



COFFEE POT TALK

NDIAA NEWSLETTER

Public Service Announcement

It has been brought to NDIAA's attention that there are churches that are posting meeting information on signs outside of the meeting location using the Alcoholics Anonymous (AA) name. NDIAA has reached out to GSO. Our feedback is as follows: This violates both Tradition Six - "An AA group ought never endorse, finance or lend the AA name to any related facility or outside entity, lest problems of money, property and prestige divert us from our primary purpose", as well as Tradition Eleven - "Our public relation policy is based on attraction rather than promotion; we must always maintain personal anonymity at the level of press, radio and film". Our relations with the general public should be characterized by personal anonymity. Our public relations should be guided by the principle of attraction rather than promotion. While an AA group may cooperate with anyone, such cooperation ought never to go as far as affiliation or endorsement, actual or implied. Churches should use verbiage such as "Recovery meetings" or "Group Help Meetings". If meeting information is posted outside of the meeting location, please contact NDIAA and we can help you address this.

In Service,
NDIAA Steering Committee

Feature Article

CARRYING THE MESSAGE

By Denise M.

I will never forget my first commitment. It was early in my sobriety at Kirkwood Detox. I was so unsure of myself, I recall being nervous and talking to a friend in the program before I went and she said, "Just speak from your heart, be honest and humble about your experience and everything will be fine". That night I swear, it seemed like there were 200 people in the room, I believe there were more like 25-30! And my friend was right, I spoke honestly about my experiences during and after my drinking, I shared the pain of

my addiction at its worse, and I shared the miracle of making my way into the rooms of AA. My Higher Power went along with me that evening too. I asked Him to guide me and help me to truly be sincere and honest with my words. And then at the end of our meeting, to hold hands together with such a” oneness” we recited the Serenity Prayer and the Lord’s Prayer. Over the years I have been to the prison system, rehabs, women’s recovery houses and houses for new expectant mothers, all to speak to others, to share with them my experience, strength and hope. To share the story of recovery, how it is possible to get our lives back in order, and to bring hope that it is all possible if we work our program “a day a time”. I consider commitments a vital part of my recovery, as we know, “we cannot keep it, if we do not give it away”. To this day, after a commitment, I ALWAYS walk out feeling like I am 5 feet off the ground! It helps me just as I hope it helps my fellow alcoholic brother or sister.

News From G.S.O.





International Convention Alcoholics Anonymous

July 2–5, 2020 | Detroit, Michigan

Love and Tolerance Is Our Code • Amour et tolérance, voilà notre code • El amor y la tolerancia son nuestro Código

December 11, 2019

Dear Conference members,

We're happy to announce that our Communication Services Department has been established at the General Service Office to serve as an internal agency supporting G.S.O., A.A. World Services, AA Grapevine and the General Service Board.

The Communications Staff assignment will now transition to the new Communication Services Department and will be responsible for development, implementation and analytics for the A.A. website, YouTube channel and the Meeting Guide app, as well as various communications, digital media projects and initiatives.

This new department will collaborate with other G.S.O. departments, staff assignments, trustees' committees, Grapevine and the corporate boards on media and proposal creation, Conference Advisory Actions and communication related projects.

The new Communication Services team is comprised of Clement Cann, Senior Manager of Communication Services; Daniel Brown, Digital Media Manager; Julie Gonzalez, Digital Communications Analyst; and Kalilah Prendergast, Communications Project Coordinator.

It will take time for the new department to get fully up to speed, however we look forward to providing a new level of service to the Conference structure and Fellowship through this exciting and important development at G.S.O.

Sincerely yours, in gratitude,

G. Gregory Tobin
General Manager

General Service Office of Alcoholics Anonymous
P.O. Box 459 | Grand Central Station | New York, New York 10163 USA | (212) 870-3400 | www.aa.org

2 Drunks and a cup of coffee

I met Carolyn 7 years ago when I found my Home Group. I heard her share and I laughed and cried as I carefully and attentively listened to her experience, strength and hope. I could relate to her so much and she added such humor it helped me see the importance of Rule 62 - Don't take yourself too seriously! I was so excited to sit down over some pie and ask her all the questions I could. Every conversation I have had with Carolyn, I have always walked away with a heart full of hope and a head full of useful knowledge. I'm sure you will too!

How did you find A.A.?

On late night T.V there used to be commercials for AA and I would be up late at night drinking and the one I remember most had a dark room, with a woman passed out on the sofa and a whiskey bottle on the table and a child about 3 years old. You see the kitchen and the stove and there is a pot with boiling water on the stove and the child is reaching for the pot. Then it said "If you have a problem with drinking, call Alcoholics Anonymous. So I called the number in the phone book. The lady on the phone asked where I lived and told me to go to the Newark Group at the Westminster House. I was in and out for a while because I didn't follow directions but every time I came back I went to the Newark Group because I thought it was my assigned Home Group....LOL. Someone finally told me I could go anywhere but I liked it there. It stayed my HG for 7 years. I had many service positions. I made coffee, cleaned ash trays and washed coffee cups. It helped me stay sober.

What was the first piece of advice you remember receiving?

Come every day and don't drink between meetings. It stuck with me. The first 6 months or so I couldn't do much else but I could do that, it was simple enough

What is your favorite slogan?

I love "Nothing is so bad that a drink won't make it worse". It was a sign in the Newark Group back in 1982. Whatever came up I would just think to myself - if I take a drink it will get worse. So, that was the first one I really latched on to. Another one is "It's just for today". I know now that if it's a bad day, it's just for today and tomorrow it might be better. My experience in sobriety is that it's been more good than bad. I also like "Meeting makers make it". When I had 20 yrs sober I got busy and drifted away from meetings. It was by the Grace of God I didn't drink. I became physically, spiritually and mentally sick. I lost my whole personality by being away from the fellowship that

December 2019

Our principals

Step 12: "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."

Tradition 12: "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit—well symbolized by anonymity—is the foundation of them all.

Concept 12: General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

fed me. I knew then I needed to go back. My behaviors at work became bad, I isolated and lost track of spirituality and ended up in the hospital. It was a bottom in sobriety. I knew what I needed to do, I threw myself into the program. Meeting makers make it. Isolation is a primary symptom of alcoholism

What is your favorite chapter in the Big Book?

How it works. I love that they read it in meetings. It was all right there before we had the step books. It tells us "Rarely have we seen a person fail that has thoroughly followed our path". That's an awesome promise. I think if you don't read anything else, read that chapter, it encompasses so much.

What is your advice for new comers?

Don't drink and go to meetings. I stayed out of liquor stores, I didn't go for lottery tickets or ice or anything because if I did, I'd come out with a bottle. I changed people places or things. You have to treat alcohol like the demon that it is. You have to respect it for the power it has.

Move the body. Sitting still is a bad place to be especially if you're in a bad mood. Get up and do something physical. I've done some crazy things during my sobriety in that quest. One time, it was summer I was going through something and I decided to dig a hole in my yard. I dug a hole for no reason. It was about 2 or 3 feet deep and a couple of feet wide. I dug until I couldn't dig anymore. But the anger went away. I ended up putting a tree in the hole and grew up into a beautiful great big tree.

How has AA changed? Do you think it's gotten too soft?

I think it depends on the meeting you go to. I think it is the responsibility of the people with time to make sure we aren't too soft. They never used to say thanks for sharing, that came from the rehabs. I was one of the people who would say "that's not AA. We aren't going to say that anymore." Every time I would say that, somebody in the group would say "thanks for sharing!" ...LOL. Finally I gave up, it was everywhere. There used to be a lot more people who would go on late night twelfth step calls. I don't see as much of that anymore. We used to have a different social network. We used to have a group called Sober Hearts Group and we would plan dances. We had them every 5 or 6 weeks. The events weren't advertised as AA they were Sober Hearts events. That's where the whole "Fun, Fellowship, Food" saying started. It was on the top of our flyers. There doesn't seem to be as many things to do for fellowship now and when there are, they aren't well attended.

What's your favorite step?

Step 1, without it, all others are lost. I found the process of house cleaning in 4 and 5 to be a relief. It took so many shadows out of my life, step 9 - making amends, those things are so freeing. But 1 – if you don't do that one right, you're not gonna get the rest of them.

What's the most important piece of your program?

The people who care about me and the people that I try to help. Sometimes I sit in a meeting and count how many people I could ask for help and they would be there. It's so reassuring. It took a long time for me to get vulnerable and let that happen, to let people get to know me and care about me. Left alone I would go back to booze. It all goes back to being an active member in A.A. and going to meetings.

What is your favorite Book?

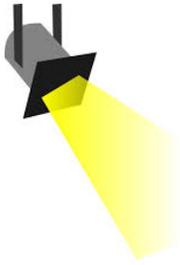
Dr. Bob and the good oldtimers. BB is more the how to stay sober piece but this book described early meetings, how they were started. I just love reading about that.

Parting words....

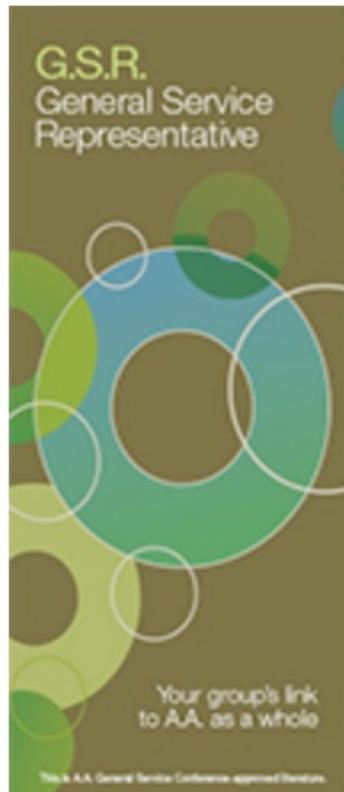
However we can carry the message that there is an answer and this is it, we must do it. The founders were not people who were trying to mess with us. They were desperate people who found a way out and they tried to preserve that and pass it on to us. It was all divinely inspired.

Carolyn W.

Sobriety Date - 7/15/82



Literature Spotlight



P-19 - G.S.R. Your group's link to A.A. as a whole

For a new general service representative, this leaflet outlines responsibilities and useful sources of information; for a group, what to keep in mind when electing a G.S.R.

Sneak Peak into Service

Gaye S – sobriety date 4/17/15, Home Group Sisters In Serenity

How has AA Service changed/enhanced your personal sobriety?

AA Service has saved my life & has completely changed my sobriety! I am not a “first nighter” in AA. It took me about 10 years, after coming to AA the first time, of pain and suffering to become willing to do something different & follow the suggestions of the AA program. When I came to AA this last time, my first sponsor introduced me to service very early on. I have found that having a responsibility to AA has helped to keep me sober, it keeps me in the middle of AA. I am no longer just going to meetings to stay sober, I have relationships with other AA members today and my sobriety comes first before anything else in my life. If I am not sober I don't get to do things like go to work, be a wife and a mom.

Service work helps me to keep the pain of this disease fresh in my mind and remember where I came from. I really don't ever want to have to go through the pain & consequences of this disease again. I don't ever have to live in the prison of alcoholism again, as long as I don't pick up the first drink, One Day at A Time. AA's Primary Purpose is also my primary purpose, I don't get to keep the gift of sobriety unless I give it away. I am also very active in service outside of AA, in my community and in school & after school activities for my children. Getting outside of myself and helping another alcoholic or any other person gives me a sense of peace & purpose.

Current Service Position: Intergroup Corrections Committee Chairperson

Length of service commitment: 2 years

Sobriety requirement: Suggested 2 years continuous sobriety

Service Position Responsibilities:

- Serve as the liaison between the Volunteer Services Coordinator at Baylor Women's Correctional Institution and the AA Volunteers.
- Work hand in hand with the Intergroup Office Manager to facilitate new AA Volunteer applicants through the process of approval.
- Responsible for maintaining & coordinating the volunteer calendar for 2 weekly AA meetings at the prison.
- Send commitment reminders to volunteers including information needed for the meeting.
- Keep track of volunteer Security Briefing expiration dates & send reminders for renewal requirements each year.
- Attend the monthly Intergroup Steering Committee and monthly Intergroup Meetings to provide updates.

How has this service commitment changed/enhanced your personal sobriety?

I have been volunteering at Baylor for 3 years & moved into the Corrections Committee Chairperson role in January 2019. I have really enjoyed working with all of the volunteers and getting to know other women involved in the commitment that I normally wouldn't have met since we go to meetings in different areas.

I continue to volunteer to bring meetings into the prison in addition to coordinating other volunteers because it really keeps things "green" for me. My primary purpose in recovery is to carry the message of AA to those who still suffer, which includes the women who are behind the walls of prison. There are often times when I don't feel like going into the prison, but I still go because 100% of the time I leave there feeling grateful and with a sense of peace, just like the peace I feel when I attend an AA meeting on the outside. I have met many women over the years & while I may never see most of them again, there are a few women who have reached out after they were released. They are giving AA a try because of the experience, strength and hope that was brought to them by me & the other volunteers during their incarceration. It is such a rewarding commitment!

Past Service Positions Held: Coffee maker/Open meeting, Intergroup Literature Chairperson, Baylor Prison Volunteer, several Institutional Commitments for my home group, monthly commitment to Home Answer for Intergroup & Intergroup Corrections Chairperson. I also say "Yes" whenever possible if I am asked to be of service to AA.

If anyone is interested in getting involved with volunteering at Baylor, please contact me, Gaye S, at 931-220-8916 or the Intergroup Office at 302-655-5113 for more information.

Newsletter Stuff Needed!

- Feature Articles
- Service Stories
- Long Timers to interview
- Fellowship opportunities

Contact Emmy K. at (302) 598-9975 or ndinewsletter@gmail.com

Fellowship Corner

- Newport Big Book Group
Anniversary Meeting
December 17th
Speaker - Chris B. From Philly
Food at 6:30pm
Speaker at 7:30pm
- Christmas Alcothon
Start: 12/24 - 8pm
Close: 12/25 - 9pm
Where: Westminster House in Newark
Even Hours - Meetings
Odd Hours - Food, Fun and Fellowship
- New Year's Eve Dance
When: Ummmm New Year's Eve!
Start: 6:30pm
End: 12:30am
Where: Westminster House in Newark
Contact Margie B - 302-731-4332
Tickets: 2 for \$25 or 1 for \$15
Speaker: 8:15pm - Tim C from Wilmington

Rule 62



"Tell me again about how you intuitively handle situations that used to baffle you..."

Support Needed

- Districts 6 & 7 need GSR's
- District Meetings are held on the 3rd Sunday of the month
- Time: 2pm
- Location: Red Clay Presbyterian Church

*******Remember - Without a GSR, your group has no voice*******

New Meetings

Beginning January 6, 2020 the Monday Night Ladies S.O.S. Group is moving

Old Location: West Grove United Methodist Church]]

New Location: Kennett Square First Baptist Church (2nd floor)

415 W. State Street

Kennett Square, PA 19348

Meeting Day/Time: Monday Nights at 6:30pm

Meeting Type: Literature Topic Meeting (Closed)

Thank you for your Service

Dec-19					
INSTITUTION	DAY	TIME	HOME GROUP	CONTACT	# of voluntrs
Connections Brandywine Women	TUESDAY	7:00 PM	Hockessin Bridge Club	Kim	2 WOMEN
Connections Brandywine Women	WEDNESDAY	7:30 PM	Doorkeepers	Kim	2 WOMEN
DELAWARE PSYCH HOSPITAL	WEDNESDAY	6:00 PM	Early Risers	Mark S.	2
GAUDENZIA 2nd Floor	MONDAY	7:00 PM	Kingswood Men	Jim	3
GAUDENZIA 3rd Floor	MONDAY	7:00 PM	First Stop Wednesday	Anne M.	3
GAUDENZIA 2nd Floor	FRIDAY	7:00 PM	Concord Step Solutions	Jimmy	3
GAUDENZIA 3rd Floor	FRIDAY	7:00 PM	ESH Wilmington	Gloria	3
GAUDENZIA 2nd Floor	SATURDAY	7:00 PM	Fresh Air	Mark	3
GAUDENZIA 3rd Floor	SATURDAY	7:00 PM	SOS	Carolyn	3
NDI Meeting	WEDNESDAY	6:15 PM	Courage to Change	Dave C.	3
KIRKWOOD DETOX	SUNDAY	8:00 PM	Vent-a-laters	Ralph B.	4
KIRKWOOD DETOX	MONDAY	8:00 PM	Eye Openers	Rose G.	4
KIRKWOOD DETOX	WEDNESDAY	8:00 PM	Trolley Square Literature	Liz L.	4
KIRKWOOD DETOX	FRIDAY	8:00 PM	Newport Breakdown	Michael H.	4
KIRKWOOD DETOX	SATURDAY	8:00 PM	Freedom	Kyle R.	4
Mary Mother of Hope	THURSDAY	7:00 PM	Sisters in Serenity	Danielle	3 WOMEN
*MEADOW WOOD UNIT A	MONDAY	8:00 PM	Dawn Patrol	Dan	3
*MEADOW WOOD UNIT B	MONDAY	8:00 PM	Delaware City	Pat C.	3
*MEADOW WOOD UNIT A	TUESDAY	8:00 PM	Carry the Message	Patti	3
*MEADOW WOOD UNIT B	TUESDAY	8:00 PM	More Will Be Revealed	Dave S.	3
*MEADOW WOOD UNIT A	WEDNESDAY	8:00 PM	Welcome Group	Todd	3
*MEADOW WOOD UNIT A	SATURDAY	8:00 PM	Serenity for the Week	Tommy K.	3
*MEADOW WOOD UNIT B	SATURDAY	8:00 PM	GOYA	Erik D.	3
*MEADOW WOOD UNIT A	SUNDAY	8:00 PM	Silverbrook Men's	Hank B.	3
REFUGE RECOVERY HOUSE	THURSDAY	7:00 PM	Greenhill Beginners	Dave B.	3 MEN
Rockford	TUESDAY	7:00 PM	Sisters in Serenity	Danielle	2
Rockford Adolescent	MONDAY	7:00 PM	Greenhill Beginners	Dave B.	2
*WILMINGTON HOSPITAL	TUESDAY	7:00 PM	Greenhill Open Step	Jake	2
*WILMINGTON HOSPITAL	SATURDAY	7:00 PM	AA Basics	Anna M.	2
REFUGE RECOVERY HOUSE	FRIDAY	7:00 PM			3 MEN

