

Al-Anon and Alateen Information Services of Nassau County

June 2023

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

Please email Meeting information updates to:
MeetingListCoordinator@gmail.com

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

In addition to catching up with all our Nassau County Al-Anon Groups and Board Members, our Quarterly meeting of April 13 provided a much-needed summary From the N.Y.S. Area Liaison, Pete, regarding the state of virtual meetings in Nassau, N.Y. S. Area, and W.S.O. Though this is still a confusing situation, his summary on Page 9, provides some very appreciated clarity. Surely, Pete will keep us updated as things become more clear, but do not hesitate to contact us with questions.

Looking forward, July 13 will be our next Quarterly meeting which will take place again at 1025 Old Country Road, Westbury, THRIVE Center, 4th floor, Bond Street Entrance elevator, at 7:30. It is our primary purpose to make contact with all of the 37 groups in Nassau County. Please refer to Page XX for a list of the groups for which we have no contact information. If you attend any of these meetings or know members who do, PLEASE, contact Gloria, our Corresponding Secretary, to help us make contact.

Finally, and most exciting, we have had the privilege of meeting with three key Al-Anon members, working in key areas of need in Nassau County's Alanon Family Groups, to focus on ways to progress. The N.Y.S. Area Alateen Coordinator, Jodie R., Paula V. The Spanish Speaking Coordinator for N.Y.S. Area, and David L., an Al-Anon member from Long Beach, trying to revitalize districts in southwest Nassau. An article from David L. is included on page 6. Task Forces were formed for each of these efforts and contact information to join these task forces is on pages 4 & 5.

Also, on you will find an exciting summary of the outreach work being done by Robin, our Outreach Coordinator and her team. Please do not hesitate to submit your writings or suggestions to our Newsletter.

With Many Blessings, and Gratitude,

Chairperson, Al-Anon Information Services of Nassau

*** Tasking for Alateen***

ALATEEN is a fellowship of young Al-anon members, usually teenagers, whose lives have been affected by someone else's drinking. The teens can share experiences, strength, and hope with each other to find effective ways to cope with problems. They encourage one another and help each other understand the principles of the Al-Anon program through the use of the 12 Steps and Alateen's 12 Traditions.

As an Adult Child of an alcoholic, I know what a child experiences living with an alcoholic parent or other alcoholics. I wish they had Alateen meetings when I was younger. Note that (1) out of (4) children and teens are affected by someone's drinking. Teens who are affected by alcoholism often have difficulty coping with their problems, especially when they don't know anyone else who can relate. Without the right support, some of these teens may experience a decline in their mental health and well-being, fall behind in school, or develop their own problem with substance use and addiction:

**THERE IS AN IN-PERSON ALATEEN MEETING AT THE ROCKVILLE CENTRE
"BACK TO BASICS" MEETING ON THURSDAYS, AT 8:00 P.M.**

**ALSO, SINCE TEENS ARE MEDIA ORIENTED, THERE ARE (7) ALATEEN ZOOM
MEETINGS IN THE NEW YORK SOUTH AREA. These meetings can be found at
<https://al-anon.org/al-anon-meetings/>**

The Alison board now has an Alateen Task Force. The purpose of the Task Force is to work on ways to reach out to the teens. We also will work with the AMIAS's (Al-Anon Member Involved in Alateen Services). **EVERYONE IS INVITED TO JOIN THE TASK FORCE SO WE CAN BRAINSTORM TOGETHER.**

**LET US KNOW OF YOUR YOUTH GROUPS, SCHOOLS, LIBRARIES, CHURCHES,
TEMPLES and COMMUNITY CENTERS WHERE WE COULD BRING THEM
INFORMATION AS TO THE ALATEEN PROGRAM.**

Please email this information to: RecordingSecretaryAlison@gmail.com

**** Searching for Lost Groups****

In our post-Covid world, Alison (Al-Anon Information Services of Nassau County) finds that there are several meetings for which there is no contact information. We want to reach out to them, giving them information to connect them to the other Al-Anon Family Groups and to give them an opportunity to give service above the group level.

If anyone attends one of these meetings, or knows someone who does attend them, please contact me.

These groups are:

Monday – Stewart Manor – 1 pm. Joy of Living

Monday - Valley Stream – 9:30 am & 10:45 Monday Morning AFG

Wednesday 7 pm New Hyde Park Men’s Meeting

Friday – Hicksville - 7:30 pm Friday Nite Live

Saturday – Merrick - 12:30 pm Step and Tradition

My contact information is: Gloria D. 516-528-1568

Correspondingsecretaryalison@gmail.com

**** Developing Districts****

The years of lockdowns and COVID restrictions has had a significant impact on the Al-Anon fellowship. Many Groups had to quickly find innovative solutions just to continue to meet. The well-established Links of Service, such as Al-Anon Information Service (that’s ALSION) and Districts that were designed to provide support and consistency in Groups were disrupted, leaving most Groups in isolation.

- Do you know what District your Group belongs to?
- Has your Group elected a Group Representative (GR) to serve at the District level?

There are currently 38 Groups on the Nassau County meeting list distributed within five Districts. Sadly, only District 10 is actively meeting, and of the 38 Groups only five have elected GRs. As a result, the ALSION Board has established a Task Force with the goal of revitalizing the five Districts with a full complement of GRs. If you are interested in learning more about Districts and the role of GRs you may download a copy of the WSO Guidelines for these key service positions on our website: www.alanon.nassau.ny.org. You will also be able to review “What District Is My Group In?” table on the website.

If you would like to assist the Task Force, please contact Pete T. at:

LiaisonToAssembly@gmail.com.

The article below from David L provides a summary of the importance of Districts.

The Purpose of Districts

by David L., District Representative, District 10

In Al-Anon, a district is a collection of Al-Anon groups within the geographic area covered by an Al-Anon Area. I am the District Representative for a newly reactivated District 10, which is located south of the Southern State Parkway and west of the Meadowbrook Parkway. We are part of the New York South Area. District 10 is the only functioning district of five in Nassau County, and, at that, only barely so. A number of us are trying to revitalize districts because they are important to the groups and to Al-Anon service arms like ALISON.

A district is a vital link within Al-Anon structure helping to keep Al-Anon groups healthy and functioning. Al-Anon links provide services to groups, as does for example ALISON, and help minimize the risk of individual groups becoming isolated and of developing unhealthy ways of operating, in terms of both recovery and business. Groups begin to die when we as members fail to maintain these links, any and all of them. When I was first a District Representative, more than 12 years ago, District 10 had something like 16 to 18 groups. Now, it has only 8.

Maybe the number of groups declined for other reasons, but maybe because districts died all over New York South, including Nassau County during the pandemic.

District meetings are Al-Anon meetings, and, like all Al-Anon meetings, the primary spiritual aim of district meetings is to help the family and friends of alcoholics. We do this by talking about Al-Anon, and what service structures like the World Service Conference, World Service Office, the New York South Area, and ALISON are doing. To put it another way, we talk about Al-Anon structure, procedures, policies, and activities in the context of the Legacies, that is, the Steps, and especially the Traditions, Concepts and Warranties. District meetings are like Al-Anon schools where we learn about the spiritual principles behind the Legacies. If you've ever been to an Area Assembly or ALISON Quarterly and have felt a little confused about what is going on, regular attendance at district meetings will clear that up.

District meetings can also do things like hold a District Workshop, host an Area Assembly or help with a public outreach project. They can even start their own public outreach projects.

**** *Public Outreach Update* ****

ALISON's Public Outreach Coordinator and Committee have been busy engaging Nassau with the message of Al-Anon and Alateen. Here's what they have been up to.

1. Participated in the Long Beach High School Mental Health and Wellness Fair on Saturday, April 22, 2023 from 12-3 p.m.
2. Paula V., the current NY South Area Public Outreach Coordinator, presented on May 11, 2023 to the ALISON Board how to get Al-Anon Spanish-speaking meetings started in Nassau. Some of the suggestions that were shared are:
 - Print out the Spanish Speaking Posters and put the Spanish Intergroup Phone number on them.
 - Check AA Intergroup to see if there are any AA meetings in Spanish. Perhaps a Spanish speaking Al-Anon meeting could be added on the same day or another day.
 - Someone recommended Thrive as a place for a Spanish speaking meeting. Paula recommended the Face-to-Face Meetings could go hybrid.
 - Mike R. Recommended asking the current places where Al-Anon meetings take place if there is availability.
3. Participated in the 2023-12th Annual Conference on Co-Occurring Disorders, To Recovery & Beyond, Continuum of Care, May 12, 2023, 9-4 p.m. at Adelphi University and sponsored by Nassau County Office of Mental Health, Chemical Dependency and Developmental Disabilities Services.
4. Meeting with New York State Senator Patricia Canzoneri-Fitzpatrick and staff (District 9) for dissemination of ALISON posters, on May 25, 2023.
5. Participating in the June 9, 2023, Town Hall, sponsored by Nassau County Office of Mental Health, Chemical Dependency and Developmental Disabilities Services, from 9 - 11 a.m.
6. Created a QR code, when scanned takes one to the ALISON website. (Please note the QR code is available for your use and is located on the ALISON website.)

For more information contact Robin D. at PublicOutreachCoordinator1@gmail.com

**** Telephone Service Update****

Alanon Needs YOU to Pick Up the Phone!

Just a reminder to all groups of the importance of telephone service. What is it? Well, let me put it in the simplest way possible.

It means checking a voicemail ONCE a month and if any messages are left, responding to the caller with the information they need. This is usually about someone needing to know where the closest meeting is for them, where they can look up resources about Alanon. guiding them to the web page, etc.

It is NOT an advice or counseling line. But it IS something that can save someone's life, as all of us have come to realize.

So how can you help? It's easy. At your weekly meeting, PLEASE determine if your meeting is covering a night. You can either ask at your next meeting or look on the meeting list in the far right-hand column where the day that meetings are covering is indicated. If the space is blank or has a "0" in the column, that means that your meeting is NOT covering a day. If so, PLEASE point out the importance of someone in your meeting covering this service just ONE day every month. If needed, I will email to your meeting the detailed instructions of how to check for messages and what to say. My email address is: TelephoneCoordinator1@gmail.com

Thank you all for your help,

Mike R.

***** New York South Tunes In Electronic Meetings*****

As noted above a legacy of the pandemic is the emergence of AFGs that choose to meet only electronically by using online services like Zoom, or by Telephone, etc. Thus, WSO has adapted their registration process for AFGs to include groups that wish to meet electronically on a permanent basis.

When a new AFG is formed the founding members initiate a registration process with WSO that includes being placed in an Assembly Area. These Areas are comprised of groups and Districts in a location that can be geographically or non-geographically defined. Electronic Meetings are not considered geographically defined, thus may be assigned to a District that includes AFGs which share a common language. In theory these may be anywhere across the globe. WSO has also recognized many Electronic Meetings may wish to be part of a geographically defined District within an established Area. In the case of Nassau County this would be the New York South Area (NYSA).

In order to assure a consistent method for Areas to recognize AFGs, WSO has required each geographic Area to submit a formal process for review prior to being able to welcome Electronic Meetings. NYSA formed an Electronic Meetings Task Force to develop a process that will include three-steps as follows:

1. Develop an online survey of all Districts within NYSA to identify the ones that are willing to accept Electronic Meetings.
2. Develop a welcome packet for Electronic Meetings wishing to register with NYSA that includes a list of frequently asked questions
3. Develop an online registration form that will be used by Electronic Meetings wishing to join a District in NYSA. This form will include all geographically defined Districts within NYSA that are willing to accept Electronic Meetings and a non-geographically defined District(s) that will overlay the Area. Membership in the Overlay District will be limited to Electronic Meetings.

As on May 1st, there are 38 AFGs within Nassau County, of which 10 are meeting only electronically either by Zoom, phone or other means. 2 of these groups have registered with WSO as Permanent Electronic Groups (PEG) and are currently displayed on WSO's website as Global Electronic Meetings with other PEGs using English. Once the NYSA process is approved later this year, the other 8 meetings will be asked to adjust their registration to reflect their group conscience. It is anticipated the NYSA process will be approved by the 4th quarter of this year.

Pete T.

Liaison To Assembly

CLOSING THOUGHT

“I used to believe *thinking* was the highest function of human beings. The A.A. experience changed me. Now I realize *loving* is our supreme function. The heart precedes the mind”

From: “Lois Remembers”