

# Al-Anon and Alateen Information Services of Nassau County

December 2022

[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)

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## Letter from the Chair of Al-Anon Information Services of Nassau County (ALISON)

Dear Al-Anon Family, it is with great pleasure that we re-introduce a lost tradition of the Al-A-News Letter, with which we hope to connect more frequently with all of you and help you to connect with us! Enclosed are some instructions for the next months' meeting. As the Nassau County Information Services, we look to the World Service Organization of Al-Anon, our more regional, New York South Al-Anon Assembly, our surrounding five boroughs of the Metropolitan N.Y. Area and you, the groups, their GRs and AGRS, of Nassau and Long Island for news, developments, events, and support. We would like our board and this Newsletter to send and receive information from the local, regional, and worldwide parts of Al-Anon.

Our website contains a meeting list which is updated monthly. Long gone are our paper meeting lists but these may be printed for those that need or prefer a hard copy. You are our link to any errors or changes in that list. The Meeting List Coordinator has their own email address, [MeetingListCoordinator@gmail.com](mailto:MeetingListCoordinator@gmail.com)! You are our link to group events, anniversaries, etc. We will publicize them for you. Our Website Coordinator has his own email address, [WebMasterAlison@gmail.com](mailto:WebMasterAlison@gmail.com)! In our reciprocal, information sharing job, we will update all information on upcoming conventions and conferences and other group events!!

In closing, I hope you can share our excitement about the newsletter as a communication tool for Al-Anon in Nassau County! Above all, we need your service, input, ideas, feedback, as the pandemic has left us all struggling to get back on our feet with in person, hybrid, and electronic meetings. WSO and Al-Anon in general, as many other recovery programs, are very far behind, both financially and with staffing. As we all come together our wonderful slogan carries us forward: "Whenever anyone anywhere reaches out for help let the hand of Al-Anon or Alateen always be there, and let it begin with me."

With Much Gratitude,  
Al-Anon Board Chairperson  
[ChairpersonAlison@gmail.com](mailto:ChairpersonAlison@gmail.com)

## NEXT QUARTERLY AGR MEETING

When: Thursday, January 12, 2023

Time: 8:00 PM

Where: In-Person and Hybrid  
THRIVE Recovery Community and Outreach Center  
1025 Old Country Rd., Suite 400, Westbury, NY 11590  
ZOOM  
Meeting ID: 656 636 697  
Passcode: 892395

## RETURN TO IN-PERSON

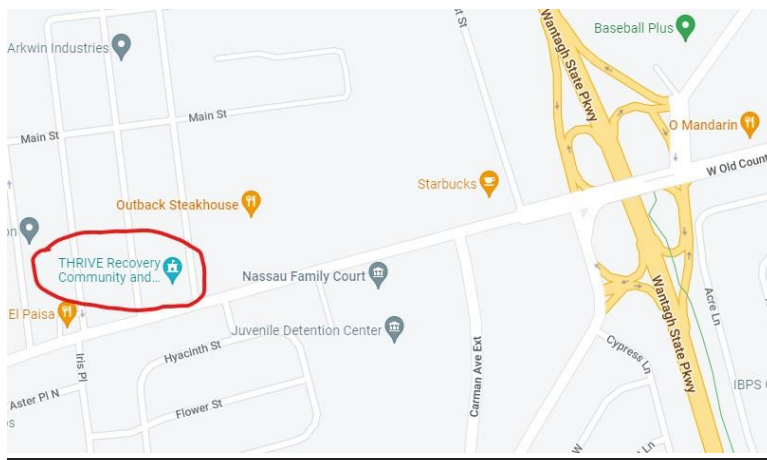
The THRIVE Recovery Community and Outreach Center has graciously offered ALISON a wonderful state of the art meeting space. They are located at 1025 Old Country Road, Suite 400, in Westbury, New York. Directions and a map are on Page 6.

We will have the use of two meeting areas, one of which is quite large. Thus, we will be able to accommodate both the monthly Board meetings and the full attendance of all AGR's during the Quarterly Meetings. We also have the use of large screen network-based equipment to facilitate hybrid meetings through Zoom.

We are very eager to reconvene in person with all of the AGR's in attendance. We also recognize some of you may have health or travel concerns and suggest you attend through Zoom.

Maximum attendance is important to the functionality of the Board. ALISON exists to serve the Al-Anon Family Groups of Nassau, and we rely on the AGR's to guide us. Your participation is key to harmony throughout Nassau County and beyond. If you cannot attend, please have someone in your group attend

Thrive is located on Old Country Road just eight-tenths of a mile west of Wantagh Parkway



The THRIVE building is bounded by State St. to the west, and Bond St. to the east. Both of these are one way streets. Coming from Wantagh Parkway, drive past the front of the building and turn right on to State St. Turn right at the first stop sign, then right again on to Bond St. at the next stop sign. Park along Bond St. as close to the front of the building as possible. Off street parking is also available at the front of the building.

The entrance to THRIVE is at the corner of the building nearest to Old Country Rd. There is an intercom to the right of the outside entry door. Press the button and you will be admitted. Proceed to the elevator and follow instructions for THRIVE's suite.

The Bond St. Entrance Door is here.



## NEW ALISON BOARD GUIDELINES

Please report any issues about the new ALISON Board Guidelines that may have come up when your group reviewed them. If your group has not yet reviewed them, PLEASE do so!! If another copy is needed, please send an email to [CorrespondingSecretaryAlanon@gmail.com](mailto:CorrespondingSecretaryAlanon@gmail.com). Any comments, questions, or suggestions should be emailed as soon as possible to the Chair at: [ChairpersonAlison@gmail.com](mailto:ChairpersonAlison@gmail.com)

Having spent much time on this project, the Board would like to present the Guidelines for vote by the AGR's during the January meeting.

## NEW ELECTIONS FOR SERVICE ON THE ALISON BOARD

Positions on the Board are for one-year terms which end every January. Board members may serve for three terms in a single position and no more than six consecutive years overall. You as an AGR will be voting on the Board positions for 2023. Some Board members wish to continue in the same position, while four are moving to new positions. What follows is a summary of those changes.

Our Meeting List Coordinator, Terry has done an amazing job getting us reorganized after the Zoom chaos of COVID. She will be moving her service to Web Master, to be replaced by our former Web Master, Dave. Pete will be moving from a Co-Speaker Exchange Coordinator position to become Liaison to Assembly.

We are very excited to inform you of a new volunteer for service in the Public Outreach Coordinator position, Robin. She has been tentatively approved by the Board before your vote in January, and has jumped into action by applying to N.Y. Southern Assembly for a grant to do outreach work in Nassau by distributing Al-Anon literature in health care facilities in Nassau County. She is full of new ideas and any new volunteers for service would be a H.P. Blessing!!!

As your groups may often echo, the pandemic seems to be lingering in its effects on service and in-person presence in Al-Anon and as a WSO volunteer once said, "service is so crucial to recovery!!!"

### Candidates for ALISON Board – 2023

POSITION	NAME	EXPERIENCE
Chairperson	Margaret	Serves as AGR & '22 Served as Chairperson
Vice Chairperson		<b>This Position is Open – Volunteer Needed</b>
Recording Secretary	Janice	Served as AGR, '18 – '21 Served as Telephone Coordinator, '22 Served as Recording Secretary
Corresponding Secretary	Gloria	Served as AGR, & '22 Served as Corresponding Secretary
Treasurer	Helen	'22 Served as Treasurer
Alateen Coordinator		<b>This Position is Open- Volunteer Needed</b>
Speaker Exchange Coordinator	Shaleen	Serves as AGR, & '22 Served as Co-Coordinator for Speaker Exchange
Telephone Coordinator	Mike	Serves as AGR & in'22 Served as Telephone Coordinator
Meeting List Coordinator	Dave	'17 – '20 Served as AGR, '22 Served as WebMaster
Public Outreach Coordinator	Robin	NYC Al-Anon Intergroup Employee and Board Member
WebMaster	Terry	'19 – '22 Served as AGR, & '22 Served as Meeting List Coordinator
ALISON Liaison to Suffolk	Barbara R.	Serves as AGR, & '22 Served as Liaison to Suffolk
ALISON Liaison to Assembly	Pete	'19 – '21 Served as AGR, & '22 Served as Co-Coordinator for Speaker Exchange, Supported Liaison to Assembly 4 <sup>th</sup> Qt '22

## A MESSAGE FROM OUR TELEPHONE COORIDNATOR

WE NEED YOUR HELP...NOW!

There's a familiar expression "Walk a mile in my shoes." So, let's pretend that THESE are the shoes you're wearing.

You've been struggling and feeling hopeless and lost because of someone else's drinking. You're confused and don't know which way to turn. But you finally get up the courage to reach out, looking for someone, anyone, that can bring you to sanity and serenity. So, you make the call to the Al-Anon Information phone number...and then never hear back.

THIS is what can happen if the position of Phone Service is not filled in your group. It's an important service, relatively easy to do, and potentially lifesaving for so many people who are struggling.

And all it really comes down to is checking voice mail one day a month.

ONE DAY! That's it. Yet as of now, nearly 20% of each month has NO coverage.

In doing this service there's no counseling involved. No in-person session. No reports to write or logs to maintain. Nothing but checking voice mail one day a month...with specific and simple instructions to make this service as easy as possible.

So please, the Board urges you to reach out to your meeting, check that your meeting is covering a day, and if not PLEASE ask that a volunteer comes forward to fill this valuable position. You can see if your group has a day assigned by looking at the most recent Meeting List and then looking in the far right-hand column to find the call day.

If you have a day assigned, please be sure the position is filled at your meeting. If not, then have them contact me and I will assign a day for coverage along with the latest instructions. My contact information is:  
Email: [TelephoneCoordinator1@gmail.com](mailto:TelephoneCoordinator1@gmail.com), Phone: 516-244-8383

Thank you so much.  
Mike R



## CLOSING THOUGHT

God grant me the serenity to accept the things I cannot change,  
Courage to change the things I can,  
And the wisdom to know the difference