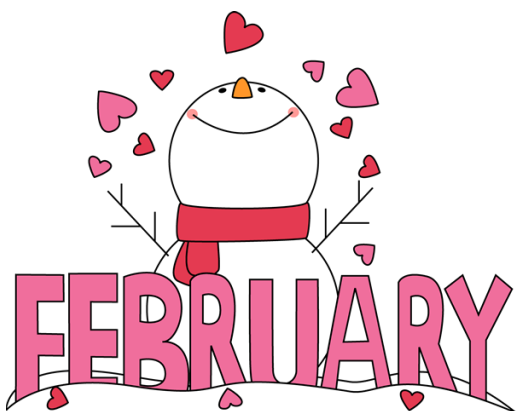


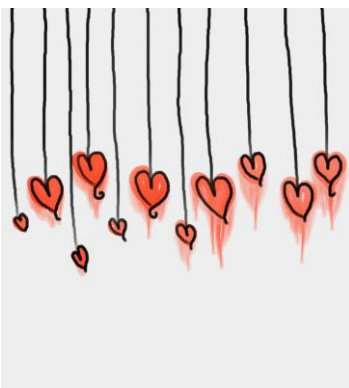
361 Hempstead Turnpike, West Hempstead, NY 11552-1329

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

516-292-3040 (24/7 Hotline) 516-292-3045 (Business)



2018



Winter Weather Alert

Winter is upon us, and with that comes the increasing possibility that the NI office and some meetings may be closed with little or no notice. When possible, we will put a note on our website if we close the office, but to avoid frustration and a wasted trip, please call ahead on the Business line (**516-292-3045**) before coming in. (If no answer, the office is closed.) This is a good practice at any time (since we don't always know when office volunteers aren't able to get in), but particularly if the weather is bad. The hotline (**516-292-3040**) is always covered, and should have current information on office and meeting closings as available.

AS YOUR NEWSLETTER EDITOR, MY SPONSOR HAD SHARED THESE 4 HABITS TO KEEP WORKING ON WHILE DRIVING TOWARDS MY NEW YEAR'S RESOLUTIONS.... I LOVE HAVING THE OPPORTUNITY TO SHARE THEM WITH YOU, SINCE THEY HAVE BEEN VERY HELPFUL TO ME AND MY SOBRIETY..

STEVEN S .



AS WE HIT THE GROUND RUNNING IN 2018, WITH OUR BUSY DAILY LIVES ALREADY OVERWHELMING US, IT'S SO EASY TO MISS THE FOREST FOR THE TREES AND COMPLETELY OVERLOOK SOME OF THE MORE OBVIOUS ACTIVITIES THAT CAN DISPROPORTIONALLY AFFECT OUR HAPPINESS LEVELS. LUCKILY, WE CAN CHOOSE TO TAKE A DEEP BREATH RIGHT NOW AND GO OFF MORE THAN JUST OUR RUSHED ASSUMPTIONS AND REFLEXES – THERE ARE LOTS OF SIMPLE, PROVEN STRATEGIES THAT AIM TO CREATE THE RIGHT BEHAVIOR THAT LEADS TO A HAPPIER LIFE..... CONTINUED NEXT PAGE

1. FIND MEANING IN YOUR WORK.

Example: a motel housekeeper in Miami Beach was asked. “Do you like your job?” “She said, Yes”, smiling from ear to ear and was breathless for a couple seconds. She finally collected herself and said, “I can’t believe how much I love my job! I get to make dozens of our guests happy every day and feed my two beautiful children at the same time.” Talk about a powerful perspective! Right?

A job is only just a job if you chose to see it as a job. But there’s so much more to it. All work is a chance to be of service. All work is a chance to express your gifts and talents. All work is a chance to be helpful to other people. All work is a chance to change the world. It’s up to you to find meaning in your work, whether you’re a house keeper, whether you’re a police officer, whether you’re a teacher, whether you’re an astronaut, or an entrepreneur. You must find meaning in your work so that every day you feel like you’re on a purposeful mission.

Love what you do, until you can do what you love. Love where you are, until you can be where you love. Love the people you are with, until you can be with the people you love most. This is the way we find happiness.

2. EMBRACE DISCOMFORT TO GAIN MASTERY.

Happy people generally have something known as “signature strength” – at least one skill set they’ve become proficient at, even if the learning process made them feel somewhat uncomfortable at first. However, this stress is positive. Although the process of becoming proficient at something takes its toll on people in the form of stress, people also admit that these same activities make them feel happy and satisfied when they look back on their days, weeks, months, and years as a whole. They see their progress and they feel great about it. Truth be told, being terrible at something is the first step to being truly great at it. Struggle is the evidence of progress. The more time you spend there, the faster you learn. It’s better to spend an extremely high quality ten minutes growing, than it is to spend a mediocre hour running in place. You want to practice at the point where you are on the edge of your ability, stretching yourself over and over again, making mistakes, stumbling, learning from those mistakes and stretching yourself even farther. The rewards of becoming great in the long run far outweigh the short-term discomfort that’s felt in the process of earning your stripes.

3. BE PRODUCTIVE, BUT NOT RUSHED.

Being rushed puts you on the fast track to being miserable. Period. But on the flipside, having nothing to do can also take its toll (bad news for those who subscribe to the dream of doing nothing). The balance is just right when you’re living a productive life at a comfortable pace. Meaning, you should be expanding your comfort zone often, but not so much that you feel frenzied and out of control. Easier said than done, but certainly a positive state to strive towards. One method of achieving this is to have “heavy lifting” and “light lifting” timeslots scheduled each day. During the “heavy lifting” times, you go at it full force, and then as soon as a “light lifting” timeslot arrives, you slow down. It’s simply a matter of scheduling time every day to not be overly busy. Have dedicated downtime – clear points in the day to reflect, rest, and recharge. Don’t fool yourself; you’re not so busy that you can’t afford a few minutes of sanity. Also, keep in mind that you can’t always be agreeable to everyone else’s requests and demands; that’s how people take advantage of you. Sometimes you have to set clear boundaries. We all have obligations, but a comfortable pace can only be found by properly managing your yeses. Be willing to say “No” to most things, so you are able to say “Yes” to the right things.

4. GIVE WHEN YOU ARE ABLE.

While giving is usually considered a selfless act, giving is often more beneficial for the giver than the receiver. In other words, providing social support of any kind can actually be more helpful to the bigger picture of our lives than receiving it. Intuitively I think we all know this, because it feels amazing to help someone who needs it. And that’s because lasting happiness doesn’t result from what we get, but from what we give – the experience of making a difference in the world. The science behind this is simple...

Performing any act of kindness releases Serotonin in your brain. Serotonin is a natural substance that has incredible health benefits, including making you feel more joyful. However, what’s even cooler about this is that not only will you feel better, but so will others watching your act of kindness transpire. That’s right; bystanders will be blessed with a release of Serotonin just by watching you give kindness. **So just keep in mind that while you can’t give all of yourself all of the time, you can give some of yourself some of the time, and doing so will make all the**

AA TRADITIONS WORKSHOP SERIES

SPONSORED BY: NASSAU INTERGROUP AND HOSTED BY VARIOUS GROUPS IN NASSAU COUNTY...

DATES

- | | |
|--------------------------------|---------------------------------|
| <u>TRADITION 1 JANUARY 13</u> | <u>TRADITION 7 JULY 14</u> |
| <u>TRADITION 2 FEBRUARY 10</u> | <u>TRADITION 8 AUGUST 11</u> |
| <u>TRADITION 3 MARCH 10</u> | <u>TRADITION 9 SEPTEMBER 8</u> |
| <u>TRADITION 4 APRIL 14</u> | <u>TRADITION 10 OCTOBER 13</u> |
| <u>TRADITION 5 MAY 12</u> | <u>TRADITION 11 NOVEMBER 10</u> |
| <u>TRADITION 6 JUNE 9</u> | <u>TRADITION 12 DECEMBER 8</u> |



ALL WORKSHOPS WILL BE HELD AT THE NASSAU INTERGROUP OFFICE, 361 HEMPSTEAD TPKE. WEST HEMPSTEAD, NY AND WILL BEGIN AT 9:30 A.M. AND END AT 11:00 A.M.
LIGHT REFRESHMENTS WILL BE SERVED.

CORRECTIONS WORKSHOP: AN INSIDE JOB

Pre-Release Contacts: How we help alcoholics behind the walls prepare for being released and making contact with AA on the outside.

Corrections Correspondence: How local members are using "snail mail" to carry A.A.'s Twelve Steps to alcoholics behind the walls.

Nassau County Corrections Hotline: How the friendly voice of another alcoholic can help a newcomer navigate the slippery slope between the institution and their first meeting on the outside.

Saturday, March 10, 2018 - 11:30am-1pm

(Pizza lunch for all attendees) Questions?... Email: corrections@nassauny-aa.org

Located at: Nassau Intergroup Office 361 Hempstead Turnpike, West Hempstead, NY 11552

In Memoriam



Nora P.



shutterstock - 138010667

R.I.P. December 2, 2017
41 Years of Sobriety
Albertson, Searingtown
Afternoon Discussion Group
She is remembered in a very special way for her service and dedicated Sponsor...

Anne B.



R.I.P. November 10, 2017

54 Years of Sobriety

Malverne Gratitude Group
Malverne, N.Y

Dedicated Sponsor and friend,
she embraced her fellowship till the end...

**This memoriam was submitted by Peggy S
She submitted this in hand written form, and mailed this into N.I. We urge all who are not computer savvy to feel free to contact us by mail, we love mail....btw Nora P. was Peggy's sponsor for 26yrs....

NIAA Institutions Committee

There was a vote at the Institutions Committee meeting January 3 to move the meeting location from the Simpson Church in Amityville to the Nassau Intergroup office in West Hempstead. The motion to move the meeting location, beginning with the February meeting, was carried, by a vote of 14 yes, 1 no, and 1 abstain. For those not familiar or who haven't read/heard the background before, here is a summary. At the December intergroup representatives meeting, a motion was made and carried that the Institutions Committee budget would be revised upward to \$2500 a year, which would permit an even flow of \$200/mo. for literature, with the hope that group donations will catch up to balance this outlay going forward (if group donations do not keep pace with this minimal outlay, which would purchase approximately 20 soft abridged Big Books and 20 soft Living Sobers to be distributed across the many institutional meetings covered by Nassau Intergroup, then the groups will, in effect, be voting with their dollars that institutions literature distribution should be decreased). However, it had already been previously agreed that the \$40/mo. rent to the Simpson Church would be funded out of intergroup general fund (budgeted \$500), not out of the Institutions committee budget. One of the intergroup representatives made the suggestion that, in order to reduce the total outlay (2500 + 500) it might make sense to move the Institutions committee meeting to the intergroup office in W Hempstead, where there would be no cost for rent. **There was agreement at that December meeting that this suggestion made sense and the suggestion would be put to a vote by the Institutions Committee, since there are pros and cons to any such move. The committee voted to approve the move Jan 3, so the next Institutions committee meeting will be held Feb 7 at 8P at the intergroup office in W Hempstead.** The Simpson Church has been notified of this decision, and the intergroup treasurer has paid the remaining rent balance. 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 Nassau Intergroup office in W Hempstead. 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 pie chart 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 (by specifying on the check or checking the box on the envelope), 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. Donations of literature (books, Grapevines etc) no longer needed can also be made NIAA brings meetings into the hospitals and jail every day at various times listed in the meeting list. **If you, or someone in your group, 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 wards 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 Nassau Intergroup office in W Hempstead.. If you can't make it, feel free to contact me at institutions@nassauny-aa.org.**

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., Serenity by the Sea, Pt. Lookout;

institutions@nassauny-aa.org



PRESENT: SPONSORSHIP

"The Lifeblood of AA"

How it WAS, how it IS, and how it COULD be!

- When: April 21, 2018 Saturday; 10am - 1 pm
- Where: St. Luke's Episcopal Church
253 Glen Avenue, Sea Cliff, NY 11579
- Panel Presentation followed by LIVELY group discussion
- Special guest speaker!
- Light refreshments and PIZZA Lunch served! • PLEASE E-MAIL

\$5.00 contributions appreciated, but not required. We'd rather have you than your money



FROM THE NIGHT BOOK - FEBRUARY, 2018

Cold Winter; Heart-warming Service!

During my drinking days, I used to enjoy drinking outside late at night, right in my own backyard. It didn't matter whether it was in the heat of the summer or the coldest day of the winter; I was always outside with my whiskey or gin. Of course, I drank indoors as well; but the Hell followed me wherever I went. Subtly, insidiously, alcohol had me in a death grip and refused to let go. I absolutely could NOT stop this insanity alone.

One cold night out of pure desperation, I made a phone call to the AA Hotline. The volunteer on the other end understood exactly what I was talking about and reassured me that I was not alone; that it was certainly possible to get well with the AA program of Recovery. It took some slipping and sliding in the beginning to get the message, but by God's Grace it stuck.

I never forgot that volunteer's help and what he and others like him did every night in Nassau County - give hope where there was only despair before. Now, I am privileged to be the Chairman of that life-saving Night Book Service; which exemplifies our Fifth Tradition of "Singleness of Purpose" more so than any other 12-Step work. I cannot think of a more heart-warming and satisfying way to spend a cold winter's night. The Night Book is convenient, easy, and can be fun as well. After all, you're providing a fantastic service right from the comfort of your own home! Just ask your Intergroup Rep to put up his or her hand at the next Rep meeting, and volunteer your Home Group to "take the Book," it's that simple!

Just so you know - The sobriety requirement for taking the Night Book is just SIX months! Get busy with service to AA early in your Recovery. It will pay off in handsome dividends of a GOOD LIFE!! Now, I would like to thank those groups who performed this invaluable Service to kick-off the New Year in January:

Sobriety Without End - Malverne

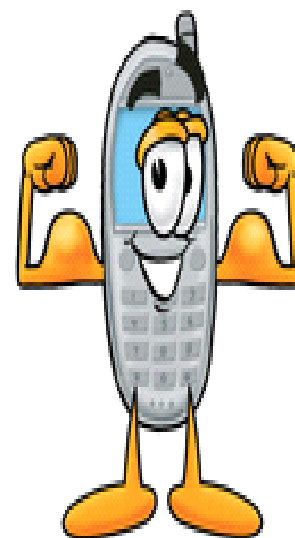
Extravagant Promises- Massapequa

South 9th Street - New Hyde Park

Garden City - Whitehall Street

Serenity By The Sea AM - Long Beach

Yours In Trusted Service...Steve S., Night Book Chair, NIAA

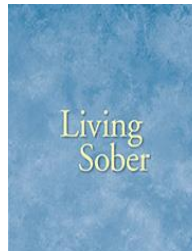


Way to go!!!!!!

Living Sober

First published in 1975, Living Sober (B-7) offers some simple yet very practical insights and suggestions drawn from Fellowship experience as effective challenges to drinking behavior and supports for sober living. Not a replacement for the practice of AA's Twelve Steps, this collection offers both things we can do and things we might want to avoid doing to help us get and stay sober, especially useful for those newly attempting sobriety. A few ideas from Living Sober include: It's easier to not take the first drink than to try to limit the number of drinks I have; plan not to drink just for today, not for some other extended period of time or forever; get into positive action rather than sitting around trying not to drink; don't keep liquor around the home; avoid old routines which supported or were associated with drinking; having something sweet to eat can offset an urge to drink; get a sponsor; get plenty of rest; anger can be dangerous; remember your last drunk; get extra help if needed; watch out for emotional entanglements; don't put conditions on recovery, no 'ifs' or 'if only'; watch out for drinking occasions; read AA materials; go to AA meetings. At about 90 pages, this AA booklet does not presume to be exhaustive on the subject or to suggest the newcomer should not find his or her own answers for learning to live soberly. Living Sober is available from AAWS in soft cover, in regular and large print editions, and on CD or as an e-book.

Bill C.. Literature Committee Chair



Spiritually Fit And Serene in 2018 Nassau Intergroup presents: The 41st Annual Share-A-Day

Saturday April 28, 2018

8:15am - 4:15pm

**St Joseph's School
1346 Broadway
Hewlett, N.Y.**



**Old Timers Panel • Traditions Play
Keynote Speaker • 24-Workshops**

The SAD Committee will be meeting on the 3rd Wednesday of the month at 7:30pm at the Nassau County Intergroup Office in the months leading up to the event... **Volunteers needed!!!**

email: shareaday@nassau-aa.org

Individual and group contributions are now being accepted to support this event.

Please send your donations to:

**Nassau County Intergroup Office
361 Hempstead Tpke, West Hempstead, NY, 11552-1329
...and remember to note on your check that your
donation is for Share-A-Day.**

Handicap Accessible • Public Transportation, Bus N32

Proposed Intergroup By-Laws Changes

The following changes to Nassau Intergroup's current By-Laws are proposed.

Article I— Name. The name of this organization is the Intergroup Association of Nassau, Inc.
~~Nassau InterGroup of A.A., Inc.~~

Article II— Purpose. Section 1. The Intergroup Association of Nassau, Inc., ~~Nassau InterGroup of A.A., Inc.~~ also known as Nassau Intergroup (NI). Section 3. To this end, in accordance with AA's Twelve Steps, Traditions, and Concepts ~~for~~ of World Service

Article VI— Steering Committee. Section 1. The Steering Committee of Nassau Intergroup ~~of AA~~ shall consist of: ~~(c) the eight (8) zone coordinators or their authorized alternates chosen by and from the local groups or appointed by the Chairperson with the approval of the Intergroup Representatives,~~

Article VII— Committees. Section 1. There shall be the following standing committees: (l). ~~Secretary/Program Chairperson List,~~ (o) Technology WebSite (08/04),

All new text is underlined. All deletions are in ~~strikeout~~. All references to the organization within the amended by-laws have been changed to be consistent with the names referenced in Article I and Article II, Section 1. All specific page and edition references to ~~The AA Service Manual~~ have been eliminated.

There will be a full discussion of the proposed changes at the February Reps Meeting.. It is expected the by-law changes will be finalized at the March 1 Reps meeting.

North Shore General Services of AA

For Districts 208, 209, 211

Website development workshop planning!



All GSRs are asked to attend from our districts, plus interested AA's.

When: February 8 at 7 pm

Where: St. Luke's Episcopal Church

253 Glen Ave, Sea Cliff, N.Y. 11579

Email: scribbler@gmail.com

See you there!!

Step Two

“Came to believe that a Power greater than ourselves could restore us to sanity.”

When writing the steps in “How it Works”, the first one hundred capitalized the word “Power” in the

same way they capitalized words like “Providence”, “Higher Power”, “Supreme Being”, “Creative Intelligence”, Spirit of the Universe”, “Lord” and “God” elsewhere in The Big Book. Capitalized as it is in

Step Two; we can understand the word “Power” as another name for God. It doesn’t matter what we call it, but it matters that we call to it. Before we give it a name and allow ourselves to be called by it, we need to believe this Power exists and will bring positive changes in our lives. Step two isn’t an instruction we follow. It’s an understanding we arrive at. Like admitting powerlessness and unmanageability in step one, we can’t fake a belief in that Power when it comes to step two. How do we come to believe? When we admit unmanageability in step one, the evidence of that unmanageability surrounds us. We drown in the evidence. We need to find a way out or die. Similarly, when we come to believe in step two, the evidence of that Power can’t be mistaken for anything else. It holds us in place. We need only relax and that Power will lift us up and restore us to sanity.

...And what is sanity? ... a simple awareness of the fact that God holds us in his hands.

--Bellmore There is a light



WHAT DOES THE PUBLIC INFORMATION (PI/CPC) COMMITTEE DO?

PURPOSE Like all of A.A., the primary purpose of members involved with public information service is to carry the A.A. message to the alcoholic who still suffers. Working together, members of local Public Information committees convey A.A. information to the general public, including the media.

HISTORY The 1939 publication of our Big Book, Alcoholics Anonymous, was the first A.A. information available for the public. By 1941, several articles on A.A. in national publications helped to encourage understanding and acceptance of A.A.

TODAY Our primary purpose has not changed in carrying the message to the alcoholic that still suffers. Working with (CPC) Cooperation with the Professional Community we have been able to carry the message to many different venues, a few of which are listed below.

-Bowling Green Elementary School

-East Meadow Pride Day

-MADD Victim Impact Panel

-SUNY Old Westbury “Drums not Drugs” program-

-Narcan Training Event

-Oceanside counseling center

-Nassau Community College

The above are some of the 40+ opportunities we’ve been fortunate to have carried the message to since the beginning of 2017. Whether I was at the event or arranged the speaker, I felt incredibly gratified, and service helps to keep us sober! Would you like to get involved, or maybe just like some more information? Please call me anytime. **Contact**

Steven: email publicinfo@nassauny-aa.org

Next meeting: 2/8 PI/PC 7pm if you cannot attend participate via phone: avail by request only contact public info email address Publicinfo@nassauny-Aa.org

DAILY REFLECTION *Steven S. Newsletter*



FAVORITE OF THE MONTH

LOVE WITH NO PRICE TAG

When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

— TWELVE STEPS AND TWELVE TRADITIONS, p. 106

In order for me to start working the Twelfth Step, I had to work on sincerity and honesty, and to learn to act with humility. Carrying the message is a gift of myself, no matter how many years of sobriety I may have accumulated. My dreams can become reality. I solidify my sobriety by sharing what I have received freely. As I look back to that time when I began my recovery, there was already a seed of hope that I could help another drunk pull himself out of his alcoholic mire. My wish to help another drunk is the key to my spiritual health. But I never forget that God acts through me. I am only His instrument.

Even if the other person is not ready, there is success, because my effort in his behalf has helped me to remain sober and to become stronger. To act, to never grow weary in my Twelfth Step work, is the key. If I am capable of laughing today, let me not forget those days when I cried. God reminds me that I can feel compassion

WHATS YOU'RE FAVORITE... Daily Reflection?

SUBMIT TO: news@nassauny-aa.org

Or you can write us at: Nassau Intergroup

361 Hempstead Turnpike, West Hempstead, N.Y. 11552-1329



CALENDAR OF EVENTS

All meetings are intergroup events held at 361 Hempstead Turnpike, Hempstead, N.Y. unless otherwise noted.

2/1 Intergroup rep. Meeting 7:30 (suggested for New reps) 7pm

2/7 Institutions committee meeting 8pm

2/8 PI/PC 7pm If you can't make it dial- in contact public info web site for dial- in #

2/8 NSGS District event planning St. Luke's Episcopal Church 253 Glen Ave. Sea Cliff, NY 11579

2/10 AA Tradition2 Workshop 9:30am-11am

2/15 Share-A-Day Committee, 7:30pm

2/15 newsletter deadline

2/19- Nassau General Service Group (NGSG) meeting; Orientation 7PM; Reps meeting 7:30PM.

2/22 Steering Committee, 7:30 pm (By Invitation)

3/1 INTEGROUPEP MEETG 7:30pm (suggested for New reps) 7pm

3/7 Institution committee meeting 8pm

3/10 Corrections Workshop 11; 30- 1pm

3/19- Concepts III and IV Workshop; 7PM.

3/21 Share-A-Day committee, 7:30 pm

3/22 Steering committee 730 (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

--Prof. 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

-- Office Manager, 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

NEW GROUPS

--Franklin Square 11010 Brew Crew Group; Ascension Lutheran Church, 145 Franklin Avenue; Tues. *CD 11am.

--GardenCity11530 Grupo Tu Si Puedes Womens Spanish Wed, 7:30*cd

--Levittown 11756 Sober Living Group; Presbyterian Church, 474 Wantagh Avenue; all meetings 10am; Mon. *CD, Tues. *B, Wed. *BB, Thurs.* CD, Fri.*CD, last Fri. Anniversary

--Levittown 11756 The Old School Group; Good Shepherd Church, 3434 Hempstead Turnpike; Thurs.* B, 5:30p

--Manhasset 11030 Big Book Experience Group, 626 Plandome Road; Sat. *BB, 11am.

--Westbury 11568 AA Beyond Belief, Life Lutheran Church 1 Old Westbury rd. Wed 8pm *CD parking in rear

Institutions: East Meadow11554 Nassau Medical Center Altos 10fl.9:30 am*B

CHANGES

--Cambria Heights 11411 Elmont/Belmont Give It A Try Group; Deliverance Baptist Church, 227-11 Linden Boulevard; Mon. S, 7pm and Thurs. *B, 7:15pm, last Thurs.* Anniversary.

--Garden City 11530 Grupo Tu Si Puedes; Ethical Humanist Society, 38 Old Country Road. Deleted Mon. 7:30 *CD.

--Levittown 11756 Serenity Night Live Group; Good Shepherd Church, 3434 Hempstead Avenue; Sat. *CD will now be *OD, 6:30pm.

--Levittown 11756 The Old School Group; Good Shepard Church, 3434 Hempstead Turnpike; deleted* Cd TH 5:30.

--Long Beach 11561 Living Sober Group; St. John's Lutheran Church, 75 E. Olive/Riverside Boulevard; Tues. *OD, 9am. Mistakenly listed as no longer meeting.

--Lynbrook 11563 Lynbrook Group; 49 Blake Avenue; no longer meeting. There Is A Solution; New location: Good Shepherd Church, 3434 Hempstead Turnpike. No other changes. Hope Group; New location: Good Shepherd Church, 3434 Hempstead Turnpike. No other changes.

--Malverne 11565 Big Book Fever Group; Church of the Intercessor, 50 St. Thomas Place; Sun. 12 Step Experience *O, 8pm; formerly *BB

--Malverne11565 12 Step Experience of the Intercessor 50 St Thomas pl.8pmSunday*od deleted, now, to, 7:30 O* step series

--Merrick11566 Stepping Stones Cure of ARS school, 2323merrick ave (s.ny27),grnd fl. St. Michaels room(no meetings on holidays)12:30*S meeting moved to Rectory lower level 12:30*S

--Massapequa Park11762 Discussion Group wed11am*CD to Wed 1pm*cd also first wed of the month 12:15 tradition

--Rockville Centre 11570 Off the Fence Group; The Vineyard Church, 251 Merrick Road; Drop Thus. O and Fri. *CD, add Sun.* Od, 8pm. Sober Company Group; 30 Hempstead Avenue; deleted Sun. 7 pm *CD.

--Uniondale 11553 Pace Group; Grace Lutheran Church, 311 Uniondale Avenue; drop Tuesday 7:30 BB.

-Pace Group; Grace Lutheran Church, 311 Uniondale Avenue; drop Tuesday 7:30 BB.

--Woodmere 11598 Arcade Legends Tues 630am *cd, th.6:30*am deleted