

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.

December 2018

CALENDAR OF EVENTS

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

December 2018

- 12/5-- Institutions Committee, 8PM; Corrections, 8:30PM
- 12/6 – **Reps Orientation**, 7PM (Suggested for new Reps)
Reps Meeting, 7:30PM
- 12/8 – Intergroup Workshop, Tradition 12, 9:30AM
- 12/12 – SAD planning meeting; 7:30PM
- 12/13 – PI/CPC Committee; 7PM
- 12/15 – Exchange Meeting; NCC; 7:00AM
- 12/17 – NGS GSR meeting; 7:30PM
- 12/19 – Website Committee, 7:30PM
- 12/20 – **Newsletter Deadline for January**
- 12/24-25 – Christmas Alkathon, 5PM Mon. thru 11PM Tues
- 12/27 – **Steering Committee, 7:30PM (by Invitation)**
- 12/31-1/1 – New Years Alkathon, 5PM Mon. thru 11PM Tues

January 2019

- 1/2 – Institutions Committee, 8PM; Corrections, 8:30PM
- 1/3 – **Reps Orientation**, 7PM (Suggested for new Reps)
Reps Meeting, 7:30PM
DeadLine for next meeting list printing
- 1/9 – SAD planning meeting; 7:30PM
- 1/16 – Website Committee, 7:30PM
- 1/21 – Service Boot Camp; 7 – 8:30 PM
- 1/24 – **Newsletter Deadline for February**
- 1/31 – **Steering Committee, 7:30PM (by Invitation)**

2018 Holiday Alkathons at Nassau Intergroup

361 Hempstead Turnpike, West Hempstead 11552

CHRISTMAS ALKATHON

Meetings Beginning

Christmas Eve Monday, Dec. 24th at 5 pm,
Last meeting Christmas Tuesday, Dec. 25th at 10 pm.

NEW YEAR'S ALKATHON

Meetings Beginning

New Year's Eve Monday, Dec. 31st at 5 pm,
Last meeting New Year's Day Tuesday, Jan. 1st at 10 pm.

Meetings start on the hour.

Light refreshments available.

Groups may sign up at Reps Meetings
to help cover Alkathons.



*Bill W. had his last drink eighty-four years ago
on December 11, 1934. when he entered Towns
hospital for the last time.*

Literature:**IMPORTANT NOTICE TO ALL!****Intergroup Literature Services**

Owing to a decision by Intergroup to change how we help groups get AA literature, **effective December 10, 2018, it will be necessary for us to suspend all Literature sales for an indefinite period**, but certainly one which will run into the beginning of next year. We apologize for any resulting disruption, confusion or inconvenience. More information about this decision will be available at the December 6, 2018 Intergroup Reps Meeting at the office.



During this period, we suggest you consider getting AA literature directly from AA World Services at www.aa.org > "AA Literature" > "Ordering AA Literature," then, "From AA World Services;" and from the AA Grapevine at www.aagrapevine.org > "Store," or from NY Intergroup at www.nyintergroup.org/shop. Literature may also be purchased in person from NY Intergroup at 307 Seventh Avenue, New York, NY 10001, tel. 212-647-1680. Check with them for days and hours of operation.

A reminder too, if you purchase literature from a non-AA source, the proceeds from those sales do not go to support AA.

Bill C., Literature Committee Chair
516-292-3045 or literature@nassauny-aa.org

December Haiku

*Seasons blessings all,
Peaceful mind and grateful heart,
Joyful gift: sober!*

Brenda

Baldwin Group Holiday Party**December 25, 11am-3pm****Food, Fellowship, Fun**

First Presbyterian Church

717 St. Luke's Place Baldwin 11510

We aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it.

We absolutely insist on enjoying life. So, we think cheerfulness and laughter make for usefulness.

Alcoholics Anonymous, page 132.

A.A.'s Three Legacies for November

Step 12: Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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

Concept XII: General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics and to practice these principles in all our affairs.

Once sober, everyone, yes EVERY ONE including you, has the capacity to carry the message to the next sick and suffering alcoholic. Many people think, that is for other people who really get it or have some kind of special talent or people skills or (fill in the blank). Yet, just by your sharing your unique experience with finding a solution to the misery of alcoholism, you are qualified to carry the message.

Whether it be one-on-one, sharing in a meeting, setting up chairs and coffee or doing work at the group or district level, by virtue of having had a spiritual awakening or a *'profound alteration in his reaction to life'*, you may perform this important work. In addition, our *"personality change sufficient to bring about recovery from alcoholism,"* enables us to practice these principles at home and at work, restoring harmony in our lives and our relationships.

I am ever grateful to Alcoholics Anonymous for restoring me to a useful, purposeful and harmonious life in and out of the rooms where we gather and transform.

**The Spiritual Experience, Big Book page 567*

Jennifer W.

There is a Light, Bellmore

From the Editor:

Although Bill W. and many of the early AA's were Christian and today our fellowship includes people of all faiths, I believe this message rings true for all spiritual folks.

The following is a Christmas greeting from Bill W. and others in 1944.

TO ALL MEMBERS
Greetings On Our 10th Christmas
1944

Yes, it's in the air! The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before.

But there is another world which is not poor. Neither is it distraught.

It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted.

Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World.

How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth.

Knowing it's full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty, peace and joy have sprung out of the very midst of chaos.

Great indeed, our blessings!

And so,-- Merry Christmas to you all -- from the Trustees, from Bobbie and from Lois and me.

Bill Wilson

John M., Editor: news@nassauny-aa.org.

Nassau GS Districts 208,209,211

Presents

GRAPEVINE WRITING WORKSHOP!!

Special Guest!!!

JON W, AAGRAPEVINE Editor-In-Chief!

WHEN: Sat., Jan 12, 2019 (SNOW DATE Sat. Feb 2, 2019)

CALL (516) 292-3045 to check if open in bad weather.

**WHERE: St Luke's Episcopal Ch., 253 Glen Ave.,
Sea Cliff, NY**

CONTINENTAL B'FAST & LUNCH will be served

Please bring a pad and pen and/or laptop

Concept XII: General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

This concept is a direct repeat of Article 12 of the General Service Conference Charter. The Charter is the agreed basis upon which the Conference operates. Unlike the first 11 articles which can be amended by the Conference itself at any time, Article 12 is in a class by itself in that it can only be amended or cancelled by written consent of three-quarters of all directory listed groups who would actually vote on any such proposals and the considerable time of six months must be given for careful deliberation. At the very beginning we see a link established between the Conference and the Traditions which then flows into the Warranties which the Conference is charged to protect:

Warranty One: protection against the accumulation of too much wealth and too much authority in Conference hands.

Warranty Two: sufficient operating funds and ample reserve; it must be communicated effectively to the groups why it is important to support A.A. as a whole from our own contributions and not take outside donations.

Warranty Three: Conference members are not in charge, they serve. This goes directly to our rights of "Participation, Appeal and Petition".

Warranty Four: Decisions made by discussion, vote and when possible "substantial unanimity". No simple majority for us on important matters. What constitutes "unanimity" is left open and up to the various entities, be it the Conference itself, Area Assemblies, etc. to decide if it is two-thirds, three-quarters or some other majority.

Warranty Five: No personally punitive actions or incitement to public controversy should ever be used. The harmony, security and future effectiveness of A.A. is at stake here.

Warranty Six: No acts of government shall take place, in order to always remain democratic in action and in spirit. Mutual trust, respect and love should always prevail and no action ought ever be taken in anger, haste or recklessness; that minorities be protected and that we always be prudently on guard against tyrannies, great or small, whether in the majority or the minority.

This is certainly an oversimplification of this Concept and I suggest all read Bill W's full essay in *The A.A. Service Manual Combined with Twelve Concepts for World Service*.

NIAA Institutions Committee

I'm Archie, as of October 2018, I'm the new H&I Chair for Nassau Intergroup AA.

Our primary purpose is to bring meetings into hospitals, institutions, jails, rehabs, detox, psych wards and the VA. We also work closely with the Chair of the Corrections Committee. They provide meetings and literature to jails and correctional facilities.

The goal of the Committee is simple, as stated in Step 12 and Tradition 5. Please note Step 12 states "Having had a spiritual awakening as a result of the steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs". Also, Tradition 5 says "Each group has but one primary purpose – to carry its message to the alcoholic who still suffers".

We, just like AA as a whole, are made up of volunteers with a particular desire to reach out to those in hospitals, jails, institutions and other facilities. Anyone with an interest or desire is welcome to participate.

We meet on the first Wednesday of the month at the Intergroup office at 8:00 PM. The main purpose of the meeting is to bring together the chairperson of each facility with the reps and people who can fill the available dates to speak.

The secondary purpose is to distribute conference approved AA literature, newsletters and meeting lists. This is where the bulk of the donations for H&I are allocated for each year. Thus providing free literature to the patients and/or inmates.

Finally, the meeting is used as a forum to discuss any issue of importance to the committee.

The two ways you and groups can support the work of carrying the AA message is to:

Send a rep to the H&I monthly meetings (first Wednesday each month at 361 Hempstead Turnpike, West Hempstead) to book speaking commitments.

The H&I committee recommends that 5% of a group's donations be earmarked for H&I as per General Services guidelines. However, it is up to each group to determine the appropriate amount.

Donations of literature can also be made.

The founders of AA were visionaries in their characterization of alcoholism as a disease. And we, the alcoholics who suffer from this disease, are gravely ill. And with help we can get well.

The NIAA Institutions Committee is the longest running committee. It brings AA's experience, strength and hope to those whom are in hospitals, institutions and jails.

Nowadays most of us find our way to AA through those paths of sort. While those institutions provide treatment for acute symptoms of the disease, we can provide the information and introduction to the broader AA community as a necessity to get well and stay sober.

To all the groups and individuals who participate, respond to requests for donations, the speakers, the chairs who hold the meetings, arrange and book speakers as well as carry the AA message, your experience, strength and hope are noticed. So I offer my sincerest appreciation.

Merry Christmas, Happy Holidays, Happy New Year!

Archie

Primary Purpose Group, Lynbrook

Institutions@nassauny-aa.org

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



A picture is worth a thousand words.

Tradition Twelve reminds us that anonymity is the foundation of all of the traditions. Some years ago my sponsor took me on a little walking tour through the other eleven Traditions, with that idea in mind, to see what we would see. Before we began our little trek he drew my attention to an idea expressed in the long form of

Tradition Six: that as individuals and as a whole we can be "easily distracted" from our life-saving mission by temptations of ego and pride. Each of the traditions helps us navigate these potential pitfalls through the principle of anonymity.

Tradition One and Two put up a guardrail against individual pride and ambition. The first one tells us that each member of AA (regardless of any distinguishing characteristics) is but "a small part of a great whole." Anonymity thus establishes basic equality. Who I am, as far as my name, profession, social status, popularity, etc. means nothing in AA. It is "we," not the "I," that matters to us. Tradition Two gives us a way to safeguard the equality of Tradition One by keeping power/authority separate from individuals and/or personalities. All of our personal ambitions are overshadowed by the anonymous process we call "group conscience" through which a loving God can work.

Tradition Three points out that there is only one personal characteristic that matters to us: that you are alcoholic. This common problem helps us all arrive as equals on our very first day. Tradition Four continues along these lines by suggesting that just as our *individual* lives are equal within our respective groups, the group themselves are also equal in relation to other groups. No part of AA has power over any other part. This level authority is maintained in part by Tradition Five, which suggests that each group have a single shared purpose: hoping alcoholics get sober. While each of us may feel that our home group is "special," in the eyes of the Fellowship it is not.

Having shed any special status, groups are encouraged to maintain that anonymous position of equality by resisting the temptation to distinguish themselves as special or different through affiliation or financial support from outside entities.

Traditions Eight and Nine remind us that even though we may have "special workers" we do not have "special members." And even the boards and committees we may form to assist with our work should be kept free of dominant personalities or individual ambition through the principle of rotating leadership. This keeps our focus on the work, rather than on the workers.

Traditions Ten and Eleven draw our attention to the value of anonymity in our interaction with the outside world. We are reminded to avoid adopting an identity beyond our primary purpose through the dangerous assumption of controversial opinions or positions. As an organization we don't promote ourselves as the "best" or "only" way to get sober. We are one way among many that may exist. Our public position is that our approach has worked for us and if you want it, you can have it.

The last thing my sponsor pointed out is that even though we place "principles *before* personalities," we do not entirely *lose* those personalities. It's not that our individual identities are completely unimportant. We just find it best to rank them as *less* important, when it comes to the work of AA, than the principles that continue to keep us all safe, sober, and useful to others.

Best,
Jim M.

SERVICE BOOT CAMP NASSAU COUNTY*

Meet your Intergroup Reps and General Service
Reps

Learn how to be an effective representative of your
Home Group

- Light Dinner provided

JANUARY 21, 2019 7:00 - 8:30PM

Nassau Intergroup Office
361 Hempstead Turnpike
West Hempstead, NY 11552

All Are Welcome to Attend!

Food, Fellowship, Lively Panel Discussion

(* co-sponsored by Nassau County General
Service and Nassau Intergroup

From the Nightbook; December 2018

It's hard to believe that another year has almost passed. I am very pleased to say that for every hour of every day and night, our Nassau County Intergroup has one of our members on the end of our AA Hotline, whether it be at the Intergroup Office, or the Nightbook.

These AA members manning the phones know that in order to keep it, you have to give it away. The service they do is indescribable; it really DOES save lives.

Inside of every Nightbook briefcase which the volunteer groups borrow for their week of service there are call - log books, in which the phone volunteers keep track of the calls that come in. Some of these logs are brief and to the point: "M called and said he is very lonely, but doesn't know how to connect with others at a meeting." Many calls are AA members looking for meetings in a specific town. I've often caught myself saying: "Why don't these people just use the meeting list or the website for Intergroup?" The answer is, they like the human touch - another AA on the end of the line that perhaps they can chat with for a while. This is incredible! Talk about giving back!

This month's GRAPEVINE magazine had "Sober Holidays" as its main theme; in which they spoke about the Alkathons that most Intergroups make available during the holidays to anyone who thinks they may have a drinking problem. There is also a letter to the magazine on page 5 entitled "Big hug for Intergroup" in which a member mentions all the things that his local Intergroup does for him, and how grateful he is.

I was particularly struck by the following sentence from the article:

"Our Intergroup offices are on the frontlines, providing help and services to those seeking AA, such as a friendly voice on the end of the phone lovingly directing an alcoholic to their very first AA meeting."

That my friends, is pretty much how it works. To be part of it, you have to ask your Intergroup Rep if they could take an open week for their group at the next Intergroup Rep Meeting.

It now gives me great pleasure to recognize the AA groups that have done outstanding Nightbook service for the month of November:



I WANT YOUR GROUP
TO TAKE THE
((☎))!!NIGHT BOOK!!((☎))

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

Moonlight group, East Meadow
 Live At Five group, Mineola
 Early Risers group of Long Beach,
 Changing Times group of Oceanside
 I'd also like to give honorable mention to the numerous emergency Nightbook volunteers who helped us out when nobody else could. You know who you are!

With you always in Trusted Service,
 Steve S., Nightbook Chair, NIAA

Nassau Intergroup

presents an

AA Traditions Workshop

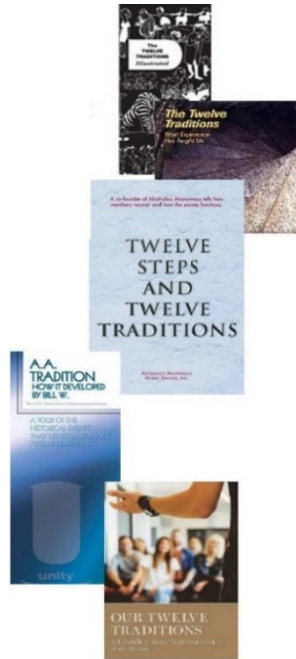
Second Saturday monthly 2018

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



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, Alanon,
 Entertainment, More.

Get Involved:

Planning Committee, Dec. 2, 2018 12PM
 (At NY Intergroup,
 307 Seventh Ave., Room 201,
 NYC 10001)



Submit logo artwork for our theme convention@aa-seny.org

FROM THE PI CHAIR:

We spread awareness in our community regarding Alcoholics Anonymous. We let people know what **AA does** and what **AA does not do**.

Currently:

- We speak at outpatient counseling centers and schools.
 - We table at NARCAN trainings and the MADD Victim Impact Panel.
 - We do college radio shows
 - We participate in our communities' substance abuse resource fairs
 - We provide and re-stock literature in approved doctor's offices and meeting books in approved hotels
- If you have any other ideas how we can be of service, we're open to your suggestions!

** Join us at our next Public Information meeting:

**Thursday, Dec. 13th 7PM at
 Nassau County Intergroup**
 (361 Hempstead Tpke

West Hempstead, NY, United States) **

Check out the "[Speaking at Non-AA Meetings](#)" pamphlet, at aa.org which may be a helpful read

Public Information Chair, Jennifer B

Email: publicinfo@nassaunyny-aa.org

OR

NassauAApublicinfo@gmail.com

You are Cordially Invited to an Old Timers' Panel

Being held at the Glen Head Group

Tuesday Night - December 11th 2018

Food at 6:30 - Speaker panel begins at 7:15

Community Center,
 200 Glen Head Road 11545
 No Dues, Fees or RSVPs Required

*28th Annual Northeast Regional
Alcoholics Anonymous
Service Assembly*

NERAASA 2019
February 22-24, 2019

Hosted by Area 29 Maryland
Delta Hotels by Marriott Baltimore
Hunt Valley, Maryland

For additional information:

www.neraasa.org

Or email

neraasa2019@gmail.com

NASSAU INTERGROUP - EMAIL ADDRESSES

OFFICERS

Chairperson	chair@nassauny-aa.org
1st Vice Chair	1stvice@nassauny-aa.org
2nd Vice Chair	2ndvice@nassauny-aa.org
Secretary	secretary@nassauny-aa.org
Treasurer	treasurer@nassauny-aa.org

STANDING COMMITTEES

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

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

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.

--Freeport 11520
Jaywalkers, 178 S. Ocean Ave. added Thurs, 8PM , B

--Garden City 11530
Garden City Gp, 245 Stewart Ave., Tues., 7:30PM now a Step Mtg.

--Great Neck 11021
Sobriety First; 98 Cattermill Rd., Ste, 386N; Thurs. CD 7:30PM

--Huntinton Station 11746
High Noon, 175 Wolf Hill Rd., Added Sun noon O, Sat., 10AM YP, 5PM Meditation

—Levittown 11756
Courage to Change, Good Shepard Lutheran Church, 3434 Hempstead Tpk.; Mon. 7PM C.

Seeking God First, Good Shepard, 3434 Hempstead Tpk., Women's C. 9AM

—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

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.

Sober Living, Last Thursday only, O

—Bethpage 11714
Acceptance Group, St. Martin of Tours (new location), 40 Sea- men Ave. Church; no other changes.

-- Ease Norwich
East Norwich Group, 3rd Tuesday is now Beginner meeting, 7:30PM

--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
Thurs. AM Disc. Good Shepard, 3434 Hempstead Tpk.,1st Th BB, 2nd Th CD, 3rd Th S, 4th Th Anniversary

Old Skool, New Location, 36 Taylor Ave, East Meadow, Wed 6PM B

--Long Beach11561
Serenity by the Sea AM, St James Episc. 220 W. Penn St., Wed 10AM CD is now "As Bill Sees It".

—Manhasset 11030
Big Book Experience, Shelter Rock Church, 626 Plandome Rd.; Fri. BB moved to Sat. 11AM; WC.

--Wantagh 11793
Wantagh Fri. AM Gp, St. Francis de Chantel, 1309 Wantagh Ave.,3rd Fri now S, last Fri. now Anniversary

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

CLOSED GROUPS—

--Huntington
Sobriety First, W. Hills United Methodist, 1 West Hills Ct., 1se Thurs Step, 6PM

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

*Deadline for next printing of the meeting book
is the January Representatives Meeting*

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 *Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 *Find out about the special holiday parties, meetings, or other celebrations*

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



7 *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



8 *Worship in your own way.*



9 *Don't sit around brooding.* Catch up on those books, museums, walks, and letters.



10 *Don't start now getting worked up about all those holiday temptations.* Remember—"one day at a time."



11 *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts—but this year, you can give love.



12 *"Having had a . . ."* No need to spell out the Twelfth Step here, since you already know it.