

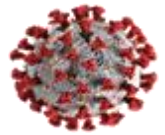
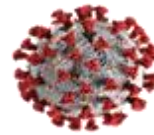
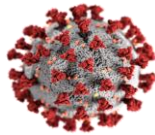
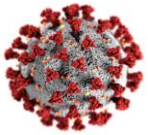
Intergroup Association of
Nassau, Inc.
361 Hempstead Turnpike
West Hempstead, NY
11552-1329
516.292.3040
(24/7 hotline)
<https://nassauny-aa.org>
Business # 516.292.3045

AUGUST 2020



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.](#)

More on the Intergroup Response to COVID-19



Shortly after New York's governor imposed the PAUSE back in March, Intergroup moved to comply by closing its office and either canceling all planned activities or moving them to virtual platforms. It seemed important to set an example in compliance to the clearly urgent public health requirements driven by the then swift and deadly spread of COVID-19. We also pulled the existing meeting list as groups were forced to close under the same PAUSE order. We swiftly began offering information about developing virtual meetings, and it wasn't long before we had an online listing of available virtual AA meetings, Nassau based and beyond. In all this, we were simply being what we saw as responsible members of the Nassau community taking necessary steps to protect ourselves and our members in a dangerous time.

It's been a trying several months since mid-March as we sometimes fitfully adapted to a new AA way of life. In that time too New York has done well in bringing the epidemic of infection under control, and Nassau is now in what is termed Phase 4 of its reopening after the PAUSE. (Each reopening phase allows for additional essential and non-essential activities to resume under specific conditions. Intergroup is working in terms of Phase Two requirements—q.v., [summary](#) and [detailed](#)—which first allowed for the return of retail activities. Earlier phase requirements are generally more stringent than latter ones although the requirements of any phase of reopening are demanding for those attempting to comply.)

But indications are we are not quite at the end yet of this episode in AA history even as we see some AA meetings able to return to face to face gatherings. It seems important to support the gains we've seen by resisting the temptation to become casual about the continuing health and safety concerns (particularly in light of the resurgence of COVID-19 we see in other places), and there are demands to the "new normal."

NY State has developed what it calls [NY Forward](#), a detailed plan for the phased reopening of each region of the State following the PAUSE. At Intergroup, we have developed what the State refers to as a reopening phase appropriate "Safety Plan" (the "Plan") for progressively bringing activity back to our office. In general, the Plan lays out our policies and practices designed to allow the office to operate with minimal risk in the persisting COVID-19 conscious environment.

(continued next page)

Some specifics of the office Plan include: Arrangements concerning the movements and behavior of people in the office including reduced occupancy; acquisition and use of personal protective equipment (PPE, masks and disposable gloves) by office volunteers; addition of approved cleaning and disinfecting supplies and development of cleaning and disinfecting routines; management of the physical space and practices to minimize direct contact among participants; no in office hospitality (coffee, snacks, etc.); a communications plan to assure all coming to the office understand and respect our safety protocols; a health screening protocol for volunteers; and, tracing and tracking compliance plans. The Plan includes a written “Health Screening and Log” report for those who serve in the office, the posting of approved public health notices and reminders from CDC, State and County, and a marking out of the office space to illustrate appropriate social distancing. The office “Safety Monitor” responsible for insuring compliance with the Plan, and fielding any questions is Steve S., Second Vice Chair (2ndvice@nassauny-aa.org).

In practice, all this means that for now the office remains closed for any routine activities (our 24/7 Hotline continues to be answered remotely by office and Night Book volunteers, and remaining meetings are in virtual space) except for literature sales which may be arranged under the controlled circumstances described in last month’s [newsletter](#). Office volunteers are helped to become familiar with the office Plan, and are expected to complete the health screening report before they start their service each day, to wear a mask and practice social distancing while on site, to comply with all cleaning and disinfecting practices, and to cooperate with all other aspects of the developed Plan. Those who feel they cannot do so, need to defer their service to another time or a different channel such as a remote or virtual service opportunity. Office visitors and delivery people need to wear a mask and practice social distancing.

Our online meeting list is providing information on reopened meetings as it becomes available to us. Groups need to contact us at meetinglist@nassauny-aa.org if they wish to be listed as reopened. Please note also we cannot confirm the particulars of any reopened meeting including if it is compliant with COVID-19 related public health and safety requirements.

Our other service committees have remained active as possible and have been adapting to the changed service environment. Institutions and Corrections in particular have remained in contact with the institutions we work with, have brought literature into those institutions in lieu of meetings where allowed, have offered to bring in virtual meetings, and are ready to begin bringing back face to face AA when those institutions are ready for us.

As to our other activities, we cancelled our annual July picnic in Eisenhower Park. The monthly Reps and Steering Committee meetings and the Traditions Workshop continue in virtual space. (Check our [website](#) for details.) Watch too for announcements about Share-A-Day which we expect to also hold in virtual space later this month, and for the Big Meeting (the annual celebration of the beginning of AA in Nassau County co-hosted by Intergroup and Nassau General Services) which is being planned for virtual space November 22.

For those who are interested, copies of the State guidelines for phase appropriate reopening, the Intergroup Safety Plan and any related documents are available for review on request. Intergroup will continue to move slowly out of an abundance of caution in the interests of all concerned, and to regularly report our progress to the membership via the monthly Reps meeting and other channels.

Stay connected. Stay safe. Stay well.



Returning Home

Now that Nassau County has entered phase 4, and our local groups are starting to find their way back into their meeting spaces comes the challenge of keeping track of these changes and letting the alcoholics of Nassau know where they can head to find a meeting.

When the lock down started, information on the groups moving to cyberspace was listed on our “Virtual Meetings” page, and after some scrambling on the part of the developers of the “Meeting Guide” web app, these listings were included in the web app.

Once your group/meeting has returned to a bricks and mortar location please be sure to let us know where people can find you.

If your group has multiple meetings over several different days, please download a copy of the “[Meeting List Change](#)” form, complete, scan or take a photo of and then email to the “[Meeting List Chair](#)”. Since there really is no “before” to reference, just fill out the table with all the meeting times and types that are restarting. Be sure to include any special requirements: Masks required, BYO Coffee; BYO books, Limited to xx people, overflow to parking lot.

When just one or two meetings need to be revised, head to the “[Meeting Finder](#)” on our web site, locate the meeting that is changing and head to that meetings detail page. On that page find “Request a Change to This Listing” and fill out the information for only that one meeting and just hit submit. This needs to be done for each meeting you want to adjust, and again please be sure to include any special instructions.

If working from a phone, it is a little more involved. Find the meeting, scroll down to “View Web Page”, head there and again head to that meetings detail page and “Request a Change to this Listing.”

Once submitted, it will get posted to the “Meeting Finder” within a few hours, but it can take up to 12 hours for it to show up in the web app.

Development of the app continues with more features (saving favorites, access to Daily Reflections) being added to make it ever more useful. At this point, there are over 300 AA entities that are polled twice daily to furnish the information for over 100,000 weekly AA meetings world wide.

It may be a while before the current situation is stable enough to try and put together another printing of our meeting list, but in the mean time anybody with a phone these days, can have a complete meeting list where ever they are – but it all depends on you providing us with accurate and timely status reports.

Whether your meeting is strictly face2face, virtual or some combination of both (a hybrid) we need the information to carry the message to all, both in and out of the rooms.

In love and service,

Cory B

meetinglist@nassauny-aa.org

Literature— About the AA Grapevine, Part 3



This month we finish the conversation we started in [April](#) and continued in [June](#) about the AA Grapevine, the “International Journal of Alcoholics Anonymous,” also referred to as “our meeting in print,” and our Spanish language edition of the magazine, *La Viña*. (For *La Viña* and related Spanish language offerings, select the [La Viña](#) link on the Grapevine website home page, www.aagrapevine.org.) This month we look at some of the offerings from Grapevine beyond the magazines and website.

We mentioned in April that the often seen set of five [AA slogans](#) presented in a stylized font, the painting of the [Man on the Bed](#) (presumably AA number three, Bill D., with Bill W. and Dr. Bob at his bedside), and common use of the “[Serenity Prayer](#)” and the “[AA Preamble](#)” all were introduced to AA through the Grapevine. The set of five slogans, the image of “The Man on the Bed,” a presentation of the Serenity Prayer similar in appearance to the slogans set, and a presentation of the “AA Preamble” are all available as Grapevine items. (The Serenity Prayer and Preamble are 7½" x 5½" in format, and the others are 9" x 12", all suitable for framing.)

Grapevine also offers 23 different theme-based anthologies of articles culled from the pages of the Grapevine magazine. Recently added volumes include: “[Voices of Women in AA](#),” “[AA in the Military](#),” “[One Big Tent](#)” (stories from atheist, agnostic, nonbeliever and secular members), “[Making Amends](#),” “[Sober and Out](#)” (stories from LGBTQ+ members) and “[Our Twelve Traditions](#).” Around for a bit longer are: “[Emotional Sobriety, Vols. 1 and 2](#),” “[Spiritual Awakenings, Vols. 1 and 2](#),” “[Voices of Long-Term Sobriety](#)” (AA old-timers) and the “[Beginners’ Book](#)” to name a few.

A relatively new offering is the multi-volume set, “[Best of the Grapevine: Vols. 1, 2, and 3](#).” “Topics include life in sobriety, AA meetings, the Twelve Steps and Traditions, spiritual experience, recovery tools, old-timers, a look back into early AA history and more.”

Also popular is the “[Grapevine Daily Quote](#).” “Each page offers an inspiring passage of experience, strength and hope to bring into your daily life.” And there are the two humor volumes, “[A Rabbit Walks into a Bar](#),” and “[Take Me to Your Sponsor](#),” each offering jokes and cartoons from the pages of the Grapevine.

Then we have two AA classics. The first is “[Language of the Heart: Bill W.’s Grapevine Writings](#).” In “Language” we find the article in which Bill introduces AA to the Twelve Traditions, “Twelve Suggested Point for AA Tradition” in which he “venture(s) to place in words these suggestions for an Alcoholics Anonymous Tradition of Relations — Twelve Points to Assure Our Future.” (This is where we find the “Long Form” of the Traditions.) In “Language” too we find each of the subsequent articles Bill offers on each Tradition individually, and a wealth of other pieces the co-founder gave us on many other topics, more than 150 articles in total penned between 1944 and the late 1960's.

The second classic is “[The Best of Bill: Reflections on Faith, Fear, Honesty, Humility and Love](#).” Powerful writings, the volume includes, “Why Alcoholics Anonymous Is Anonymous” from January 1955.

All the above Grapevine items are soft cover editions (“Language” is also available in hard cover format) available at Intergroup. Also, before the end of this year, we will have available the 2021 Grapevine [wall calendar](#) (each month illustrated with beautiful photos taken by AA members) and [pocket planner](#).

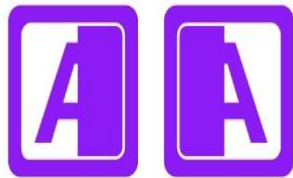
Any of the above items would make a great gift for that special AA friend or a sponsee at the holidays, for an anniversary or for any other special occasion. (Follow the hyperlinks to the [Grapevine Store](#) website for images and details on all the above items and more.)

Closer to home, as of this writing the Intergroup office is, out of an abundance of caution, still closed for most functions in response to the continuing demands of the public health effort against the spread of COVID-19, but literature sales did resume in June under limited circumstances which were detailed in the [July](#) newsletter. In brief, contact Literature via email to arrange to pick up a literature order via contactless payment and delivery. (Intergroup now offers the added option to pay for literature via the [Zelle](#) digital network.) We have most items in stock in good quantities.

I know we are all yearning for the end of this public health crisis which has upended our AA way of life in so many ways, but we seem not quite at the end yet even though we see some AA meetings returning to face to face gatherings. In the interests of all, please resist the temptation to become casual about the continuing health and safety concerns. Everyone has worked too hard these past several months and given up too much to have this thing be allowed to re-surge in Nassau. Stay safe, stay home if you can, stay positive, and stay connected. Hope this is helpful.



“AA GRAPEVINE



STORY HOUR”

Read - Identify - Share

**A Recovery meeting sponsored by
some folks who are interested in the
AA GRAPEVINE as a recovery tool**

**Hosted By Zoom every Monday
evening from 8:00 pm - 9:00 pm:**

ID: 467-421-2768

Pass: 304861

Intergroup Chair Report August 2020



Antonio the Queens Intergroup Chair and I did a lot of collaborating between our different Intergroup offices over the last year. He would come to our meetings and events and I would go to his office and offer some suggestions. He was amazed by our 24-hour hotline and the fact that our office with volunteers was open 7 days a week from 9 AM to 5 PM. I felt honored to be able to drive him home and discuss AA events in Nassau, Queens, SENY, and noticed him to be a man of service to all of AA. In addition, we went to the Intergroup seminar last September and whenever we spoke about each other and our respective Intergroups there was respect for each other and AA.

My reason for writing about Antonio is he passed last month in the hospital. He had given up all his commitments in February and told everyone it was for personal reasons. He was the CPC/PI for Queens General Service, Queens Intergroup Chair, Entertainment Chair for SENY convention, and Alt Intergroup Delegate of the northeast region for the Intergroup Seminar and it was incredibly good to know him! I was saddened to hear of his passing, and he will be missed.

I was asked to share in (South East New York Area 49) SENY's History book about Nassau Counties participation in Long Island Spirituality through Service (LISTS) it started in June 2010. The event was a Nassau General Services workshop that combined Nassau, Queens, and Suffolk participation. It was funded by the three counties and continues to be held as a SENY Workshop today. It recently added Brooklyn, and the Bronx. This was a new style of workshop that shows how in service for AA we find our own spirituality through working together. Plus, there was meditation meetings as well as a video tribute to AA's participation during 9/11 where there was a need for meeting's in NYC at that time.

Our Ad Hoc By-Laws Committee is continuing to meet and looking over certain changes. We will announce for a couple of months and post on website, at Steering Committee, and Reps meetings before making any changes until all members have a good look at them for at least two or three months before bringing to any 2/3 majority vote of our body.

This past month I participated in another Intergroup liaison meeting. We discussed amongst the many Intergroups that attended this meeting the advantage to each group having a voice and vote as a GSR for each Intergroup and the pros and cons of being represented this way at our AREA 49 Assemblies.

The nominating Ad-hoc Committee did not meet at their scheduled meeting, because of my being unavailable that day. At the last meeting, we did have a few selections made and should resume this month in plenty of time for Sept. The Reps meeting announcements for the October Election of Officers for the next 2 years will be at Intergroup.

May you have the Sunlight of the Spirit!

Kevin McH Chair Intergroup Association of Nassau, email: Chair@nassauny-aa.org

THIRD LEGACY: SERVICE
FOUR PAST DCMCS SHARE
in the
JOY OF SERVICE WORKSHOP

Zoom Meeting ID: 441 970 4071 PW: 13570

Phone: 1 929 205 6099

September 21, 7:30-9:00PM

Experience, Strength and Hope

Topics

Service from Home Group, to District, to County & Area

Moving in Service from GSR, to DCM, to DCMC

Participating with Service Committees

Effective Service

Informed Service from Home Group to Area

Continued Personal Growth Through Service



NIGHTBOOK COVERAGE NEEDED TODAY

There have been many people in need of assistance during this pandemic!! We need to be able to answer the hotline and be of service for those in need. This is a great way to give back and help others.

Looking for groups or even individuals who could answer the phones from 5 pm – 9 am. **This could be you!**

If you can help for just one night, it would be a great service to the AA community. Please contact me at **516-292-3045** or email me at nightbook@nassauny-aa.org. Please leave me your name, and phone number so I can contact you directly.

I would like to thank the groups who have helped last month.

East Williston – Serenity Seekers, Wantagh Sobriety, New Hyde Park, and Primary Purpose. Your service is greatly appreciated.

Yours in service,
Karen, Nightbook Chair

Step 8: "Made a list of all persons we had harmed and became willing to make amends to them all".

In step four we looked inward at ourselves and how alcohol shaped our interactions with others. Now we come to step eight where this effort becomes more personal and more tangible. It's likely a safe bet that when we were active, we didn't care about the impact our behaviors had on others, all we cared about was the next drink. If we even thought about our impact on others at all, we most likely swept it under the rug. We may or may not have apologized for our actions, we may or may not have been forgiven, our actions may or may not have been tolerated, but whatever the case, thanks to alcohol, we'd do it again and again. Eventually the people around us stopped forgiving or tolerating us and one by one, relationships began to wither and disappear and all the while we had little or no realization of the impact this was having on our societal interactions, and on our own mental and spiritual health. Like a lot of the steps, doing step eight seems hard at first but it's not. Our program teaches us that we have little chance of lasting sobriety if we don't change. Part of changing is continuing to clean up our side of the street. We start by making a list and at this point it is only a list, nothing more. To be effective we put fear and embarrassment aside and honestly search our memories and emotions for the people we've harmed: the readily apparent and the ones we've blocked out or fudged over. We put as many people as we can think of on our list no matter if alive or dead, nearby or far away. We don't project to step nine while doing this. We talk the list over with our sponsor. We might find it helpful to order our list by three categories based on willingness to make amends: now, later and never. Then, as the shampoo bottle instructions say, we wash, rinse and repeat until we are ready to move on to the next step.

Tradition 8: "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special Workers."

AA is a volunteer organization and we are all, in each of our own ways, contributors to our fellowship, its longevity and its successes. The only money involved at the group level is the contributions we voluntarily toss into the basket. Tradition eight clearly states that we are not to be compensated for any of our step work. Sure, we can be reimbursed for things like coffee, cookies, supplies, etc. and some of the larger service entities in AA like General Services can pay for administrative workers, but not medical or recovery professionals. We members of AA are not professionals and as individuals we have to remember that and sometimes even be reminded of it. We can be medical or recovery professionals by trade, but our interactions with AA are not. We are all members just like any other. This does not mean that anyone is denied professional services. We are all free to pursue whatever outside interests, treatments and support we feel we need. Also, professional organizations come with their own rules, guidelines, dues, etc. An application of professionalism implies a higher status and a greater degree of knowledge, e.g. I am a medical doctor, you are not. I am an accountant and you are not, and so on. This could easily or eventually influence AA and change our primary purpose which is to carry the message of AA to the still suffering alcoholic. Each of us remains an individual, but together we walk down the same "broad highway" so to speak. None of us is more equal than the other. We council one another equally in our program. We do this in the spirit of volunteerism and a singular direction and goal: to achieve lasting sobriety.

BY: Sean M.

Tradition Workshop 8

Speaker needed: Contact Steve S 2ndchair@nassauny-aa.org

August 9, Sunday morning 10:00am

Zoom ID 467-421-2768.

Password: 304861

Sponsored by: Intergroup Association of Nassau Inc.

HOSPITALS & INTITUTIONS



Hello all,

As much of you are aware, H and I has not been able to make it into all the facilities that we participate in. Due to the Covid-19 shutdown. There is no news as to when they will resume. Sorry, 😞 I wish I had better news.

However, on Wednesday Sept 2nd, 2020 at 730pm I will be hosting the first Zoom committee meeting for H and I. I will be updating all whom attend with information on the facilities, expected reopening and literature distribution. In addition, what the future looks like for us.

For the Zoom link and password look for it in the August and September issues of the newsletter. Look forward to seeing you then.

Zoom ID 467-421-2768 / Password: 304861

Thank you.

Archie

H & I Chairperson NIAA

Institutions@nassauny-aa.org



Virtual

5th Annual Unity & Service Conference

of Concord, California

"Applying our 12 Traditions & 12 Concepts to Real Life"



Labor Day Weekend - All Times PDT



ASL Interpreted For The Deaf

Saturday, September 5

Sunday, September 6

8:45 am

Welcome!
Serenity Prayer & Kickoff

9:00 am

Memoirs of a Judge that Nudged

*Rogelio Flores, Santa Barbara, CA
Retired Judge & Past Class A Trustee*

Contempt Prior to Investigation?

**The 12 Concepts -
"A Spiritual Experience"**
Jennifer D., Wilmington, NC

10-Minute Tradition or Concept Vignette Before Each Main Speaker

10:30 am

Service Panels

Panel 1 - **Young People**
Panel 2 - **Bridging the Gap**
Panel 3 - **Corrections (H & I)**
Q&A

Service Panels

Panel 1 - **Public Info & Cooperation with Professionals**
Panel 2 - **Intergroup/Hotline**
Panel 3 - **General Service**
Panel 4 - **Sponsorship**
Q&A

12:00 pm

Break

12:30 pm

**Finance & Romance
in AA's Digital Age**

Jennifer D., Wilmington, NC

**Anonymity and Outside Issues:
Rights vs. Responsibilities**

Roger W., Vine Grove, KY

10-Minute Tradition or Concept Vignette Before Each Main Speaker

2:00 pm

The Three Legacies and Relationships

Chuck & Beth H., Cary, NC

10-Minute Tradition or Concept Vignette
from an Al-Anon Speaker

*This 2 Hour and 15-Minute Session Includes
a 15-Minute Break at 3 pm Before Concluding at 4:15 pm*

Ask It Basket with Speakers

*Rogelio, Jennifer, Don, Roger,
Chuck & Beth*

3:00 pm

Break

Close with Responsibility Statement

4:30 pm

**Unity vs. Conformity
in the Home Group**

Don L., Bellingham, WA

10-Minute Tradition or Concept Vignette to Open

6:00 pm

Close with Responsibility Statement

Online Event!

Space is Limited.....

Pre-Register Today!



Registration Link & Contact Info: Unityandserviceconference.org

925.222.5639

LET GO LET GOD

THESE PAST FEW MONTHS SEEMS JUST LIKE THE MOVIE GROUNDHOG DAY. ALTHOUGH EACH DAY SEEMS LIKE THE LAST ONE, AND SOME CASES WORSE THAN THE LAST, WE MUST MAKE TIME TO REMEMBER THAT WE ARE FACING UNUSUAL TIMES. IT IS TEMPORARY AND WE MUST JUST ROLL WITH WHATEVER COMES OUR WAY. IF WE CHOSE TO FIGHT IT AND ALLOW NEGATIVE THOUGHTS TO SINK IN IT BECOMES OVERWHELMING.

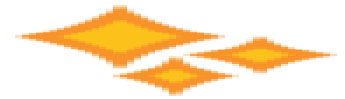
WHEN WE DO LET GO OF THOSE DEPRESSING THOUGHTS AND SURRENDER IT TO GOD, WE LOSE THE EVER-DAUNTING PERSEVERATION OF THOSE DAMAGING WORDS. I CAN AT TIMES WAKE UP AND IMMEDIATELY HAVE A MOMENT WHERE THE FLOODGATES OPEN TO HOW LOUSY THINGS ARE... HOW DO I ESCAPE IT?

I AVOID IT BY TELLING MYSELF TO STOP! THE SAME WAY I MEDITATE ON NEGATIVE THOUGHTS, I MEDIATE ON PRAYER. I WILL REPEAT OUR FATHER, SERENITY PRAYER, AND A HAIL MARY OR TWO. IT SOUNDS SIMPLE OR MAYBE NOT. FOR ME, IT IS A HABIT THAT I MUST MAKE MYSELF CONSTANTLY AWARE OF BEFORE DESTRUCTIVE BEHAVIORS KICK IN. IT TAKES PRACTICE AND PATIENCE, BUT MOST OF ALL IT TAKES FORGIVENESS. I MUST FORGIVE MYSELF AND OTHERS FOR THE HARMS OF THE PAST AND PRESENT...

STAY HEALTHY & LET GO!
IN SERVICE

STEVEN S. NEWSLETTER CHAIR. NEWS@NASSAUNY-AA.ORG

Forgive yourself



The supreme act of forgiveness is when you can forgive yourself for all the wounds you've created in your own life. Forgiveness is an act of self-love.

When you forgive yourself, self-acceptance begins and self-love grows. — Miguel

Gossip and Rumors

Everyone that comes to AA brings with them their own assortment of mental, emotional, spiritual, and material problems, and none of us are without these concerns. If we didn't have them, we wouldn't need this program. We all feel somewhat vulnerable and we establish our own firewalls, with the help of our EGO'S, to protect ourselves from our perception of what those other people are doing, saying, and thinking. We each might establish hard and fast protective reactions, mentally and verbally to protect our own turf. With so many different personalities brought together in one group, it's very hard to let down our guards, after all, we all feel somewhat justified when pointing out the faults of others. This is what the alcoholic personality does.

With the understanding that most forms of criticism and character assassination stem from low self-esteem, it occurred to me that I was just as guilty of the very things that I was accusing them of. I likened it to two old men in a convalescent home hitting each other with their canes because one was not walking fast enough for the other. I had to step up to the plate and become strong enough to look deeper into their motives and understand what caused them to behave the way they did, and not be threatened by their outside behavior. I cannot express in words the mental freedom that this principle has produced in me.

When I see someone acting out, my first thought is not judgmental in nature but of empathy and compassion. My next thought is, "what I can do to help him or her." Having adopted this approach, I have come to terms with all the people that I interact with on a day to day basis and I no longer in conflict with anyone. To me, they are all like kids just learning how to do life. They all have problems and I am not going to be one of their problems. I must be strong enough to replaced words like resentment, judgment, and criticism with empathy, understanding and compassion.

Today I have no adversaries that I can think of, and peace of mind is the natural result of this approach. I find no exceptions to this principle and I cannot be selective about who I apply it to. Everyone gets amnesty in my book. All that mental gymnastics about "those other people" is a distant memory and I can't think of a single time that practicing this principle didn't serve me well. The only one that is sorry for this profound and life changing transition is my EGO, but about that; who am I to criticize? ~ Rick R.

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.

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



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A LIST BY LISA ANN O.

A LIST, A LIST, OH WHERE TO BEGIN... WELL, LET THE FLOODGATES OPEN AND PICK UP A PEN! THE BOOK SAYS I SHALL NOT REGRET THE PAST BUT WILL GET THROUGH THE GUILT AND BE FREE AT LAST. I VIEW MY SIDE OF THE STREET, SO FULL OF GARBAGE -- AND LIST EACH ITEM I MUST ACKNOWLEDGE. WILLING TO MAKE AMENDS TO THEM ALL, I SEE DENYING MY PART WAS A GIANT MISCALL. NOW WITH THE LIST FINALLY IN MY HANDS, ONTO STEP 9! AND THE "PROMISES" LANDS.

THE FOLLOWING GROUPS RE-OPENED, STAY SAFE, STAY CONNECTED, STAY HEALTHY

SUN 8PM OD, THURS. 8PM, C GLEN COVE

GLEN COVE 1 GROUP
REOPENED

ST.PAT PARISH
235 GLEN ST.

TUES 8PM, FRI 6:45BB 8pm 0 MERRICK

The Merrick Bellmore Recovery Group Comm.CH
** REOPENED**
2101 William pl

Sunday 7:00 am	Jones Beach	<u>Sunrise Meeting - **Reopened**</u>	1 Ocean Pkwy
Sunday 7:00 am	Jones Beach	<u>Sunrise Meeting - **Reopened**</u>	Field 6 Parking (meet at east end then to beach)
Sunday 8:00 pm	Port Washington	<u>Grupo Serenidad En Port Washington - **Reopened**</u>	
Sunday 8:00 pm	Glen Cove	<u>Glen Cove I Group - **Reopened**</u>	St Patrick's Parish Hall
Monday 7:00 pm	East Rockaway	<u>Sobriety First - **Reopened**</u>	VFW Post #330
Monday 8:00 pm	Port Washington	<u>Grupo Serenidad En Port Washington - **Reopened**</u>	
Tuesday 8:00 pm	Merrick	<u>Merrick/Bellmore Recovery Group - **Reopened**</u>	Comm Pres Ch/Merrick
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Wednesday 7:30 pm	Baldwin	<u>Baldwin Group - **Reopened**</u>	First Presbyterian Church
Wednesday 8:00 pm	Port Washington	<u>Grupo Serenidad En Port Washington - **Reopened**</u>	
Thursday 8:00 pm	Glen Cove	<u>Glen Cove I Group - **Reopened**</u>	St Patrick's Parish Hall
Friday 6:45 pm	Merrick	<u>Merrick/Bellmore Recovery Group - **Reopened**</u>	Comm Pres Ch/Merrick
Friday 8:00 pm	Port Washington	<u>Grupo Serenidad En Port Washington - **Reopened**</u>	
Friday 8:00 pm	Merrick	<u>Merrick/Bellmore Recovery Group - **Reopened**</u>	Comm Pres Ch/Merrick