



NYMAI News

Saturday, January 12, 2019

Circulation 280 and Growing!

NYMAI is the New York Metropolitan Area Intergroup of
Nicotine Anonymous

Come to Our Annual Gratitude Dinner!

January 27, 2019. See the attached flyer

NYMAI Meeting Saturday, January 26, 2019 See Below!

GOOD News for NYMAI Member Groups

Now you can order **CHIPS** from NYMAI at \$1.00 per chip
(50 cents per chip plus 50 cents shipping)

Please see **IMPORTANT MEETING NOTICES and ANNOUNCEMENTS.**

Chips are available for only 50 cents each at NYMAI Meetings
And at Special Functions when Sol is in attendance!

The North Bellmore Meeting Has Temporarily Moved.

The North Bellmore Library has closed for renovations.

Meetings are taking place at the ***Bellmore Library, 2288 Bedford Avenue, Bellmore NY***
MEETING STARTS @ 12PM and RUNS TO 1PM

This issue contains the following links and attachments*

1. The **NEW** NYMAI Website <https://www.nymainica.org/>
2. 2019 Gratitude Dinner flyer -**Attached**
3. ***Gift of Gratitude*** Please Donate – Click here: [My Gift of Gratitude](#)
4. Suffolk County Smoking Cessation Speaking Opportunities -**Attached**
5. The most up-to-date **Meeting List** for the New York Metropolitan Area Intergroup of Nicotine Anonymous. Click on the 3 menu lines at the top right of the page.
6. Minutes of the November 17, 2018 intergroup meeting -**Attached**
7. Minutes of the November 17, 2018 outreach meeting -**Attached**
8. To find out about all that's going on around the country and the world, please visit the **Nicotine Anonymous World Services** website.
 - In order to avoid clogging everyone's inboxes with large e-mails, we use links to flyers whenever possible instead of attachments. If you can't open a link, e-mail Michael at Brainoutmb@optonline.net. Name the document you need, and it will be emailed to you as an attachment. (Please note: pdf. Attachments and links require an Adobe Reader, available online as a free download at <http://get.adobe.com/reader/>)

CONTENTS

- **Upcoming Events List**
- **Important Meeting Notices and Announcements**
- **Member Anniversaries**
- **The Next Outreach and NYMAI Meetings on January 26, 2019**
- **NYMAI Agenda: January 26, 2019**
- **Why Not Start a Face to Face Group Meeting?**

UPCOMING EVENTS (Dates and times subject to change)

At your convenience: Nicotine Anonymous offers intergroups and work groups the service of **Zoom online meetings**. If anyone wants to be trained, please contact Chick at nicahost@gmail.com **Chick will hold practice meetings at your convenience.**

- **Tuesday, January 22, 2019: West Babylon Meeting's 2nd Anniversary.**
- **Saturday, January 26, 2019: NYMAI Meeting. See below for details**
- **Sunday, January 27, 2019: The NYMAI *Gratitude Dinner* at Restaurant Joanina from 5:30-8:30PM. (See the attached flyer.)**
- **May 3-5, 2019: *NAWS 34* (Nicotine Anonymous World Services Conference) in Southern California. See the Save the Date flyer in this issue**

IMPORTANT MEETING NOTICES and ANNOUNCEMENTS

- **West Babylon Meeting Closing**
The West Babylon meeting will close after its last meeting on January 22, 2019 after 2 years of operation. Suffolk County members are encouraged to attend the Islip meeting on Thursdays at 7pm at St. Mark's Church. Please see the meeting list.
- **North Bellmore Group Meeting temporary location and time change**
The North Bellmore Library has closed for renovations. Meetings are at the Bellmore Library: 2288 Bedford Avenue, Bellmore NY. **MEETING TIME IS 12PM TO 1PM SATURDAYS**
- **ORDER CHIPS DIRECTLY FROM NYMAI:** This is a new service that NYMAI provides to groups in the New York State Metropolitan Area Intergroup of Nicotine Anonymous (NYMAI). To order visit <https://www.nymainica.org> and click on the 3 menu lines at the top right of the page:
 - **Chips will be available for only 50 cents each at NYMAI Meetings and Special Functions when Sol is in attendance!**
- **NicA Announcement 7th Tradition Opportunity!** Members, **please donate** to Nicotine Anonymous World Services through **My Gift of Gratitude**. It's easy and you'll be helping NicA to achieve our primary purpose – to carry the message to the still-suffering nicotine addict. You can have a small amount such as \$10.00 (or more) deducted from your bank account **automatically every month** and donated to Nicotine Anonymous World Services. You'll hardly notice it; **it is tax-deductible**, and you will have a bank record of the donation. To access the My Gift of Gratitude flyer with all details, please click here: **My Gift of Gratitude**.

LETTER FROM THE CHAIR January 26, 2019

Dear friends in recovery,

My best wishes for a happy, healthy, and nicotine-free new year!

Our Intergroup is in the process of bringing our outreach committee back to life and the prognosis is very good. We've started a tear-off sheet campaign and are currently planning a mailing to the medical community and a project to have members talk to middle school students about nicotine addiction. 2019 is going to be a busy year.

There's still time to send in a nomination for Intergroup chair, treasurer and secretary. Other open positions include meeting list coordinator, newsletter editor, and outreach chair. Please send your nominations to me at newyorker4757@gmail.com; you may nominate yourself or any other member. The deadline for nominations is January 20.

You should have already received a mailing about our upcoming January 27 Gratitude Dinner. A flyer with all details about registration and payment is included in this newsletter.

Thanks for all your generous financial support in the past. As you know, NYMAI, our Intergroup, is entirely self-supporting, and needs members to contribute. It doesn't have to be a lot of money, but every contribution helps us to work toward our Primary Purpose of carrying the message of recovery to the addict who still suffers. Send a check or money order to NYMAI Nicotine Anonymous, PO Box 204, Greenlawn NY 11740.

In grateful Service,

Nick M.
newyorker4757@gmail.com
212 929 0018

Save The Date!

May 3rd-5th, 2019

NAWS Conference
held in
Fullerton, California

Join us for
Surfing into Serenity



MEMBER ANNIVERSARIES

JANUARY ANNIVERSARIES

Congratulations to the members who are celebrating in January 2019!

MEMBER NAME	HOME GROUP(S)	RECOVERY DATE	YEARS FREE IN 2019
Glenn O.	Church of the Ascension	January 1, 1995	24
Linda C.		January 1, 2009	10
Monica V.	Islip, NY	January 1, 2012	7
Patrick T.	New Paltz, NY	January 1, 2013	6
RoseAnne S.	Islip, NY	January 2, 1990	29
Gloria S.	Seafarers, NYC	January 3, 1981	38
Robin L.	Atlanta, GA	January 6, 1996	23
Mike B.	Wantagh, NY	January 6, 1999	20
John S.	<i>Huntington, NY*</i>	January 6, 2007	12
JudiAhavah D.	Studio City/Fullerton, CA	January 8, 2002	17
Tom R.	Oceanside, NY	January 9, 2004	15
Rose Marie Z.	Wantagh, NY	January 10, 2013	6
Jean D.	Oceanside, NY	January 11, 2005	14
Edie C.	<i>Lindenhurst, NY*</i>	January 15, 2001	18
Linda C.		January 15, 2012	7
Michael B.	Islip, NY	January 17, 1991	28
Pat L.	Woodstock, NY	January 26, 1994	25
Sol S.	Seafarers, NYC	January 24, 2012	7
Lydia B.	VONR (PA)	January 26, 2016	3
Joann C.	Islip, NY	January 31, 1985	34
John J.	Phoenixville, PA	January 31, 1992	27

FEBRUARY ANNIVERSARIES

Congratulations to the members who are celebrating in February 2019!

MEMBER NAME	HOME GROUP(S)	RECOVERY DATE	YEARS FREE IN 2019
Susan T.	<i>Westhampton Beach, NY*</i>	February 4, 2000	19
Nick M.	Seafarers, NYC	February 5, 2014	5
Deborah B.	Lawrenceville, NJ	February 6, 2007	12
Rosemary C.	North Bellmore, NY	February 7, 2002	17
Pat B.	New York, NY	February 8, 1996	23
Wayne	<i>Westhampton Beach, NY</i>	February 8, 2003	16
Susan O.	Voices of Nicotine Recovery	February 8, 2010	9

Martin B.	Church of the Ascension, NYC	February 9, 1995	24
Irene K.	Flushing, NY	February 11, 2011	8
Misha F.	New Paltz, NY	February 14, 2006	13
Judi V.	St. James, NY	February 18, 2010	9
George R.	<i>Huntington/E. Northport, NY*</i>	February 19, 1996	23
Debra S.	Lawrenceville, NJ	February 19, 2005	14
Dave T.	Middletown, NY	February 22, 2013	6
Mike N.	Wantagh, NY	February 25, 2005	18
Chick P.	Voices of Nicotine Recovery	February 26 2008	11
Tara R.		February 27, 2011	7
Lucinda P.	Phoenixville, PA	February, 1997	22

MARCH ANNIVERSARIES

Congratulations to the members who are celebrating in March 2019!

MEMBER NAME	HOME GROUP(S)	RECOVERY DATE	YEARS FREE IN 2019
Mary L.	Wantagh, NY	March 1, 1992	27
Alison A.	North Bellmore, NY	March 1, 2001	18
Michele V.	<i>Manhasset, NY*</i>	March 1, 2007	12
Leslie L.	Forest Hills, NY	March 2, 2000	19
Linda B.	Islip, NY	March 4, 1989	30
Chad O.	Minnesota	March 5, 2010	9
Toni J.	Ohio	March 6, 2011	8
Claudia B.	Wantagh, NY	March 7, 1993	26
Joe D.	Wantagh, NY	March 15, 2005	14
Martha K.	<i>Westhampton Beach, NY*</i>	March 16, 1992	27
Artie G.	Seafarer's, NY	March 17, 2012	7
Jeff F.	Wantagh, NY	March 25, 1992	27
Patti A.	<i>Huntington, NY*</i>	March 25, 2000	19
Rosa D.	Phoenixville, PA	March 29, 2013	6
Kathy K.	<i>Huntington, NY*</i>	March 31, 1987	32

Do you have a group or individual anniversary that you would like posted here? Is your group celebrating anniversaries that you would like to tell us about? Is your group having an anniversary party? Please let us know by emailing Brainoutmb@optonline.net or by replying to this email. Anniversary announcements appear without last names – just first name, last initial, home group, quit date and number of nicotine-free years. Tell us about it. You can see it in print

The Next NYMAI Meeting

NYMAI is the New York Metropolitan Area Intergroup of Nicotine Anonymous. Volunteering for intergroup is a way you can become a part of Nicotine Anonymous planning and policy making. Please join us at the next NYMAI meeting. It will be held on Saturday, January 26, 2019 at Rothco. For directions, see the last page of this newsletter.

For further information, contact Nick at newyorker4757@gmail.com

There will be an outreach meeting preceding the NYMAI meeting.

It will begin at 1:00pm

Also, if you have additional agenda items that you would like to have discussed at the next meeting, please email Nick at newyorker4757@gmail.com

Below are both the Outreach Meeting and Intergroup Meeting agendas:

NYMAI Outreach Meeting Agenda: January 26, 2019 1:00pm

- I Begin the meeting with the serenity prayer
- II Record attendance
- III Old Business
 - A. Distribution of literature to medical offices
 - 1. Create a mailing list as described in the minutes of the last meeting.
 - 2. Designate amounts of literature and meetings lists needed as well as cover letter, envelopes and postage.
 - B. Plan secondary school outreach
 - 1. Contact Kathy B regarding how to organize this.
 - 2. Volunteers to speak
- IV New Business
 - A. Scheduling outreach meetings
 - 1. Continue before Intergroup meetings
 - 2. Add a phone meeting when necessary
 - B. Identify an outreach chair/coordinator

NYMAI Agenda: January 26, 2019 2:00pm

- I: OPENING
 - A. Open meeting with moment of silence and serenity prayer
 - B. Distribute agenda and 11/17/2018 meeting minutes
 - C. Record attendance and representatives
 - D. Assign spiritual timekeeper
- II: MINUTES AND COMMITTEE REPORTS
 - A. Minutes of November 15 meeting 10 minutes Barbara
 - B. Treasurer's report 5 minutes Terry
 - C. Chip coordinator's report 10 minutes Sol
 - D. Teleservices report 5 minutes Gemma

E. Newsletter report	5 minutes	Nick
F. Meeting list coordinator's report	5 minutes	Alison
G. Outreach report	5 minutes	Patti
H. Website report	5 minutes	Nick

III: OLD BUSINESS

A. Report on email services	5 minutes	Nick
B. Gratitude dinner	5 minutes	Patti
C. Nomination of officers for 2019/2020	5 minutes	Nick
D. Possible summer event		

IV: NEW BUSINESS

- A. Future meeting planning

FUTURE NYMAI MEETINGS

MONTH	2018	NOTES
March	Face to Face/Zoom @ Outreach 1 pm Intergroup 2 pm to 5 pm	
June	Face to Face/Zoom @ Outreach 1 pm Intergroup 2 pm to 5 pm	
September	Face to Face/Zoom @ Outreach 1 pm Intergroup 2 pm to 5 pm	
January 2020	Face to Face/Zoom @ Outreach 1 pm Intergroup 2 pm to 5 pm	

WHY NOT START A FACE TO FACE GROUP MEETING?

Is it easy?

No, it's not, but Nic A can provide you with a Meeting Starter Kit that will make it much easier. Go to <https://nicotine-anonymous.org/mtg-starter-kit.html>.

When you register your new meeting with Nicotine Anonymous World Services, you will receive a free gift for your meeting!

Will they come running to my meeting? Probably not at first

What do I need? Besides the Meeting Starter Kit and a place to meet, you will need patience to watch your meeting grow, courage and perseverance to keep it going and dedication to keep

the doors open for the still suffering nicotine addict who may not know right away that you have just what he or she needs.

Where can I get help? You can begin by obtaining a Meeting Starter Kit from the link above. If you are in any location in New York State, you can join the New York Metropolitan Intergroup of Nicotine Anonymous (NYMAI). There is no charge, and NYMAI members will help you to obtain all you need to start, including advice and support. You can always reply to this newsletter's e-mail at BrainoutMB@optonline.net. The newsletter editor will be happy to talk to you.

What's in it for me? Not a penny, yet more than you can possibly imagine. Knowing that you have played a part in helping someone to gain or maintain freedom from a deadly, addictive drug that has held them captive is a feeling beyond comparison. It is as if you are doing your Higher Power's work.

And you will be!

If you'd like to contribute to the next edition of NYMAI NEWS, we are looking for....,

Member Articles

Meditations

Thoughts on the Steps

Thoughts on the Traditions

Thoughts on Our Promises

Poetry, Letters, Essays, Reports on Events, Guest Editorials, Etc.

SUBMIT ARTICLES, LETTERS, ETC. BY EMAIL TO: BrainoutMB@optonline.net

To receive free emailed NYMAI News: You are receiving this New York Metropolitan Area Intergroup of Nicotine Anonymous (NYMAI) publication because you are a member of Nicotine Anonymous or because you signed up to receive mailings, flyers, meeting minutes and other timely notices from NYMAI. If you know anyone who would also like to receive it, please ask him or her to send an email ([from the email address they'd like it to be sent to](#)) to this address Brainoutmb@optonline.net with the word "Subscribe" in the subject line.

To discontinue receiving emails from NYMAI, reply to this email with the word "Unsubscribe" in the subject line, and your email address will be removed from the distribution list.

To contact NYMAI, see our meeting list. [Visit Meeting List for a printable NYMAI Meeting List](#)

Do you have an approved nicotine anonymous flyer or a story of experience, strength and hope that you would like distributed in NYMAI news? Please send it as an attachment by replying to this email or emailing it to brainoutmb@optonline.net

NYMAI News welcomes items for submission. Items are previewed by our Traditions Committee and may be edited or rejected if they are not in conformity with the 12 Traditions, if they seek to promote any religious beliefs or business interests, or if they are not in keeping with the NYMAI group conscience. The editor's decision is final. Submissions become the property of NYMAI.

DIRECTIONS TO ROTHCO

3015 Veterans Memorial Highway (Route 454)
Ronkonkoma, NY 11779

From the WEST

Via Northern State Parkway:

- Go east on Northern State Parkway.
- Northern State Parkway becomes Route 454 Veterans Memorial Highway.
- Go 7 miles on Route 454 Veterans Memorial Highway and make a U-turn at 5th Avenue to go east on Veterans Memorial Highway.
- Go 0.3 miles and 3015 Veterans Memorial Highway is on the right.

Via The Long Island Expressway (I-495)

- Take EXIT 57 toward RT-454/Commack/Patchogue.
- Turn right onto Veterans Memorial Hwy/Veterans Hwy/RT-454 E.
- Continue to follow Veterans Memorial Hwy/RT-454 E. for 3 miles and
- Make a U-turn at 5th Avenue to go east on Veterans Memorial Highway.
- Go 0.3 miles and 3015 Veterans Memorial Highway is on the right.

Via Sunrise Highway

- Go east on Sunrise Highway to Lakeland Avenue in Bohemia
- Go North on Lakeland Avenue for 2 miles
- Turn left on Veterans Memorial Hwy/Veterans Hwy/RT-454 E.
- Go 1.5 miles and 3015 Veterans Memorial Highway is on the right.

Via Southern State Parkway

- Go east on Southern State Parkway
- Southern State Parkway becomes Hecksher Parkway
- Exit at Sunrise Highway to go east and continue as above Via Sunrise Highway

From the EAST

Via Sunrise Highway (Route 27)

- Take Sunrise Highway (Route 27) West
- Merge onto Veterans Memorial Hwy/RT-454 W toward Commack.
- Go 4.8 miles and 3015 Veterans Memorial Highway is on the right.

Via The Long Island Expressway (I-495)

- Take EXIT 59 toward Ocean Avenue.
- Turn left onto Ocean Avenue for 1 mile
- Bear Right onto Ocean Avenue at the fork. Continue for .7 mile.
- Turn right onto Veterans Memorial Hwy/Veterans Hwy/RT-454 E.
- Go 1.2 miles and it's the very large building on the right set back from the road.
- Turn into the parking lot just before the building.

GIVE THIS NEWSLETTER AWAY. PLEASE!

Feel free to forward this e-newsletter or make copies to distribute.