



NEWS from



FEBRUARY 2019 NORTHERN DELAWARE INTERGROUP

Complacency

Today was a good day. I got up early, an unusual event for me. I started off thanking God, not for anything in particular, just a thank you, maybe for just waking me up for another day.

I wanted to go straight home, feeling a little tired from an aggressive day at work, yet I decided to go to a meeting instead. I had been struggling this 20th year of my sobriety with getting to meetings. It has always been my practice to get to at least three meetings a week, sometimes five. Ironically, I found in any given week this year that I was only go to one meeting a month, maybe none at all. There had been a couple of months this 20th year that I was an every three-week visitor. I asked myself, do you need a meeting?" I replied, "No". Other times, I asked the same question and I said, "I better"; they say, "I might drink". I knew deep inside that my very special friends were right, "meeting makers make it". My problem, in hind site is that on this cold February day, I think that I have made it; I can handle things. I don't need meetings as much as I use to. However, there is much ringing in my ear. Over and over, it rings the word, complacent. I only learned that word, as I have learned many words and phrases from going to Alcoholics Anonymous. I never viewed myself as complacent, I felt insulted at the possibility of being a complacent person. Decision was made; I was off to a 5:30pm meeting.

I arrived a little late, nothing unusual for me, and sat behind another row of A.A. members. I heard a familiar voice speaking. I could not identify this person, just able to view the back of his head. Soon he was finished speaking. I was compelled to speak about my complacency, so I did. The familiar voice directly in front of me turned around with big wide eyes and a great big grasping surprise to see me. He too knew my voice. He interrupted the meeting to hug me. We had not seen each other in at least eight years. We were the closest of buddies. I quickly gathered my composure, finished with my participation at our meeting and preceded to get some tea. This would settle down my excitement. Me and my buddy in the earlier years would stand outside of this particular meeting and have a meeting after a meeting. We talked each other through many challenging days.

Believe that God works through people and that my buddy and I were instruments to each other. We knew that we truly cared about each other's welfare. My special buddy, helped maintain the upkeep and the grounds of the church where this particular meeting was held. He would then counsel the homeless, trying to guide them in the direction that would improve the quality of their lives, drug and alcohol free. He had found happiness in helping others.

(Continued Next Page)

Step Two
Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two
For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

TABLE OF CONTENTS

Cover Story	1
Meeting Notices, etc	2
Anniversaries	3
Anniversary Club	3
Misc. Flyers/AA information	4
Total Contributions/2018	5
Institutional Commitments	6
Step Two/Tradition Two	7

INTERGROUP OFFICERS

Chairman:	Shelly C.
Vice Chairman:	?
Secretary:	Connie C.
Treasurer:	Meaghan F.

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

I am still across the A.A. meeting room stirring the tea that was to calm me down when I heard my buddy speaking again. My attention was fixed on him. The more he spoke, the stranger he sounded. This time, it was my big wide eyes opened in surprise and gasping for breath. I became alarmed at the continual strangeness. This good day was becoming a sad day. The meeting was over. I approached my special buddy after seeing him with a bicycle and stated, "It is so cold out three, if you can get that bike in my trunk, you have yourself a ride home". I welcomed the opportunity to hear about the last eight years of my buddy's life. He said, "yes". It was not more than two seconds while in my vehicle that I directly asked him, "how long have you been back into these rooms?" I knew he had been OUT. He replied, "two years". He sounded so strange for supposedly having two years back in. I kept an open mind as I drove him home. Fear and sadness had broken out inside of me. I had arrived to his home. I would not have kept my puppy dog in that residence. People were gathered at the corner, just hanging around. It was dark. I just wanted to get out of this unsafe environment. I was asked by my strange buddy to help him bring his bicycle up the steep hallway stairs. Strangely enough, I actually felt safe with him; I did not forget the genuine fellowship he and I had, so I helped him. Not one of his rooms had a door on it. It looked like it was just a place to store junk in. What an eye opener this experience was. My buddy told me that he went back out drinking and drugging for two years. I was told that on occasions he slept on the Brandywine in the winter so that he could stay warm by digging a hole in the ground to lie in. I could hardly handle this information. I left saying to myself, it really is not safe to give him a ride home. All I could feel was happy that he was back in, even with his apparent brain damage.

For two weeks after this eye opening experience I went to meetings everyday speaking about my complacency and my experience with my special buddy. I went to my home group meeting, still trying to shake this experience, I spoke about it again. Using the Round Robin method the last gentleman in the room who spoke was hurting; he lost a very, very dear friend. His friend had died of a heart attack. When the meeting was over, I went to console him. I suspected that it was someone in the A.A. rooms that had passed away. I asked, "would I know this person?" He said, "probably not" and revealed his name. My eyes were wide open again. I was in shock. He was talking about my special buddy. It was then that I knew that God had given me the gift of seeing my buddy one more time before he died. *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 of our affairs.* I know that my buddy practiced the 12th step for years and years, helping many suffering alcoholics. Little did he know that his relapse and death has been the greatest twelve step work for me. I learned not to be complacent. If he could die from this crippling illness, then why can't I? "Meeting makers, make it".

Authored by Bonny K. February, 2010

"We are here to add what we can, not to get what we can, from Life."

- Sir William Osler

Service is a word we hear in our recovery program. Service means work we do for others. It's the backbone of our program. The reason is simple. Service to our Higher Power and to others breaks down our wanting to be self-centered.

Service brings us back into the world. We really are part of the group when we pitch in to make coffee, set up chairs, or talk in meetings. We really feel like part of the family when we run errands and help with meals and housework. We really connect with our Higher Power when we pray, "Use me today to help others." Service breaks down the feeling of being alone that being self-centered brings.

Higher Power, Help me to be of service to you and others. Show me what is needed, especially if it is to just sit and wait.

Today will be a service day. I'll look for where my skills are needed. I'll see how valued I am. I'll give to others. Knowing that, too, will receive.

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, March 6, 2019

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, Bellefonte), Wilmington, DE 19809. **All members of Alcoholics Anonymous are welcome.**

ANNIVERSARY CLUB (Updated 2/21/2018)

Becky R. F. 1/19/95
 Betsy B. 10/01/00
 Beverly F. 09/02/89
 Bill C. 05/02/78
 Bill F. 8/20/88
 Bill W. 07/04/88
 Bob A. 7/9/90
 Bob M. 1/17/83
 Brendan D. 5/3/09
 Brenda A. 2/23/85
 Carel B. 4/26/04
 Carolyn W. 7/15/82
 Christopher K. 1/03
 David C. 2/1/94
 David G. 7/6/99
 David F. 11/23/07
 David K. 12/03/72 45 yrs.
 Debbie H. 03/16/91
 Doris S. 04/80
 Doug W. 2/28/91
 Ed H. 01/28/96
 Franny C. 05/07/96
 Fred M. 5/5/90
 Gail R. 06/04/92

Jaime B. 08/08/04
 Jaffrey H. 11/24/96
 Janice S. 12/25/2010
 Jason B. 4/20/09
 Jim S. 04/10/88
 Kara G. 11/8/12
 Kathy O. 6/11/97
 Ken H. 11/4/97
 Ken P. 09/20/83
 Kerry O. 04/20/08
 Laura R. 6/21/95
 Leslie D. 2/20/1990
 Liza F. 1/20/05
 Marilyn M. 6/26/99
 Marie R. 9/6/83
 Mary Ellen S. 1/24/10
 Melissa S. 06/23/08
 Mike M. 4/20/91
 Nancy V. 2/21/05(Deceased)
 Patricia K. 12/17/87
 Patsy M. 1/6/88
 Phyllis M. 03/09/88
 Sally C. 10/15/95
 Shirley U. 3/19/76 41 yrs.

Stanley B. 03/05/79
 Suzanne M. 04/04
 Tenney W. 5/15/82
 Tom H. 07/02/04
 Tom McD. 01/16/96
 Tracy D. 2/28/2013
 Valerie S. 2/3/89
 Walt A. 01/94
 Wes J. 4/21/75 42 yrs.
 Wes M. 2/1/94

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

Please Note: All members that were 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.

The 2019 Valentines Dance

Sat. 2/9/19

292 W Main St. Newark, DE 19711 Room 1
 West Minister House
 Doors Open: 7:00pm to 11:00-12
 Speaker: 8:00pm
 \$7.00 at the Door

Spaghetti Dinner

Call Johnathan 302-345-1461 or David G 302-275-5759



Saint Patrick's Day Dance

March 16, 2019

292 W Main St.. Newark DE 19711
 Room 1 West Minister House
 \$7 at the Door
 Doors Open 7:00pm Food 7-8
 Speaker:8:00pm

Call Johnathan 302-345-1461 or Steve 302-685-3626



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

Spring Family Breakfast



Sunday, March 24, 2019

Hockessin Memorial Fire Hall
Rt. 41 & Yorklyn Road
Hockessin, Delaware

\$13 per ticket

Doors open at 8:30a.m.

Breakfast at 9:00a.m.

Speaker at 10:00a.m.

Speaker: Bobby C. from Philadelphia, PA

See your Intergroup Rep for tickets
or call the Intergroup Office (302) 655-5113 ask for Jamie.

Also see, specialevents@ndiaa.org

CONTRIBUTIONS in 2019 to Northern Delaware Intergroup Thru February 4, 2019

GROUPOUR NAME 2019	YTD	JANUARY
AA Basics	\$ -	\$ -
Agnostic Delaware	\$ -	\$ -
Alone Together Group	\$ -	\$ -
Anonymous Group	\$ -	\$ -
Arden Group	\$ -	\$ -
As Bill Sees It	\$ -	\$ -
Augustine Group	\$ 33.00	\$ 33.00
Back to Basic Big Book Group	\$ -	\$ -
Basic 12 Steps	\$ -	\$ -
Basic Big Book	\$ 30.00	\$ 30.00
Beaten Path	\$ -	\$ -
Beginners Freedom Group	\$ -	\$ -
Bellefonte Group	\$ -	\$ -
Big Book Group	\$ -	\$ -
Big Book Tuesday	\$ -	\$ -
Blue Rock Group	\$ -	\$ -
Brandywine Open God Step Group	\$ -	\$ -
Brandywine Springs Group	\$ -	\$ -
Brooklyn Terrece (men)	\$ -	\$ -
BYOBB	\$ -	\$ -
Canby Park	\$ -	\$ -
Carry The Message Friday Night	\$ -	\$ -
Carry The Message Group	\$ -	\$ -
Cedars Tuesday Night	\$ -	\$ -
Chadds Ford Group	\$ -	\$ -
Chichester Step Group	\$ -	\$ -
Christ Church Group	\$ 52.80	\$ 52.80
Come As You Are Group	\$ -	\$ -
Conscious Contact	\$ -	\$ -
Claymont Group	\$ -	\$ -
Courage to Change	\$ 483.64	\$ 483.64
Dawn Patrol	\$ 1,045.55	\$ 1,045.55
DECCYPAA	\$ -	\$ -
Delaware City Group	\$ -	\$ -
Diamonds & Pearls Group	\$ -	\$ -
Displaced Park Place Group	\$ -	\$ -
Doorkeepers	\$ -	\$ -
Downtowner's Group	\$ -	\$ -
Early Risers	\$ 1,128.90	\$ 1,128.90
Esh Group - Newark	\$ -	\$ -
ESH Group - Wilm.	\$ -	\$ -
Eye Opener	\$ 218.75	\$ 218.75
Fairfax Speaker Meeting	\$ -	\$ -
First Stop Friday	\$ 97.50	\$ 97.50
First Stop Wednesday	\$ -	\$ -
First Things First Group	\$ -	\$ -
Five Alive Group	\$ -	\$ -
Freedom Group	\$ -	\$ -
Fresh air Group	\$ -	\$ -
Friendship House	\$ -	\$ -
God Step	\$ -	\$ -
G.O.Y.A.	\$ 240.00	\$ 240.00
Glasgow Pines	\$ -	\$ -
Greenhill Beginners	\$ -	\$ -
Greenhill Open Step Group	\$ -	\$ -
Greenwood Group	\$ -	\$ -
Growing and Learning	\$ -	\$ -
Growth Group	\$ -	\$ -
Happy Hour Group	\$ 175.00	\$ 175.00
Hockessin Women's	\$ -	\$ -
How It Works Group	\$ -	\$ -
Hudson Center	\$ 100.00	\$ 100.00
Humble Beginnings	\$ -	\$ -
In Bills Steps	\$ -	\$ -
Into Action	\$ -	\$ -
Just Do It	\$ -	\$ -
Just for Today	\$ 276.00	\$ 276.00
Keep it Green	\$ -	\$ -
Keep it Simple Newark	\$ -	\$ -
Keep it Simple, Wilmington	\$ -	\$ -
Kingswood Men's	\$ 7.55	\$ 7.55
Ladies of Literature	\$ 4.00	\$ 4.00
Lamplighters	\$ -	\$ -

Landenburg Group	\$ -	\$ -
Last Stop Friday Group	\$ -	\$ -
Late For Dinner Group	\$ 250.00	\$ 250.00
Living In The Solution	\$ 44.50	\$ 44.50
Manor of Living Group	\$ -	\$ -
Main Street Big Book	\$ -	\$ -
Middletown	\$ -	\$ -
Men of New Garden	\$ 420.00	\$ 420.00
Metroform	\$ -	\$ -
Middletown Step and Tradition	\$ 75.00	\$ 75.00
Millennium Group	\$ -	\$ -
More Will Be Revealed	\$ -	\$ -
Naaman's Step Group	\$ -	\$ -
New Castle Group	\$ 74.00	\$ 74.00
New Day Group	\$ -	\$ -
New Life Group	\$ 480.00	\$ 480.00
Newark Group	\$ -	\$ -
Newport Breakdown	\$ -	\$ -
Newport Group	\$ -	\$ -
No Excuses	\$ -	\$ -
North St. George's Group	\$ -	\$ -
Pace - Walt	\$ -	\$ -
Pacific Group	\$ -	\$ -
Pencader Group	\$ -	\$ -
Pike Creek Group	\$ 80.00	\$ 80.00
Pioneers Group	\$ -	\$ -
Prices Run Group	\$ -	\$ -
Promises Women	\$ -	\$ -
Rainbow Group	\$ -	\$ -
Raphael Group	\$ -	\$ -
Red Lion / Sat.	\$ 250.00	\$ 250.00
Red Lion Search for Serenity	\$ -	\$ -
S.O.S.	\$ -	\$ -
S.A.G.A.	\$ -	\$ -
Saturday Solutions	\$ -	\$ -
Second Chance	\$ -	\$ -
Serinity at Sunrise	\$ 148.62	\$ 148.62
Serinity for the Week	\$ -	\$ -
Silver Fox	\$ -	\$ -
Silverbrook Group	\$ -	\$ -
Sisters in Serenity	\$ 137.15	\$ 137.15
Sober and Gay Group	\$ -	\$ -
Sojourners	\$ -	\$ -
Solutions	\$ -	\$ -
South College Speaker Group	\$ -	\$ -
Spirit of Truth	\$ -	\$ -
St. Andrews 102	\$ -	\$ -
.St. Nicks Tuesday Night	\$ -	\$ -
Stepping Stones	\$ -	\$ -
Sunday Literature Meeting	\$ -	\$ -
Sunday Night Big Book	\$ -	\$ -
Sunrise Group	\$ -	\$ -
The Forgotten Steps	\$ -	\$ -
There is a Solution	\$ -	\$ -
Today Group, Wilmington	\$ -	\$ -
Trolley Square BB	\$ -	\$ -
Tuesday Big Book	\$ -	\$ -
Twelve & Twelve	\$ -	\$ -
Twelve & Twelve Step	\$ 210.00	\$ 210.00
Twelve Keys to Freedom	\$ -	\$ -
Twelves Keys Group	\$ -	\$ -
Upper Room Group	\$ -	\$ -
US Group	\$ -	\$ -
Vent-a-Laters	\$ 767.13	\$ 767.13
Vet's Hospital Group	\$ -	\$ -
Walking In Her Footsteps	\$ 15.00	\$ 15.00
Wed Night Beginners	\$ -	\$ -
Welcome Group	\$ 335.00	\$ 335.00
Wilmington Group	\$ -	\$ -
Women's Friday Morning	\$ 117.60	\$ 117.60
Women's Sober Hour	\$ -	\$ -
Yorklyn Diner Groups	\$ 700.00	\$ 700.00
Zion Tuesday	\$ -	\$ -
TOTALS	\$ 7,996.69	\$ 7,996.69

INSTITUTIONAL COMMITMENTS FOR THE MONTH OF FEBRUARY

INSTITUTION	DAY	TIME	HOME GROUP	CONTACT
Connections Brandywine Women	TUESDAY	7:00 PM	First Stop Wed	Cassidy
Connections Brandywine Women	WEDNESDAY	7:30 PM	Sisters in Serenity	Danielle
Delaware Psych Hospital	WEDNESDAY	6:00 PM	No Excuses	Jarrett
GAUDENZIA 2nd Floor	MONDAY	7:00 PM	Saturday Solutions	Todd M.
GAUDENZIA 3rd Floor	MONDAY	7:00 PM	Happy Hour	Keith
GAUDENZIA 2nd Floor	FRIDAY	7:00 PM	Tuesday BB	Kelly H.
GAUDENZIA 3rd Floor	FRIDAY	7:00 PM	Spirit of Truth	Jason B.
GAUDENZIA 2nd Floor	SATURDAY	7:00 PM	Greenhill Beginners	Dave
GAUDENZIA 3rd Floor	SATURDAY	7:00 PM	SOS	Carolyn
NDI Meeting	WEDNESDAY	6:15 PM	Concious Contact	Rich
KIRKWOOD DETOX	SUNDAY	8:00 PM	Eye Openers	Tim B.
KIRKWOOD DETOX	MONDAY	8:00 PM	More Will Be Revealed	Dave S.
KIRKWOOD DETOX	WEDNESDAY	8:00 PM	Trolley Square	Andy
KIRKWOOD DETOX	FRIDAY	8:00 PM	Delaware City	Pat C.
KIRKWOOD DETOX	SATURDAY	8:00 PM	Newport Breakdown	Mike
Mary Mother of Hope	THURSDAY	8:00 PM	Early Risers	Paul V.
*MEADOW WOOD UNIT A	MONDAY	8:00 PM	Freedom Group	Bill F.
*MEADOW WOOD UNIT B	MONDAY	8:00 PM	Kingswood Men	Bob S.
*MEADOW WOOD UNIT A	TUESDAY	8:00 PM	AA Basics	Anna
*MEADOW WOOD UNIT B	TUESDAY	8:00 PM	Early Risers	Paul V.
*MEADOW WOOD UNIT A	WEDNESDAY	8:00 PM	Dawn Patrol	Dan
*MEADOW WOOD UNIT A	SATURDAY	8:00 PM	Courage to Change	Dave C.
*MEADOW WOOD UNIT B	SATURDAY	8:00 PM	Fairfax Speaker	Tim B.
*MEADOW WOOD UNIT A	SUNDAY	8:00 PM	South College	Johnny
RVRC	MONDAY	7:00 PM	Ventilaters	Allen
Rockford	TUESDAY	7:00 PM	Back to Basics	Chris K.
Rockford Adolescent	MONDAY	7:00 PM	Today Group	Jack C.
*WILMINGTON HOSPITAL	TUESDAY	7:00 PM	Greenhill Step	Tom H.
*WILMINGTON HOSPITAL	SATURDAY	7:00 PM	Augustine Beginners	Sonny W.

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

Dangers Of Poor Sponsorship...

- ☐ **Poor Group Sponsorship** — A newcomer goes to a meeting alone. After the meeting the old-timers talk to each other, leaving the new person alone and confused.
- ☐ **Failure to Introduce the New Member** — The new person is not introduced to others at the meeting, nor is he given phone numbers for between-meeting contact.
- ☐ **Poor follow - up** — The sponsor feels his job is ended after taking the newcomer to a meeting or two. If he fails to show up, he is written off as a slipper,
- ☐ **Lack of Effort** — A prospect isn't enthusiastic about what we have to offer, so we don't put much effort into the call. He's probably not ready, we say. But we forget that many people who came to AA before they were ready are still sober today! A little extra patience and effort may be all that's needed.
- ☐ **Possessiveness** — We're such good sponsors that we're sure the newcomer can't get along without our advice in all his affairs. We won't let go. We take up all his time and don't let him make new friends, we give him a feeling of obligation, instead of fellowship.
- ☐ **Thirteenth Stepping** — We try to help with things that are not covered in the program. We give an impression that AA is a cure-all; that it solves marital affairs, money and job problems, etc.
- ☐ **Making AA a Religious Program** — We preach our brand of religion to newcomers, when the spiritual side of the program as outlined in the Twelve Steps does the job.
- ☐ **Failure to Share AA Knowledge** — We do not share the AA slogans, the 24-hour program, or any of the other tools to work with between meetings.
- ☐ **Playing doctor** — When in doubt, we fail to seek medical aid. Results can be fatal.
- ☐ **Failure to Provide Literature** — We forget that the newcomer will be alone when he leaves the meeting. Written words can do wonders, preventing him from taking that first drink.
- ☐ **Failure to Stress "No Dues or Fees"** — We forget to tell the newcomer that he is not required to put anything in the basket until financially able to do so, thus causing him embarrassment.

“All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness.

—Bill W.

Twelve Steps and Twelve Traditions

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 Two

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two

For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

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.

Alcoholism: The three most dangerous words for an alcoholic -- "I've been thinking ..."

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

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WILMINGTON, DE 19806

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