

**Intergroup Association of
Nassau, Inc.**
361 Hempstead Turnpike
West Hempstead, NY
11552-1329
516.292.3040
(24/7 hotline)
<https://nassauny-aa.org>
Business # 516.292.3045



We continue to offer help via telephone to those in need of a meeting or just talk. [contact our hotline](#)

Our newsletter is hyper-linked to help you navigate various sites

Note: to click on link and navigate a site or email download a pdf file.

CHOOSE



KINDNESS

Important Considerations Before Reopening Physical Meetings

We at Intergroup of Nassau Inc. know that many members are excited by the prospect of meeting in-person again. Specific guidelines have been and will continue to be set by government agencies (see the Center for Disease Control guidelines [here](#) and [here](#), in addition to NYC.GOV guidelines regarding phases of reopening [here](#)). Also, the facilities in which we meet may also have their own guidelines. We urge groups to consult and follow these guidelines to protect our members, our fellowship, and others with whom we come in contact. Other important considerations: Our Traditions “Each group is autonomous,” we often note when making group decisions. The second part of the 4th Tradition is just as important: “except in matters affecting other groups or A.A. as a whole.” Tradition 1 tells us “Our common welfare should come first; personal recovery depends upon A.A. unity.” These traditions remind us that we must ensure that our group decisions do not negatively impact our fellow members or A.A., and that we as individuals act in ways that ensure our common welfare. Traditions 1 and 4 are important now more than ever. We must consider the health and well-being of both A.A. members and nonmembers, as well as protect the positive reputation and goodwill of A.A. in the community.

Questions to Consider

1. Does your group have a complete email/phone list to communicate with group members?
2. How will your group ensure the maximum number of people permitted in your meeting space?
3. How will your group ensure the appropriate social distance?
4. How will your group ensure face masks are worn?
5. Will your group require members to have temperature checks, for instance, at home, before the meeting?
6. How will your group sanitize contact surfaces before and after each meeting?
7. What if someone in your group needs to be tested for COVID 19? Will you keep a record of each attendee at each meeting so they may be informed while results are awaited? At what point may this list be destroyed?
8. What if contact tracing is necessary? How will your group help local health officials do contact tracing?
9. If passing a physical basket is impossible, how will your group collect Seventh-Tradition contributions? Has an electronic account been set up?
10. How will physical materials (Step and Tradition shades, meeting binders, literature, meeting and phone lists, anniversary coins, etc.) be handled? What about the set-up and breakdown of a meeting? Can physical meeting materials be replaced with virtual ones?
11. Will your group eliminate the distribution of coffee and food?
12. What will be your group’s policy if an attendee is openly sick (e.g., coughing and/or feverish)?
13. Does your group have insurance? If not, should your group get a policy?

COVID-19 remains a serious threat to the health & safety of our community.

Intergroup is doing its part to assure we operate consistent with Federal, NY State & Nassau County public health & safety requirements in the interest of all.



Please cooperate with the following if coming to the office:

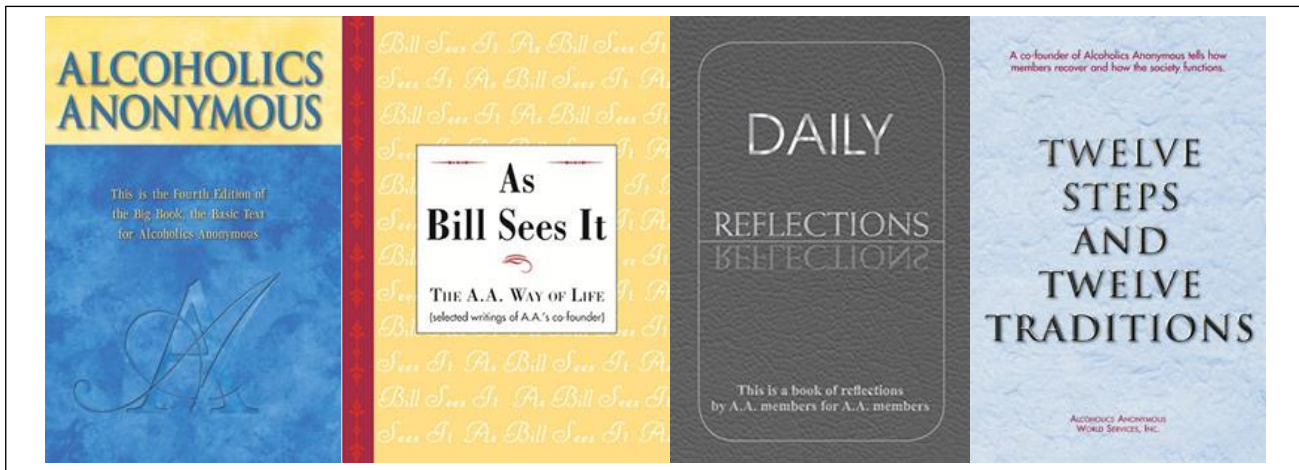
- # The office remains closed for purposes other than pre-arranged literature sales at this time.
- # Do not visit the office if you are unwell with a cough, shortness of breath or a fever.
- # Wear a mask at all times.
- # Maintain a distance of at least six feet from anyone else.

For office volunteers in addition to the above:

- # Become familiar with and adhere to the office Safety Plan and watch for changing information.
(Information is posted in the office.)
- # Wear provided PPE (mask and gloves) while working in the office. Discard and replace PPE when soiled or after use. Do not share PPE.
- # Avoid needless contact with anything in the office.
- # Frequently and thoroughly wash hands with provided soap and water.
- # No more than two volunteers to be in the office at a time.
- # Mind social distancing markers on the floor.
- # Follow the office cleaning and disinfecting plan.

**Intergroup Association of Nassau, Inc., Steering Committee 10 June
2020**

Intergroup Office Opens for Literature Sales



The Intergroup office closed on March 16 and has been largely vacant out of an abundance of caution in cooperation and compliance with demands from NY State under the PAUSE imposed to support the public health and safety response to the spread of COVID-19.

Now, more than 100 days later, Nassau County is in Phase 2 (possible Phase 3 by the time this is published) of what Albany has been calling “NY Forward,” its highly structured, “data-driven strategy to gradually and safely re-open New York” following the PAUSE. For Intergroup, [“NY Forward”](#) has required we take a long, and thoughtful look at what we need to do to safely re-open our office so it can once again, become a part of our effort to help carry the AA message of recovery from alcoholism.

Preparing for reopening has included reviewing numerous documents from CDC and the NY State and Nassau County Departments of Health, the development of organized, phase-appropriate plans for how and under what conditions we would reopen, the acquisition of cleaning and disinfecting supplies and protective gear such as masks and disposable gloves (PPE), and the orientation of member volunteers to the terms of the plans.

Our plans as of now do not call for the return of any office-based activities (such as the answering of our phones which will continue to be administered remotely, or in-office meetings of any kind) other than the resumption of literature sales under the following very limited circumstance.

If you wish to buy literature or related items, you need to contact us at literature@nassauny-aa.org.

We will confirm the availability of the desired items (not everything may be in stock as we deferred restocking in anticipation of a halt in sales because of the pandemic and a fall off of contributions), and will provide an exact price for the order including sales tax. If possible, you will be encouraged to pre-pay for your order using the Zelle app recently engaged by Intergroup to receive contributions and payments. (There is an article elsewhere in this issue of the newsletter discussing our use of Zelle.)

Literature will then provide a mutually convenient appointment for you to pick up your order, usually a unique half hour window in which you are asked to come to the office to collect your order, so arranged that no two orders will be picked up at the same time thereby avoiding issues of social distancing.

When you come to the office for your pre-arranged pick up, you are asked to wear a mask and to maintain the common six-foot social distancing from any serving volunteer. Your order will be on a table in the front doorway together with a basket for payment (exact change, check, or money order) if you did not use Zelle. You won't actually come into the office or interact with the volunteer in this process.

That's about it although a good deal more planning and activity is behind this so in the interests of all we adhere to the “Safety Plan” developed by Intergroup to meet the NYS reopening phase-appropriate guidelines and requirements.

Questions? Comments? Contact,

literature@nassauny-aa.org.

Bill C., Literature Committee Chair

516-292-3045

Outcomes for Literature at the 70th General Service Conference



The 70th General Service Conference met under extraordinary circumstances in virtual space this year the end of April into May owing to the demands of the public health response to COVID-19. Literature-related items were considered by the Conference Committees for Archives, Cooperation with the Professional Community, Finance, Grapevine, Literature, Report and Charter, and Treatment and Accessibilities.

A few of the items considered for literature and their outcomes include:

- Consider if/how proposed items for plain and/or simplified language, accessible translations and large print versions of the “Big Book” as well as workbooks as study guides can be addressed. *The Conference Literature Committee asked the trustees to explore possible approaches to this item with a progress report to be returned in 2021, and to make available to the Fellowship the presentation on the subject, “The Big Book: Researching Issues, Possible Tools and Access” as offered to the committee by the trustees during the Conference.*
- Consider proposals for a Fifth Edition English, and a Fourth Edition Spanish “Big Book.” *These items were referred for consideration to the Conference Literature Committee in 2021.*
- Consider requests to revise language in the texts of Step 6 and Step 12 touching sexual violence and sexual orientation respectively. *These items were referred for consideration to the Conference Literature Committee in 2021.*
- Consider a request for the use of gender neutral language in the “AA Preamble.” *The Conference Grapevine Committee considered, but “took no action” on the specific request to change the language in the first sentence of the “Preamble,” and asked the Grapevine Board to consider developing examples of “generalized language options” with a progress report or draft versions to be brought back in 2021.*
- Consider development of an additional AA history book covering the period 1955 (the point at which our existing history books effectively stop) to present. *The Conference Archives Committee requested the trustees return in 2021 some ideas for possible themes, content and time period such a book might cover.*

Interested in knowing more about any of the above or the full Conference report including literature and more? Go to the “[From the Delegate](#)” page on the SENY website, www.aaseny.org/from-the-delegate, then, “70th General Service Conference Quick Reference Guide” for a partial report. Watch too for the availability of the formal full Conference report in both digital and print editions, probably later in the summer.

Closer to home, literature sales were brought back at Intergroup under very limited circumstances starting last month, essentially by appointment. Do not come to the office (as it will probably remain closed until further notice for most purposes), but check out the separate article on the reopening of the office for literature sales in this issue of the newsletter.

Next month we will have our final installment on the Grapevine and La Viña.

Hope this is helpful. Feel free to contact me should you have any literature related questions, suggestions or comments.

Bill C., Literature Committee Chair

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

Check Out Our New Self-Support Page -- Featuring *Online Contributions!*



In response to Intergroup's ongoing financial needs, and at the request of our Intergroup reps, Nassau Intergroup is now able to receive *online contributions* from AA groups and members!

A [step-by-step guide](#) for how to make a contribution using the online "Zelle" banking app can be found on our new [Self-Support page](#), where you'll also find many AA resources that provide suggestions for setting up a group checking account, shared experience with creating and passing a virtual basket, and much more!

We have been talking about creating such a channel for online contributions for a while. Those conversations recently became even more vital as our Fellowship has been pushed toward digital platforms by circumstances affecting the rest of the world.

Not ready to go digital? Not a problem! The mailing address for Intergroup (and other parts of A.A. both local and national) can also be found via our new [Self-Support page](#), so you can still mail a traditional paper check if that better suits your needs.

If you are a new group treasurer, we hope this resource proves helpful to you in your service position. You can always email us with questions - treasurer@nassauny-aa.org

Intergroup Chair report July 2020



Welcome Summer to all Cabin fevered Alcoholics!

While we are starting Curbside Literature sales, we have had 2 meetings on Bylaws updates, once for Nomination Committee, and had a Workshop last month about reopening meetings. Unfortunately, we must cancel our annual BBQ at Eisenhower park, July 19. I am sad because that is one of my favorite bash's hosted by IANC (Nassau Intergroup), we are working on and will be getting a refund for the hold deposit for that event. Everything else is same, Virtual Steering Committee meetings, Virtual Reps meetings, Aug., **Virtual Share A Day**, and starting a Possible motion to be brought up at SENY to have 13 Intergroups each have a GSR representative to our Area 49 Assembly.

Here to serve our groups.

Happy Summer!

Kevin McH

Chair Intergroup Association of Nassau, Inc.

Your invited to a scheduled Zoom meeting

Traditions Workshop

SUNDAY July12, 2020.

Tradition 7

Hosted this month by: Colleen. Courage to Change Group

Time: This is a recurring meeting every 2nd Sunday of the month 10am-11am

Meeting ID: 467 421 2768

Password: 304861

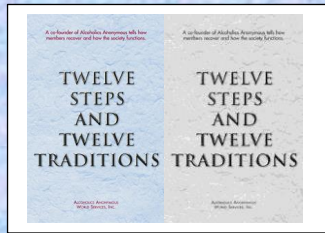
*****We need your help to sponsor next month's workshop Tradition 8 August 9*****

Contact: 2ndvice@nassauny-aa.org

Sponsored by: Intergroup Association of Nassau Inc.

Step7:

“We will lose interest in selfish things, and gain interest in our fellows”.....



by Brett D

What is truly my motivation? In the past I could rationalize and justify the fact that I was a good person though I had to question this motivation while working a recovery-based program of honesty. I would walk into a delicatessen and be polite and positive to strangers I passed as well as the counter clerk. I often thought to myself, “What a nice guy I am”.

My experience in the delicatessen described above was of the selfish nature, I was not being polite and social for the right reasons. I used these strangers like drugs and alcohol, for an instant gratification effect. I was superficially pleasant to strangers because their politeness back to me ensured I had “fooled” them into thinking I was content and happy and felt contentment for a moment, like drugs and alcohol, this feeling quickly faded as I exited the deli and began walking alone. Feelings of insecurity, self-doubt, and fear crept back upon me like the plague as I continued with the rest of my day.

Recovery is an inside job; how could I stop lying to others if I could not stop lying to myself? I established unhealthy coping mechanism which I could not escape, did not know how to escape without being honest with myself. I kept my friends and family at a distance with anger, lies, and self-loathing then utilized guilt and shame to justify this to myself. I then utilized self-pity and eternal uniqueness allow the cycle to continue, which allowed me to continue using mood altering substances.

There are a lot of “I” statements in the above paragraph which indicates the degree of unhealthy selfishness that took place at that time. I sought treatment and began being selfish in a healthy manner. I needed to form a healthy relationship with myself. What I learned was that through gaining a relationship with myself in treatment, through learning to respect myself and stop delusional thinking patterns, I was able to learn to care for my fellows sincerely. My problems were no longer consuming me and all I thought about.

Today, I can walk into the bagel shop and not use others for instant gratification. I can talk freely to strangers in an attempt to get to know them as friends, not to use them to feel good about myself. I am comfortable with myself today enough to feel I am capable of being of service to others, that my viewpoints may help others.

My loved ones today are not solely focused on my problems and I am not controlling them with my inability to function in society. July’s promise needs to be looked at in this manner, what selfishness truly is. If we continue to live in the vicious cycle as described above, there is no way we can live for our higher purpose, to enhance the lives of those around us.

The “Zoomification” of AA: Challenges and Opportunities

In 1936, the British statesman Sir Austen Chamberlain said, “May you live in interesting times.” It is often referred to as a Chinese curse and proverb. It was made popular again by the late President of The United States, John F. Kennedy. Ominous warning.

New Year’s Eve 2019. I was home that evening watching the Times Square Ball drop with my family after returning home from our annual New Year’s Alkathon at Nassau Intergroup. There were many silent and open prayers that evening about the promise that a new year would bring; among those prayers were relief from the natural disasters that plagued our nation during 2019, an end to our country’s longest war, and the prayer that was on the lips and in the minds of ALL AAs - *for our Fellowship to continue, our Trusted Servants to serve, and our meetings to help us stay sober One Day At A Time. We were on our haunches - our faith was in our Higher Power.*

In my position as 2nd Vice Chair, I was starting to plan “The Big Meeting,” the large Service event of November just before Thanksgiving, Accessibilities Committee projects (of which I was Chair), and also Service activities of my Nassau General Services Cluster of Districts, of which I am the DCM.

There were whispers of a dark shadow coming to our shores; it felt like the beginning to “The Fellowship Of The Ring” - *rumors of a dark shadow moving from the east . . .* a new virus out of mainland China; similar to the SARS outbreak of 2002-2004, H1N1 Flu of 2009, and Ebola of 2014-2016. It is beyond the scope or intent of this article to go into more details about these viruses, except to say that which, although serious, didn’t cause much damage to our population. We saw people overseas wearing masks - a common sight on TV and Social Media, but that was as far as it went.

Almost overnight, COVID-19 took us by surprise, and before we knew it, we were in the grip of a pandemic that hadn’t been seen since the Spanish Flu pandemic of 1918, which claimed millions of lives worldwide. I remember seeing photos of trenches in Philadelphia; mass graves in which wooden coffins were placed side by side. AA is a social Fellowship of but one purpose: keeping people with chronic alcoholism away from the first drink “ODAAT” - One Day At A Time. Our survival-indeed our very lives depend on this message being *shared with each other . . .* Face to face, one on one, sponsor to sponsee, group to group members, and so on.

In a matter of a few short weeks, our entire service structure was left searching desperately for answers. Meetings were closed as landlords listened to local authorities; groups suddenly found themselves without meeting places. Resistance to local health



The “Zoomification” of AA: Challenges and Opportunities cont’d

ordinances quietly stopped. Where were we (AAs all over the nation) to “get our medicine?” In the meantime, people were dying. Almost everybody has heard of someone’s passing to this plague.

Social media, to AAs mostly *Facebook*, was not adequate to accommodate us as a substitute for face-to-face meetings. Modern communication technology moved from theoretical discussions at assemblies and in our print media to a “NOW” necessity.

I had never heard of the term before, but an application called “Zoom” was becoming the way for AAs to “meet” in a virtual environment. It spread like wildfire, and soon schedules were made to announce these virtual meetings; more secure than any other digital platform, requiring an ID number and a Password. Hosts were needed to keep out unwanted interlopers or “Zoom Bombers” who disrupted meetings with lude photos and comments, not to mention threats to the anonymity of AA members.

Nassau Intergroup was quick to post helpful suggestions to AAs on Zoom security and tutorials on how to do it. Our Accessibilities Committee of which I am Chair, made an appeal for members to assist the elderly and “digitally challenged” folk to use Zoom, either by computer, iPhone or dialing in with a phone.

Next came the challenge of Seventh Traditions contributions to groups, and the other service entities “down the pyramid” of AA. Many groups still had landlords, churches, meeting halls, etc, charging rent even though they were closed because of the COVID-19 health regulations.

Our Intergroup business meetings urgently addressed this problem. The answer came in the form of “digital baskets.” Financial deposit platforms such as *PayPal*, *Venmo*, and *Zelle* were starting to be used more widely. Groups posted links so that members could easily transfer funds to whichever AA entity they wished to. Of course, old fashioned paper checks could also be used.

Since mid-March, Zoom Meetings began to take on a life of their own. As well as “brick and mortar groups” having their meetings on Zoom. Zoom meetings began to spring up that were NOT connected to any group per se. Seventh Tradition contributions would be made to the aforementioned AA Service entities such as the GSO, and locally here, Nassau Intergroup, General Services and SENY.

As of this writing, Nassau Intergroup will soon resume sales of books and literature, albeit by “curbside pickup.” Health regulations to stop the spread of COVID-19 such as masks, gloves, and disinfectants, were written up and will be observed. At the office, through our website Intergroup@nassauny-aa.org, and also our Newsletter, these health measures will be posted and added to for the use of groups, so that they may make their own decisions as to how to proceed with the re-opening phases. Please let us know HOW your group plans to

The “Zoomification” of AA: Challenges and Opportunities cont’d

handle this, by sending information to our Newsletter Editor, Steve S, at News@nassaunya-aa.org

The beauty of the digital status of our newsletter is that it can be interactive: “Letters to the Editor” are requested and encouraged. We want the newsletter to be a finger on the pulse of AA in Nassau.

Throughout the pandemic, the Zoom meetings continue to expand and find many uses. We recently had our first virtual GSR Assembly for Nassau, under the leadership of Annabel B, our DCMC (District Committee Member Chair). Our Area 49 SENY Delegate Jane E. hosted the Post Conference Delegates Assembly on Zoom. The General Service Conference itself was hosted on Zoom - again, a first!

Workshops have been popping up all over the country - An *AAGRAPEVINE Workshop*, the first of its kind to be held virtually, will happen on Saturday, July 18th, sponsored by Area 17 - Hawaii! It is this author’s opinion that Zoom is here to stay, even after we open up. Many groups have found that having their business meetings on Zoom is efficient and productive. Instead of people staying late after a meeting or taking a half an hour out of a regular meeting for a business meeting; they can be conducted from the comfort of everybody’s home. Let us face it: NOTHING replaces spreading the AA message face to face, but Zoom has really been a boon to our Fellowship worldwide during these “interesting times.”

AA will come out of this crisis stronger and more unified than ever - people who were strangers have become friends because of this virtual tool. Real-life sponsorships have sprung up, as well as making new friends.

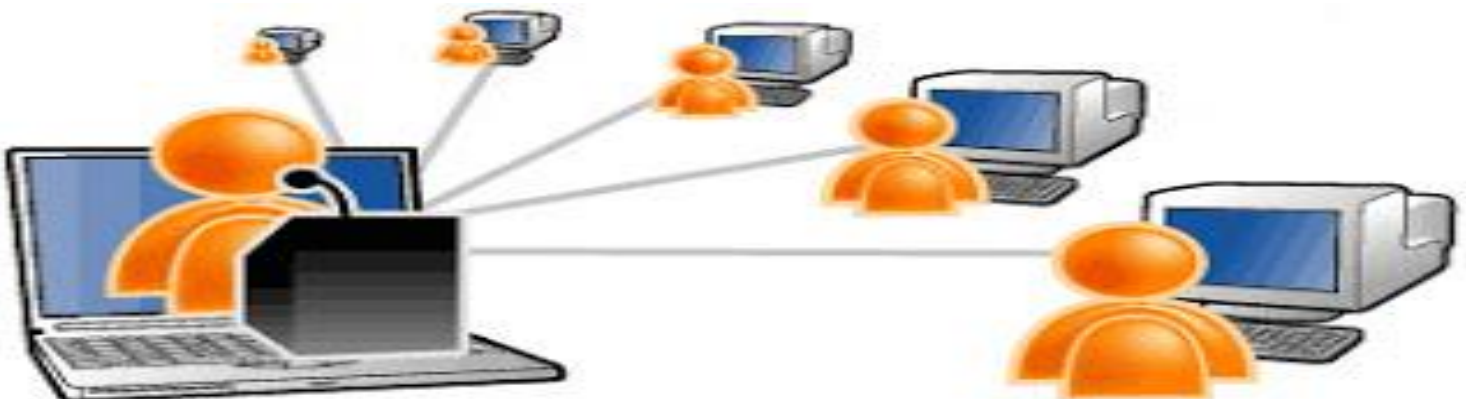
God Bless you all as *we trudge the road to Happy Destiny*, whether on a virtual platform, or hopefully soon - face to face. Thank You.

Sincerely,

In Trusted Service

Steve Sh

2nd Vice Chair, IAN, Inc., (Intergroup Association of Nassau)



PRACTICING THE 7TH TRADITION

**THE SEVENTH TRADITION STATES:
“EVERY A.A. GROUP OUGHT TO BE FULLY SELF-SUPPORTING,
DECLINING OUTSIDE CONTRIBUTIONS.”**

CONTRIBUTIONS TO NASSAU INTERGROUP (FOR AA GROUPS AND MEMBERS ONLY)

Online:

Use this step-by-step guide to [set up Zelle](#) (available on most online banking apps) to make an individual or group contribution to Nassau Intergroup via a secure electronic bank-to-bank transfer. (Already have Zelle set up? Put in contributions@nassauny-aa.org as the recipient to send!)

By mail:

Send a check or money order payable to
“Intergroup Association of Nassau, Inc.” to:
Intergroup Association of Nassau
361 Hempstead Turnpike
West Hempstead, NY 11550

Want to ask us a question?

Email us at treasurer@nassauny-aa.org

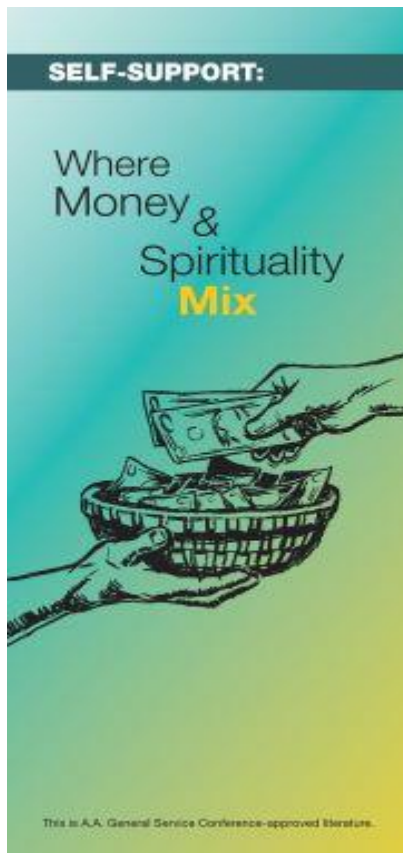
Here are some addresses that might be helpful to you
for contributions to other parts of A.A.:

GSO General Service Office of Alcoholics Anonymous
Box459
Grand Central Station
New York, NY 10213
GSO Online: Click [HERE](#)

Area 49 SouthEastern NY (SENY) Area 49 of AA
PO Box 571
New York, NY 10116
SENY Online: Click [HERE](#)

Nassau General Service Committee
NGSG of AA
P.O.Box 7
Garden City, NY 11530

Where Money ..



Self Support

SELF-SUPPORT

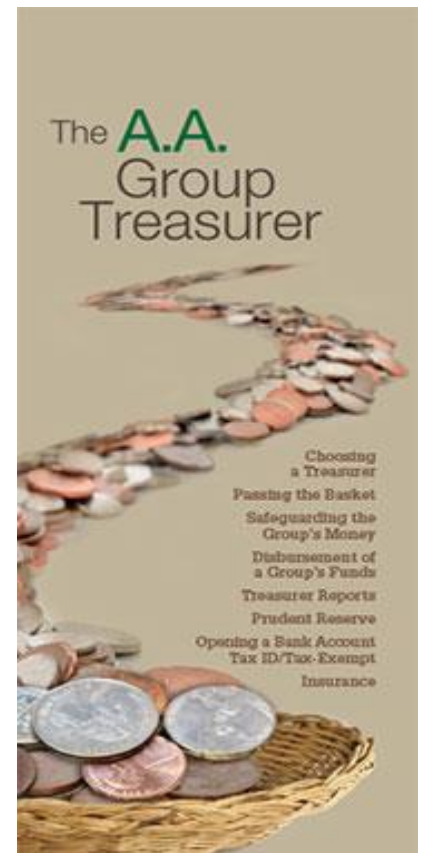
The Seventh Tradition states that Alcoholics Anonymous is self-supporting through our own contributions. The contributions help to cover the group's expenses. But the Seventh Tradition is more than simply paying for rent and other group expenses. It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose.

The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world.

Service Material from the General Service Office



A.A. Group Treasurer



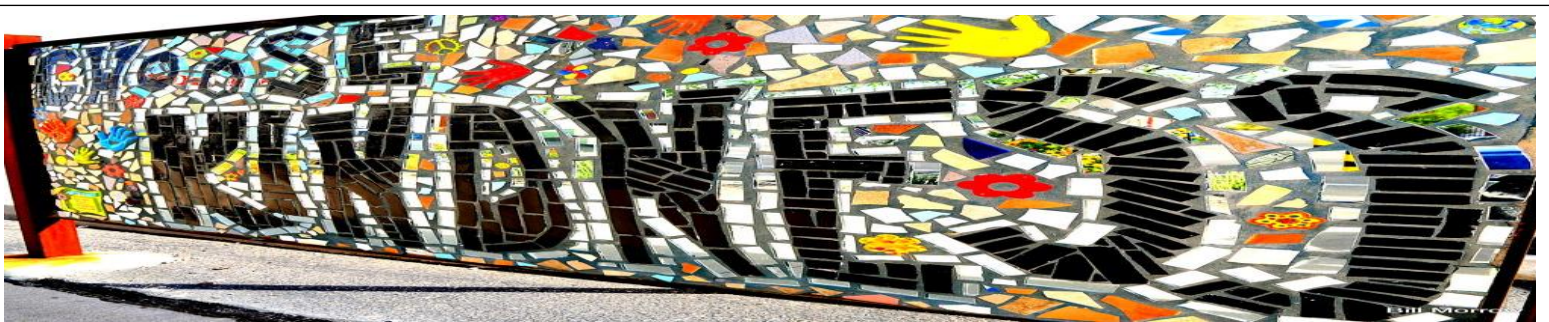
Suggested Group Contributions Pie Chart



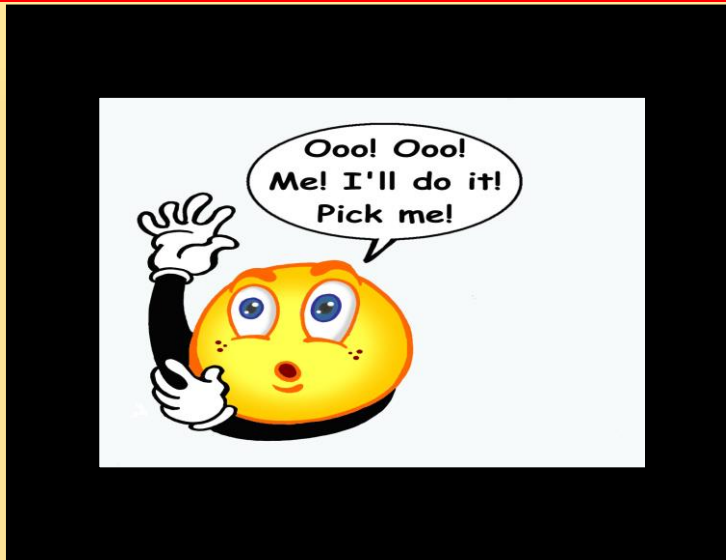
AA Guidelines: Finance



"Creating a Basket for Online Meetings"



ATTENTION: Speaker Exchange Reps



Saturday, June 20, 2020, Intergroup Association of Nassau Inc, held its First Virtual Speaking Exchange Meeting. Due to these uncertain times with the current health crisis we decided to try a virtual meeting. We did discuss this opportunity at the Reps meeting in May and I had asked to spread the word. In addition, we had a flyer on the Nassau Intergroup Website.

The meeting was held on ZOOM and began at 7:30 am with approx. 10 group Speaker Exchange Reps on the call. Prior to June 20th, a Master Spreadsheet of all Nassau County Groups was posted where Reps could log on and fill out their group information in advance: Days, times, types of meetings, and including what type of format- Live, Virtual, and Hybrid.

Although we had a late start at the end of May with trying to get the meeting up and running, it was an overall success! It still is a work in progress, but thanks to some wonderful feedback and ideas from members, we will be improving the experience, making it more efficient and streamlined for the next Speaker Exchange. **The next Speaker Exchange Meeting will be held on September 19, 2020.** Check the website for any changes and/ notifications. <https://nassauny-aa.org>

A special thanks goes out to Jim M. who was a tremendous help with getting the meeting off-the-ground and for hosting as well!

Hope all are Safe and healthy

Steve F. Any questions please feel free to email me *Speakers Exchange:*speakersexchange@nassauny-aa.org

NITEBOOK COVERAGE

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:

East Williston - Serenity Seekers
Wantagh Sobriety
New Hyde Park
Primary Purpose of Lynbrook
Yours in Service,
Karen G Nitebook Chair





COVID-19 had come to New York. Back in March, I remember being at my home group's Wednesday evening meeting. I had some concern for what might happen in terms of physical contact with other members. After all, a hearty greeter's handshake, hugs, and hand holding during meeting closings had become routine, but what about now? I remember mentioning at the secretary's break that some disruption to our routines might be coming, and that folks should make sure they got a few phone numbers of other members before they left for the evening.

The church had asked us to clean and disinfect the meeting space after we met with supplies the church provided. It was encouraging to see the group members pulling together wiping down all the tables, chairs, and common surfaces before we shut the lights and locked the door. My announcement about getting phone numbers and the cleaning routine were repeated at the next home group night on Saturday, and then, suddenly, the meetings ended.

Between our Saturday meeting and when our next meeting would have been held the following Wednesday, Governor Cuomo had imposed the PAUSE on New York State which effectively shut down all face to face AA, at least formally. Baldwin, which had met at least weekly since May 1945 was shut down.

More than three months have passed since the PAUSE, and now NY is reopening and so is Nassau AA. Baldwin did not choose to meet virtually with its members relying instead on various other virtual meetings (no need to compete), but now the reopening conversation is taking place.

While we have not held virtual recovery meetings, we have held a few virtual business meetings. (These gave the members a chance to check in on each other, and to begin giving some thought to the group's future.) Our chair has remained in touch with the church where we meet (no clear guidance from there yet), and members are at least thinking about some of the issues that might confront safely reopening the meetings of the Baldwin Group.

Are we going to be limited in the size of our gatherings? How will we handle requirements for the wearing of masks and social distancing? What extra supplies do we need to get in? Do we discontinue the coffee, tea and cookies, the sharing of books, and the passing of the basket? What is the church telling us? How has our prudent reserve weathered this dry period for contributions? How do we understand our responsibilities to participate in keeping everyone who comes to one of our meetings safe and healthy? What can I as an individual member bring to the table as we grapple with all of this?

Some groups never stopped meeting face to face despite the demands from government and the risks. No doubt now some groups will be eager to simply throw open their doors again without much thought to anything more than getting back to desired routines. Personally, I am not sure either of those approaches reflects what being in recovery means. Haven't I been learning to be a part of rather than apart from?

This has been a particularly tough time for many of us, especially for those of us with looser connections to AA and fewer tech resources, and we would all like to see the hardships of these past few months end. But until they fully do, everyone is at risk. So, what am I bringing to AA and to my community?

Here is wishing everyone a slow and thoughtful reopening. Bill C., Baldwin Group
Here is wishing everyone to a slow and thoughtful reopening.

Bill C Baldwin group

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@aasany.org.

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



St. Francis Prayer

Lord, make me a channel
of thy peace
that where there is hatred,
I may bring love
that where there is wrong,
I may bring the spirit of
forgiveness
that where there is discord,
I may bring harmony
that where there is error,
I may bring truth
that where there is doubt,
I may bring faith
that where there is despair,
I may bring hope
that where there are shadows,
I may bring light
that where there is sadness,
I may bring joy.
Lord, grant that I may seek
rather to comfort
than to be comforted
to understand,
than to be understood
to love, than to be loved.
For it is by self-forgetting
that one finds.
It is by forgiving
that one is forgiven.
It is by dying that one
awakens to Eternal Life.
Amen.

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