a motion that the General Service Board of AA undertake a comprehensive study of current business models, corporate structure and long-term sustainability of AAWS/Grapevine in the very challenging future. The topic of the study was introduced in 2015 and ultimately forwarded to the 66th General Service Conference to facilitate presentations and workshops focused on four topics: improving internal/external communications, increasing revenues, reducing expenses, and structure.

It is the spiritual power which flows from these activities and attitudes of truly humble, unselfish and dedicated AA servants that makes if abundantly clear, the real need

for such services. This is also a continuous job now being done with good effect for our world services by delegates, committee members, Intergroup and GSRs. They simply show what the giver's service dollar really brings in terms of steering alcoholics to AA, and in terms of the overall unity and effectiveness to help countless thousands and their families. Through this right information and education we see the certain and continuous solvency of our World Services rest squarely upon the aggregates of many small financial sacrifices made by the book buyers.

Christopher H., SENY Treatment Facilities Chair

Announcements

**Share-A-Day 2017
“Step Into the Solution”**

Nassau Intergroup of AA cordially invites you to be a part of our biggest annual event.

For this event to be a success we need volunteers for all the following committees:

- Hospitality • Program • Publicity
- Set Up/Clean Up
- Kitchen/Menu Planning
- Actors & Actresses

We all have something to offer, so why not be a part of planning Share-A-Day 2017?

Please join us at our monthly meetings the 2nd Wednesday of each month at 7PM. (Just show up at any of the next meetings, Wednesdays, December 14 or January 11.)

Planning Meeting Location:

Nassau Intergroup Office
361 Hempstead Turnpike
West Hempstead, NY 11552

If you are interested, contact Share-A-Day Chair Liz P.

Phone 516-589-1370

or email: shareaday@nassauny-aa.org



Young People in AA

Where is the future of Alcoholics Anonymous? Answer: Young People in AA (YPAA).

I attended the ESCYPAA III convention in Hauppauge, NY the weekend of October 28, 2016. What an incredibly uplifting experience! A sea of young people of all ages in recovery. And just as appropriate, the theme of the convention: "My Anchor in a Sea of Confusion," taken from a story in the "Big Book," "My Chance to Live" (pp. 309-318, quote, p. 315). Young people throughout New York State from Buffalo to Suffolk County, as well as from New Jersey and Connecticut attended.

ESCYPAA's purpose: "A gathering of alcoholics in recovery of various age and background to take part in our primary purpose which is to stay sober, and to help the next alcoholic to achieve sobriety. We do this by showing the still sick and suffering that there is a way out by offering service opportunities, fellowship and a good time sober." AND THEY DID JUST THAT!

The weekend was filled with marathon meetings starting Friday night, and ending Sunday morning. Main meetings were held both Friday and Saturday nights, and Sunday morning to close the convention. During the weekend, 29 workshops were held (focusing on service in sobriety and each closing with "I am responsible . . ."), two dances (Friday an 80s/90s dance and on Saturday a Halloween costume dance), a variety show, karaoke, a scavenger hunt, yoga, meditation, and lots and lots of fellowship. No time to be bored. No time to be alone. An absolutely action packed weekend.

YPAA's are placing their footprints in AA, and helping AA to grow and move forward, showing love and compassion for their fellows while adhering to AA's 12 Steps, 12 Traditions and 12 Concepts.

Bill W. and Dr. Bob would be proud to see the direction YPAA's are taking AA.

Yours in Service,
Regine V., 2nd Vice Chair
516-393-3045 or 2ndVice@nassaunya-aa.org

Meeting List Changes

Please help NI keep its meeting information current and correct by submitting a "[Meeting List Changes](#)" form (available through the office or on-line under "Group Services") whenever your meeting details change.

(Changes received as of 11/10/2016.)

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

NON-ALCOHOLICS ARE WELCOME AT "OPEN" MEETINGS.

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 Newbridge 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 11th 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.



CHANGES

—Syosset 11791

Brookville-Muttontown Group, Faith Lutheran Church, 231 Jackson Ave.; Tues. 7:45PM S (T last Tues.), 9PM C, Fri. 7:45PM B, 9PM OD. (New location and schedule.) WC. (Effective 12/2/2016.)

—Westbury 11590

Hand in Hand Group, Westbury Friends School, 550 Post Avenue; Mon. 8:15PM CD dropped. No other changes.

Answer to Who Am I?

Nellie (Nell) Elizabeth Wing (1917-2007)—

"In 1947, recently discharged from the US Coast Guard . . . Nell was on her way to Mexico to study art. Seeking a temporary job, she landed one at AA's headquarters . . . —35 years later, in 1982, she retired."

(From, [Markings, Vol. 27, No. 1.—Spring 2007.](#))

A non-alcoholic, she started out working for the Alcoholic Foundation in New York as a receptionist and did other clerical work before becoming Bill W.'s secretary. Nell is credited by some with preserving some of Bill's early correspondence which might otherwise have been lost.

By the early 1970s she began work organizing materials which would become the basis for AA's archives. When in 1975 AA's Archives was formally opened, Nell became our first archivist.

(See, [Markings, Vol. 27, No. 1.—Spring 2007.](#))

Announcements (Continued)

NASSAU INTERGROUP 2016/17 HOLIDAY ALKATHONS

CHRISTMAS ALKATHON
Begins 5PM, December 24
Last meeting starts 10PM,
December 25

NEW YEAR'S ALKATHON
Begins 5PM, December 31
Last meeting starts 10PM, January 1

LOCATION

Nassau Intergroup Office
361 Hempstead Turnpike
West Hempstead 11552
516-292-3040

Meetings on the hour every hour.
Coffee and light snacks served.
We never have to be alone.

Have a Safe & Sober Holiday Season

Baldwin Group
Christmas Celebration
December 25, 11AM-3PM
First Presbyterian Church
717 St. Luke's Place, Baldwin 11510
Hourly meetings • Food • Fun
Friends and Family Welcome

New Year's Eve with the Long Island Round Up

AA meeting 8PM
Food 9PM
DJ & Dancing until 1AM
50/50 & Silent Auction
\$20 in advance (via PayPal®)
\$25 at the door

Church of St. Jude
3606 Luffberry Avenue
Wantagh 11793

An AA LGBTQ community event, but all are welcome.

For info: www.longislandroundup.org

Nassau Agnostics Meeting Forming.

For info contact:
agnosticaanassau@gmail.com

