

nassau
intergroup
of alcoholics anonymous®

NEWS



NASSAU INTERGROUP OF AA, INC.
361 HEMPSTEAD TPKE., WEST HEMPSTEAD, NY 11552
www.nassauny-aa.org intergroup@nassauny-aa.org
Hotline 24/7 (516)292-3040, Business (516)292-3045



SEPTEMBER 2017

Gratitude in Action.

“Great suffering and great love are A.A.’s disciplinarians; we need no others.” (Twelve Steps and Twelve Traditions, p. 174)
Tradition 9 of AA has always been a source of great guidance for me on my spiritual journey of personal recovery and in all aspects of AA service. Whether it be home group, sponsorship, carrying the message to institutions or at Nassau Intergroup; I rest assured in the knowledge that I am not in charge and that I only must meet every responsibility to AA and my recovery to the best of my ability and with an open heart and mind knowing that I always have more to learn. This month is a busy one for Nassau Intergroup. I will be attending the National AA Technology Workshop in Sacramento CA on September 8-10. The technology workshop is a growing collaborative across all AA service entities from home groups to General Service. The focus is how best to carry AA’s message in the digital age and beyond in the spirit and tradition of our program. On September 16th, the Speaker Exchange will be held at Nassau Community College and on September 23rd (Rain date the 24th) our Open House/Service Recognition BBQ. Our Open House event is a great way to learn about our office and service positions in our committees and Nassau General Service. Hope to see you there.
In Service, *Elise M. NIG Chair*

NASSAU INTERGROUP IS HOSTING ITS
OPEN HOUSE BBQ

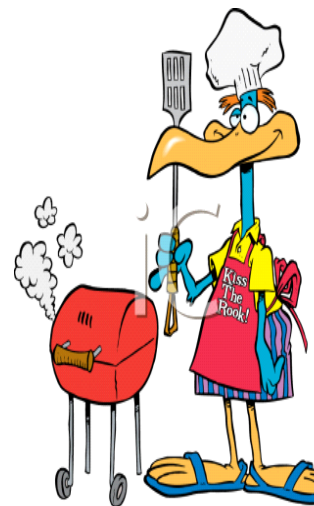
361 Hempstead Tpke., West Hempstead, NY
Saturday, September 23, 2017

11:00 a.m. till 4:00 p.m.

(If it rains, come on Sunday the 24th instead!)

Please join us, spend an afternoon and experience the many ways your Intergroup Office supports your AA community in Nassau County. Learn how you can be part of the Nassau Intergroup Office. We look forward to meeting you! Contact NIG Office for more info.

516-292-3045



AA'S THREE LEGACIES

Step Nine – *“Made direct amends to such people wherever possible, except when to do so would injure them or others.”*

Tradition Nine- *“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to these they serve.”*

Concept Nine- *“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.”*

Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.” (Twelve Steps and Twelve Traditions, p. 83)

Before taking Step Nine it was suggested to me to sit down and pray. By this time I had already made a list of those I owed amends to and a timeline in which I was going to take action. I had taken full responsibility for the actions of my past and whatever consequences were to come. The word “amend” means to “repair.” It is not just as simple as saying, “I’m sorry,” and moving on. I needed to consider the other persons feelings, my feelings and the outcome. I had to stay humble and be ok with the reaction and have no expectations.

“After taking this preliminary trial at making amends, we may enjoy such a sense of relief that we conclude our task is finished. We will want to rest on our laurels.”(Twelve Steps and Twelve Traditions, p. 85)

I am by no means done with the amends process, but I am truly “amazed” at being at least “half way through.” I have strengthened bonds, connected with my family, and I am at peace. I have learned that I cannot “shut the door” on the possible necessity for future amends. As I go through life, I know “More will be revealed.”

Kim W., Floral Park Bellerose Group

Tradition Nine

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

In the real world of business, groups are organized by rank. A hierarchy is developed so that some people are given the authority to direct the ones they lead. However, in the 12-step program of AA, there is no one such person. There are no people who have such authority. All the groups are equal. The whole group, not just a few members, makes decisions within the group. By creating an environment of equality, even the newest members can feel a sense of “belonging.”

Each group must have as little organization as possible. Groups can elect a secretary and other positions on a rotating basis. Larger groups should have a rotating committee, and then the even larger groups such as the intergroup committee, may hire a secretary (as established in Tradition Eight). “The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness. (Twelve Steps and Twelve Traditions, p. 191).”
Kelly R., Friday Night Rainbow Group, Asbury Park



JESSICA

From the Baldwin Group

Did an excellent job chairing the NIG Picnic this year. I want to personally thank her and The Baldwin Group for their time and hard work which is appreciated by all. Kevin, 1st Vice Chair

CONCEPT NINE

“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.”

In his discussion of this Concept, it is clear that Bill W. was very concerned with getting it right in the way the fellowship would find candidates and select the right people, for the future of the fellowship itself was at stake. It starts with the importance of the groups electing their General Service Reps who ultimately choose the delegates to the conference. The delegates in turn elect the Regional Trustees and confirm the Board’s slate for the remaining Trustee candidates.

While our service structure is a once off problem to solve with minor adjustments as we move forward, the challenge to find good leadership is ongoing as people come and go. To use Bill’s own words: “First let’s remember that the base for our service structure rests on the dedication and ability of several thousand General Service Representatives (G.S.R.’s), several hundred area Committee Members, and nearly a hundred Delegates. These are the direct agents of the A.A. groups; these are the indispensable linkage between our Fellowship and its world service; these are the primary representatives of A.A.’s group conscience. Without their support and activity we could not operate permanently at all.”

So, does your group have a G.S.R so your voice can be counted in the affairs of A.A. as a whole? If not, please consider electing one. A question I always ask myself, is am I doing enough to support this Fellowship which saved my life. And I always answer “No”. I can never give back what A.A. has given to me, but I am motivated to do more.

Finally, I refer you to Bill’s Grapevine article from 1959 which is included in The A.A. Service Manual entitled Leadership in A.A.: Ever a Vital Need. It is a discussion of what good A.A. leadership is and is not. It is a call to “tolerance, responsibility, flexibility and vision” for our members. Am I answering the call to the best of my ability? Are you?

John M., North Bellmore Group

WE NEED YOUR HELP TO BUILD YOUR ARCHIVE!

Nassau general Service Group and Nassau Intergroup are working to build up our respective archives in an effort to preserve the history of both organizations and that of Alcoholics Anonymous in Nassau County.

If you have items that you think (and even if you’re not sure) would be of historical interest to the archives, please contact either archivist:

Nassau General Service Group: Mary R.

Nassau Intergroup: John W.

Books, Literature or Grapevines
The Nassau General Service Gazette
Pictures of your meeting room set-up

Anniv. Buttons

Committee history – CPC, PI, Special Needs/

Breakfast

Accessibility

Meeting Lists (Nassau or elsewhere)

Group Histories

Flyers, programs, ticket stubs, pins,

Workshops, Events (Big Meeting, Unity

Area Assemblies, Share-A-Day, Picnic)

DOES YOUR GROUP ATTEND THE SPEAKER EXCHANGE???

It’s a great way to carry the message to alcoholics all over the county.

JOIN US! September 16, 7am at Nassau Community College, Cluster F

New York State Informational Workshop 2017

On Aug. 4 2017 I was going to the NYSIW and at 2AM cracked a tooth had to have an emergency dental Root canal started then temporarily filled! My Journey began after that procedure and no sleep, which ended up being an 8-hour drive. I arrived in Rochester at 7:15 PM and was late for dinner, so I went sleep early to get ready for the long weekend of Panels. The first two Panels that night I missed were on Accessibility & Archives.

Saturday began early with AA meeting on the reflections book topic with a little sharing of the past days experience, I had breakfast at 7:30 AM the food at this workshop was one of the best with all you can eat buffet style pancakes and sausage! I have attended many of these workshops over the past 14 years I have been Sober and working on different committees. 2009-2010 I was DCMC of Nassau General Services. From 2013-2014 the Nassau County Treatment Chair for Nassau County General Services and as a DCM for District 215 Bellerose, Floral Park, and New Hyde Park. 2015 I was Nassau County Unity Breakfast Chair. 2015- 2016 the Area Office Manager for South Eastern New York Area 49. This is the 38th New York State Informational Workshop held with the 4 Areas of New York State since 1979! A lot of changes to how AA does it service work in committees since that time have occurred. Over the years out of the Treatment committee the Correction committee was formed.

Cooperation with the Professional Community (CPC) panel started at 8:30 and 3 Areas had Panelist. Our Area SENY 49 CPC Chair spoke about the doctor's program where AA Members can volunteer to do a 2 or 3 evening program with young doctors in school and go to an open AA meeting with them. The CPC Committee is to educate Professionals on what AA is and is not, explain our Traditions at presentations and ask to be able to leave literature for their clients who may have a problem with Alcohol. The professionals can be Police, Correction guards, Parole Officers, Doctors, Lawyers, Detox employees, Rehab employees. The CPC committee works in conjunction with Public Information (PI) who do Public Announcements and Presentations on AA too. They put our Literature and Pamphlets in Libraries for those who might want to learn about AA and if it is for them.

Corrections panel was at 9:40 AM the 4 Areas Chairs spoke on Speaking in Jails and prisons, how there is a Correspondence program to send letters to inmates and becoming able to speak at the jails by filling out a form and letting them check your record out. There is also a Bridging the Gap program to take inmates to their first meeting when they get out.

Grapevine was 10:50 AM and they spoke about how the Grapevine has been available since 1944 was made available to Solders in World war 2 for free. It has been our meeting place in print and that it is a good commitment for members of a group to take on selling subscriptions. Some groups do AA meetings on the Grapevine.

12 PM to 1PM was Lunch and then 1:15 PI panel, 2:40 Treatment Panel, and at 4PM Website Panel. On Sunday, there was a Delegates Panel where our Delegates for the 4 Areas spoke about their Conference experience. Treatment has a Bridging the Gap Program that is separate from the Corrections program. There is a website registration form for clients to get in touch with AA and Volunteers to pick up treatment Clients when they get out and to take them to a few outside meetings. This online was very interesting to me as being a past treatment chair in Nassau County.
Kevin Mch 1st vice Chair Nassau Intergroup

Literature:

The Language of the Heart

Bill W. wrote extensively. His hand is everywhere in the "Big Book" (B-1) being the book's principal author and editor. He also penned *AA Comes of Age* (B-3), our first history book, *Twelve Steps and Twelve Traditions* (B-2) and *Twelve Concepts for World Service* (BM-32). He conducted extensive correspondence, and wrote many, many articles for the *AA Grapevine*. Bill's Grapevine writings are collected in the volume *The Language of the Heart* (GV06) which in some ways might be considered our fourth history book.

"Bill W. was the Grapevine's most prolific contributor, writing more than 150 articles, from his first in June 1944 to his last in December 1970. Here in one volume are all of Bill's Grapevine articles, including his first thoughts about the Traditions, his battles with chronic depression and spiritual pride, memories of an all-night drinking spree with Ebby, and a vivid description of how he came to organize the Steps (there were six in the first draft)." (From, [www.aagrapevine.org/.](http://www.aagrapevine.org/))

The volume includes Bill's articles introducing the "Twelve Traditions" to the Fellowship (beginning with "suggestions for an Alcoholics Anonymous Tradition of Relations — Twelve Points to Assure Our Future"), many articles on recovery and the practice of AA's "Twelve Steps," and memorials on the passing of key figures in Bill's life and the history of early AA including Dr. Bob, Sr. Ignatia, Bill D. ("AA Number Three," the Man on the Bed), Fr. Ed Dowling (Bill's spiritual advisor) and Ebby T. (the man who brought the idea of a spiritually based recovery from alcoholism to Bill, and who Bill always named his sponsor) among others.

(continued p. 5)

From the Night Book: Discovering the joys of helping others to face life again

I was at my Home Group's Big Book meeting today and I realized that my monthly Night Book column was due by midnight tonight! As is often the case, I had no idea what I was going to write about ahead of time when suddenly the Muse played her sweet song!

We were reading Chapter 7, "Working with Others", when I had an idea: How much inspiration for doing this commitment comes from that particular chapter as well as others? Where does the actual foundation for the Hotline Service come from? It is only fitting that Chapter 7 is all about Step Twelve-carrying the message-and that is precisely what our Night Book does. The last words of Chapter 6 set the tone: "Faith without works is dead." This means ACTION on our part!

Allow me to quote from pg. 97 of *Alcoholics Anonymous*, "Helping others is the foundation stone of your recovery. A kindly act once in a while isn't enough. You have to act the Good Samaritan every day, if need be. It may mean the loss of many night's sleep, great interference with your pleasures, interruptions to your business...Your telephone may jangle at any time of the day or night." This last sentence is certainly very "Night Bookesque" indeed.

Alcoholics Anonymous, pg. 94, "Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him. It is important for him to realize that your attempt to pass this on to him plays a vital part in your own recovery. Actually, he may be helping you more than you are helping him...Suggest how important it is that he places the welfare of other people ahead of his own."

Alcoholics Anonymous, pg. 95, "Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection." "We have no monopoly on God; we merely have an approach that worked with us."

Alcoholics Anonymous, pg. 89, "This is our Twelfth Suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail."

From these examples culled from The Big Book, and there are many more; we can certainly see that our night Book program uses time-tested and effective ways to reach out the "Hand of AA" to another suffering alcoholic. I invite your group to join the ever increasing list of Night Book participants. Also you can volunteer as a solitary person for our emergency list. Call me today! 516-292-3045, and happily join "The Game of Phones!"

I would like to thank the groups who have stepped forward to man the phones for August:

- **Extravagant Promises Group, Massapequa**
- **Rockville Centre Group**
- **PACE Group, Bellmore**
- **The Advent Group, Westbury**
- **Young People by the Beach, Long Beach**

Until next month; *Yours in Trusted Service*, Steve S. Night Book Chair, NIAA
"Service is Gratitude in Action"



(continued from p. 4)

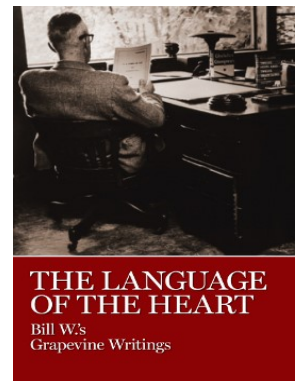
Literature:

This just touches the reach of the articles reprinted in *The Language of the Heart* available from AAGV in hard cover, soft cover, large print, and digitally as an e-book, CD or downloadable MP3.

Looking to other literature, "we aren't a glum lot." The *Grapevine* has collected some of its best jokes and cartoons in the volume, *A Rabbit Walks Into a Bar* (GV22). Enjoy the lighter side of AA with *A Rabbit Walks Into a Bar*, a nice gift for that first anniversary.

Finally, a special thank you to Artie G., a mainstay of the Intergroup office on Saturdays for many years and a great help to the Literature Committee throughout. We wish you well and will watch for you on the "Road of Happy Destiny."

Bill C., Literature Committee Chair



NIAA Institutions Committee

FYI: There are two ways that groups can support the work of carrying the AA message into institutions in Nassau.

The first is by sending an institutions representative to the monthly meeting (first Wednesday of the month 8P) at the Simpson Methodist Church Amityville. This rep can then book speaking commitments at the institutions we support (see back of meeting list).

Second, the Institutions Committee recommendation is that 5% of a group's donations should be earmarked for Institutions. So for example, if your group follows General Service guidelines (see piechart at http://www.aa.org/assets/en_US/mg-15_finance.pdf) and donates 50% of total donations to intergroup, 5% could be earmarked for institutions, with 45% to intergroup (and the remainder to other service entities). Obviously, it's up to each group to determine the appropriate amount for them.

Occasionally, AA members will ask what's involved in institutions work, so it might be of value to describe this work and its components. We're now reviewing each of the institutions that Nassau Intergroup supports, covering them alphabetically, and we are now up to the Northport V.A. Hospital. 79 Middleville Road, Northport, NY 11768. The Unit that we bring our meetings into is Unit 22. It is a locked ward because it is a psychiatric ward as well as a detox unit. The psychiatric part is basically for patients that are having problems with their medications and need to have them adjusted. The detox part serves two purposes. The first is the detoxification of the individual and the second is an evaluation unit to determine what type of aftercare is needed for the individual patient. A vast majority of the individuals suffer from PTSD as well as other psychological problems. So it is important to get each patient the proper care. They have the space to hold people until space opens in the required facility.

There are 3 A.A. meetings a week there: Sunday 10:00AM, Monday 7:30 PM and Friday 10:00 AM

If you, or someone in your group, is a veteran and might be interested in speaking at one of these meetings, please contact institutions@nassauny-aa.org.

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 8P at the Simpson Methodist Church 30 Locust Av Amityville, which is right across Sunrise Highway from South Oaks Hospital. If you can't make it, feel free to contact me at institutions@nassauny-aa.org. 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.

Jim G, Veterans in Recovery Rockville Centre; Mike F., Serenity by the Sea, Pt. Lookout;

RESPONSIBILITY

STATEMENT...

I am Responsible.

When Anyone, Anywhere

Reaches Out for Help,

I Want The Hand Of A.A.

Always To Be There.

And For That,

I Am Responsible!

Let me interrupt your
boredom with a few
announcements!!!



SUFFOLK INTERGROUP GALA
DINNER DANCE WITH D.J. AND
BUFFET
THURSDAY SEPTEMBER 14, 2017
7PM TILL 11PM



WINDOWS ON THE LAKE
235 LAKE SHORE RD. LAKE RONKONKOMA
TICKETS ARE \$60.00
MUST BE PURCHASED IN ADVANCE
EMAIL: SPECEVENT@SUFFOLKNY-AA.ORG
FOR MORE INFO.

Nassau County General Service
Presents:
A Roundtable Discussion
Concept Series

Speaker - Albin Z.

7:00 – 8:30 p.m.

Intergroup Office

361 Hempstead Tpke.

West Hempstead, NY 11552

Bring a friend, everyone is welcome!!

Concepts IX & X – September 18th, 2017

Concepts XI & XII – November 20th, 2017

Please bring your "AA Service Manuals combined with
Twelve Concepts for World Service" – we will also have
some available for purchase or loan
For more information, please contact
dcmc@nassau.aaseny.org

*Workshops – Back to
Basics with Jimmy D.*

Sat., Oct. 21st 10 am – 4

pm
(1/2 hr. for lunch)

Primary Purpose Group of
Lynbrook
Lynbrook Baptist Church
225 Earle Avenue

**St. Aiden's
Group
Anniversary**

October 21st

7 pm – 11 pm
525 Willis
Ave.



***Cedarhurst-Hewlett Group
58th Group Anniversary***

10/27/17, 8 p.m.

St. Joseph's Church Cafeteria
1346 Broadway, Hewlett



Coming Soon... *The Big Meeting*

November 5, 2p.m. - 5p.m.

Ethical Humanist Society, 38 Old Country Rd. Garden City



SAVE THE DATE!!!

2017 ALISON Fall Workshop:

Autumn Unity – Together We Can Make It

Sunday, October 15, 2017

11 a.m. – 4:15 p.m.

Cure of Ars School, Merrick

(just east of Meadowbrook Pkwy, 2 blocks south of LIRR

Station and Sunrise Hwy.)

****Al-Anon, Alateen and AA Participation****

Donation: \$5 in advance, \$8 at the door

FREE FOR ALATEENS

MUSIC



Doors Open 11 AM Program Begins 11:30 AM

Closing Prayer 4:15 PM

Coming Soon...

GROUP INVENTORY WORKSHOP

...what is it?

...why do it?

...who does it?

Don't be afraid!!!

More info soon!



2018 LIRU Annual Fundraiser

PICNIC- BBQ

Sept 24, 2017 from Noon - 5pm

*AA Speakers at 2 pm
Food, soda, corn hole,
drum circle, softball,
volleyball, board games,
fellowship, and more...*

*Bring a lawn chair and
favorite game to share*

*Wantagh Park
1 King Rd. Wantagh
first wooden gazebo on left*

*\$15 in advance, \$20
at the tree*

*Tickets available
<https://www.eventbrite.com/o/long-island-round-up-12697336511>
or any LIRU
member*



When an alcoholic is released from jail/prison and reaches out for help, the HAND OF AA is often holding a PHONE!

ARE YOU WILLING to have that PHONE and that HAND be YOURS?

**SIGN UP FOR
NASSAU COUNTY'S
A.A. CORRECTIONS HOTLINE!**

**Your contact info will not be shared.
Calls will be automatically forwarded during days/times that YOU specify.**

To learn more
email corrections@nassauny-aa.org

BE THAT HAND!

CALENDAR OF EVENTS

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

SEPTEMBER 2017

9/6—Institutions Committee, 8pm, Simpson United Methodist Church, 30 Locust Ave., (off Sunset Ave. from County Line Rd.), Amityville 11701

9/6—Corrections Committee: 8:30pm, immediately following Institutions at 8:30pm, same address above

9/7—NIG Reps Orientation, 7:00pm (Suggested for new Reps.) NIG Reps Meeting, 7:30pm

9/8—9/10 National AA Technology Workshop, Sacramento, CA

9/14—PI/CPC Committee: 7:30pm

9/16—Speaker Exchange, Nassau Community College, Cluster F, 7am

9/16—SENY Assembly: 8:30am – 3:15pm, Orange County CC

9/18--Concept Workshop – IX & X, 7pm

9/20--Website Committee, 7:30pm

9/21—Newsletter Deadline for October

9/28—Steering Committee, 7:30pm (By invitation)

9/28-9/30—21st Annual National AA Archives Workshop: Concord, CA

OCTOBER

10/2—SENY Committee Mtg., 7:30, 2158 Watson Ave., Bronx

10/4-- Institutions Committee, 8pm, Simpson United Methodist Church, 30 Locust Ave., (off Sunset Ave. from County Line Rd.), Amityville 11701

10/4-- Corrections Committee: 8:30pm, immediately following Institutions at 8:30pm, same address above

10/5-- NIG Reps Orientation, 7:00pm (Suggested for new Reps.) NIG Reps Meeting, 7:30pm

10/16—NGS Meeting, 7:30; 6:30 for new Reps orientation

10/18-- Website Committee, 7:30pm

10/19-- Newsletter Deadline for November

10/26-- Steering Committee, 7:30pm (By invitation)

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: speakerexchange@nassauny-aa.org
Special Needs: specneeds@nassauny-aa.org
12th Step List: 12thstep@nassauny-aa.org
Website: webcommittee@nassauny-aa.org

Step Two Reflections

(a "Came to Believe" List) by Mike "Bike"

I came to believe..

1. That my bottom was a signal from God that radical change was necessary.
2. That stepping into the rooms of A.A. meant that my desire to stop drinking had become stronger than my desire to continue.
3. That the Steps were my template for living and that the answers to virtually all my questions were either in the Steps or in the words of my fellow A.A.'s.
4. That I had to be diligent about practicing the Steps, but not dogmatic.
5. That if I could start on the path to humility and get a glimpse of what it feels like to place God and the well-being of others first, it would gain momentum within me and propel me forward spiritually.
6. That if I am not totally honest with myself about myself, I am cheating myself (and therefore those around me) of the benefits of the program.
7. That self-centeredness arising from pride run amok was my most glaring character defect and restraint of tongue my greatest required discipline.
8. That there is no serenity without acceptance and there is little chance for change without willingness.
9. That I am never alone on this journey
10. That the joy of good living is enough for me. **Dec. 2011**

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.

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

--**Franklin Square 11010**, Brew Crew, Ascension Luth. Church, 145 Franklin Ave. CD 11am

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)

--**Malverne 11565**, Big Book Fever, Church of the Intercessor, 50 St. Thomas Pl., 8pm BB, Sun. will now be called 12 Step Experience and will now have an O Step Series Sun.

--**LEVITTOWN 11756, Serenity Night Live**, Good Shepherd Church; 3434 Hemp. Ave.; Sat. CD will now be OD

There is a Solution, 474 Wantagh Ave will now meet at Good Shepherd Church, 3434 Hempstead Tpke. No other changes

Hope Group, 474 Wantagh Ave. will now meet at Good Shepherd Church, 3434 Hempstead Tpke. No other changes

NASSAU INTERGroup of Alcoholics ANONYMOUS

361 HEMPSTEAD TURNPIKE, WEST HEMPSTEAD, NY 11552~1329

HOT LINE: (516) 292~3040

Office: (516) 292~3045

eMail Address: 12thSTEP@NASSAUNY-AA.ORG

WebSite: <http://www.nassauny-aa.org>

DATE

NIAA NUMBER

** 12TH STEP CONTACT list **

GROUP TOWN: _____

GROUP NAME: _____

MTG Facility: _____

MTG Addr: _____ Zip: _____

GRp Mail Addr: _____

GRp Mail TOWN: _____ Zip: _____

It is recommended that you have 90 days sober before including your name on this list.

CONFIDENTIAL

If you can give rides to others, please place an "R" after your name.

CONFIDENTIAL

Please fill this form out completely and PLEASE print legibly!

NAME	TOWN	TELEPHONE	MALE / FEMALE	INTERIM SPONSOR	ANY TIME	WEEKDay			WEEKEnd		
						8 AM	12 M	6 PM	8 AM	12 M	6 PM

NASSAU INTERGroup NEEDS YOUR help TO CARRY THE MESSAGE OF AA.

I AM RESPONSIBLE...

WHEN ANYONE, ANYWHERE, REACHES OUT FOR help,

I WANT THE HAND OF AA ALWAYS TO BE THERE, AND FOR THAT:

I AM RESPONSIBLE.