

# COFFEE POT TALK



## NDIAA NEWSLETTER

21B TROLLEY SQUARE  
WILMINGTON, DE 19806  
302-655-5113

### Feature Article

#### The AA responsibility pledge

This pledge I take seriously and it plays a vital part in my connection with God, myself, and with others. It was both introduced to me and ingrained in me by my sponsor at the very beginning of my recovery process and I do the same with my sponsees at the very beginning of theirs!

Since I have been willing to put forth the effort and action daily over the last 3 years, I have received so much help freely from my fellow brothers and sisters in AA, the 12 steps, 12 traditions, my sponsor & sponsees and the God of my understanding. It was expressed to me that I have to give back freely of myself, not only to AA, but also the world about me. I should never say no at any time when anyone, anywhere asks for help (except if I already have a previous commitment in place at that time).

A majority of the time when I have said yes, I genuinely wanted to do it. In all transparency though, there have been those few times where I didn't want to say yes initially, typically because self was trying to creep in, but I still said yes regardless of whether I wanted to or not! In those few times of doing it when I didn't want to, I was always uplifted and grateful that I did it regardless of what my wants were.

The I am responsible part means to me that I cannot pass the buck of

<b>Our principals</b>
<b>Step 1: "We admitted we were powerless over alcohol - that our lives had become unmanageable."</b>
<b>Tradition 1: "Our common welfare should come first, personal recovery depends upon AA unity."</b>
<b>Concept 1: "The final responsibility and the ultimate authority for AA world services should always reside in the collective conscience of our whole fellowship."</b>

helping others to someone else, or sit back and hope that someone else takes on the responsibility. It doesn't matter if the AA person in front of me, next to me, or behind me follows our pledge because it says "I" am responsible, not "We"! So with that said.....

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

Chris O - 11/11/2016

## 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\*\*\*\*\***

# Thank You for your Service

Jan-20						
	INSTITUTION	DAY	TIME	HOME GROUP	CONTACT	# of voluntrs
1	Connections Brandywine Women	TUESDAY	7:00 PM	Sisters in Serenity	Danielle	2 WOMEN
2	Connections Brandywine Women	WEDNESDAY	7:00 PM	ESH Wilmington	Gloria	2 WOMEN
3	DELAWARE PSYCH HOSPITAL	WEDNESDAY	6:00 PM	Early Risers	Paul V.	2
4	GAUDENZIA 2nd Floor	MONDAY	7:00 PM	Kingswood Men	Jim	3
5	GAUDENZIA 3rd Floor	MONDAY	7:00 PM	Fairfax Speaker	Todd	3
6	GAUDENZIA 2nd Floor	FRIDAY	7:00 PM	Fresh Air	Mark	3
7	GAUDENZIA 3rd Floor	FRIDAY	7:00 PM	Courage to Change	Dave C.	3
8	GAUDENZIA 2nd Floor	SATURDAY	7:00 PM	Spirit of Truth	Jason B.	3
9	GAUDENZIA 3rd Floor	SATURDAY	7:00 PM	Serenity for the Week	Tommy K.	3
10	NDI Meeting	WEDNESDAY	6:15 PM	Eye Openers	Rose G.	3
11	KIRKWOOD DETOX	SUNDAY	8:00 PM	Welcome Group	Todd	4
12	KIRKWOOD DETOX	MONDAY	8:00 PM	Dawn Patrol	Dan	4
13	KIRKWOOD DETOX	WEDNESDAY	8:00 PM	Newport Breakdown	Tim M.	4
14	KIRKWOOD DETOX	FRIDAY	8:00 PM	Early Risers	Paul V.	4
15	KIRKWOOD DETOX	SATURDAY	8:00 PM	Second Chance	Keith T.	4
16	LEONA MAY HOUSE FOR MEN	MONDAY	7:00 PM	Vent-a-laters	Ralph B.	3 MEN
17	Mary Mother of Hope	THURSDAY	7:00 PM	Hockessin Bridge Club	Kim	3 WOMEN
18	*MEADOW WOOD UNIT A	MONDAY	8:00 PM	Greenhill Beginners	Dave B.	3
19	*MEADOW WOOD UNIT B	MONDAY	8:00 PM	Pike Creek	Pate	3
20	*MEADOW WOOD UNIT A	TUESDAY	8:00 PM	More Will Be Revealed	Dave S.	3
21	*MEADOW WOOD UNIT B	TUESDAY	8:00 PM	GOYA	Erik D.	3
22	*MEADOW WOOD UNIT A	WEDNESDAY	8:00 PM	Trolley Square Literature	Carl	3
23	*MEADOW WOOD UNIT A	SATURDAY	8:00 PM	Newark	John	3
24	*MEADOW WOOD UNIT B	SATURDAY	8:00 PM	Men of New Garden	Chris K.	3
25	*MEADOW WOOD UNIT A	SUNDAY	8:00 PM	Delaware City	Pat C.	3
26	REFUGE MEN'S RECOVERY HOUSE	THURSDAY	7:00 PM	Augustine	Alex	3 MEN
27	REFUGE MEN'S RECOVERY HOUSE	FRIDAY	7:00 PM	Kingswood Men	Jim	3 MEN
28	Rockford	TUESDAY	7:00 PM	Back to Basics	John S.	2
29	Rockford Adolescent	MONDAY	7:00 PM	Silverbrook Men's	Hank B.	2
30	*WILMINGTON HOSPITAL	TUESDAY	7:00 PM	Concord Step Solutions	Jimmy	2
31	*WILMINGTON HOSPITAL	SATURDAY	7:00 PM	Just For Today	Shavetta	2



## News From G.S.O

### From the office of the General Manager

**Date:** August 21, 2019  
**To:** All A.A.W.S./AAGV/G.S.O. employees  
**Subject:** Bob Wilcox, Executive Consultant

Dear Colleagues,

I would like to announce that Bob Wilcox will be working at the General Service Office as an executive consultant beginning Monday, August 26. The General Service Office is seeking perspective and input from an executive consultant who is also an A.A. member. Combined with diverse experience and expertise in various aspects of business, the executive consultant also possesses knowledge and experience of the General Service Conference structure. The purpose of this consulting work is to aid in the efficient operations of G.S.O.

Through direct communication with G.S.O. staff and other employees, the consultant will observe and analyze current business practices with the goal of identifying areas that may benefit from effective change and increase the efficiency of G.S.O. He will also advise and suggest solutions and methods involving structure and process, as well as assist with planning and implementation of proposed changes.

The consultant will execute his work with the spirit of the principles of Alcoholics Anonymous. In particular, he will be seeking information widely to become as fully informed as possible about the current operations of G.S.O. and doing so with the right of participation and the "spiritual cooperation" that it encompasses.

Bob is an experienced insurance and business professional with extensive expertise in sales, client service, staff development and leadership. Bob currently works as the agency principal for an insurance company and has more than 25 years' experience in executive leadership roles.

In addition to his extensive professional experience, Bob is an active member of the community, volunteering as trustee, treasurer and director on various nonprofit boards. Bob has rich A.A. service and board experience and served as a trustee of the General Service Board from 2013 to 2017.

Please join me in welcoming Bob!

### G.S.O. Staff Assignments Revised December 2019

FUNCTIONAL ASSIGNMENT	COMMITTEES	REGIONAL CORRESPONDENCE	OTHER
Accessibilities/Remote Communities <b>Irene D.</b>	Co-secretary, trustees' Cooperation with the Professional Community/Treatment/Accessibilities committee; secretary, Conference Committee on Treatment/Accessibilities	East Central	Liaison with Remote Communities; Loners/Internationalists correspondence; <i>Loners-Internationalists Meeting</i> . Spanish and French Correspondence (U.S./Canada)
Conference Coordinator <b>Patrick C.</b>	Secretary, trustees' Committee on the General Service Conference and Conference Agenda Committee.	Southwest (June–November)	Final Conference Report; <i>Box 4-5-9</i> , Conference issue
Cooperation with the Professional Community/Treatment <b>Diana L.</b>	Co-secretary, trustees' Cooperation with the Professional Community/Treatment /Accessibilities; secretary, Conference Committee on C.P.C.	Eastern Canada	<i>About A.A.</i>
Corrections <b>Brenda B.</b>	Secretary, trustees' and Conference Committees on Corrections	Western Canada	<i>Sharing From Behind the Walls</i> ; Corrections Correspondence Service
Group Services <b>Jeff W.</b>	Secretary, Conference Report and Charter Committee	Northeast	Liaison with Central Offices/Intergroups, Special International Contacts and Other Twelve Step Fellowships; Website Liaison; Service Material and A.A. Guidelines
International <b>Eva S.</b>	Secretary, trustees' Committee on International	International (outside U.S./Canada)	Coordinator, World Service Meeting; World Service Meeting Final Report
2020 International Convention Coordinator <b>Julio E.</b>	Co-secretary, trustees' and Conference Committees on International Conventions/Regional Forums		
Literature <b>Steve S.</b>	Secretary, trustees' and Conference Literature Committees; secretary, A.A.W.S. Publishing Committee	Southeast	<i>Box 4-5-9</i>
Nominating <b>Rick W.</b>	Secretary, trustees' Nominating Committee and Conference Committee on Trustees; secretary, A.A.W.S. Internal Audit Committee	Pacific	
Public Information <b>Racy J.</b>	Secretary, trustees' and Conference Public Information Committees		Triennial Membership Survey; Public Service Announcements (PSAs)
Regional Forums <b>Sandra W.</b>	Co-secretary, trustees' and Conference Committees on International Conventions/Regional Forums; secretary, A.A.W.S. Technology/Communication Services Committee.	West Central	Regional Forum reports
Staff Coordinator <b>Mary C.</b>	Secretary, Conference Policy/Admissions Committee; A.A.W.S. director; assistant secretary, General Service Board	Southwest (December–May)	A.A.W.S. Highlights; Quarterly Report from G.S.O.

F-15

7/19

Mail address: Box 459, Grand Central Station, New York, NY 10163 • Location: 475 Riverside Drive, 11th fl., New York, NY 10115  
To communicate with G.S.O. Staff, visit the "Contact Us" page of G.S.O.'s website, [www.aa.org](http://www.aa.org), or call (212) 870-3400.

## 2 Drunks and a cup of coffee

I met Sammy 7 years ago when I first came into the rooms. Sammy has this amazing ability to tell me like it is in a loving way. Even though I don't want to hear it, it never seems to sting as much when it comes from her. Sammy taught me early on by her laughter, that there was fun to be had here. I saw that my life wasn't over and that I didn't have to pick up a drink....no matter what! Every time I hear Sammy share, I learn something new. So grab a cup of coffee, open up your mind and get a good dose of experience, strength and hope.

**How did you find AA?** Actually, AA found me - in a psych unit in Philadelphia. The night I bottomed out, God gave me a little window where I could see the truth, that I was the problem. I was seeing a therapist at the time and asked her to put me away. I didn't know it was alcoholism. Before I went to treatment I prayed that God would either take me or fix me. They told me in treatment that they thought I suffered from alcoholism. At that point I surrendered and did everything they asked me to do. AA came for a commitment and they spoke my language and understood how I felt. I wondered how you got to sit on the other side of the table. I fell in love with AA right then and there. They are my people, they are the only people who understood me.

**What's your favorite chapter in the Big Book?** The Doctor's Opinion because it explains what's wrong with me. I also like More about alcoholism. It just narrowed it down so simply. It explains how we fill our hole in the soul with all of these unhealthy things and as an alternative, I could seek spiritual help. Now, Bills story, I couldn't relate too at first, but then I learned the FTD philosophy - how often did I **F**eel like Bill, how often did I **T**hink like Bill and how often did I **D**rink like Bill. Once I started sponsoring women, I would ask them the same questions.

**What is the first piece of advice you received?** The first thing I heard was - Don't think, don't drink and go to a meeting. My first sponsor gave me a lot of great advice. She used to say to me when I would complain - Do you want to be right or do you want to be happy? She would tell me to help someone. I remember saying but I only have 2 weeks, what kind of help can I be? She would say well she may only have 2 days...you always have something to give. They told me in rehab that only 3 of us would make it and I said well find two more cuz I'm taking this seat and not letting go. I loved sobriety and nobody was taking it from me.

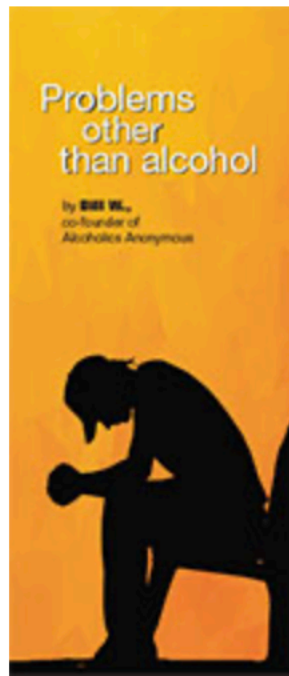
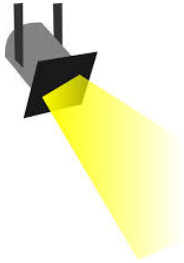
**What is your favorite slogan?** To thine own self be true because it is the hardest one for me to live. I'm such a people pleaser. Saying yes when I want to say no. I can lie to others but to stop lying to myself is hard. The night I bottomed out, I had to be true to myself. Another one I love is Be still and know that I am God. 1 day at a time was the hardest for me...i wanted 5 years in 5 minutes. I was always projecting.

**What piece of advice would you give to a new comer?** Go all the way in and sit all the way down and help will come. Don't give up before the miracle. Look for the similarities and not the differences.

**How has AA changed?** I think it has changed and continues to change to keep up with the times. I think that's ok as long as the steps, concepts and traditions don't. I miss the 20/20 club which means we would go to meetings 20 minutes early and stay 20 minutes late. I miss the convention that was so much fun. I also think people rely too heavily on the meetings and fellowship and not on the actual program and the 12 steps. Booze was my solution and now the 12 steps are my solution. I don't hear about many intergroup 12 step calls anymore. A piece of advice - never go on a 12 step call by yourself. I think that As long as AA serves God, it will stay around and as long as I have a Big Book and you have a Big Book, we will always have AA.

Sammy B.  
07/29/91

# Literature Spotlight



## **P-35 - Problems Other Than Alcohol**

Bill's thoughts on the status of drug addicts within A.A. are as timely as when they appeared in a 1958 Grapevine.

# Sneak Peak into Service

Danielle A – Sobriety date 2/07/17  
Home Group: Sisters In Serenity

**Service Position:** Intergroup Rep for Sisters In Serenity

**Length of service commitment:** 2 years

**Sobriety requirement:** Suggested 1 year of continuous sobriety

**Service Position Responsibilities:** “The purpose of an intergroup rep is to be a link in the chain connecting the individual member of an AA group to those who are elected to maintain the operation of Intergroup.” I would attend the monthly Intergroup Representatives meeting. At this meeting I bring any comments, suggestions, or opinions that my Home Group may have. I was able to cast my groups’ vote on all matters requiring a group conscious. I was responsible for getting a monthly Institutional Commitment and ensured that the members of my homegroup were filling it and showing up to the commitment. I also gathered flyers of current events going on in the AA community for the month. It was my duty to keep my group informed on the “happenings” in AA. I also attended my Home Groups monthly business meeting where I gave the Intergroup report. This usually consisted of monthly Intergroup budget and financial reports, any new service positions open at the intergroup level, any committees that needed support and any updates from Intergroup.

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

I have been the Intergroup Rep for my homegroup for 2 years. I have met some truly amazing people whose paths I may never have crossed if it weren’t for the monthly Intergroup meeting. I originally started the commitment when I had 1 year of sobriety and it’s really helped me to stay engaged and in the middle of AA. The responsibility of getting my homegroup an Institutional Commitment and making sure that it was filled every month gave me a sense of purpose. Institutional commitments are so rewarding. Carrying the message by simply sharing my experience enables strength and hope which is such a gift. They also “keep things green” for me and allow me to never forget where I have come from.

My Intergroup rep commitment has given me a glimpse into the things that go on in AA behind the scenes. There are a lot of moving parts that keep AA functioning as a whole that I was completely unaware of before taking on this commitment. Intergroup, Area, District, GSR and the traditions are the glue that holds AA together and as member of AA I feel as though it’s my responsibility to know what keeps AA operating successfully. I believe I’m truly a valued member because my opinion is always heard and considered. If you are a member of AA you have a voice and it matters.

## **How has AA Service changed/enhanced your personal sobriety?**

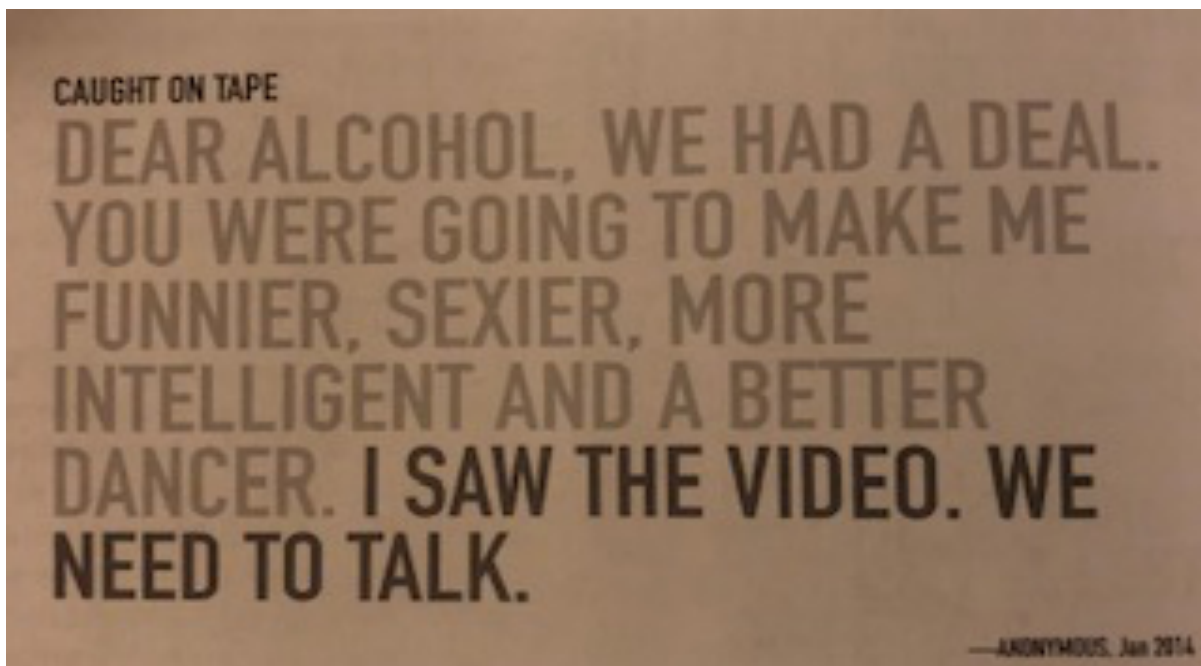
AA service has completely enhanced my sobriety and I can say with complete certainty that this has helped me to stay sober. I struggled in the beginning of my sobriety connecting with other AA members because of my own insecurities. I would come to meetings; I wouldn’t open my mouth. I would come late, leave early and as a result I felt like an



outsider looking in. However, service opportunities changed that for me. I was forced to step out of my comfort zone. The first service opportunity that I had was coffee maker. I had to come to the meeting early and leave late. I got the opportunity to communicate and connect with other AA members that I had never spoken to before and most importantly it held me accountable. My first sponsor taught me a valuable lesson, when you commit to something you need to follow through on that commitment because that is an important part of sobriety, "Doing what you say and making sure your actions match your words." My commitment got me to the meeting, even if I didn't necessarily feel like going. I had committed to making the coffee so I felt as though I had to be there. I began to connect with others and as a result I started to see that I am not alone and finally felt a part of.

**Current & Past Service Positions Held:** Numerous Institutional Commitments, Coffee maker/Open meeting, and Intergroup Rep. As a member of AA it is my responsibility to give back what was so freely given to me. It's how AA continues to grow and ultimately what keeps me sober and for that I am truly grateful.

## Rule 62



## Newsletter Stuff Needed!

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

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

## Fellowship Corner

C'mon people....nothing going on? Really? Let's get the unity going! Reach out to your Home Groups and Districts and get some parties going! We are not a glum lot. We can party with the best of them. Let's show the newcomers that sobriety is fun, it's not the end of life...it's just getting started! Please email me any events going on at [ndinewsletter@gmail.com](mailto:ndinewsletter@gmail.com) Thank you for your service

## 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)

## 7<sup>th</sup> Tradition – Thanks for keeping your Intergroup alive!

### Group Contributions 12/1/2019-1/15/2020

	Dec 1, '19 - Jan 15, 20
A Way To Recovery	0.00
Agnostic Delaware	0.00
Arden Group	0.00
Augustine Beginners Group	0.00
Basic Big Book	0.00
Beginners Freedom Group	0.00
Bellefonte Group	150.00
Big Book Study Monday	0.00
Brandywine Springs Group	0.00
Canby Park Group	0.00
Carry The Message Group	0.00
Cedars Tuesday Night Group	0.00
Christ Church Group	37.20
Claymont Group	0.00
Concord Step Solution	0.00
Conscious Contact	701.82
Courage to Change Group	311.98
Dawn Patrol Patrol Group	568.60
Delaware City Group	258.00
Design For Living	0.00
Displaced Park Place	525.42
Doorkeepers Group	0.00
Early Risers Group	934.50
ESH Group -Wilm.	0.00
Eye Opener Group	277.51
Fairfax Speaker Meeting	0.00
First Stop Friday Group	0.00
First Stop Wednesday Group	0.00
Five Alive Group	0.00
Fresh Air Group	0.00

<b>God Step</b>	0.00
<b>GOYA Group</b>	240.00
<b>Greenhill Beginners Group</b>	0.00
<b>Greenhill Open Step Group</b>	0.00
<b>Greenwood Group</b>	0.00
<b>Growing &amp; Learning Group</b>	0.00
<b>Growth Group</b>	0.00
<b>Happy Hour Group</b>	0.00
<b>Hockessin Women's Group</b>	138.00
<b>How It Works Group</b>	0.00
<b>Hudson Center Group</b>	0.00
<b>In Bills Step Group</b>	0.00
<b>Intergroup Monthly Meeting Basket</b>	110.00
<b>Just Do It Group</b>	0.00
<b>Just for Today Group</b>	0.00
<b>Keep It Simple Group, New Castle</b>	0.00
<b>Keep It Simple Group, Wilmington</b>	0.00
<b>Kingswood Mens Group</b>	400.00
<b>Ladies Of Literature</b>	25.00
<b>Lamplighters Group</b>	0.00
<b>Landenberg Group</b>	0.00
<b>Late for Dinner Group</b>	0.00
<b>Living in the Solution Group</b>	49.25
<b>main Street Big Book</b>	0.00
<b>Men of New Garden Group</b>	0.00
<b>Middletown</b>	0.00
<b>Middletown Step and Tradition</b>	0.00
<b>More Will Be Revealed</b>	0.00
<b>Naamans Step Group</b>	0.00
<b>New Castle Group</b>	84.00
<b>New Day Group</b>	228.00
<b>New Life Group</b>	0.00
<b>Newark Group</b>	0.00
<b>Newport Breakdown</b>	0.00
<b>No Excuses Group</b>	0.00
<b>North St. George's Group</b>	250.00
<b>Pacific Group</b>	0.00
<b>Pencader Group</b>	250.00

Pike Creek Group	60.00
Promises Women	0.00
Raphael Group	182.50
Red Lion-Sat Morning Group	0.00
Red Lion Search for Serenity Group	0.00
S.O.S Group	0.00
SAGA Group	0.00
Second Chance Group	202.00
Serenity at Sunrise	0.00
SerenityFor The Week Group	500.00
Silver Fox Group	0.00
Silverbrook Group	0.00
Sisters in Serenity Group	138.43
Solutions Group	0.00
Spirit Of Truth	446.94
Stepping Stones Group	50.00
Today Group, Wilmington	282.00
Trolley Square BB	0.00
Tuesday Big Book Group	0.00
Twelve and Twelve Group	0.00
Twelve and Twelve Step	0.00
Ventilator's Group	434.39
Vet's Group	0.00
Walking In Her Footsteps	102.00
Welcome Group	300.00
Wilmington Group	0.00
Women's Friday Morning Group	0.00
Yorklyn Diner Group	0.00
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## Anniversary Club: We do it One day at a Time....

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

***HAPPY NEW YEAR!!!!!!!***

