

# COFFEE POT TALK



## NDIAA NEWSLETTER

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

### Feature Article

#### Step 1

Written By: H.W. – 7/23/18

For me, step one was not an easy step. It took me nearly two and a half years of struggling to commit to taking it. My denial ran deep, and my ego would not allow me to concede defeat to my innermost self and admit that I had a problem with alcohol. I could not accept, as it says in step one, this “devastating weakness and all of its consequences.” I refused to believe that I was weak and powerless over alcohol. I was **not** that way in any other area of my life, and I resented the implication of being weak-willed.

I’m a distance runner so I know pain and I know how to persist with grit. I know how to tough out runs in any earthly element through sheer force of will and determination so that when I get to that starting line on race day, I’m on my mark and I AM READY. Ready to achieve my goal, ready to win. In my first couple of years I approached AA this way. Being the overachiever that I am, I got a sponsor, went to meetings and did what I was supposed to do with some underlying idea that I was getting an “A” for each task I completed. Everything during that time was about appearances and how I looked like I was doing to the outside world. The more I “excelled” the worse I felt. The gap between the inner and outer me widened and from that abyss my addiction crept. I would get a few months and relapse. Each time it got harder to stop and harder to recover. It got harder to come up with a new plan because, for all intents and purposes, I looked like I was doing everything “right” on the outside. But there were two things distinctly different with this last drunk. First, despite

<p><b>Our principals</b></p> <p><b>Step 2:</b> “Came to believe that a Power greater than ourselves could restore us to sanity.”</p> <p><b>Tradition 2:</b> “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.”</p> <p><b>Concept 2:</b> When in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference - excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter - the actual voice and the effective conscience for our whole Society.</p>
---

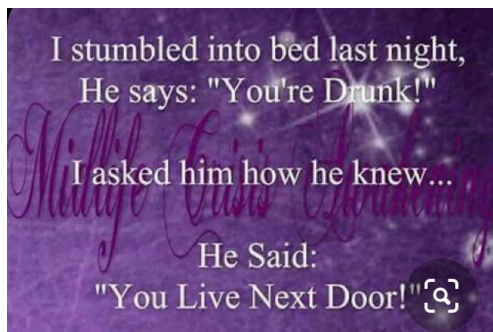
the enormous amount of alcohol I had consumed, I lost the ability to get drunk and lose myself to that warm and fuzzy glow. Alcohol betrayed me and I was devastated. Second, when I was asked what I was going to do differently this time, I uttered my very first honest words: I don't know.

I heard in a meeting once that honesty is, or at least should be, step zero. It would be many months later that I would come to realize how important it was for me to honestly admit I did not know what I was going to do. It was at that point I became teachable. I got a new sponsor and I have followed her suggestions even though I may not have always understood their purpose or thought they were pointless. How little did I know she was “**Miyagi-ing**”<sup>\*</sup> me the whole time. When we first started working together, she used analogies I could understand relating the program to running. In one conversation, she had me visualize race day and all the steps leading up to that moment the runners start. She said, “when you're at the starting line, ready to go and the gun fires off... sit down. You have to sit down to win.” WHAT!? I thought that was the most ridiculous thing that I had ever heard. At this point, I had already envisioned the gold and was going for it.

It would take a little more than a year of finding myself in various situations where I was trying to figure out the how-to-win angle before I understood what ‘sit down to win’ means. For me, it means not needing to race the race or fight the fight. It's about not needing to “win” at life anymore because that keeps me in battle with it. And such is the case with alcohol. I know now that whenever I put a drink in my body it has complete control over me, and I have no choice in the matter. It's always going to win. Surrender is my best defense, and, because of that, I have the power of choice today. I have the power to choose not to do battle with alcohol; the power to choose to live life not fight it. One day at a time.

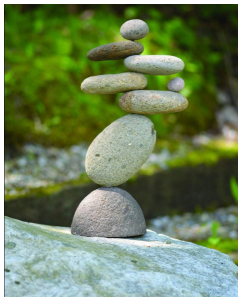
**\*See Karate Kid Training Montage – Wax On/Wax Off on YouTube.**

## Rule 62



# New Column!!!!

So....I have this amazing friend, who I met within my first week of sobriety and she immediately welcomed me to her home group with open arms. I remember her calling me “cookie” and hugging me tight. She showed me what they mean when they say “We will love you until you learn to love yourself”. So, Maria heard I needed articles for the newsletter and she reached out and said that she is looking for service work to do and offered to write a monthly column for you all. It shows what kind of program she works and that even after many years of sobriety, it still takes action and active participation in her own sobriety as well as her fellows to stay sober! Thanks for your service sis!



## Stone Cold Sober

Home group! What is it good for?

I have had three home groups during my sobriety; I have also had long periods with no home group because I stopped going to meetings, but that is a different article.

My first home group was the first meeting I ever attended - it does not exist anymore. It was a Monday, 8:30 pm, "smokers" meeting. They welcomed me, in retrospect; the young *men* of the group welcomed me. We went out to dinner before the meetings and socialized on the weekends, which was very important to me at age 22. I did make friends, but I did not really connect with any of the women or have anyone to work the steps with until a woman reached out to me and agreed to be my sponsor.

We did what they told us in those days, "don't think, don't drink, and go to meetings." We cleaned ashtrays, set up chairs, ate a lot of pizza, went on many road trips, and we stayed sober. I left that home group when I moved to another part of the state, but it will always mean a lot to me. Those men and that sponsor were my beginning, my first real friends, and the first step of this journey into sobriety.

My second home group, which now ironically is struggling with attendance, was one of the oldest, most established meetings in the area. It was great for me because they did a lot of service work and a lot of discussion on the steps. On the other hand, this very established, tight-knit group almost did not seem to have a need for newcomers. About a year after joining, two of the members got married and I was the only home group member not invited. It hurt. While I need the meetings, and the steps and traditions, I am "one of those" who also needs the fellowship, so I felt it time to move on.

After a few years of bouncing from group to group, a woman in the rooms asked me to attend a women's group. It had folded years before, but was starting again and needed support from people with long-term sobriety. I grumbled. I had never attended a women's meeting before, but agreed to go a few times. More was revealed and 15 years later, I am still here.

We have women ranging from having a desire to get sober to over 40 years without a drink. We do both a step AND a tradition each month, which the longer I remain sober, becomes increasingly important to me. We have business meetings; contribute financially to AA on all levels. We have coffee every week, and dessert once a month (always on Tradition week to lure in those who are still skeptical about why the traditions are so important.)

Just like the other groups, there are things I would change if I were the boss, which thankfully is not allowed, so I work on accepting what is decided based on the group conscience. Somethings I feel very strongly about something and state my opinion at our business meetings, other times, if it's not that big a deal I try to keep my mouth shut.

The main reason this is my home group however, is that it is the first time, after many years in the program, that I have made a real group of female friends. Of course, we are many and varied and need to constantly put principles over personalities, but we are a cohesive group. When a member was widowed, a bunch of us rallied at her house for a meeting. The group did the same for me following surgery this year and it was a gift that sustained me on a night when I was feeling very low. I have people I can call or text just to talk or do fun things with outside of the rooms.

Are they all my closest friends? No. Do all of them like me? No. However, I know if I were to contact anyone of them and say I was thinking of a drink, they would be there for me, as I would be there for them. We laugh a lot, cry a little, sometimes we argue or roll our eyes, but we are a true core group of women who look out for each other, who welcome newcomers, and together work to stay sober a day at a time.

If you don't have a home group, please think about getting one as a gift for yourself. If you are nervous about it, look for a group that is asking for support or struggling with attendance - they will probably be thrilled to have you. If you're unsure how to get started, help put away the chairs, come early, stay late, and sign up to help with commitments. Get brave and ask for a meeting list of phone numbers. We know it can be uncomfortable, but no pain, no gain.

It was important for me to learn not to give up after a bad experience. Even though we all use the same 12 steps, traditions, and concepts, each group has a little bit of its own flavor and culture. Shop around and listen. Which people have what you want? Which group offers you phone numbers and greets you? Where do you feel comfortable sharing? Do you leave feeling better than when you arrived? Is it a meeting you'll be able to attend on a regular basis?

As always, this is just one member's experience, strength and hope - please take what you like and leave the rest.

I wish you faith and patience, faith that it works and the patience to let it.

In fellowship, Maria

## 2 Drunks and a cup of coffee

I met Buzz about 6 or 7 years ago at my Tuesday night Big Book meeting (which is a great meeting by the way....I'll give it a shout out....Late for Dinner at 5:30pm in Elsmere). Anyway, Buzz is one of the men that is always there. He sits at the table, next to the chair person and just listens. Very quiet man but when he shares, it's always profound. I always get something out of it. He is one of the reasons that I still go to that meeting today. I'm sure you will enjoy our little chat as much as I did.

**How did you find AA?** Professionally, I was a lawyer and I was trying a case, before a judge without a jury. I was making my closing argument and the words were coming out in a way that wasn't making any sense. The judge (who liked his lunchtime martinis, and this was after lunch) with obvious enjoyment pointed out the deficiencies in my vocabulary, which was as humiliating an experience I have ever had. That night I thought about how it could have occurred and the only thing I could think of was it was related to alcohol consumption. I was fortunate that my friend had gone away to rehab a few months before. When he came back, I asked him his experience. He said if you ever want to talk to me about your alcohol consumption, let me know. He pointed me in the right direction. He told me to go to a rehab and I said I was too busy. I told him I would go to some AA meetings and if I drank, I would go to rehab.

**What's your favorite chapter in the Big Book?** Chapter 6, into Action, because that lays out the program. I do a lot of sponsorship and I like to expose my sponsees to that chapter because it keeps it green for me.

**What is your favorite slogan?** There is no problem that is so bad that alcohol won't make it worse. I've been kind of fortunate that I haven't had an overwhelming urge to drink and I think that is because I accepted this slogan.

**What is the first piece of advice you received?** 1 - Don't drink. 2 - Go to meetings. 3 - Open yourself up to the people at the meetings because they are the experts at dealing with your problem.

**What piece of advice would you give to a new comer?** I would give them the advice that was given to me. That is the advice that I give all of my sponsees. As we know the allure of alcohol is very strong and if we are alcoholics we are going to get that sometimes and with the education of the program and guidance from others in the program, including our sponsors, we can have the strength to resist it.

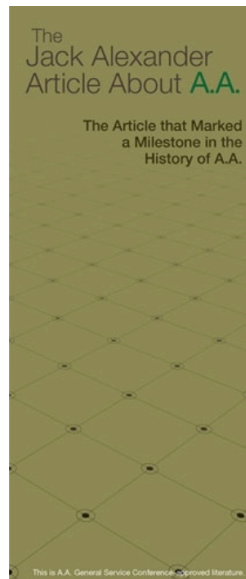
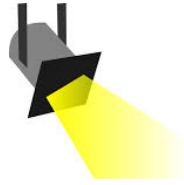
**How has AA changed?** I don't think it really has. I try to go to 5 weekly meetings. I go to a discussion meeting, 11 step meeting, 6th step meeting, speaker meeting, and a Big Book meeting each week, if I can. Each meeting has a different character and it's the people that gives the meeting that character. I don't know how it has changed because all meetings are different. I think that the meetings take their character from it's topic and the people that are there.

**Has AA gotten softer?** I never thought anyone was particularly hard on me. I really appreciated everybody who extended their hand to me. My first sponsor was a gruff guy and he required that I call him every morning. He would tell me when I was doing something wrong and I appreciated that. I was just doing my best. You can probably find meetings with some crotchety old men but I wouldn't relate to that a lot.

**What is the most important part of your program?** I pray every morning and that starts my day off right. I don't drink and I am willing to do what I am asked to do. Whenever I am asked to chair a meeting, I do it. Whenever I am asked to sponsor someone, I do it. There are a lot of opportunities that are made available to us and I try to take advantage of them, because I find that I benefit at least as much as the object of my efforts do.

Buzz H.  
September 1985

# Literature Spotlight



## **P-12 - Jack Alexander Article About A.A.**

Published in 1941, this marks a significant milestone in A.A. history. It sparked

# 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

# Sneak Peak into Service

Brad K - sobriety date 12/27/2011, Home Group – Concord Step

**Service Position:** CPC/PI Chairperson

Length of position: 2 years

**Sobriety Requirement:** 1 year of continuous sobriety to be Chair but no requirement to be a member of the committee. This is an appointed position by the Chairperson of the Steering Committee.

**Service Position Responsibilities:** The purpose of CPC/PI service work is to provide accurate A.A. information to the public when requested. Schools, businesses, members of clergy, Human Resources, healthcare, government officials, etc. Information is provided about who we are, where we are, what we do, and what we cannot do.

I attend monthly intergroup meetings as well as sit on the steering committee for intergroup. I act as a point of contact for anyone who is interested in obtaining information about A.A. for their place of employment, church, doctor's office, etc. I work with the intergroup office, keeping our stock of pamphlets and other material up to date so we have information available when it is requested. We also, from time to time, are asked to set up an information table at community events.

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

I would have to say that this commitment has given me exposure to the inner workings of A.A. service and shown me all the work that goes on that people really don't get an opportunity to see. There is a lot of labor that goes on that people don't get recognition for (which ultimately is a good thing because it's humbling). I would say that in A.A. (as well as other places), if you're looking for opinions, you've hit the jackpot. If you're looking for people willing to actually do something about something they have an opinion on, well, we have a resentment inventory for that. Ultimately, this position has led me to make contact with people I normally wouldn't communicate with, which is very rewarding. I have gained a tremendous amount of respect for all who do service work.

How has A.A. service changed/enhanced your personal sobriety?

I would have to say that service work in A.A. has not only affected my sobriety, but my life in general. Before coming to A.A. (and at times while in A.A.) everything was about me. Even when I was doing something for someone, ultimately, it was about me. And I believe that, one of the beautiful things about A.A. is that through helping others, we receive the help we need. Service work provides an opportunity to do something for someone who I might not ever meet or they may never know my name and what a great thing that is for someone like myself. It has also given me a sense of responsibility, to do what I say I'm willing to do. Willingness without action is fantasy.

Past Service Positions Held:

GSR, Home group set up and breakdown, coffee, open and close meetings, meeting chairperson



## 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)

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

# 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
God Step	0.00
GOYA Group	240.00
Greenhill Beginners Group	0.00
Greenhill Open Step Group	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
<b>Pike Creek Group</b>	60.00
<b>Promises Women</b>	0.00
<b>Raphael Group</b>	182.50
<b>Red Lion-Sat Morning Group</b>	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
	<hr/>
	<b>8,237.54</b>
	<hr/>

## Anniversary Club: We do it One day at a Time....

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 Valentines Day**

**YOUR FLAWS ARE  
PERFECT FOR THE  
HEART THAT'S MEANT  
TO LOVE YOU.**



**TRENT SHELTON  
FOOTBALL PLAYER**