

DOWNEAST INTERGROUP NEWS

Volume VII Issue 2 February 2012

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

FROM OUR SECRETARY

Things are happening at intergroup! Our Functions Committee is putting together its second annual Spring Fling. Details will be forthcoming. ("Throwing a spring fling is well worth it, because everyone has a great time.")

Please contact Betsy S. if you would like to serve on the Functions Committee or if you have ideas for fellowship, at functions@downeastintergroup.com

Beginner packages are coming. Hand-picked AA pamphlets and a meeting list to provide an introduction to AA. At next month's meeting, the Literature Committee will be putting them together, which will be made available at no charge to groups. (*Not* 80 cents, which was reported wrongly in the Jan. newsletter.)

Have you checked out the DEIG website lately? Find it at www.downeastintergroup.org. It's very well organized and loaded with information about what's going on in our districts and area. Most notably is the meeting's list section, including a special option for downloading to smart phones. Thank you to our "web servant" Willy K. for his hours and hours of service.

Feel free to join us at any of our meetings for fellowship and/or service.

Yours in service, Donna K.

FROM OUR LAST MEETING

There's still talk of making an intergroup Recovery Quilt; more details next month, we hope, from Betsy S.

Fifty-seven calls came in to the hot line in the last three months. Twelve were 12-step calls, the rest meeting information requests.

Hotline 207-479-1179

Next Meeting: Monday, February 20, 6:30 p.m.

Congregational Church, Ellsworth Falls. Buy literature before the meeting—contribute your ideas—hear intergroup news

March 2012 newsletter cutoff is 2/24/12.

NEWS FROM AREA MEETINGS

Castine Ship Shape has moved: Tues. 7 p.m. Unitarian Church, Town Common, Court St. Park along Common or on Court Street

The following groups have registered with DEIG, sending in a e-mail contact. Why not do the same for your group?

- Sullivan Harbor Humility Group, District 8, Fri. 6 p.m., Town Hall, Sullivan – Open Discussion
- Big Book Basics Group, District 8, Wed., Your Place, Ellsworth – Study/discussion
- Union River A.A. Group, District 8, Sun. 6 p.m., Ellsworth Falls Cong. church – Open discussion

MEETING SPOTLIGHT

TOP OF THE HILL

Monday, Thursday & Friday, 12:30 p.m., H.O.M.E. Co-op Chapel, Route 1&3, Orland

On Monday, it's a traditions meeting; on Thursday, a step meeting; and Fridays they read from the Big Book. The meeting started up in 2006. "The primary instigator was Hawaiian Dave-Anonymous," says John M., who helps run it with Bill C. Bill stokes a nice fire in the woodstove and makes coffee and sets out treats for the meetings. Come at 12:00 and have lunch at the co-op marketplace for free or a donation. *If you'd like to see your group in the spotlight, send information to editor@downeastintergroup.com.*

DISTRICT 16 NEWS

A sober and healthy New Year to all.

We've had a group district meeting. Thanks to all who came; good to see new faces.

District function and needs were discussed—what can we do as a district? We will hopefully get out a new district meeting list.

It would be helpful if the groups that don't have a GSR please elect one, so they could help out at district and give your group a voice. A GSR is a very easy and important position.

Dave W. stepped up to be the district Parc Unit Coordinator. Thanks, Dave.

I went to district 3's traditions workshop. Gary S. from the C.S.O. lead the workshop. He did a good job. Too bad more folks didn't show up. Diesel Bill made some great spaghetti sauce. Good job, Bill.

Anniversaries missed for January: Ann, 20 yrs; John D., 13 yrs; Tom H., 6 yrs; John T., 29 yrs; Bert, 19 yrs; and Linda B., 15 yrs. Feb. 29, David W. will have 2 yrs.

—Joe M.

CALENDAR

Feb. 5: MACM, same schedule, Waterville

Feb. 26: Pre-conference forum, same as above, Waterville

Mar. 2-4: NERAASA, Albany, NY. Bus trip with stop in East Dorset, Vermont, leaves Mar. 1. See Spencer for info.

Mar. 30-Apr. 1: Spring Assembly in Bucksport. More info available after Jan. 8.

INTERGROUP TREASURER'S REPORT 12/19/2011

ENDING BALANCE AS OF 12/19/2011	\$743.39	
CONTRIBUTIONS/DEPOSITS	Current	YTD
All Welcome Group		\$0.00
Anonymous Contribution		\$0.00
Bangor/Brewer Friendly Group		\$147.00
Big Book Meeting - Your Place		\$50.00
Blue Hill Friday Night Group		\$25.00
Brooklin Bridge to Recovery		\$0.00
Busksport Unity Group		\$81.00
Bucksport B.Y.O.B.		\$45.00
But For The Grace of God Group		\$10.00
Came to Believe Group (District 3)		\$0.00
Castine Shipshape Group \$50 last month - in ytd	\$50.00	\$150.00
Dance - Spring Fling (income at the door \$197.50, 7th tradition \$54.17)		\$251.67
District # 8		\$0.00
District # 16		\$150.00
District # 21	\$42.00	\$294.00
District # 25		\$0.00
Ellsworth Group		\$0.00
Frenchman's Bay Group		\$50.00
Fresh Start Group		\$0.00
Island Serenity Group		\$50.00
*Literature Sales Deposit		\$984.40
Orland Riverside AA Group		\$50.00
Penobscot 12 and 12 1st time-- thanks	\$20.00	\$30.00
Quoddy Head Light Group		\$0.00
Serenity by the Bay Group		\$100.00
Stark Raving Sober		\$105.00
Stonington/Deer Isle Group	\$109.18	\$353.18
Sullivan Harbor Group		\$0.00
Tuesday Noontimers		\$100.00
Winter Harbor		\$100.00
Seventh Tradition		
TOTAL CONTRIBUTIONS/DEPOSITS FOR MONTH	\$221.18	\$2,948.25
OPERATING E X P E N S E S	Current	YTD
Check Order		\$16.55
Stapler Purchase		\$0.00
*Literature Expenses		\$1,120.55
Literature Fund Contribution		\$0.00
Meeting Lists Printing Charges	\$37.80	\$315.95
Newsletter + Mailing Expenses	\$32.48	\$349.63
US Cellular - Hotline ADJ-DOUBLE DEDUCT		
LAST STATEMENT		\$466.65
DEIG EVENTS		\$200.00
Rent for Church Space JAN,FEB,MAR	\$30.00	\$30.00
TOTAL OPERATING EXPENSES FOR MONTH	\$100.28	\$2,536.85
Beginning Balance & Contributions/Deposits for month		\$964.57
Operating Expenses for Month		\$100.28
Actual Ending Account Balance:		\$864.29
Account Bal less prudent reserve \$140.00 less Lit reserve		\$417.69
LITERATURE ACCOUNT	Current	YTD
Beginning Balance	\$234.60	
Contribution from General Fund		
*Literature Sales (Winter Harbor & Sullivan)	\$72.00	\$1,141.40
*Literature Expenses		\$1,120.55
Ending Balance	\$306.60	\$20.85

ANNIVERSARIES

Feb. 1 Wed. Ellsworth Dave D. 12 years
Feb. 3 Fri. Blue Hill, food 6:30 p.m. Jerry 2 years
Feb. 4 Sat. Ellsworth, Sat Nite Live Sonia T. 3 years
Feb. 5 Sun. Frenchmans Bay Robert H. 6 years
Feb. 6 Mon. Orland "WERU" Willy 32 years
Feb. 8. Wed. Frenchmans Bay Terry H. 2 years
Feb. 14 Tues. Blue Hill, pot luck 11:30 a.m.
Diller B. 22 years, Steve M. 16 years
Feb. 22 Wed. Sedgwick Women's' Mtg 22 years
Pot luck at 6 p.m.

TENTH STEP TALK

"When we approach Step Ten we commence to put our AA way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance and live to good purpose under all conditions?" –From 12 & 12

At a recent step meeting we read step ten from the 12 & 12. Someone there said something like, If I do nothing else, I need to read this every day.

All that happens in a day sometimes feels kind of like a stress test for emotional health. Not the triggers, but things coming fast on top of each other. How long before we start reacting in negative ways? That is a measure of sober emotional health.

Watching out for selfishness, dishonesty, resentment and fear. Asking our higher power to remove these feelings. Making immediate amends when we've harmed someone. Asking how can we help someone else. All this tenth step work is designed to keep us spiritually fit.

"We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for a lifetime." –From the Big Book, page 84.

FROM THE EDITOR

Thanks to everyone for helping me as I made my way through another newsletter. I'm always looking for contributions: humorous, meditative, just plain strange. It definitely is a work in progress.

–Anne B..

Heard by Joe M.: Alcoholics are like teabags—They don't work until they're in hot water.

CONTACT INFORMATION

Please send articles, events, corrections, anniversaries, and other group or district news to Newsletter Editor, 11 Schoolhouse Lane, Castine, ME 04421 or e-mail editor@downeastintergroup.org. You can also write to Intergroup Secretary, PO Box 333, Bucksport, ME 04416. Please mail contributions to support this intergroup to Intergroup Treasurer, PO Box 1633, Ellsworth, ME 04605. 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.