
COFFEE POT TALK

NDIAA NEWSLETTER

Letter from your Newsletter Chair:

Dear Brothers and Sisters:

My name is Emmy and I am an alcoholic. I am honored and blessed to be your next Newsletter Chair for the Northern Delaware AA Intergroup office. I would first like to thank Wes M for bringing you the NDIAA Newsletter every month for more than 20 years. His dedication to keeping this fellowship informed has helped countless of our brothers and sisters stay sober. Thank you for your service Sir. I certainly have some big shoes to fill.

That being said, I must warn you that I have zero experience in writing a newsletter and have absolutely NO idea what I am doing. Now that we have that out of the way, it should not surprise you that I am asking for all of your help in measuring up to the great newsletter you have been receiving for the past 20 Years. I've come up with a temporary name for the Newsletter (I'm not very creative) but would welcome any ideas on a permanent name or anything else you would like to see published.

Each month we will publish a feature article submitted by one of you. It should be a maximum of 3/4 of a page long and include your experience, strength and hope on a topic related to alcoholism. It can be a story, poem, cartoon, etc. It should not include opinions on outside issues or tied to any particular religion as we are a spiritual program not a religious one.

I know I am always looking for advice on how to stay sober so, we will be starting a new column called "2 Drunks and a cup of coffee". Each month I will be sitting down with an Old Timer (25+ years) to gain a little of their experience, strength and hope on how they stay sober one day at a time. If you have any suggestions for questions that may help people stay sober, or perhaps you know or are an Old Timer that is interested, please reach out.

Fellowship - the meeting after the meeting helped me to finally find people like me. This is one of the many gifts of the program. Please submit any fellowship opportunities so we can all share in the fun. All AA events are welcome - Group anniversary meetings, District workshops, Dances, Holiday parties, anything that will build the fellowship. If your meeting needs support, let us know that too. We want to keep AA alive and to do that, we need to stick together!

Our Intergroup commitments and those groups who support them will continue to be published. We all know that commitments are one of the many tools in our spiritual tool kit that help us stay sober so jump in, look at the clipboards in your meetings and sign up!

In service
Emmy K
ndinewsletter@gmail.com

Feature Article

SPIRITUAL EXPERIENCE:

I have read the spiritual experience several times in my 4.5 months of sobriety. I never really paid attention to the message that it delivers though. Within the first and second paragraph it clearly states “Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, must be in the nature of sudden and spectacular upheavals. Happily for everyone, this conclusion is erroneous.” This gives me hope. I am most definitely one of the people that felt like it should happen right away and after reading this chapter, I realize it doesn’t. It happens to everyone at different times and in different ways.

I have spoken to my dad in length about God and spirituality as a whole. His outlook is so simple, God lives in our heart and if we sit quietly and long enough with ourselves, we can hear his whispers and feel his presence. I just have to open my heart and mind to receive the love I was meant to have.

My Higher Power lives in the breeze that gently rustles the leaves on the trees. He is in the loud rumble of thunder and the beauty in a soft summer rain. He is the sunset in southern California when the sun sinks into the ocean and fills the sky with vibrant colors. He is in the tear that runs down my cheek and the light in my niece’s eyes. When I sit in the park looking at the beautiful colors on the trees and hear the sound of the stream trickle by, He is speaking to me. He is asking me to appreciate the beauty in His his creations. He is asking me to search within myself to find Him.

Today, I am working on repairing that relationship with my Higher Power and it has been an emotional journey thus far. I know now that it takes time, patience, willingness and love to build that relationship and this chapter has helped me realize that.

Going forward, I know I need to remain steadfast in my search to connect with my Higher Power. I need to remain open and connected with the signals and messages that He sends. I now understand this simple fact: I’ve been to hell and I don’t want to go back. I have learned that from this exercise. Thank you to my sponsor for her love, support, guidance and wisdom.

Rule 62

HOW DID THE SAUSAGE SOLVE THE CRIME?

“I sought my soul, but my soul I could not see. I sought my God, but my God eluded me. I sought my brother and found all three.”

** ANSWER ON LAST PAGE

~ Anonymous

Our principals

Step 11: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the Power to carry that out.”

Tradition 11: “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film”

Concept 11: “The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.”

2 Drunks and a cup of coffee

When I first came up with the idea for this column, one name came to mind....Joe H. I've known Joe since I got sober and this guy is awesome. The first time I heard him speak at a meeting, I thought...."I want what this guy has". He laughed, he had a glister in his eyes and he was surrounded by friends. He seemed, well, happy. Something I was not but so desperately wanted. Women stick with women I was always told but the men have wisdom to offer too. It's always good to have a couple good men in your arsenal....lol. Joe sat down with me the other day to share his experience, strength and hope. The grilled cheese sandwich was pretty bad but the conversation was great!

Emmy: How did you find AA?

Joe: I was really young and had problems right out of the gate. My next door neighbor was sober and in AA and took me to a meeting. After the meeting he asked me if I liked it and if I wanted to come back and I said "HELL NO!" I avoided him for a long time and kept drinking. I was in and out for a long time but never followed directions and I just couldn't stay sober. I finally had enough at 23 and came back to the rooms and have been here ever since. What really helped me finally stay was going to a half way house and changing people, places and things.

Emmy: What was the first piece of advice you received?

Joe: You never have to feel this way again. An old timer once said If you don't drink and continue to go to meetings eventually you will learn how to live and be relatively comfortable a day at a time. That helped me a lot.

Emmy: How has AA changed over the years?

Joe: You go to meetings and they say the same stuff they did in the 50's. Sometimes I think - Did AA change or did I? When you get here you're so disturbed and tormented you really don't know.

Emmy: What is your favorite chapter in the big book?

Joe: Freedom from bondage. I've gotten more mileage out of the resentment piece of it. Our stories are so different but it really hit home. I also really like There is a solution. It really helped me when I understood I don't have to believe, I just need to be willing to believe. I used to get so agitated when I would read the jay walker story, I just couldn't connect it with the first drink. Now I can see the humor in it.

Emmy: What are the top 3 things in your program?

Joe: I would say not drinking would be way up there! Go to meetings. I go to meetings to learn how to not drink. It's how I got my sponsor, it's how I started reading the literature. Also, finding your own way. It's an individual program. Everybody's program is different. I get in the car in the morning and start my day by praying and going through my gratitude list in my head while I drive. There isn't any one certain thing you can do to stay sober. When I was new, someone was talking about having a spiritual toolkit and I had no idea what they were talking about and I was afraid to ask. The more I went to meetings, the more I learned what those tools are and I use them today.

Emmy: What is your favorite AA Slogan?

Joe: The official ones or the unofficial ones? The slogans mean different things to different people. When I first got sober Live and let live meant I can do anything I wanted and you had to accept it. One that helped me a lot was You don't have to live that way and there is a better way. There was a guy in AA that I worked with when I was still drinking, he planted the seed. He would always throw those slogans at me. They stuck!

Emmy: What is your one piece of advice for the new comer?

Joe: Give yourself a break...keep coming back. That's what saved my life. I just kept coming back to meetings and went to the meeting after the meeting. You don't get that if you don't keep coming back. You have to not drink long enough to give yourself a chance.

Emmy: How did you do it?

Joe: Changing people places and things, keep an open mind, being of service, reading the literature and going to meetings. You learn everything you need to know in AA in your first 2 weeks and it takes a lifetime to learn how to apply it. There is no I got it...that's why I go to meetings. The most important thing - Its all one day at a time. It's been fun being in AA.

Joe H.
8/17/88

Fellowship Corner

- Thanksgiving Day Alcothon
November 28th
Jesus House
2501 Milltown Rd
10am - 9pm Fellowship
10am - 7:30pm Food
- SOS Meeting will be open to Men and Women on Thanksgiving Day
November 28th
St David's Episcopal Church
2320 Grubb Rd
- Longtimer's Meeting
Friday, November 29
Skyline Methodist Church
3100 Skyline Drive
6:30 - Fellowship
8:25 - Last Speaker

Support Needed

- Women Volunteers needed to take AA meetings into Baylor Women's Correctional Institution. Contact Intergroup Office at (302) 655-5113 or Gaye S at (931) 220-8916
- Volunteers needed to take AA Meetings into Smyrna Prison. Contact Intergroup Office at (302) 655-5113 or email at mainoffice@ndiaa.org
- Strength in Unity Women's Group needs support
Thursday's 6:30pm
Unity Church
2101 Lancaster Ave

New Meetings

- Holly Oak
Open Discussion Meeting using AA Literature
Saturday 8am
Second Chance Group
Holly Oak Methodist Church (Back Door)
1511 Philadelphia Pike
- Wilmington Group - Beginning on 12/4/19
Sunday, Monday and Friday at 8pm
Grace Church
900 Washington Street

Thank you for your Service

Nov-19					
INSTITUTION	DAY	TIME	HOME GROUP	CONTACT	# of voluntrs
Connections Brandywine Women	TUESDAY	7:00 PM	Early Risers	Mark S.	2 WOMEN
Connections Brandywine Women	WEDNESDAY	7:30 PM	Hockessin Bridge Club	Kim	2 WOMEN
DELAWARE PSYCH HOSPITAL	WEDNESDAY	6:00 PM	Today Group	Jack C.	2
GAUDENZIA 2nd Floor	MONDAY	7:00 PM	Trolley Square Literature	Liz L.	3
GAUDENZIA 3rd Floor	MONDAY	7:00 PM	Eye Openers	Rose G.	3
GAUDENZIA 2nd Floor	FRIDAY	7:00 PM	Delaware City	Pat C.	3
GAUDENZIA 3rd Floor	FRIDAY	7:00 PM	Early Risers	Mark S.	3
GAUDENZIA 2nd Floor	SATURDAY	7:00 PM	Just For Today	Shavetta	3
GAUDENZIA 3rd Floor	SATURDAY	7:00 PM	Serenity for the Week	Tommy K.	3
NDI Meeting	WEDNESDAY	6:15 PM	Concord Step Solutions	Jimmy	3
KIRKWOOD DETOX	SUNDAY	8:00 PM	SOS	Carolyn	4
KIRKWOOD DETOX	MONDAY	8:00 PM	GOYA	Erik D.	4
KIRKWOOD DETOX	WEDNESDAY	8:00 PM	Spirit of Truth	Jason B.	4
KIRKWOOD DETOX	FRIDAY	8:00 PM	More Will Be Revealed	Dave S.	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	Pike Creek	Leith M.	3
*MEADOW WOOD UNIT A	TUESDAY	8:00 PM	Sisters in Serenity	Danielle	3
*MEADOW WOOD UNIT B	TUESDAY	8:00 PM	Men of New Garden	Chris K.	3
*MEADOW WOOD UNIT A	WEDNESDAY	8:00 PM	Newport Breakdown	Mike	3
*MEADOW WOOD UNIT A	SATURDAY	8:00 PM	Kingswood Men	Jim	3
*MEADOW WOOD UNIT B	SATURDAY	8:00 PM	Newark	John	3
*MEADOW WOOD UNIT A	SUNDAY	8:00 PM	ESH Wilmington	Gloria	3
REFUGE RECOVERY HOUSE	THURSDAY	7:00 PM	Courage to Change	Dave C.	3 MEN
Rockford	TUESDAY	7:00 PM	Silverbrook Men's	Hank B.	2
Rockford Adolescent	MONDAY	7:00 PM	Carry the Message	Patti	2
*WILMINGTON HOSPITAL	TUESDAY	7:00 PM	Greenhill Open Step	Tom H.	2
*WILMINGTON HOSPITAL	SATURDAY	7:00 PM	Second Chance	Brian S.	2

HAPPY THANKSGIVING

*If the only prayer you said in your whole life was, "thank you,"
that would suffice.*

~ Meister Eckhart



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Rule 62

**ANSWER: HE FOUND THE MISSING
LINK**