



NYMAI News

Monday, November 5, 2018

Circulation 280 and Growing!

NYMAI is the New York Metropolitan Area Intergroup of Nicotine Anonymous

LETTER FROM THE CHAIR November 5, 2018

Dear friends in recovery,

Clean in the Catskills' Silver Anniversary weekend took place at Villa Vosilla in Tannersville, NY from Friday afternoon October 12 through after lunch on Sunday October 14. Patti A. and I co-chaired with much help from Michael B.

All members attending received a CITC 25/Silver Anniversary button; commemorative 25th anniversary chips made by Sol S. were distributed to all members.

Thanks to all meeting chairs Michael B, Sol S, John O, Patti A; our inspiring speakers included Barbara D, Franca F, Lee R, Michael B, and Kathy B. Although it looked as though the annual mountain climb led by John O might be rained out, the weather cooperated at the last minute and members enjoyed the climb after all.

CITC 26 will take place from Friday evening October 18 through the following Sunday, October 20. Fall colors in the Catskills should be at their prime; we look forward to seeing you there!

Gratitude month is upon us. Over the past couple of months we've been meeting about ideas for attracting new members to our NicA groups. Here are a few ways you can help to carry the message to the nicotine user who still suffers:

- Post our tear-off notice in local establishments (always ask permission first).
- Leave meeting lists (available on our website www.nymai-nica.org) at the office of doctors and dentists when you visit.
- Check our website and click on "tools" for further information about outreach

Save the date: our annual gratitude dinner will take place on Sunday January 27, 2019. A flyer describing the event is attached to this newsletter

As you know, NYMAI, our Intergroup, is entirely self-supporting, and needs members to offer financial support. 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

Come to Our Annual Gratitude Dinner! January 27, 2019. See the attached flyer

If you think you will need a ride from the train station, please contact
Michael well before the event at Brainoutmb@optonline.net

NYMAI Meeting Saturday, November 17, 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 November 17, 2018 NYMAI Meeting!

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. September 15, 2018 NYMAI Meeting Minutes – **Attached**
3. January 27, 2019 Gratitude Dinner flyer **Attached**
4. Telephone Marathon Meeting Schedule – **Attached**
5. **Gift of Gratitude** Please Donate – Click here: [My Gift of Gratitude](#)
6. November Outreach Flyer– **Attached**
7. 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.
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/>)

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- Important Meeting Notices and Announcements
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- NYMAI Agenda: November 17, 2018
- Why Not Start a Face to Face Group Meeting?

UPCOMING EVENTS (Dates and times subject to change)

- Saturday, November 17, 2018 (2PM to 5PM) NYMAI Meeting at Gemma's. There will be an outreach meeting at 1:00PM
- Tuesday, January 22, 2019 West Babylon Meeting's 2nd Anniversary.
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.
- The NYMAI *Gratitude Dinner* has been scheduled for January 27, 2019 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 future issues of NYMAI News for the flyer.

IMPORTANT MEETING NOTICES and ANNOUNCEMENTS

- 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!
- **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. 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](#).

MEMBER ANNIVERSARIES

NOVEMBER ANNIVERSARIES

Congratulations to the members who are celebrating in November 2018!

MEMBER NAME	HOME GROUP(S)	RECOVERY DATE	YEARS FREE IN 2018!
Malcolm C.	New Paltz	November 2, 2001	17
Ladd J.	<i>Roslyn/ Manhasset, NY*</i>	November 4, 2000	18
Gunther D.	Strausbourg, PA	November 4, 2002	16
Amy M.	Phoenixville, PA	November 6, 2015	3
Carol B.	<i>Roslyn, NY*</i>	November 9, 2009	9
Marcia G.	Wantagh, NY	November 10, 1996	22
John N.	Oceanside, NY	November 10, 2008	10
Dale K.	Columbia, MD	November 11, 1999	19
Scott B.	Columbia, MD	November 11, 2003	15
Maria T.	Lawrenceville, NJ	November 14, 2007	11
Paul C.	Rhinebeck, NY	November 14, 2014	4
Debbie	<i>Westhampton Beach, NY*</i>	November 18, 2009	9
Jean M.	Nicodemons, Colorado Springs, CO	November 19, 2002	16
Ruth D.	<i>Staten Island, NY*</i>	November 20, 1991	27
Cathie K.	Columbia, MD	November 21, 2008	10
Adrienne W.	<i>Westhampton Beach, NY*</i>	November 22, 2012	6

DECEMBER ANNIVERSARIES

Congratulations to the members who are celebrating in December 2018!

MEMBER NAME	HOME GROUP(S)	RECOVERY DATE	YEARS FREE IN 2018!
Mike D.	<i>Lindenhurst, NY*</i>	December 1, 1991	27
Stan W.	New York, NY	December 1, 2009	9
Corinna C.	Freebridge/Primary Purpose	December 1, 2014	4
Laura Y.	Wantagh, NY	December 5, 2010	8
Jacques S.	North Bellmore, NY	December 8, 2012	6
Irene D.	Palm Harbor, FL	December 10, 2009	9
Mike H.	Islip, NY	December 17, 2008	10
Frank S.	Oceanside, NY	December 18, 1988	30
Ed	<i>Westhampton Beach, NY*</i>	December 18, 2006	12
Colette P.	Middletown, NY	December 21, 2001	17
Liz	<i>Westhampton Beach, NY*</i>	December 22, 1998	20
Pammie G	New Paltz, NY	December 24, 1989	29
Nadia M.	Middletown, NY	December 26, 2007	11
Bill C.	Fort Lee, NJ	December 29, 1983	35

George N.	North Bellmore, NY	December 30, 2008	10
Pilar R.	New Paltz, NY	December 31, 2001	17

JANUARY 2019 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

**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 JANUARY 2019 NEWSLETTER IS
FRIDAY, DECEMBER 28, 2018 FOR DISTRIBUTION ON OR ABOUT JANUARY 7, 2019**

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, November 17, 2018 at Gemma's:

For directions, contact Michael at brainoutmb@optonline.net or call 718-614-2317

Please don't wait until the last minute.

There will be an outreach meeting preceding the NYMAI meeting.

It will begin at 1:00pm

**Anniversary chips will be available for purchasing at the
November 17, 2018 Meeting!**

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

NYMAI AGENDA: November 17, 2018

I: OPENING

- A. Open meeting with moment of silence and serenity prayer
- B. Distribute agenda and 9/15/2018 meeting minutes
- C. Record attendance and representatives
- D. Assign spiritual timekeeper

II: MINUTES AND COMMITTEE REPORTS

- | | | |
|--------------------------------------|------------|---------|
| A. Minutes of September 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 | Michael |
| 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 | Michael |
| B. CITC recap | 5 minutes | Patti/Nick |

IV: NEW BUSINESS

- | | | |
|-----------------------------------------|-----------|-------|
| A. Gratitude dinner plans | 5 minutes | Patti |
| B. Nomination of officers for 2019/2020 | 5 minutes | Nick |
| C. New meeting list coordinator | | |
| D. Possible summer event | | Nick |
| E. Future meeting planning | | |
| 1. April meeting date and place | | |

FUTURE NYMAI MEETINGS

MONTH	2018	NOTES
January 26, 2019	Face to Face/Zoom @ Rothco Outreach 1 pm Intergroup 2 pm to 5 pm	CITC Recap Gratitude dinner Election of officers for 2019/2020
March, 2019	Face to Face/Zoom @ TBD 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.

***** **THE
DEADLINE FOR SUBMISSIONS TO THE JANUARY 2019 NEWSLETTER IS FRIDAY,
DECEMBER 28, 2018 FOR DISTRIBUTION ON OR ABOUT JANUARY 7, 2019**

GIVE THIS NEWSLETTER AWAY. PLEASE!

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



Nicotine Anonymous Gratitude Dinner
Sunday, January 27, 2019 5:30 to 8:00 pm
SAVE THE DATE!



Gratitude

Lives on in our

Attitude

Please join us for our 4th annual NYMAI* Gratitude Dinner

Gratitude is the aristocrat of all our attitudes, reminding us of the gifts we have received from Nicotine Anonymous. Once a year NicA members, wherever they may live, have the chance to enjoy a dinner with other recovering members and their families.

THE EVENING

A truly inspirational guest speaker and great fellowship: Express what you are thankful for in a member go-round & experience a clean-time count-down. What could be better?

THE DINNER

Caprese: Homemade fresh mozzarella with tomatoes & basil

Insalata Mista: Mixed Green salad with balsamic vinaigrette

CHOICE OF ENTREE:

PENNE PRIMAVERA: Penne pasta with seasonal vegetables in garlic & olive oil
POLLO CAPRICCIOSO: Breaded breast of chicken topped with chopped tomatoes, fresh mozzarella & chopped basil

PESCE DEL GIORNO: Fresh market fish of the day

Torta e Caffè: Sheet cake (Soda, coffee & tea included)

Easy Directions to Restaurant Joanina

35A Gerard Street

(1 block north of Main Street)

Huntington, New York 11743

(631) 549-2727 for directions only

Long Island Expressway to exit 49N or Northern State Parkway exit 40N (Route 110) follow that into the village of Huntington. Cross over Main Street to the next light and make a left onto Gerard Street.

Restaurant Joanina will be on the right.

TO RESERVE: Call Patti @ 631-385-1410. If you get voicemail, speak clearly & leave a number.

The Details

- We are reserved for **Sunday, January 27, 2018** @ 5:30pm
- Cost per person, \$42.00 covers dinner, tax and tip. (Cash bar for alcoholic beverages is on your own.)
- **Please** send your **check or \$ order** made out to **Nicotine Anonymous** to

NicA.

32 Lloyd Lane

Huntington, NY 11743

NYMAI Meeting Minutes, September 15, 2018

I: OPENING

A. The meeting was held at Patti A.'s home in Lloyd Harbor and opened with a moment of silence and The Serenity Prayer.

B. Spiritual Timekeeper:

C. In attendance were Sol S. (Seafarer's Group), Michael B. (West Babylon Group), John O., Patti A., Barbara D., and Terry R.

II: MINUTES AND COMMITTEE REPORTS

A. Secretary's Report: Barbara D. read the minutes from the July 14 meeting. Changes were as follows: 1) The May NYMAI meeting was held in Manhattan; 2) Terry, our Treasurer, spells her name with a "y"; and 3) our balance in the treasury as of July 1, 2018, was \$1,167.98. We voted to accept the meeting minutes as amended.

B. Treasurer's Report: Terry R. reported that our beginning balance as of August 1, 2018, was \$878.98. A deposit of \$100 brought our ending balance as of September 15, 2018, to \$978.98.

C. Chip Coordinator's Report: Sol S. reported that we still have 757 chips in inventory; the number has not changed since the previous NYMAI meeting.

D. Teleservices Report: (Gemma was not in attendance)

E. Newsletter Report: (Michael)

F. Meeting List Coordinator's Report: (Alison was not in attendance)

G. Outreach Report:

H. Webmaster Report: (John)

III: OLD BUSINESS

A. CITC: (Patti)

Did Patti give some figures on attendance, etc?

B. The next NYMAI meeting will be held at Gemma's home at 2 pm on Sat., Nov. 17, 2018, following the Outreach meeting at 1 pm. Some members may be joining us via Zoom.

IV: NEW BUSINESS

A. Computer/external drive for NYMAI

I assume that this was accepted as John took the computer to load a word processing program on it (Nick, I don't think this was put to a vote)

B. January NYMAI meeting:

1. The January NYMAI meeting will be held at Rothco in Lake Ronkonkoma on Sat., Jan. 26, 2019, at 2 pm following the Outreach meeting at 1 pm. We will hold our election of officers for 2019 at this meeting. Some members may be joining us via WebEx.

FUTURE NYMAI MEETINGS

MONTH	2018	NOTES
November 17	Face to Face/Zoom @ Gemma L's Outreach 1 pm Intergroup 2 pm to 5 pm	CITC Recap Gratitude dinner date/planning Officers for 2019
January 26	Face to Face/Webex @ Rothco Outreach 1 pm Intergroup 2 pm to 5 pm	Election of officers for 2019