

# Al-Anon and Alateen Information Services of Nassau County

April 2023

[www.Alanon-Nassau-NY.org](http://www.Alanon-Nassau-NY.org)



Our phone number,  
516-433-8003, takes messages. Someone will call you back.

NEW MAILING ADDRESS

ALISON

P.O. Box 755

Westbury, NY 11590

[ChairpersonAlison@gmail.com](mailto:ChairpersonAlison@gmail.com)

Please email Meeting information updates to:  
[MeetingListCoordinator@gmail.com](mailto:MeetingListCoordinator@gmail.com)

# **Table of Contents**

APRIL 2023

Message from the Chair	Page 3
Alateen in Nassau County	Page 4
Speaker Exchange Update	Page 5
Public Outreach Update	Page 5
Not Everyone Trapped by Alcohol is an Alcoholic	Page 6
What Lies Beyond My Al-Anon Group	Page 7
Links of Service	Page 8
Closing Thought	Page 9

**\*\*Message from the Chair\*\***

Welcome to the second edition of AI-A-News. The first in-person and hybrid meeting with the AGRs in 3-years took place at the Thrive Center at 1025 Old Country Rd. (4th floor). Hopefully, many others will be able to join us in this great new space, in person on April 13, at 7:30 pm. Please note the earlier start time.

The AGR's voted to approve 2 new members to the Board; Robin D. As Public Outreach Coordinator and Karen G as the Liaison from Suffolk. Both are very experienced in AI-Anon service and excited to serve. Dave and Terry, existing members of the Board, offered to switch positions; Dave was elected Meeting List Coordinator, and Terry was elected Web-Master. It is with great gratitude and excitement that we welcome these changes. The time donated is priceless!

Next, the AGR's voted to approve the new ALISON Guidelines after a vote to change a key controversial policy regarding the right of visitors to speak at board and quarterly meetings. After a lively discussion, it was voted that AI-Anon members who do choose to visit a Board or Quarterly meeting are welcome to share their thoughts, though they are not eligible to vote.

Lastly after a brief explanation, the Telephone Coordinator announced progress had been made in covering inquiries from callers seeking an AI-Anon meeting. Currently only 4-days of the month are not covered and there is a continuing need for additional groups to do this once-a-month service. There has been great progress in the last four weeks! The most fundamental task of AI-Anon, to be there for those still in need, takes place in these phone calls.

Please share this newsletter with your groups, send us news about groups, and read on for our Coordinator Updates!!

With Many Blessings, and Gratitude,

Chairperson, AI-Anon Information Services of Nassau

## **\*\*Alateen Update\*\***

ALATEEN IN NASSAU HAS ONLY ONE IN PERSON GROUP. IT IS IN ROCKVILLE CENTRE ON THURSDAY NIGHTS AT 240 LINCOLN AVE. & WOODWARD AVE., ROCKVILLE CENTER, AT 8:00 PM IT IS MINIMALLY ATTENDED.

THE AMIAS OF THIS GROUP HAS COME TO BELIEVE THAT ONLY H.P. CAN HELP. AFTER MANY YEARS OF OUTREACH TO SCHOOLS, CLERGY, RABBIS, FLIERS, PARENTS, THAT IS HIS CONCLUSION. WE ARE TAKING CARE OF OUR RECOVERY IN AL-ANON SURELY IF WE ARE HEALING, OUR CHILDREN WILL HEAL. BUT IS THAT ENOUGH? ARE WE ADDRESSING THE IMPACT OF ADDICTION ON OUR KIDS? ARE WE MINIMIZING THE CHANCES OF THEIR TURNING TO ADDICTION?

HERE ARE SOME SUGGESTIONS FROM THOSE TRYING TO REVITALIZE ALATEEN IN NASSAU, IN GROUPS AND IN FAMILIES:

1. The more AMIAS trained Al-Anon members we have, the greater the resources for beginning new groups. The training and retraining annually requires only 2-hours and some paperwork.
2. Perhaps we can introduce a new topic into our meetings: "How do I talk to my nonaddicted children about addiction? How do I evaluate how they are doing?"
3. AMIAS training stresses that these Alateen groups are strictly run by the teen members. They set their guidelines and policies, within the purview of the AMIAS sponsor. They help each other when another member has a problem. Knowing this might encourage teens to join. They share their experience, strength and hope with each other, thereby strengthening each other.
4. An Al-Anon group can decide to sponsor an Alateen meeting that can meet on the same day, location and time but in another room, thereby, solving transportation problems, and providing a strong sense of support and camaraderie.
5. Every time we speak of our issues as Adult Children of Alcoholics, it is important to recall, these are generational issues. We can pass them on if they are not addressed.
6. In the words of Alan T., longtime Alateen sponsor, "Together we can revitalize Alateen in Nassau County, for our teens."

## **\*\*Speaker Exchange Update\*\***

Not even a pandemic could stop recovery. We used the Zoom platform to coordinate and exchange information to bring back the Speaker Exchange. Our Al-Anon Family Groups (AFGs) have utilized this Speaker Exchange "tool" whereby one AFG can ask another AFG group for a speaker to come and share their experience, strength, and hope at their meeting. It brings a freshness to a group, and for the speaker it allows the opportunity to see one's own growth in the Al-Anon program. If your group is interested in being part of the Speaker Exchange or would like a copy of the Speaker Exchange listing of meetings participating, please contact by email Shaleen S., our Speaker Exchange Coordinator at: [speakerexchangeordinator@gmail.com](mailto:speakerexchangeordinator@gmail.com).

## **\*\*Public Outreach Update\*\***

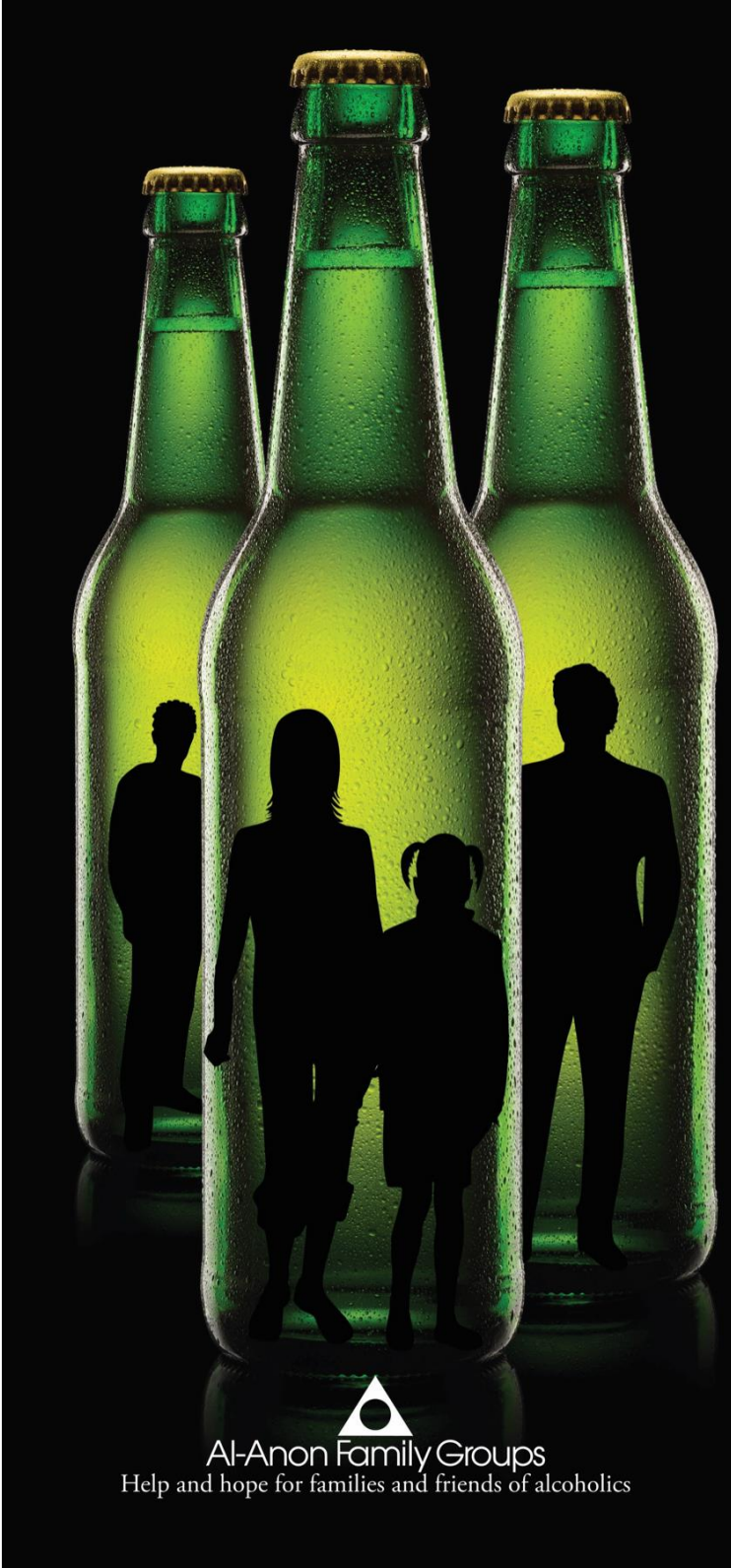
Tradition 5 reminds us that our primary purpose is to help families of alcoholics. This important task is not limited to the welcoming we give newcomers to our meetings. Each of us can also participate in service beyond our group by assisting in outreach such as posting information in public places. The poster below titled "Not Everyone Trapped by Alcohol is an Alcoholic" may inspire someone that has been affected by another person's drinking to reach out to the ALISON hotline to find a meeting.

Currently Al-Anon members have placed this poster in:

- Libraries in Island Park and East Meadow
- In the Town of Hempstead at Baldwin and Harold Walker Parks
- The ShopRite in Massapequa and the Key Food Store in Hicksville

We even have one member placing Spanish language posters in churches and laundromats in their community.

If you have a good color printer, you can download this poster from the newsletter and place it in selected locations within your community. Alternatively, the AGR for your group will be given a small supply of preprinted posters that may be used. Remember where you were in your journey when you decided to find a meeting and practice the Al-Anon Declaration: 'LET IT BEGIN WITH ME—When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and LET IT BEGIN WITH ME.'



**NOT EVERYONE  
TRAPPED  
BY ALCOHOL IS AN  
ALCOHOLIC.**

.....

Families and friends  
are suffering too.

•

Do you worry  
about how much  
someone drinks?

•

Al-Anon and Alateen  
can help.

**ALISON**

**Al-Anon Information Services  
of Nassau**

**Please call**

**516-433-8003**

**and leave a message  
and someone  
will call you back  
with meeting information.  
Thank you!**

**[www.Alanon-Nassau-NY.org](http://www.Alanon-Nassau-NY.org)**



**Al-Anon Family Groups**

Help and hope for families and friends of alcoholics

## **\*\*WHAT LIES BEYOND MY AL-ANON GROUP?\***

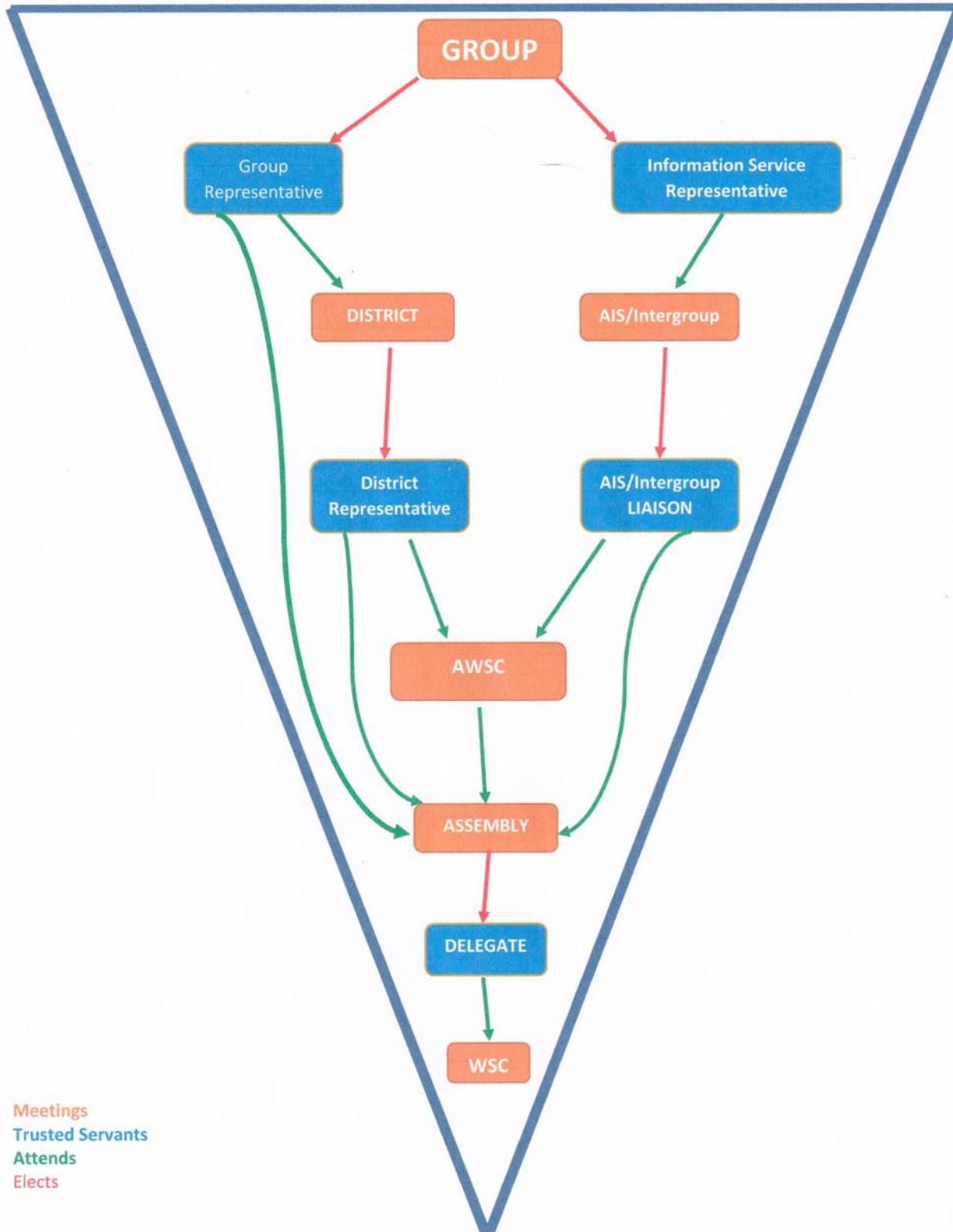
We first approach Al-Anon with our qualifier's face in front of us or our parent's faces behind. In the intimacy of our group, we recover enough to see beyond our qualifiers and family history to Al-Anon as a whole. We first turn to the 12 Steps which heal us, and which we learn to love. We then open to the 12 Traditions, Concepts, and even the Warrantees. Strangely, these 41 ideas contain the structure for all Al-Anon groups and beyond to the World Service Office.

Concept 1 reminds us that the ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups. The chart below illustrates the link between our individual groups, and the service we are accustomed to giving there, with the service that is necessary for Al-Anon as a whole to function. While these may seem detached from the welcoming and comfort we give to families of alcoholics as suggested in Step 5, these service groups extend that support across the globe. They deliver the resources that assure an Al-Anon meeting may not only be easily found, but it will offer the same spiritual program regardless of where it is located.

Our Steps, Traditions, Concepts, and Warrantees, keep Al-Anon working. The service that members provide throughout all these parts of Al-Anon keep it working and thriving. Service at all these levels is nurturing as our bonds with Al-Anon grow. The focus beyond our qualifiers is stimulating and rewarding as we practice Step 12, carrying the message. Consider service beyond your group. It will enrich your spiritual journey and welcome newcomers regardless of where they are.



# Al-Anon Service Structure





## **CLOSING THOUGHT**

Lord, make me an instrument of Thy peace.

Where there is hatred, let me sow love;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

O, Divine Master, grant that I may not so much

Seek to be consoled, as to console;

To be understood as to understand;

To be loved, as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned,

And it is in dying that we are born to eternal life.

*Just for Today Bookmark (M-12)*