

Nassau Intergroup of
AA, Inc.)
361 Hempstead
Turnpike, West
Hempstead, NY 11552-
1342

516.292.3040 (24/7
hotline)
intergroup@nassauny
-aa.org Business
516.292.3045

October 2019



All workshops & meetings are held in office, 361 Hempstead Tpk. West Hempstead, unless otherwise noted.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 H&I 8pm, followed by Corrections Committee	3 New Reps orientation 7pm Reps meeting 7:30 pm	4	5
6	7	8	9	10	11	12
13 Tradition Workshop X 9:30 am	14 Columbus Day	15	16 Web committee 7:30 pm	17	18	19
20 NEWSLETTER DEADLINE	21 • GSR Meeting	22	23	24	25	26
27	28	29	30	31 Steering Committee, meeting by invitation only 	1	2

October Intergroup Chair Report 2019



At the September Reps meeting we discussed increasing the budget for a 2nd Open House barbeque to take place on Sept 28, 11 AM to 3 PM. In June we succeeded in getting a new Night book Chair from our open house barbeque.

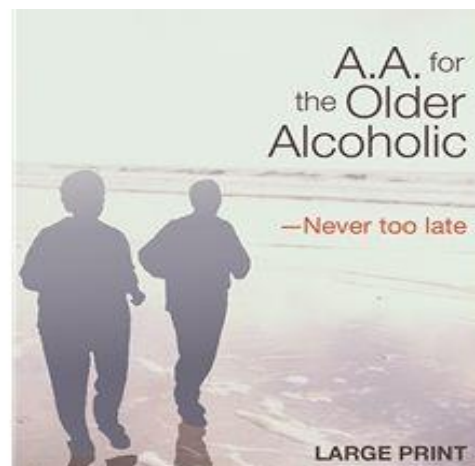
Nassau General Services meeting and the Nassau County Intergroup 2nd meeting we discussed "Bridging the Gap" prospect in Nassau County Institutions. We are looking into starting the program with volunteers. This is a great service opportunity. Why? Because, folks fresh out of rehab can connect with volunteers and go to meetings together. Volunteer Gappers will be contacted from our "Bridging the Gap" Chair soon.

In addition, I attended the district grapevine writing workshop Saturday Sept. 21, at St Luke's Episcopal church at 253 Glen Ave, Roslyn Heights. Albin Z. spoke in the morning about his personal involvement with the Grape Vine, he is an AA member of the High Noon Group in Long Beach, an Advisory as a Non-Trustee Editor for 4 years and this will be his last year as a Trustee. Plus, He worked for AWS for a few years. What an amazing lifetime achievement! Currently, he was asked not to retire, but to be the Grapevine Publisher, Grapevine has 34 CDs converted to MPV downloads. On Oct. 7, Vicky B will be Grapevine Coordinator. One Big Tent took years to produce and has been translated into Spanish.

Lastly, I am leaving to go to Mesa Arizona for the Central Office/Intergroup Seminar on Wed. Sept 25th and I will have plenty of information on the rest of the counties Intergroups to share with Nassau County!

Kevin Mc H Nassau Intergroup Chair
chair@nassauny-aa.org (bus) 516-292-3045

Literature: Call for Stories from Older Members



The 2019 General Service Conference recommended that the pamphlet **A.A. for the Older Alcoholic—Never Too Late (P22)** be updated with "current and inclusive stories" among other changes. Accordingly, the trustees are looking for stories from a broad cross section of older members representative of today's Fellowship.

Typed submissions should be 500-800 words, double spaced, in a 12-point font. Handwritten submissions should be five to six pages. Submit by email to access@aa.org, or by mail to Access Assignment, GSO, Box 459, Grand Central Station, New York, NY 10163.

Include your full name, address and email or phone contact information. Anonymity will be preserved. Deadline for submission is December 15, 2019.

Literature at Intergroup would be happy to assist any member who would like help preparing their story for submission. (Contact info is below.)

Closer to home concerning progress on the return to selling literature at Intergroup, we are still waiting for a reply from the State to our voluntary submission regarding past sales tax collection matters.

In the meantime, we are working on updating the hardware, software and data in our point of sale system in anticipation of resuming sales in the coming months, at this point, an educated guess is probably not before the beginning of next year. We may be able to say more at this month's Reps meeting.

Follow this column for more info as it develops.
Bill C., Literature Committee Chair
516-292-3045 or literature@nassauny-aa.org

PORT WASHINGTON GROUP

NYE 2019

Celebration

DECEMBER 31st

9 pm

TALENT SHOW
SPEAKERS
FOOD
ENTERTAINMENT
50/50 RAFFLE

PORT WASHINGTON METHODIST CHURCH
(35 MIDDLE NECK ROAD · PORT WASHINGTON)

New from Grapevine: Cartoon Book "Take Me To Your Sponsor"

Sobriety can be tough sometimes, which is why recovering alcoholics can always use a

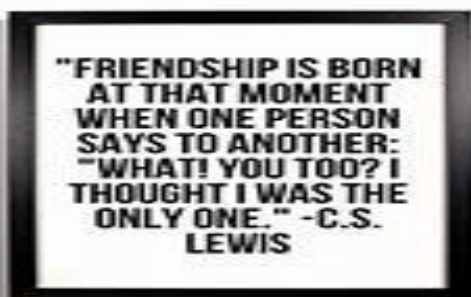
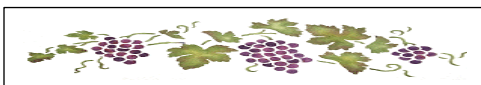


good laugh. In AA, members learn to not take themselves too seriously, to be happy, joyous and free. Luckily, sobriety can be pretty darn amusing. Two of the most beloved departments of Grapevine are the "At Wit's End" jokes and the cartoons, all contributed and drawn by AA members. This book contains some of the best laughs of the last few years, dealing with meetings, sponsorship, dating and marriage, friends and coworkers, character defects and more. We hope this book brightens your day and gives you some hearty, well-earned laughs.

AAGrapevine.org

Our international magazine in print! Members, a group and standing committees can order a 1year or 2-year subscription. Can gift a subscription!!! aagrapevine.org and go to gift subscription!!!! You can order back issues of the Grapevine too!!

Submitted by, Martin K.



La Vina Taller / Grapevine Workshop
Distrito 2-14 & Nassau County Grapevine

Enero vintiseis 2020 January 26, 2020
Bethlehem Lutheran Church
1375 Grand Avenue, Baldwin, 11510
Hora: Dos pm- Cicnco pm – Time 2pm-5pm
La Vina Editora & La Vina Oficina nos ayudara.

Escritura & Audio Talleres ----- Writing & Audio Workshops

SENY Grapevine Chair Sherri nos ayudara...will be helping us!!!

El Paso 12 en accion -----Step 12 in action
En AA los distritos , grupos y miembros , trabajan juntos llevando el mensaje de esperanza y recuperacion.

In AA the districts, groups and members, work together bearing the message of hope and recovery.

Como apoyar tu revista La Vina Support Your Grapevine

And La Vina

La Cita con La Vina.

Recibe una reflexion seminal

Location: Bethlehem Lutheran Church
1375 Grand Ave., Baldwin 11510

Hora: Dos pm – Cinco pm – Time: 2pm - 5pm



ELMONT BELMONT

"Give It A Try"

43rd

GROUP ANNIVERSARY

SATURDAY, OCTOBER 26st, 2019

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

*Place: Deliverance Baptist Church
227-11 Linden Blvd.*

Cambria Heights, NY 11411

Food, Fun, Dancing, Etc.

Music DJ

50/50

Raffle

Costumes are welcome!



CEDARHURST HEWLETT

60th GROUP ANNIVERSARY

FRIDAY OCT. 25, 2019

SPEAKER 8PM

FOOD MUSIC RAFFLES TO FOLLOW

COSTUMES ENCOURAGED

ST. JOSEPH'S CHURCH

CAFETERIA

1346 BROADWAY

HEWLETT NY 11557

Primary Purpose Group of Lynbrook Presents

Their 14th Annual

Group Anniversary

Tuesday, December 10, 2019

Dessert Reception

6pm -7pm

Speaker: 7:00 PM

Chris S

From Bernardsville NJ

Location:

Lynbrook Baptist Church

Earle Ave and (entrance on)

Peninsula Boulevard, Lynbrook, NY

**GLEN HEAD GROUP
OF
ALCOHOLIC'S ANONOMYOUS
PRESENTS
8th ANNUAL OLD TIMER'S PANEL
ON
OCTOBER 22,2019**

**FOOD AT 6:30 PM
FOLLOWED BY 4 SPEAKERS
WITH 25+ YEARS OF SOBRIETY**

**COME JOIN US AT THE
GLEN HEAD COMMUNITY CENTER
200 GLEN HEAD RD
GLEN HEAD, NY 11545**

Nassau County Big Meeting

2019

Saturday, November 9th

5:30-7:30 PM



Location: Ethical Humanist Society

38 Old Country Road, Garden City, N.Y. 11530

Celebrating 78 Years in Nassau County

Co-Hosted by Nassau County Intergroup

& Nassau County General Service

Light refreshments and coffee will be served

By: Sean M

Malverne Gratitude Group



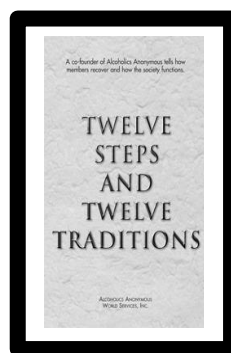
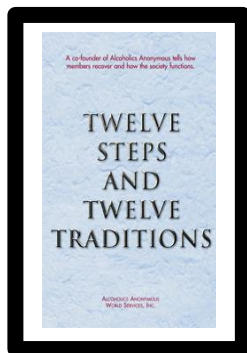
STEP 10

Step ten is one of the most practical steps in our toolbox in that it affords us the opportunity to handle more than just our problems with alcohol and it empowers us to be able to re-start our day at any time. This is a necessary skill in maintaining a daily reprieve from the ravages of active alcoholism. Through the daily practice of this step we can learn to create balance in our day and in our lives by weighing out the good and bad things in our experiences and our behaviors. Unlike in step four, where we had to sift through the backlog of years of un-inventoried actions and reactions, in this step we learn to handle things as they come up and not wait until a backlog slows us down and complicates our lives. By doing this, we keep resentments, animosities, angers, and fears from building up and tipping us over the edge and moving us closer to a drink.

There are many ways suggested to work this step, or perhaps more accurately, have it work for you. There is the quick inventory where when we are confronted with an immediate challenge, we can pause momentarily, before or soon after our reaction, to quickly assess the situation, how we acted, how it made us feel and what was the impact to others involved. There is also the daily inventory where at the beginning or end of our day, we can take a few moments (or longer) to reflect on the previous and/or upcoming hours and ask ourselves the same questions as in the quick inventory. We can also give ourselves a status check in as many ways and as frequently as needed to keep us spiritually healthy. Key factors for success are repetition, honesty and being neither too harsh nor too lenient with ourselves and others. If we make this a regular practice it will eventually become automatic and like anything in our AA journey, it takes time and effort, but this is true of anything worthwhile. As the old closing at meetings says, "work it, your worth it".

TRADITION 10

There is an adage that warns us against discussing religion or politics at the office or at family gatherings. Such is the spirit of tradition ten. In this tradition we are again reminded that we have a primary purpose in AA and that purpose is to help keep each other sober. Feelings are not facts, and neither are opinions. There is another adage that says opinions are like a certain body part, everybody has one. (Noses people, the body part is noses.) If we've done our step work correctly, we should have come to understand that as alcoholics we tend to give in to self will run riot. This tendency is quite likely to cross over into all kinds of opinions on religion, politics, money, race, sex, crime, schools, and so on. For some, these topics may seem to flow naturally into a qualification or a share, but they are best discussed with a sponsor. If they are raised at a meeting in the context of avoiding a drink, great care and tact should be applied and the topic should be addressed only in generalities and only in the context of how these things affected our recovery. If we truly want to help ourselves and others, we leave out the details and focus only on the impacts. Again, if we've done our step work correctly, we should know that we did not drink because of this or that politician nor this or that church or any other controversial topics or outside issues and know that these were but symptoms. Our literature gives us a guiding principle on this in wisely advocating the benefits of "restraint of pen and tongue." So, in order to keep ourselves focused on our primary purpose, it is best that we avoid controversial topics and stick to what keeps us together and coming back: helping each other to continue in our recovery from a seemingly hopeless state of mind and body.

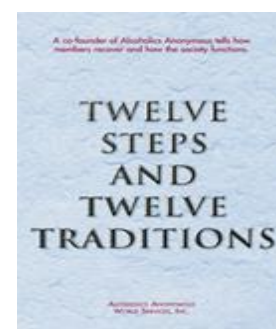


Nassau Intergroup of AA Presents AA Traditions Workshop

361 Hempstead Turnpike
West Hempstead, NY
11552
JOIN US!!!!
Second Sunday monthly
2019

Open discussion... --
Not just reading!

**Time: 9:30Am-
11AM Lite
refreshments**



- Tradition One---1/13***
- Tradition Two---2/10***
- Tradition Three---3/10***
- Tradition Four---4/14***
- Tradition Five---5/12***
- Tradition Six---6/9***
- Tradition Seven---7/14***
- Tradition Eight---8/11***
- Tradition Nine---9/8***
- Tradition Ten---10/13***
- Tradition Eleven---
11/10***
- Tradition Twelve---
12/8***

Series on Slogans from the Editor, Steven S.

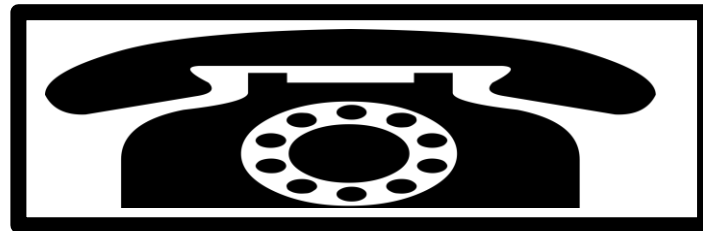


In the past ten months I have spoken to several people and asked them to write about various slogans and how it has played a role in their sobriety. It has been interesting to say the least how a simple phrase can help you make it through the day. I came across a lot that I have heard in and out of the rooms. Some I have used myself. I thought I would share with you this month just slogans. I hope you find them helpful...

- kiss---keep it simple stupid
- act as if.....
- this too shall pass
- expect miracles
- I can'the can.....I think I'll let him (steps 1,2,3)
- if it works.....don't fix it
- keep coming back.....it works if you work it
- stick with the winners
- keep right size
- sobriety is a journeynot a destination
- faith without works is dead
- poor me.....pour me.....pour me another drink
- to thine own self be true
- I came; I came to; I came to believe (steps 1,2,3)
- live in the NOW
- if god seems far away, who moved ?
- turn it over
- aa=altered attitudes
- nothing is so bad, a drink won't make it worse
- we are only as sick as our secrets
- there are no coincidences in AA
- be part of the solution, not the problem
- sponsors: have one-----use one-----be one
- I can't handle it god; you take over
- keep an open mind
- it works -----it really does ! (page 88,line 8 in the big book)
- willingness is the key
- more will be revealed
- you will intuitively know
- you will be amazed
- no pain.....no gain
- go for it
- keep the plug in the jug
- do it sober
- let it begin with me
- just for today
- sober `n` crazy
- pass it on
- it's in the book
- you either is-----or you ain't
- before you say: I can'tsay I'll try
- don't quit 5 minutes before the miracle happens
- some of us our sicker than others
- god is never late
- have a good day unless of course u have made other plans
- decisions aren't forever
- it takes time



"WE NEED YOUR HELP IN CONTINUING THE SUCCESSFUL NIGHTBOOK COVERAGE"



Please support our hotline by signing your group up for one week of answering the phones between 5 pm and 9 am.

This can be accomplished by either attending the Intergroup Rep meeting the first Thursday of every month, by sending an email to Nightbook@nassauny-aa.org, or calling 516-292-3045 and leave a message with the phone rep..

A great big thanks to the Point Lookout group, Manhasset group, Live and let Live group of Wantagh, and the Courage to Change group in Levittown who have taken this commitment the past month.

The Nightbook is a great way to do service while giving back by helping another alcoholic in need.

Greatly appreciated,
Karen
Nighbook Chair

PI/CPC – Looking for Volunteers (Public Information, Communication Professional Community)



- We invite anyone to participate who would like to share the message of A.A. with the general public or with professionals
- Our mission is to provide information about Alcoholics Anonymous to the general public and to professionals to carry the A.A. message to the alcoholic who still suffers
- We fulfill the following needs: Speaking opportunities///Panel discussions//Direct outreach to helping professionals/// Literature racks
- If you are interested in helping, our meeting is held on the Second Thursday of each month at intergroup office at 7:30, or contact us at info@nassauny-aa.org or at cpc@nassauny-aa.org office # 516-292-3045 leave a message and have phone reps place it in our mail box.
- Also, we are attempting to record/coordinate all previously existing CPC/PI commitments. If you already have a CPC/ PI commitment, we would appreciate it if you let us know.

Thanks. Auggie and Mark

The Grapevine Writing Workshop

AAs get to hone writing skills for "Meeting In Print"

Last Saturday, September 21, Nassau General Services Districts 208,209, & 211 put on their second "Grapevine Writing Workshop" of the year. The event, which was held at St. Luke's Episcopal Church in Sea Cliff, drew about 35 participants. AAs from SENY Area 49 came to Long Island from as far away as Orange & Sullivan Counties, and all the way down to Staten Island, to start to write their own AA *Grapevine* articles for submission and possible publication in what is affectionately called "Our Meeting In Print." Participants brought smart phones, laptops, notebooks, and even the good old-fashioned pad and pen.

To kick off what was a truly wonderful experience of fun, fellowship . . . and of course -FOOD was Albin Z. of Long Beach, who was our keynote speaker. Albin has spent his professional career in the publishing industry, having had a broad range of experiences in many areas of magazine and book production. Now, he is rounding out his career as the *Grapevine* Publisher, with his office in the GSO in Manhattan.

Albin spoke for about 45 minutes giving a fascinating talk about *Grapevine* history, and how it got the moniker "Our Meeting In Print." The first issue of the *Grapevine* was published in June of 1944, during the height of WWII. One could easily imagine AAs who went off to the war, sitting in foxholes, sailing on warships, submarines, or flying over Europe or Asia, carrying a little piece of recovery with them on their perilous duty. In September of 1945, after the war was over, returning GI's called the *Grapevine* "Our Meeting In Print," since that was really the only contact they had with their fellow AAs back home. Reading the stories gave them hope and reinforced their sobriety.

He also spoke about the *Grapevine* Archives which go all the way back to the first issue in 1944. With a subscription to the *Grapevine* - \$54.00 for two years (the best price), anyone can access the archives with a smart phone or a computer. You can look up *any* topic in recovery by year, and find a story about it. It truly is amazing. Not only that, but Albin also discussed the *Grapevine* App, which gives a person access to audio recordings of stories that you can listen to while you drive or relax at home. The *Grapevine*, according to Albin has "come full circle" with its own *You Tube* channel, which contains videos, stories and more.

Sherry A., the SENY *Grapevine* Chair, came from Orange County with her usual full complement of *Grapevine* books, pamphlets and other materials from *Grapevine* publishing for sale. Sherry always attends every SENY event and serves her position with amazing energy and a contagious enthusiasm. She is very passionate about her service commitment and it shows! During the workshop, Sherry was the MC for *Grapevine* trivia, in which *Grapevine* books were awarded as prizes. The host district also raffled away a two year *Grapevine* subscription. The district has the goal of having every AA group within its boundaries raffle off subscriptions at every anniversary celebration or group event. This is to promote awareness of the magazine, as well as to provide a gift to an AA who may not be able to afford a subscription. The gift of 24 months of the *Grapevine* is the gift that keeps on giving, as it provides a recovery that can be passed on to others. After all, isn't this what we're all about?

Sincerely Yours,

In Trusted Service

Steve S., DCM, United Districts 208,209, & 211 - SENY Area 49,
Nassau ,2nd Vice Chair, Nassau Intergroup of AA.
Chairman, Nassau General Services Accessibilities Committee.

A Chance to Change



Today as I look back, I wonder what lies ahead,
I must keep it in the day, live one day at a time instead.

Though looking back is painful, I quickly take a glance,
A leap of faith will set me free, it's time to take a chance.

The past has often haunted me, so crippling was the fear,
I could not stop the weeping as I shed those bitter tears.

I've made mistakes, poor choices; ashamed I'd never tell,
Buried deep inside my soul, they lived, they breathed, they dwelled.

Forgiveness of myself was easier said than done,
Fleeing from tormenting thoughts, I had learned to run.

A prisoner of a mindset, destructive as it is,
Escaping from the pain was how I often lived.

Seeking ways of avoidance, addictions some will say,
Oddly having saved my life, no longer worked this way.

Self-loathing and self-hating I hid behind closed doors,
Lonely and afraid, this existence I abhorred.

Suddenly came the light shining brightly from above,
Gentle warmth washed over me, I felt God's infinite love.

I had to reach rock bottom, to get to where I am.
I'm in a better place; I've learned, I understand.

Regrets serve no purpose; I've had to let them go.
This is the path to freedom, a chance to rise and grow.

At last I'm truly grateful, with an open mind I see,
That life is what you make it, I've finally been set free.

Submitted By: Laura (grateful recovering alcoholic)



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
Office Coordinator(Mgr)
..... officemanager@nassaunya.org
Public Information(PI)..... publicinfo@nassauny-aa.org
Share-a-Day (SAD) shareaday@nassauny-aa.org
Speakers Exchange
..... speakersexchange@nassaunya.org
Special Needs specneeds@nassauny-aa.org
12th Step List 12thstep@nassauny-aa.org
Webmaster webmaster@nassauny-aa.org

Or phone 516-292-3045 business hours 9-5
and leave a message with phone rep

Nassau County General Service

contact: Annabel dcmc@aanassaugs-ny.org

2019 Holiday Alkathons at Nassau Intergroup

361 Hempstead Turnpike, West Hempstead 11552

THANKSGIVING ALKATHON

Meetings Beginning Wednesday, Nov. 27th at 5 pm,
Last meeting Thanksgiving Thursday, Nov. 28th at 10 pm



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 throughout.

Light refreshments available.

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



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 5/25/2019.)

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. ALL TIMES ARE PM UNLESS
OTHERWISE NOTED.

NEW GROUPS

—Glenwood Landing 11547 Women's Big Book Study Group, Glenwood Life Center, 71 Grove St.; Thurs. 7:00, BB.

—Levittown 11756 Courage to Change Group, 3434 Hempstead Tpke., 6:00, BB (Women's closed, wheelchair accessible).

--Malverne 11565 Malverne Gratitude Group Community Presbyterian Church, 12 Knottingham Rd. Living Sober meeting Tues. 7:30

—Westbury 11590 AA Beyond Belief Group, Life Lutheran Church, 1 Old Westbury Rd. (parking in rear, wheelchair accessible); Wed. 8:00, CD.

Meeting List CHANGES

—East Meadow 11554 Old Skool Group, 36 Taylor Ave.; Wed. B, now meets at 7:00.

--East Meadow 11554 The Moonlight Group, 36 Taylor Ave.; Mon. B. now meets at 8:00, BB now meets on Thurs. 8:00

—Farmingdale 11735 I Am Responsible Group, Crossroads Church, 610 Carmens Rd. (handicap accessible); Tues. BB now 7:30; no other changes. —Franklin Square 11010

--Franklin Square, 11010 Brew Crew Group, Ascension Lutheran Church, 145 Franklin Ave.; add Mon. 11:00AM, Topic (T last Mon.), Tues. 11:00AM, CD.

-- Glen Cove, 11542 Closed Discussion Group, Glen Cove Hosp., 101 St. Andrews lane, lower level. now BB 7PM WED

—Glen Head 11545 Glen Head Group, Glen Head Youth Center, 200 Glen Head Rd.; Thurs. 8:00, CD dropped; no other changes.

—Great Neck 11020 Big Book Group, St. Aloysius, 592 Middle Neck Rd. (school building basement, enter from Breuer Ave. at awning); Mon. BB now meets at 7:45.

—Hicksville 11801 Monday Night Big Book Group, United Methodist Church,

--Malverne, N.Y. 11565 Sobriety Without End, Our Lady of Lourdes Church, 75 park place, Wed. (OD)

--Merrick, N.Y. 11566 Sobriety with Hope, CUR OF ARS Church, 2323 Merrick Ave., 7:00 S

Merrick, N.Y. 11566 Sobriety with Hope, 2323 Merrick Ave, rm210.7pm Step Traditions, last Monday of the Month

--Rosedale, N.Y. 11422 Rosedale Sobriety with Love, location change St Peters Episcopal Church 137-28 244 St., Rosedale. Meetings and Time remains same