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The DownEast InterGroup Committee is a group of AA members coming together in the spirit of fellowship to help carry the AA message by publishing a newsletter, sponsoring AA-oriented social events, and distributing AA literature. We support communication and participation between AA members, groups, and districts. www.downeastintergroup.org/ We meet monthly on the 3rd Monday in the Congregational Church in Ellsworth Falls.

*** MERRY CHRISTMAS AND HAPPY NEW YEAR ***

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STEP 12 From the Original Manuscript -

Having had a spiritual experience as the result of this course of action, we tried to carry this message to others, especially alcoholics, and to practice these principles in all our affairs.

STEP 12 As it has been printed since the Second Printing of the First Edition -

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

If we really look at the last three Steps, we notice that the Tenth Step talks about, "continuing," the Eleventh Step talks about, "seeking and improving," and the Twelfth Step talks about "in ALL our affairs," so our Program leaves no room for complacency or coasting. And besides, the only way we can coast is downhill. The Steps are kinda like walking up a down escalator. IF we keep moving we CAN get to the next level, but if we slow down or stop moving, it brings us right back down to where we came from. I don't know about you, but I DESPERATELY do not want to go back to where I came from. Now that we've made conscious contact with the God of our understanding, we have received that greatest gift of this program - a spiritual awakening. God is now guiding us in such a way that it is indeed miraculous. This life changing experience comes suddenly to some (as in a spiritual experience), and gradually to others (as in a spiritual awakening). We are now living in the **"sunlight of the Spirit"**, and the spiritual awakening is just the first part of the Twelfth Step. The "Big Book" authors tell us what we MUST do to enlarge our new God-consciousness. The top of page 89 says: **"Practical experience shows that NOTHING will so much insure immunity from drinking as intensive work with other alcoholics.** It works when other activities fail. This is our twelfth suggestion: Carry THIS message to other alcoholics! You can help when NO ONE else can. You can secure their confidence when others fail." When WE work with others, OUR lives change. Like it was said before, we don't help another alcoholic because THEIR sick, we help another alcoholic because WE are sick, and part of our program of recovery is that we need to be helping others. God is now our "new Employer." In the last full paragraph on page 102, the Big Book gives us a new job description: "Your job now is to be at the place where you may be of MAXIMUM helpfulness to others, so NEVER hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid (which means "morally degraded") spot on earth on such an ERRAND (but don't go alone!). Keep on the firing line of life with THESE motives and GOD will keep you unharmed."

- *paraphrased from Barefoot's AA World*

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LITERATURE: Contact Diller at 266-9486 to purchase AA literature at cost, shipping fees are paid by DEIG.

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TRADITION 12 CHECKLIST

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition - or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs behavior - especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?

(The Traditions Checklists were first published in the AA Grapevine with a series of articles on the Twelve Traditions of Alcoholics Anonymous running November 1969 through September 1971).

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Hotline 207-479-1779

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How could we be happy with what we wish we had if we are not grateful for what we now have? What U think, huh? –Joe M.

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DISTRICT NEWS

DISTRICTS 8, 11, 21 & 25 - ALL QUIET

DISTRICT 3

Up here in Piscataquis County things have been real busy. There have been a lot of anniversaries ranging from 1 year to 42 years. Due to the travel distance from up here to Brewer District three meetings, we are trying to get some group members interested in starting our own District. There is a new "AA" meeting that meets at

"Life is what happens to us while we're making other plans" – *Joe M.*