

Al-Anon and Alateen Information Services of Nassau County

September 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

Members returned from the June 29th through July 2nd 2023 Al-Anon International Convention with such inspiring descriptions of their experiences, some of which are included here, that it was a striking reminder: Al-Anon is a program about our spiritual connections, to one another other and to our Higher Power, as each of us see it.

I was reminded, in listening to their experiences, that life feels and is, very different, when it is lived with these two realities of our spiritual connections to each other and to our Higher Power, at its forefront. With that in mind, we must cover a few practical concerns here in the Newsletter but we will concentrate on the spiritual aspects of the convention, acceptance and prayer.

With Gratitude and Blessings,

The Nassau County Al-Anon Chairperson.



**** Reflections from the International Convention****

From Shaleen S.

What a gift to go to the 2023 Al-Anon International Convention this past June/July!

Meeting over 3,700 fellows in the same space and hearing us all say the Serenity Prayer and the Al-Anon Declaration in unison was MAGICAL!

Seeing all the different countries represented in their traditional costumes and hearing the theme of *"This is my place and These are my people"* was another spiritual tool I will carry with me moving forward. Receiving the latest daily reader titled "A Little Time for Myself - A Collection of Al-Anon Personal Experiences" and making new friends while standing on the line to purchase the book was another gift. I took advantage, like many of us did, to have our fellows sign our daily reader either on their actual birthday or the day they came to Al-Anon. Getting to interact with fellows I only knew from Zoom meetings was also special. The convention had such wonderful meetings throughout the weekend with amazing speakers sharing ESH and superb recovery. I am already looking forward to the next international convention in 2028.

From Helen L

My experience of my very first international convention of Al-Anon was great. I got to experience the Worldwide fellowship experience of Al-Anon. I

Marched in the Love parade along with New York South, where I was able to put many faces to names. I had signed up for service and my higher power felt I should speak for 40 minutes on the topic of New Friends Breaking Isolation. I was so terrified but once again the gift of this program helped me to set that aside. There were so many that came to support me from my in-person meetings of 5 months before the pandemic to my Zoom meetings from all over the world during the pandemic and current. I am so grateful for all the love and support of this Worldwide fellowship.

The new daily reader was released. *A Little Time for Myself: A Collection of Al-Anon Personal Experiences*. This reader has a question at the end of each daily reading. I had heard a couple of people say their writings were in the book. How great it must be to have a writing published to help someone.

The big meetings had a speaker from Al-Anon, Alateen and AA and each one was very inspirational with their experience, strength and hope of the family disease of Alcoholism. They announced, at the final big meeting, that the location of the next Al-Anon International Convention 2028 will be announced at the AA International Convention 2025 in Vancouver, CA.



**** Public Outreach News****

Senator's Canzoneri-Fitzpatrick's Facebook Page

May 25, 2023, was the initial meeting with NYS Senator Canzoneri- Fitzpatrick, representing District 9, in Nassau County, at the Long Beach Public Library. Robin D., ALISON Public Outreach Coordinator, asked the Senator if she could cooperate with ALISON. Rebeca N. Oliveira, Communications Director, for the Senator, emailed me the graphics for this photo which the Senate created for the ALISON group on their page, that will reach thousands of Nassau County residents. Thank you, Senator Canzoneri-Fitzpatrick and Communications Director, Rebecca N. Oliveira!



Check Out Al-Anon Books From Your Library

Heather Smith, Associate Director of Community Relations at WSO, recommends all members check out Al-Anon books from their libraries to show the books are circulating. When I searched Al-Anon in the ALIScat catalog (ALISweb.org) and then clicked on “catalog search” of the books owned by 51 of the 54 member libraries of the Nassau Library System, there were approximately twelve conference approved literature titles listed. Make sure you have your library card with you to check out online! If you cannot find what you need, talk to your library and ask them to order it.

September is Recovery Month

Heather Smith, Associate Director of Community Relations at WSO, recommends taking “A Meeting on Wheels” on the road in Nassau County, demonstrate what a meeting is like to potential members, students, professionals and others interested in learning about the help and hope available in Al-Anon. 3 to 5 members are needed for this service. This service is in the forming stage at this time. (See pamphlet G-22 for more information).

Al-Anon Family Groups Meeting Information Line

If someone you meet is in need of an Al-Anon Meeting, Al-Anon Family Groups Meeting Information Line is available at 1-888-425-2666. There are 3 prompts; #1 for English, #2 for Spanish and #3 for French.

**** *The Serenity of Acceptance* ****

“Accept the things you cannot change”, was my sponsor’s response to my rant about all the terrible things that had happened to me earlier that day. Spilt coffee and a chip in my favorite coffee mug; being tailgated all the way to the train station; missing my train because I slowed down to annoy the tailgater, then being late for work due to signal problems on the later train; tonight, getting a cold dinner because the DoorDash guy got a flat, to name a few!

“What did she mean accept this sort of day?”, I demanded.

“Well,” she replied, “the things that you caused – the spilled coffee and the mug are in the past, so you cannot change them. You can only change the things you are facing now.

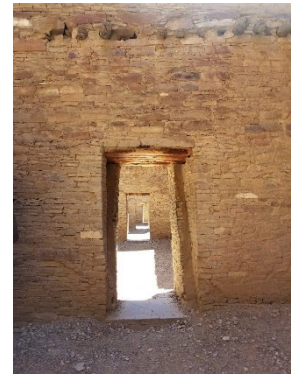
“Well, what about that jerk tailgating me or the dumb DoorDash guy!”

“Is there anything you could have done to change any of those things?”, she asked, “How successful were your attempts with the tailgater? What is something that you could have done that would have made your day better?”

“I don’t know...turned around and gone back to bed?”

“Think about Steps 2 and 3. We have a higher power that is willing to help us. That chipped mug might be a reminder to slow down and let the day come to us rather than trying to bend time, or control the things we encounter.”

Those words and the painful memories of that day reminded me of the importance of a spiritual awakening. Up until then I thought I only had a relationship with God when I attended a religious service. Now I better understand my own behavior and when I’m making my day unmanageable. I can also accept other people have their own opinions and attitudes. I don’t have to agree with them, nor do I have to try to change them. I can enjoy a more serene life when I accept the things I cannot change, and pray for the courage to change those things about me that I can.



*****ALATEEN Pop Quiz*****

1. Have you heard about Alateen?
2. Do you know what it is for?
3. How would I know if a pre-teen or teen I know would benefit from Alateen?
4. How do I talk to a pre-teen or teen about Alateen?
5. How are Alateen meetings run and who runs them?
6. What is an AMIAS?
7. How do I find an Alateen meeting?
8. How do I start an Alateen meeting?
9. Can I ask my child's school to start an Alateen meeting?
10. How does my Al-Anon group start an Alateen meeting?
11. Have you ever had a chance to speak to an Al-Anon member who was in Alateen?
12. How did you enjoy the Alateen POP QUIZZ?

THE ALISON BOARD NEEDS YOU!



There is a great need for the following –

Vice Chairperson

Recording Secretary

Treasurer

Alateen Coordinator

**If you are interested, please email
ChairpersonAlison@gmail.com**

**** BOARD BULLETINS****

RecordingSecretaryAlison@gmail.com (Also Alateen Task Force Coordinator)

Calling all trained AMIAS members - Help Alateen grow. Contact me.

CorrespondingsecretaryAlison@gmail.com

Send me any updates/changes to your AGR/group e-mail information.

TelephoneCoordinatorAlison@gmail.com

We have only four open days in the monthly coverage of our information service line. Volunteer one day a month to give service to people seeking a meeting.

TreasurerAlison@gmail.com

Note: ALISON's current mailing address is **PO Box 755, Westbury, N.Y. 11590**. There is a great opportunity to give service to ALISON - **volunteer as the new Treasurer**.

MeetingListCoordinator@gmail.com

Send me any changes in your group's meeting information.

LiaisonToAssembly@gmail.com

Campaign in Nassau County to elect GR's! Please encourage and elect Group Representatives to attend District and New York South meetings.

WebmasterAlison@gmail.com

Send me all flyers or information for special AI-Anon events (even temporary changes) or AA events with AI-Anon participation so they can be place on our Website.

SpeakersExchangeCoordinator@gmail.com

Let me know if your group would like to participate in the Speaker Exchange, and I will send you the current list of groups who are participating.

PublicOutreachCoordinator1@gmail.com

Let me know about events that might benefit from AI-Anon attendance/participation.

LiaisonfromAA@gmail.com & **BringNY@gmail.com**

Watch for meetings and AA events with AI-Anon participation. We welcome your attendance and service.

LiaisonFromSuffolk@gmail.com

Send me any flyers or notice of events that you want to share with Suffolk AI-Anon meetings.

*****All the Answers*****

The following are the answers to the quiz on page 7:

1. I heard about Alateen from my friends in Al-Anon but I don't see or hear much about it at meetings.
2. Alateen is part of Al-Anon but for young people (pre-teens and teens) who are affected by the disease of alcohol. The great part of it is they run the meetings, with support from Al-Anon Sponsors, getting to help each other.
3. It's impossible not to be affected if there is alcoholism in a family. If someone in their home or close relative struggles with alcohol, they would surely benefit from Alateen meetings, as we do from Al-Anon.
4. Like with all discussions with pre-teens and teens, we feel our way carefully! First tell them a little about the program and only if they show some openness, help them find a meeting and offer any support they might need.
5. Two adults trained as AMIAS's attend the meetings as Sponsors assuring the meetings use all Al-Anon principles! The teens begin a healing process by being active participants in a healthy 12 step program.
6. AMIAS stands for An Al-Anon Member involved in Alateen Services who is currently certified through their Area's Alateen process and is eligible to be directly responsible while being of service to Alateen. They create and manage meetings.
7. There is an in-person meeting in Rockville Centre, Thursday 8pm, Holy Trinity Lutheran Church. There are many Alateen meetings on Zoom and other online formats. Go to <https://al-anon.org/newcomers/teen-corner-Alateen/> for more
8. information.
9. ABSOLUTELY! A school is a great place to reach troubled teens. Guidance Counselors will know if the School Administration will permit a meeting. ALISON will be able to coordinate with an AMIAS to work with school officials.
10. Any Al-Anon member can ask for a group conscience to see if the group is willing to start an Alateen meeting in an adjacent room. The ALISON Board will assist with the registration process.
11. I have spoken to many Al-Anon members who were in Alateen. Their gratitude was enormous.
12. If your answer is yes, we celebrate with you. You might consider some Step 11 work by helping to support Alateen by spreading the word, becoming an AMIAS, or the Alateen Coordinator at ALISON.

CLOSING THOUGHTS on PRAYER

“Pray for the courage to change those things
About me that I can.”

Those words get me thinking
I also need to pray for things
About me and others
That fail, refuse, or will not change
For now, and mounting time
So, I pray for strength from prayer
It will be my breath and vision
For pain, sadness, fear and fatigue
Prayer becomes the only step forward
With good, bad, and mixed news
For friends, hugs, and tears,
A gratitude prayer flows suddenly
The door to acceptance and peace
A maybe miracle
Prayer is my home now

Margaret A.