



Nassau Intergroup of AA, INC
361 Hempstead Turnpike, West Hempstead, N.Y
516.292.3040(24/7Hotline) intergroup@nassauny-aa.org
Business 5216 292.3045



MARCH 2019

CALENDAR OF EVENTS

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

March 2019

- 3/6 Institutions Committee, 8PM,
- 3/6 Corrections Committee, 830PM
- 3/7 Reps Orientation, 7PM (Suggested for new
Reps Meeting) Reps Meeting 7:30PM
- 3/10 Traditions Workshop 3, 9:30Am-11am
- 3/13 Share-a Day Committee 7.30pm
- 3/14 PI/CPC Meeting 7.30 PM
- 3/16 Exchange meeting 7am Nassau Community
College, 1 Education Dr., Cluster F, rm.127
- 3/20 Website Committee 7:30pm
- 3/20 Newsletter Deadline for April
- 3/22-24 SENY CONVENTION 70 White Plains
rd., Tarrytown, NY10591
- 3/28— Steering Committee, 7:30PM



NASSAU INTERGROUP OF AA
PRESENTS AN
AA TRADITIONS WORKSHOP
SECOND SUNDAY MONTHLY 2019
AT NASSAU INTERGROUP
361 HEMPSTEAD TURNPIKE
WEST HEMPSTEAD, NY 115520
TIME: 9:30-11AM



OPEN DISCUSSION...
NOT JUST READING!!!

LITE REFRESHMENTS
TRADITION ONE JANUARY 13 /PASS IT ON
TRADITION TWO FEBRUARY 10/ SEAFORD 7
TRADITION THREE MARCH 10 /STEPPING STONES
TRADITION FOUR APRIL 14 /NO FRILLS
TRADITION FIVE MAY 12/DECISION GROUP
TRADITION SIX JUNE 9/ BALDWIN GROUP



Nassau Intergroup Chair's January Monthly Report



Last Month in February, I celebrated being 59 years old! I have been sober since December 27th now 16 years and I have to still live, "One Day at A Time" or even one moment at a Time!

The Convention at Westchester Marriott is from March 22-24. SENY our Area 49 (51st Convention) has many service commitments for anyone who would like to Serve. There's a greeters Table where a person can welcome all those who attend by taking a volunteer slot. Hospitality has 2hour slots, an Alkathon you can sign up to speak that runs on second floor throughout the convention. I hope to see all of you Nassau county Alcoholics there!

Our Area 49 is comprised of 12 Counties and 1 Spanish District we all are Alcoholics and are trying to carry AA's message of the 12 Steps which are part of the 36 Principals:

The 12 Steps, 12 Traditions, and 12 Concepts. If your sponsor is only taking you through the 12 steps of recovery, he or she is not giving you a well-rounded plan of recovery.

We are suffering from a hopeless threefold malady of the Mind Spirit & Soul and the only way to recover is to pass on the three legacies of the AA program which Bill W. gave us.

Some of us that read our literature and history, know we suffer from a threefold malady and we need to combat these issues of Self will by giving of ourselves and we need to have a threefold solution.

Nassau County Intergroup is only a small part of AA's worldwide program and we need to participate in AA as a whole in all of our Committees: Archives, Accessibilities (Special Needs), Institutions, Corrections, Cooperation with the Professional Community, Public Information, Web committee (whoever is technically inclined), we need a picnic chair for Sunday July 21, 2019, Share A Day, writing articles to this newsletter and any other way to give of ourselves!

Reach out to a newcomer and take him under your wing and do service!

Please let's challenge ourselves to do the next right thing today!

Kevin McH

Nassau County Intergroup Chair

chair@nassauny-aa.org

Do we Hate Workshops? Can we Talk?



This title is tantamount to sacrilege in AA circles. I mean, isn't that like the *main* activity that AAs do outside of going to meeting after meeting after meeting? No, I'm not downing meetings - after all, meetings are the meat and potatoes of AA (or spinach and quinoa shakes if you're a vegan).

Workshops on the other hand, are almost always done by the local intergroup associations, or by one of the levels of general services, due to the expense and the attendance.

A different group comes down to Nassau Intergroup on the second Sunday of each month and hosts it. I could easily have made the format exactly like a Traditions Meeting; but I refused to do that. Instead of calling this a *Traditions Workshop*, I thought of it as "Traditions Made Transparent in One Hour" - a meaningful, interactive discussion on why we are who we are." Everyone got a copy of "The Twelve Traditions Illustrated," and the "Twelve Traditions Checklist." Both of these pamphlets are available at aa.org. The Tradition gets read in its short form.

"For our purpose, there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

At this point, we started talking about *group conscience* and people's experience with it; either through elections, decisions about group actions, or giving direction to trusted servants when asked by them how they would want him or her to proceed on a certain issue. Next we discussed matters pertaining to group officers: Do we speak "around them" or directly to them? What are the qualities to be a Trusted Servant in AA?

We took the Checklist questions not necessarily in order. Someone either read one of the questions and we all responded, or someone started a conversation. The most productive use of the Checklist was that all of the questions, just like the other Traditions were directed at us - as individuals; never about a group as a whole; just the way that we perceived them. Several great points were made - I even took copious notes which I hardly ever do. I've had enough of academia in my life!

Here are some of the best questions that were met with the most interest: "Why does AA unity affect our group?" "How does an AA group handle a "tyrant" or a "bully" in a leadership position?" The importance of the minority opinion: The principle that *everyone* gets a voice in a group discussion. Group conscience is not set in stone; it constantly evolves. Without my AA group I *have no recovery*. The meetings are our way of protecting AA as a whole. I have a right to propose a motion at a business meeting; I like hearing what others have to say. I like this one best of all that reflects the true nature of our group conscience: "Everyone has the right to be wrong."

At the end of the hour, we were tempted to keep going on - *it was that good!* We came away with the understanding of how much more valuable an interactive workshop was than a straight Traditions meeting OR a one-way workshop.

I hope to see you this month on

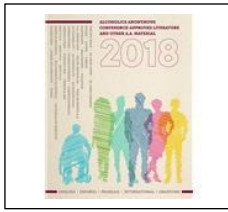
Sunday, March 10th for Tradition3.....

Stepping Stones Chairing.....

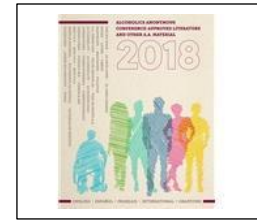
With you, In Trusted Service,

SteveS.: 2nd Vice Chair, Intergroup Association of Nassau County





Literature



At the 69th General Service Conference In addition to considering the development of a Fifth Edition of the book Alcoholics Anonymous, one to specifically include a section for stories of alcoholics who got sober young, the Literature Committee at this year's General Service Conference will consider a number of other items.

Several projects in development from prior years will be reviewed for their progress. These include the development of new pamphlets for Spanish-speaking women in AA and one on AA's Three Legacies. The committee will also look at the progress on updating existing pamphlets including, Questions and Answers on Sponsorship, Too Young?, Young People in AA and Twelve Traditions Illustrated. There are also requests to revise the pamphlets, The AA Group and The Twelve Steps Illustrated.

The video, Your General Service Office, the Grapevine and the General Service Structure is also being updated. The committee is also looking at proposals to revise the Forward to Twelve Steps and Twelve Traditions, and will review progress on adding specific language on safety in AA to Living Sober and Questions and Answers on Sponsorship. They also have a suggestion for changes to the "Blue Card" concerning participation by non-alcoholics at open meetings.

Interested in knowing more about these and other items before this year's Conference? Come to the Delegate's Day of Sharing, Saturday, March 16 at Lehman HS in the Bronx starting at 9am. All AA's are welcome.

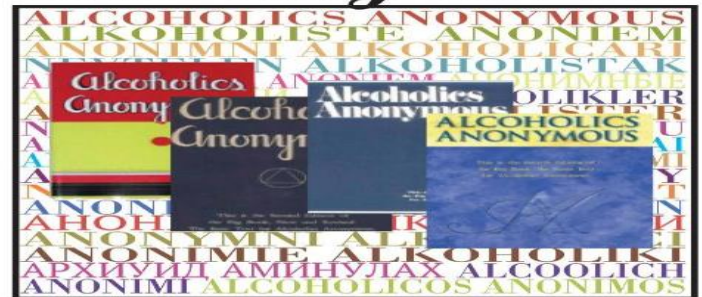
Again, closer to home, literature sales at the Nassau Intergroup office remain suspended. Please see the last few newsletters for alternative sources for AA literature in the interim, or check with the office. Also, we will be talking to the groups in the county about where they want us to go with possible literature sales in Nassau. Be a part of that discussion by attending upcoming Intergroup Reps meetings, and by following this column where we will solicit your views.

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

Save the date.

**51st SENY
Convention
March 22-24,
2019**

Our Big Book



80 Years | 71 Languages

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 • Much More

Online convention and hotel registration open at
www.aaseny.org.

convention@aaseny.org



NIAA Institutions Committee

I write to you while still recovering in my hospital bed following spinal surgery while I think back on my time in AA just 24 hours at a time. Realizing the more I spend in AA, the more time I need to be giving back to those in need. That's why I give me to H & I me. Why? Because like many, I needed rehab & detox just to get clean & sober. Then I entered the world of AA. Therefore, I thank all of you who volunteer your time as chairs, speakers, take commitments, donate monies &/or attend meetings to find out how to help another.

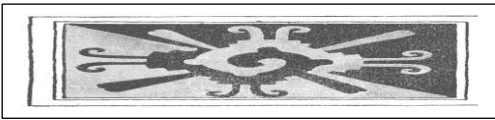
By sticking with our primary purpose of bringing meetings into hospitals, institutions, rehabs, detoxes, jails, psych wards & the VA, we are providing 488 meetings a month. We can be & sometimes are the first contact people have with the strength & hope that only AA can provide. Consequently, as we grow, we are in need of new & MORE volunteers. Those of whom that is willing to give of themselves, helping others in the various hospitals and/or institutions. Ergo anyone with an interest or desire is welcome to participate. We are always looking for speakers & chairpersons.

Who would have believed, that the founders' belief & characterization of alcoholism as a disease would have been so revolutionary for the time, rather than characterizing alcoholics as BAD people? This perception transformed to the modern-day view as gravely ill people with a disease. One that can be treated, unfortunately not cured. That is why there is a Hospitals & Institutions committee (which happens to be the longest running committee). With our help bringing in experience, strength & hope to various institutions, we open the door for long-term recovery for those in need.

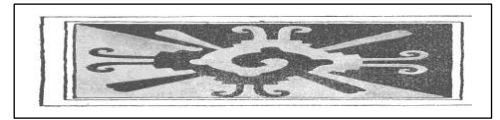
While those institutions provide treatment for acute symptoms of the disease, we can provide information to the broader AA community as a necessity to get well & stay sober. We maintain our 12th step Institutions work, "we have had a Spiritual Experience as a Result of these steps, we try to carry this message to alcoholics & practice these principles in all our affairs". In Tradition 5 "each group has but one primary purpose - to carry its message to the alcoholic that still suffers".

We meet on the 1st Wednesday of the month in the Intergroup office, at 361 Hempstead Tpke, West Hempstead at 8pm. The main purpose is to bring the chairperson of each facility with the reps & people who can fill the available speaking dates. Secondary, is to distribute conference approved literature, newsletters, and meeting books. If you wish to participate simply send a rep down or provide a cash donation. 5% of group donations should be earmarked for H&I as per General Services guidelines.

To all groups & individuals whom participate, speak, donate, attend, chair & carry the AA message via your experience, strength hope, I offer on behalf of AA Thank you.



Archie N.
Primary Purpose Group, Lynbrook
Institutions@nassauny-aa.org



Northport VA Hospital



The H & I committee of Nassau Intergroup has been bring AA meetings into the Northport VA hospital for some time. The once a week meeting grew to 3 a week with the help of Jim G. (Northport VA chair & H&I chair). Recently we were asked if we could expand to 6 meetings a week. The H&I committee agrees this is needed and beneficial for those in need. With the AA community's help we can make this possible. The meeting is for the veterans currently in a secured ward and cannot attend outside meetings.

We are looking for chairpersons to take a once-a-month meeting commitment for the Northport VA Hospital. You do not need to be a veteran. The only requirement is 1 year sobriety for chairpersons and 90 days for speakers

The following Chairperson slots are available:

Tuesday 7:30 PM (all days currently filled – you could be added to a list of alternates)

Thursday 7:30 PM (first, second, third or fourth)

Saturday 3:00 PM (first, second, third or fourth)

We need eight (8) people to fill all the above open commitments. To arrange for a commitment or for additional information contact Charlie D. institutions@nassauny-aany



Growth & Pleasant Memories

This issue marks my last column as your Intergroup Association of Nassau County Nightbook Chair. I don't do mushy. Mushy is not my thing. I learned a heck of a lot of things over the past two and one half years that I'd like to share; which is in the true spirit of Alcoholics Anonymous called "Passing It On."

The very first lesson I learned was to treat people with genuine care, concern, respect, tolerance, compassion, and understanding; just the way that I wish to be treated myself. Early on in my chairmanship, I learned not to take myself too seriously, because time passes by quickly - too fast to waste the time on negativity. I learned to look at "crises" - volunteers not able to start on time, groups that have waited until the last minute to sign up, or perhaps not at all; people asking to be relieved early, or to start later. I looked at all these things and more, as opportunities for improvement.

I started volunteering to do the phones with my home group, then later on as just a relief volunteer; or as we called it then - an emergency contact Nightbook list volunteer. Soon, I was helping the existing chairman with scheduling, taking the phones two, sometimes three times per week; this was back in 2013. By 2016 I was appointed to the chairmanship, and the first thing I did was to reorganize those familiar black, numbered briefcases. I guess you could say I ran a "tight ship."

I prided myself on always being approachable - "24/7" as I used to tell the volunteers. At the Intergroup Rep meetings where I got groups to take the weeks to sign up, I made lots of friends, (sometimes throwing in a joke like "Game Of Phones") and I admired them and wanted to emulate them for their amazing service and dedication. There was often much laughter at those meetings, which I saw as a paradox, a necessary paradox in contrast to the seriousness and sometimes life or death situations that arose on the phones.

I take my exit smiling, with the AA principle of Rotation at my core. The fruits of my service will come with me helping those who come after me in this commitment; but ONLY if I am asked. God Speed, and thank all of you wonderful folks for giving me this *absolute privilege* to have served as your dedicated Nightbook Chair. Thank You.

Now I wish to give honorable mention to those groups who have served the Nightbook for the month of February:

- Young By The Beach Group, Long Beach
- No Frills Group, Bellmore
- Garden City Group, Garden City
- The Courage To Change Group, Bellmore
- In Trusted Service,
Intergroup Association Of Nassau County,
Nightbook Chair; Steve S.

I am grateful for this month's series to slogans and the respect they deserve submitted by GERALYN G



"Slogans: I am believer"

As I walked (or crawled), as the case may be, into my first AA meeting I was immediately overwhelmed by signs containing the slogans. This only added to my ball of confusion, as I was still in a fog, and wondering how I got here. I then began to notice how everyone had their "pet" or favorite slogans that they love to share with everyone.

We share them with newcomers, Sponsees, old timers, and even the checkout clerk at Walmart. I must admit right here in the spirit of "rigorous honesty" that the slogans should and could have landed on my fourth step. I can't really say why I had such a negative reaction to some of them. Perhaps it was the twinkle in your eyes as you shared them with me, that made me feel like I was on the outside looking in; fear of everyone knowing something I didn't. Perhaps it was the fear of unknown. Truthfully I didn't understand some of them. "Don't quit five minutes before the miracle occurs" really confused me. I'm an alcoholic and I'm not drinking, isn't that the miracle?

But after a little time, a little open-mindedness and a whole lot of ego deflation I began to think maybe these people are right maybe "acceptance really is the answer", I may have read that somewhere. I "came to believe" at least in three of the slogans and these are the ones I live by.

- 1) First things first: When I wake up in the morning, the first thing I have to remember is that I'm an alcoholic and that everything I do in my day I need to do with that in mind.
- 2) Live and let live: no matter who breaks up with me, no matter what job I lose, no matter what my kids do...etc see I'm going to live if I don't pick up that drink.
- 3) Easy does it: I know that I have to go easy on myself, it's time to take that same patience and tolerance I've learned here and apply it to me. And these are the three that I keep in my toolbox every day. God bless you and keep you I hope this helps somebody.

One day at a time group of AA

Nassau County Intergroup presents

The 42nd

SHARE A DAY
Sat. April 6, 2019

A VISION FOR US

Light Breakfast
Lunch - Coffee - Cake
Old Timers Panel Committee
Young People in AA



Archives
AA Meetings - Alanon Meetings
Spanish Meeting
Keynote Speaker
Nassau County General Service

8:00 am - 4:15 pm

Sat. April 6, 2019

ST. JOSEPH SCHOOL

1346 Broadway, Hewlett, NY 11557

Handicap Accessible
• Public
Transportation, Bus
N32

BRING ALONG



Individual and Group contributions are now being accepted for Share A Day
Please support this event !

Send your donations to:
Nassau County Intergroup Office
361 Hempstead Tpke, West
Hempstead, NY, 11552-1329.

Remember to note on your check that your donation is for **Share-A-Day.**

A VISION FOR US

NASSAU INTERGROUP OF ALCOHOLICS ANONYMOUS - 42nd SHARE-A-DAY

SATURDAY, APRIL 6, 2019

St. Joseph's Catholic School, 1346 Broadway, Hewlett, NY 11557

Doors Open At 8:15 am - Fellowship, Coffee and Bagels

PROGRAM OF EVENTS

Room# & Theme	8:45 - 9:30	9:45 - 10:30	10:45 - 12:00	12:00 - 1:00	1:00 - 2:15	2:30 - 3:15	2:30 - 3:15	3:30 - 4:15
101 Dr.'s Opinion (More About Alcoholism)	Lack of Power - The Dilemma - Is There Hope (No Frills)	Step 1 - The Allergy - Powerless over Alcohol - Acceptance (Garden City Group)	O L D	L	K E Y	Y O U N	Can Spiritual Principles Solve all My Problems (West End High Noon-LB)	Can I Live in a "2 Step" Program (Cedarhurst Hewlett Group)
102 We Agnostics	Step 2 - Came to Believe (Solutions Groups-Williston Park)	Where Do I Find My Higher Power (Primary Purpose Group of Lynbrook)	T I M E	U	N O T E	G P E	Is the Group My Higher Power? (One Day at a Time-Oceanside)	Meditation (Pace Group)
103 How It Works	Step 3 - Made a Decision (Elmout Belmont Give it a Try)	Step 4 - Resentments, Self-pity, Am I Fear Driven (Pace Group-Bellmore)	R S P	N	S P E	O P L E	Powerlessness Runs Deep (A, B, C - 3 Pertinent Ideas) (Serenity by the Sea-LB)	Molding Relationship Ideals
104 Into Action / Love & Service	Prayer & Meditation Improving My Conscious Contact (Decision Group-W. Hempstead)	Steps 6 & 7 What Am I Holding On To? (Sobriety First-L. Rockaway)	A N E L	C	A K K E R	I N	Step 10 - Prayer & Meditation - When I Retire at Night (Serenity Seekers-E. Williston)	Step 11 - Guided Prayer & Meditation - Humility
105 Working with Others	General Service Introduction	Nassau Intergroup -Introduction				A A	Spanish Meeting	Step 12 Call Do's and Don'ts Stepping Stones - Oceanside
107 The Family (& Friends) After	Al Anon Why Did I Come?	Al Anon Could Restore Me to Sanity? Mo? (Yes, you!)	(GYM)		(GYM)	(GYM)	Al Anon Who You Gonna Call?	Al Anon Where's My Coin?

Keynote Speaker: Barbara A. Floral Park/Bellerose

NASSAU GEN SVCS DISTRICTS 208,209,211

PRESENT:

“SPONSORSHIP”



OLD CONCEPT <—> NEW CHALLENGES

Panel Discussion & Interactive Discussion:

- Sponsoring the LGBT Alcoholic
- The special needs alcoholic
- The dual addicted alcoholic plus MORE!!

WHERE:

St. Luke's Episcopal Church
253 Glen Avenue Sea Cliff, NY 11579

WHEN:

SATURDAY MAY 11th 9:30am - 1:00pm
Complimentary Breakfast & Luncheon

CLUSTER MEETING!

Serving Districts 208, 209, & 211



- ALL GSRs are asked to attend from our Districts!
- PLUS ANY INTERESTED AAs

- *Where :St. Luke's Episcopal Church*
- *253 Glen Avenue*
- *Sea Cliff, NY 11579*

When:

Second Thursday of Each Month

This month: March 14th, 2019

From 7:00pm - 8:00pm

😊See You There!!😊

John the Archives Guy: A reprint from a brief Historical look of S.E.N.Y. 1996

Brief history of AA in Nassau County First 37 years...



1940--the first group in Nassau county started in a members home in Garden city,Manhasset,or Freeport. Our sources agree to when, but not where. Such explains the need for Archives. Many early groups met in group members homes, which is why they were called “home groups”. The group made it no longer necessary for group members to travel into Manhattan for a meeting. At this time our fellowship was 5 years old.

1948-1969-- The Manhasset group Telephone Service fulfilled a need at a time when there were relatively few groups for Long Island and membership was small. The Manhasset Roslyn group undertook this service and effort unassisted financially by any other group or by New York Intergroup.

The vast growth in population on Long Island brought with it greater demand for A.A. information and a constant increase in activity for the telephone answering service. The burden of handling the service became excessive, more trying, and more than any one group could sustain, no matter how dedicated they were.

1970-- The members of A.A. groups in Nassau County voted overwhelmingly, to assume the burden of providing a telephone service to help the suffering ac at the church of Advent, Westbury, to assume the burden of providing a telephone service to help the suffering alcoholic in Nassau County. This Service was called the Nassau Answering Service of Alcoholic Anonymous. There were 53 groups in Nassau at this time. With the help of our nonalcoholic clergy friends of the church of the Advent, this telephone answering service was set up in the basement of Winthrop Hall Advent St, Westbury. It was the intention on this volunteer group to establish better communication for twelve step calls, for assistance between all the local Nassau groups and the suffering alcoholic.

1977-- The Nassau Answering moved to a new office in Hempstead. The named Central Office of Nassau.24 hour service was provided.....to be continued next month Newsletter the next 47 years.....



STEP 3



Sean M: Gratitude Group Community Pres. Ch./12 Knottingham Rd./Hempstead Ave.,Malverne,N.Y.

As we embark on Step 3, by now we have already asked ourselves, and hopefully answered honestly, if we have a problem and if so recognized that something can be done about it. Step Three, by its wording alone often strikes the newcomer as a personal challenge. What do you mean I have to turn my will over? What about me, what about my will? To get over this obstacle, it helps to understand that Step Three requires only making a decision. A wise old AA, no longer with us, used to say, "if there are three frogs on a log and one of them decides to jump off, how many frogs are left on the log?" The answer is three because only a decision was made. As our literature tells us, Step Three is about opening a door, just a crack. By opening the door just a little bit we are taking our first fledgling steps toward willingness and this along with the acceptance we demonstrated in Steps One and Two, furthers the development of the psychic change that our program tells us needs to take place in order to not pick up the drink one day at a time.

Another way to get past the seeming challenge of Step Three is written in the step itself: "...God as we understood Him." This addition opens Step Three to the believers, the agnostics and the atheists alike because here we are talking about a higher power: something outside of self and beginning to seek "Good Orderly Direction" as opposed to turning our will over to a bottle or our instincts run riot. Step Three teaches us to be willing to turn things over to something other than ourselves and this represents learning to live life on life's terms, which is essentially the meaning of the Serenity Prayer: accepting the things we can't change and working to change the things we can.

TRADITION 3

Sean M: Gratitude Group Community Pres. Ch./12 Knottingham Rd./Hempstead Ave.,Malverne,N.Y.

The Preamble is read at the beginning of most, if not all, AA meetings and in it we hear the Third Tradition, that the only requirement for membership is a desire to stop drinking. The purpose of Tradition Three is to ensure that no one who wishes to hear the message of AA gets blocked from doing so based on arbitrary criteria or group decisions. As the Twelve and Twelve explains, it became evident early on in AA that there was a need ensure that we didn't get too high and mighty and start making up reasons to exclude people. We cannot forget that each of us has hit a bottom of some kind that represents a personal low for us so who then are we to judge? The desire to stop drinking is what gets you in the door to an AA meeting, and what keeps you there is your willingness to hear the message. You don't have to stop drinking, but hopefully the struggling member keeps trying and does not disturb others that want to hear the message.

Sometimes there will be disruptive members who, wittingly or unwittingly, may see Tradition Three as license to do and act in any way they want. Luckily AA has experience and advice for these challenging, though rare, instances. Tradition One (Long Form) states "Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward." This means that every member a chance to hear the message of AA: the 12 Steps as presented in the Big Book and elaborated on in the Twelve and Twelve, along with other AA literature. All who are willing to receive the message are welcome, but we have to remember our primary purpose comes first...

Nassau General Service Group

Presents 35th Unity Breakfast 84 Years of AA

"Our Big Book-80 Years, 71 Languages"

June 2, 2019 • 9am-12pm

Long Island Marriott

101 James Doolittle Blvd.,

Uniondale, NY 11553

516-794-3800



Ticket Information:

Tickets: \$33.00 per person

Service Fair 8am

dcmc@nassau.aaseny.org

Support Your Sobriety Through Service

Garden City Group

11th Step Prayer & Guided

MeditationWorkshop

Open Meeting - Led by Victoria M.

When: Sunday March 31st, 2019 □

6:15PM -7PM

Where: Garden City Community Church - Basement

245 Stewart Ave (Corner of Stewart and Whitehall)

Garden City NY

Meditate with Us and Grow

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out.

***Stick around after for our 7:30pm**

Young People's Meeting and Big Book Study*

Meeting list Changes, New Meetings

Baldwin, 11510

New Look on Life, First Church, 881 Merrick rd.,
(Parking in rear)

Tue 7:30 OB now B, Tue 9 *candlelight meditation*

East Meadow, 11554

Old Skool Group, 36 Taylor Ave, Wed, now meets 7,B
Glen Head, 11545

Glen Head Group, Glen Head Youth Center, 200 Glen Head rd.
Tuesday now meets 8 C. (no meetings holidays), last Tue
Anniversary's, last Thurs, Tradition

Great Neck, 11020

Big Book Group, St Aloysuis, 592 middle neck rd., school bldg.-
bsmt, (enter from Breuer Ave) Now meets 7:45, BB

Hicksville, 11801

Monday Night Big Book, United Meth. Church,
130 w. old country rd. 7:30 CD

Island Park, 11558

Friday Night Men's, Sacred Heart Parish Hall, 301 long Beach
RD, now meets 7, CD

Levittown, 11756

Courage to Change, 3434 Hempstead tpke.,

Manhasset, 11030

Manhasset group, Congregational Church, 1845 northern
Blvd., Women's and Men's meetings now meets 1st Thurs. OD,
Thurs Men's only now, CD 7:30

Mineola, 11501

County Seat Group, Winthrop Hosp., Lower Level, W C
Now meets 10:45, S & BB last Sunday of Month

Oceanside, 11572

12 & 12 Group 1st Methodist Church, 2837 Davidson St. &
(Atlantic Ave) now meets 8, S

Oceanside, 11572

Changing Times, school 6, Oside Cnsing Cntr, 71 Homecrest Ct.
now adding 10am, B (ring bell to get in)

Westbury, 11590

AA Beyond Belief, Life Lutheran Church, 1 old Westbury rd.
(parking in rear)

Wed 8cd, Handicap accessible



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

NASSAU INTERGROUP EMAIL ADDRESSES OFFICERS

Chairperson chair@nassauny-aa.org

1st Vice Chair 1stvice@nassauny-aa.org

2nd Vice Chair 2ndvice@nassauny-aa.org

Secretary secretary@nassauny-aa.org

Treasurer treasurer@nassauny-aa.org

STANDING COMMITTEES

Archives archives@nassauny-aa.org

Coop. Pro. Comm. (CPC) cpc@nassauny-aa.org

Corrections corrections@nassauny-aa.org

Financial Review finance@nassauny-aa.org

Institutions (H&I) institutions@nassauny-aa.org

Literature literature@nassauny-aa.org

Meeting List meetinglist@nassauny-aa.org

Newsletter news@nassauny-aa.org

Night Book nightbook@nassauny-aa.org

Officer Coordinator (Mgr.) officemanager@nassauny-aa.org

Program Chair/Secretary seclist@nassauny-aa.org

Public Information (PI) publicinfo@nassauny-aa.org

Share-a-Day (SAD) shareaday@nassauny-aa.org

Speakers Exchange speakersexchange@nassauny-aa.org

Special Needs specneeds@nassauny-aa.org

12th Step List 12thstep@nassauny-aa.org

Website webcommittee@nassauny-aa.org

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

Nassau county General Service contact Annabel:

dcmc@aanassaugs-ny.org

HELP NEEDED

Phone Reps

Intergroup Association of Nassau

Sun-9am-1pm & 1pm-5pm

Mon-1pm-5pm

Tues-1pm-5pm

Sat-1pm-5pm

Contact: Kenny 516 292-3045 1 YR SOBRIETY

