DOWNEAST INTERGROUP NEWS Volume IX Issue 12 December 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.

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

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

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

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.

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

the Guilford Methodist Church on Church Street in Guilford at noontime Fridays. This is a rotating meeting. We are getting a great turn out. The group is called the Guilford Noontimers.

As for anniversaries for the month of December we have three as of now. 12/9/14 in Dover-Foxcroft Captain Steve 26 years 12/17/14 in Dover-Foxcroft Liz k. 10 years and Bill P. 2 years. and of 12-31-14 in Dover-Foxcroft Bob W. 1 year.

We all wish our Brothers and Sisters in the fellowship of AA a Merry Christmas and a safe and Happy New Year. - *Bill K*

DISTRICT 10

Monthly Meeting was held on November 9th. We had a newcomer at our meeting, Adrian M from Lincoln. Attitude of Gratitude meeting was held on Nov. 14 in Millinocket, it was well attended. Our Oldtimers' Meeting will be held on April 25, 2015. We discussed how to help newcomers get to meetings when many of them have no vehicles. Last month Ginger K celebrated 10 years in E. Millinocket, Dick C 35 years on Nov. 21, and Everett D 12 years from Houlton on Nov. 20th. Next District Meeting 2pm, Sunday Dec. 14th at the Church of God, Mattawamkeag – come support your district. – *Denise J.*

DISTRICT 16

District meeting was quiet with only FOUR GSRs present. We talked about the Fall Assembly. We did have enough money to give the seed money back to Area 28 plus a hefty donation. Ask your GSR how much was given back! And we did give some to the folks at the School who were such a big help. For you folks who missed the Intergroup Fall Fling, you missed on hell of a meal. Everyone enjoyed the auction and bingo. PARC commitment could use some help. Next District Meeting - Saturday December 13th at 9:30am in the WCGH Ed Building. – *Joe M.*



PI-CPC

Public Information Cooperation with the Professional Community

Keeping it simple the Downeast Intergroup is preparing simple low cost meeting lists for our Committees to distribute to Hospitals, Clinics, Churches, Schools, and treatment centers. It only takes one list to carry the message. Attend the Downeast Intergroup meeting on the third Monday of every month at 5:30 for free copies of the list.

Monthly Hint from PI-CPC: with the internet you can view the entire catalogue of your schools' libraries to see if there are any copes of the Big Book or 12&12's in stock. Email: District8picpc@hotmail.com

∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞∞ **Hotline** 207-479-1779 **for November**:

21 Total Calls

3 Crisis Rehab questions

3 Sponsorship Requests (2 from NY) (1 Florida)

Machias Public Library asking for Meeting lists, Hamilton provided BB, pamphlets, and meeting lists

Millinocket Noon Timers call asking for a case of BB, referred to Diller. Phone Battery is dying, DEIG could use a new phone which we can upgrade free. THANKS to Hamilton for his great service!

Dazzled Delegate

As I come to the end of my first year as delegate I have been reflecting on all that has transpired. I can't help but be impressed by the stamina of our program and the growing opportunities I have been afforded.

What a wonderful gift the program is! How can I possibly show my gratitude through actions as this year comes to a close? I would ask every member of our fellowship to contemplate on what sobriety has meant to you in your life and how you might share the gift of gratitude with others.

When I started out on this journey I was an empty shell ready to drown in self-pity. I was told to make a gratitude list whenever I was nestled on my fur lined pity pot. Today I make a gratitude list, not because I'm on a pity pot but because I am bubbling over with appreciation of what this program has done in my life of sobriety.

The greatest gift was getting my self back – filling that shell- through a relationship with God. I got my dreams back and have been able to turn them from dreams to reality. I have love for my family today and what is more miraculous is that they have love for me. I have true friends and I can be a true friend. These gifts are too wonderful to be kept to myself. I must share them. It is always the season to share and be grateful – we don't have to wait for holidays. I welcome any opportunity to share the gifts of the program of Alcoholics Anonymous. Help me and join me in this endeavor now and in the year to come. It is an honor and a privilege to be of service as your delegate. Mary Lou Quinn

December 17: Annual Christmas Tree Lighting Meeting hosted by the Off The Wall Group, Belfast at 8pm. Potluck will begin at 7pm, so please bring something yummy to eat if you can.

ANNIVERSARIES

December 07 Searsport – Josh M, 1 year (yes!)

December 09 Dover-Foxcroft – Captain Steve, 26 years

December 12 Lincolnville – Deborah, 3 years

December 13 Patten – Denise J, 5 years (potluck)

December 14 Belfast - Mark, 6 or 7 years

December 17 Dover-Foxcroft – Liz K, 10 years & Bill P, 2 years

December 19 Millinocket – Dan B, 22 years **December 26** Stockton Springs – Tami, 21 years

December 27 Searsport - Teri, 12 years

December 31 Dover-Foxcroft – Bob W, 1 year (yes!)

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

∞ More Miracles

"You can have anything you want, if you will give up the belief that you can't have it." - Writer and Scholar Dr. Robert Anthony.

Resolve to be happy. Remember Lincoln's saying that "folks are usually about as happy as they make up their minds to be."

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

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.