

Intergroup Association of  
Nassau, Inc.

361 Hempstead Turnpike  
West Hempstead, NY 11552  
516.292.3040  
(24/7 hotline)

<https://nassauny-aa.org>  
Business # 516.292.3045

**SEPTEMBER 2020**



Keep Occupied: **VOLUNTEER**

Help us keep our phone lines well-staffed.  
Contact our 24/7 hotline and ask to be added  
to our emergency contact list.

**PICK YOUR AVAILABILITY 9-1 / 1-5**

OR consider taking the nightbook

Contact: Karl *Office Coordinator*

[officemanager@nassauny-aa.org](mailto:officemanager@nassauny-aa.org)

Karen [nightbook@nassauny-aa.org](mailto:nightbook@nassauny-aa.org)

Look for face2face meetings

### Closer to Home, Part 3, Reopening

Look for face2face meetings

AA members in Nassau County have done well in meeting their responsibility toward being a positive part of the public health response combating COVID-19 since the PAUSE was implemented in New York State mid-March. While it has not been without its challenges, troubles and casualties, and the positive participation has not been universal, we can feel comfortable that most of us have taken a responsible hand in the fight and in continuing to carrying the AA message of recovery.

And now, with Nassau well into Phase 4 of reopening following the PAUSE, we begin to see AA groups slowly coming back to face to face meetings. Although for me personally, the lack of access to face to face AA and my reliance on virtual meetings has not been a problem, I know for many this has been a severe and even painful loss, and the re-emergence of face to face AA is more than welcomed.

For the Baldwin Group where I am a member, there were no meetings after the PAUSE. That all changed in July when we were given the go ahead from the church to reopen under loosening State restrictions. That still meant imposing a cap on the size of our meetings (50), maintaining the expected six foot social distance, the wearing of masks, the elimination of vectors for virus transmission such as hospitality (bring your own coffee), the sharing of literature (bring your own Big Book) and the passing of the basket during meetings, and the need to disinfect all common surfaces after our meetings. Any group that is reopening in compliance with current State requirements has to consider similar restrictions.

So how is AA in Nassau doing?

I attended my first face to face AA gathering in August at a group to remain un-named. I was immediately concerned to find large numbers of attendees leaving the meeting and outside without masks. (Had they been masked inside?) The numbers too seemed to exceed what might be reasonably accommodated in the meeting space with six foot distancing. This seemed to be confirmed when I got inside and found the spacing of the chairs to be clearly less than even a generous consideration of six feet. (Had they been set that way, or had they been moved during the course of the meeting?) It was a Big Book meeting and books were being used in common. There was no hospitality and the basket was on the front table should an attendee wish to contribute. This was only a vague shadow of the particulars of this meeting I had found listed with Intergroup, and I wondered what understanding the group had with the church.

Having arrived late and having missed the announcements, I had to wonder what efforts had gone into asking the attendees to wear masks and keep to six feet apart. I wondered too what might happen if a startled attendee decided to complain about the conditions of the meeting either to the church or to the county? Non-compliant meetings in Nassau have been shut down by either their landlord church or even by government. And what about the good name of AA?

We are a challenged and challenging lot many of us, at times fearful on the one hand and defiant on the other, and times of stress as we have been experiencing certainly do not bring out the best in some of us. Some of us too seem to feel entitled by the suffering we experienced from our drinking to now be treated as special. There remain those scattered clusters of members doing simply as they please with little or no consideration to the challenges of the moment, and despite the guidance and demands of health and governmental leaders.

At the same time, it's been marvelous to see how readily AA members in general continue to rise to the current challenges, and, in the matter of reopening, the many good efforts going in to that process by so many members in so many groups. There is still no AA Police and no government in AA to say what we can, can't, should or shouldn't do. Individual conscience contributes to the group conscience as we look at reopening.

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

Bill C., Baldwin Group

## AA's COVID-19 Survival Kit



So here we are: four months into the Coronavirus Pandemic. The face of AA has been changed forever. The technology available to us was not really taken seriously in most quarters before the current pandemic. Here and there people used telephone meetings and "Online Intergroup." Although every AA is invited to attend any meeting they see fit, in whatever format, most AAs preferred the traditional face-to-face AA meetings.

Coronavirus changed EVERYTHING. Even now, many AAs are wondering if and when they will be able to get back to their regular meetings. There have been exceptions. Some groups *never* shut their doors, and kept meeting despite the protestations of landlords, etc., and in defiance of local and federal health authority advisories. Most groups, however, settled into what became the new norm: meetings hosted by such virtual platforms as "ZOOM," that being the most popular.

First, a word about the "Online Intergroup." This is a fully AA sanctioned entity, and can be placed into any browser search bar as "AA Online Intergroup." This is what they have to say:

*"The first AA meetings online used Bulletin Boards and were around 1986. Email groups started forming in the early nineties and the development of the worldwide internet rapidly fueled the growth and variety of groups. The first online AA group, "Lamp-lighters," was formed in 1990, and has met by email continuously since then. Now there are hundreds of AA groups with thousands of members, connected together through this Online Intergroup. Using various mechanisms — video conferencing, phone conferencing, message boards, email listservs, and chatrooms — the AA community is constantly connecting and finding new, creative ways to communicate the experience, strength and hope of recovery in Alcoholics Anonymous."*

***(Covid-19 survival kit continued)***

In researching this information, I couldn't help but wonder what would have happened had this pandemic struck in the 1950's, sixties, or even seventies?

I believe that telephone meetings would have been utilized, along with letter writing. I speculated on "What would Bill have done?" I believe I have part of the answer to that:

In 1944, a new recovery tool took AA by storm. I am speaking of course about *The AA Grapevine*. Our soldiers who were AA members called it "Our Meeting in Print." At that time, over one million American men and women were in the Armed Forces of the United States, fighting the Second World War, in remote parts of the globe, far away from home and the comforts of their home groups. Bill envisioned a publication available to the entire fellowship, that would carry the AA message of recovery, and become a permanent fixture in AA Literature. Bill was a prolific writer and wrote about 140 Grapevine articles in his lifetime. He called the Grapevine "A Mirror of The Fellowship, and a Forum for Debate." Most of the early articles covered such diverse topics as The Twelve Steps, and in 1946, The Twelve Traditions, money, outside enterprises & AA, and much more. Other early members contributed more of the same in writing their personal stories of recovery, their successes, and failures, and what they did to stay sober every day. There were stories about sponsorship, home groups, staying sober through the holidays, and "fitting in."

In fact, more of our service men and women stayed sober during the last two years of the War and its aftermath, than their fellow AAs at home. The Grapevine became an indispensable tool of recovery - a "lifeline to the fellowship" if you will. Today, the Grapevine is the best kept AA secret! People know it's out there, have a vague idea of what it is, yet never truly explored it. Did you know that the Grapevine has its own YOUTUBE channel? At any time, there are at least 46 videos (stories) by AA members compiled on almost any alcohol-related topic on there.

I saw things like "AA's Twelfth Step Tools," a five-minute talk by Bill W., a 40-minute talk on "How to Prevent Zoom Bombings," a story about *honesty* (which hit home hard to me . . . Ahem!!). Since I am a history nerd, I saw a video titled "A Big Book Is Born," a timeline of events in the writing and publishing of our *Big Book*. There is even a one- and one-half minute video on "How to Be A Successful Grapevine Rep."

I felt as if I had stumbled on a treasure trove of recovery tools - **ESPECIALLY USEFUL . . .** *During this time of the COVID-19 Pandemic!* One thing surprised me though. Out of all the several million or so AAs in the US & Canada, only about 3.4 thousand members are subscribers to the YOUTUBE Channel. Please do yourself a favor and go to YOUTUBE and place "AA Grapevine" in the search bar, then hit "Subscribe." You will be very glad you did. Stay well. Together we can get through this thing!

In Trusted Service  
Steve S

# Nassau County AA Speaker Exchange

Nassau Intergroup hosts our 2<sup>nd</sup> Virtual Exchange meeting- All groups are invited to attend to exchange all meeting formats- virtual-hybrid-in person. Please contact Elise M via email.

**September 19, 2020 9:00 AM**

**Zoom Door opens at 8:30AM**

**Groups must register early for access.**

Exchange Chair: Elise M

Email: [speakerexchange@nassauny-aa.org](mailto:speakerexchange@nassauny-aa.org) or <https://nassauny-aa.org/>

## NASSAU COUNTY SPEAKER EXCHANGE:

All – please find the attached Group Form for the upcoming Speaker Exchange – Please provide all information so that the database can be prepared and ready to go on the day of the meeting. Once I have recorded the group information –I will provide Zoom # and password for the meeting.

Any questions – please let me know. Elise M.

**TOWN:**

**GROUP NAME:**

**Contact Name:**

**Contact EMAIL:**

**Contact Phone:**

**MEETS:** Fill in each meeting separately. **\*\*For Groups that are exchanging more than 2 meetings per week – Copy and Paste to add the information below\*\*.**

**DAY:**

**TIME:**

**VIRTUAL**

**IN PERSON**

**MEETING TYPE: VIRTUAL  IN PERSON**

**\*\*NOTES**

**Optional – Group Conscience requirements for Speakers – i.e. Sober Time- - Specific Topic i.e. Step or Tradition # - Format i.e... Speaker 15-minute limit.... etc.....**

**\*\*WEEKS NOT EXCHANGED**

**: Please identify the weeks that your Group does not need an outside Speaker. For example - Last Week of the Month - Anniversaries or specific dates.**



# NASSAU COUNTY INTERGROUP

Unity, Recovery, and Fellowship

Share-A-Thon

*"Creating the Fellowship, We Crave"*

WHEN: Monday Oct 5<sup>th</sup> - Saturday Oct 10<sup>th</sup>-2020

TIME: 8:00pm-9-pm Mon-Thurs & Fri & 8pm-10pm

Virtual Platform: ZOOM. I.D. # 554 670 5146 PW 870607



OLD TIMERS PANEL

KEYNOTE SPEAKER

HISTORY OF AA PANEL

FELLOWSHIP

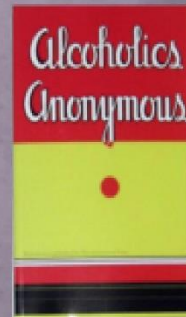
AA WORKSHOPS

THE RETURN OF THE TRADITIONS PLAY

*Come and*

*Someday we hope that every alcoholic who journeys  
will find a Fellowship of Alcoholics Anonymous at his destination.*

*bb pg. 162, Alcoholics Anonymous.*



## CREATING THE FELLOWSHIP, WE CRAVE

NASSAU INTERGROUP OF ALCOHOLICS ANONYMOUS - 43<sup>rd</sup> SHARE-A-THON

PROGRAM OF EVENTS OCT 5<sup>TH</sup>-10<sup>TH</sup> VIRTUALLY ON ZOOM 554 670 5146 PW 870607

<i>DAY</i>	<i>8-00PM-9:PM</i>	<i>9-00PM-10:00PM</i>	<i>FELLOW SHIP</i>	<i>Virtual (ZOOM ID)</i>	<i>PW</i>	<i>SPEAKERS</i>	<i>GROUPS</i>	<i>NASSAU IG MODERATOR</i>
MONDAY OCT 5TH	<b>WELCOME &amp; The 12 Steps of AA</b> (Our Design for Living)		ROOMS OPEN 10 MIN PRIOR	554 670 5146	870607	Kenny  Chris H	PPG Lynbrook	GERALYN G
Tuesday OCT 6TH	<b>SPONSORSHIP;</b> (What a Sponsor is and what a Sponsor isn't)		FOR FELLOW- SHIP			Vessala  Colleen	Stepping Stones  Courage to Change	JR
WED OCT 7TH	<b>AA FELLOWSHIP</b> (We are all equal)		ROOMS OPEN 10 MIN PRIOR			Sean	There is a light	KEVIN M
Thurs OCT 8TH	<b>MAX SERVICE TO GOD &amp; OTHERS</b> (Takers to Givers)		FOR FELLOW- SHIP			Marybeth  Nancy	No Frills Good Shepherd	DEB
FRIDAY OCT 9TH	<b>THE HISTORY OF AA</b> (Worldwide & Nassau)	<b>THE TRADITIONS PLAY</b>				Bill C Marie John W	Baldwin Group Hewlett- Cedarhurst Nassau Archives	CAROL M
SATURDAY OCT 10TH	<b>OLD TIMERS PANEL</b>	KEY NOTE CRAIG Moonlight Group	Carol M PPG Lynbrook	Roy T Baldwin Group	Miriam H	Jim K	Old timers intro: Archie Speaker Intro: Chris	Sobriety Countdown: Glen Traditions: Karen

## **Some Questions to Consider in Planning the Reopening of Face to Face AA Meetings and Events**

1. Have you discussed with your landlord (LL) their readiness to have you resume meeting? Is such a conversation needed?
2. Does the LL impose any restrictions on the meeting over and above those required by Federal, State and County (government) public health authorities to resume meeting?
3. How will the group accommodate the LL's requirements if any? Be specific.
4. Is the group aware of any requirements coming from government (such as the wearing of masks, meeting size limits and social distancing) that might restrict, or shape resumed meetings?
5. How will the group accommodate any requirements coming from government that might restrict its meetings? Be specific.
6. If the meeting is restricted by LL and/or government requirements, how will the group try to assure cooperation when participants choose to flout the requirements.
7. Are there additional voluntary suggestions coming from the LL or government for safely resuming meetings?
8. Are there additional ideas supporting safely resuming meetings?
9. Will the group need to provide any extra supplies (such as disinfectant or masks) to maintain/support the meeting?
10. Will the group need to consider disinfecting common surfaces before or after meetings?
11. Are there concerns related to the sharing of books, the common handling of the basket or the provision of refreshments during meetings?
12. Does the group have access to additional rooms where overflow could be accommodated?
13. Are meetings in parking lots and/or public spaces a way to handle overflow?
14. If in the past the group typically drew more attendees than can now be effectively accommodated under any restrictions, how will that be handled?
15. Is the group prepared to turn attendees away if their attendance violates any new meeting requirements?
16. If the group has a greeter, will their role change be considering any of the above?
17. How will all group members support the group's managing any new responsibilities taken on to resume meeting?
18. Has the group considered how it will respond if requested to cooperate with local health department contact tracing efforts?
19. Has the group considered not reopening until such time as it can meet unrestricted?
20. When will the group reopen, and how will that reopening be communicated locally?
21. If the group has been meeting via Zoom or some other virtual platform, will those meetings continue in any form after the group reopens?
22. Are there ways to combine face to face and virtual

23. What lessons for carrying the message (Step 12 and Tradition 5) have been learned during this time of challenge?

24. Have we become more sensitive to accessibility issues routinely experienced by some members even before this time of challenge?

25. Has the group continued to pay rent for its meeting space even though not meeting?

26. Should the group seek forgiveness or a refund for rent due or paid for the time it could not meet?

27. If the group embraced an electronic channel for receiving contributions (such as Apple Pay, Cash-App, Google Pay, PayPal, Venmo or Zelle), should it maintain that channel once it is meeting again.

We consider these questions just a start as we begin to talk about the transition back to face to face AA in Nassau County.

Watch the Intergroup and General Service web sites for more information as it becomes available.

Intergroup Association of Nassau, Inc., Steering Committee

## **Additional 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

**\$\$\$\$\$ REMINDER \$\$\$\$\$\$**

**If you make an ONLINE CONTRIBUTION please be sure to include your **HOMEGROUP** in the “notes” when using the app online so, we can **THANK YOU** and keep **GOOD RECORDS**.**

## Intergroup Chair Report Sept. 2020

I hope everyone has had a safe and good summer. This month, we have noticed an incremental growth of some of our groups opening “Face to Face meetings” and others still using virtual methods going forward. The safety of our members is still of paramount concern!

We are discussing possibilities of a limited reopening of the Intergroup Office for administrative purposes; for groups who may not be able to download forms for their new or old groups and thus email this information to our Webmaster. Our objective is that a group member can come in person to get a group form and fill it out and leave it at the office to update their information.

## **VOLUNTEERS NEEDED!**

The office manager would appreciate those volunteers who could come in and learn our new protocols to answer our HOTLINE phones at the office and be able to distribute forms like group forms to accurately update our group’s information; as well as learning the procedure to sell and dispense literature. All current NYS regulations will be observed regarding PPE (Personal Protective Equipment and sanitary procedures).

Masks **MUST** be worn for anyone working in the office, and for people who come to the office to purchase literature, even if it is done in a “curbside pickup manner.” Volunteers in the office would be required to fill out a simple tracing form each time they come in. Some volunteers may want to still operate the hotline remotely from home due to high risk concerns regarding COVID. This is perfectly fine.

This has been a long and difficult road for everyone, and we still have a long way to go. There are many of us that want in person Rep Meetings and Steering Committee meetings to resume, but in order to remain safe we can function adequately for now remotely and with limited contact as through the front door with a safe six-foot distance with a mask.

People can purchase literature one of two ways: email Bill C., the Literature Chair, telling him what you would like at “[Literature@nassauny-aa.org](mailto:Literature@nassauny-aa.org),” OR come to the office in person and purchase the books, etc., from the volunteer at the desk. *Make sure to call the hotline first to make sure someone is there to handle your order: (516) 292-3040. The phone rep will take your order and then set it up for “curbside pickup.”* Right now, Saturdays and Sundays are good for stopping by the office for pickups. Stay tuned to our website and newsletter for the latest information: [Nassauny-aa.org](http://Nassauny-aa.org) then navigate to “Newsletters.” And pick September.

Now for some GREAT NEWS! The Intergroup Association of Nassau will host on Zoom a “**Virtual Share-A-Week**” which will consist of a Closed Discussion Meeting for one hour an evening **Mon Oct 5th – Friday Oct 9th from 8 PM - 9PM.**

**Saturday Oct 10th will be a two-hour Theme and Old-timer’s Meeting from 8 PM – 10 PM. Oldtimers (are those AAs with 25 years or more of continuous sobriety).**

**On October 1st at 7:30 PM we will have our two-year **Officers Elections** and for the first time this will be virtual! The positions a Rep or Steering Committee member can stand for are: Intergroup Chair, 1st Vice Chair, 2nd Vice Chair, Secretary, and Treasurer.**

**PLEASE NOTE: ALL OF THESE VIRTUAL MEETINGS INCLUDING THE ELECTIONS SHALL BE HOSTED ON ZOOM AT 554-670-5146. PASSWORD: 870607**

Thank you! Kevin McH.,  
Intergroup Chair,  
[Chair@nassauny-aa.org](mailto:Chair@nassauny-aa.org)

## **INTERGROUP ELECTIONS**

INTERGROUP ASSOCIATION OF NASSAU  
ELECTIONS 2020

**OCTOBER 1<sup>ST</sup>, 2020** For all elections information for Intergroup Assoc. of Nassau Inc. check out our web page ; <https://www.nassauny-aa.org/Docs/Elections.html>



# What to Do When Other People Aren't Social Distancing

I was recently on our afternoon hike with my wife and kids, dutifully wearing our masks and observing social distancing guidelines. Suddenly a runner without a mask passed us from behind, huffing and puffing his breath cloud into our shared air as he came within two or three feet of us. I was irritated that a person potentially could expose us to the coronavirus when we were doing our best to protect ourselves and others.

If you are being strict with your social distancing, chances are there are people around you who are being less careful. While the majority of Americans seem to understand the need to **limit contact with others** to slow the spread of the coronavirus, people vary widely in their social distancing practices.

Maybe you wear a face mask religiously in public, while many around you go maskless. Or maybe some people seem oblivious to the six-foot distance guidelines that you faithfully observe.

You might be more careful about social distancing than some of your friends and neighbors, or even the people you live with. Maybe your spouse does not take the virus as seriously as you do, or your teenaged kids act like you are freaking out for no reason and ignore your pleas to social distance.

What can you do if you find yourself in a situation where others seem to be throwing caution to the wind?

## Safety Considerations

First, be incredibly careful about confronting a stranger about their social distancing practices. This topic is highly charged and has become a major point of contention in the debate about how and when to restart the economy.

Attempts to change others' behavior could potentially trigger a violent reaction, as **has happened several times**. You also risk prolonging contact with someone who is at an elevated risk for carrying the coronavirus, given their disregard for social distancing; if they approach you and start yelling, you could get infected.

If you notice a persistent problem, contact those who are responsible for the space—for example, the manager of your grocery store or the authorities who oversee your local trails.

## Beware of Catastrophizing

Keep in mind that the risk is low for contracting **COVID-19** from very small deviations in the social distancing guidelines. For example, if a fellow hiker stumbles and briefly comes within five feet of you, it is unlikely you have just contracted the virus (which would also depend on their carrying it). While it might be frustrating to feel like others are not doing all they can to keep their distance, avoid making yourself more distressed than necessary.

## Be Generous

I recently discovered that a family member and I had quite different views on what constituted effective social distancing. We follow remarkably similar practices, which I believed to be close to 100 percent compliant with the recommendations, while they saw us as being more like 89 percent compliant. I was shocked to learn that what I saw as an A+, they gave a B+! So those who are less careful than you might think they are doing a bang-up job of social distancing.

Aim to make the kindest possible interpretation for why others are not being as scrupulous about social distancing. It may not be that they are “selfish,” “arrogant,” or “uninformed”. They might just have a different understanding of risk and of the need to take precautions and might think they are being quite careful.

Maybe they think, for example, that it's okay to get close to you in the grocery store since you're both wearing masks (though the CDC guidelines say to “keep at least 6 feet between yourself and others, even when you wear a face covering”). Similarly, many people don't seem to know that **their leashed pets also need to maintain social distance**. Making a different judgment about the reason behind their behavior can make you feel less upset by it (even if the actions themselves are no less risky).

## Communicate Honestly to Loved Ones

Let friends or family members know if you are concerned about their social distancing practices. You may not change their minds or their behavior, but at least you will know you did what you could to protect them and those they encounter.

## Be clear and firm about where your boundaries are

Do not feel pressured to change your behavior if local family or friends try to convince you to hang out with them. Even if they say you are being “ridiculous” or “paranoid,” you do not have to compromise what you believe is right and what you are comfortable with. The biggest challenge may come when you and a family member you live with do not see eye to eye on social distancing. Talk openly with your loved one about your concern, using positive assertive communication:

- Take ownership for your thoughts and feelings, rather than making accusations. For example, say, “I worry that you're going to bring the virus home to Grandpa,” rather than, “You're being really stupid and selfish.”
- Say what is on your mind as calmly and rationally as possible. The fear you feel about the virus will likely lead to anger, but an aggressive tone will just put the other person on the defensive and lead nowhere.
- Listen to the other person's perspective. Try to understand their thoughts and feelings, rather than listening only for what you disagree with. You may not agree with their conclusions, but it helps to know where they are coming from. If they feel truly heard they may also be more willing to consider changing their behavior.

## Control What You Can

Trying to make others do what you want is unlikely to work and usually only leads to frustration. Ultimately you can only control yourself. You cannot force your fellow pedestrians to give a wide berth on sidewalks and trails, for example, but you can take measures to stay as far from them as possible. You might need to limit your exposure to public spaces to the least busy times of day or avoid narrow trails that make distancing difficult.

Remind yourself of the value of accepting the limits of what you can control. This requires a deep level of acceptance, which does not mean resignation. You can care about this issue a great deal, even as you acknowledge that your control is limited.

## **Literature— A Virtual Tour of Our New Web Presence**



In August Intergroup launched its new Literature web page in coordination and cooperation with our Web Committee. For the first time you can find access on the [Intergroup website](#) to a large catalogue of items from AA World Services (AAWS) and AA Grapevine (AAGV) available through Intergroup and other information.

From the home page, click the “[Literature](#)” button near the top just under the banner. From the Literature page you can access catalogues of many of the most commonly sought [AAWS books](#) and [other items](#) and [AAGV books and other items](#) by clicking the text next to the image for each part of the respective catalogues. Each of the three catalogues provides images and information for those books and other items most requested. Further down the page you can download an [order form](#) to make placing your order simple.

Want items not listed in the catalogues or on the order form such as any of the individual AA pamphlets or our Newcomer Packet? We probably have them in stock in good quantities. Drop us an email at [literature@nassauny-aa.org](mailto:literature@nassauny-aa.org) for any special orders or with any questions.

What about order fulfillment, actually getting your order? 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 mark the exception under limited circumstances. In brief, contact Literature via email to arrange an order via contactless payment and pick up at the office at a mutually convenient time. (Intergroup now offers the added option to pay for literature via the [Zelle](#) digital network.) Find details about the current [conditions for literature sales](#) from our web page.

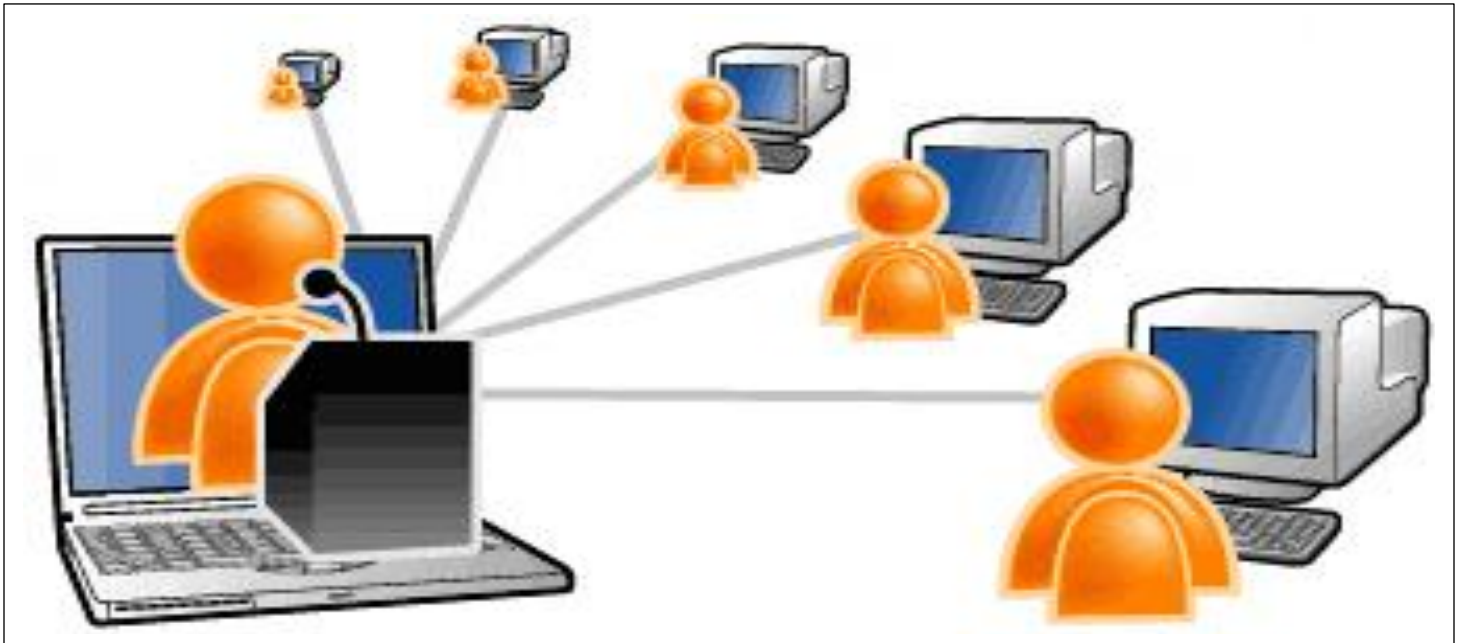
The new Literature web page also offers a link to [subscribe](#) to our monthly newsletter and special event flyers. Additionally, you can download copies of the full [AAWS](#) and [AAGV](#) literature and other items catalogues, and find complimentary access to [read the “Big Book” and Twelve Steps and Twelve Traditions](#) online and to [Daily Reflections](#) featuring the quote of the day. Our new web page also provides links to AA’s two newsletters, [Box 4-5-9: News and Notes from the General Service Office of AA](#), and [About AA: A Newsletter for Professionals](#), also complimentary subscriptions.

Finally, our new web page offers a link to a great [app](#) offered by AA Area 8, San Diego/Imperial, California which provides in one place access to all complimentary AA books and pamphlets.

Nassau seems to have been doing well in its battle against COVID-19 thanks to the cooperation and participation of those throughout the county, and we can be hopeful of a progressive albeit slow return to our prior AA way of life. 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.

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

# The BIG MEETING



**WHERE:** Hosted on Zoom: 554-670-5146; Password 870607

**WHAT:** This a three-hour virtual meeting celebrating over 60 years Of AA in Nassau County. How we began, how we got to where we are today, and how we are handling the changes of the future.

**WHEN:** Sunday, November 22nd, 2020 @ 10:00 am - 1:00 pm

**WHO:** Panelists knowledgeable about our county's AA history, of the optimistic spirit of Service, and memorable experience in their own powerful words.

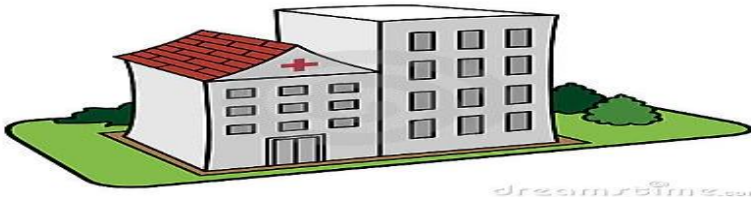
**OLDTIMER'S PANEL:** People with 25 or more years of continuous sobriety who will share their experience, strength, and hope!

*This should be an informative and enjoyable three hours! Audience participation will follow the presentations.*





## Hospitals & Institutions



**Hello all,**

**As much of you are aware, Hospitals and Institutions 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.**

**Our meetings are held the first Wednesday of each month.**

**Look forward to seeing you then.**

**Zoom ID: 467-421-2768**

**Password: 304861**

**Thank you,  
Archie**

**H & I Chairperson NIAA**

**Institutions@nassauny-aa.org**

**NITEBOOK COVERAGE  
HELP NEEDED / KEEP BUSY**



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](mailto: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:

**Young by the beach, Cedarhurst Hewlett, and Bottom Line Group of Massapequa along with a week's worth of individuals**

Yours in Service,  
Karen G Nitebook Chair



## Step Nine



**“Made direct amends to such people wherever possible, except when to do so would injure them or others”**

There are two things that must be said at the outset of step nine: first, remember that the goal here is to help clean up the wreckage of an alcoholic past. Its purpose is not to dig up hurtful things or to get even for past wrongs. Its goal is to clean up our side of the street so that we can move on from the past and continue in our new sober lives. Second, and this must be emphasized, be careful! This step shouldn't hurt you or others. Careful consideration should be given to the feelings, emotions and real-world impacts to us and others.

This step should not be performed hastily or without having thoroughly gone through the preceding steps with a sponsor, adjusted our attitudes, gathered some sober time, and committed ourselves to a new way of life. It will not do any good to make apologies and say we've changed only to go out and get drunk again. Doing so will make us look insincere, dig deeper emotional holes, and set us and others back. But if we have a good foundation and a commitment to change through sobriety, mindset, and action, then we are ready to proceed.

There are many ways to make the amends: face to face, phone call, email, letter, or possibly even texting. In some cases amends can be made by action, example, in spirit, or in a letter, statement or prayer that isn't meant to be read or heard; but in choosing the method, we should be sure we're not simply taking the path of least resistance.

We also keep in mind that we can't buy our own peace of mind from others and it is for this reason that we make amends without excessive remorse or begging for forgiveness, nor are we overconfident, arrogant or in any other way emotionally inappropriate. We should not go into an amends with assumptions or expectations. We never know how someone will react and if it doesn't go our way we may be hurt or disappointed or feel like we failed. Remember that we are responsible for the effort and not the outcome.

Some of us will be able to complete our amends quickly, others will take some time. The ninth step doesn't need to be a sprint, it can be a marathon, but like all of the other steps, any delay in action should be the result of careful consideration and not procrastination or fear. Caution, care, honesty, and sincerity are the keys to successfully approaching this step.

## TRADITION NINE

**“A.A., as such, ought never be organized; but willingly create service boards or committees directly responsible to those they serve”**

AA is not organized centrally from top down, but rather bottom up. Our primary purpose and general program are defined by our literature and by the group (the most important unit of the AA fellowship) followed closely by individual members. With groups in different cultures and geographical locations around the world and with members from all kinds of backgrounds, education, ages, experiences, attitudes, etc. AA would simply be unmanageable if expected to run on arbitrary dictates from a central human authority. Instead, we operate on guiding principles and a simple program of recovery defined by our writings, history, experiences and collective group conscience. This works for our program of sobriety, but not necessarily for the non-recovery tasks of simply getting things done.

No volunteer organization and certainly no large organization can exist and be effective without some kind of structure and AA is both volunteer and large and as such there is a need to gather and manage the collective group conscience, maintain a budget, print and distribute literature, answer correspondence, handle accounting and legal matters, public relations, etc. For that, there has to be an organization and even paid professionals and thus the need for AA to be empowered by tradition nine to form service boards, committees, staff, etc. that are needed to keep AA running administratively. **By Sean M**

# National AA Technology Workshop 2020

Virtual Gathering The National AA Technology

**Theme:**  
**AA Technology Comes of Age**



Workshop is a group of AAs who gather and work together to share about carrying the message of AA through technology.

**When:**

September 12, 2020

11am - 7pm Eastern | 8am - 4pm Pacific

**Where:** Zoom Platform **Registration:** [naatw.org/reg](https://naatw.org/reg)

For more information about NAATW visit [naatw.org](https://naatw.org)



## Prayers from the Big Book of Alcoholics Anonymous



“I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray.” William D. S., MD – Pg. xxx

“God is everything or he is nothing. God either is or he isn't. What was our choice to be?” Pg. 53

Pg. 59 We asked His protection and care with complete abandon.

### Third Step

Pg. 63 – God, I offer myself to Thee – to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!

### Fourth Step

Pg. 67 RESENTMENT – We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended, we said to ourselves, “This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done”.

Pg. 68 FEAR – We ask Him to remove our fear and direct our attention to what He would have us be.

Pg. 69 SEX – We asked God to mold our ideals and help us live up to them.

Pg. 69 SEX – In meditation, we ask God what we do about each specific matter.

Pg. 70 SEX – To sum up about sex: We pray for the right ideal, for guidance in each questionable situation, for sanity and for strength to do the right thing.

### Fifth Step

Pg. 75 We thank God from the bottom of our heart that we know Him better.

Pg. 75 we ask if we have omitted anything,

### Sixth Step

Pg. 76 If we still cling to something we will not let go, we ask God to help us be willing.

### Seventh Step

Pg. 76 My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen

### Eighth Step

Pg. 76 If we have not the will to do this, we ask until it comes.

### Eighth Step

Pg. 76 If we have not the will to do this, we ask until it comes.

### Nineth Step

Pg. 79 LEGAL MATTERS – We ask that we be given strength and direction to do the right thing, no matter what the personal consequences might be.

Pg. 80 OTHERS EFFECTED – If we have obtained permission, have consulted with others, asked God to help.

Pg. 82 INFIDELITY – Each might pray about it, having the other one's happiness uppermost in mind.

Pg. 83 FAMILY – So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love.

### Tenth Step

Pg. 84 Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them.

Pg. 85 Everyday is a day when we must carry the vision of God's will into all our activities. “How can I best serve Thee—Thy will (not mine) be done”.

### Eleventh Step

Pg. 86 NIGHT After mediation on the day just completed, “We ask God's forgiveness and inquire what corrective measures should be taken”.

Pg. 86 MORNING Before we begin our day, “we ask god to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives”.

Pg. 86 MORNING In thinking about our day, “We ask God for inspiration, an intuitive thought or decision”.

Pg. 87 MORNING We usually conclude the period of mediation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We especially ask for freedom from self-will and are careful to make no requests for ourselves only We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.

Pg. 87 – 88 ALL DAY As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.

### Twelfth Step

Pg. 164 Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come IF your own house is in order.

Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed. Pg. 102



This schedule of Face to Face meetings has been copied from our website. <https://nassauny-aa.org>

For information and complete list of telephone, online meetings, and "Virtual Meetings" go to our website .

Nassau Intergroup does not confirm or otherwise vet meeting information for accuracy or completeness, nor does it check or confirm that particular meetings are being held in compliance with any laws or regulations (including governmental requirements regarding COVID-19 related requirements or other health or safety considerations).

Time	Meeting	Location	Address	Town
Sunday 3:00 pm	<a href="#">Women's 3 o'clock</a> <a href="#">**Reopened** Women</a>	Good Shephard Luth Ch	3434 Hempstead Turnpike	Levittown
Sunday 8:00 pm	<a href="#">Grupo Serenidad En Port Washington</a> <a href="#">**Reopened**</a>		24 Willowdale Ave	Port Washington
Sunday 8:00 pm	<a href="#">Glen Cove I Group</a> <a href="#">**Reopened**</a>	St Patrick's Parish Hall	235 Glen St	Glen Cove
Monday 8:00 pm	<a href="#">Grupo Serenidad En Port Washington</a> <a href="#">**Reopened**</a>		24 Willowdale Ave	Port Washington
Monday 8:00 pm	<a href="#">It Can Be Done Group</a> <a href="#">**Reopened**</a>	United Methodist Church	470 E Meadow Ave	East Meadow
Tuesday 7:45 pm	<a href="#">Brookville/Muttontown Group</a> <a href="#">**Reopened**</a>	Faith Lutheran Church	231 Jackson Ave	Syosset
Tuesday 8:00 pm	<a href="#">Merrick/Bellmore Recovery Group</a> <a href="#">**Reopened**</a>	Comm Pres Ch/Merrick	2101 William Pl	Merrick

## Meeting List Changes/Reopened

Please help NI keep its meeting information current and correct by submitting a "Meeting List Changes" form (available through the office or on-line under "Group Services") whenever your meeting details change. BEGINNERS = B BIG BOOK = BB C= CLOSED MEETING CLOSED DISCUSSION = CD OPEN = O OPEN DISCUSSION = OD STEP = S TRADITION = T WC = WHEELCHAIR ACCESSIBLE YP = YOUNG PEOPLE NON-ALCOHOLICS ARE WELCOME AT "OPEN" MEETINGS. ALL TIMES ARE PM UNLESS OTHERWISE NOTED.

Click on link: [www.nassauny-aa.org/Forms/FrmFiles/MtgLstChngs.pdf](http://www.nassauny-aa.org/Forms/FrmFiles/MtgLstChngs.pdf)

Tuesday 8:00 pm	<a href="#">Merrick/Bellmore Recovery Group</a> <b>**Reopened**</b>	Comm Pres Ch/Merrick	2101 William Pl	Merrick
Tuesday 8:00 pm	<a href="#">Merrick/Bellmore Recovery Group</a> <b>**Reopened**</b>	Comm Pres Ch/Merrick	2101 William Pl	Merrick
Tuesday 8:00 pm	<a href="#">Merrick/Bellmore Recovery Group</a> <b>**Reopened**</b>	Comm Pres Ch/Merrick	2101 William Pl	Merrick
Tuesday 9:00 pm	<a href="#">Brookville/Muttontown Group</a> <b>**Reopened**</b>	Faith Lutheran Church	231 Jackson Ave	Syosset
Wednesday 7:00 pm	<a href="#">Little Neck/Douglaston Group</a> <b>**Reopened**</b>	Community Church of Douglaston	39-50 Douglaston Pkwy	Douglaston
Wednesday 7:30 pm	<a href="#">Baldwin Group</a> <b>**Reopened**</b>	First Presbyterian Church	717 St Lukes Pl	Baldwin
Wednesday 8:00 pm	<a href="#">Grupo Serenidad En Port Washington</a> <b>**Reopened**</b>		24 Willowdale Ave	Port Washington
Wednesday 8:00 pm	<a href="#">It Can Be Done Group</a> <b>**Reopened**</b>	United Methodist Church	470 E Meadow Ave	East Meadow
Thursday 7:30 pm	<a href="#">Only Booze</a> <b>**Reopened**</b>	Bellmore Presbyterian Church	2740 Martin Ave	Bellmore
Thursday 8:00 pm	<a href="#">Glen Cove I Group</a> <b>**Reopened**</b>	St Patrick's Parish Hall	235 Glen St	Glen Cove

Friday 10:00 am	<a href="#">Only Booze **Reopened**</a>	Bellmore Presbyterian Church	2740 Martin Ave	Bellmore
Friday Noon	<a href="#">Attitude Adjustment Group **Reopened** Men</a>	Ethical Humanist Society	38 Old Country Rd	Garden City
Friday 6:30 pm	<a href="#">Soul Survivors **Reopened**</a>	United Methodist Church	470 E Meadow Ave	East Meadow
Friday 6:45 pm	<a href="#">Merrick/Bellmore Recovery Group **Reopened**</a>	Comm Pres Ch/Merrick	2101 William Pl	Merrick
Friday 7:45 pm	<a href="#">Brookville/Muttontown Group **Reopened**</a>	Faith Lutheran Church	231 Jackson Ave	Syosset
Friday 8:00 pm	<a href="#">Grupo Serenidad En Port Washington **Reopened**</a>		24 Willowdale Ave	Port Washington
Friday 8:00 pm	<a href="#">Merrick/Bellmore Recovery Group **Reopened**</a>	Comm Pres Ch/Merrick	2101 William Pl	Merrick
Friday 8:00 pm	<a href="#">Clean and Sober (Men's Meeting) **Reopened** Men</a>	United Methodist Church	470 E Meadow Ave	East Meadow
Friday 9:00 pm	<a href="#">Brookville/Muttontown Group **Reopened**</a>	Faith Lutheran Church	231 Jackson Ave	Syosset
Saturday 10:00 am	<a href="#">High Noon/West End Group **Reopened**</a>	St Mary's Gym	315 E Walnut St	Long Beach

Saturday 6:30 pm	<a href="#">Serenity Night Live</a> <b>**Reopened**</b>	Good Shephard Luth Ch	3434 Hempstead Turnpike	Levittown
Saturday 7:00 pm	<a href="#">Little Neck/Douglaston Group</a> <b>**Reopened**</b>	Community Church of Douglaston	39-50 Douglaston Pkwy	Douglaston
Saturday 7:30 pm	<a href="#">Baldwin Group</a> <b>**Reopened**</b>	First Presbyterian Church	717 St Lukes Pl	Baldwin
Saturday 7:30 pm	<a href="#">Island Park Group "Below Sea Level"</a> <b>**Reopened**</b>	Sacred Heart Parish Hall	301 Long Beach Rd	Island Park
Saturday 8:00 pm	<a href="#">Grupo Serenidad En Port Washington</a> <b>**Reopened**</b>		24 Willowdale Ave	Port Washington

From the Editor: Steven S. Email: [News@nassauny-aa.org](mailto:News@nassauny-aa.org)

Feel free to contact me with your favorite slogan. Help another alcoholic with your favorite slogan that helped you stay sober!  
"Series on Slogans"



My alcoholism progressed from college weekend parties to daily maintenance drinking and later to black out. During that time, as a junior high school teacher, I was supposedly "educating the youth of today for tomorrow". Each morning, reeking of booze, cheap after shave and stale cigarettes was too hung over, to do any real teaching. The lesson plans created in the bar when I thought my "creative juices" and liquor were flowing were not as exciting or inventive in the light of the next day. The comments I made, as I graded the students' assignments in bourbon induced haze, consisted of misspelling, to adding a page of random rambling comments about their artistic style and how they should pursue their writing careers.

Many of the students returned their papers the next day with comments that usually began with: "Mr. A., I can't read what you wrote". Of Course, neither could I. Often I had to swallow my pride and rewrite my incomprehensible comment and change their grades. I hardly stood sure in my teaching abilities. My rallying cry was more about getting home after school as possible because I needed a drink. There were many nights when I too drunk to sing at the bar, but I still thought I could drive safely. Back in 1969, the police were much more lenient when you were pulled over for DWI. Unable to stand sure for a sobriety test, I fell into the gutter at the side of the road while trying to walk a straight line. The highway patrolman saw on my license that I was close to my home address to let me go.

During my disease, I was promoted to a position in administration. My drinking increased. By the end of September 1971, I had used half my sick time for the year. And as most mornings I was too hungover and often still too drunk to show up at school. The only thing I was standing sure of was that once I started drinking, I couldn't stop, and I couldn't predict what I do or where I would end up after I took that first drink.

Then, on October 8, 1971, I made my cry for help. I remember the first few meetings in AA, I thought the slogans I heard were... well stupid. I couldn't believe that adults were repeating those things over and over. But those AA slogans were all I could grasp in those early days of sobriety. Keep in mind that these were pre-post it days, so I wrote "one day at a time", "Take it easy", and "you can do it without booze" on small pieces of paper that I taped to the mirror on my bathroom and above the sink in the kitchen. I needed those constant reminders daily. "I kept coming back", "stuck with the winners", "counted my blessings", and did the best I could to "keep it simple". I've also remembered to live "one day at a time".

Throughout my time in AA sobriety hasn't lost its priority. And I haven't found it necessary to take a drink since I first came to AA 41 years ago. I still go to my meetings, I have a sponsor, I sponsor others, and I do service. What a wonderful life!

Steve A.



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

For information about events scheduled by South Eastern NY AA (SENY) and its response to COVID19, go to, [www.aaseny.org](http://www.aaseny.org) or [chair@aaseny.org](mailto:chair@aaseny.org).

## NASSAU INTERGROUP EMAIL ADDRESSES

### OFFICERS

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

### STANDING COMMITTEES

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

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

### Nassau County General Service

contact: Annabel [dcmc@aanassaugs-ny.org](mailto:dcmc@aanassaugs-ny.org)

Alcoholics Anonymous and AA are registered ® trademarks of AAWS, Inc. Quotes and other items from AA literature or other AA sources are copyright © AAWS, Inc. or AA Grapevine, Inc., and are used with permission or under fair use provisions.

## 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.

God GRANT ME THE  
serenity  
TO ACCEPT THE  
THINGS I CANNOT CHANGE  
THE courage TO CHANGE  
THE THINGS I CAN,  
AND THE wisdom