

Nassau Intergroup of AA, Inc.

361 Hempstead Turnpike, West Hempstead, NY 11552-1342

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516.292.3040 (24/7 Hotline) 516.292.3045 (Business)

WORLD WIDE WED EDITION

DECEMBER 2015

CALENDAR OF EVENTS

All meetings are Intergroup events held at 361 Hempstead Turnpike unless otherwise noted.

DECEMBER 2015

- 12/2— Institutions Committee, 8PM, Simpson United Methodist Church, 30 Locust Ave. (off Sunset Ave. from County Line Rd.), Amityville 11701
- 12/3— **Reps Orientation**, 7PM (Suggested for new Reps.)
Reps Meeting, 7:30PM
- 12/9— Share-A-Day Committee, 7PM
- 12/10— **Newsletter deadline** for January
- 12/14— Nassau General Service Committee (NGSC) Meeting Orientation, 6:30PM (Suggested for new DCMs/GSRs.)
NGSC Meeting, 7:30PM
- 12/16— Website Committee, 7:30PM
- 12/17— **Steering Committee**, 7:30PM (By invitation.)
- 12/19— **Exchange Meeting**, 7-9AM, Nassau Community College, 1 Education Dr. (Stewart Ave. to Lifetime Brands Blvd.), Cluster F, Room 127, Garden City 11530 (Park in East 2.)
- 12/24-25— **Christmas Alkathon**; hourly AA meetings beginning 5PM Christmas Eve, 12/24. Last meeting ends 11PM Christmas Day, 12/25.
- 12/31-1/1— **New Year's Alkathon**; hourly AA meetings beginning 5PM New Year's Eve, 12/31. Last meeting ends 11PM New Year's Day, 1/1.



JANUARY 2016

- 1/1— **New Year's Alkathon** continues until 11PM.
- 1/6— Institutions Committee, 8PM (See 12/2 above for location.)
- 1/7— **Reps Orientation**, 7PM (Suggested for new Reps.)
Reps Meeting, 7:30PM
- 1/13— Share-A-Day Committee, 7PM
- 1/18— Nassau General Service Committee (NGSC) Roundtable Workshop, 7PM; Concepts I and II.

- 1/20— Website Committee, 7:30PM
- 1/21— **Newsletter deadline** for February
- 1/21— NGSC Special Needs Committee, 7:30PM
- 1/28— **Steering Committee**, 7:30PM (By invitation.)

From the Chair

Greetings. Here's wishing all a safe and sober holiday season. If your home group has any events planned, please forward that information to our Newsletter Editor and Website Chair. E-mail addresses are in the newsletter. Also, if your meeting is closed for the holidays, please let us know at 516-292-3045 between 9AM and 5PM.

Kudos to Nassau General Service for taking the lead on The Big Meeting this year. It was a wonderful, well attended event with

(Continued, page 3.)

AA'S THREE LEGACIES FOR DECEMBER

Step 12— Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Tradition 12— Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Concept 12— The Conference shall observe the spirit of AA tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

AA HISTORY FOR DECEMBER

- December 11, 1934— Bill W.'s last admission to Towns Hospital.
- December 1936— Charles Towns offers Bill W. a job at his hospital which Bill declines.
- December 1938— Bill W. pens the "Twelve Steps."
- December 1939— First AA meeting in an institution is held at Rockland State Hospital, Orangeburg, New York.
- December 1940— Jack Alexander is assigned to write a piece on AA.
- December 1940— Bill W. meets Fr. Edward Dowling.
- December 20, 1945— Rowland Hazard dies, Waterbury Connecticut.
- December 5, 1979— Henrietta Sieberling dies, New York, New York.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics."

—From Step 12, *Alcoholics Anonymous*, "Working with Others," p. 89.

From the Editor

Our thanks to the groups and individual members who have shared an item with our newsletter this year. Your contributions help enrich the content ensuring we have a good mix of AA's Three Legacies: Recovery, Unity and Service.

Remember our subscription service. An e-subscription option for the newsletter gets you early access to the newsletter with full colour graphics and working hyperlinks in at least some browsers (including Chrome, Explorer, Opera and Safari). Go to the "[Subscription](#)" link under "Current Issue" on our website at www.nassaunya-aa.org to sign up.

In Service,
Bill C., Editor, NI Newsletter
516-292-3045 or news@nassaunya-aa.org



"Woof"

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FAQs About AA History from AAWS *

Q.— What is the history behind AA's Unity Declaration?

A.— The Unity Declaration reads: "This we owe to A.A.'s future: to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives and the lives of those to come."

It was written for AA's 35th Anniversary International Convention that was held in Miami Beach, Florida in July 1970. Unfortunately, it appears that the GSO Archives department does not possess records

concerning the author of the Declaration.

Documents in our collection indicate that the statement was composed as a combined effort of both the Committee on International Convention and former AA trustee, Al S. The correspondence alludes to Al's involvement as a consultant in composing the statement.

The "Unity" statement was read by delegates from different countries on Saturday night during the Unity Ceremony.

* Edited from, www.aa.org > Archives & History > History and Resources > [FAQs](#).

Who Am I?

I came as a skeptic to review AA and was none too impressed with my initial contacts. Ultimately, I found a compelling program of recovery from alcoholism. My 1941 article gave AA a big publicity boost, and a jump in membership in its formative period. I went on to become a life-long friend of AA, helped edit *Twelve Steps and Twelve Traditions*, and served as a Board member.



"One may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration of the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest—such is the wide scope of this all-embracing principle."

—From, "Tradition Twelve," *AA Grapevine*, November 1948, in *Language of the Heart*, pp. 92-93.

NASSAU INTERGROUP - EMAIL ADDRESSES

OFFICERS

Chairperson	chair@nassaunya-aa.org
1st Vice Chair	1stvice@nassaunya-aa.org
2nd Vice Chair	2ndvice@nassaunya-aa.org
Secretary	secretary@nassaunya-aa.org
Treasurer	treasurer@nassaunya-aa.org

STANDING COMMITTEES

Archives	archives@nassaunya-aa.org
Coop. Pro. Comm. (CPC)	cpc@nassaunya-aa.org
Corrections	corrections@nassaunya-aa.org
Financial Review	finance@nassaunya-aa.org
Institutions (H&I)	institutions@nassaunya-aa.org
Literature	literature@nassaunya-aa.org
Meeting List	meetinglist@nassaunya-aa.org
Newsletter	news@nassaunya-aa.org
Night Book	nightbook@nassaunya-aa.org
Officer Coordinator (Mgr.)	officemanager@nassaunya-aa.org
Program Chair/Secretary	seclist@nassaunya-aa.org
Public Information (PI)	publicinfo@nassaunya-aa.org
Share-a-Day (SAD)	shareaday@nassaunya-aa.org
Speakers Exchange	speakersexchange@nassaunya-aa.org
Special Needs	specneeds@nassaunya-aa.org
12 th Step List	12thstep@nassaunya-aa.org
Website	webcommittee@nassaunya-aa.org

Or phone 516-292-3045 business hours and leave a message.

AA Grapevine

December Issue, with a Special Section, "The Gift of Service."

Submit Your Stories, Photos, Art and More!

The Grapevine, "your meeting in print" is also your meeting on the Web. Why not share? Grapevine is always accepting submissions of art or text, and you need no prior publishing experience. All it takes is a little willingness and a desire to share.

Read the [guidelines](#) for submitting, check the [editorial calendar](#) for upcoming special topics, and then use the [upload form](#).

Consider a subscription, a book or one of the many other items offered by the AA Grapevine as a holiday or anniversary gift for that special AA friend.

Go on-line to www.aagrapevine.org for more info.



"The [Six] Warranties of Article 12 [of the Conference Charter] are a series of solemn undertakings which guarantee that the Conference itself will conform to AA's Twelve Traditions . . ."

"These Warranties indicate the qualities of prudence and spirituality which our General Service Conference should always possess."

—From, Concept XII, *Twelve Concepts for World Service*, p. 63.

Share-A-Day

Share A Day is Intergroup's largest annual event. We rely on the groups' generous contributions to make it the great day you've come to expect. Please consider asking your group for any amount they can afford, after their expenses, and send it to the Intergroup. Please be sure to earmark it for Share-A-Day, but payable to Nassau Intergroup. Remember, even if your group can not contribute, come anyway and bring a newcomer.

We always can use help with preparing for this event. If you are a Rep or would just like to help, you are welcome to come to the planning committee, the second Wednesday of every month, so December 9 at 7PM. We expect the event date to be April 2, 9 or 16 of 2016.

Marie M. S., Share-A-Day Chair
516-292-3045 or shareaday@nassaunya-aa.org

Holiday Alkathons

Every year Intergroup offers a marathon series of meetings at the office over the Thanksgiving, Christmas and New Year's holidays with hourly AA meetings from 5PM the eve of each holiday and the last meeting ending 11PM the day of the holiday.

For these occasions, groups are invited to step up to take three hours blocks of time to run both the meetings and the office phones. Group sign up is well underway on a first come basis in terms of time slots for the remaining Alkathons.



Food and beverage contributions are also welcome, but nothing perishable please.

Since the holidays can be especially challenging to recovery, particularly at the beginning, the Alkathons offer a safe holiday haven for all. With light refreshment and good fellowship, newcomers and old timers alike enjoy the Alkathons.

AA Word Search Puzzle

T	O	X	Y	W	R	G	Q	O	M	J	I	D	N	Q
Q	B	L	I	N	C	M	R	U	A	D	T	N	G	W
S	D	E	U	S	A	H	T	C	L	G	Y	A	O	A
Q	Y	X	C	R	G	I	K	R	F	Z	B	L	L	C
V	H	V	T	U	R	M	H	T	N	L	B	E	C	C
R	I	Y	T	I	E	B	O	U	T	A	E	V	Y	F
D	M	C	P	A	N	I	V	A	L	S	S	E	F	D
A	L	S	T	O	W	N	S	Z	D	K	E	L	R	C
S	M	L	D	O	L	H	D	N	S	E	J	C	E	J
L	G	O	I	I	R	G	V	D	R	O	Z	D	I	I
R	C	G	S	B	H	E	W	H	Q	I	D	I	I	N
G	G	F	Z	N	V	Q	T	G	N	U	J	N	S	U
D	Z	V	H	F	L	T	W	X	F	Z	W	B	O	Z
B	H	Z	M	G	S	U	D	R	R	N	I	B	R	E
M	J	T	I	H	N	W	M	L	N	V	X	L	U	E

Look for the answers to the following clues in the letters above, in any direction, forwards or backwards. All answers were found in the pages of this newsletter this past year.

Rockefeller associate Frank _____.	Bill W.'s sponsor.
Psychiatrist who corresponded with Bill W.	Author, "Women Suffer Too."
_____ Legacies.	Cartoon drunk finds recovery.
The Man on the Bed.	Did LSD with Bill W.
American Public Health Association award given to AA, 1951.	_____ Warranties
Site of First International.	Bill W.'s shrink.
Author (familiar), "The Drunkard's Best Friend," <i>Saturday Evening Post</i> , 1950.	" <i>Spiritus contra</i> _____."
	Spanish language edition of the <i>AA Grapevine</i>
	Man and hospital.

Submitted by Bill C., Baldwin Group (Answers on p. 6.)

From the Chair— Continued

great speakers. They did a great job on presenting Nassau County's rich AA history.

Check out the new General Service website too, www.aanassaugs-ny.org.

A great big thanks to the following groups for taking the Night Book between September and November: Advent, Albertson-Searington Afternoon Discussion, AM Group, Extravagant Promises, Merrick/Bellmore Recovery, Oyster Bay/Sagamore, Lynbrook Primary Purpose, Seaford Serenity Group and Stepping Stones.

Thank you Michelle, Intergroup Rep from Serenity by the Sea PM, for stepping up to serve as Thanksgiving Alkathon Chair. Well done. Thank you Pam, Intergroup Rep from Extravagant Promises, for taking on the Christmas Alkathon. And finally, thank you Solutions Group, Williston Park, for the privilege of having Intergroup facilitate your group inventory.

LaRaine A., Chair, 516-292-3045 or chair@nassaunya-aa.org



On Anonymity

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

Historically, early AA's maintained anonymity out of fear and shame. Later, an element of trust became a part of the formula, that is, we held a member's sharing in confidence, but still with an eye toward protection of the individual member and the collective Fellowship.

As public interest in AA began to grow, the early members realized AA could not function as a "secret" society, but at the same time should avoid self-promotion. AA's effectiveness as a program of recovery would speak for itself. Personal anonymity would have the dual benefits of supporting the primacy of our message while avoiding the potential pitfalls of individual members using the Fellowship for self-aggrandizement or otherwise embarrassing the Fellowship behind even well-intentioned missteps. Thus evolved the principle of anonymity.

Today, anonymity still offers cover for the shaky newcomer while suggesting we need to let the program speak for itself. We are reminded to practice true humility. Self-interest is sacrificed for the common good. There is something greater than our individual selves involved here. It is not about the individual alcoholic, but about the principles by which the Fellowship suggests we live.



Still, the principle of anonymity is often misunderstood. It does not mean we should remain anonymous among ourselves or with non-AAs close to us although an individual may choose to do so, nor does it mean individual members may not speak publicly about either their recovery or about AA. Our public information responsibilities in fact demand otherwise. Again, we are not a secret society, and cannot solely rely on discreet word of mouth and our non-alcoholic friends to pass our message on to the still sick and suffering alcoholic.

AA members commonly speak about AA in non-AA forums, including public media, but do so while maintaining their individual anonymity for the reasons already noted. This may be done by changing some details of one's story by way of disguise if that is being shared, and certainly by assuring that an AA is never identified by full name, seen full face or otherwise identified in public media.

For more on anonymity in AA, we suggest reading the essays on "Tradition Eleven" and "Tradition Twelve" in the book *Twelve Steps and Twelve Traditions* (pages 180-187). The pamphlets, [Understanding Anonymity](#), and [AA Tradition: How It Developed](#) are also helpful. *The Language of the Heart*, Bill W.'s collected Grapevine writings, also has a number of pieces on anonymity.

This article first appeared in the May 2009 issue of this newsletter.

On Anonymity 2

Last month we looked at the development of the principle of anonymity. Anonymity serves both the individual member and the program, the member by providing cover from the fear of outside criticism for being an alcoholic—particularly important in early recovery or for those whose livelihood might be threatened if it became commonly known they have suffered from alcoholism—and the program by asserting its "principles before personalities."

One the personal level, my anonymity is mine to maintain or break. I alone decide if and when I give it up. This should be respected by other AA's, even posthumously. (That another member uses his or her full name in meetings does not give me license to do the same for them.) While my anonymity is my own, in deference to the program, I do not break my anonymity in public forums—press, radio, film, television and the internet, but also open meetings. Here I am reminded that my recovery is owed, not to my good



efforts although my willingness and work play a part, but to the grace of a power greater than myself in support of the wisdom and inspiration of AA principles. This helps keep me humble. Generally, I break my anonymity to share the good news of my recovery with those close to me, or to help another alcoholic.

What about anonymity in public forums? Our program's public information efforts demand members be prepared to stand up to articulate and reflect our program of recovery. We cannot rely on friends of AA alone to carry our message. Some criticize these efforts as publicity, but most understand it to be a necessary public sharing of information about AA. After all, while we are individually anonymous, the fellowship and program cannot be a secret if the alcoholic who still suffers is to find it. AA's commonly speak about AA in public while avoiding full personal identification. We do this before school groups and with professionals and professional groups, those third parties who will often be the first to meet the drunk in trouble such as physicians, lawyers, judges and other criminal justice professionals, clergy, teachers, social workers and alike. This public speaking is best undertaken with the support of a local service committee with experience in the practice. Intergroup has several such committees.

This is my understanding and experience of the principle of anonymity.

This article first appeared in the June 2009 issue of this newsletter.

Happy and Sober Holidays from Nassau Intergroup

"Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

May God bless you and keep you—until then."

(Alcoholics Anonymous, p. 164.)



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

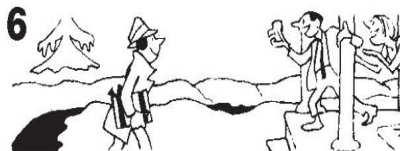


Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



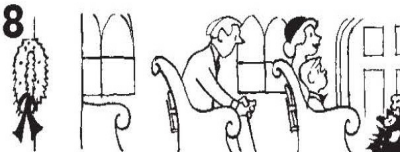
Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



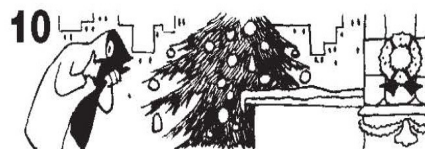
Don't think you have to stay late. Plan in advance an "important date" you have to keep.



Worship in your own way.



Don't sit around brooding. Catch up on those books, museums, walks, and letters.



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

