



# COFFEE POT TALK



## NDIAA NEWSLETTER



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### Letter from the Editor

Brothers and Sisters:

I am so proud to be a member of Alcoholics Anonymous right now. The fellowship around the world has pulled together to support one another and carry out our primary purpose - to help the alcoholic who still suffers. I see so many home groups embracing technology and starting online meetings. Intergroup started 5 new meetings via Zoom to ensure people still get their dose of A.A. medicine. Lists of world wide online meetings are floating around and people are doing more phone calls rather than texting.....checking on their fellows and sharing their love with all who suffer. I reached out to some of my peeps and asked them what they were doing to stay sober during this difficult time. Here are some of their responses:

*"I created a strict routine and make sure after I have my coffee in the morning, I get showered, dressed and put my make-up on. I keep a strict schedule after that....30 minutes for this, 1 hour for that, etc. Staying busy is the key. I also have stayed in the middle of AA even from afar. Attending a Zoom meeting everyday to connect physically and spiritually. Talking to fellow AA's on the phone, checking in on people who need it. I've also been doing a lot of reading and meditation when my anxiety and claustrophobia get the best of me from being stuck in the house. I find a quiet place outside and meditate. I pray a lot. I read something that said "anxiety is a reminder that you need to pray" so, I've been doing that every time I feel overwhelmed by this situation. Keeping the communication and the love open with the women of AA is absolutely necessary. Trying to remember that this too shall pass. I've also been exercising every other day. Helps with the stress and to get the endorphins out." ~ Jen B.*

#### Our principals

**Step 4:** "Made a searching and fearless moral inventory of ourselves."

**Tradition 4:** "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

**Concept 4:** "At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each much discharge."

*"I can't think about me if I'm thinking about you". ~Kathy H.*

*"Stay in the moment". Mo M.*

*"Praying and meditating, contact with other AA members via text and phone, Zoom meetings everyday. Set a daily routine to follow to keep me productive. Listen to AA speakers and read AA literature. Easy Does It!! Gratitude journal and a daily text to a friend with my inventory. Oh, one more thing...go outside and get some fresh air and sunshine." ~ Gaye S.*

*"I get up early to pray and meditate. I read something out of the Big Book daily. I reach out to 3 people a day and I go to Zoom meetings several days a week. So....kick it old school....read the book and use the phone". ~ Chiara G.*

*"I pick up the phone, write a gratitude, read the Big Book, attend online meetings, prayer and inventory work!" ~ Brian G.*

*"I read a book daily, make a list of people to contact daily (especially older friends or new people). Get outside if only for 10 minutes, the birds are back and singing for us. I pray "thank you for this day and that my needs (not wants) are met, use the new group on Facebook". ~ Carolyn W.*

*"I'm trying to stay thankful to God for all of my creature comforts and ultimately the air I breathe. I've been trying to reach out to other ladies and stay connected with my sponsor. Grateful for the technology that allows me to have a face to face meeting with my sisters." ~ Garla H.*

*"As always, I start out with prayer, getting a shower and dressed like a normal day. This has helped me tremendously get out of that funk. Reaching out to several women and some AA men every day. Making sure I keep in close contact with my sponsees every day by text or phone. I attend online Zoom meetings. They are huge in keeping me connected with our community. Seeing everyone lifts my spirits and I'm so grateful to everyone that have played a part in getting them going so quickly. And for the love of God....LIMIT THE NEWS!. When I do these things, I am able to thank God at the end of the day for another day sober!" ~ Lisa H.*

*"I pray to God. Prayers of how I'm really feeling, a conversation if you will. I pray for other people. I'm in a few meditation groups which helps keep me centered. I've been maintaining my service commitments via Zoom, sponsorship, church etc. I've been maintaining my outside help via Zoom as well. Taking suggestions and doing inventory. Have a balance between reaching out to others to get outside of myself and inventorying myself and my actions. Remaining grateful, I can't tell you how grateful I am right now to be sober and living how I live today. I focus on the good things going on in my life, what I am able to do instead of what I am not able to do. I have quite a few good people that hold me accountable and that I can be gut level honest with and that helps. I'm in two book studies which helps too, not of them focus on my spiritual condition which also helps. I also work out at home and get out to walk the dogs. Grateful I get to cuddle and spend more time with them too." ~ Fara D.*

*“I’m texting my gratitudes to 3 other women on a daily basis. I’m praying and trying to get fresh air and/or exercise even when it’s cold. Cooking meals and trying new recipes too.....seems to give me satisfaction to see something created from start to finish. Laughing, crying, loving, accepting and feeling all of my feelings. Overall knowing I am good hands.” ~ Cathy O.*

*“In these crazy and uncertain times, I am more grateful than ever to be an alcoholic in recovery. I already have a design for living that works! And I have a primary purpose- to stay sober and help other alcoholics to achieve sobriety. What has kept me grounded is being of service to others. Helping to setup Zoom meetings for my home groups and then helping people get connected on Zoom. Reaching out to friends in the program who I haven’t seen or heard from in online meetings, or who I know are struggling. Working with sponsees. I really do feel blessed to have a program that has given me so much peace and freedom and hope, and I try to share that not only with those in recovery, but with friends and family, too. We have been through hell and back and we survived. We know how resilient we are and we know we can get through this. One day at a time. Last but not least, I spend time in step 11, in prayer and meditation. Continuously working on my conscious contact with God gives me all the peace and serenity and hope that I try to pass on to others. If I get caught in feelings of anxiety, which is inevitable at this time, I turn towards my Higher Power and ask for guidance and strength in carrying out God’s will.” ~ Heli S.*

Thanks to my peeps for sharing their experience, strength and hope. Good stuff right??? Again, please continue to keep our primary purpose in mind and continue to band together like the family that we are. Check up on your fellows, use the phone instead of text, help one another and most of all, don’t pick up the first drink! Stay safe, stay well and stay sober. This too shall pass.

Your trusted servant  
Emmy K.



## Grapevine and La Viña are here to help

Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close. To help members during this time, we are giving everyone **free access** to all of our 2020 Grapevine and La Viña issues. (The audio to Grapevine's stories will be available as well, so people can listen to the stories if they like.) Please share with your fellows. We have also included a link to our Youtube channel with some original audio stories as well as other important information.

## ZOOM MEETINGS AND ANONYMITY

Posted 3-20-2020 6pm

Below is information regarding ZOOM online meetings – other platforms such as FreeConferenceCall.com have their own privacy settings which should be investigated by the groups. If a member using another service wishes to write about one of those services and anonymity – [tech@aa-dc.org](mailto:tech@aa-dc.org) would love to hear about it – or any other best practices for meetings.

[Suggested resources for setting up a temporary online/phone meeting](#)

The following is shared from the [NYC](#) and [SF](#) Intergroups

**For Zoom users:** With the rush to shift to online meetings, many of us did not take time to investigate what this meant to the spiritual foundation of our recovery – namely, anonymity. Now that online meetings are accessible, we want to pass on best practices for protecting anonymity. These have been curated from the membership and online resources.

The default Zoom settings run counter to AA's spiritual foundation of anonymity. The meetings are publicly accessible and full names and faces are often displayed. Additionally, by default all Zoom meetings are recorded to the cloud. **Turning that feature off is simple, fortunately.**

There are other settings in the Meeting subtab that can also be adjusted, such as disallowing remote control of devices, file transfer, data sharing with Zoom, and screen sharing.

Here are some suggested settings for your meeting to use. Please note that most, if not all, of *the settings below are not the Zoom default*:

Go to: Settings > Recording and click off the Local and Cloud recording features.

In the Zoom Settings section, under the Meeting subtab:

- Require Encryption for Third Party Endpoints
- Disable Auto saving chats
- Disable File transfer
- Disable Feedback to Zoom
- Disable Screen sharing
- Disable desktop/screen share for users
- Disable Remote control

- Allow Virtual background (this is the Zoom default and allows the user to use a virtual background instead of the inside of their apartment, for example)

In the Zoom Settings section, under the Recording subtab:

- Disable Local recording
- Disable Cloud recording
- Disable Automatic recording

## News from GSO

### **Message to the 70th General Service Conference**

Dear Conference members,

If there's anybody in the world who doesn't know, please tell them: New York State has shut down 100% of operations of "nonessential" businesses/organizations today!

The 475 Riverside Drive location of the General Service Office is closed for business for an as-yet-undetermined period of time. We have in place a contingency and business continuity plan, which includes 90% of our employees teleworking, but there is no support staff in the office. In addition, other vendors and suppliers upon whom we depend are experiencing shutdowns. We're all in the same boat, so to speak.

We will not be able to conduct any further planning work even for a scaled-back remote or "virtual" General Service Conference at this time. (We had to cancel a meeting of the trustees' committee today, and the office team is home at present.)

We will communicate further with you when the dust settles and we are able to discern, with the General Service Board, a path forward for the 70th Conference.

A decision regarding the 2020 International Convention in Detroit, based on the new realities all are now facing, is imminent.

In the meantime, we will try our best to keep the lines of communication open, so that you may email (preferable to calls) with questions and concerns you may have as Area delegates and Conference members. We will respond as quickly as is humanly possible, with as much information as may be available at that time.

In the virtual environment, on social media and through electronic communications, we are hearing of much love and a spirit of service being shared in our Fellowship. Groups and members are reaching out to the workers in this office, to local Intergroups and Central Offices, to Area and District

committees, with messages of support. We remain in a contingency operations mode to be able to help any and all as best we can.

More to come. Be well and sober and safe, one day at a time.

Yours with an abundance of gratitude,  
G. Gregory Tobin  
General Manager  
General Service Office of A.A.  
475 Riverside Drive  
New York, NY 10115  
Direct: (212) 870-3145

## **2020 International Convention, July 2-5, Detroit, Michigan, is Canceled Announcement by Michele Grinberg, Chair of the General Service Board of A.A.**

It is with heavy hearts that we announce the cancellation of the 2020 International Convention in Detroit, July 2-5.

We know that this is a disappointment to our Fellowship, as every five years we look forward to celebrating sobriety, the Alcoholics Anonymous program of hope and recovery, and meeting dear friends, old and new, from around the world.

Planning for the International Convention started in 2008 when Detroit was chosen to host the 2020 event. From the moment the city was selected, local leaders extended a warm welcome to A.A., and the event was representative of Detroit's own rebirth as a great convention city. The excitement shown by the A.A. community and the people of the greater Detroit area was seen throughout the 12-year planning process. We experienced a phenomenal response from local A.A. members ready to volunteer and welcome members from all over the world to the International Convention. The appreciation and welcome we received from the Detroit community, including their desire to share the city with the A.A. Fellowship, has been especially warm and overwhelming.

For many weeks, the General Service Board, directors, management team and planning partners for the International Convention have been monitoring the public health announcements in real time as daily life continues to change for every citizen across the globe.

This is not a decision that is taken lightly. However, because of our numerous concerns related to the health and safety of our attendees, especially if 50,000 of us were to gather in Detroit in early July, we are confident it is the correct decision at this time. It has become clear that proceeding with a Convention of this magnitude in Michigan at that time is an unacceptable safety risk because of the uncertainty of the disease spread and containment. These are unprecedented times, impacting travel possibilities and requiring restrictions on large mass gatherings. For all of us, the health and well-being of our community comes first.

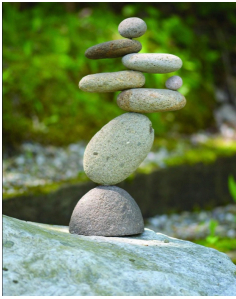
Due to the size and scale of the International Convention, the necessary contracts and work which must be started now, as well as travel arrangements, hotel availability, and Michigan's Statewide shutdown creating more uncertainty and inability to move forward on convention production, we are called to make a decision now.

We want to share clearly that we have made this determination based on the facts available today and, most importantly, based on the sense of responsibility and genuine care we feel for all our attendees, as well as for the citizens of Detroit, Michigan and Windsor, Canada.

We have thought long and hard in these past few weeks, consulting in depth with our planning partners, staff and the Detroit community before making this decision. Our theme "Love and Tolerance is our Code" has never felt truer, nor more important in these times of uncertainty. We remain grateful for your love and support. We look forward to a large and happy gathering of our Fellowship in Vancouver, British Columbia in 2025.

While the decision to cancel our International Convention is a difficult one, it is important to remember that Alcoholics Anonymous is not a place or an event; it exists in the hearts, minds and help freely offered. A.A. groups and members across the globe continue to focus on our primary purpose of carrying a message of hope and recovery; and with our shared code of love and tolerance, may we continue for so long as we are needed.

Sincerely,  
Michele Grinberg  
Chair, General Service Board of Alcoholics Anonymous



## Stone Cold Sober

On page 38 of *The Twelve Steps and Twelve Traditions* it says, “When World War II broke out... AA’s entered the services and were scattered all over the world. Would they be able to take discipline, stand up under fire, and endure the monotony and misery of war? Would the kind of dependence they learned it A.A. carry them through? Well it did. They had even fewer alcoholic lapses or emotional binges than A.A.s safe at home did. They were just as capable of endurance and valor as any other soldiers.”

And so, my friends, we find ourselves in an unprecedented chapter of A.A. history. Our physical doors have closed, and to be honest, my first emotion was panic. Where would newcomers go? How would I do without meetings? What about the very newly sober? Would people relapse without fellowship?

I have been sober through 9/11, the anthrax scare, the N1H1 pandemic, SARS, etc.... but always took for granted that our meetings, even if I was too lazy or apathetic to get there, would be open. I knew that in churches and community centers all over New Castle County, all hours of the day and into the night, people were setting up chairs, making coffee, and building fellowship.

Now we too are scattered and isolated, but because we are A.A.’s working a spiritual program, and following the 36 principles, in the steps, traditions, and concepts, we are rising to the occasion. It has been humbling and heartwarming to see the dedication and service of our community.

Thank you to the Northern Delaware Intergroup staff and volunteers who have worked tirelessly to be the hand of Alcoholics Anonymous for the newcomer. Thank you to our computer savvy members who helped the technically challenged members like myself learn to use Zoom for online meetings. Thank you to those who set up Facebook pages and those who made phone calls to check on our members who are not online. Thank you to people setting up Venmo accounts to uphold our 7<sup>th</sup> tradition.

A.A. teaches us to be actors rather than reactors, so we have mobilized into service. A.A. teaches us not to rest on our laurels, so we’ve dusted off the literature, picked up the telephone, and continued to practice these principals in all our affairs. A.A. teaches us that we keep it by giving it away, so we have collected and distributed copies of *The Grapevine* for members without computers. AA teaches us *one day at a time*, so we have been able to manage our fears and concerns. AA teaches that when anyone anywhere reaches out for help, that we are the hand of A.A., so we pick up the phone or answer the texts to talk to those who are struggling. We are instinctively handling a situation that would previously have baffled us.

None of us know what our world will look like in a week or a month. More will be revealed. But in the meantime, I need to remember that I have been blessed with the gift of sobriety and a



spiritual program that shows me how to live. We too, my friends can endure the monotony of quarantine. We can use our steps and traditions if we unfortunately are facing illness. We will stand up under the fire, misery, and uncharted waters of this time.

Decades from now, our fellows in A.A. meetings across the world will tell newcomers and young people about the spiritual and sober members of Alcoholics Anonymous who lived through the pandemic of 2020, when the physical doors of AA closed. They will describe how we went to any lengths to stay sober, and how we opened our hearts and minds to the Sunlight of the Spirit

*As always, this is just one alcoholics experience, strength and hope. Take what you need and leave the rest.*

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

*In fellowship, Maria*



**WE CAN'T DO IT ALONE MY FRIENDS.....**

## 2 Drunks and a cup of coffee



I met Kathryn in my first year of sobriety. She was the sweetest woman I had ever met and I was in one of the darkest places I had ever been. I would go to Sisters in Serenity on Friday nights at 7pm (which is now my HG) and she would always ask me if I wanted to join the ladies for dinner afterwards. I always said no, that I was super busy (of course I was just petrified of people getting to know me). She would just chuckle and say “Okie Dokie”. She knew the truth of course. Anyway....I ended up asking her to be my sponsor and the rest is history!!! I’m a little partial here but I just know that you will love this interview as much as I loved doing it. (Don’t worry, we practiced social distancing and did it via FaceTime)

**How did you find A.A.?** I was addicted to solid alcohol and ended up going to a counselor. I told her I was an addict and she helped me get off of it. I ended up going to another fellowship for a while but then I relapsed. When I went to the same counselor again, she told me to go to A.A. I mean I had heard of it when I went to rehab the first time, they showed me the Big Book but I didn’t think I was an alcoholic. I used to say my life wasn’t unmanageable but I was locked up in the psych ward in a hospital. It takes a while to admit we are powerless over something.

**What is the first piece of advice you received?** Get a sponsor, do the steps, get a phone list and USE it! And I did get a sponsor and she saved my life many times.

**What is your favorite chapter in the Big Book?** The story “Acceptance was the Answer”. I could relate so much to that story.

**What is the most important part of your program?** Knowing that I belong here, no matter what. That when I walk in a room, I always feel better even before the meeting starts. I don’t need anybody to tell me I belong here, I know I do! Just sitting down and knowing this is where I belong is all it takes.

**What is your favorite slogan?** They all are good but I would say “Keep it Simple”.

**What is your favorite step?** STEP 10 BABY!!! I love that step!! It gets me back on track. In step 10, there is no excuse because we know better now. We have to clean up our mess everyday.

**How has A.A. changed?** When I first came into A.A., solid alcohol wasn’t really accepted. As the years have gone by, people have opened their minds and hearts. Now, even though I used solid alcohol, people always make me feel like I belong. I want to say that because I want other people to know that no matter what form your alcohol takes, you still earned your seat.

**What piece of advice would you give to a new comer?** It sounds silly but Keep Coming Back!! If I didn't come back after the 1st or 2nd meeting, I wouldn't be sober. It takes a long time to get better, you just have to keep coming back. I have a lot of hope for the new comers coming in. Their young and in worse situations then I was ever in. I had someone say to me that we've been around so long, we aren't as important but I need new comers just as much as they need me! I haven't learned everything I need to learn yet. That will never happen. We have to go into a meeting with an open mind, if we don't do that, we will never survive. It's not easy to do that but it's necessary.

**Any final words?** The last thing I want to say is there is no where in the world you can go and get the kind of love that A.A. gives without asking for anything in return!

Kathryn S.  
7/17/91



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

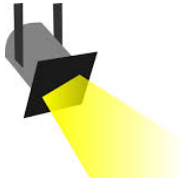
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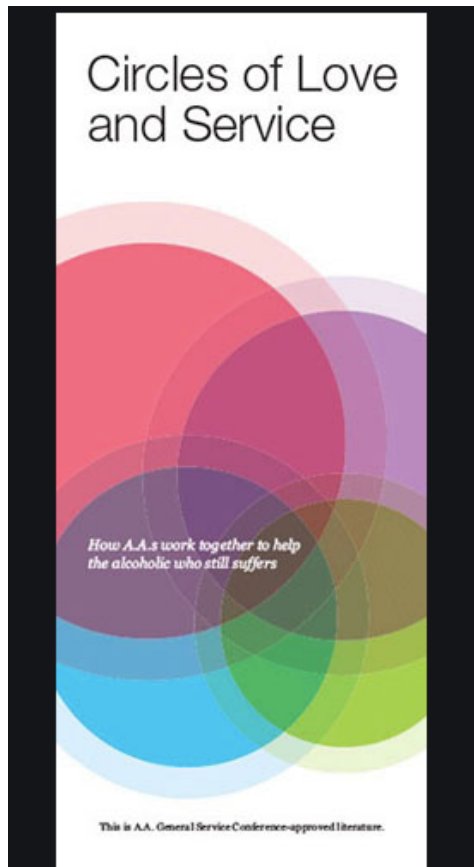
Accrual Basis

## Northern Delaware Intergroup MONTHLY CONTRIBUTION SUMMARY February 1 - 28, 2020

	Feb 1 - 28, 20	Jan 1 - Feb 28, 20
Agnostic Delaware	90.00	90.00
Augustine Beginners Group	0.00	0.00
Big Book Study Monday	0.00	100.00
Canby Park Group	0.00	25.97
Carry The Message Group	0.00	60.00
Christ Church Group	0.00	37.20
Dawn Patrol Patrol Group	0.00	1,017.30
Delaware City Group	0.00	258.00
Eye Opener Group	0.00	437.18
First Stop Friday Group	0.00	370.00
First Stop Wednesday Group	0.00	100.00
Five Alive Group	600.00	600.00
GOYA Group	240.00	240.00
Greenhill (all)	0.00	138.00
Greenhill Open Step Group	65.00	65.00
Growing & Learning Group	400.00	400.00
Intergroup Monthly Meeting Basket	0.00	60.00
Just for Today Group	0.00	347.00
Ladies Of Literature	20.00	28.00
Lamplighters Group	100.00	100.00
Landenberg Group	0.00	40.00
Living in the Solution Group	0.00	49.25
Middletown Step and Tradition	0.00	50.00
Newark Group	0.00	333.43
North St. George's Group	85.00	85.00
Promises Womens	0.00	116.00
Second Chance Group	0.00	202.00
Sisters in Serenity Group	0.00	138.43
Spirit Of Truth	9.50	9.50
Twelve and Twelve Step	180.00	180.00
Welcome Group	0.00	75.00
Yorklyn Diner Group	0.00	226.00
<b>TOTAL</b>	<b>1,789.50</b>	<b>5,978.26</b>



## Literature Spotlight



The A.A. pamphlet, *Circles of Love and Service* (P-45) outlines the connections of the A.A. groups, Intergroups, Districts, Areas and the General Service Conference who *“share one common purpose: to help the alcoholic who still suffers.”*

Intergroups versus General Service: What do either have to do with AA, you might ask. I just want to go to meetings, work the steps and stay sober. Sadly, I knew nothing about these organizations for many years in recovery until I hit a major snag in my personal life that sent me careening to as many meetings as possible. When it was mentioned at my homegroup that we needed a GSR, I said, what is that? I was told that a General Service Representative or GSR is an individual who attends monthly meetings, takes notes and reads a report to the homegroup at the business meeting. Well I can do that, said I, and I began a journey into service that has changed my life. To say that service has enhanced my sobriety is an understatement, but that’s a story for another time.

I like to think of Intergroups, or Central Offices as they are called in some parts of the world, as the front line of attack

in the disease of alcoholism while General Service is the rear guard that provides supplies for the battle. As noted in *Circles of Love and Service*, *“Central offices and general service area committees are complementary, rather than competitive. In alcoholics anonymous, we all work together”*

In the state of Delaware, we have three Intergroups and a General Service division known as Area 12. Areas are divided into districts presided over by a District Committee Member or DCM. Districts are comprised of GSRs from individual home groups. The GSRs and DCMs of each Area meet in an Assembly and elect a delegate to represent them at the General Service Conference.

The General Service Conference was the brainchild of Bill W. and Dr. Bob S., co-founders of Alcoholics Anonymous. After Dr. Bob became mortally ill, they came up with “a plan for a General Service Conference of A.A., by which the fellowship could assume full and permanent responsibility for the running of its most vital affairs.”

—*The A.A. Service Manual* (page S11, 2018-2020 edition)

Since 1955, the week-long Conference has met annually in New York City, at the end of April, to address the many and varied requests or concerns, known as Advisory Actions, that affect A.A. as a whole. New or revised pieces of A.A. literature, or an updated or new version of the Big Book are a few of the many issues addressed by the Area Delegates at the Conference. An individual member, or a group, or an area may submit a suggestion to the Conference Advisory Committee at our General Service Office (GSO) for consideration at the Conference. Following the Conference, it is responsibility of the Delegate to lovingly transmit the results of the Conference proceedings to the groups, thereby completing the service circle from A.A. groups, to District Meeting, to Area Assembly, to the General Service Conference and back to the A.A. groups.

Unfortunately, as a result of the Covid-19 crisis, the 2020 General Service Conference is unable to meet in New York. However, the work must go on and a first ever virtual Conference is in preparation for sometime in June. When I think about the sometimes happy confusion we encounter at online A.A. meetings, I can only marvel at the complexity of this endeavor. But with complete confidence in our Higher Power led society, we can be assured that the Conference will function as our founders envisioned.

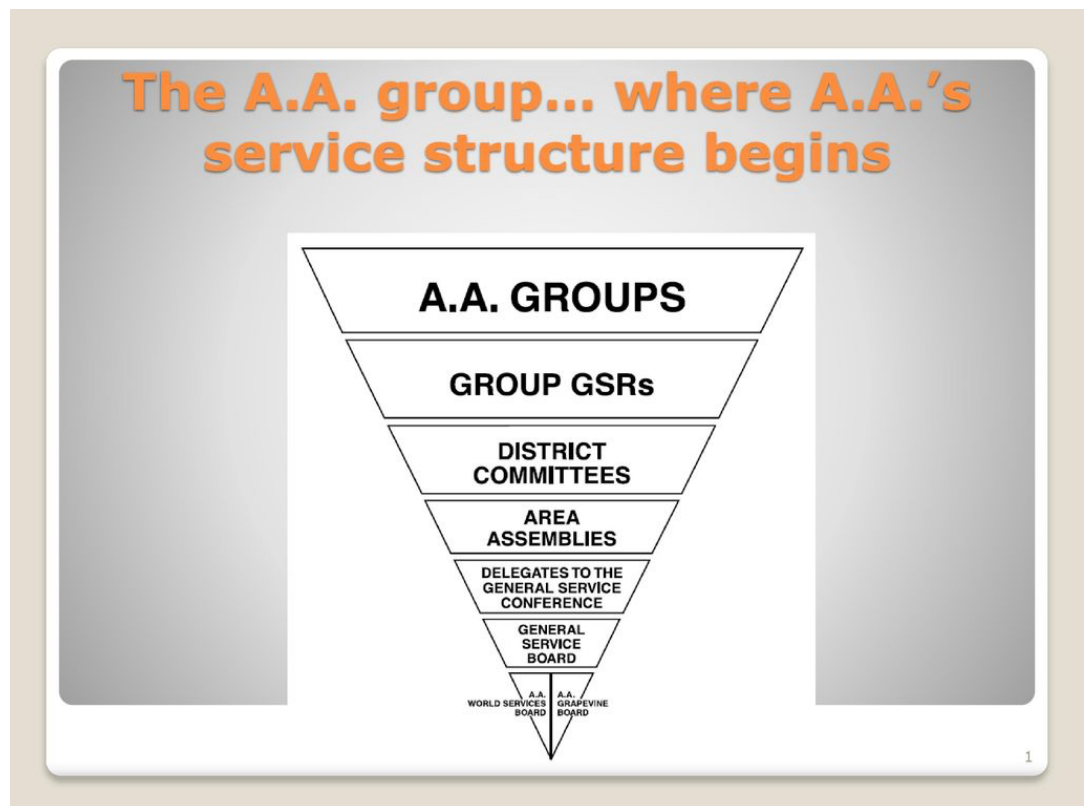
In conclusion, here are some pertinent words from p.561 in Alcoholics Anonymous:

“To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. A.A. can, of course, mean just as much to uncounted

alcoholics not yet reached.

“Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone.”

Love and support  
in service,  
Sheila D.



# Sneak Peak into Service

Sally T. sobriety date 5/27/95 HG: 12 Keys to Freedom Step Meeting

Service Position: Alternate Delegate, Area 12 (Delaware)

Length of service commitment: 2 years

**Sobriety requirement:** suggested 5+ of continuous sobriety; Several years of active participation in local and area affairs, as a GSR and as a committee member; have time available to travel and carry out the duties assigned by the area.

**Service Position Responsibilities:** The Alternate Delegate is elected at the same time as the Area Delegate and serves as a valuable assistant, often traveling with the Delegate or giving reports in their place. In Area 12, the Alternate Delegate also plans and conducts the Spring Pre-Conference Assembly, which helps to inform the Delegate of the Area's A.A. members' views on the current GSC agenda items. The Alternate Delegate may also be assigned other duties by the Area Committee, as needed.

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

I have been the Alternate Delegate since January 1, 2020 and I am very excited to be learning more about this position. This February, I went to NERAASA and participated in all the Delegate activities, including the round tables. With my knowledge of A.A. worldwide increasing each day, I truly feel "rocketed into the fourth dimension". Being able to read all (1,028) pages of the background material, discuss it with Trustees from GSO, participate in Zoom meetings and conference calls with GSO staff, is all beyond my wildest dreams. I am very proud to have gotten sober here in Delaware and I want everyone to know the wonderful activities and events we have for the fellowship and especially for the newcomer. There is always a need to improve communication between the GSRs and A.A. worldwide, and this is definitely a priority for me. I feel incredibly honored to be trusted with this role.

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

AA service and my personal recovery cannot be separated. From the very start, I was taught that the "A.A. program" is a three legged stool, and personal recovery (12 steps) is just one of the legs. My sponsor and other members of my home group took me to local service events, including Intergroup meetings and Area 12 Assemblies in Dover. Immediately, I saw the Traditions in action. Over the years, I have had to step back from service temporarily for my other life obligations and my personal recovery has always suffered. I was less connected, too focused on self, and allowing my A.A. life to be too small. Thank goodness there are plenty of ways to jump back into service!

Continued on next page....



**Current & Past Service Positions Held:** Home Group Secretary, Numerous Institutional Commitments, Coffee maker/Open meeting, Intergroup Rep, and currently on the Baylor Womens' Prison commitment. In General Service: GSR, Area 12 Secretary , DCM, Newsletter Chair Area 12, Area 12 Chair, Chair of the Budget and Finance Committee (panel 69), and currently Alternate Delegate (panel 70)

## Fellowship Corner

Sorry guys....we gotta practice social distancing! Now that we are sober, we have to follow the rules.... (FaceTime or Zoom is a good resource if you miss the smiling faces of your fellows :)

## New Meetings

During this difficult time, please see the Intergroup Website ([www.ndiaa.org](http://www.ndiaa.org)) for current Zoom meetings.





## 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

A fun new page that Maria M thought up to keep us all busy. Ahhhh....the games alcoholics play when we are drinking, very different then the games we play now! Feel free to print this page out and exercise your brain! ENJOY!!!

## GAMES ALCOHOLICS PLAY

M	E	M	B	E	R	S	H	I	P
A	J	L	H	S	M	N	O	P	Q
S	N	O	I	T	I	D	A	R	T
H	I	H	N	C	A	E	B	C	W
D	E	F	E	G	O	H	P	I	E
O	N	S	S	M	M	F	K	S	L
P	R	S	T	O	L	L	F	J	V
Q	S	E	Y	D	D	O	O	E	E
E	R	N	B	E	C	U	V	U	E
T	S	D	Z	E	E	H	Q	E	A
E	N	E	Y	R	F	E	A	H	B
K	O	D	W	F	G	S	W	I	N
S	I	N	H	E	L	P	E	K	R
A	T	I	V	A	P	X	W	L	M
B	A	M	A	S	U	R	R	O	I
B	N	N	A	B	O	R	T	M	H
F	O	E	Z	S	R	B	Y	P	O
G	D	P	N	D	G	U	E	P	L
H	C	O	N	C	E	P	T	R	K
C	P	V	Y	K	I	I	U	O	J
S	U	W	X	D	N	E	I	R	F

MEMBERSHIP  
GROUP  
TWELVE  
OPENMINDEDNESS  
CONCEPT  
BASKET  
HELP  
DONATIONS  
COFFEE  
LOVE

SPONSOR  
TRADITIONS  
HONESTY  
SOBER  
STEPS  
CHAIR  
FRIEND  
FREEDOM  
H.O.W.

jumble:

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GNANEA AEUBML

Rule 62!!!! (I don't know about you but I know I need it!!!! 😂)

## AA online meeting bingo

Chaotic overlapping small talk before meeting	staring at video of yourself only	Someone in bed	"I'm sorry, but i think you're muted"	"Sorry, I had myself muted!"
abc512_xD (No picture)	"Oh look, that must be a sober home!"	"I don't have my camera on, I look like shit right now."	"Sorry, I'm in my car!"	Serenity Prayer starts: "Uh...God..." "GOD GRANT ME" <silence> "God" "GOD" <silence> "CAN YOU GUYS HEAR ME?" "God!"
Thumbs up or waving after someone shares because group mute	"This is my first corona meeting."	Free Space	"Sorry, my house is a mess"	Silent laughing
Clanging background noise	"Can everybody see me?"	Am I chat messaging this person privately or can the whole group see	Someone telling their dog to be quiet	Awkward 7th tradition w/ Venmo handle
Someone eating	Close up of face from nose up	"Sorry my kids are in the background. No school bc corona"	"Um I'm just going to pass. How do I pass?"	80 ppl awkwardly saying "bye"