



**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**

**SHARE A DAY**  
**APRIL 6, 2019**  
**A VISION FOR YOU**  
**8AM – 4:15 PM**  
**STJOSEPH'S SCHOOL**  
**1346 BROADWAY**  
**HEWLETT, N.Y.**  
**SEE INSIDE FOR FULL**  
**OUT PAGE....**

**APRIL 2019**

**CALENDAR OF EVENTS**

**ALL MEETINGS ARE INTERGROUP EVENTS HELD AT**  
**361 HEMPSTEAD TURNPIKE UNLESS OTHERWISE**  
**NOTED.**

- APRIL 2019**  
**4/3 INSTITUTIONS COMMITTEE, 8PM,**  
**4/3 CORRECTIONS COMMITTEE, 830PM**  
**4/4 REPS ORIENTATION, 7PM (SUGGESTED FOR**  
**NEW REPS MEETING) REPS MEETING 7:30PM**  
**4/6 SHARE-A DAY ST JOESPHS SCHOOL 1346**  
**BROADWAY, HEWLETT, N.Y. 8AM-4:15**  
**4/7 TRADITIONS WORKSHOP 3, 9:30AM-11AM**  
**4/15 GSR MEETING 7.30 PM**  
**COLLEGE, 1 EDUCATION DR., CLUSTER F, RM. 127**  
**4/17 WEBSITE COMMITTEE 7:30PM**  
**4/20 NEWSLETTER DEADLINE FOR APRIL**  
**4/25 STEERING COMMITTEE, 7:30PM**

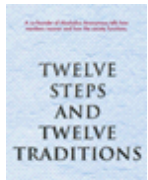
**HELP NEEDED**

**PHONE REPS INTERGROUP ASSOCIATION OF**  
**NASSAU**

**SUN-9 AM -1PM & 1PM-5PM**  
**MON-9 AM-5PM & 1PM-5PM**  
**TUES-1PM-5PM**  
**SAT-1PM-5PM**  
**CONTACT: CARL OR RON**  
**516 292-3045**  
**6 MOS. SOBRIETY**



**NASSAU INTERGROUP OF AA**  
**PRESENTS AN**  
**AA TRADITIONS WORKSHOP**  
**SECOND SUNDAY MONTHLY 2019**  
**AT NASSAU INTERGROUP**  
**361 HEMPSTEAD TURNPIKE**  
**WEST HEMPSTEAD, NY 11552**



**OPEN DISCUSSION...**  
**NOT JUST READING!!!**  
**TIME: 9:30AM-11AM**  
**LITE REFRESHMENTS**

- TRADITION ONE JANUARY 13 /PASS IT ON**  
**TRADITION TWO FEBRUARY 10/ SERENITY BY THE**  
**SEA**  
**TRADITION THREE MARCH 10 /STEPPING STONES**  
**TRADITION FOUR APRIL 14 /NO FRILLS**  
**TRADITION FIVE MAY 12/DECISION GROUP**  
**TRADITION SIX JUNE 9/ BALDWIN GROUP**



## April Chair Report



At the time I am writing this article, I have been preparing to do hospitality for the SENY Convention. This past week we are making our final plans for Nassau Intergroup Share-A Day, we have a special give away to all participants this year, “A Meeting in AA Book”, which I had to order from Boston Intergroup!

At Share-A-Day we will be making yogurt, granola & fruit Parfaits again for breakfast along with bagels and plenty of fruit for those vegetarians and hero’s for lunch! Lots of meeting’s celebrating the Big Book especially the chapter, “A Vision for you”, as our theme is, “A Vision for Us”! We chose the name to reflect that the 12 Step program of AA is, “A WE Program”, and that in a self-help program we do not work the program by ourselves

I also participated in NERAASA 2019 Feb.22-24 in Hunts Valley Maryland! It was a great weekend where there were round tables about service commitments like Intergroup, GSR, Corrections, Accessibilities which now is encompassing, “Treatment, Accessibilities, Special Needs”, Access to meetings by persons of Language, Geography, and Culture. There were discussion Panels on the upcoming topics of the next General Services Conference of Alcoholics Anonymous.

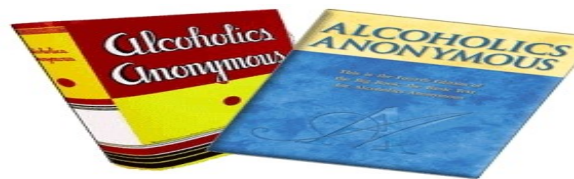
March was also the Suffolk County Unity Breakfast at The East Wing out in Wading River. I attend this almost every year and most of the past years there was about 1200 Alcoholics attending. Although this year there not as many there! It still was a great event and our current SENY Delegate Jane E. and Alternate Delegate Tom B. are from Suffolk County so they were in attendance with Albin Z. our Grapevine Publisher. Jane and Albin Z. were the Speakers

During my current term as Chair, I have been trying to get our Intergroup Committee Chairs to work more directly with Nassau General Service committees. To facilitate this, I have been going to all of Nassau Intergroup Committees, which meets as shown on back of front page of our meeting list.

I would like those of you who have not served on one of those committee to go to one, for example Institutions on 1<sup>st</sup> Wed. of every month at 8 PM in the Intergroup office and Corrections shortly afterwards. These meetings are the backbone of our 12<sup>th</sup> step program!

You have to give it away to keep it!  
Kevin Mc H. Nassau Intergroup Chair  
chair@nassau-aa.org

## Literature



The upcoming General Service Conference will consider a number of literature-related questions including the possibility of a fifth edition “Big Book,” and revisions to the policies which govern how AA literature is updated. Review the background information on these and other Conference-related matters and have your say by replying to the SENY Delegate’s Questionnaire, both at [www.aasenya.org](http://www.aasenya.org).

In other matters, most groups by now know that Nassau Intergroup (NI) suspended literature sales last December in order to reshape its handling of its obligation to collect NYS sales tax on any literature sales. That reshaping is still under way, and we expect to settle any past obligation to the State within the next few months. The question beyond that then becomes what should the future of AA literature in Nassau look like?

Your group can help us decide on a future course by answering the following three questions:

1. Does your group offer/use AA literature (books and pamphlets) and related items (any other items in the AAWS/AAGV catalogues)?
2. In the past, did your group get its AA literature and related items mainly from NI?
3. Would your group like to see NI return to making AA literature and related items available for sale?

Please return the answers to these questions along with any further comments to the attention of Literature either electronically ([literature@nassaunya-aa.org](mailto:literature@nassaunya-aa.org)) or in writing to the Literature box in the office, one response per group please. We already have some feedback from some of the groups represented at the last monthly meeting, and will circulate these question again at the April meeting. Your feedback will help us set the course for literature at NI.

Watch your newsletter and the monthly Reps meeting for further developments, and thanks for your participation as we work on these questions.

Bill C., Literature Committee Chair  
516-292-3045 or [literature@nassaunya-aa.org](mailto:literature@nassaunya-aa.org)

**FROM THE EDITOR: STEVEN S.  
SLOGANS AND THE RESPECT THEY DESERVE**



**NOT EVERYTHING MUST BE ACCOMPLISHED TODAY!  
NEWLY SOBER I HAD TO KEEP MYSELF BUSY SO I  
WOULDN'T THINK ABOUT THAT DRINK. I WOULD AT  
TIMES HAVE MULTIPLE TASKS HAPPENING AT THE SAME  
TIME. I PLACED MYSELF IN EVERY SINGLE SERVICE  
OPPORTUNITY I COULD GET MYSELF IN. MY HOME GROUP  
WAS HAPPY BECAUSE I WAS SO CONSCIENTIOUS THAT'S  
FOR SURE. HOWEVER, I WAS GETTING SQUIRRELY.  
WHAT AM I DOING FIRST? WHAT IS REALLY IMPORTANT?**

**THE ANSWER CAME TO ME FROM MY SPONSOR.  
HEARING ALL THAT I WAS DOING, HE HAD A DIFFERENT  
SET OF EYES AND EARS, OPPOSED TO ME, MYSELF AND I  
WAY...**

**FORTUNATELY, I WAS WILLING TO LISTEN. HE PLAINLY  
SAID, "STEVE, TOO MUCH!!!" YOU'RE DOING TOO MUCH  
SLOW DOWN. HE EXPLAINED THAT HE SAW THAT  
ALTHOUGH I MAY HAVE HAD GOOD INTENTIONS, MY  
PLATE WAS SO FULL I WAS NOT BEING PRESENT FOR  
ALL OTHER PEOPLE WHO ARE IN MY LIFE. SO; BY  
KEEPING MYSELF IMMersed IN PROJECTS, COOKING,  
CLEANING ORGANIZING AND SERVICE. HE SIMPLY SAID,  
"YOUR TRYING TOO HARD TO MAKE UP FOR LOST TIME".  
**TIME TAKES TIME.** IN ADDITION, HE SAID, "HOW WOULD  
YOU EAT AN ELEPHANT? ONE PIECE, CHEW, THEN  
SWALLOW, THEN TAKE ANOTHER BITE". YOU COULDN'T  
FIT THE ENTIRE ELEPHANT IN YOUR MOUTH! IT WAS  
THAT MOMENT I REALIZED I DID HAVE TO **SLOW DOWN.** I  
HAD TO FOCUS ON WHAT IS REALLY IMPORTANT AND  
**THAT'S STAYING SOBER.****

**THE CHANCES ARE THAT AT SOME POINT IF I WAS NOT  
ACCOMPLISHING EVERYTHING THAT I HAD PLANNED THE  
FEAR OF FAILURE WOULD BE MY DEMISE.**

**BEING PRESENT FOR MY FAMILY, MAKING MEETINGS  
AND NETWORKING WITH THE PEOPLE IN MY  
FELLOWSHIP IS MOST IMPORTANT. BY DOING SO I CAN  
BE FREE OF MY NEED TO BE BUSY TO RESOLVE MY ISSUE  
AT HAND, THIS OF COURSE IS MY SOBRIETY.**

## **SOBER START**

**URNS 24**

**SATURDAY MAY 25, 2019**

**ST BONIFACE SCHOOL GYM**

**114 MAIN AVENUE**

**SEA CLIFF, NEW YORK**

**FOOD 7:00PM**

**SPEAKER 8:00PM**

**MUSIC & DANCING 9-11PM**



## **HEMPSTEAD'S GROUP**

### **70<sup>TH</sup> ANNIVERSARY**

**AMERICAN LEGION HEMPSTEAD POST  
#390**

**160 MARVIN AVE, HEMPSTEAD, N.Y.**

**DJ MUSIC**

**MAY 25, 2019**

**7PM-11PM**

**NO CHILDREN PLEASE**

**FOOD, SPEAKER RAFFLES GIFTS  
50/50**



### STEP 4

IT ALWAYS SEEMS LIKE TRUMPETS AND HORNS SHOULD BLARE OR ORGAN MUSIC LIKE IN THE MOVIES SHOULD PLAY WHEN STEP FOUR GETS MENTIONED. ALL TOO OFTEN THAT IS THE WAY IT FEELS FOR THE NEWCOMER OR FOR THOSE TAKING STEP FOUR FOR THE FIRST TIME. ALSO, ALL TOO OFTEN IT CAN BE A LITTLE LESS THAN HELPFUL WHEN OLD TIMERS SAY THINGS LIKE “JUST WAIT UNTIL YOU GET TO STEP FOUR!” OR “MY STEP FOUR INVENTORY WAS 655 PAGES LONG!”. THE NOVICE AND THE EXPERIENCED BOTH, ON OCCASION, CAN BE GUILTY OF MAKING STEP FOUR MORE OF A MOUNTAIN THAN A MOLE HILL. THE REALITY IS THAT IT IS NEITHER. IT ISN'T EASY, BUT IT ISN'T ALL THAT HARD EITHER. THE FIRST FAVOR WE CAN DO OURSELVES IS TO RECOGNIZE THAT THE STEP SAYS THAT WE NEED TO TAKE A “MORAL” INVENTORY, NOT AN “IMMORAL” INVENTORY. THE POINT OF STEP FOUR ISN'T TO MAKE US FEEL BAD OR TO HURT US.

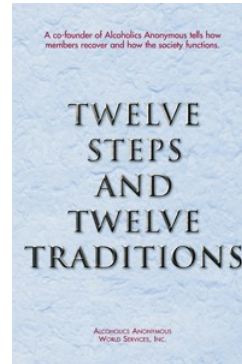
STEP FOUR IS THERE TO ALLOW US, THROUGH AN HONEST SELF-EXAMINATION, TO BEGIN TO RECOGNIZE HOW SELF WILL RUN RIOT DROVE US TO ACT IN WAYS THAT WELL EXCEEDED WHAT OUR INSTINCTS COMPEL US TO DO: SATISFY NEEDS, WANTS AND DESIRES.

AS OUR LITERATURE DISCUSSES, WE ARE TAKING A PERSONAL INVENTORY IN THE SAME WAY A BUSINESS WOULD, THAT IS, WE'RE LOOKING FOR THE GOOD PRODUCTS AND GETTING RID OF THE BAD ONES.

DOING STEP FOUR PROPERLY CAN TAKE A LOT OF THOUGHT, ENERGY AND EFFORT SO IF IT TAKES A WHILE TO WORK THROUGH IT, THAT'S OK, BUT WE NEED TO BE SURE THAT ANY DELAY IN WORKING ON STEP FOUR ISN'T A RESULT OF PROCRASTINATION, UNWILLINGNESS OR SIMPLY FEAR.

THE BEST APPROACH TO DOING STEP FOUR IS TO SIMPLY MAKE A START. START TALKING IT THROUGH WITH A SPONSOR, READ THE BIG BOOK AND THE 12 AND 12 AND THEN SIMPLY PUT PEN TO PAPER. OUR PROGRAM TELLS US THAT IF WE ARE TO HAVE ANY LASTING SOBRIETY, WE MUST HAVE A PSYCHIC CHANGE AND STEP FOUR IS THE FIRST PHYSICAL AND TANGIBLE STEP TOWARD THAT CHANGE.

### TRADITION 4



LOOK AROUND THE ROOM AT ANY AA MEETING AND YOU ARE BOUND TO SEE PEOPLE FROM ALL KINDS OF RACES, RELIGIONS, AGES, GENDERS, ECONOMIC LEVELS AND PERSONAL EXPERIENCES.

WE ARE QUITE AN ECLECTIC BUNCH THAT MIGHT NOT ORDINARILY ASSOCIATE WITH ONE ANOTHER IF IT WEREN'T FOR OUR COMMON CAUSE. HEREIN LIES THE NEED FOR TRADITION FOUR: THAT EACH GROUP MUST REMAIN AUTONOMOUS UNLESS IT AFFECTS AA AS A WHOLE. WITH SUCH A DIVERSE CAST OF CHARACTERS AND OPINIONS TRYING TO ENSURE THAT ALL GROUPS FOLLOWED A DETAILED AND RIGID SET OF STRUCTURES WOULD SURELY FAIL.

TO GET A SENSE OF HOW DIFFICULT THIS WOULD BE, JUST ATTEND ANY BUSINESS MEETING AND SEE HOW HARD IT IS TO KEEP A SINGLE GROUP FOCUSED AND THEN IMAGINE TRYING TO GET ALL AA GROUPS TO ACT IN UNISON. IT SIMPLY WOULDN'T WORK. MEMBERS WHO HAVE BEEN FORTUNATE ENOUGH TO ATTEND MEETINGS IN OTHER STATES AND EVEN IN OTHER COUNTRIES ARE QUICK TO POINT OUT THE LITTLE DIFFERENCES FROM MEETING TO MEETING, BUT THEY ARE ALSO QUICK TO SAY HOW, NO MATTER WHERE THEY'VE GONE, THEY HAVE STILL RECEIVED THE AA MESSAGE AND FELT WELCOME. SO, THE BEST PATH FORWARD FOR AN AA GROUP IS TO NOT FOCUS SO MUCH ON LITTLE DETAILS BUT TO INSTEAD REMAIN FOCUSED ON THE PRIMARY PURPOSE OF AA: HELPING EACH OTHER TO STAY SOBER ONE DAY AT A TIME BY FOLLOWING A BASIC SET OF PRINCIPLES AS OUTLINED IN OUR TWELVE STEPS AND TWELVE TRADITIONS.

# Nassau County Intergroup presents

*The 42<sup>nd</sup>*

*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 - Almon Meetings  
Spanish Meeting  
Keynote Speaker  
Nassau County General Service

Handicap Accessible

• Public

Transportation, Bus

N32

8:00 am - 4:15 pm

Sat. April 6, 2019

ST. JOSEPH SCHOOL

1346 Broadway, Hewlett, NY 11557

**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  
301 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 - 42<sup>nd</sup> 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)	<b>O L D</b>	<b>L</b>	<b>K E Y</b>	<b>Y O U N</b>	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)	<b>T I M E</b>	<b>U</b>	<b>N O T E</b>	<b>G P E</b>	Is the Group My Higher Power? (One Day at a Time- Oceanside)	Meditation (Pace Group)
103 How It Works	Step 3 - Made a Decision (Elmont Belmont Give it a Try)	Step 4 - Resentments, Self-pity, Am I Fear Driven (Pace Group-Bellmore)	<b>R S P</b>	<b>N</b>	<b>S P E</b>	<b>O P L E</b>	Powerlessness Runs Deep (A, B, C - 3 Pertinent Ideas) (Serenity by the Sea-LB)	Molding Relationship Ideals (12 x 12 Oceanside)
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-E. Rockaway)	<b>A N E L</b>	<b>C H</b>	<b>A K E R</b>	<b>I N</b>	Step 10 - Prayer & Meditation - When I Retire at Night (Serenity Seekers-E. Williston)	Step 11 - Guided Prayer & Meditation - Humility (Geraldyn - One Day At A Time)
105 Working with Others	General Service Introduction	Nassau Intergroup -Introduction				<b>A A</b>	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? Moi? (Yes, you!)	<b>(GYM)</b>		<b>(GYM)</b>	<b>(GYM)</b>	Al Anon Who You Gonna Call?	Al Anon Where's My Coin?

**John the Archives Guy:** A reprint from a brief Historical looks at Nassau intergroup from S.E.N.Y. 1996...THE NEXT 16 YEARS, A CONTINUATION FROM LAST MONTHS NEWSLETTER...1996 TO PRESENT WILL BE REVEALED NEXT MONTH....



1980--Central Office Nassau moved to a new office in Hempstead. The groups at that time having the courage to change followed their Higher Power's guidance and become the Nassau Intergroup of Alcoholics Anonymous. Nassau Intergroup was serving 153 groups and answering 1000 calls month by volunteer group members.

1989—Nassau Intergroup outgrew the office they occupied in West Hempstead. With continued use on the Serenity Prayer, Nassau Intergroup moved to a larger office in the same building.

1996—As of this writing (5/96), Nassau Intergroup serves 298 groups. We are all volunteering, fully self-supporting through contributions from our groups. We continue to maintain a 24-hour hotline staffed by a volunteer group member since 1977.

We distributed 90,000 meeting lists last year at no charge. We publish a monthly newsletter. We have an active Cooperation with the Professional Community, Public Information Committee and Speaker's Bureau. In October of 1994, the institutions committee serving Nassau, left New York intergroup and became Nassau intergroup's largest standing committee. The Nassau intergroup institutions committee brings AA. Meetings to over 25 hospitals detox facilities, rehabs, and the jail in Nassau County every day of the week brings AA meetings, May 18, 1996 was our 19<sup>th</sup> share a day.

**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: April 11, 2019  
From 7:00pm - 8:00pm**

**I am responsible**

**When anyone, anywhere  
reaches out for help, I want  
the hand of A.A. always to be there.  
And for that: I am responsible.**



## **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](mailto:dcmc@nassau.aaseny.org)**

**Support Your Sobriety Through  
Service**

## **New AA meeting finder app**

### **Meeting Guide**

A free mobile app for smart phones. Designed to be simple, fast, and help you find AA meetings wherever you are (provided we have the data).



- Instantly find meetings within a few miles of your current location
- Get directions to meeting of your choice
- Search for specific town or particular meeting type, day of week and/or time of day
- Create your own list of favorite meetings
- Over 276 worldwide AA entities included, covering information on over 101,000 meetings

GRANT ME THE SERENITY  
TO ACCEPT THE THINGS I CANNOT CHANGE,  
COURAGE TO CHANGE THE THINGS I CAN,  
AND WISDOM TO KNOW THE DIFFERENCE.



## NIAA Institutions Committee



It's that time of year again - flowers begin to bloom, birds start singing again, we have more daylight than darkness & the ever-dreaded spring cleaning. But have we forgotten something? A reminder from the 4th month of the year, that daunting task, where we "made a searching and fearless moral inventory of ourselves".

Ah yes, Step 4. How soon we forget. When for ourselves the days were cold, looking in the mirror we saw horror, a ghost, a mere shell of a person & we decided to make a change. So; we leave our old life behind us. Like lightning & thunder we were ready to move heaven & earth to live, breath & love, not merely exist. What I've learned so far in AA is that I can't do this alone. I'm going to need serious help. I need a sponsor, not people passing judgement. Only with those whom are caring, compassionate & helpful. Yet, sometimes I still feel like I'm swimming in the depths of the ocean. I'll do whatever it takes patience, perseverance & peace and not being hypocritical or egotistical. I don't want to be invisible. Break me down and build me up. I'm waking up; I feel it in my bones. I love how it feels without the chains, breaking out of prison, working on something I'm proud of. Getting out of the box that I was locked up in, I feel it in my bones, the sun's on the rise. It's a new age; I'm going to live in this world. I'm not a catastrophe. Look into my eyes, I'm hurt not broken, I'm not going to hide the truth anymore, I'm going to fight the demons inside. I'm going to be a warrior, prove to myself that my spirit hasn't died.

So how do I get from Step 4 to H&I, continuous sobriety. You see H&I's primary purpose is to bring meetings into those who can't get out to meetings. Example, those folks in hospitals, jails, institutions, rehabs, an detoxes, and the VA & psych wards. Our goal is simple, as stated in Step 12 – "Having had a spiritual awakening as a result of the steps, we try to carry this message to other alcoholics & to practice these principles in all our affairs".

Tradition 5 – "Each group has but one primary purpose – to carry its message to the alcoholic who still suffers". It's with the help of volunteers that we can accomplish our goals & have experiences.

H&I is always looking for people with an interest or desire to help, please reach out to us. The 1<sup>st</sup> Wednesday of every month at 8pm, at the Intergroup office (361 Hempstead Tpke, W. Hempstead). This meeting is to meet with reps, fill vacant speaking commitments, distribute conference approved literature, newsletters, meeting books & this meeting is used as a forum to discuss any issue of importance to the committee. I am very passionate about H & I.

I came to AA via detox & rehab. Those speakers were an integral part of my sobriety & saving my life. Many of us came to AA the same way & have an experience encounter with an H&I speaker. Hence these encounters provide treatment of acute symptoms of the disease, we here at AA can provide.

What we provide is information and an introduction to a broader AA community needed to get well & remain clean & sober. Finally, to all groups & individuals who participate, respond to requests for donations, the speakers, the chairs who hold the meetings, arrange & book speakers as well as carry the AA message, your Experience, Strength & Hope are noticed. THANK YOU...

Archie, Primary Purpose Group, Lynbrook [Institutions@nassau-aa.org](mailto:Institutions@nassau-aa.org)

## 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

### Farmingdale 11735

I am responsible, crossroads church, 610 Carmen's Rd.

Handicap accessible Now, Tues BB 7:30 pm

### 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., 6pm BB (closed)

### Merrick 11566

Sobriety with Hope, Cure of Ars Church, 2323 Merrick Ave,  
Rm210, Mon. S Tradition's last Monday of the Month

### Manhasset, 11030

Manhasset group, Congregational Church, 1845 northern  
Blvd., Women's and Men's meetings now meets 1<sup>st</sup> 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, O'side Counseling Center, 71  
Homecrest Ct. 10am, B (ring bell to get in)

### Rockville Center, 11570

T.G.I.F., 30 Hempstead Ave, RVC. Moved to 1290 Quely Pl.  
St Agnes Rockville Center, Dominic Room

### Westbury, 11590

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

Wed 8cd, Handicap accessible

## Meeting List Changes Information

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.

### New meeting book printed January 2019

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](mailto:chair@nassauny-aa.org)

1st Vice Chair [1stvice@nassauny-aa.org](mailto:1stvice@nassauny-aa.org)

2nd Vice Chair [2ndvice@nassauny-aa.org](mailto:2ndvice@nassauny-aa.org)

Secretary [secretary@nassauny-aa.org](mailto:secretary@nassauny-aa.org)

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