

Intergroup Association of  
Nassau AA, Inc.  
361 Hempstead Tpke, West  
Hempstead, NY 11552-1342

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




All workshops & meetings are held in our Intergroup office, 361 Hempstead Tpke West Hempstead, N.Y. unless otherwise noted.

# January 2020

Due to inclement weather  in winter months please call office in advance to ensure the office is open

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31  New Year's Eve • <b>Alkathon</b> Starts 5pm	1  New Year's Day • <b>Alkathon</b> Ends 11pm	2 New Reps orientation 7pm • <b>Reps Meeting</b> 7:30pm	3	4
5	6	7	8 SAD 7:30 H&I 7:30 Corrections 8:30	9	10	11
12 Tradition I Workshop	13	14	15 Web Cmt. 7:30	16	17	18
19	20 NEWSLETTER DEADLINE NGSG /GSR WORKSHOP 7:30PM	21	22	23	24	25
26 LaVina/Grapevine Workshop Where: Bethlem Lutheran Church, 1375 Grand Ave, Baldwin 11510 Sunday, January 26, Time: 2:00 PM - 5:00 PM	27	28	29	30 Steering Cmt. 7:30 by invitation only	31	1

- ### February At A Glance
- 
- 2/2 Ground Hog Day
  - 2/5 H&I 7:30pm
  - 2/6 New Reps orientation 7pm  
Reps meeting 7:30pm
  - 2/9 SENY Assembly  
Rockland County Comm College 145 College Ave  
Suffern, N.Y. 10901
  - 2/9 Tradition II Workshop
  - 2/12 Share A Day Cmt. 7:30pm
  - 2/14 Happy Valentine's Day
  - 2/17 Presidents day
  - 2/19 Web Cmt. 7:30pm
  - 2/20 Newsletter Deadline
  - 2/21 Washington's Birthday
  - 2/21-2/23 NERAASA  
North East Regional AA  
assembly Area 43  
Hunt Valley, MD

## Intergroup Chair's Report 2020

As of January 2nd, literature sales will resume at Nassau Intergroup, and take place on weekends. There will not be any changes on how literature is purchased, so cash, check and money order will still be the only acceptable ways.

As before; we do NOT give change on purchases. Intergroup has made the necessary changes so that groups can purchase literature at the lowest possible price. (See the Literature Chair's column for more details). Bill C. and I were invited to Queens Intergroup to show them how we worked out the sale taxes on literature at their January meeting.

As far as our office goes, we need to make sure our office phone lines are covered eight hours, for seven days a week! Of course, the night book makes sure that after hours, there is always a volunteer manning the phones. The first half of my two-year term as Nassau Intergroup Chair has been a learning curve. I'm sure that I'll continue to apply my knowledge to making our Service to our Fellowship in Nassau County the best it can be!

On Sunday December 9th, Bill C. and I attended the Intergroup Liaison meeting held at the Mary Gate of Heaven Church in Queens, and there were a lot of lively conversations. One thing that came out of our discussions was the need to have six meetings every other month instead of four meetings quarterly. We also decided to have the DCMC's present at all of our meetings.

On February 20-24, 2020, I will attend the NERAASA (Northeastern Regional AA Service Assembly) in New Hampshire and bring back a report for the March Intergroup Reps meeting.

I hope we at the Nassau Intergroup office can be of Service to all the groups in Nassau County. Service has been an integral and gratifying experience in my 17 years of Recovery.

I encourage everyone to get involved in Service at any level.

Kevin McH.  
chair@nassauny-aa.org

### NIGHTBOOK COVERAGE NEEDED



**HAVE YOU EVER CALLED THE HOTLINE FOR HELP?** Well, that would really be sad if nobody was there to answer!

Please support our hotline by signing your group up for one week of service. All you need is 6 months of continuous sobriety, and a telephone. Leave me an email message at [Nightbook@nassauny-aa.org](mailto:Nightbook@nassauny-aa.org) or call 516-292-3045 and leave a message for me to contact you. Another way would be to attend the Intergroup Rep meeting the first Thursday of every month.

Your help is greatly needed for this to be successful. LET'S HELP ANOTHER ALCOHOLIC IN NEED!

Thanks to all the groups who helped with the Nightbook last month..

.Yours in service,

Karen, Nightbook Chair.

## Hospitals and Institutions

**HAPPY★NEW★YEAR**

In 2020 may you find yourself wiser, stronger, happy, and joyous & free....

Our primary purpose of bring meetings into hospitals, institutions, jails, rehabs, detox, psych wards and the VA as well as in conjunction with the Chair of the Corrections Committee, we are accomplishing our goals.

However, as we grow, we are in need for more volunteers. Those sober alcoholics that wish to aid us in bring the message of AA to those whom are as of yet able to attend an outside meeting. We, just like AA, are made up of volunteers with a desire to reach out to those in hospitals, jails, institutions and other facilities. Anyone with an interest or desire is welcome to participate. A need for speakers & chairpersons is needed.

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 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 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.

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.

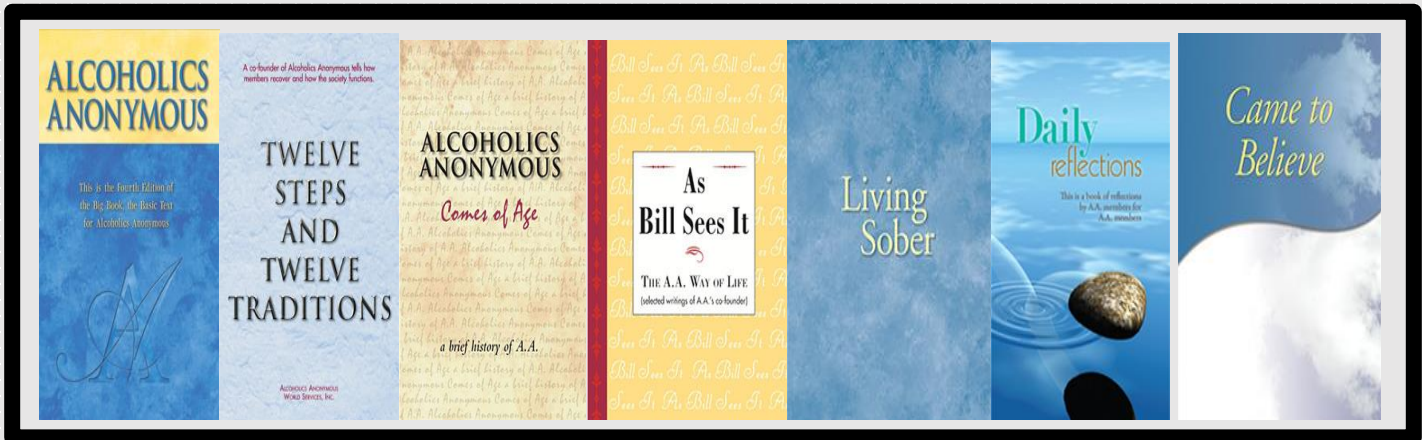
To all the groups and individuals who participate, respond to requests for donations, the speakers, the chairs who hold the meetings, arrange and book speakers as well as carry the AA message, your experience, strength and hope are noticed. So, I offer my sincerest appreciation.

Archie H&I Chair contact me at: [Institutions@nassauny-aa.org](mailto:Institutions@nassauny-aa.org) Or call business office 516 292.3045 have a rep leave a message in my mail slot

# ANNOUNCEMENT



## Literature Sales Return at Intergroup



Beginning this month, literature sales return to Intergroup. Before and after the monthly Reps meetings and on weekends, groups and individuals may once again purchase the full range of AA World Services and AA Grapevine items previously available. (As in the past, for weekend days, phone ahead to assure the office is open.)

Literature sales should be much as they were before with the exception that Intergroup is now using an electronic point of sale (POS) system such as you might be familiar with from any other retail outlet, and we are collecting the NY State sales tax which is 8.63% in Nassau County.

Purchasers need to remember that office volunteers will not have a cash draw, use a drop safe, and will not be able to make change. Sales are in cash, check or money order. (No credit or debit cards at this time.) Anyone who wants to know the exact total for a given order tax included may contact the Literature Chair in advance. Also, for special orders, those which exceed the items and quantities usually available for sale, you need to contact the Literature Chair to arrange the purchase. Fulfillment can usually be within a few days unless items need to be ordered in. Some orders may need to be pre-paid.

Tax exempt entities need to provide a copy of their exemption certificate to Intergroup in advance to enjoy the exemption. Groups wishing to apply to State for exempt status may contact the Literature Chair for information, and, if there is interest, we may offer a workshop on that in future.

Please bear with us while we become familiar, comfortable and effective with the POS system. Some scattered problems are expected in the beginning. We should be adding additional sales days during the week as we are able to train additional office volunteers. Hopefully, we will be back to sales seven days per week by mid-year, sooner if all goes very well.

We thank the groups and members for your support and patience throughout this protracted process. Follow this column for more info as it develops.

Also, last call to submit a story for the updated pamphlet, AA for the Older Alcoholic—Never Too Late (P22). Extended deadline is January 15.

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

From the Editor: Steven S.

Happy & Healthy New Year, another Decade for Change  
Feel free to contact me with your favorite slogan.  
Help another alcoholic with your favorite saying that  
helped you stay sober.... [News@nassauny-aa.org](mailto:News@nassauny-aa.org)

### **“Series on Slogans” Continues 2020**



Last November I celebrated four years of sobriety and ran a half marathon-all in the same year. I couldn't help notice that the AA slogans that helped to get and keep me sober also helped me train and run the race. They are not just corny slogans: they are my road map for life. Here are the ones that helped me the most.

#### **FIRST THINGS FIRST**

I always wanted to run a half marathon, so I signed up for the race. This was the first step. This is no way guaranteed that I would be successful, but it was beginning. I began by running 30 seconds, then walking 30 seconds. Before I knew it, I could run an entire 30 minutes. This set me on the course to train for the longer distance runs. I had a desire to stop drinking, so I attended my first AA meeting, This, too, was no guarantee that I would stay sober, but it was a beginning. I went to a meeting every day. Before I knew it, I was picking up my 30-day coin. This set me on my course to stay sober by completing 90 meetings in 90 days

#### **EASY DOES IT**

When running long distance, the experts say to increase your mileage slowly and stay in the moment to avoid injuries. When I first got sober, I worried how I would stay sober during vacations, weddings and funerals. My sponsor advised me to stay in the moment, stay away from the first drink., take it one day at a time and go to a meeting.

#### **GET A SPONSOR**

Not long after I began running, I realized I needed help of my nephew, a proven marathon runner. I wanted what he had. When I came into AA, I chose a sponsor who had successfully stayed sober for a number of years, I wanted what she had. In both cases, I needed to be honest enough to admit what I didn't know and to trust another person to give me guidance.

### **LET GO AND LET GOD**

Race Day came and I was ready. Still, fear crept in., I asked my daughter to pray the Our Father with me on the way to the race. I felt peace immediately and knew that, whatever happened, God was there with me.

When I got sober, the feeling that came up the most for me was fear. There have been several times in the last four years when the only thing between a drink and me was praying to my Higher Power. If my spiritual condition is in order, I can do anything.

#### **DON'T DRINK AND GO TO A MEETING**

When I was training for the long run, there were times that I thought I had run out of gas and wanted to stop. I've learned that if I just keep going, I usually get my second wind. The times that I did stop, I found out it was much more difficult to start again. Since I've been sober, there have been times when the thought of a drink popped into my head. Instead of acting on it, I went to a meeting, where I always heard what I needed to hear. People coming back to AA after relapse remind me its easier to stay sober than to get sober.

#### **IT WORKS IF YOU WORK IT**

During the last quarter of the race, I began to feel the wear and tear on my body, and I felt that there was no end in sight, During this part of the race, there were countless volunteers handing out water, sports drinks and energy gels. All of these supports helped me, but I still had to go over to the sidelines and pick them up. Whenever life on life's terms gets me and I become irritable, restless and discontent, I still have to do the Steps that help me grow and change the way I look at life. The tools of the program are always there, but it is up to me to use them.

#### **WE'RE FIVE SECONDS AWAY FROM A MIRACLE**

I never thought I could run 13.1 miles; before the race, the most I had run was 11. As I rounded the last quarter mile, I wanted to stop. The crowds carried me to the finish line with their cheers, and I was garnished with a medal and a commemorative cape. Thank goodness we celebrate anniversaries in recovery, too. I picked up my four-year coin at a meeting where everyone cheered for me as I accepted it. The people in AA have carried me many times in the last four years. As long as I stay sober always five seconds away from the miracle. The gifts that I have been given since I came into the program are numerous. But the gift that I cherish the most is the fact that I get to keep the sober life I have. By the way, when I checked my stats after the race, I found that I finished in the middle of the pack not bad from a 56-year old beginner. And the middle of the pack, in AA is an ideal place to run.

Submitted by: DEE D RVC

## Step I



**“We admitted we were powerless over alcohol—that our lives had become unmanageable.”**

In Step One we begin to live a life of rigorous honesty by admitting something that most of us had denied for so long. That we are alcoholic. We are not fine, and we cannot stop whenever we want. We have a problem. We must admit that once alcohol enters our body, we are no longer in control. This is a very uncomfortable truth. This is followed by the admission that drinking, which has been such an important part of our lives, a part that has been defended and rationalized, has robbed us of the ability to meet the demands of our lives. These uncomfortable truths will form the foundation of our recovery.

All the honesty and willingness required of the remaining eleven Steps begin here. For many of us, this is the first taste of true honesty that we have experienced in quite some time. It is difficult, uncomfortable and challenging, but once we do it, we have made a mighty beginning.

Sean B., There Is a Light Group

### A RESOLVE for Every Morning of the New Year



I will this day try to live a simple, sincere and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking, cultivating cheerfulness, magnanimity, charity, and the habit of holy silence, exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a child-like trust in God.

From a Calendar by Bishop John H. Vincent

**Nassau Intergroup of AA Cordially invites you to be a part of our biggest annual event**  
**SHARE A DAY 2020 Is Coming This Spring**



In order for this event to be a success, we need Volunteers for all the following committees: Hospitality - Program Planning - Publicity - Kitchen/Menu Planning - Set Up - Clean Up - Actors & Actresses

We all have something to offer, so why not be a part of planning Share A Day 2020?  
Please join us at our meetings on the 2nd Wednesday of each month at 7:30PM.  
(Just show up at the next meeting on January 8<sup>th</sup>, 2020.)

Meeting Location Nassau Intergroup Office 361 Hempstead Turnpike West  
Hempstead, NY 11552

Contact: GERALYN/shareaday@nassaunya-aa.org

## Nassau Intergroup of AA Presents AA Traditions Workshop

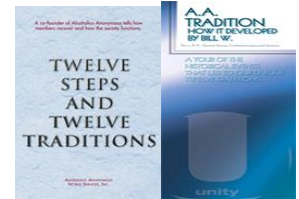
**361 Hempstead Turnpike West  
Hempstead, NY 11552**

**JOIN US!!!!**

**Second Sunday monthly 2019**

**Open discussion... --Not just reading!**

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



- Tradition I---1/12**
- Tradition II---2/09**
- Tradition III---3/08**
- Tradition IV---4/12**
- Tradition V---5/10**
- Tradition VI---6/14**
- Tradition VII---7/12**
- Tradition VIII---8/09**
- Tradition IX---9/13**
- Tradition X---10/11**
- Tradition XI---11/08**
- Tradition XII---12/13**

La Vina Taller / Grapevine Workshop  
Distrito 2-14 & Nassau County Grapevine  
Enero vintientos 2020 January 26, 2020

**AAGRAPEVINE + LA VIÑA**  
The International Journal of Alcoholics Anonymous

Invite you to a workshop:

- \*\* El Paso 12 en acción \*\*  
En AA los distritos, grupos y miembros, trabajando juntos llevando el mensaje de esperanza y recuperación.  
Como apoyar tu revista La Vina
- \*\* Time: 2pm-5pm \*\*  
Writing & Audio Workshops  
Seny Grapevine Chair Sherri will be helping us.  
Step 12 in action  
In AA the districts, groups and members, work together bearing the message of hope and recovery.

Come out, Support Your Grapevine and La Vina Magazines.  
Meeting in Print!!!!

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

**SPEAKERS:** 2pm- 2:45pm  
Karina C. Associate Editor La Vina  
AIZ. Grapevine Publisher  
Ricardo G." Exploring aagrapevine.org"  
Rosa Translation

Audio & Writing Workshops: 3pm-4:30pm  
Food 4:30-5pm

## NASSAU INTERGROUP EMAIL ADDRESSES

### OFFICERS

Chairperson [chair@nassauny-aa.org](mailto:chair@nassauny-aa.org)  
1<sup>st</sup> Vice Chair [1stvice@nassauny-aa.org](mailto:1stvice@nassauny-aa.org)  
2<sup>nd</sup> Vice Chair [2ndvice@nassauny-aa.org](mailto:2ndvice@nassauny-aa.org)  
Secretary [secretary@nassauny-aa.org](mailto:secretary@nassauny-aa.org)  
Treasurer [treasurer@nassauny-aa.org](mailto:treasurer@nassauny-aa.org)

### STANDING COMMITTEES

Archives [archives@nassauny-aa.org](mailto:archives@nassauny-aa.org)  
Coop. Pro. Comm. (CPC) [cpc@nassauny-aa.org](mailto:cpc@nassauny-aa.org)  
Corrections [corrections@nassauny-aa.org](mailto:corrections@nassauny-aa.org)  
Financial Review [finance@nassauny-aa.org](mailto:finance@nassauny-aa.org)  
Institutions (H&I) [institutions@nassauny-aa.org](mailto:institutions@nassauny-aa.org)  
Literature [literature@nassauny-aa.org](mailto:literature@nassauny-aa.org)  
Meeting List [meetinglist@nassauny-aa.org](mailto:meetinglist@nassauny-aa.org)  
Newsletter [news@nassauny-aa.org](mailto:news@nassauny-aa.org)  
Night Book [nightbook@nassauny-aa.org](mailto:nightbook@nassauny-aa.org)  
Office Coordinator(Mgr)  
[officemanager@nassaunyaa.org](mailto:officemanager@nassaunyaa.org)  
Public Information(PI) [publicinfo@nassauny-aa.org](mailto:publicinfo@nassauny-aa.org)  
Share-a-Day (SAD) [shareaday@nassauny-aa.org](mailto:shareaday@nassauny-aa.org)  
Speakers Exchange  
[speakersexchange@nassaunyaa.org](mailto:speakersexchange@nassaunyaa.org)  
Special Needs [specneeds@nassauny-aa.org](mailto:specneeds@nassauny-aa.org)  
12<sup>th</sup> Step List [12thstep@nassauny-aa.org](mailto:12thstep@nassauny-aa.org)  
Webmaster [webmaster@nassauny-aa.org](mailto: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](mailto:dcmc@aanassaugs-ny.org)

## NEW GROUPS

--East Meadow 11554, Snowflake Sunday Group, United Methodist church, 470 East Meadow Ave, East Meadow, Sun, 7am, C. meets only 11/10/2019-4/10/2020  
--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., Thurs. 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 CHANGE

--Baldwin 11510 Sober Living Calvary Church 2801 Park Ave Mon, B. last Mon. of the month will be a step meets 8  
--Bethpage 11714 St Paul's Church 449 Stewart Ave, 3 pm Step Deleted  
--East Rockaway Group 11518 100 Main St., 7:30 B. Thurs, BB now deleted  
--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,  
--Levittown 11756 Thursday A.M. Good Shepherd Church, 3434 Hempstead Tpke, 11:30am group Cancelled.  
--Levittown 11756 Women's Discussion 474 Wantagh Ave First Presb. Church, Now Women's 3pm Group Moved to Good Shepherd Luth. Church, 3434 Hempstead Tpke. 3pm Sun  
--Long beach 11561 St. Johns Luth. Church 75E Oliver St/Riverside Blvd, Last Sunday Anniversary (Anniv.as needed), last Sunday 6:30 am  
--Malverne 11565 Sobriety Without End, Our Lady of Lourdes Church, 75 park place, Wed. 7:30 (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

## 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 10/25/2019.) 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.

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