

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.

**Intergroup Association of Nassau
(Nassau Intergroup)**

**361 Hempstead Turnpike, West Hempstead, NY
11552-1342**

**www.nassauny-aa.org 516.292.3040 (24/7 Hotline)
intergroup@nassauny-aa.org 516.292.3045 (Business)**

DECLARATION OF UNITY

This we owe to A.A.'s future:
To place our common welfare
first; To keep our fellowship
united. For on A.A. unity depend
our lives, and the lives of those
to come.

September 2018

CALENDAR OF EVENTS

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

September 2018

9/5 – Institutions Committee, 8PM: Corrections, 8:30PM

9/6 – **Reps Orientation**, 7PM (Suggested for new Reps)
Reps Meeting, 7:30PM

9/8 – **Intergroup Workshop, Tradition 9**, 9:30AM

9/15 – Speaker Exchange Meeting, NCC, Cluster F, Rm 127,
7AM

9/15 – SENY Election Assembly, Lehman College, Bronx,
8:30AM

9/17– NGSG Meeting -Concepts IX and X Workshop, 7PM

9/19 - Website Committee, 7:30PM

9/20 – **Newsletter Deadline for October**

9/22 – LIST Workshop, Brooklyn, 9:30AM

9/27 – **Steering Committee**, 7:30PM (By Invitation)

9/29 – Open House – 11AM until 4PM (Rain date 9/30)

October 2018

10/3-- Institutions Committee, 8PM; Corrections, 8:30PM

10/4 – **Reps Orientation**, 7PM (Suggested for new Reps)
Reps Meeting, 7:30PM

10/11—PI/CPC Committee, 7;30PM

10/13 – Intergroup Workshop, Tradition 10, 9:30AM

10/13—Finance/Treasurer Workshop, 11:15AM

10/15– NGSG GSR Meeting, 7:30PM

10/17 - Website Committee, 7:30PM

10/17 –Share-a-Day Committee, 7:30PM

10/18 – **Newsletter Deadline for November**

10/25—**Steering Committee, 7:30PM**

FROM THE CHAIR

Gratitude in Action.

This coming October we will be holding elections at Nassau Intergroup to fill the positions of Chairperson, 1st Vice Chair, 2nd Vice Chair, Treasurer and Secretary. We would like to field a diverse group of candidates to serve Nassau AA for the next two years and beyond. Please take a moment to consider this wonderful opportunity of Service in AA and pass it on to all you meet in AA. Anyone interested can find out more detail about each of the elected positions by coming to the Intergroup office on Monday September 10th at 7:00 PM or contacting me directly via chair@nassauny-aa.org.

Our Intergroup office is holding its annual Day of Service Recognition BBQ on Saturday September 29th- rain date September 30th. Come on down meet the staff and find information on many different service opportunities available in Nassau AA.

Suffolk County Intergroup is hosting an “AA Takes over Adventure Land” in Farmingdale on Saturday September 15th 6:30-9:30PM– Tickets are \$22.00 – all inclusive of rides and attractions. The park will be closed to the public during the event. Tickets are available through Nassau Intergroup Monday evening September 10 -6:00- 7:00 PM – at the Speaker Exchange Saturday September 15th or at the door. You may also contact me via email to make arrangements to pick up tickets at other times.

**In Service,
Elise M., Chair**

**Subscribe to Newsletter by e-mail,
Go to www.nassauny-aa.org and pick “Current
Issue” on the lower right side for sign-up form**

Literature:

No Cost AA Literature

Many are unaware that AAWS offers a significant catalogue of literature at no cost, funded by group and member contributions to GSO. This may be especially useful for groups with limited treasuries which nevertheless want to carry AA literature.



Among the items from AAWS are: the “Primary Purpose Card” (F-17, the so-called “Blue Card”), *Your District Committee Member* (F-12), directories of “Central Offices, Intergroups and AA Answering Services in the US and Canada” (F-25) and of “GSOs, Central Offices and Intergroups Overseas” (F-59), *AA at a Glance* (F-1, a fact sheet on AA), *Information on AA* (F-2, a fact sheet on AA designed for PI/CPC use), *Your AA General Service Office* (F-6), *A Message to Teenagers* (F-9, 12 questions to help young people decide if they are having an alcohol problem), *Problems other than Alcohol* (F-8, excerpts from the full pamphlet of the same name), *AA Archives* (F-47), “Concepts Checklist” (F-91), and the “Safety Card for AA Groups” (F-211, the so-called “Yellow Card”).

Touching finance, AAWS offers: *Self-Support: Where Money and Spirituality Mix* (F-3), *The AA Group Treasurer* (F-96), and the “Self-Support Card” (F-42, the so-called “Green Card”). A complete packet (F-19, the “Self-Support Packet”) including the above items and a number of other related flyers is also available.

A number of other cost free items designed to help groups and service committees in Corrections and Treatment Facilities in addition to the ones mentioned for PI/CPC are also available.

There is also a goodly list of items that can be download without cost through www.aa.org. From the home page, go to “AA Literature,” then, “Other Service Items” and/or “Service Material from the GSO.” Digital copies of all AA pamphlets and select other items are also available through the website under “AA Literature,” then “Pamphlets/Flyers”, “Committee Workbooks” and/or “AA Guidelines.” You can also read the “Big Book” and the “Twelve and Twelve” without charge online.

Check out too the subscriptions and downloads of the

AA newsletters, *About AA*, and *Box 4-5-9*. From the home page go to, “GSO Newsletters.”

Check out a copy of the *AA Literature* catalogue (F-10) where no cost items are designated with an “F” code. Also, the catalogue and all cost free items in the catalogue are available in limited quantities through the Nassau Intergroup office.

Bill C., Literature Committee Chair

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

A.A.’s Three Legacies for September

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept IX: 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 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

When I came into the program of Alcoholics Anonymous, I was told, “Do your Steps and you’ll feel better.” Immediately I dove into my Step-work with the fervor of someone drowning in desperation. As I traversed One through Eight, I began to see the fruits of my labor and was excited when I got to Step Nine. Was I a bit nervous? Absolutely! But I could see the other side by looking at all of you who had traveled this path before me and knew it would all be okay. I trusted my sponsor and my friends who had already gone through their steps to guide me in the right direction. I began to sit down with those to whom I had done harm, deliver a genuine apology, and tell them what the purpose of me sitting down with them was; that I was doing my best to clean up my past and create a gentler present and future. Most of the amends I made were received with kindness and love. I think a lot of my friends and family could tell that I was sincere, and having thoroughly completed One through Eight, could see the enormous change in me and my behavior already. With each amends, I felt more and more motivated to trudge on. Looking into people’s eyes stone cold sober to right my wrongs was an incredibly humbling and emancipating experience. Some I couldn’t make at that time because I had lost contact with certain people and it was advised to me that it would’ve done more harm to them (or me) to seek them out. There were two amends I made that were written to which I did not receive responses and I accepted the outcome and kept moving forward. I was told that I was responsible for the effort, not the outcome, and I understood that. Since then, (about five years ago), a few of those people have come back into my life and I have been given the opportunity to

September Haiku

*Carry the message;
Powers of example here.
Sponsorship does work!*

Brenda P.

make amends. While finally having that conversation with one of them, I quickly understood why I was advised to wait. The response I received was extremely emotional and I became quite shocked. With most people, I knew what I had done and had an idea of how it affected them. However, with her, I had not realized the magnitude of harm I had inflicted. That's where the "Everything happens in God's time" slogan comes into play for me. I don't think I would've been emotionally prepared to handle that conversation in early sobriety. I was willing to make amends but also willing to listen to my sponsor when she told me to wait for the opportunity to present itself. For me, completing Step Nine requires willingness, action, honesty and acceptance. It freed me from the shackles of my past. I live today knowing I have done my best to right my wrongs and continue to do my best to live without inflicting harm upon others.

Jeanette C. - There Is a Light - Bellmore

Tradition 9: A.A.s such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Structure...but no hierarchy!

During my drinking days if you put me in a new bar, I'd quickly discover which bartender takes care of you quickest, and find my way onto a stool in his or her section. Put me in a new job, and I'd soon find out how much sick time I could take, and who I could manipulate into picking up my slack or covering for me entirely. Put me in a new relationship, and I'd make sure we watched movies I liked, ate food I liked, and spent time doing stuff that I liked.

While doing a Fifth Step, I began to see that one of my deepest defects is an inclination to exploit people, groups and situations for selfish ends. This shortcoming certainly doesn't make me unique in AA! As I was reading Bill's essay on Tradition Nine in *Twelve Steps and Twelve Traditions*, I saw a connection between this tendency many alcoholics have to selfishly manipulate, and the wisdom contained in Tradition Nine.

At first glance, the short form and long form of Tradition Nine look like a recipe for chaos. Phrases like "never be organized" and "least possible organization" seem foolish on the surface. And "rotating leadership?" How the heck can A.A. get anywhere if we keep changing the people handling our service work? In this kind of setup, it's impossible to "climb the ladder," or become an "expert" in the ways that we typically try to succeed in the world outside of A.A.

That's when the wisdom of Tradition Nine hit me. Imagine the REAL CHAOS if we had a visible chain of command? If there were positions that gave some members authority over others? Even sober, we'd quickly be overwhelmed by the demands of ego. We'd destroy our groups, our Fellowship, and ourselves.

Tradition Nine reminds us that while we need structure (locally, regionally and nationally), we don't need hierarchy. We don't need alcoholics running the whole show. That kind of Power is certainly here -- but, thankfully, not in human hand

Jim M.

Concept IX: 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?

NIAA Institutions Committee

To all the groups and individuals who have responded to the request of the Institutions Committee for donations to the literature fund (see below)– please accept our appreciation.

As I'm sure you know, the booze brothers who started this life-giving program, later known throughout the world as Alcoholics Anonymous, considered themselves to be on a mission from God. They devoted the rest of their lives to helping alcoholics and to making sure that the hand of AA is always there whenever anyone, anywhere, reaching out for help. One of these two guys was a practicing medical doctor, though you probably wouldn't have wanted him to practice on you before he met the other guy, that is. His name was Bob S. Shortly after he and Bill W met on May 12, 1935, Bob had his last drink on June 10. Four years later, in August 1939, he became the prototypical

institutions chairperson. According to a director of St Thomas Hospital, "R.H. Smith used to visit the alcoholic ward every day. This was in addition to his regular practice. It was entirely voluntary AA work. He couldn't do enough for them. He talked to them in short sentences, very simply. He was very approachable, and he would talk to everybody the same way, whether they were the highest or lowest level (see Dr Bob and the Good Oldtimers, p. 52). We can only hope to follow his example.

There are two ways that groups and members 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). If your group doesn't have an institutions rep, you might want to give it a try. 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. Contact institutions@nassauny-aa.org for information. Members can donate as 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 oldest 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.

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. In particular, please join me in wishing our departing committee cochair, Jim G, all the best in his move to the north country. Jim's service over the years to the patients at the VA, to the committee, to intergroup and to the program is much appreciated.

Mike F., Serenity by the Sea, Pt. Lookout;
institutions@nassauny-aa.org

Alcoholics take over Adventureland
Presented by Suffolk County Intergroup
September 15th: 6:30 -9:30 PM
Tickets - \$22.00 (all Rides, Attractions and Parking)
Contact Nassau Intergroup Chair for Tickets

SPIRITUALITY, SERVICE
& RESPONSIBILITY
AA FINANCE/TREASURER WORKSHOP

SATURDAY, 13 OCTOBER 2018

(FOLLOWING THE TRADITIONS WORKSHOP.)

FROM 11:15 AM TO 12:45 PM

MASSAU INTERGROUP OFFICE

361 HEMPSTEAD TURNPIKE, WEST HEMPSTEAD, NY 11552

- SELF-SUPPORT ● PRUDENT RESERVE
- BANK ACCOUNTS ● TAX EXEMPTION ● INSURANCE
- PAYING FOR GROUP ANNIVERSARIES
- CONTRIBUTIONS BEYOND THE GROUP ● MORE

ALL WELCOME. LIGHT REFRESHMENT WILL BE SERVED.

ANNOUNCEMENT:



ELMONT BELMONT

"Give It A Try"

42nd

GROUP ANNIVERSARY

SATURDAY, OCTOBER 27th, 2018

Time: 7:00 P.M. A.A. Meeting

Place: Deliverance Baptist Church

227-11 Linden Blvd.

Cambria Heights, NY 11411

Food, Fun, Gifts, Dancing, Etc.



I WANT YOUR GROUP
TO TAKE THE

((☎))!!NIGHT BOOK!!((☎))

nighbook@NassauNY-AA.ORG
Steve S. (516) 292-3045

From The Nightbook - September, 2018 Service as a cure for FEAR!

Once again September rolls around, and the transition from summer to fall begins again. A lot goes on in September which can

make it a very stressful month; getting children ready for college or adjusting to a new school, holidays for some, perhaps new jobs, etc.

The days start getting shorter, and the evenings start getting a little more chilly. It's been said that "alcoholics don't like change," and at least for *this alcoholic*, that aphorism certainly rings true. Way back when, I used to hide from uncomfortable feelings like change and pressure by numbing them out with alcohol.

Once I was comfortably enmeshed in all the Recovery tools that AA had to offer, and my sponsor's advice on how to use them, I started to *fear change* less and less. Three little sayings pronounced by our Fellowship proved to be the most helpful to me: "ONE DAY AT A TIME," and "FIRST THINGS FIRST." I would take a deep, calming breath, close my eyes, and remember "EASY DOES IT." That last one has come to represent my actions towards almost any situation. Instead of panicking, it makes me *slow down and THINK!*

However, all of the self-healing words and sayings of AA weren't enough for me. One sentence of the Big Book came back to haunt me more and more: "*Half measures availed us nothing. We stood at the turning point. We sought His protection and care with complete abandon.*" Half measures, half measures. I thought about those words for a long time; wondered if it meant that I had worked the Steps out of order; or maybe I wasn't thorough enough. So how did I fill up this missing chunk of my AA way of life, in other words; how did I complete those "half-measures? Well, I simply followed the most basic course of action in AA: I began to really care for myself by *helping others; actively participating in Step Twelve . . . Doing Service!*

In order to "rehabilitate" the self-absorbed drunk that was me, I started by cleaning coffee pots in the kitchen. My sponsor told me that my simple act of Service would allow my fellow alcoholics to enjoy a cup of coffee and socialization at the next meeting. It took some more time going to meetings, working the Steps and Traditions with my sponsor, and *LISTENING* at meetings to understand Service a little better; in other words -*why* do it?

Each one of us must give of ourselves to the best of our ability. These things we must do to stay alive. I discovered that I enjoyed working with other alcoholics, or with those who wished to learn about alcoholism, perhaps to help someone close to them . . . *Or themselves.* Cleaning coffee pots, greeting, setting up meetings, is just a fraction of the Service that YOU can do! The Nassau County AA Hotline is the best way to do this. When I became an Intergroup Representative to my home group, I learned about our "Nightbook." This is the shining crown on our cap of Recovery. It means that there is someone

answering the AA Hotline twenty-four hours, 7 days a week; including holidays.

What really made an impression on me was speaking to volunteers who did the Nightbook and listening to their stories, and the types of calls they got. I read the log books in the Nightbook briefcases containing the 12-Step Contact Lists. As I volunteered to help out on the phones more and more, I accumulated my own little library of stories. I really enjoyed taking the Nightbook whenever I could; whether filling in for someone from another group, or taking a night from my home group's schedule.

When I became the Nightbook Chair, it was very satisfying because I was a "facilitator." After speaking to the volunteers and listening to the excitement they felt after doing the phones for an evening, *I felt like I had shared in the Service* - perhaps I did. So if your home group hasn't done the Nightbook in a while, speak to your Intergroup Rep about putting their hand up at the next Rep's meeting to volunteer.

No more "half-measures" for you. Remember, the life you save may be your own! I would now like to acknowledge the Service given to the Nightbook by the following groups in the month of August.

Sober Start of Sea Cliff
Serenity PM of Point Lookout
Stepping Stones of Oceanside
Early Cup of Sobriety of Manhasset

**With You, In Trusted Service,
Steve S., Nightbook Chair -
Please call me any time for questions or information
about taking . . . "The Book.",(516) 946-4287**

Nassau Intergroup

presents an

AA Traditions Workshop

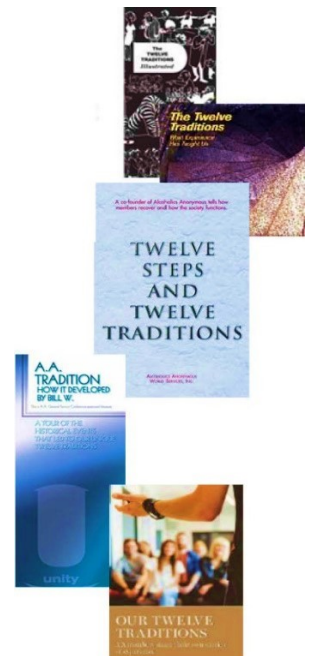
Second Saturday monthly 2018

at

Nassau Intergroup
361 Hempstead Turnpike
West Hempstead, NY 11552
9:30-11AM

Tradition One	January 13
Tradition Two	February 19
Tradition Three	March 18
Tradition Four	April 14
Tradition Five	May 12
Tradition Six	June 9
Tradition Seven	July 14
Tradition Eight	August 11
Tradition Nine	September 8
Tradition Ten	October 13
Tradition Eleven	November 10
Tradition Twelve	December 8

Light refreshment and lively discussion



From the Editor:

More on the Intergroup Elections

Next month Nassau Intergroup will hold its biennial election of officers. Here are some more things we would like you to know.

Part 2—Officer Qualifications

Candidates must be a current Intergroup Rep, or a chair of an Intergroup standing committee, or an officer other than the current chairperson, or be nominated to an office by the Nominating Committee. A minimum of two years sobriety is suggested prior to standing for office. Beyond that, a good candidate may benefit from some experience with service beyond the home group, and, depending on the position being sought, some experience serving with Nassau Intergroup.

Before the election, candidates for office will be invited to offer a brief service qualification or resume so that the voting members may have a better basis for deciding their votes.

Officer Job Descriptions

Chair

Officiates at both the Steering Committee and Reps meeting. Is available to help all other committee chairs with their jobs. Appoints most standing committee chairs with the consent of the Reps meeting. Is available with other committee members to help groups with inventories, workshops and any other events, when asked or invited. Has signatory authority for all Intergroup accounts, and signs leases, contracts, etc.

First Vice Chair

Officiates at Intergroup meetings in the absence of the Chairperson. Available to help the Chair as needed. Signatory on the Intergroup accounts. If Chair becomes vacant, automatically succeeds to that position.

Second Vice Chair

Officiates in the absence of the Chair and First Vice Chair at Intergroup meetings. Coordinates the efforts of the Zone Coordinators. If Chair becomes vacant, and First Vice is unable to assume the Chair, automatically succeeds to Chair. Signatory on the Intergroup accounts.

Recording Secretary

Takes, edits and disseminates minutes for all Intergroup Steering Committee and Reps meetings. Ensures copies of all minutes are placed in Archives. Facility with word processing is helpful.

Treasurer

Maintains all financial records of Intergroup. Arranges periodic deposits to the General Account (reflecting any earmarks), and for transfers to or from the Reserve Account as required. Arranges for payment of Intergroup obligations. Reports on financial activities at monthly Steering Committee and Reps meetings. Works with the Financial Review Committee, especially in preparing the annual budget. Works with the accountant on special reports and filings as needed. Signatory on all Intergroup accounts. Facility with QuickBooks and Excel, our recording and reporting formats, is helpful.

All officers are expected to attend the monthly Reps and Steering Committee meetings, and to support any Intergroup special activities and events.

In “Part 3” next month, we will look at the “Third Legacy Procedure” which guides the election. (If you want to read ahead, go to, *The AA Service Manual*, pp. S21-S22.)

“Part 1” appeared in last month’s newsletter (available on-line at www.nassauny-aa.org), and looked at the provisions for electing officers as set out in Intergroup’s by-laws (also available on line)

. In Service, John M., Editor, news@nassauny-aa.org

A member shares his experience, strength and hope

Happy Anniversary - On June 22, 2018, I celebrated my first anniversary. I have a 35+ years of use and abuse of alcohol and other substances. At the age of 51 in 2017 I became clean and sober via rehab/detox/AA for my very first time. It took and I’m proud to say it worked!

My story is my story. Full of drama, theft, contempt, sarcasm, rudeness, lewdness, improper behavior, lying, cheating, stealing, manipulation and no moral boundaries. And that was only on Monday. Tuesday, Wednesday, etc., were no different.

My disease became a parasite. An organism that attached itself to me at a young age of 14 years old and progressively sucked the life, spirit and soul from me. I was a physical shell of a person - a skeleton with skin. In the seven weeks prior to admission to rehab/detox, I went from 225 pounds to 167 pounds. I was unable to walk without assistance. I couldn’t eat and was in constant pain. My alcohol consumption was at its peak. ¾ liter a day and other substances. Over \$500 a week on prescription medication/opiates thanks to the hospitals – enough to tranquilize a rhino. By all accounts I should have been dead. The only reason I can believe I didn’t die was because of a guarding angel (my first higher power – my sister Danielle). Earlier in my life I gave up on God because my sister was killed in 1990.

But I digress. The journey of the first 365 days included many trials and tribulations. Yet each one was full of growth, education and serenity. Some were extremely difficult - finding a Higher Power, obtaining spirituality, admitting my faults, my pains, my abuses to others. Letting go of my character defects, because I felt they were part of my soul were keeping me alive – if I let go I believed that would kill me more than my alcoholism and addictions.

I was so wrong. Letting go and admitting my faults was harder than rehab/detox. That was a cake walk in comparison. Yet, with the guidance of my sponsor, help from people in the rooms and the Big Book, 12 & 12, prayer and meditation, I was able to break through.

I am still a work in progress. My alcoholism and addiction have left me with numerous medical issues that I will have for a lifetime. I’ve had organs removed, biopsies, autoimmune diseases, diabetes, gastrointestinal problems, thyroid issues and psych issues and live with the scare of cancer yet, not one of those diagnoses, ailments, issues or

problems sent me back out. I've never relapsed.

Instead, I took on AA as a protective shield of armor. I've let God into my life. I chair H&I meetings, I'm part of Share-A-Day. I answer phones at Intergroup, I have a sponsor and am a sponsor. I'm a speaker a couple of times a month at various other groups. I go to all of my doctors appointments, my parents have accepted and forgiven me and let me back in their lives. My wife attends open meetings with me, forgave me, loves and accepts me. And we finally have a real marriage.

Life hasn't been better. I've found the program that works for me. I love life today. I like myself (I'm not a POS), I'm a warrior. My sister still watches over me. I speak with her when I can't talk to God. Like I said, I'm a work in progress. I used to look up at my bottom – that's how far down the rabbit hole I went. Thankfully I was able to climb out of my grave to live life to its fullest – all on a clean and sober basis.

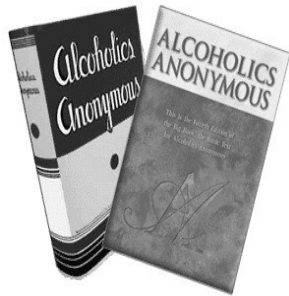
Today I can say I'm recovering well. Not every day is good, but not every day is bad. I'm able to see and live life within its constraints. I don't just exist, I am alive, I love, I am.

I'm Archie and I'm an alcoholic.
Thank you AA for saving my life.

Save the date

51st SENY Convention
"Our Big Book 80 Years
71 Languages"

March 22-24, 2019
Westchester Marriott Hotel
670 White Plains Road,
Tarrytown, NY 10591



Speaker Meetings, Workshops & Panels, Alkathon Banquet, Archives Literature & Service Tables AA Videos

Spanish Translation, Entertainment, Al-Anon, More

Get Involved Upcoming Planning Committee meetings

Sep. 23 & Oct. 28, 2018. (At NY Intergroup, 307 Seventh Avenue, Room 201, NYC 10001.)



Submit logo artwork for our theme.
convention@aaseny.org

**THE SOLUTION GROUP
4TH STEP WORKSHOP**

WHEN: OCT 13TH
TIME : 11 AM-2 PM
WHERE: ST.AIDAN'S
MSGR. KERWIN HALL
505 WILLIS AVE
WILLISTON PARK,NY
(3 BLOCKS NORTH OF HILLSIDE AVE)
BRING BIG BOOK, STEP BOOK, AND PEN
FOLLOW THE BALLOONS TO THE ENTRANCE

**LONG ISLAND
SPIRITUALITY
THROUGH SERVICE
2018**

The Long Island Spirituality Through Service ("L.I.S.T.S.") Workshop
aspires to reaffirm the strong spiritual benefits of service
to recovering alcoholics.

SATURDAY, SEPTEMBER 22, 2018
9:30 AM - 3:30 PM (DOORS OPEN AT 8:30 AM)
ST FRANCIS DE SALES SCHOOL FOR THE DEAF
260 EASTERN PARKWAY, BROOKLYN 11225

Sponsored by the General Services of Brooklyn, Queens, Nassau and Suffolk Counties and the Hispanic Districts. Hosted by Brooklyn County.



Exhibits
Lunch and Refreshments
Wheelchair Accessible
Workshops and Big Meeting
Meditation ASL (if requested in advance)
English and Spanish Translation

NASSAU INTERGROUP - EMAIL ADDRESSES**CHANGES—
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
12 th Step List	12thstep@nassauny-aa.org
Website	webcommittee@nassauny-aa.org

Or phone 516-292-3045 business hours and leave a message

PASS IT ON!

Bill W. was constantly asked by enthusiastic members when he would attend their meeting; "What can I do?" He would always answer, "Pass it on".

Come see what the PI/CPC committees are all about. Meetings are held on the second Thursday, every other month at 7:30PM at the Intergroup office.

Next meeting is October 11th.

NASSAU INTERGROUP - OPEN HOUSE & BBQ

361 Hempstead Tpke., West Hempstead, NY

**Saturday, September 29, 2018
(Rain date: Sunday, Sept. 30th)**

11AM until 4PM

Come find out what we're all about and how you can become a part of it.

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 8/30/2018.)

**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****-Bethpage 11714**

Principles Before Personalities: ,New Apostolic Church, 600-620 Broadway; Mon. 7PM C(1st & 3rd, S, 2nd & 4th, T), Wed. 7PM C (*Daily Reflections*), Fri. 8PM, B.

-East Rockaway 11518

Sobriety First, VFW Post # 3350, 164 Main St.; Mon. 7PM B, 8:15PM O.

--Great Neck 11021

Sobriety First; 98 Cuttermill Rd., Ste, 386N; Thurs. CD 7:30PM

—Levittown 11756

Courage to Change, Good Shepard Lutheran Church, 3434 Hempstead Tpk.; Mon. 7PM C.

—Malverne 11565

Tuesday Morning Reflections, Church of the Intercessor, 50 St. Thomas Pl.; Tue.10:45AM *Daily Reflections*.

—Seaford 11783

The Rainbow Room, St. Michael's Episcopal Church, 2197 Jackson Ave. (Main building); 7:30PM, 1st& 3rd Tue. CD (*Sober and Out* book), 2nd Tue. C (Meditation), Last Tue., O (Anniversary); LGBTQ.

—Wantagh 11793

Lady Clique, St Frances de Chantal School, 1309 Wantagh Ave., Room 23; Sat. 8:30PM CD.

—Westbury 11590

AA Beyond Belief, Life Lutheran Church, 1 Old Westbury Rd. (Parking in rear); Wed. 8PM CD

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CHANGES—**-Amityville 11701**

Friendly Group; New Location: Simpson United Meth, 30 Locust Ave.

—Baldwin

New Look on Life, First Church Baldwin, 881 Merrick Rd.; Tue. 7:30PM OB is now B; no other changes.

—Bethpage 11714

Acceptance Group, St. Martin of Tours (new location), 40 Sea- men Ave. Church; no other changes.

-East Meador 11554

The Moonlight Group; Added Thurs. 9PM, BB.

--East Rockaway 11518

Sobriety First; Mon. B now meets at 7:00 PM

--Franklyn Square

Road to Recovery, Ascension Luth Ch, 145 Franklin Ave.; Added BB Sat.,8:45AM

—Levittown 11756

Acceptance Is the Key, Presbyterian Church, 474 Wantagh Ave.; Sat. 7:30 O changed to C; no other changes.

--Lynbrook

Primary Purpose, 225 Earle Ave.; Mon. Beginners & Thurs. BB are now open meetings

--Malverne 11565

Sobriety Without End: Wed. 7:30 OD moved to Comm. Presch, 12 Notingham Rd.. No change to other meetings.

—Manhasset 11030

Big Book Experience, Shelter Rock Church, 626 Plandome Rd.; Fri. BB moved to Sat. 11AM; WC.

--West Hempstead

Creatively Sober; Trinity Luth., 260 Church St. Sun. 8AM CD no longer meets

CLOSED GROUPS—**—Malverne**

12 Step Fever, Church of the Intercessor, 50 St. Thomas Place.