DOWNEAST INTERGROUP NEWS Volume IX Issue 8 August 2014

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.

STEP 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Here again in Step 8 we take pencil and paper in hand and proceed with the action of writing out a listing of all we have harmed with our behavior and reactions caused by our alcoholism and our boozing. Referring to our 4th Step Inventory, we list ALL the people, businesses, institutions and organizations noted there, even though we may not, as yet, be willing to make any amend to them.

The willingness will come in time, as we complete the amends to those we are willing, and witness and feel the marvelous freedom each brings to us. We can actually feel the "monkey" sliding off our back. We can begin to walk down the street, on either side and in either direction without looking back over our shoulder, with the constant fear that someone/something is going to catch up with us. But for now, not to worry about any confronting, or actual making of amend. All we are doing is making a list and becoming willing to become willing to make amends to them all. – *Barefoot AA*

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LITERATURE: Contact Diller at 266-9486 to purchase AA literature at cost, shipping fees are paid by DEIG. The new 75th Anniversary Edition of the Big Book sells out fast at \$12 per book! More are on order. Get yours from us!

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From our last DEIG meeting on July 21:

Secretary Report & Treasurer Report accepted. Literature **Report**: Diller reports that there is a really good inventory of books. He has a bit of everything right now. Currently there is a negative \$60.04 balance. This is due to costs of the pamphlets used to produce the beginner packets that were made in May. Diller requested to have the \$60.04 reimbursed from our general fund. This was voted and approved to replenish the literature fund as requested. **Newsletter**: David made a suggestion that page 4 of the quarterly newsletter format be used to promote DEIG: functions, what PI/CPC is about, etc. Reminder: People are welcome to snail mail items for the newsletter to David T at PO Box 302, Searsport, ME 04974-0102 or email to: editor@downeastintergroup.org. PI/CPC: It is possible that Joe A from District 21 went on WERU for an interview, but we are not sure. We will find out and report back at our next meeting. The local radio station wouldn't play the discs of approved AA announcements. Denise PI/CPC for District 16 -Belfast came to Intergroup meeting. She reports that Bridging The Gap in District 16 will be contacting their local hospital to see about connecting with nurses who will help connect AA members to hospital patients who need AA. Bob suggested that a presentation be made to Lawyers who are not aware of how AA works. It was determined that the PI/CPC committee can do anything they determine to be necessary. NOTE: Maine's Delegate, Marylou will be speaking at District 8 meeting August 12, 2014. She will report on her most recent visit to NY and what is going on in AA on a National level.

TRADITION 8 CHECKLIST:

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- 1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
- 2. When I chafe about any particular Tradition, do I realize how it affects others?
- 3. Do I sometimes try to get some reward even if not money for my personal AA efforts?
- 4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
- 5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- 6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
- 7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition How It Developed?

(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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From our last DEIG meeting on July 21 continued:

Functions Committee: They are still considering a fall event but at this time are not sure what that will be. Stay tuned..... Meeting Lists: We are not aware of any changes that need to be made to the meeting list as of now. It is suggested to make the meeting lists quarterly or every 4 months. We made them in January 2014 and May 2014. As it stands, we will plan to make more meeting lists in September. We will have a pot luck for this undertaking as usual. There was discussion of making 1500 meeting lists rather than 1000. After discussion, all were in favor of making 1500 meeting lists in September. We need all the help we can get so please spread the word. HOTLINE: 25 total calls were made. Four from out of state and three were rehab referrals. There have been a few calls from counselors lately. Website: We appointed a committee that will oversee the website. A bunch of changes were just made. Carla agreed to be on the committee but she doesn't want to run it. Those on the website committee are: Willie, David, and Carla. You don't have to have full knowledge of making a website to be on the committee. They decided to try to meet at a time other than during Intergroup meeting, perhaps via Skype. It would be nice to have members of all DEIG districts serve on the committee as well. This committee will review the current website and determine what needs to be added or changed. OLD **BUSINESS**: Al-anon never got back to us about a speaker for the MDI event. **NEW BUSINESS**: Reminder that District 16 is hosting the fall assembly. They had flyers present at RoundUp in July and also available online. August 3 is the date of the next Maine Area meeting in Waterville. Next DEIG meeting: 6 pm, August 18. Committees meet at 5:30 pm. - Sharon, DEIG Secretary

Email newsletter items to editor@downeastintergroup.org by 7/26 owneastintergroup.org by 7/26 owneastintergroup.org by 7/26

HOTLINE 207-479-1779

DISTRICT NEWS

DISTRICTS 3, 11 & 25 - ALL QUIET

DISTRICT 8

Maine's Area 28 Delegate, Marylou will be speaking at District 8 meeting August 12, 2014. She will report on her most recent visit to NY and what is going on in AA on a National level.

DISTRICT 10

Meeting was held on July 13 in Mattawamkeag. District 10 Picnic will be held Sunday, August 17, 11-3pm at the Medway Recreation Center, Medway. Get involved with our District by attending our next meeting on Sunday, 2 pm August 10, at the Church Of God, in Mattawamkeag. Area 28 Roundup was terrific. A good time was had for those of us who attended. – *Denise J.*

DISTRICT 16

Are you ready? Fall is coming soon. Fall you say, why that means the Fall Assembly will be coming with the changing colors of the leaves. Belfast, what a place for the Fall Assembly, District 16, our District is honored to host. That's why many helping hands will be needed and volunteer signup sheets are available at every meeting. Are you ready, are you a helping hand? Not a very big crowd at District on July 12th. GSRs gave reports, most meetings seem to be doing ok. Was your GSR at the District Meeting? Bridging The Gap reported they had 2 calls from the PARC Unit; Corrections meeting at the Re-Entry Center in Belfast is doing ok. PI/CPC was looking for literature and some was found; now looking forward to talking with some Nurses. Fall Assembly Committee talked about receiving meal tickets with payments and our District set up a new 'free' checking account to handle the Assembly transactions and then will move all District activity from the \$3 a month service charge checking account into this free account after October. Also, please join us at the 27 year Anniversary for the Off The Wall Group in Belfast on August 27. Pot luck at 7pm, meeting begins at 8 pm. - Joe M.

Volunteer Sign Up sheets for the Fall Assembly are available at all District 16 meetings, don't be shy! – *Josh F.*

DISTRICT 21

District 21 Picnic: August 10 - 183 Falls Bridge Road, Blue Hill.

If you don't think you are getting enough out of AA, what are you Putting into AA? – $Joe\ M$

$\begin{array}{c} \infty\\ \text{Daring Delegate} \end{array}$

As we enter the month of August I am in awe over what service is being done by our AA Fellowship. I have gone to places and meetings that I have never been to before and it has been a great experience. What an adventure service work can be! Wrapping my mind (which has to be open in order to do any wrapping) around the triennial AA Membership Survey that is in the process of being conducted this year has been a growth opportunity and a way to practice letting go. No control issues here – not!

The survey is one way we carry the message of AA to those still suffering. That message is the hope and belief that there is a solution

to getting and staying sober, one day at a time and all are welcome. We are from all walks of life, educational backgrounds, careers, men, women, young, old, ethnicity, and creeds. This brings me to the thought of how I carry the message. Inventories are a way of remembering the importance of that purpose. This has been the focus of every inventory at any level (individual, group, district, area or general service) that I have been a part of. It is always good to review and keep my recovery on track.

The summer has been very busy for me as delegate on Report and Charter. All the proofing had to be done for the General Service Conference Final Report and the changes to the AA Service Manual so it can be ready by the end of August. The surveys had to be delivered and will have to be sent on to the General Service Office when completed. I hope I can truly carry this wonderful message of hope and my gratitude for this program in promoting our legacies of recovery, unity and service. May each and every member of our fellowship enjoy each day of the rest of the summer and I look forward to seeing as many of you as possible.

---Mary Lou Q. A28/P64 Delegate

Looking ahead

August 03: Area 28 Committee Meeting, 9am Waterville

August 10: District 21 picnic, 183 Falls Bridge Road, Blue Hill

August 17: District 10 picnic, Medway Recreation Center, Medway **August 27:** Off The Wall, Belfast - 27 year Anniversary, Pot Luck!

October 17-19 Fall Assembly, District 16, Belfast

ANNIVERSARIES

August 04 Belfast - Cris, 4 years

August 25 Brooks - Paula, 31 years

(ask your Group/Meeting Secretary to send <u>your</u> anniversary to <u>editor@downeastintergroup.org</u> by the 26th)

Fall Assembly Update: District 16, Belfast Area High School October 17-19. Buy meal tickets early to help us purchase supplies. A very special thank you: July 27, 2014 Dear 2014 Area Round Up Hospitality Committee - The District 16 Fall 2014 Assembly Committee would like to express our gratitude for your incredibly generous food and soda pop donation. Those of us who were able to attend the Round Up had a wonderful time and want you to know you set a GREAT example! We have begun working on the Fall Assembly and feel immensely connected to our fellow AAs, the Fellowship and the Sunlight of the Spirit which affords us such an opportunity to serve and hopefully provide for others with similar generosity. Thank you again so very much. In love and service, Drew S., Secretary, District 16

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Don't push a newcomer to do all 12 steps too fast...A heavy downpour runs off, whereas a gentle rain soaks in. – *Joe M.*

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"But I don't have time for service work. They can get along without me." Maybe they can, but I can't get along without them. When I put God, service, and people both inside and outside the Halls of AA first, my wants change and become something far better than what I ever imagine. When I ask my God of my understanding to show me what He wants me to do and how and when He wants me to do it, He not only gives me all that I need to get it done His way, He helps me do what I want to do, and it generally goes a whole lot easier. – Editor *From an AA friend in District 15: Everything after "but" is bullshit.*

CONTACT INFORMATION

Please send articles, events, corrections, anniversaries, and other group or district news to Newsletter Editor David T, PO Box 102, Searsport, ME 04974-0102 or email to editor@downeastintergroup.org. You can also write to the Intergroup Secretary, PO Box 1633, Ellsworth, ME 04605-1633. Please mail contributions to support this intergroup to Intergroup Treasurer, PO Box 1633 Ellsworth, ME 04605-1633. We ask for your name and AA job title from all who contribute any items printed in this newsletter. Events listed are for your information, and are not necessarily sponsored or endorsed by AA or this intergroup.