



# COFFEE POT TALK



## NDIAA NEWSLETTER



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I am super psyched to have my dear friend Bruce write this month's feature article. He is one of the smartest, sweetest men I have ever met and I just miss him terribly!!! I love ya Bubba!!!!

### Language of the Heart

I've worked as a Tech Support Specialist for my employer since 1993. I got sober April 11, 2013 at the age of 53. Traveling the world for work allowed me to drink with impunity. I was a blackout drinker and due to some incidents, that had occurred during blackouts with my children at home, I was not able to drink at home anymore. So, I jumped at any chance I could to be away. On the road, I was finally miles away from home.

I rarely saw the sights of a state or country except when the sight-seeing excursion had drinking as part of the outing's package. Being invited to see majestic mountains, beautiful lakes, rivers and cultural sights seemed to me like I'd have to exerted too much energy and time and would take me away from time I could be drinking. I would turn down invites to a co-worker's home because I felt it would be boring because I couldn't drink the way I wanted. After years of watching my decent into a world of chaos and self-destruction the invites stopped. I was happy to drink with strangers who drank like me. I'd go to street parties or for drinks at the various types of bars I found in the city but usually even the strangers got tired of my obnoxious and wild behavior and would either avoid me or I'd get kicked out of the establishment. Every trip ended the same. I'd come home broke, in trouble, demoralized, in pain and hungover and full of remorse; regret, shame, guilt and fear.

Like a lot of folks who I've seen come into the rooms, I was definitely not on any winning streak. I came to the rooms of AA because I was trying to get out of trouble due to my 2nd DUI. Schemer and 'original' thinker that I am, I figured if I went before the judge and stated I was going to AA that they would see I was really trying to change and go easy on me. My trial was several months away, and I thought that if I stayed that long in AA it would *really* look good. I walked into the room not knowing what to expect and the lady at the front of the room asked if this was the first time in a meeting. I stated 'yes', and she said to me 'Welcome home, you're not alone anymore'. I suddenly

#### Our principals

**Step 7: "Humbly asked Him to remove our shortcomings."**

**Tradition 7: "Every A.A. group ought to be fully self supporting, declining outside contributions."**

**Concept 7: "The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness."**

felt chills run through me and my stomach rolled like I was on a roller coaster. I felt like a crack had opened in my heart and my thoughts went from skepticism to a willingness to find out more. I looked down at the table the whole time, but I couldn't help but hear words that not only touched my ears but words that touched my heart. I could hear my thoughts, my pains, my feelings, my life being spoken. That started my journey into sobriety. The more I became willing to listen and then take action on what I was learning I began changing.

In December of 2013 I had to make a trip to Sweden. It was around Christmas time and it would be my first Christmas season not only without drinking but on the road so I was fearful I may get that urge to drink away from home. I had made contact with AA in Sweden and asked about meetings in the area around where I was staying. They gave me the addresses of a couple of meetings and I had found one within walking distance to the little hotel where I was staying. I asked at the front desk for directions and they gave me a map and marked my route. It was only supposed to take 30 minutes, so I began walking about an hour before the meeting. It took over an hour before I arrived because I had gotten turned around at a cross intersection with many roads. I finally found the place and walked down the stairs to the door and quietly cracked it open. I looked inside but I wasn't sure I was in the right place. The lights were out and there were 5 men all laying with their heads back and eyes closed sitting on couches surrounding a table with several candles burning. There were several chairs setup around the walls of the room. One of the men lifted their head. Without stepping into the room, I just whispered 'AA?' He nodded and pointed to the chairs on the wall and rested his head back. I sat down and watched for a few minutes and then closed my eyes while I waited. It seemed like forever. Suddenly the lights came on and they looked over at me and one of them asked me my name, in Swedish, and when I shook my head, he then asked in English. I told them 'My name is Bruce and I'm an alcoholic.' The man stated they were about to start the meeting and asked if I would like them to speak English and that they could speak some but not a lot. I told them it was fine with me that they spoke Swedish and I was just there to listen. As they went around the room sharing, I closed my eyes and just started listening. I couldn't make any sense out of what was mostly said but one of the gentlemen began to share and what I heard was foreign to my ears, but it somehow touched my heart. I opened my eyes and watched as he spoke and what my heart heard was that this man was struggling with not drinking on the holidays. I even shook my head like I knew what he was talking about.

When the meeting was over, I got a cup of coffee and we were all talking together as best we could. I asked about what was going on in the meeting when I arrived, and they explained it was part meditation meeting part sharing. I'd never been to one and I told them that was pretty cool. I then asked about what the last man had shared. They told me what my heart somehow already knew; the man was struggling with being sober on the holidays. I told them that this was my first Christmas being sober and that being away from home was usually when I drank and that I too was struggling with the fear. They offered numbers and said to call anytime. I then recalled what I was told when I first came to the rooms. 'Welcome home, you're not alone anymore.' Here was a man, just like me, halfway around the world and speaking what was in my heart. It is these types of spiritual connections that I have only experienced in AA. There are changes that these experiences have made in my soul; I now see things with new eyes, feel things with a new heart and hear things with open ears.

I still travel but now I experience the many wonders of the world I had missed before getting sober. I've been to the Aztec pyramids, botanical gardens, stood in awe of the architecture of churches and historical buildings, volcanos and many other cultural and historical sites. What a wonderful but sometimes sad and tragic life-altering world we live in. It makes me grateful for what I have but I also see so much gratitude in people where they have next to nothing but are sober and are willing to give what they have; experience, strength, hope and love. I make meetings all over the US and have attended meetings in Asia, Guatemala, Mexico and Brazil. The family of AA is everywhere. In some meetings they speak English and some they don't, but I will always hear what I need to hear when I am willing and open to hear the Language of the Heart.

Love in Service,  
Bruce W.  
Byron Warehouse Group - Byron, GA





## Through the Eyes of a New Comer

When I first attended meetings, I was so nervous. I knew that my life had come to a crossroads and I was realizing I didn't want to die. It took a long time to come to this conclusion but, my first step was actually saying it out loud. I was doing what was suggested and so, I asked a woman I didn't know to be my sponsor. When she spoke in the meetings, I was in awe...Oh My God...Im not alone!... There was someone out there..actually right in front of me..that dealt with the same recycled, sporadic, consistent thoughts that I did. I really believed that my mind was a trap that I was stuck in and nobody could understand. I analyzed and repeated the same thoughts, sometimes for days. When I asked her, she immediately (and I mean no hesitation) said yes, and with a smile too. I wasn't a burden. I wasn't an inconvenience. I was so hesitant and afraid to start, but I took the advice. One day at a time. Sometimes these seem repetitive but they are life savers..for me. Step one changed me. It didn't cure me of my thoughts but it changed my outlook. Just because I had drank and used did NOT mean that I had to for the rest of my life. I said step one all throughout my day. I am an addict and alcoholic. I am powerless over my addiction. My life, in every way, had become unmanageable. Step 2.. I worked hard on this one. I do believe in God, but for a long time I wasn't so sure I was worthy. So I took it one day at a time. And then one day I realized, although the burden and weight of my actions and behaviors while drinking and using weighed heavily, I no longer had to carry it alone. I CHOSE to turn it over and surrender my will to God as I understood him. This felt so good. I shared it with my sponsor and I shared it at every meeting. I redo steps 123 almost everyday. My life had not reached this point over night and I could not just snap my fingers and bang...all healed. But the best realization came when my boyfriend and I were watching a movie with his 10 year old daughter (who I adore), I laid my head on his shoulder and his daughter laid on mine. I was at peace. I finally realized I deserved peace and joy. It was worth fighting for. I was worth fighting for. WE ARE WORTH IT. For those with 24 hours... You may feel overwhelmed. Maybe doubtful. But thru the eyes of a newcomer...welcome back!!!!

In love and Service,  
Danielle R.





## Stone Cold Sober

When I first came into the rooms, bumper stickers were popular. You would see someone with "One day at a time" on their car or "Honk if you're a friend of Bill's" on their trunk. The most baffling one to me however was "Happy, Joyous, and Free." To this day happiness and joy, sometimes feel like elusive butterflies just out of my grasp but freedom is something AA has taught me, and granted me, on many different levels.

Because of Alcoholics Anonymous, we have experienced the miracle of freedom from a physical allergy and mental obsession with alcohol, which allows us to remain sober. We are free from the need to drink in order to numb our feelings, or be brave, or be funny.

We are given twelve keys to freedom, in the form of our steps and hence, are free from having to make the same mistake over and over again as we did in the past. Because we have the help of a Higher Power, we are released from some of the character defects that caused us to stumble time after time. Because we took the first step, we are free from a life of unmanageability.

The steps enable us to make amends and allows us the freedom of remaining in relationships. Because of Step 10, we promptly admit when we are wrong which gives us the freedom of not having to burn every relational bridge that we cross. Because of "progress not perfection", we are free to make mistakes and learn from them.

Freedom from Bondage is one of my favorite stories in the Big Book. It reminds us that we are free from a need to drink and free from being ruled by character defects. We are free to feel our emotions but not be held down by them. This story reminds us that we are free from being reactionaries, as we learn to match "calamity with serenity." It teaches us the HOW of freedom: honesty, open-mindedness, and willingness.

We can be free of rationalization, which is "giving a socially acceptable reason for socially unacceptable behavior, and socially unacceptable behavior is a form of insanity." Once again, AA teaches us how to live free from addiction and the trapping of our addictive behaviors. The Big Book reminds me that, "The only real freedom a human being can ever know is doing what you ought to do because you want to do it." We are free when our needs become our wants, and our wants become our needs.

As our Promises tell us, we will "know a new freedom and a new happiness." Does this mean 24/7 freedom from character defects or constant happiness? No, but it does mean we experience them as part of our spiritual awakening. We are free to make choices that lead to happiness. Things may not necessarily get better, but we are getting better, and with that comes, sometimes as a shout, and sometimes as a whisper, happiness, joy, and freedom.



A friend tells the story of really needing a meeting on a miserable snowy and icy night. She and her husband drove to the church, pretty sure that no one else would be there but hoping there would be a meeting. When they pulled up, they were shocked to see over a dozen cars in the parking lot. She said to her husband, "Boy, it looks like they are giving something away tonight, to get all these people here"

He responded, "They are, they are giving us freedom."

As always this is just one alcoholic's experience, strength, and hope. 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



How cute is this little guy????????

## 2 Drunks and a cup of coffee

**David S.**

**Sobriety Date: 7/8/1986**

A good friend of mine Carolyn W. recommended that I interview Dave. I thought to myself “anybody that is in Carolyn’s circle must have good sobriety” so I called him up. We sat and chatted via zoom for over an hour and it was great conversation. I got so much out of what he said and his energy was so positive and calming, it just made the chat all that more delightful. I know you will enjoy this interview as much as I enjoyed the chat! Thank you for your service Dave!

**How did you find AA?** I would go to meetings and not drink and then not go to meetings and drink and back and forth. All the people that God put in my life, including my counselor were amazing. When I first met my counselor, her office was under mine and I started chit chatting with her. At first, I talked about my fathers drinking but it wasn’t long before we were talking about mine. We worked together for a year before I went to rehab. I finally decided to go and my counselor told them “I’ve been working with this guy for a year, don’t lose him!” There was a field with horses right next to the rehab. I met with Carolyn W. (who is in the rooms) to take a tour of the rehab and saw the horses. I asked her if there were horseback riding lessons there? She said “oh yea”. I asked her if there were tennis courts too and she said “oh yea”. She heard my counselor say don’t lose him! So I showed up the following week with my tennis racket and to my surprise, no tennis lessons! The staff probably had a good laugh over that. LOL. When I got out of rehab, I stayed very close to some of the guys that I was in rehab with. We went to meetings and did other, sober social things together. I also went back to work and my office was right down the street from St. Andrews where there was a noon-time meeting everyday. So, I had a meeting I could go to everyday. Bouncing in and out of the Program and those meetings before I went to rehab planted the seed. It’s all about planting the seed. I remember that when I work with new comers. I might not be there when the light comes on but that’s ok. Alcoholism is recovery’s best advocate. The pain will always bring us back.

**What is the first piece of advice you received?** Go to a meeting everyday and don’t drink between meetings. And for me, early on, that’s all I did. At the beginning, I was terrible with sponsors, didn’t share much, didn’t work the step. I was full of fear. I went to a lot of meetings and stayed connected with recovering people I knew.

**What is your favorite chapter in the Big Book?** How it Works. It is the most comprehensive nuts and bolts of the program. Rarely have we seen a person fail who has thoroughly followed our path. That says it all. I hope it doesn’t give the impression that we have to do it perfectly because I sure haven’t. Not thoroughly followed the path slowed me down in the beginning but somehow, I didn’t drink or drug and that counts for something. Father Martin always asked “How sober do you want to be? How connected do you want to feel with your Higher Power?” The twelve steps offer us so much more than not drinking. The peace of mind and serenity that you get, I could never comprehend.

**What is the most important part of your program?** Right now, setting aside not drinking or drugging one day at a time, working on my spirituality. It really depends on when you ask me that question. I need different things at different times. At the beginning, I accepted the physical part of the disease easily but to tell you truth, I have been working on the mental, emotional and spiritual part for the last almost 34 years. I’m a slow

learner and thank God that the program works for slow learners. Early on I missed out on the peace of mind and serenity that the 12-steps has to offer, by not working them harder. But we all have our own paths.

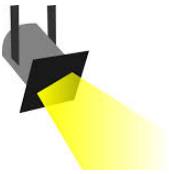
**What is your favorite step?** The 1st step because that opens the door for all of the others. It makes me more willing to work all of the others. For me the initial introduction for every step there was discomfort and hesitancy. I felt uncomfortable but, the growth at the end was exceptional. Going back to meetings and seeing and hearing people talk about the steps gave me hope. They shared about the benefits of working the steps. I would sit in meetings and think - they look good, sound good and seem happy. They would tell these stories of when they didn't feel that way and it just gave me a lot of hope that it was possible. I had a case of the "yea, that's fine for you but I'm different, you don't understand". I would always focus on the differences instead of the on similarities. We are all individuals but there are so many similarities that we can grow from when people share their journey. They share lovingly and freely and allow me to pick up the suggestions or not. If my family shared advised and you didn't follow it, they got mad and threaten not to offer advise again. In AA there is pure love with no strings.

**What is your favorite slogan?** There is no problem that a drink won't make worse. When I first came into recovery, I came in with a lot of lies about alcohol and how important it was. I thought, whenever something bad happened, of course you drank, doesn't everybody? People have shown me that they go through unbelievable things in their lives and they don't drink. It just blew me away.

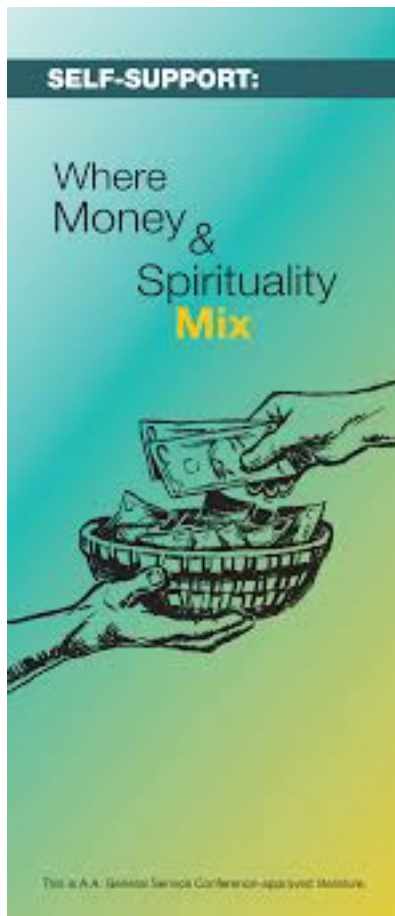
**What advice would you give a newcomer?** Do all you can to build a connection. Get phone numbers and use them. For the first 6 or 8 years I averaged about 8 or 9 meetings a week. By going to meetings, you get to know people and there goes that connection again. That is so important. Taking commitments, meetings, sponsors, friends, all connections. I took coffee commitments and became a GSR. Coffee commitments make you stay late and get to know the members better. They really made a difference for me. Instead of feeling like an outsider looking in, I felt apart of. When this zoom thing came about, I wished I had more phone numbers!

**What has changed about AA?** When I first got out of rehab I ran around with 6 or 7 guys that I went to rehab with. We went bowling and camping. There were the sober heart dances and we played on a sober softball league. I needed that because I thought my life was over. It meant so much to me to know that there was life after getting sober. New Years dances, Christmas parties, just a lot of things to do and I don't see that anymore. AA is interesting in the fact that it isn't strictly organized but on the flip side, because it isn't, a lot of things fall through the cracks and there isn't a single place to go to get and post information for things like that.

**What do you think of Zoom and online meetings?** I don't like them as much as in person meetings. At first, I though what about the poor young people coming in new with no face to face meetings. But then I realized young folks are more comfortable with this stuff. I have met a few that got sober through zoom and they are doing great. I am glad we have them and I still can get a connection, it's just not as strong, for me.



## Literature Spotlight



An oft-overlooked pamphlet on A.A. group literature racks and the subject of this month's Spotlight on Literature is: Self-Support: Where Money and Spirituality Mix, F-3. How exactly do money and spirituality mix?

A.A. groups who have a monthly Traditions meeting usually align the number of the month with the number of the Tradition and so the 7<sup>th</sup> Tradition is typically a topic sometime in July. Tradition Seven: "Every A.A. group ought to be fully self-supporting, declining outside contributions." However, one need not be at a Traditions meeting to be familiar with the 7<sup>th</sup> Tradition which is probably the most frequently mentioned of the lot. The basket may be passed sometime during a meeting with a statement straight out the Preamble, "There are no dues or fees for A.A. memberships, we are fully self-supporting through our own contributions." Also, many groups read the Green card, Self-Support, as part of their opening format. The Green card ends with the following: "The amount of our contribution is secondary to the spiritual connection that unites all groups around the world."

The pamphlet, Self-Support: Where Money and Spirituality Mix, F-3, opens with the long form of Tradition Seven:

*"The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority."*

Bill W., A.A.'s co-founder and some early members thought that financial support of the fellowship could be maintained by donations from wealthy institutions or individuals. In response to a solicitation for funds, John D. Rockefeller Jr., a New York multi-millionaire responded: "I am afraid that money will spoil this thing." As noted in the pamphlet, this marked a turning point in A.A. history and the basis for Tradition Seven. A.A. has always had expenses which must be paid from within, that is, by its members, not from those outside of the fellowship. Bill said, "Our spiritual way of life



is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world”.

The pamphlet, Self-Support: Where Money and Spirituality Mix, contains sections titled: *Footing the bill; How can groups participate? Whose job is it? and The Bottom Line*. These sections address: paying for A.A. services; group participation in contributions; an informed group conscience about A.A. finances; and, the member’s responsibility to ensure that money and spirituality continue to mix.

*Some Questions and Answers About A.A.’s Finances* comprise the second half of the pamphlet. In a Q and A format, topics covered include: a “prudent reserve”, leaving money to A.A. in a will, what do contributions to the General Service Office (GSO) cover, and can a group have too much money. Also noted is The Birthday Plan. On your A.A. anniversary or birthday, the Birthday Plan suggests that you contribute to GSO \$1.00 for each year of sobriety. You can certainly give more but the amount per year cannot exceed \$5000. In addition, you may credit your contribution to your group. Specific information for a group and/or group treasurer can be found in the pamphlet The A.A. Group Treasurer and A.A. Guidelines on Finance which are available from GSO.

Self-Support: Where Money and Spirituality Mix concludes with a pie chart diagram of suggested percentages of group contributions to A.A. service entities. One possible distribution of group funds may include 10% to district; 10% to area committee; 30% to GSO and 50% to intergroup.

So, how exactly do spirituality and money mix? The answer is simple, they mix in Twelfth Step work. When we give of our time, our talents and our money in the basket to carry the message to the still suffering alcoholic we gratefully respond in spirit to the freely given gift of sobriety.

I’ll close with the Responsibility Pledge:

I am responsible. Whenever anyone, anywhere, reaches out for help, I want the hand of A.A. Always to be there. And for that, I am responsible.

Love and support in service,  
Sheila D.





## ....Into Service

Geralyn M. – sobriety date 12-18-94  
Home Group – S.O.S. Women’s Group

**Service Position:** Area 12 Archives Chairperson

**Length of service commitment:** Two years – appointed by Area Chairperson

**Sobriety requirement:** The AA Service Manual notes the Area Officers should have what’s considered a “solid period of sobriety” anywhere from two to five years depending on the Area policies in place. The G.S.O. Archives Workbook notes that Archivists/Archives Chairpersons are A.A. members, and Areas may differ in sobriety requirements, the right to vote in assemblies and the length of time before rotation.

**Sobriety Position Responsibilities:** As outlined in the G.S.O. Archives Workbook, the archivist/archives chairperson is responsible for establishing policies, budgets, and procedures. They undertake and maintain final responsibility and authority for the use of the archives, and exercise a group conscience with the Archives Committee in regard to matters of general policy. One of the most important functions of the archivist/archives chairperson is to establish creative parameters for the selection of material to be collected. These parameters will guide the archivist/archives chairperson in gathering material of historical significance. Typically, the archivist/archives chairperson selects a representative sample of the collection and arranges those into a traveling display. The archivist/archives chairperson is responsible for both the physical and the intellectual integrity of the collection. It is important to ensure the privacy and protect the anonymity of members whose names are included in the collected documents. The archivist/archives chairperson is also responsible to report regularly to the area committee or the area archives committee, about new material received and to give updates about ongoing projects at the archives.

**How has this service commitment changed or enhanced your personal sobriety:** I have always had an affinity for history and “old” things. So naturally I was drawn to the Area 12 Archives when I first got sober in Delaware. Back in 1995, I volunteered with the Area 12 Archives and that gave me an interest as well as a service commitment to aid in my maintenance of sobriety. I felt like I was contributing to the something bigger than me. More recently, I was asked to again participate with the Area 12 Archives and was happy to be a committee member – taking sample collections of the local Archives to home group functions and District functions. I was also fortunate to be able to attend the National Archives Workshop in September 2019 in Detroit, MI. This was the most rewarding experience as it gave me a whole new perspective of archival processes and purpose. In a nutshell, this service commitment provided me with the

vehicle to learn more about AA history in general as well as local Delaware AA history. It has also helped me, as a socially anxious alcoholic, to meet new people and travel to new places, across the State of Delaware as well as other Areas/States.

**How has AA service changed/enhanced your personal sobriety:** My involvement with AA service started the first few weeks after I stopped drinking and started attending AA meetings by making coffee at the Stepping Stones group of AA at St. Joe's on the Brandywine – Sundays at 6:30p. At that time, I needed a life, and AA service provided me with that life until I was strong enough in sobriety and emotionally to branch out more socially. I was instructed early in my sobriety to “never” be without a service commitment of some kind. Whether it be at the home group level as a greeter, chairing the meetings, as the General Service Representative (GSR) to the Area Assembly, the Intergroup Representative, coffee maker or simply opening and closing the meeting and helping to set up and clean up. Once I felt grounded in sobriety, I moved on to Area Archives committee, GSR for my home group and fell in love with Area service. I learned that AA is sooo much bigger and more comprehensive than just meetings in my local town. I started going to service functions like the Area 12 Convention in Rehoboth Beach each year and the Northeast Regional AA Service Assembly (NERAASA) held in different Areas from Maine to Maryland each year. I learned more about the Twelve Traditions and Twelve Concepts and how they work in AA by spending time volunteering and participating in these functions; and the coupe de gras, attending the International AA Convention that is held once every five years. I've been to four in my time sober – meeting AA folks from all over the world and sharing AA on a grand scale.

**Current and Past Service Positions Held:** Area 12 Archives Committee Chairperson, Area 12 Secretary, Area 12 Registrar, District 12 DCM, District 12 Alt. DCM, Chichester Step Group GSR, Namaans Group Coffee Commitment, NDIAA Special Events Committee, NDIAA monthly womens prison commitment, NDIAA Office coverage volunteer, Area 12 Convention Coffee Committee(2), Area 12 Convention Registration Committee(3), Area 59, District 40 Archivist, Steps are the Key Group Treasurer, Half-Way Group Secretary.



# 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



## 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  
pictues 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**





## MORE SERVICE OPPORTUNITIES PEOPLE!!!

**Don't you want the future A.A.'ers to know where we came from???? The Area Archives Committee is looking for volunteers to assist in the projects below:**

- Setting up the database for Archives inventory
- Writing the Area 12 Archives Guidelines
- Typing the current History of AA in Delaware
- Reframing Photos of meeting places in Delaware
- Compiling audio cassette histories for conversion
- Webpage development
- Collecting and compiling Home Group Histories

**Contact: [archives@delawareaa.org](mailto:archives@delawareaa.org) if YOU want to get into service**

## 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

### Traditions Word Search

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

UNITY

FOREVER

FILM

ONLY

GROUP

CREATE

CARRY

LEST

CONSCIENCE

RADIO

ONE

EVER

DESIRE

PRESS

SUFFERS

### CONCEPT PUZZLE

\_\_\_\_\_ I \_\_\_\_\_  
 \_\_\_\_\_ I \_\_\_\_\_  
 O \_\_\_\_\_ O \_\_\_\_\_  
 \_\_\_\_\_ I \_\_\_\_\_

Last month's answers!

**GAMES ALCOHOLICS PLAY**

**WE AGNOSTICS MATCH UP**

solution of these <u>bedevilments</u>	don't
<u>Bridge</u> of reason	People
Spirit of the <u>Universe</u>	Broad
<u>Creative</u> Intelligence	Spiritual
<u>People</u> of faith	Bridge
<u>heavy</u> going of life	heavy
"We <u>don't</u> know."	bedevilments
God of <u>Reason</u>	Reason
<u>Broad</u> Highway	Universe
<u>Spiritual</u> release	Spirit
Realm of <u>Spirit</u>	Creative

**SOBRIETY CUBED**

LEI	LSRT	IPLA	IDA
INC	ESES	STUI	RNT
PPR		IRTY	TOI

PRINCIPLE RESTLESS SPIRITUALITY TRADITION

# Be a Pineapple



Stand tall,  
wear a crown  
and be sweet  
on the inside