



NYMAI News

May 12, 2018

Circulation 285 and Growing!

NYMAI is the New York Metropolitan Area Intergroup of Nicotine Anonymous

The North Bellmore Group Meeting is Temporarily Moving.

The last meeting at the North Bellmore Library will be Saturday May 12th. After that the library is closing for renovations.

THERE WILL BE NO BELLMORE MEETING SATURDAYS MAY 19TH OR 26TH.

Meetings will resume on June 2nd at the Bellmore Library, 2288 Bedford Avenue, Bellmore NY

MEETING TIME CHANGES TO ... 12PM TO 1PM

See Important Notices and Attached Flyer

NYMAI Meeting Saturday, May 19, 2018-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!**

**Anniversary chips will be available for purchasing
@ The May 19, 2018 Meeting!**

This issue contains the following links and attachments*

1. The **NEW** NYMAI Website <https://www.nymainica.org/>
2. NicA North Bellmore Temporary Time & Location Change – **Flyer Attached**
3. July 4, 2018 *Celebration of Freedom* Marathon Phone Meetings – **Flyer Attached**
4. July 6-8, 2018 *NJ/PA Intergroup Funweekend* – **Flyer Attached**
5. *Suffolk County Smoking Cessation* Speaking Opportunities – **Attached**
6. Clean in the Catskills – **Flyer Attached**
7. March 10, 2018 NYMAI Meeting Minutes – **Attached**
8. *Gift of Gratitude* Please Donate – Click here: [My Gift of Gratitude](#)
9. 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.
10. 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/>)

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UPCOMING EVENTS (Dates and times subject to change)

- **Saturday, May 19, 2018 NYMAI Meeting (2PM to 5PM) at Barbara's and by WebEx.**
You can attend WebEx meetings in your pajamas and no one will ever know. See Below for WebEx instructions.
- **Wednesday, July 4, 2018 Celebration of Freedom Phone Meeting Marathon**
- **Friday to Sunday, July 6-8, 2018 – New Jersey/Pennsylvania Funweekend – Flyer Attached**
- **Saturday, July 14, 2018 (2PM to 5PM) NYMAI Meeting at Seafarer's and by WebEx. Details in July Issue**
- **Friday to Sunday, October 12-14, 2018 – NYMAI's Clean in the Catskills – Flyer Attached**
* To attend meetings by WebEx, contact Michael at Brainoutmb@optonline.net or call 718-614-2317. Please do so several days before the meeting.

LETTER FROM THE CHAIR MAY 12, 2018

Dear friends in recovery,

It's just a couple of weeks since the tremendously successful 33rd Annual Nicotine Anonymous World Services Conference, held from April 20 to 22 in Ronkonkoma, New York. Our intergroup clocked up an extraordinary amount of service putting on gratitude and sunrise meetings; recovery meetings; a closing spirituality brunch; workshops; business meetings; and an extraordinary Saturday night "UNTalent" show that featured 16 different skits, songs, and monologues.

It's a great pleasure to extend the heartfelt thanks of our entire intergroup to the conference committee and to all those who volunteered their time to do service at the conference. The conference was a great success and we proved truly that together we can do what we cannot do alone.

Energized by the conference, we're now full speed ahead to do some outreach, especially in areas where some existing meetings are failing to attract new members. We can coordinate outreach ideas through our intergroup meetings but if there is a member who wants to step up to the role of NYMAI outreach coordinator, please contact me at the email or phone number below.

We're looking forward to a fun summer this year. First we'll visit our friends at the New Jersey Pennsylvania Intergroup for their annual Funweekend July 6 through 8. A flyer for the event is

attached to this newsletter. And then, we're looking for a new idea for an August activity to replace Beach Day that has been failing to attract members for several years.

If you haven't had a chance so far, take a look at our newly revamped website at www.nymainica.org. You'll find all the information and links that we had before but in an easy to navigate new design. Use the email link on the contact page to send in your impressions of the site.

Waiting for a tax refund check to arrive? Please consider donating a percentage of your refund to Nicotine Anonymous World Services at <https://nicotine-anonymous.org/contributions-self-support.html>.

In grateful Service,
Nick M.
newyorker4757@gmail.com
212 929 0018

Upcoming Special NicA Events!

Celebration of Freedom

Phone Meeting Marathon

Wednesday July 4th, 2018 - New Meeting Every Hour

See the attached Flyer

NJ/PA Intergroup Announces Its TWENTY EIGHTH Annual Funweekend

A Nicotine Anonymous Event

“F* I* E* S* T *A!”



Friday, Saturday, Sunday July 6, 7, 8, 2018

All Events must be paid in advance by June 30 for head count

See the attached Flyer

October 12-14, 2018 is NYMAI's 25th Annual Clean in the Catskills



THIS YEAR: A 25th ANNIVERSARY CHIP FOR ALL ATTENDING!

See the attached Flyer

IMPORTANT MEETING NOTICES and ANNOUNCEMENTS

- **North Bellmore Group Meeting temporary location and time change – Flyer Attached**
The last meeting at the North Bellmore Library will be Saturday May 12th. After that the library is closing for renovations. THERE WILL BE NO BELLMORE MEETING SATURDAYS MAY 19TH OR 26TH. Meetings resume on June 2nd at the Bellmore Library: 2288 Bedford Avenue, Bellmore NY. MEETING TIME CHANGES TO 12PM TO 1PM
- **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 m3nu 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!**
- **Tell Us!** Do you have a flyer for a Nicotine Anonymous event or meeting? If you do, NYMAI would love to spread the word. Send it to this newsletter at BrainoutMB@optonline.net or to John O for the NYMAI website at rcvryguy@gmail.com. We'll help you get the news out.
- **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](#).

MAY ANNIVERSARIES

Congratulations to the members who are celebrating in May 2018!

MEMBER NAME	HOME GROUP(S)	RECOVERY DATE	YEARS FREE IN 2018!
Tina M.	Phoenixville, PA	May 1, 2000	18
Stefanos G.	<i>Manhasset, NY*</i>	May 1, 2007	11
Janet B.	Phoenixville, PA	May 1, 2011	7
Elaina C.	North Bellmore, NY	May 2, 2009	9
Jan S.	Phoenixville, PA	May 5, 1986	32
Lisa L.	<i>Roslyn, NY*</i>	May 6, 2002	16
Kenny S.	<i>Lindenhurst, NY*</i>	May 9, 1992	26
Tony M.	<i>White Plains, NY*</i>	May 9, 1994	24
Dave HL.	<i>Manhasset, NY*</i>	May 9, 2008	10
Deanna H.	Wantagh, NY	May 14, 2011	7
Sylvia D.	Teaneck, NJ	May 15, 1994	24
Terry R.	<i>Huntington, NY*</i>	May 15, 2006	12
Neil C.	North Bellmore, NY	May 21, 1989	29
Nancy O.	Butt Kickers, PA	May 21, 2012	6
Barbara M.	West Babylon, NY "Expect a Miracle"	May 23, 2017	1
Barbara S.	Wantagh, NY	May 25, 1995	23
Ginny S.	<i>Manhasset, NY*</i>	May 25, 2009	9
Tom W.	Bellmore/Wantagh, NY	May 28, 2006	12
Amy M.	Phoenixville, PA	May 31, 2015	3

JUNE ANNIVERSARIES

Congratulations to the members who are celebrating in June 2018!

MEMBER NAME	HOME GROUP(S)	RECOVERY DATE	YEARS FREE IN 2018!
Carroll T.	Holy Name Rectory, NYC	June 2, 1979	39
Andrea V.	<i>Port Jefferson, NY*</i>	June 5, 2006	12
Cathy	<i>Westhampton Beach, NY*</i>	June 9, 2003	15
Teresa I	Fresh Start, Dallas TX	June 9, 2008	10
Tom G.	North Bellmore, NY	June 14, 2014	4
Matt L.	<i>Westhampton Beach, NY*</i>	June 16, 1992	26
Marlene C	Wantagh, NY	June 20, 1994	24
Jim Mc.	<i>Huntington, NY*</i>	June 24, 2006	12
Stephanie A.	Albany, NY	June 24, 2011	7
Fran P.	<i>Westhampton Beach, NY*</i>	June 25, 1998	20
Alan L.	North Bellmore, NY	June 29, 2012	6
Alicia R.	Ohio	June 30, 2011	7

JULY ANNIVERSARIES

Congratulations to the members who are celebrating in July 2018!

MEMBER NAME	HOME GROUP(S)	RECOVERY DATE	YEARS FREE IN 2018!
David K.	Seafarers, NY	July 3, 2014	4
Colleen S.	Wantagh, NY	July 4, 2005	13
Sami E.	Stroudsburg, PA	July 4, 2011	7
George	Westhampton Beach, NY*	July 4, 2012	6
Mary S.	Wantagh, NY	July 5, 1998	20
Lawrence H.	Nyack, NY	July 10, 2014	4
Bill G.	North Bellmore, NY	July 12, 1995	23
Eileen	Westhampton Beach, NY*	July 22, 1993	25
Robbin U.	Stroudsburg, PA	July 25, 2011	7

**Indicates groups that are no longer meeting*

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 DEADLINE FOR SUBMISSIONS TO THE JULY 2018 NEWSLETTER IS
FRIDAY, JUNE 30, 2018 FOR DISTRIBUTION ON OR ABOUT JULY 7, 2018**

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, May 19, 2018 at Barbara's.

For directions to Barbara's, contact Michael or Nick. Please don't wait until the last minute.

Michael: 718-614-2317 Brainoutmb@optonline.net

Nick: 917-952-6542 newyorker4757@gmail.com

Anniversary chips will be available for purchasing at the May 19, 2018 Meeting!

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

NYMAI AGENDA: May 19, 2018

I: OPENING

- A. Open meeting with moment of silence and serenity prayer
- B. Distribute agenda and 3/10/2018 meeting minutes
- C. Record attendance and representatives
- D. Assign spiritual timekeeper

II: MINUTES AND COMMITTEE REPORTS

- | | | |
|--------------------------------------|------------|---------|
| A. Minutes of March 10 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 | Michael |
| F. Meeting list coordinator's report | 5 minutes | Alison |
| G. Outreach report | 5 minutes | Nick |
| H. Webmaster report | 5 minutes | John |

III: OLD BUSINESS

- | | | |
|---------------------|-----------|------|
| A. Recap of NAWS 33 | 5 minutes | John |
|---------------------|-----------|------|

IV: NEW BUSINESS

- | | | |
|--|-----------|------|
| A. CITC 25 theme | 5 minutes | Nick |
| B. An August event? | | |
| C. Future meeting planning | | |
| 1. July location change | | |
| 2. September & November meeting date and place | | |

FUTURE NYMAI MEETINGS

MONTH	2018	NOTES
July 14	Face to Face/WebEx @ Seafarer's, 123 Irving Place in Manhattan 2 pm to 5 pm	CITC details, volunteers, meeting chairs, etc.
September TBD		CITC planning and confirmations

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.

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GIVE THIS NEWSLETTER AWAY. PLEASE!

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