

**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/](http://www.downeastintergroup.org/) We meet monthly on the 3<sup>rd</sup> 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*

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

**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. Dille 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](mailto: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).*

**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

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**DISTRICTS 3, 11 & 25 - ALL QUIET**

## DISTRICT 10

## DISTRICT 16

## DISTRICT 21

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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](mailto: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.