



news from

SEPTEMBER 2018 NORTHERN DELAWARE INTERGROUP

Amends without thinking

years of hatred melt away as a son forgives his alcoholic father

I didn't think that I could ever find a way to forgive my father for what he had done to me. Even my sponsor didn't see a solution, except to learn to let it go and, in time, find peace in spite of the memories.

My father died four years before I came to AA. He was living in a \$25-a-week room and pumping gas for a few dollars, just barely enough to live on. He had two degrees from an Ivy League college and had slid all the way down to rock bottom. His tolerance for booze had also declined to where he could only force down one ounce every few hours. His right arm was paralyzed and almost all of his teeth were gone. He had a distended belly and a beard that hid the pallor of his skin. The last time I saw him was three months before he died and I remember drinking enough to stay numb just so I could tolerate his presence. I think I was seeing a picture of my own future.

My brother, sister and I grew up on a farm on the eastern shore of Maryland. We actually had two farms, a 300- plus-acre farm that was a working farm and a smaller 50-acre farm where we lived. Farm life wasn't easy, and we had lots of chores to do. Even with all the work, there was still time to explore the fields, woods, marshes and river. I spent a lot of time creating my own fantasy world. The farm was a great place for a kid living in a dream world. I would run away and hide in one of my secret places, just to get away from the violence that could erupt in our house.

My father was a hardworking person. He would leave every morning before sunup to go to our other farm and wouldn't return until supper. He would come home, pour himself a stiff one and set it on the piano. He would also have his newspaper and ashtray there as well. He would play "Joshua Fit the Battle of Jericho" with one hand and drink, smoke and turn the pages of the newspaper with the other. I remember being very impressed that he could do all that, and secretly I wanted to be like him. Every once in a while something would make him angry and he would come after me. I would try to escape to one of my hiding places, but I didn't always make it.

His method of teaching table manners was to kick your shins with his steel-toed work boot or hit your knuckles with the broad side of the carving knife. I learned much later that there is a period between not enough booze and too much booze where a person can become overwhelmed with anger. My father was angry most of the time, and his anger would usually rain down on the nearest person. Of the three kids, I was his favorite target. Most of the time the punishment was just a quick strike, but there were times when it was more severe.

(Continued Next Page)

(302) 655-5113 Suite 21-B Trolley Square, Wilmington, DE 19806
VISIT OUR WEB SITE—WWW.NDIAA.ORG



Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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INTERGROUP OFFICERS

Chairman:	Gary G.
Vice Chairman:	Shelly C.
Secretary:	Connie C.
Treasurer:	Meaghan F.

One summer morning, when I was 10 or 11, my brother, sister and I were arguing over something when a rock arrived at my feet. I was reaching down for the rock, but before I could pick it up, a big hand grabbed my wrist and dragged me behind the garage. My father stripped off my shorts and spread me out against the wall. He then took off his leather belt, doubled it, and hit my backside hard. I began to cry. The next thing he said, which were the last words that I heard that day, was:

"Men don't cry," and he continued the beating until I passed out. The next thing I remember was waking up in my own bed, covered with bloody cotton batting that had been soaked in witch hazel. My lower back and butt felt like they were on fire. I managed to get dressed and went down stairs to find my family at the dinner table. I sat down in my seat and even though the pain was killing me, I wasn't about to let anyone know that I was in agony. No one said anything then or since about that day. That beating left me with some welts under the skin that were constant reminders and fueled my hatred. That wasn't the last violence I experienced, but it was the one that started the hatred that lasted well past my father's death and into the first few years of my recovery. When he died, I felt cheated because I hadn't killed him myself.

In late summer of 1978, alcohol brought me to my knees and almost cost me my life. I had become the same as the person I hated the most. He was 61 when he died, and I was dying in my late 30s. Fortunately for me, I accepted the help that AA offered and have been sober ever since. My father turned it down because there was too much God in it for him. I was introduced to the Twelve Steps within the first couple of weeks and did what was suggested. By following a few simple suggestions, I have been spared the final agony of active alcoholism that several other members of my family have experienced.

When I reached the Eighth Step, I discussed the list with my sponsor. He first asked whom I had left off, and we added two names. Then he reviewed the names on my list with me and discussed whether they should or shouldn't be there. When we got to my father's name, we discussed the reasons for and against and admittedly there were not a lot of reasons to put him on the list. But there was something nagging me inside. I wasn't going to experience peace unless I did something. Neither one of us knew what to do, but we decided to leave his name on the list. We left it up to God to direct me. All I asked was that I remain willing to do as directed.

A year or two later was in the back of our church guiding the junior ushers in their Jobs when a member of the vestry approached me and asked if I would like to make a donation to the organ fund. I said yes, wrote out a check and handed it to her. Before she turned away, she asked if I would like to make the donation in anyone's name. Without any thought at all, I said, "Yes, please accept it in my father's name." Before alcohol had become part of my father's life, he had sung in an all-boys choir. He sang lead soprano even through his voice change, and his favorite instrument was the organ. I continued working with the kids and didn't think anything about what had just transpired.

It wasn't until a week later, while leading a meeting on the Ninth Step, when I suddenly realized what had happened. I had forgiven my father for all the things he had done to me and made amends to him just as I had prayed for. I had done it without thinking. I was unable to continue with the lead and had to pass it off to someone else. After the meeting I went home to absorb what had just happened. I stayed up quite late that night reflecting on all the past miseries that both my father and I had experienced. All those terrible events just seemed to melt away. They weren't that important anymore. All the hatred disappeared. I could see quite clearly what had happened to both of us. Active alcoholism had robbed from us any chance of a healthy relationship. It robbed us from ourselves. As the bad memories were peeled away, one pleasant memory was revealed. On a hot summer evening when I was about 7 years old, my father and I were rolling around on the ground laughing and having a wonderful time together, because there were 13 English setter puppies crawling all over both of us. I can still hear and feel it today. It is this one happy memory I have left of my father and me together, and I wouldn't trade it for anything.

As the emotions began to subside I reached down my back to feel the welts, and they were gone as well. I no longer had the physical scars from the terrible past. Whether they left as a result of actions taken by me, or as a result of time healing old wounds, I'll never know. All I know is that as a result of becoming willing, I no longer carry the scars of hatred.

In the years following this experience, I have on occasion felt my father's presence and have even pointed out things as though he were there with me. I have come to believe that he is traveling this road with me. Sobriety was something that he couldn't experience while he was alive, but he is experiencing it now. Neither one of us is alone or angry any more.

Reprinted from A.A. Grapevine, September 2009, Morgan J., Crofton, MD

MEETING TIMES AND NOTICES

If you have any information on changes to meetings, either old or new, please let the Intergroup office know.

Ph. 302-655-5113

The next Intergroup meeting will be Wednesday, October 3, 2018

Northern Delaware Intergroup meetings are held the first Wednesday of every month at 7:00 pm at St. Marks Lutheran Church, 501 Duncan Road (off Philadelphia Pike, Belleville), Wilmington, DE 19809. All members of Alcoholics Anonymous are welcome.

ANNIVERSARY CLUB (Updated 2/21/2018)

Becky R. F. 1/19/95	Jaime B. 08/08/04	Stanley B. 03/05/79
Betsy B. 10/01/00	Jaffrey H. 11/24/96	Suzanne M. 04/04
Beverly F. 09/02/89	Janice S. 12/25/2010	Tenney W. 5/15/82
Bill C. 05/02/78	Jason B. 4/20/09	Tom H. 07/02/04
Bill F. 8/20/88	Jim S. 04/10/88	Tom McD. 01/16/96
Bill W. 07/04/88	Kara G. 11/8/12	Tracy D. 2/28/2013
Bob A. 7/9/90	Kathy O. 6/11/97	Valerie S. 2/3/89
Bob M. 1/17/83	Ken H. 11/4/97	Walt A. 01/94
Brendan D. 5/3/09	Ken P. 09/20/83	Wes J. 4/21/75 42 yrs.
Brenda A. 2/23/85	Kerry O. 04/20/08	Wes M. 2/1/94
Carel B. 4/26/04	Laura R. 6/21/95	
Carolyn W. 7/15/82	Leslie D. 2/20/1990	
Christopher K. 1/03	Liza F. 1/20/05	
David C. 2/1/94	Marilyn M. 6/26/99	
David G. 7/6/99	Marie R. 9/6/83	
David F. 11/23/07	Mary Ellen S. 1/24/10	
David K. 12/03/72 45 yrs.	Melissa S. 06/23/08	
Debbie H. 03/16/91	Mike M. 4/20/91	
Doris S. 04/80	Nancy V. 2/21/05(Deceased)	
Doug W. 2/28/91	Patricia K. 12/17/87	
Ed H. 01/28/96	Patsy M. 1/6/88	
Franny C. 05/07/96	Phyllis M. 03/09/88	
Fred M. 5/5/90	Sally C. 10/15/95	
Gail R. 06/04/92	Shirley U. 3/19/76 41 yrs.	

Some names that were removed
have been deceased, may no
longer be members or left the area.

Please Note: All members that where without a date have been removed as of 03/01/2018. To reinstate your membership, send your anniversary date and contribution card (shown below) with your check to NDIAA. Members that have 25+ years of sobriety can contribute what ever you can afford, just call and let us know your date.

“ We must carry the message, else we ourselves can wither and those who haven’t been given the truth may die.”

—Bill W., *The AA Service Manual*

**LATE FOR DINNER GROUP**

Thursdays, 5:30pm

ELSMERE

Christ United Methodist Church
6 N. Clifton Ave.**Started, June 7, 2018**

District 6 and 7 Fall Workshop
“History of AA”
Food, Fun, Fellowship, & Exciting Out-of-town Speakers

September 15, 2018

11:00am to 3:00pm
Red Clay Presbyterian Church
500 McKennans Church Rd.,
Wilmington, DE 19808

(See AA Blog page for more information)

Celebrate your anniversary with an act of gratitude that will help Northern Delaware Intergroup continue to carry to the still suffering alcoholic a message. The idea is to make a commitment to send N.D.I. a dollar (or whatever you can afford) for every year sober on your anniversary.

To register, just fill out the form on the right and together with a check, mail to: **Northern Delaware Intergroup**
Suite 21 B Trolley Square
Wilmington, Delaware 19806

Anniversary Club Contribution Card

Sobriety Date _____

Home Group _____

Name _____

Contribution _____

COMING EVENTS

Northern Delaware Intergroup

FAMILY BREAKFAST

Sunday, October 28, 2018

Hockessin Memorial Hall

Doors open @ 8:30 a.m.

Breakfast at 9:00 a.m.

Speaker Kevin H. from Bethesda MD.
at 10:00 a.m.



Tickets on Sale: \$13 per ticket

See your Intergroup rep. for tickets and any questions
or call Jaime @ NDIAA office (302) 655-5113

REMEMBER, IT'S FREE

Family Picnic

Sunday, September 23, 2018
Banning Park
102 Middleboro Road
Wilmington, DE
off Maryland Avenue

CONTRIBUTIONS in 2018 to Northern Delaware Intergroup Thru August 29, 2018

GRO0UP NAME 2018	YTD	AUGUST
AA Basics	\$ 323.40	\$ 98.40
Agnostic Delaware	\$ 400.00	\$ -
Alone Together Group	\$ 300.00	\$ -
Anonymous Group	\$ -	\$ -
Arden Group	\$ -	\$ -
As Bill Sees It	\$ -	\$ -
Augustine Group	\$ 50.00	\$ -
Back to Basic Big Book Group	\$ -	\$ -
Basic 12 Steps	\$ -	\$ -
Basic Big Book	\$ 180.00	\$ -
Beaten Path	\$ -	\$ -
Beginners Freedom Group	\$ 100.00	\$ -
Bellefonte Group	\$ 100.00	\$ -
Big Book Group	\$ 150.00	\$ -
Big Book Tuesday	\$ -	\$ -
Blue Rock Group	\$ -	\$ -
Brandywine Open God Step Group	\$ -	\$ -
Brandywine Springs Group	\$ 120.00	\$ -
Brooklyn Terrace	\$ -	\$ -
BYOBB	\$ -	\$ -
Canby Park	\$ 75.00	\$ -
Carry The Message Friday Night	\$ 50.00	\$ -
Cedars Tuesday Night	\$ 269.00	\$ -
Chadds Ford Group	\$ -	\$ -
Chichester Step Group	\$ -	\$ -
Christ Church Group	\$ 196.20	\$ -
Come As You Are Group	\$ -	\$ -
Conscious Contact	\$ 1,346.70	\$ -
Claymont Group	\$ -	\$ -
Courage to Change	\$ 546.34	\$ -
Dawn Patrol	\$ 2,216.70	\$ 65.98
DECCYPAA	\$ -	\$ -
Delaware City Group	\$ 329.90	\$ -
Diamonds & Pearls Group	\$ -	\$ -
Displaced Park Place Group	\$ 1,014.52	\$ 341.48
Doorkeepers	\$ 47.00	\$ -
Downtowner's Group	\$ 100.00	\$ -
Early Risers	\$ 2,752.71	\$ -
Esh Group - Newark	\$ 192.00	\$ -
ESH Group - Wilm.	\$ 750.00	\$ 350.00
Eye Opener	\$ 1,971.06	\$ 320.05
Fairfax Speaker Meeting	\$ 675.00	\$ -
First Stop Friday	\$ -	\$ -
First Stop Wednesday	\$ 130.00	\$ -
First Things First Group	\$ 7.00	\$ -
Five Alive Group	\$ 570.00	\$ -
Freedom Group	\$ 190.00	\$ -
Fresh air Group	\$ 150.00	\$ -
Friendship House	\$ -	\$ -
God Step	\$ -	\$ -
G.O.Y.A.	\$ 440.00	\$ -
Glasgow Pines	\$ -	\$ -
Greenhill Beginners	\$ 925.00	\$ 300.00
Greenhill Open Step Group	\$ -	\$ -
Greenwood Group	\$ -	\$ -
Growing and Learning	\$ 700.00	\$ -
Growth Group	\$ -	\$ -
Happy Hour Group	\$ 175.00	\$ -
Hockessin Women's	\$ 245.00	\$ -
How It Works Group	\$ 100.00	\$ -
Hudson Center	\$ 255.00	\$ 105.00
Humble Beginnings	\$ -	\$ -
In Bills Steps	\$ 165.00	\$ -
Into Action	\$ -	\$ -
Just Do It	\$ 75.00	\$ -
Just for Today	\$ 881.00	\$ -
Keep it Green	\$ -	\$ -
Keep it Simple Newark	\$ -	\$ -
Keep it Simple, Wilmington	\$ 35.00	\$ -
Kingswood Men's	\$ 804.15	\$ -
Ladies of Literature	\$ 83.00	\$ 14.00
Lamplighters	\$ 150.00	\$ 150.00
Landenburg Group	\$ 150.00	\$ 50.00

Last Stop Friday Group	\$ -	\$ -
Late For Dinner Group	\$ 600.00	\$ -
Living In The Solution	\$ 78.50	\$ -
Manor of Living Group	\$ -	\$ -
Main Street Big Book	\$ 435.00	\$ -
Middletown	\$ 75.00	\$ -
Men of New Garden	\$ 312.65	\$ -
Metroform	\$ -	\$ -
Middletown Step and Tradition	\$ 100.00	\$ -
Millennium Group	\$ 100.00	\$ -
More Will BeRevealed	\$ 21.00	\$ 21.00
Naaman's Step Group	\$ -	\$ -
New Castle Group	\$ 200.00	\$ -
New Day Group	\$ 1,587.00	\$ -
New Hope Group	\$ -	\$ -
New Life Group	\$ 200.00	\$ 100.00
Newark Group	\$ -	\$ -
Newport Breakdown	\$ 629.98	\$ -
Newport Group	\$ -	\$ -
No Excuses	\$ 400.00	\$ -
North St. George's Group	\$ 205.00	\$ -
Pace - Walt	\$ -	\$ -
Pacific Group	\$ -	\$ -
Pencader Group	\$ 800.00	\$ -
Pike Creek Group	\$ 192.50	\$ -
Pioneers Group	\$ 75.00	\$ -
Prices Run Group	\$ -	\$ -
Promises Women	\$ 183.00	\$ -
Rainbow Group	\$ 1.00	\$ -
Raphael Group	\$ 82.45	\$ -
Red Lion / Sat.	\$ 625.46	\$ -
Red Lion Search for Serenity	\$ -	\$ -
S.O.S.	\$ 317.37	\$ -
S.A.G.A.	\$ -	\$ -
Saturday Solutions	\$ 50.00	\$ 30.00
Second Chance	\$ 882.00	\$ 525.00
Serenity at Sunrise	\$ 265.94	\$ -
Serenity for the Week	\$ 1,020.00	\$ -
Silver Fox	\$ 100.00	\$ -
Silverbrook Group	\$ 180.00	\$ -
Sisters in Serenity	\$ 340.57	\$ -
Sober and Gay Group	\$ -	\$ -
Sojourners	\$ -	\$ -
Solutions	\$ -	\$ -
South College Speaker Group	\$ -	\$ -
Spirit of Truth	\$ 824.75	\$ -
St. Andrews 102	\$ -	\$ -
St. Nicholas Group (Tues.)	\$ -	\$ -
Stepping Stones	\$ 125.00	\$ 50.00
Sunday Literature Meeting	\$ -	\$ -
Sunday Night Big Book	\$ -	\$ -
Sunrise Group	\$ -	\$ -
Swanwick Holloway Terrace	\$ -	\$ -
Swanwick Holloway Terrace Group	\$ -	\$ -
The Forgotten Steps	\$ 4.70	\$ -
Today Group, Wilmington	\$ 289.80	\$ -
Trolley Square BB	\$ -	\$ -
Tuesday Big Book	\$ 150.00	\$ -
Twelve & Twelve	\$ 140.00	\$ -
Twelve & Twelve Step	\$ 360.00	\$ -
Twelve Keys to Freedom	\$ 110.50	\$ -
Twelves Keys Group	\$ -	\$ -
Upper Room Group	\$ -	\$ -
US Group	\$ -	\$ -
Vent-a-Laters	\$ 1,989.22	\$ 1,500.00
Vet's Hospital Group	\$ 100.00	\$ -
Walking In Her Footsteps	\$ 15.00	\$ 10.00
Wed Night Beginners	\$ -	\$ -
Welcome Group	\$ 440.00	\$ 250.00
Wilmington Group	\$ 100.00	\$ -
Women's Friday Morning	\$ 463.93	\$ -
Women's Sober Hour	\$ -	\$ -
Yorklyn Diner Groups	\$ 1,400.00	\$ -
Zion Tuesday	\$ 66.50	\$ -
TOTALS	\$ 37,124.50	\$ 4,280.91

INSTITUTIONAL COMMITMENTS FOR THE MONTH OF SEPTEMBER

INSTITUTION	DAY	TIME	HOME GROUP	CONTACT
Connections Brandywine Women	TUESDAY	7:00 PM	Office	
Connections Brandywine Women	WEDNESDAY	7:30 PM	Office	
GAUDENZIA 2nd Floor	MONDAY	7:00 PM	More Will Be Revealed	Dave S.
GAUDENZIA 3rd Floor	MONDAY	7:00 PM	Big Book Study	Bill H.
GAUDENZIA 2nd Floor	FRIDAY	7:00 PM	First Stop Wednesday	Mary Ann
GAUDENZIA 3rd Floor	FRIDAY	7:00 PM	Courage to Change	Dave C.
GAUDENZIA 2nd Floor	SATURDAY	7:00 PM	Fresh Air	Mark
GAUDENZIA 3rd Floor	SATURDAY	7:00 PM	Fairfax Speaker	Tim B.
NDI Meeting	WEDNESDAY	6:15 PM	Augustine	Jason
KIRKWOOD DETOX	SUNDAY	8:00 PM	Ventilators	Allen
KIRKWOOD DETOX	MONDAY	8:00 PM	GOYA	Dave K.
KIRKWOOD DETOX	WEDNESDAY	8:00 PM	Dawn Patrol	Jeff
KIRKWOOD DETOX	FRIDAY	8:00 PM	No Excuses	Jarrett
KIRKWOOD DETOX	SATURDAY	8:00 PM	Late For Dinner	Terri
Mary Mother of Hope	THURSDAY	8:00 PM	Dawn Patrol	Jeff
*MEADOW WOOD UNIT A	MONDAY	8:00 PM	Trolley Square	Andy
*MEADOW WOOD UNIT B	MONDAY	8:00 PM	Freedom Group	Bill F.
*MEADOW WOOD UNIT A	TUESDAY	8:00 PM	Happy Hour	Keith
*MEADOW WOOD UNIT B	TUESDAY	8:00 PM	Second Chance	Shawn
*MEADOW WOOD UNIT A	WEDNESDAY	8:00 PM	Delaware City	Pat C.
*MEADOW WOOD UNIT A	SATURDAY	8:00 PM	Sisters in Serenity	Danielle
*MEADOW WOOD UNIT B	SATURDAY	8:00 PM	Greenhill Beginners	Dave
*MEADOW WOOD UNIT A	SUNDAY	8:00 PM	ESH Wilmington	Jamie
RVRC	MONDAY	7:00 PM	Big Book Tuesday	Kelly
ROCKFORD	TUESDAY	7:00 PM	Saturday Solutions	John M.
ROCKFORD ADOLESCENT	MONDAY	7:00 PM	Kingswood Men	Bob S.
*WILMINGTON HOSPITAL	TUESDAY	7:00 PM	12 Keys to Freedom	John M.
*WILMINGTON HOSPITAL	SATURDAY	7:00 PM	South College	John

Note: * These Institutions have requested a confirmation call of a meeting on the day of the commitment. Please call your Intergroup Rep.

Note: Two women only

Please call Intergroup Office with any questions or problems 302-655-5113

AA Unwritten Rules

- When on an AA road trip, the member with the most sobriety gets to ride shotgun.
- When talking to your sponsor, using the word, “but” will result in the phone being hung up.
- In the first year, sit in the front row and listen. Do not talk. Ever.
- Shake every hand in the room and always thank the speaker.
- You can't handle your own life, do not get into a relationship and add to the problem.
- Sponsorship is not a two way street, your sponsor owes you nothing but to carry the message.
- If your group does not have a Rep or GSR, you have no business complaining about what the service entities do.
- If, in early sobriety, you think something is a good idea, it isn't.
- Hitting on any AA with less than a year of sobriety is a mortal sin.
- Recovery means if you start to lie, manipulate, or impose design or control over other people, you will start to regress. You will start to screw up your life and the lives of those close to you, and sooner or later will become the same drunk you once were.
- Every newcomer has a plan. It is never a good one.
- If you lie or keep secrets from your sponsor, you will soon drink.

Let us know what's going on.

•Anniversaries

•Special Events

•Meeting Changes

• **Experience, Strength, and**

Hope Messages

You write it, we will print it.

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

I am Responsible

When Anyone, Anywhere Reaches Out For Help, I Want The Hand Of A.A. Always To Be There. And For That, I Am Responsible !

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Little by little my alcoholism progressed until I wasn't me anymore.

For an additional articles on the Steps , visit the Grapevine website at www.aagrapevine.org

ADDRESS CORRECTION REQUESTED

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WILMINGTON, DE 19806

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