

MAY 2020



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Nothing
Changes
Unless
something
Changes...

Although our doors
are closed.....

We are still working to
serve our AA community

From: [Gov. Andrew M. Cuomo](#)
Date: April 29, 2020 at 2:33:28 AM EDT
To: William C. Literature Chair
Subject: NYS Coronavirus Update:
Guidelines to Reopen New York -- New
York Forward Reopening Advisory
Board

Dear William,
As we look ahead to reopening New
York, we will rely on facts. We will
carefully track hospital capacity — if a
hospital system in a region exceeds 70%
capacity, that's a danger sign that will
require action. Similarly, a rise in the rate
of transmission (Rt) to 1.1, is another
warning that will require us to scale back
reopening. We will move forward only
when there are 30 contact tracers per
100,000 people. So, when we begin to
reopen regions of the state, we will
constantly keep our eyes glued to the key
data points, and health indicators, to make
sure that the virus remains firmly in our
control. That is the best way to avoid new
outbreaks and to move forward

Here is what else you need to know
tonight:

1. **Today, I outlined factual, data-driven principles to guide us on reopening New York safely on a regional basis.** Each region of the state — Capital Region, Central New York, Finger Lakes, Mid-Hudson Valley, Mohawk Valley, New York City, North Country, Long Island, Southern Tier and Western New York — must follow twelve guidelines as part of the reopening plan. Read the full guidelines [here](#).



2. **We announced the formation of the new New York Forward Reopening Advisory Board.** The advisory board will help guide the state's reopening strategy and will be chaired by Former Secretaries to the Governor Steve Cohen and Bill Mulrow. The board includes over 100 business, community and civic leaders from industries across the state. A list of the members of the advisory board is available [here](#).

3. **New COVID-19 hospitalizations dropped below 1,000.** Yesterday, there were 953 new COVID hospitalizations in the state, down from 1,052 the day before. Although we are seeing a consistent decline of these numbers, we need to keep taking precautions, so they continue to fall. Total hospitalizations fell slightly yesterday to 12,646 from 12,819 the day before. Tragically, there were 335 COVID-19 fatalities yesterday, down only slightly from 337 the previous day. We mourn the New Yorkers we've lost to this virus. Visit covid19tracker.health.ny.gov to see the latest data.

4. **Residents of Rensselaer County can pick up a cloth mask tomorrow.** In response to COVID-19, the county [will be distributing masks](#) from 4 p.m. to 6 p.m. tomorrow (April 29) at five locations.

Tonight's "Deep Breath Moment": Over the weekend, singers gathered to celebrate the 90th birthday of American composer and lyricist Stephen Sondheim. The tribute, called "Take Me to the World: A Sondheim 90th Birthday Celebration," includes performances of many of Sondheim's Broadway musical numbers. Watch the tribute [here](#).
Ever Upward,
Governor Andrew M. Cuomo

***Our newsletter is hyper-linked to help you navigate various sites. For you to click on link and navigate a site or email you must download in a pdf file.



info@nassauny-aa.org

AA, Intergroup and COVID-19

Not since hurricane Sandy has AA in Nassau faced as significant a challenge to its ability to keep AA accessible as is now presented by COVID-19, the novel coronavirus. But in true AA fashion, we're inspired by how our community is coming together to find ways to stay connected and keep active in our primary purpose to carry the message to the alcoholic who still suffers.

In a recent conversation with a representative of the New York State Department of Health, Intergroup was advised that the Department did not believe the necessary density limitations and social distancing required for public and individual health and safety in the face of COVID-19 can be achieved in typical AA meetings, and that members should seek out meetings by phone or online in everyone's interest.

Intergroup is monitoring developments, will respond as appropriate, and will comply with all governmental mandates as things evolve. Watch our website for new information. At the same time, we do not run local groups. Also, we are neither medical nor public health professionals or officials, and we will not presume to offer information, guidance or experience beyond our depth.

For now, out of an abundance of caution and in support of public health efforts to slow the spread of the coronavirus, our office will be closed, and all Intergroup sponsored gatherings expected in the coming weeks are either cancelled or will be postponed. (Follow our website for specifics as available.) At the same time, we are looking to develop telephone-based or virtual meeting spaces so we can keep things going at Intergroup. Also, watch for options as we try to set up ways to push new information to you, possibly through some kind of opt in for text or email messages via the website.

We are still answering the Intergroup phones 24/7 through the call forwarding arrangement you know from the Night Book, and now, more than ever, we need individual members and groups to step up to support this effort. Contact, nightbook@nassauny-aa.org to join us.

We also strongly suggest members and groups become familiar with the public health recommendations and requirements coming from government sources, and heed that guidance in the interest of all. (Links to Federal, State and County resources are available on our website.) Stay alert as information and guidance from government changes.

As some groups may find themselves unable to meet, groups are encouraged to have contingency plans in place to help members stay connected including telephone lists, email addresses and information about telephone and online AA meetings. Some telephone and online AA meeting information is available at the back of our print Meeting List and on our website along with access to instructions for setting up virtual meetings.

You can find a current list of meetings temporarily closed on our website. Go to, "Meeting Finder," and select "Any Day," "Any Type" and then "Temporary Closure." The Meeting Guide app will also have updates about temporary meeting closures. These lists are only as good as the information coming in, so groups that cannot meet should let us know of temporary closings at meetinglist@nassauny-aa.org

A more detailed letter from Intergroup and additional information to support AA in Nassau are found on our website as will be any new information as it develops under the "COVID-19" link off the home page.

This is an evolving situation, so please keep in touch with us, info@nassauny-aa.org

We are always stronger together, and please know we will support you with everything Intergroup has.

There is no need to panic or over-react, but prudence and faith are appropriate now as always.

Intergroup Association of Nassau, Inc., Steering Committee

Chair Report for May 2020



Hi to all our Nassau County Groups of AA!

This has been a challenging couple of months for us all. My prayers and best wishes to all those who are sick or have lost loved ones to the epidemic. After March and the closing of our office, we have tried to see what other issues may arise. We had to form a Zoom application for our steering committee and our reps meetings. We have switched to a web form of our Nassau Newsletter without a printed copy, since most mailed printed copies usually go to churches or meeting places that are closed to our members. We have postings of Zoom meetings, which also now need a password! All of AA's workshops and conventions are postponed till later this year or next year.

The SENY Convention is going to be next year and the International Convention will be in five years from now. The Unity Breakfast has been postponed to 2021, June date to be announced!

Share A Day has been postponed until we can schedule a new date; hopefully for November. The Big Meeting is also scheduled for that same month. The picnic will still need a chair person and we must see if it can be held for July 19, as originally planned; at Eisenhower Park, Parking lot 6A, and The Cedars picnic spot.

Some of our groups have Zoom Meetings and some other groups are including an App called VENMO to receive their Seventh Tradition Contributions. Our literature will not be for sale at the office, but you can e-mail our Literature Chair for information. The Office still receives our mail with contributions from our groups; however, the office overhead needed to maintain our office is still at a minimum of \$3,000.00 a month for our rent plus about \$1,000.00 for all the rest of our office maintenance: electric, gas, internet phone service for days, and The Night Book, etc.,

We all know the fact that groups are not attending their home group meetings, thus not passing the basket, and most likely still having to pay rent! We hope that when we finally get back to face-to-face meetings, that you take these financial shortfalls into consideration, and give as best you can, according to our Seventh Tradition of Service, when the baskets start going around again.

I hope you are all staying safe following the recommendations of federal, state and Nassau County authorities! My hope is that our office can open as early as the June Reps Meeting, but as with all local institutions, schools and businesses, we will just have to wait and see, and will continue to keep you informed.

Be safe to protect yourselves and your families!

Kevin McH

Chair of Intergroup Association of Nassau County

Chair@nassaunya-aa.org



From Stepping Stones Archives:

From Bill's "Morning Prayer"

"Oh Lord, we thank Thee that Thou art, that we are, from everlasting to everlasting. Blessed be Thy holy name and all Thy benefactions to us of light, of love, and of service. May we find and do Thy will in good strength and good cheer today. May Thy ever-present Grace be discovered by family and friends, those here and those beyond, by our societies throughout the world, by men and women everywhere, and among those who must lead in these troubled times." - By Bill W.

Schedule Our New Online Event

"Home with History"

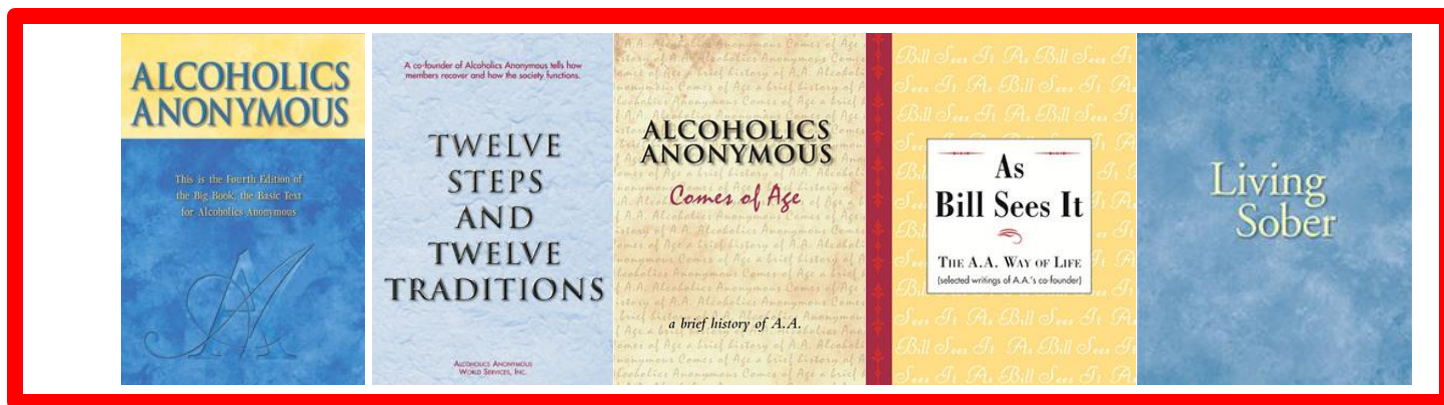


A Virtual Experience of the Wilson's Home and Archives

Bring Stepping Stones and the history of the Wilsons to your fellows by scheduling our new, live online presentations, "Home with History." Stepping Stones Staff or Docent tour guide volunteers will join on Zoom or other online platforms to share an illustrated "walk-through" of the National Historic Landmark home, Bill W.'s writing studio, and highlights from the massive Stepping Stones Archives, which has 100,000 documents including 7,500 photographs. Knowing that many of you had planned to visit Stepping Stones and having heard your inspiring accounts of continued recovery and fellowship through online means, we are following your example by offering "History at Home" to any organization or group of friends. Mike J., who is a past visitor to Stepping Stones said, "Zoom meetings are a wonderful thing at a horrible time," adding, "We can connect with people all over the world at any time, day and night." In that spirit, we invite you to get a schedule and join us for virtual visit, history talk, and question and answer session.

Email visit@steppingstones.org for more information.

Literature— AA in Troubled Times, Finding Safe Harbor



In these difficult times, when many of our accustomed AA activities may be precluded by the overriding public health concerns and efforts, and face to face AA has become unavailable, it's good to know we can still find safe harbor in the experience, strength and hope in our literature just a click away on either a computer or smart device.

Go to the AAWS/GSO website at www.aa.org to “[Read the Big Book and Twelve & Twelve](#)” and to “[Read Daily Reflections](#).” There too, under “[AA Literature](#),” you will find access to all AA pamphlets/flyers, service items, Workbooks, Guidelines, service materials, and newsletters ([About AA](#) and [Box 4-5-9](#)). There is also a good amount of material available under the “Videos and Audios” section on the home page including archival recordings from Bill W., Dr. Bob and Sr. Ignatia. (Hear Dr. Bob’s last message, or Bill W. talk about “the day he lost his pants,” or “Rule 62.”) Especially useful now, AAWS also offers, “[Options for Meeting Online](#).”

Additionally, General Service [Area 8 \(www.area8aa.org\)](http://www.area8aa.org) (San Diego/Imperial California) has developed a complimentary [app](#) which provides easy access to all the AA pamphlets and select AA books. On the site, go to “Area 08 More Resources,” then to “[AA Pamphlets](#).”

From the AA Grapevine too, “our meeting in print,” go to www.aagrapevine.org, then to “[Grapevine and La Viña are Here to Help!](#)” for complimentary special access to all of the Grapevine’s 2020 content. Consider too Grapevine’s YouTube channel, www.youtube.com/aagrapevine. Also, for those who enjoy the feel of our literature in hand or who don’t have easy access to online resources, a Grapevine hard copy subscription can still be delivered to your door. This may be especially reassuring to any who need to physically touch AA in these uniquely stressful times.

Finally, from Intergroup, go to www.nassauny-aa.org for the [current](#) and most [past](#) newsletters, and for news on local AA’s response to and for ways to do service during the current public health challenge.

These connections can bring support and comfort to those looking for different ways to link to and remain active in AA in challenging times while still participating in the stay at home effort, these together with the growing access to remote AA meetings and Fellowship by phone or internet.

At Intergroup in Nassau, like so many in the AA Fellowship in the US and across the globe, we are doing our part while continuing our commitment to our members and groups. For now, while the office is closed, we will not have literature sales, but encourage you to share in our literature through the channels above.

Next month, we plan to return to the series we started in [April](#) on the AA Grapevine. We were also hoping by now to have information to share on the literature agenda before the 70th General Service Conference, but the Conference’s historic first virtual meetings have not as of this writing been concluded. We’ll come back to the Conference when we know more.

Hope this is helpful. Stay connected.

Bill C., Literature Committee Chair

literature@nassauny-aa.org or 516-292-3045

Grapevine: Our Fellowship in Print



An update on the newly launched Grapevine site. Its' successfully increased when searching for grapevine. It gets a member there sooner.

Grapevine/La Vina Officers are excited to strive toward the goal to be the number 1 hit. Check it out, go to aagrapevine.org Click on YOU Tube & watch the "2020 Carry the Message Project"

I suggest watching "How to succeed as a Grapevine Rep". Click on CTM "Carry the Message " Check out "Does your group presently have a GVR " (Grapevine Rep).

Some of you are currently doing double duty, why not be your home groups GVR ?

The Grapevine web site has currently uploaded 6 stories to read from Aprils' Grapevine!

A shout out to Grapevine/ La Vina!!!!

Marty K. Grapevine Chair



Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close. To help members during this time, we are giving everyone *free access* to most of our 2020 Grapevine and La Viña issues. Please share with your fellows.

www.aagrapevine.org/we-are-here-to-help

www.youtube.com/aagrapevine



A message shared by our Corrections Committee

For a small amount of perspective at this moment...



Imagine you were born in 1900. When you are 14, World War I starts, and ends on your 18th birthday with 22 million people killed. Later in the year, a Spanish Flu epidemic hits the planet and runs until you are 20. Fifty million people die from it in those two years. Yes, 50 million. When you're 29, the Great Depression begins. Unemployment hits 25%, global GDP drops 27%. That runs until you are 33. The country nearly collapses along with the world economy. When you turn 39, World War II starts. You aren't even over the hill yet. When you're 41, the United States is fully pulled into WWII. Between your 39th and 45th birthday, 75 million people perish in the war and the Holocaust kills six million. At 50, the Korean War starts and five million perish. At 55 the Vietnam War begins, and it doesn't end for 20 years. Four million people die in that conflict. Approaching your 62nd birthday you have the Cuban Missile Crisis, a tipping point in the Cold War. Life on our planet, as we know it, could well have ended. Great leaders prevented that from happening. As you turn 75, the Vietnam War finally ends.

Think of everyone on the planet born in 1900. How do you survive all of that? A kid in 1985 didn't think their 85-year-old grandparent understood how hard school was. Yet those grandparents (and now great grandparents) survived through everything listed above.

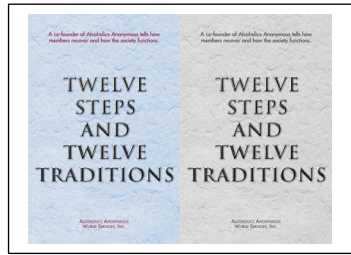
Perspective is an amazing art. Let's try and keep things in perspective. Let us be smart, help each other out, and we will all get through this.

Thanks to my friend John for passing this along.

Any questions or concerns about Corrections please contact Paul L : corrections@nassauny-aa.org

Step 5

Step 5 (*Short Form*): "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."



When I went to my first AA meeting, I felt like I did not belong. A 26-year-old boy in a man's body, looking around at older men and women smiling and laughing. I was miserable and a shell of a human being. How could I be like these people? My anxiety, worry, and fear was through the roof. I did not want to be there. In my mind, I was not like anybody else. The cravings and feelings of uncomfortable were running through my skin.

It was after that meeting, where I felt more at peace. A group of men came up to me and welcomed me to the group. I told one of them my feelings of not belonging. He suggested to me to sit back, shut my eyes and listen. The next meeting I attended, I did just that. Minutes later, I was relating to the exact feelings the speaker was talking about. I related to all of the shares around the room. I grew the courage to share at that meeting. After that meeting, the speaker came up to me and offered to sponsor me. I quickly said yes. This is when my life changed.

I began speaking to my sponsor on a daily basis. We related more than I could ever imagine. We began working through the 12 steps of Alcoholics Anonymous. Each day I felt more and more comfortable with who I was because I know that I was not alone or unique. What we cannot do alone, we can do together. Step 1 was no problem for me. I knew I was powerless over alcohol and my life had become unmanageable. It took me time to get through step 2 as I came in the rooms not believing in god. However, a few weeks later, after listening to other people share their experiences, I was certain that a Power greater than me could restore me to sanity. I made a decision to turn my will and life over to the care of God as I understood Him in step 3. Step 4, is when the journey really began for me. It was tough getting down on pen and paper all the resentments I had and realizing the wrongs I did in each situation. Once I was done, I felt scared. However, the miracle for me really began at Step 5.

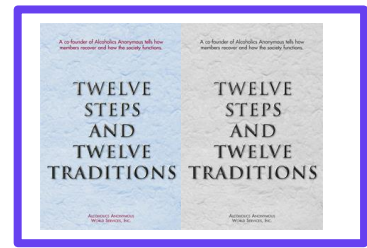
For my formal 5th Step, I sat down with my sponsor in my apartment and admitted to God, to myself, and to my sponsor, the exact nature of my wrongs. I was nervous that my sponsor would judge me, as I had done some awful things throughout my life. I took a deep breath, said a prayer, pocketed my pride and began to reveal my past. My sponsor did not judge. In fact, he did the opposite. He related to almost each situation I described.

When doing my 5th Step "confession" with my sponsor, I felt at home, I felt one with the program and one with God. I knew I was no longer being judged, and others in the rooms understand why and how I could've and would've done such things in the past I would never do as a sober man. Many things I spoke about I spoke I would never tell another human being. However, this day, I did tell another human being. It allowed me to be honest and free. I felt a sense of relief that I could hardly describe. Being vulnerable helped me open my mind to, no matter what I've done, I won't be judged by sponsor. That day, my sponsor became my family. He became a brother to me. I opened up about every private thing I have done in my life. It was absolutely incredible and moment when I felt the power of the program. I came to accept and understand that my alcoholism controlled me and led me to do things

Doing a thorough 5th Step with my sponsor allowed me to jump into the next steps with an eagerness to continue to become a better man. Today I stand proudly with 366 days of continuous sobriety and am doing service in AA. I was able to share my story of recovery via a zoom meeting to 90 people on my 1-year anniversary. It was incredible. I have never before felt so much love and joy. I look forward to continuing my journey and sharing the AA message and my experience, strength and hope with the next sick and suffering alcoholic.

In Trusted Service,
Max F.
(Proud Member of Syosset and Temple Judea Groups)

Tradition 5



Tradition 5: *Short form*: Each group has but one primary purpose---to carry its message to the alcoholic who still suffers. *Long form*: Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*---that of carrying its message to the alcoholic who still suffers.

Dr. Carl Jung treated Rowland Hazard for alcoholism sometime in the late 1920s or early 1930s and told Rowland after failing to help him that he was medically hopeless and his only chance of recovery was to have a vital spiritual experience or conversion experience. Dr Jung instructed Rowland to join a religious group or organization which he did (Oxford Group). Jung-Hazard was the first connection in the chain that was to become Alcoholics Anonymous so it was an extremely critical connection. When Bill wrote Dr. Jung telling him about this connection to AAs formation, Dr Jung wrote back and one thing he wrote in his return letter was the phrase, "Spiritus Contra Spiritus, which translates literally from Latin to "spirit against spirit". It makes sense since the word spiritus in Latin means both, "the highest spiritual experience and also alcoholic beverages. The Spirit of God against the spirits in the bottle.

In Dr. Bob's farewell talk, he spoke of the simplicity of the AA program and said, "Let's not louse this up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with actual AA work". The first sentence in the section of the *12 and 12* on Step 5 says: "SHOEMAKER, stick to thy last! ... better do one thing supremely well than many badly."

Obviously, doing anything badly won't get you anywhere but I will also add that to be very successful in any endeavor, job, hobby, sport, etc you have to be even better than just good at something you have to be very, very good or supremely well as the step book says.

Just like a shoemaker should stick to fixing shoes, a plumber should stick to fixing pipes, faucets, etc. Electricians should stick to work specific to electricity and electrical problems. Carpenters should stick to what carpenters do. Doctors should stick to what doctors do. Moreover, most doctors have a specialty and a right-minded person should go to a doctor with the needed specialty he seeks. Lawyers should also stick to what lawyers do and like doctors many lawyers have a specialty. Are you in need of a divorce lawyer, real estate, patent, criminal or another type of lawyer? Most if not all people will go to a lawyer proficient in the law re their specific need for better results. Unless you are proficient in other areas it will be wise to please stick to your specialty.

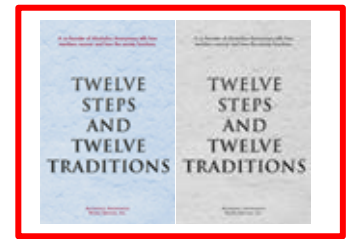
So, by now, I think (or hope) you get the point.

Using the same aforementioned thinking, each group, thru each individual member should carry its message to the alcoholic who still suffers. That's it.

So what is the message of the 5th Tradition and why should there be only *one* primary purpose?

The answer to the second question is simply because alcoholism is a fatal disease/affliction/situation, whatever you want to call it. At the end of the reading on Step 1 (pg. 24 of the *12 and 12*) it says, "Under the lash of alcoholism, we are driven to AA and there we discover the fatal nature of our situation". That means it can kill you. But even short of killing you, it will destroy anything good or worthwhile in your life that death will actually seem like a better choice than to go on living the way you are." A disease that is or can be fatal (or worse) should not be toyed with, especially by someone not equipped or not knowledgeable of AA's path to recovery.

(Tradition 5 continued...)



This brings me to the first question, what is the groups and AA's message? What is the path to recovery I just mentioned? I'll give you the general answer below through some excerpts from the Big Book but to really understand the solution it would be wise of you to read the Big Book of Alcoholics Anonymous with a knowledgeable sober person who can help you work thru it without delay. Your life might depend on it. Be sure to read it in its entirety and follow the directions. Yes, directions, which can lead to recovery from alcoholism. Not just to be *in recovery*, but to be *recovered*, just like it says in the Big Book.

So what is AA's message in the Big Book? Here are some selected passages:

"Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Where and how were we to find this power? Well, that's exactly what this book is about. Its main object is to enable you to find a power greater than yourself which will solve your problem, which means of course that we are going to talk about God." (*Big Book*, "We Agnostics", p. 45.)

[Bill W. explained] "My friend sat before me, and he made the point blank declaration that God had done for him what he could not do for himself. His human will had failed. He had, in effect, been raised from the dead, suddenly taken from the scrap heap to a level of life better than the best he had ever known! Had this power originated in him? Obviously it had not. There had been no more power in him than there was in me at that minute: and this was none at all... My friend suggested I choose my own conception of God. I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I must turn in all things to the Father of Light who presides over us all. I have not had a drink since *Big Book* chapter entitled " (*Big Book*, "Bill's Story", pp. 11, 12-14 .)

"If we had passed into a region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other to except spiritual help." (*Big Book*, "There is a Solution", p. 25.)—

"Each individual, in the personal stories, describes in his own language and from his own point of view the way he established his relationship with God." (*Big Book*, Chapter 2, p 29.)

"The three pertinent ideas, a-That we were alcoholic and could not manage our lives, b- That probably no human power could have relieved our alcoholism, c- That God could and would if He were sought. (*Big Book*, Chapter 5, p 60.)

There are many, many other references in the Big Book and other AA literature which directs us to a Higher Power or God being the spiritual answer to this centuries old disease or affliction that I could be here for days citing them all, so I chose some of the main ones to make the point. In conclusion, alcoholism is a fatal illness which is why that is our (AA's) primary focus and why our (AA's) message is that a Higher Power – such as God --is needed to recover from this deadly affliction. However each individual is given wide latitude to determine his, her or their own conception of a Higher Power, the only conditions are that the Higher Power is not you but a power greater than you.

Gary 1-- Temple Judea group



NIGHT BOOK COVERAGE STILL NEEDED!!!



We are still in the need of phone reps to answer the hotline! If you would like to help out as an individual or as a group, please contact me at 516-292-3045 or send an email to nightbook@nassauny-aa.org.

We are incredibly grateful for all the support we have received to date....

I would like to especially say thank you to all the groups who helped with the night book last month:

- Seaford Gratitude
- Live at Five (Mineola)
- Firing Line (Bellmore)
- Early Risers (Long Beach)

Yours in Service,
Karen G Nitebook Chair

Prayer of The Night Book Volunteer

Master of the Universe
Higher Power of all that is good and just
I am here.
Hear my humble supplications
Although unworthy, full of defects and imperfections,
I stand before You to crave compassion for all those
Who may seek me out tonight.
Hold them not accountable for my faults,
and my sins
Instead, grant my ears the Power to hear,
My heart to show Love,
And my Soul to show compassion
To all who dial me for help this night.
Grant me a reprieve this day from the scourge of
The disease of Alcoholism,
Merciless destroyer of Lives and families,
Harbinger of disaster and King Of Despair,
So that I may be strong to serve all them who call tonight.
Inscribed on my Shield is the Circle of Fellowship
With the Triangle showing The Three Legacies
Of Alcoholics Anonymous:
Recovery, Unity and Service
It is a Beacon of Light to curse the darkness of Despair
And to offer the Hand of AA
Let me turn tears of sorrow and hopelessness into
Pearly Laughter.
Although I give up a few hours of sleep and conveniences
Of my Life,
It is but a small sacrifice compared to the Good that my unflinching
Service
Gives to the Sick & Suffering of Alcoholism
Grant me tonight, and for an entire Forever of
Nights, the strength to perform this
Wonderful Service.
And Let us say Amen.

Unity, Togetherness, Rebirth



May Day is a public holiday celebrated on May 1 in many different cultures around the world. For some of them, it is a day of unity, togetherness, and rebirth. In the rooms of A.A., we come together over and over for that purpose and more. In the last six weeks, we have had to dramatically alter the way in which we do so and it has been a remarkable transition, one absolutely marked by unity, togetherness and who knows? Maybe even a rebirth of sorts!

Closer to Home

I recall after 9/11 a deep feeling of helplessness and an equally strong need to change that. For me, as a social worker, the answer was to volunteer with the City Department of Health and Mental Hygiene in the Family Center they had set up shortly after the attack. It allowed me to take back some of the control in my life, to feel less helpless in the face of an otherwise overwhelming event.

We are experiencing a similar moment now in the face of the COVID-19 pandemic, and I think a similar sense of helplessness and loss with our ordinary home group meetings taken away, and our accustomed AA way of life profoundly challenged. Some are responding with fear, some with anger and defiance, and still others with faith and quiet service.

My home group has met at least weekly since May 1945, but now there are no Baldwin Group meetings owing to the ongoing challenges and demands of the coronavirus health crisis. While Baldwin has not migrated its meetings to any of the available remote platforms, it's comforting to know that AA remains alive, active and available through the persistent efforts of sober members doing service at all levels of the Fellowship.

It's been marvelous to see how readily AA members are rising to the current challenge, how quickly members began lining up to do additional service while the Intergroup office has been closed thereby keeping our 24/7 hotline open for the drunk who still suffers and others seeking to connect with AA during peculiarly limiting times, and how quickly members were able to leverage technology to allow us to continue to access our life saving meetings and message through phone, internet and other remote channels while supporting the stay at home advice in the interest of all.

At the same time, I note scattered clusters of members continuing their face to face meetings despite the guidance and demands of health and governmental leaders. I understand why they think they need to do this, and there is no AA Police and no government in AA to say they can't or shouldn't, but to me, recovery is about enabling my participation as a reasonable and responsible person in the real world. That's Step 12 where I'm challenged to "practice these principles in all [my] affairs." At the same time, anyone can feel "sober" within the comfortable confines of our AA meetings, but isn't the real test when I need to take it on the road, to live my recovery with family, friends, co-workers, neighbors and even with strangers on the LIE or LIRR? Isn't this a moment where I am thusly challenged?

Individuals are choosing how they respond to the demands of this terribly difficult point in AA history, perhaps the biggest challenge AA has faced in its 85 years. For me, I don't see AA in Nassau as standing apart from the greater Nassau community, a community attempting to respond as one to a crisis.

We'd all like to see the hardships of this moment pass, but until they do, what am I bringing to AA and to my community?

Bill C., Baldwin Group

[2020 International Convention, July 2-5, Detroit, Michigan,](#)

[is Canceled Announcement by Michele Grinberg, Chair of the General Service Board of A.A.](#)



It is with heavy hearts that we announce the cancellation of the 2020 International Convention in Detroit, July 2-5. We know that this is a disappointment to our Fellowship, as every five years we look forward to celebrating sobriety, the Alcoholics Anonymous program of hope and recovery, and meeting dear friends, old and new, from around the world. Planning for the International Convention started in 2008 when Detroit was chosen to host the 2020 event. From the moment the city was selected, local leaders extended a warm welcome to A.A., and the event was representative of Detroit's own rebirth as a great convention city. The excitement shown by the A.A. community and the people of the greater Detroit area was seen throughout the 12-year planning process. We experienced a phenomenal response from local A.A. members ready to volunteer and welcome members from all over the world to the International Convention. The appreciation and welcome we received from the Detroit community, including their desire to share the city with the A.A. Fellowship, has been especially warm and overwhelming.

From the Editor Steven S.

The cover page says it all. Nothing Changes Unless Something Changes. During this time of confusion and uncertainty we all need a break from the news, isolation and for some folks our families too. We must be mindful of our blessings and ever so aware of our need to just roll with it (government mandates). I say that from my own experience. I forgot how to create a routine/schedule for myself. I sometimes feel I need to get it all done and I get overwhelmed and then nothing gets done!

So, I started with small daily rituals. I keep a pad and pen on my kitchen table, and I create a list of things that I need to do for the day, while I have my coffee. Then I read the daily reflection of the day, create a time scheduled for working out, making phone calls to family and friends, and spend time with my wife and son. It all sounds simple, but for this alcoholic everything sometimes becomes complicated even just the everyday menial tasks like washing dishes...

Please help me help another alcoholic with your slogan experience that helped motivate you through your sobriety....email: news@nassauny-aa.org

Series on Slogans

NOTHING CHANGES UNLESS SOMETHING CHANGES

Hi, my name is Kenny. I am an alcoholic...

When I first came around A.A., I heard a lot of things. People would say things about themselves, their behavior, good and bad. There were slogans, (which I could hold on to and understand). Also, other things which took longer to digest.

One of the things I really remembered, although not all of it, was the promises. The promises speaks to numerous things we can look forward to in our life time in sobriety. Later on, I realized there were other factors/things that can and may happen.

One of those "things" was my father. My father was a very tall and largely built man. He was always drinking his Ballentine quarts of beer. He would beat my mother with his fists. She was a little lady. It was like being in a dungeon with monsters. There were six of us children, three boys and three girls. I cannot speak for everyone, but I hoped he would die or just go away. My sister used to infuriate me by saying "Daddy is not a bad man; he is a sick man". I just hated him.

We all grew up very quickly. Later on, I developed a drinking problem. Luckily for me, my sister Teachie was already in A.A., and she took me to my first meeting the graveyard meeting in Hewlett, N.Y. at St. John's Trinity Church.

One night, an older fellow was sharing about how he came out of a blackout just as he was about to do harm to his daughter. We shared after the meeting. Sometime later, I was driving my bus down Flatbush avenue in Brooklyn N.Y. My inner dialog was flowing, and it occurred to me what I was sharing with that man at the meeting, and seeing that he was acting out because of alcoholism. What was the difference between him and my Father?

My sister was right, he was not an evil man, but a sick one. My whole perception of him changed. When he passed, we were on good terms. A.A. has made me to see things a little bit differently. I learned to love my dad and accept him for who he was.

Kenny

Nassau County General Services *Presents:*
“The AA Treasurer’s Workshop”



- Taxes and literature sales
- Setting up checking accounts
- Anonymity issues in banking paperwork
- Group treasurer responsibilities
- Where does the money go and how does it help the alcoholic?

Questions and Answers and *MORE!!*

Guest speakers:

Jimmy M. -Nassau Intergroup Treasurer

Geralda L. - NGSB Treasurer

JoAnn M. -SENY Area 49 Treasurer

WHERE: ZOOM:

467-421-2768

Password: 304861

Monday, May 18, 2020 @7:30 pm

For information about events scheduled by Nassau General Service Group (NGSG) and its response to COVID-19, go to, www.aanassaugs-ny.org or dcmc@nassau.aaseny.org

For information about events scheduled by South Eastern NY AA (SENY) and its response to CORVID19, go to, www.aaseny.org or chair@aaseny.org.

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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

A Prayer During Times of a Pandemic

May we who are merely inconvenienced,
Remember those whose lives are at stake.

May we who have no risk factors,
Remember those most vulnerable.

May we who have the luxury of working from home,
Remember those who must choose between
preserving their health or making their rent.

May we who have the flexibility to care for our children
when their schools close,
Remember those who have no options.

May we who have to cancel our trips,
Remember those who have no place to go.

May we who are losing our marginal income
in the tumult of the economic market,
Remember those who have no margin at all.

May we who settle in for a quarantine at home,
Remember those who have no home.

During this time when we cannot physically
wrap our arms around each other,

Let us yet find ways to be
the loving embrace of God to our neighbors.

Amen.

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A Declaration of Unity

This we owe to A.A.'s future:
To place our common welfare first;
To keep our Fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.

