



DECEMBER 2020

**Intergroup Association
of Nassau, Inc.
361 Hempstead Turnpike
West Hempstead, NY
11552
516.292.3040
(24/7 hotline)
Bus. # 516.292.3045**

**Check out our website
www.nassauny-aa.org
for updated virtual and face2
face meetings.
<https://nassauaa.org/meetings>
Remember our e-subscription
option. Opt. in or out at our
website, www.nassauny-aa.org/NwsLtrrs/ just below the
“Current Issue” pdf icon.**

Intergroup Chair Report

I would like to thank all the AA Groups who have Hung on to their Home Groups either virtually or live and for making sure AA is there for the newcomers. We need all our members to have access to our Website, Newsletter, Online Meeting Guide, Speaker Exchange ETC... Get involved, stay connected and please make sure you homegroup has an Intergroup Rep. The next few months and throughout 2021 are going to be chances to change.

There are many service opportunities available within our Intergroup office, just ask any committee chair to participate. So; give it a shot and share your talents and skills. I hope we can stick to what we have learned in AA and that it is Principals over Personalities! **We need your help with our 24/7 hotline anytime of the day. Contact a phone rep on our bus. number**

My anniversary of not having a drink One Day at A Time is this month and to was like a gift for the season to me. My Life was at its lowest point in December 2002. I remember my last drink and not spending Christmas with my family, it was a difficult time. When I became sober, I promised myself that I will try and help anyone who wants to stop drinking.

I hope everyone has a good holiday season without drinking. Thank you all for letting me be of Service to Nassau County's Intergroup for the last 2 Years!

Remember you cannot keep it without giving it away!
Attend the Reps meeting and bring all that information back to your home group.

Kevin McH
Chair Intergroup Association of Nassau
chair@nassauny-aa.org

DECEMBER REP'S MEETING

Proposed [2021 Budget](#)
For discussion and approval
Proposed changes to [Bylaws Art VIII](#)
For discussion

THURSDAY, DECEMBER 3RD, 7:30
[HTTPS://ZOOM.US/J/5546705146](https://zoom.us/j/5546705146)

MEETING ID: 554 670 5146
PASSWORD: 870607
(MEETING PLATFORM WILL OPEN AT 7:15)

Holiday Alkathon supported by Intergroup Assoc. of Nassau Inc.



<https://zoom.us/j/5546705146>

554 670 5146

Passcode: 870607



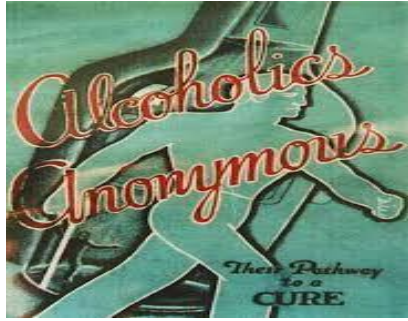
Meetings start on the hour throughout each holiday Alkathon



Christmas Alkathon: Meetings start Thurs eve 12/24 at 5pm and last meeting is at 10pm Christmas Day 12/25

New Year's Alkathon: Meetings start Wed eve 12/31 at 5pm and last meeting is at 10pm New Year's Day 01/01/2021

Literature— “Big Book” Rewrite?



Since April 10, 1939, the book [Alcoholics Anonymous](#) has carried the AA message of recovery from alcoholism to any who might be interested. This has included of course alcoholics, but also many others whose personal or professional lives are touched by alcoholism. In 2019, close to 930,000 copies of the book were distributed in English alone, but the road to the “Big Book” was never clear, simple or assured.

Early on, AA co-founder Bill W. floated a number of ideas among the then members of what would come to be known as Alcoholics Anonymous, ideas including grand plans for AA hospitals and missionaries, but also for a book to set down and carry the then evolving program to fellow sufferers. Most of the grand plans never gained funding or traction, but the idea for a book did although early support was not robust. In early 1938 Bill set pen to paper to begin drafting what would become *Alcoholics Anonymous*.

The drafting and editing process had Bill as the principal sending progressive drafts around the membership and to friends of AA. Among the challenges the work faced was competing views of what the AA experience actually was. Although rooted in part in the Oxford Group and other Judeo-Christian experience and thinking of the founders and early members, there were still competing ideas for what should constitute the text. One significant area of conflict was what if any accommodation should be made for atheists and agnostics. Members Hank P. (mentioned in “The Doctor’s Opinion” and “A Vision for You,” and “The Unbeliever,” his first edition story) and Jim B. (“The Vicious Cycle”) prevailed in getting Bill to soften some language yielding the idea of recourse to a “power greater than ourselves,” and “God as we understood Him.” Also, the editing of the personal stories to be included was controversial, and there was debate too and no unanimity as to the book’s title. In the end, final decisions were firmly in Bill’s hands.

Hank P., credited as author of the chapter “To Employers,” was the effective financial manager for the book project. He launched and actively sold shares in “Works Publishing” to support the project, and without his involvement the book might never have been published. (It is not well appreciated how precarious the funding for the book project in fact was.) He is also credited with helping Bill maintain his focus during this period.

The actual printing of the book by Cornwall Press was in part enabled by the expectation of a favorable post publication article about AA in the *Reader’s Digest*, at the time a very prominent national periodical, along with a relatively small down payment with funds from Works Publishing and Charlie Towns of Towns Hospital, and a limited production run of 5,000. (The *Reader’s Digest* article did not materialize until years later, but the book got a boost through a September 1939 article in *Liberty* magazine entitled “Alcoholics and God.”) There was also support for the book from John D. Rockefeller, Jr. through his purchase of a number of copies at a critical point in the story. (While Rockefeller is credited with guiding us to our “Tradition Seven,” he kept an eye on young AA providing small sums of money at critical points in our early history effectively keeping us just afloat until we could swim on our own.)

A good part of the “Big Book” story may be found in the AA history book [Pass It On](#).

Since its publication in 1939, the book *Alcoholics Anonymous* has seen distribution in the millions of copies in over 70 languages worldwide. It is widely accepted as the “basic text for our Society,” and its

revision, beyond adding or dropping stories from the personal stories part of the book and a few other allowable amendments, is essentially blocked.

Very much a product of its time, the text has periodically been challenged by new generations of AA's suggesting the need for a more contemporary edition, one which moves past the now archaic and for many obscure references and language, and one which is more gender neutral overall. The 70th General Service Conference included on its literature agenda to: "Consider if proposed agenda items for plain language, simplified language, accessible translations and large print versions of the book *Alcoholics Anonymous*, as well as workbooks to help study the program of Alcoholics Anonymous, can be addressed with a common solution." The Conference, abbreviated somewhat by the COVID-19 crisis, didn't quite settle these matters, but did offer some guidance and asked the trustees and the 71st Conference to take a further look. (See, the 2020 "[Conference Report](#)," pages 56 and 60.) Members and groups are encouraged to remain attentive to developments in literature at the level of the trustees, AAWS and the Conference that they might be a part of that conversation as it evolves.

More locally, Intergroup remains mindful of the ongoing COVID-19 crisis and its implications for local AA activity including the operation of our office. As of this writing, the office remains open for daily routine activities (9am-5pm) including literature sales, all with COVID-related precautions still in place. As always, phone ahead if coming to the office to assure our volunteers are on hand.

Looking ahead, this is the end of the rotation and I am working with the incoming Literature Chair to help them become familiar with what's in place so they can hit the ground running starting January 2021.

As of this writing, COVID-19 unfortunately remains a concern, and along with that the restrictions on our activities remain our operating reality. Many things in AA have not been able to return to their pre-COVID norms, and the future is somewhat unclear with a challenging winter ahead. I continue to encourage vigilance and patience as we move through the winter months and look ahead to what we all hope is a better spring.

Stay safe, stay positive, use the literature, and stay connected. Hope this is helpful.

Bill C., Literature Committee Chair

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

“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

AREA 49 Grapevine/Lavina Committee Presents

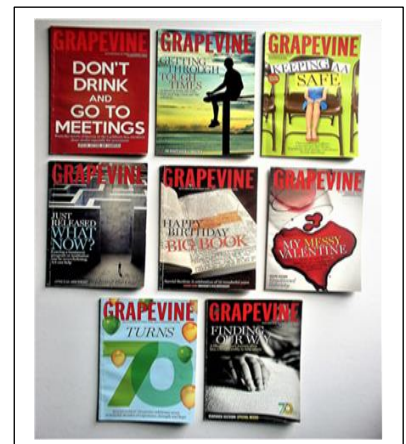
The Place of the AA Grapevine Within Our Three Legacies of Service



When: Sunday December 6, 2020

Where: Zoom ID 467-421-2768

Password: 304861



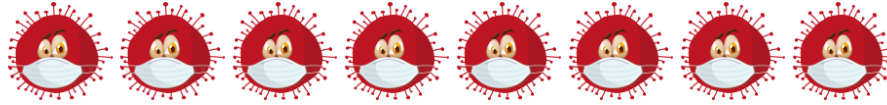
A panel discussion just how our AA GRAPEVINE fits into our Three Legacies of Recovery, Unity and Service. The panel will be followed by an interactive discussion.



12 SUGGESTIONS to help stay SOBER during the Holidays

1. **Plan Ahead.** Always take your own vehicle to holiday parties so YOU can control your destiny. Also, take a sober companion with you for support and pay close attention to relapse triggers: H.A.L.T: Hungry. Angry. Lonely. Tired. Arrive early and leave early.
2. **Make Self Care a Priority.** Celebrate the holiday season by taking care of your body, mind, and soul. We cannot be our best if we are depleted. Give yourself the gift of time for yourself: an acupuncture treatment, a yoga class, time for meditation, and prayer. Proper nutrition and plenty of healthy physical movement will make you feel stronger, both physically and emotionally.
3. **Increase Support.** We can get overwhelmed with the erratic nature of the season, so as you plan each day in November and December, start with 12-step support as your priority. This could mean bookending a holiday event with phone calls to someone in recovery before and after the event. Commit to attend a 12-step meeting (or two) each day and inviting a friend to attend with you.
4. **Be mindful of time spent around your relatives** – know your limits. We all have our own version of crazy Aunt Mildred who is going to criticize your career choice and make you feel “less than” or Uncle Harry who will insist on you having his famous holiday drink. And even worse, we most likely have strained family relationships that have been simmering for years. This type of stress can lead us to rationalize and convince ourselves we are entitled to a drink. Instead, surround yourself with supportive loved ones that will help you follow the steps to staying clean and sober.
5. **Have your props ready.** When you arrive at a party, immediately get a non-alcoholic beverage and keep it in your hand. Whether it’s sparkling water or soda, others won’t be inclined to push drinks on you constantly. And, the truth of the matter is, people never really notice or pay attention to what’s in your glass.
6. **Celebrate relationships.** As you consider holiday occasions, think about them to make new friendships and perhaps rekindle old relationships with friends. Instead of making the event about drinking and eating as a priority, intentionally make it about “people” and building relationships; go into each party looking forward to establishing real connections.
7. **Eat well.** The holidays do not give us a green light to overindulge. There is nothing worse than stuffing ourselves with too much sugar, carbs, and fat-laden foods that make us feel bad. So be proactive and choose healthy foods that will make you want to celebrate, not feel guilty.
8. **Service, not self.** When we can focus on others, we find more joy and gratitude. So, look for ways to think about and serve others. Make a special family recipe and deliver to friends. Donate your time at a homeless shelter, food pantry, or soup kitchen. Spend time with a neighbor who is confined. These spiritual opportunities allow us to spread happiness and cheer to others. Treat it as one of the benefits of staying clean and sober; being able to have a clear mind and body to help others.
9. **Create new traditions.** Celebrate the fact you are reestablishing your own life. As you affirm your new self on these festive days, you are choosing to celebrate the new, better, clean, and sober life that you have created. This might mean hosting a sober, festive gathering with friends in recovery. It may mean volunteering to serve at Intergroup office hotlines 516.292.3040. Remember, giving is one of the best things you can do during the holidays.
10. **Avoid relapse triggers.** Of all triggers, the most significant can be emotional triggers. No matter if you are in recovery or not, the holiday season is one of the most stressful times of the year. With so many activities squeezed into one month, our normal routines get disrupted and people get frustrated and anxious. Also, there’s increased demands from your spouse, partner, or other family members, and this can put serious stress on your sobriety. This can lead to feelings of shame, guilt, humiliation, embarrassment, anger, and depression. The holidays do not have to be “perfect” and just like previous years. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Saying “no” is perfectly acceptable and it will protect you.
11. **Make sobriety your top priority.** If you think about it, all holiday parties are optional. If you do not think the activity is going to be good for your recovery, it is okay not to go. You can politely decline the party invite but make a lunch date with the host for another day.
12. **Maintain your spirituality.** Our commercial world wants us to believe that joy can come from tinsel, booze, and shopping. It sells us the lie that happiness can be found in these. Instead, focus on the true spirit of the season. Regardless of your faith or spiritual beliefs, the holidays are about two things: giving and gratitude. When we focus on these, the other things such as resentment, disappointment, anger, worry, self-loathing show up far less often and cannot find a foothold in our hearts.

HOW IS YOUR HOMEGROUP ADAPTING?



A few local groups have shared some experience with how they are responding to the challenges of Covid, mask mandates, contract tracing, and other issues. While your Intergroup office does not give health or legal advice, we DO pass along shared experience regarding how local groups are responding to such challenges. It is the responsibility of each group to stay informed about the law, and any additional expectations their landlord might have.

Here is some of our local groups are handing certain issues:

MASKS, CHAIRS and ROOM CAPACITY

Groups typically insist that all attendees wear masks throughout any indoor meetings, in accordance with local laws and landlord preferences.

Chairs are typically spaced according to state, county and landlord guidelines.

Some groups have extra masks on hand if someone forgets theirs.

Some groups have made plans for how to help people who can't or won't wear a mask, such as having a few members meet with that person in the parking lot, or directing the person to a virtual meeting option.

CONTRIBUTIONS

Some groups that are still only meeting virtually and currently have no expenses to cover simply share links in the Zoom chat to Intergroup (Nassauny-aa.org/7thTradition.html) and GSO (<https://contribution.aa.org>) so attendees can support the ongoing services provided by those entities.

Other groups that are meeting in person set up a virtual basket during their Zoom days and continue to use it now even for live meetings.

One group reported leaving a physical basket in one place and allowing people to drop a contribution in without passing the basket around.

Groups that are conducting hybrid meetings use different combos of virtual/real baskets.

CONTACT TRACING

To assist with contact tracing, some groups have sign in sheets to gather names, phone numbers, and for people to attest they have had no symptoms.

One group shared they only keep these sheets for two weeks, destroying the older ones.

One group requires everyone attending to sign in with a phone number that only the group secretary keeps. The group then announces that if you display symptoms or encounter someone who is infected and that you notify the group so they can notify other attendees of possible exposure.

We hope there is something here for your group as it strives to reach the best group conscience for how to thrive in a constantly shifting world!

Has your group found a solution to a particular Covid challenge that other groups might find useful? Let us know at info@nassauny-aa.org!

Jim M. Treasurer Chair

NASSAU COUNTY GENERAL SERVICE

VIRTUAL WORKSHOP

WHEN: JANUARY 18, 2021

WHAT: CONCEPTS 1 & 2

TIME: 7:30PM- 9:00PM

MEETING ID: 441 970 4071

PASSWORD: 13570

MARTY K. DCMC ELECT

2021 SENY CONVENTION
A.A. IN A TIME OF CHANGE



MARCH 5-7

• LET'S GET THE PARTY STARTED •

• INFORM - COMMUNICATE • INVOLVE - ACT • INSPIRE - ATTRACT •

A message from the editor: Steven S.

Since this will be my last Newsletter I will be editing, I wanted a chance to say goodbye for now. It seems like a short time ago as I was sitting in the Intergroup office as an Intergroup rep. The former Chair Elise asked if there was anyone interested in becoming the newsletter editor. As she was asking, she looked me dead in the eyes, as if she was asking me. My internal dialogue was questioning if it was something I can even do? Since I have an interest in multimedia marketing, I thought it would be a great learning experience. It was challenging in the beginning, however, I made it through. I added my talents and skills as best I could have with the little experience I had. I hope you enjoyed reading the articles from our talented committee and the many contributions from the fellowship.

So; In steady participation in service, and in rotating on to different positions, I am better able to understand the fullness of AA, the spiritual reward of helping an alcoholic on many different levels, and of truly appreciating the incredible gift of my own sobriety! Have a wonderful Holiday...YOUR WORTH IT!!!.....SO, WORK IT!!!

From the Night Book: A Time to be Thankful

This autumn is coming to an end. For all of us, the current COVID-19 Pandemic is still here and pushing our patience, and for some - it challenges sobriety. Even with it, AA in Nassau and indeed all over, has risen to the challenge admirably with virtual meetings, workshops, and lots of hard work by our Trusted Servants to help us get through this together. The need for our Nightbook & daytime hotlines could not be clearer. We have much to be grateful for:

The weather, as long as the sun is out, is fresh and crisp; the smell of fireplace smoke permeates the autumn air, and the leaves of summer, all radiant colors now, make outdoors a wonder to behold. December is also a busy month for AA here in Nassau, as we count our blessings and get ready for Christmas and New Year's Alkathons, varied workshops and events. The holidays are certainly a time to be grateful, and time to think of those less fortunate. For us, as AA members; those "less fortunate" are all the people out there who are suffering from active alcoholism. If you are like me, you remember the misery of the physical sickness from drinking, the "guilt hangovers" of the next day, the sense of hopelessness, and then continuing to drink until those feelings go away - or don't. It is like setting a fire to put out a fire in the same place - you hope the next one you set is bigger, so you forget the first! Pure INSANITY! The slow-motion suicide of death by drink is beyond horrible, not just for the drinker, but for his or her family and those closest.

From the first meeting between our co-founders Bill Wilson and Dr. Bob Smith in June of 1935, it became apparent to them that to stay sober, it was necessary for one alcoholic to speak to another one directly. It was from this simple premise that our fellowship was born. At the 30th year Anniversary Convention held in Toronto, Canada in 1965, this simple idea which is the heart and soul of all three of our Legacies of Unity, Service, and Recovery, was summarized as follows: it was the keynote of the convention and called the "Responsibility Declaration." It goes like this: "Whenever anyone, anywhere, reaches out for help; I want the hand of AA always to be there; and for that, I am responsible."

For 365 days of the year, and 24 hours of each day, our nighttime hotline- "The Night Book," is manned and ready to be that hand. Our volunteers are at home, their phones at the ready, waiting to receive a call from an alcoholic in distress. Some of the callers are people who have never called an alcohol hotline; they may be skeptical about recovery yet still they call for answers. Our volunteers - all alcoholics, can guide them to a virtual meeting, just listen to them - which is what a good many want, or suggest that they seek medical or their attention. In other words, by taking the Night Book and doing service, we help to "pass the message along" of experience, strength, and hope.

Please consider this holiday season and going forward into 2018 - answer your Intergroup Rep's call for volunteers to perform this most rewarding and life-saving service. I promise you that you will feel much stronger in your own recovery!

Happy holidays to all, and we pray that 2021 sees things getting back to normal.

In Trusted Service,
Karen H.
Nightbook Chair,
Intergroup Association of Nassau

Fellow Trudgers, present and future –

In the summer of 2018, with approximately a year and a half continuous sobriety, a member of my homegroup (First Things First in Hicksville), rightfully pointed out that we really had no active (or elected) Intergroup Rep. Although I'm reasonably sure the Group Treasurers had been forwarding some contributions towards Intergroup and beyond on a regular basis, Newsletters, Meeting Lists and information were not flowing into the Group, nor did the Group partake in monthly Rep meetings.

John D. and I resolved to attend an upcoming one and together we attended the next two that were held. In short, John's schedule began to interfere with continuing to accompany (and drive) me to the monthly Rep meetings, but I continued to attend every month for some time. The official designation within my Group seemed to be of no interest to most Group members, but I felt it was productive to at least stay connected, learn and provide the Group with monthly Newsletters and continue to replenish the supply of Meeting Guides, when available.

In late 2018, Nassau Intergroup was coming up on their 2-year rotation "cycle" where new Officers would be elected and the various Committee Chairpersons would be appointed (and/or changed if and when service volunteers were "available" and willing,) again, all in the spirit and Traditions of the "rotation" of Trusted Servants.

As I felt like a newcomer (to Intergroup) and in fact had less continuous sobriety than the loose guideline of 2 years (to serve as an "Officer"), I continued to consider myself an "observer" and the unofficial Rep of my homegroup. I may as well point out now that one of my general M.O.'s (or quirks, OCD by-products or even character defects, the jury is still out) is that I take a lot of notes (especially at gatherings/meetings the type of which monthly Reps meetings qualify as, in my opinion.)

The main thing I observed during this rotating in/out period is that not all positions were being filled, notably the Recording Secretary position. Since, as I stated above, I was scribbling down everything that was being discussed anyway, at the third monthly meeting where that position still had not been filled, I asked (nervously) of the newly elected Chair (Kevin) and a few others if I might (even temporarily) give it a shot, in spite of having less continuous sobriety than preferred, possibly.

The offer was met with enthusiasm (from the (Inter)Group) and much anxiety on my part. We got off on the wrong foot as I missed the first Steering Committee meeting, being unaware that I had now become part of that Committee.

So....I'm not going to recap the subsequent 23 months in the same detail as the above "introduction", but a phrase not uncommonly bandied about in our circles - "roller coaster" comes to mind.

The most important thing I can say about the effect having this service position has had on me during these 2 years is that I haven't felt the need to drink alcohol or use any of the other substances that nearly killed me almost 4 years ago.

I could end there, but there are at least 2 other main categories of consequence that I know have taken place : one is that I have learned things about myself that I am convinced would have taken (or will take) even longer to learn had I not been involved with this service. The "regular" benefits afforded me by all of the other aspects of this program that I try to practice to the best of my abilities have been multiplied or expedited in too many ways to name.

The other consequence is that I feel, notwithstanding self-criticism about my ability to accomplish the tasks "defined" by the position, that I may have directly or indirectly helped one other alcoholic through these efforts. I also feel that I may have helped in a small part to help hold the fellowship together by trying to help keep the information related to our (Intergroup's) efforts available.

2020 has been an especially trying year. The number and nature of the changes that the pandemic has affected in all of us is unprecedented. Were it not for the efforts of all the other Trusted Servants, especially, in my case, here at Intergroup, but globally and locally as well, I honestly do not feel I would have stayed as connected as I have. Nor would I have learned as much or grown as much as I know I have.

Finally, without even re-reading the above, I feel that the tone may reflect that I think it's about me - "I've grown", "I've learned", "I've performed service"; nothing could be further from the truth - the narrative may come off that way because of my limitations as a writer, but there is no way I could have made it from the Summer of 2018 to this point in time (without throwing my hands in the air) without the examples, guidance, work effort and humility of my fellow Trusted Servants in the Nassau Intergroup Steering Committee.

I am extremely grateful that all of my fellow recovering alcoholics have placed their trust in me, knowingly or otherwise, and was honored to be allowed to do the best I could with it.

I look forward to continuing to serve in any capacity that might help.

Be safe.

Mike F.

**“Nothing is IMPOSSIBLE,
the word itself says,
I’M POSSIBLE!”**

– Audrey Hepburn

By Sean M.



STEP TWELVE

“The joy of living”, so says the very first line of Step 12 in the *Twelve and Twelve*. “...nothing will so much ensure immunity from drinking as working with other alcoholics...” says the very first line in the chapter Working with Others in The Big Book. Joyful living achieved through sobriety and helping others sounds rather good. So good in fact that it serves as the foundation of the program. After all, this is how Bill W. stayed sober when he connected with Dr. Bob, and how Bill and Dr. Bob got Bill D. sober, and so on and the rest as they say is history. By helping others we affirm with one another that we suffer from the same disease (or dis-ease if you prefer) and it is also how we remind ourselves that we don’t have to live the way we did anymore, as long as we stay away from the first drink. But working with others is only half of the 12th Step.

The other half reminds us that we need a spiritual awakening and to get there we need to practice the entirety of all the 12 steps to continue to learn about ourselves and our interaction with others. Through this practice we become capable of things that we were not capable of before. It’s almost as though we are born again or get a second shot at life. Little by slowly as we say we get things back in our lives and we witness others getting things back, while new doors and opportunities open for all of us. And even if they don’t, with the strength of our higher power, our fellowship and the program, we learn acceptance. We learn to live life on life’s terms, sometimes even better than the moderate temperate drinkers among us.

The program of AA was offered freely to us and therefore we should freely give it back. How do we do that? By going to meetings, sharing, sponsoring, being sponsored, lending a helping hand, doing service, putting contributions in the basket, 12th step calls, continuing our step work, and so on. That is why we keep coming: to keep growing because growth is in the journey, not the destination. So, it is in this spirit that we “trudge the road of happy destiny”. Seems like an odd expression but it makes sense in the context that life has its drudgery, but it also has its happiness. With sobriety gained and maintained through the program and fellowship of AA, we eventually come to realize it’s a good life, and I can say personally that I am a satisfied customer. I think I will keep coming.

TRADITION 12

At some point in our AA journeys, we will face temptation to challenge the tradition of anonymity, our own or that of others. At its face, anonymity would seem limited to individuals avoiding personal embarrassment or repercussions from being labeled an alcoholic. This is a very real concern because despite societal progress, there is still a stigma attached to those of us who suffer from alcoholism. But anonymity also protects AA. No one person should become a poster child for the efficacy of the program, nor for its failures. Individuals should not distract from the primary purpose of working together to stay away from a drink one day at a time for though the details may vary, we did not really suffer uniquely, and we are not really recovering uniquely. We are all following the same basic guidelines of our program.

We may find ourselves riding a pink cloud of exuberance at our newfound clarity and want to show it off to everyone. We may want to become evangelists. We may be tempted to speak of others membership in the program, because it validates us, we admire them and their sobriety or we have resentments and want to expose them. We may be tempted to wade into the dangerous waters of the digital age of email and social media. We may be tempted to use the program and its name for personal gain or self-satisfaction. All of this detracts from the effectiveness of AA. The way to recognize and deal with this is to understand that if we’re working the program honestly and thoroughly, we will recall that humility is a guiding principle for us. Our program and its future depend on “principles over personalities”. For as long as there is alcohol, there will be those of us that have a problem with it and thus a need for the program of Alcoholics Anonymous and for that we should be ever grateful and respectful so that there will always be a place for fellow sufferers to go and be blessed with a chance to live in sobriety one day at a time.

Traditions Workshops for the Remainder of 2020

Please Join us every 2nd Sunday of the Month via Zoom

Meeting ID: 467 421 2768

Password: 304861



December 13th @10:00 am - 11:00 am. **TRADITION TWELVE**: Hosted by “Firing Line Group.” Hosted by Michele.

Supported by Intergroup Association of Nassau, Inc.

Amendment of the By-Laws

The following changes to the Intergroup Association of Nassau, Inc. By-Laws, Article VIII are being suggested by the Steering Committee for consideration by the Reps (NIR) meeting. They will be up for discussion November and December, and may be settled at the January meeting. Unchanged text is in black, text being removed is in red and struck out, and new text being added is in blue and underlined.

Article VIII

Finances

Section 1. ~~Following the precedent set by the General Service Office,~~ Nassau Intergroup will seek to accrue and maintain a prudent reserve ~~not to exceed one (1) years~~ of approximately six months of the combined expenses of Nassau Intergroup and its various committees (~~ie., Institutions e.g., H&I,~~ Literature, Share-A-Day, etc.).

Section 2. The operating fund of Nassau Intergroup (e.g., the NI bank accounts other than the dedicated sub-accounts and the reserve account) shall not exceed one ~~1/4~~ quarter (1/4) of the ~~then-current annual~~ budget.

Section 3. An "Assistant Treasurer" shall be appointed by the NI Chair (in consultation with the Finance Committee) and confirmed by a majority vote of all present and eligible to vote at an NIR Meeting. The Assistant Treasurer shall be primarily responsible (under the supervision of the Treasurer) to calculate and prepare the quarterly or annual literature sales tax reports, and to authorize, control and track the NI expenses for large events such as the Alkathons, Share-A-Days, Picnics and the Big Meeting. As an unelected, non-officer position, the Assistant Treasurer shall have "view only" access (and shall not have check writing or withdrawal authority on any NI bank accounts).

Section ~~3~~ 4.

The Financial Review committee shall:

(a) be composed of the following members:

~~(1). _____ A Chairperson,~~

~~(2). _____~~

(i) a Committee Chair,

(ii) a past NI Treasurer, to be appointed by the ~~Intergroup Chairperson~~ NI Chair and confirmed by ~~the Intergroup Representatives, (3). One Intergroup Representative selected from the floor, (4). the current Treasurer shall be an ex officio member, but have no a majority vote, (5). of all present and eligible to vote at an NIR Meeting (; however,~~ if no past Treasurer is available, ~~the Intergroup Representatives shall elect~~ another person of commensurate fiscal responsibility and experience, shall be selected from the floor at an NIR Meeting and confirmed by a majority vote of all present and eligible to vote at an NIR Meeting),

(iii) two NIRs selected from the floor at an NIR Meeting and confirmed by a majority vote of all present and eligible to vote at an NIR Meeting, and the then-current Treasurer and Assistant Treasurer, who shall be ex officio members but have no votes.

(b) meet at least bi-monthly starting in January, to review finances and budget, and to ensure that expenditures, the operating fund balance and prudent reserves are in compliance with these Bylaws, and with any standing procedures approved by the membership at an NIR Meeting and that Nassau Inter- group is operating in a manner that will preserve its status as a tax-exempt social welfare organization under Internal Revenue Code section 501(c)(4),

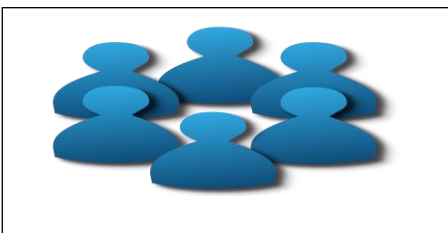
(c) present the previous year's annual report at the January Steering Committee meeting and then at ~~in~~ the February NIR meeting, and

(d) prepare the yearly budget for review at the October Steering Committee meeting and for presentation at the November NIR meeting, so that the ~~groups~~ NIRs will have a month to review it before voting on it in December.

Section ~~4~~ 5. Nassau ~~This~~ Intergroup shall not be operated for profit and all income and earnings shall be used exclusively for NI purposes. so as to maintain and preserve its status as a tax-exempt social welfare organization under Internal Revenue Code section 501(c)(4). No part of the net earnings or as- sets shall inure to the benefit ~~on~~ of any member, officer or private individual, except that reasonable compensation may be paid for services rendered to or for ~~the Nassau~~ Intergroup.

Section ~~5.~~ 6. If for any reason, Nassau Intergroup shall cease to function, all monies, records, and other property held in its name shall become the property of its successor AA organization, or if none such exists, it shall become the property of the General Service Office of Alcoholics Anonymous.

SPEAKERS EXCHANGE



**GROUPS WANTING TO PARTICPATE
IN THE SPEAKERS EXCHANGE MEETING**

PLEASE CONTACT ELISE:

speakerexchange@nassaunyah.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 (Mgr) officemanager@nassaunyaa.org
Public Information(PI) publicinfo@nassauny-aa.org
Share-a-Day (SAD) shareaday@nassauny-aa.org
Speakers Exchange speakerexchange@nassaunyaa.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

Meeting List Changes

Please help NI keep its meeting information current and correct by submitting a “Meeting List Changes” Meeting List Changes form from the website, fill it out, and return it to meetinglist@nassauny-aa.org, or drop it off at or mail it to the office. Questions? Our contact info is below, email preferred. Meeting List, 516-292-3045

(BEGINNERS = B BIG BOOK = BB CLOSED = C CLOSED DISCUSSION = CD OPEN = O OPEN DISCUSSION = OD STEP = S TRADITION = T WC = WHEELCHAIR ACCESSIBLE YP = YOUNG PEOPLE NON-LCOHOLICS ARE WELCOME AT “OPEN” ETINGS. ALL TIMES ARE PM UNLESS OTHERWISE NOTED.

GO TO “MEETING FINDER” ON OUR WEBSITE FOR MEETING DETAILS.

<https://nassauaa.org/meetings>

REOPENEDGROUPS —Baldwin —Bellmore Baldwin Group Only Booze —Bethpage —Douglaston Caring & Sharing Fresh Start Little Neck Douglaston Group —East Meadow —East Rockaway Clean and Sober Men’s E. Rockaway Group It Can Be Done Soul Survivors—Farmingdale —Garden City --Group Attitude Adjustment —Glen Cove --Glen Cove 1 Group —Hicksville —Island Park Sunday Afternoon Discussion Island Park Group “Below Sea Level” —Levittown —Long Beach Nassau Afternoon Discussion Early Risers Serenity Night Live High Noon/West Women’s 3 O’Clock End Young by the Beach —Manhasset —Massapequa Early Cup of Sobriety Massapequa Park Group Turning Point —Merrick —New Hyde Park Merrick/Bellmore Recovery Conscious Contact New Hyde Park Group New Spirit —North Bellmore —Oceanside North Bellmore Group 12 & 12 One Day at a Time —Port Washington Grupo Serenidad En Port Washington —Syosset Brookville/Muttontown Group

GO TO “VIRTUAL MEETINGS” ON OUR WEBSITE FOR MEETING

DETAILS. VIRTUAL MEETINGS —Cambria Heights Give It a Try Group —Cold Spring Harbor —East Meadow Discussion Group Moonlight Group —Elmont —Garden City Back Stretch Group Freedom Seekers Garden City Group —Glen Head —Hicksville Only Requirement First Things First —Levittown —Long Beach Courage to Change Early Risers Serenity by the Sea/AM Three Legacies Workshop Young by the Beach —Lynbrook — Primary Purpose—Manhasset Big Book Experience Early Cup of Sobriety —Massapequa —Massapequa Park Massapequa Bottom Line Lost Weekend Massapequa Park Group Women’s Sunday Zoom —Melville —Merrick Sweet Air

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