



# COFFEE POT TALK



## NDIAA NEWSLETTER



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### SPIRITUAL AWAKENING

Awakening of the spirit (heard shared in a meeting)

I'm quite certain my Higher Power placed amazing and heartfelt people on my path to sobriety.

### HONESTY

I was reluctant that first day at the rehabilitation facility but something inside of me guided me to be honest and forthcoming about the amount of alcohol that I consumed on a daily basis. At that point I was quickly transferred into the detox unit to be closely monitored. I knew I was a solid drinker but never thought of myself as an alcoholic. Every morning my vitals needed to be taken by a young male nurse. Innocent joking and laughing became part of our daily ritual. Until that one morning after receiving results from my blood draw to examine for the best course of treatment- NO LAUGHING, NO JOKING "If you don't stop drinking today you are going to die."...and I believed him.

### Our principals

Step 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Tradition 5: "Each group has but one primary purpose - to carry it's message to the alcoholic who still suffers."

Concept 5: "Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration."

### OPEN MINDEDNESS

The following week I'm being transferred to an inpatient program. A gentleman in recovery drove me and shared his experience, strength and hope during the two hour commute. Expressing to me that his life is so much better now that he stopped drinking...and I believed him.



## WILLINGNESS

Upon arriving at the women's inpatient residence. I was able to do some self examination and came to the conclusion that I was going to give sobriety a shot...and I believed in myself. Best decision I ever made!

Thank you for letting me share

Selina G.

7/8/13

## Through the eyes of a new comer....

Soooo....here is how A.A. works....I was asked to speak at a meeting by a friend the other day. Although I had no clue what I would speak about, I said yes 'cause that is what I was told to do in early sobriety (I follow directions now, who woulda' thought). After I spoke, I was messaged privately by a guy that I have never met asking me to reach out to a friend of his who was looking for some fellowship. After talking with her for a while, she told me she liked to write and was looking for a service opportunity. Well, happy coincidence, I am the newsletter chair and am always looking for cool stuff to put in the newsletter. During that conversation the magic of AA happened and POOF! A new column was born. So, here it is, sobriety, life, joy and pain - all through the eyes of a new comer. Thanks for your service Danielle and welcome to the Newsletter committee sis!!! Here is your first piece in print!

## The Lesson

*Midnight hour quiet dawn  
Daybreak Sun down a battle rages on  
Not for all to see  
A war inside my soul  
Down to my depth a story to be told  
Good vs bad  
Happiness against despair  
I am alone there is no one there  
Joy has been wounded  
The fighting spirit close to death  
It seem faith was futile  
As hope tastes its own last breath  
But my spirit does not die  
For it is not yet defeated  
Hope rises again  
The story not yet completed  
The lesson has been learned  
In life you take a hit  
But your only truly defeated  
When your spirit says i quit...*



## Stone Cold Sober

***I just want to recognize Maria M for her outstanding column last month. This Newsletter gets sent out to a huge list of people, one of which is the editor for the Akron Newsletter. She loved last month's column so much that she is putting it in the May edition of the Akron Newsletter. What an honor. Great job Maria. I am so proud to have you as part of the Newsletter Committee. Love ya Sis!!! ~ Emmy K.***

AA suggests that we take 12 steps as a program of spiritual recovery. Basically, 12 sentences guide our spiritual path although each is a little different. Some sentences contain dashes, and some contain commas, breaking the steps into bite size pieces. Only two however contain italics – found in Steps 3 & 11, *as we understood Him*. These words were deemed so important that they were printed in a different form for us to really digest their meaning. With all the current conversation about inclusive language, I would dare to say that perhaps, in 2020, *Him* could also be interpreted as *Her* or *It*. What matters is that we take Step 2 and believe that “a Power greater than ourselves could restore us to sanity.”

Sadly, I think this is one of the most divisive issues in the rooms, especially for people who do not practice an organized religion. This, in spite of the fact that our program was written brilliantly, to include every definition of God. Furthermore, we know many alcoholics with decades of sound sobriety who consider themselves agnostics or atheists. The caveat is that they do believe in something greater than themselves.

It is not our job to define any one else's God or Higher Power, nor is it our job to judge what works for another person. We are all just doing the best we can with the tools and experiences we have. We don't have halos, none of us are saints. There are no badges, none of us are the AA police. There are no 12 Step gavels, no one is assigned as judge or jury. Yet, I watch it in the rooms, the nods and smiles when someone mentions Jesus and the frowns and eyerolls when someone says they are not religious.

Are we embracing the worldwide organization and its fellows of AA when we act this way? Is Jesus being constantly mentioned in predominantly non-Christian countries? Is their God less than another's? Is their program weaker? I think not. I think the finger points back to us and our sometimes-narrow understanding of “a power greater than ourselves” and “*as we understood Him*.”

Over my decades in AA I have collected a list of acronyms that I have heard people use to describe their higher power as G.O.D.. Guidance Of the Divine. Grace Over Despair. Group of Drunks. Good Orderly Direction. Grace Over Drama. Gifts Offered Daily. I know people who

soberly practice as Catholics, Jews, Muslims. I know people who use the AA group as their Higher Power and people who find God in nature or in animals. I have known someone with a half century of sobriety who simply put it that “God is love.”

We are Higher Powered – no matter what religion we practice or God we believe in, and we cannot take that away from each other. And why would anyone want to? Many non-Christians stand silently during the Christian prayer that it still said at the end of many of our meetings, respectfully, so please be respectful when others talk of the God of their understanding. I often use a phrase that I learned from Quaker friends, “I am holding you in the light” and twice have been asked not to say that to people. Are my prayers lesser? Is my support, love and energy of my program not enough? And if that is the case, how have I remained sober since the day of Live Aid in 1985. In order to embrace our fellows, perhaps a more open mind can lend to a more open spirit.

Am I a little jealous of people who are strong in a religious faith? Yes. I want what you have, but that has not been my path. So please, be supportive when I talk about a God, “not of my understanding.” Please be kind and accepting for those of us whose “Bigger Power” may look and sound different. We are not here to practice a religion; we are here not to drink ourselves to death. *We Agnostics* allows me the integrity to search and question.

Please, as I try my best to trudge the Road of Happy Destiny, do not look down on me and my fellows. Let us remember that G.O.D. also stands for Gives Others Dignity. For as we are taught, from the moment we come into the rooms, the only time we look down on another alcoholic is when we are reaching out a hand to lift them up.

*As always, this is just one alcoholic's 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



## 2 Drunks and a cup of coffee



I met Joe G in my Tuesday Big Book meeting (Late For Dinner) several years ago. I heard him speak and he made me laugh, think and shake my head in agreement all at the same time. I could relate to him. He spoke my language and gave me hope. Hope that I too could recover from this hopeless state of mind and body, this spiritual malady that I suffer from. I'm sure you will enjoy this interview as much as I had talking with him. Thank you for your service Joe!!!

**Joe G.**

**Sobriety date: 12/20/88**

**How did you find AA?** In the 60's I picked a psychiatrist out of a phone book. He talked to me for 10 minutes and said try not to drink for 30 days and go to an AA meeting. There was an add in the journal for an AA meeting at the 12/12 club on market street. I went there but I resented it because everyone was old and they were bums and I had a house and car and things. I didn't stay, a few years later I found myself in a detox and all of the things that separated me from those bums was gone. I was useless but it still didn't make me quit drinking. When I got out of detox, I went to WaWa and a guy introduces himself to me as an alcoholic and said it was the best thing that happened to him but I continued to drink. The only thing that could make me stop drinking was drinking. I came to one morning and tried to get the morning drink down and I said to myself "you're killing yourself, you can't stop drinking, please help me". So I went back to A.A. Every time a thought of a drink came to my head it was followed by "you don't drink". This was in the 80's. I was miserable and I hated not drinking but I loved not drinking at the same time. I went to a mens meeting and they said all that's gotta happen is 51% of you has to not want to drink. The thoughts finally went away after a while. I found a lot of wonderful men who wanted to help me and told me to behave in a way that was best for AA. I made coffee, cleaned ashtrays, folded chairs. My sponsor told me to take every service job in my Homegroup. We are all here because one man told another man what he drank like. I'm a lucky man.

**What is your favorite chapter in the BB?** More about alcoholism. When Jim stops in the restaurant it comes to his mind to put the whiskey in the milk and that explained the insanity of the first drink. Drunks need a story to pick up the first drink and it's always a lie. The common denominator is the inability to stay away from the first drink.

**What is your favorite slogan?** One drink is too many and a thousand ain't enough. It's the truth. It took me years to say aha! That's what those old guys were talking about.

**What is the first piece of advice you received?** It's the first drink that gets me drunk. It took a while for me to understand. The old guys used to tell me if your ass falls off, put it in a wheelbarrow and get to a meeting. I know that I've done enough that day if I don't pick up the first drink and then I'll see how it goes tomorrow. I know I'm not drunk proof, the wolf is always at the door. When you stay around a while you see people go back out and drink. I don't want that to be me.

**What is the most important part of your program?** Other alcoholics. Saying hi to the new comer. When people speak at a meeting and want to talk about their day and that's ok but I like to talk about what I drank like. That's what the new comers relate to. When I first came in, I heard a lady say she was embarrassed going to the dentist because of the smell of alcohol on her breath, and I could relate to that. I think that is when I took the first step.

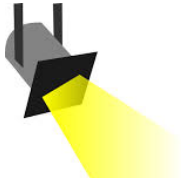
**What is your favorite step?** The first step. I am a drunk, I need to know that. You get a little time and you might think you know something and that is dangerous. I need another alcoholic to tell me what they drank like. Newcomers want to tell me how they feel, I don't care how you feel. You need to learn the difference between emotional and emotionalism. Sit down and write your story. I gotta figure out the illusion of myself and the truth of myself.

**What advice would you give a new comer?** Stay away from the first drink and you will never get drunk again. Everything else will get sorted out. It might not be the way you want it to but it will get sorted out

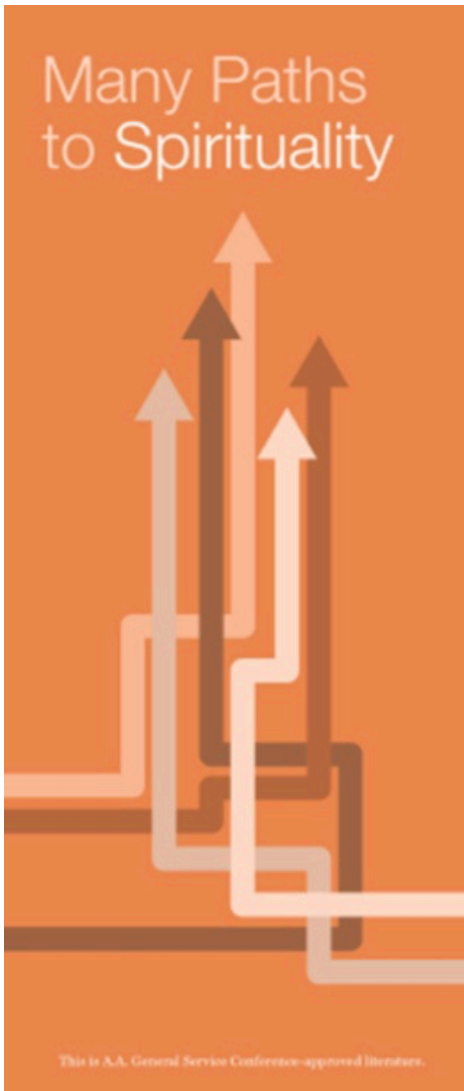
**What has changed in AA?** When I came in I remember the first guy that asked me to have coffee. It doesn't happen that much anymore. My Homegroup will go out every Friday. I hope more people start going out for coffee. The stories got more about how your day is instead of how you drink. Sometimes it seems like group therapy. I need to hear about what you drank like. New people need to identify with war stories. My Homegroup is still meeting in person. Even through all of this. We have a lot of space and sit far apart. I'm going to make coffee and set up chairs, it helps keep me sober.







## Literature Spotlight



### Many Paths to Spirituality

Many Paths to Spirituality, or the Spirituality pamphlet for short, burst onto the A.A. literature racks in 2014 after many years of Conference debate. Despite arguments to the contrary, as noted on Page 4 of the pamphlet, “A misconception about A.A. is that it is a religious organization.” Nothing could be farther from the truth despite the location of many meetings in church basements.

We read in the Preamble of Alcoholics Anonymous, that “A.A. is not allied with any sect, denomination, politics, organization or institution.” Tradition 5 reminds us that “Each group has but one purpose – to carry its message to the alcoholic who still suffers. And, Tradition 10 notes that “Alcoholics Anonymous has no opinion on outside issues.” So, what’s with all this God talk.

Our founding fathers simplified the usage of the term spiritual by defining the meaning of a power greater than ourselves to be a “God of our understanding.” A spiritual experience, spiritual awakening, and a spiritual approach to the 12 Steps usually refers to an overall concept of a power greater than ourselves by which we can achieve and maintain sobriety.

*“When I was a newcomer, I could not understand the concepts of spirituality or faith. I had no God of my understanding. I battled to understand what spirituality meant.” Pg.10*

I’m spiritual, not religious is an often-mentioned phrase in the rooms of Alcoholics Anonymous with the latter referring to participation in a faith-based group. We usually don’t hear one say that I am religious but not spiritual. The terms are not interchangeable. An individual who follows a specific religious belief is inherently spiritual, however, it is not necessary to profess a religion to be spiritual. Confusing? I hope not.

The Spirituality Pamphlet may clarify the issue as it highlights the many and diverse paths some alcoholics have traveled to form a relationship with a Higher Power.

In the pamphlet under the heading, **A.A. – a kinship of common suffering**, are the following sub topics: **We needed help, We reached out, We found sobriety – and some**

**obstacles, Working the A.A. program, Many paths to spirituality, and A source of power.** A total of fourteen italicized commentaries from individual members are spread throughout the subtopics. Three people identified with a specific religion, two as agnostic/atheist, one as a Native American who believed in the Great Spirit and the remainder as unidentified.

*"Using the inner resource I have discovered in A.A. as a higher power, I have been able to do the Steps just as they are written in the Big Book. I pray to this inner resource and ask to know what it would have me do and to give me the strength to do it. I carry this message to others. It works! I am experiencing a spiritual awakening and I feel all the promises coming true."*  
Pg 11

Please add this marvelous pamphlet to your group's literature rack. I trust you will enjoy reading it as much as I enjoyed reviewing it for the Spotlight on Literature this month.

Love and support in service,  
Sheila D.

## Sneak Peak into Service



Chiara G – sobriety date 10/19/91,

**Home Group:** Sisters In Serenity

**Service Position:** Intergroup Representative 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 Representative 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 attend the monthly Intergroup Representatives meeting. At this meeting I bring any comments, suggestions, or opinions that my Home Group may have. I am able to cast my groups' vote on all matters requiring a group conscious. I am responsible for getting a monthly Institutional Commitment and ensure that the members of my Homegroup are filling it and showing up to the commitment. I also gather flyers of current events



going on in the AA community for the month. It is my duty to keep my group informed on the “happenings” in AA. I also attend my Home Groups monthly business meeting where I give the Intergroup report. This usually consists of monthly Intergroup budget and financial reports, any new service positions open at the intergroup level, any committees that need support and any updates from Intergroup.

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

I have only been an Intergroup Representative for a short time. Although this isn't the first time I have been an Intergroup Representative. If you stay sober and active in AA long enough, you get to do a lot of jobs more than once. This time around, I have to work more on my resentments. I have been around service for a while and some service jobs have more personalities to contend with than others. This is the case for me right now. I am saying, that I have to deal with my personality and resentments. This is a lesson I learned long ago and it is rearing its ugly head again. So for me I say the Serenity Prayer (A LOT) , and do 10th steps and keep close to my sponsor. So in its own way, this service commitment has kept me close to the steps and my sponsor.

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

Service work taught me the traditions. A very good service sponsor taught me to work the traditions in my own life. That if I worked the traditions in my own life, my group would follow. Sure enough the person needing the traditions the most was me and not necessarily others in the group like I thought.

AA service has also taught me how to stay in the middle of the bed. I have always had a service role ever since I have been 9 months sober. Service has taught me responsibility, and at times, that I am not the end all be all. (The meeting will go on whether I am there or not.). However, I can make the meeting go smoother with my participation, whether that is making coffee, leading the business meeting, or sponsoring someone.

**Current & Past Service Positions Held:** Intergroup Representative, Intergroup Institutional Chair, Intergroup Treasurer, DCM, District Secretary, GSR, Homegroup Secretary, Homegroup Treasurer, Coffee Maker, Sponsor.

Tired of quarantine? Want to get out? Sorry can't help ya with that but....wanna listen to some awesome speakers? Want your dose of AA medicine? That, my friends, I can help you with. Check it out!!!!  
WOOOHOOO SOMETHING TO DO!!!!

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Meeting ID: 857 2671 6848

Password: Sober2day



# 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.

## Newsletter Stuff Needed

If you would like to contribute to the Newsletter, please email Emmy K at [NDINewsletter@gmail.com](mailto:NDINewsletter@gmail.com) Here are a few examples of how you can contribute:

- ~ Feature articles
- ~ Sneak Peak into Service articles
- ~ New Column Ideas
- ~ Cartoons or Rule 62 submissions
- ~ Fellowship opportunities
- ~ Groups needing support
- ~ New Meetings
- ~ Topics you would like to see covered in the Stone Cold Sober or Literature Spotlight columns
- ~ Longtimer volunteers for interviews

## Rule 62



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

### Northern Delaware Intergroup MONTHLY CONTRIBUTION SUMMARY April 2020

	Apr 20	Jan - Apr 20
Agnostic Delaware	0.00	90.00
Arden Group	0.00	50.00
Augustine Beginners Group	0.00	40.00
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	41.40	78.60
Dawn Patrol Patrol Group	0.00	1,017.30
Delaware City Group	50.00	308.00
Early Risers Group	589.50	589.50
Eye Opener Group	0.00	588.80
First Stop Friday Group	0.00	370.00
First Stop Wednesday Group	0.00	100.00
Five Alive Group	0.00	600.00
GOYA Group	0.00	240.00
Greenhill (all)	0.00	138.00
Greenhill Open Step Group	0.00	65.00
Growing & Learning Group	0.00	400.00
In Bills Step Group	153.78	153.78
Intergroup Monthly Meeting Basket	0.00	89.60
Just for Today Group	0.00	347.00
Kingswood Mens Group	0.00	350.00
Ladies Of Literature	0.00	34.00
Lamplighters Group	0.00	100.00
Landenberg Group	0.00	40.00
Living in the Solution Group	51.25	100.50
Men of New Garden Group	121.80	121.80
Middletown Step and Tradition	0.00	50.00
New Castle Group	0.00	82.00
New Day Group	300.00	300.00
New Life Group	0.00	50.00
Newark Group	0.00	333.43
North St. George's Group	0.00	85.00
Pass It On Group	0.00	200.00
Promises Womens	0.00	116.00
Second Chance Group	225.00	427.00
Sisters in Serenity Group	156.40	294.83
Spirit Of Truth	0.00	9.50
Twelve and Twelve Step	0.00	180.00
Ventilator's Group	261.50	261.50
Welcome Group	0.00	75.00
Yorklyn Diner Group	280.00	506.00
<b>TOTAL</b>	<b>2,230.63</b>	<b>9,168.11</b>

## SERVICE NEEDED!!!!!!

I know we are all going crazy locked up in our houses, watching Netflix and feeling sorry for ourselves. I was always told that the best way to get out of self is to help another alcoholic. There are no service opportunities right now you say??? WRONG!!! See a great service opportunity below and share your experience, strength and hope to another sick and suffering alcoholic....that is our primary purpose after all, isn't it?



**Women Volunteers  
Needed**

To write messages of support and encouragement to the residents of Baylor Correctional Facility! They are accepting letters, cards, good vibes and pictures that will be shared with all of the women!

**If you would like to participate, you can email cards, letters and pictures to [diane.frebert@delaware.gov](mailto:diane.frebert@delaware.gov)**

**Or you can mail them to:**  
**BWCI**  
**Attn: Diane Frebert**  
**660 Baylor Blvd.**  
**New Castle, DE 19720**

**Any questions, please call Corrections Chairperson**  
**Gaye S. (931) 220-8916**





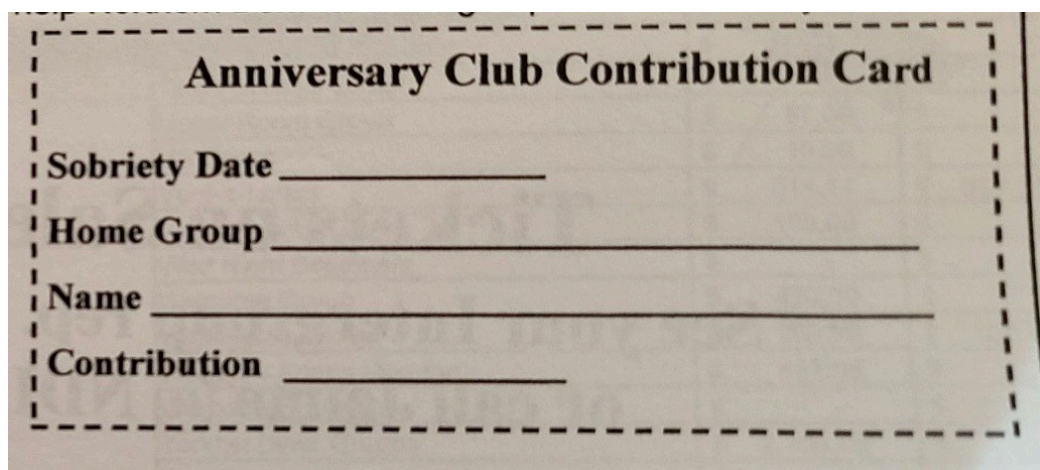
## Anniversary Club: We do it One day at a Time....

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

### ATTENTION FAMILY!!!!!!

Would you like to celebrate your anniversary, show your fellows how the program works (one day at a time) and contribute to your Northern Delaware Intergroup at the same time? The Anniversary Club is easy to join. Here's how it works....you can email the information below to Jamie at [mainoffice@ndiaa.org](mailto:mainoffice@ndiaa.org) or fill out the form and mail it to 21B Trolley Square, Wilmington DE 19806.. A small donation of \$1 per year sober is all it costs to have your name and anniversary date printed in the Newsletter every month for a whole year:



**Anniversary Club Contribution Card**

Sobriety Date \_\_\_\_\_

Home Group \_\_\_\_\_

Name \_\_\_\_\_

Contribution \_\_\_\_\_



# GAMES ALCOHOLICS PLAY

## How It Works Jumble

# OOUIGRRS

1

**OOUHHRT**

# 2

# LEFESARS

# 3

**PPIRNSEL**

4

# ONHTEYS

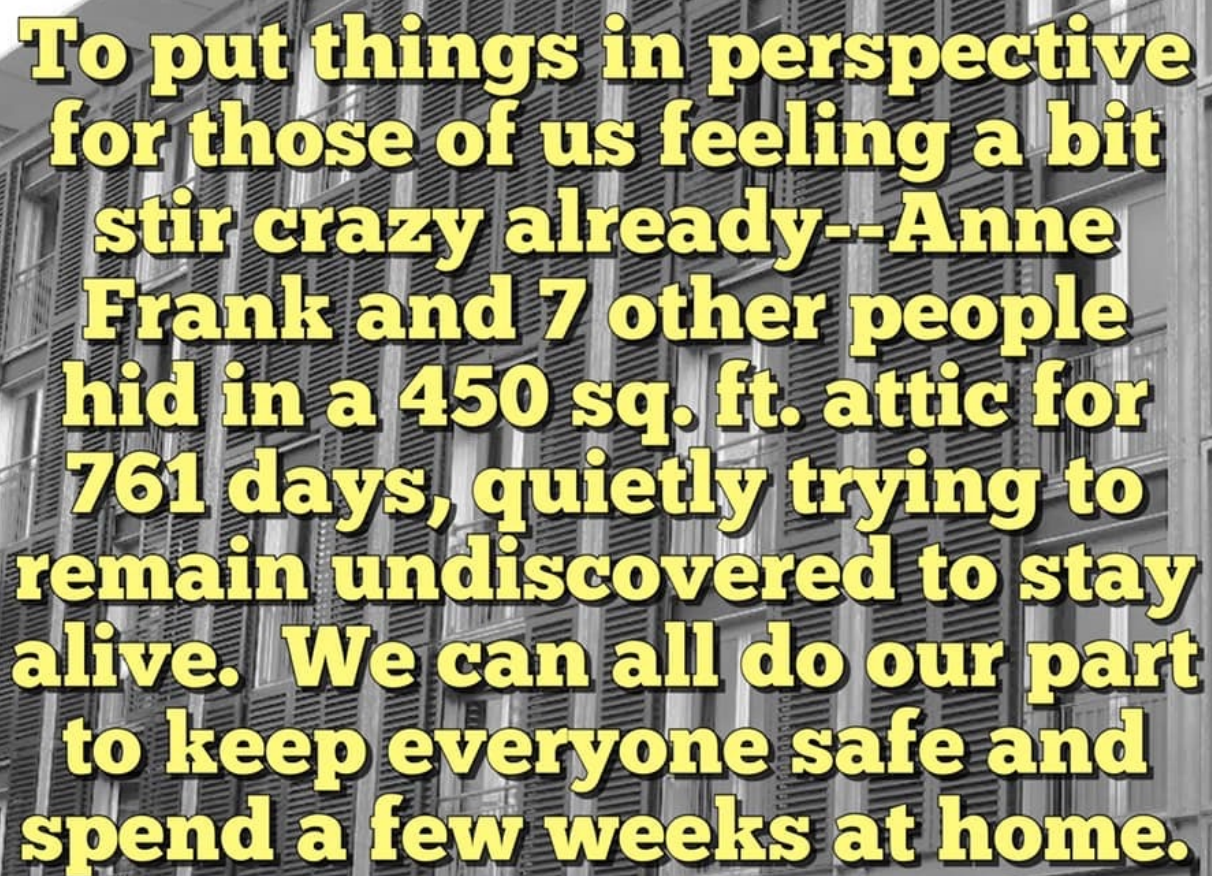
**5**

**1    2    3    4    5**

## HOW IT WORKS GAME 2

## H

!



**To put things in perspective for those of us feeling a bit stir crazy already--Anne Frank and 7 other people hid in a 450 sq. ft. attic for 761 days, quietly trying to remain undiscovered to stay alive. We can all do our part to keep everyone safe and spend a few weeks at home.**

[www.traveltalesandtips.com](http://www.traveltalesandtips.com)