

COFFEE POT TALK



NDIAA NEWSLETTER



21B TROLLEY SQUARE
WILMINGTON, DE 19806
302-655-5113
NDINEWSLETTER@GMAIL.COM



EMOTIONAL SOBRIETY DURING COVID19

When I came into the rooms, all I wanted to do was get sober, find out what was wrong with me and feel better. Getting sober and finding out what was wrong with me was the easy part. The drink is but a symptom of my disease. I used the drink as a solution to what I thought was my problem – everybody else. I found a sponsor and started to dig into the Big Book of Alcoholics Anonymous. I was told that it was my text book for the program and would explain everything I needed to know about it and how to work it. I read the Doctor's Opinion and that explained the second part of what I wanted when I came in – to find out what was wrong with me. I suffer from a spiritual malady. I'm not a weak person trying to get strong or a bad person trying to get good, rather a sick person trying to get well. By knowing what was wrong with me, reading the Big Book and working the steps with my sponsor, I didn't drink, one day at a time. It was explained to me that it gets easier when you become a person who DOESN'T drink as opposed to a person who CAN'T drink. That it was easier to stay sober than to get sober. So, 1 month turned into 2 which turned into 3 and so on and through God's grace, I haven't picked up a drink....YET (You're Eligible Too).

Now....feeling better....that was the hard part! I heard someone talk about emotional sobriety in a meeting one time and I thought....I don't think I have that. I was still depressed, snappy, unhappy, selfish and emotionless. I didn't understand. I did the steps and hadn't picked up a drink....why did I still feel like shhhh....I'll keep it clean....why did I still feel bad? Someone asked me "Have you ever really listened to "How it Works" at the beginning of the meeting?" "No" I said. "Maybe you should, it's actually how it works!" they said. So I did, several times, and kept hearing key phrases like "Half measures availed us NOTHING" and "I asked His

Our principals

Step 6: "Were entirely ready to have God remove all these defects of character."

Tradition 6: "An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

Concept 6: "The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board."

protection and care with COMPLETE abandon". Those two phrases especially struck home with me. I was just going through the motions, not relying on my Higher Power and turning EVERYTHING over to Him. So, I did those things and as each day passed, I felt better than the last. The changes I felt inside me were amazing. I appreciated life for the first time. I saw the beauty, felt the gratitude and gave love to others.

That was all great but....did it stay that way you ask? Nope! It takes work. Hard work. Each and every day. Sometimes I forget about that. Like right now! Lately, I have not been the best example of a Big Book to others or to myself. This quarantine is getting harder and harder to take. I miss not seeing my family, hugging my AA peoples....in person meetings for goodness sake!!! So much isolation (which is prime pickins' for my disease). It sits right on my shoulder and whispers in my ear - "You don't need that meeting" or "You don't need to pick up that phone". I listen to it and suddenly...poof! I see the bedevilments that Bill talks about in our book come to fruition:

"We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people" (excerpt from page 52 of our Big Book)

The Four Horseman are coming to get me! If you don't know what that means, look on page 151 of our Big Book - "terror, bewilderment, frustration, despair." I can hear their hooves clapping in the dirt, getting louder and louder behind me. I've learned over the years to listen for those hooves and when I hear them, GET INTO ACTION!!!! Go to more meetings, Zoom or not, GO!!! Pick up the damn phone and if they don't answer, leave a message! Just open my mouth! Talk to my sponsor, work with my sponsees, listen to speakers on YouTube, read the book, pray to my Higher Power and take the time to meditate so I can hear the answer (prayer without meditation is just lecturing God). I need to remember that I have a daily reprieve, I am one drink away from being drunk! As Joe G said last month - I am not drunk proof. As Denise said this month - I must respect this disease. How it Works tells us: "Remember that we deal with alcohol - cunning, baffling, powerful! Without help, it is too much for us. But there is One who has all power - that one is God. May you find Him now!" Key word - NOW!!! As my friend once told me "The chapter is called Into Action - NOT Into Thinking, Into Wishing or Into Talking about it!" I've heard in the rooms - this program isn't for people who want it, lots of people want it. It's not for people who need it, lots of people need it. It's for people who DO it! I guess I know what I need to do to get and have Emotional Sobriety. I just have to get up and do it. After all, it works if you work it right?

Thanks for letting me share!

In love and service,

Emmy K

Through the Eyes of a New Comer

Through the eyes of a newcomer. Wow that says a lot about where I am in this journey of sobriety and in life in general. My very first day into a meeting I was lost and defeated. I knew I wanted out of the cycle and life that I had somehow chosen for myself. Everyday was a survival instinct. I didn't know who I was, what I enjoyed doing, or what I wanted out of life. I just knew I was sick. Sick in mind, body and spirit. When I entered the rooms and they asked if this was anyones first meeting, I embarrassedly raised my hand. A woman I did not know came over and hugged me and held my hand THE ENTIRE MEETING.

As I listened to the stories around me, (and always a positive message to me) I finally felt like "Oh my God I am not alone!" Not alone in the thoughts that made me think I was insane. Not alone in the emotions that collided through me that I had no clue how to cope with or deal with. And most importantly not alone in spirit. My Higher Power was with me, always. Yes these last 3 and half months have been hard. Harder than anything I have ever dealt with. But, I now have people I can call, people who have been there and felt the hopelessness that sometimes assails me. There are days when I do not feel like going to a meeting, but I have never, not once, regretted a meeting afterwards. The way the meetings work, sometimes I'm having an issue that I just for some reason cannot share, or I can't find the right words, (and for me thats hard because the written word is my life line), but then someone else will share a story or something they are battling and my words are coming from another's heart. This fellowship has opened my eyes and my heart. The way this column came about...my boyfriend was in a zoom meeting and after hearing Emmy share, knowing I was looking for women to connect with, offered my number to her. After she and I spoke, she learned I am a writer and offered to work with me on this project. If that's not God working thru Matt and Emmy I don't know what is. Just for today I know what brings me joy. I am learning the behaviors that lead me to self isolation and most importantly I am learning to ask for help. If this is your first months, weeks or days sober...I say welcome! And I say I am here. You can do this...I can do this...just for today.

In Fellowship,
Danielle R.



Stone Cold Sober



Some people call it being in the AA desert, others refer to it as "sober but stuck," but most commonly we refer to it as the dry drunk. Basically, this means we are sober but having thoughts and behaviors that we did when we were drinking. I have seen "dry drunks" happen in two ways. Being lost in the AA desert to me, means going to meetings, doing service work, but still starting to see character defects return. No matter how hard we try we become restless, irritable, and discontented again; this can be especially disconcerting when we feel we are working a program. This has happened to me multiple times over the years, and I have found that shaking up my program a bit has been the answer.

Going to different meetings, getting a new sponsor, starting the steps again from the beginning, or doing a fourth step or finding a new service position can sometimes do the trick. If we go early, stay late, and reach out to others in worse shape than us, we can often find ourselves back in the middle of the herd, instead of falling off the edge and considering drinking. The good thing about being "sober but stuck" is that we are still sober and can get unstuck!

The more common dry drunk, that again, I must admit I have experienced myself more than once, happens when we stop working a spiritual program. A sponsor may have moved or the relationship just faded out, or worse we may have begun sponsoring ourselves. We don't want to go out in the snow or rain to a meeting so we skip one week, then we skip the next week because we are too tired, and then one by one our meetings drop off. We say to ourselves, "What's the use, even when I do go to meetings it's the same old people saying the same old thing." We don't do service because we convince ourselves that we've done our share and someone else needs to step up.

And with these changes to our program, here we see the cunning, baffling, powerful and patient nature of our disease. The monkey may be off our back but the circus has not left town. We start believing everything we think again. We compare our insides to everyone else's outsides. We begin residing in the problems of life and not the solution. Character defects creep up on us. Old behaviors rear their ugly heads. We engage in self-induced drama. Our relationships and jobs are affected, and sadly, some of us throw in the towel at this point, and pick up a drink.

Here is where the work begins. This is when we remind ourselves it is not *into thinking* or *into feeling*, but "into action." If we think a meeting is terrible, what are we doing to make it better? If we don't have a sponsor, we need to muster up the courage to get one. We may remind ourselves that yes, Mr. Brown repeats himself over and over at a meeting, but there may be a newcomer in the room who needs to hear his message. If our Higher Power seems far away, who moved? We must remind ourselves that feelings are not facts and do the next right thing in front of us.

The good news is, the very best news, is that ours is a program of progress not perfection. We are second, third and fourth chance people – everyone is always welcome back. Often we find that a spiritual awakening follows a rude awakening and we sometimes come back from the desert or stuck spot with a deeper appreciation for our Higher Power and our fellows. It works if you work it so, please work it, you are worth it!

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

2 Drunks and a cup of coffee

I met Denise 8 years ago when I walked into these rooms. I walked in that room (which is now my HG) miserable and alone. I had a scowl on my face and sat against the wall with my baseball cap pulled down far enough to keep anyone from looking me in the eye. I didn't think I was worthy of that back then. Denise is one of the women who taught me otherwise.



She demonstrated to me exactly what people say in the rooms... "We are gonna love you 'till you learn to love yourself". See she is one of the women in this program who walks the talk. She taught me the meaning of F.R.O.G. (Fully Rely On God) and that being a good person starts from within. She is one of the most humble people I know and I am blessed to call her my friend. Our talk inspired me and I know it will inspire you as well. Thank you for your service, your friendship and your love D!

Denise M. 6/4/1994

How did you find AA? I was a mother of a 3 year old, worked a full time job and I was a wife. I didn't want to be any of that. I had such depression, it was difficult getting up in the morning and taking care of my daughter hung over. The fun was over! This one day I walked into my office and approached a co-worker I used to party with. She hadn't been partying with us for a while, I walked up to her and said "I think I have a drinking problem". And she said if I wanted to do something about it, there is an AA meeting downtown and I should go to it. So I went to Triad that afternoon and that is when I started my journey of sobriety. The miracle in the whole conversation with this woman is that she had been in the program for a year and a half already! Of all people, I don't go to my husband, doctor, or a friend, I just picked her! GOD put her in my path that morning and I am forever grateful.

What is your favorite chapter in the Big Book? I like all of them but if I had to pick one I would say the Doctor's Opinion. It's always good to read when you are working with someone new. I have a disease and it was recorded back then. It's a disease just like any other disease, whether it is diabetes or cancer. It's a very informative and meaningful chapter to people new in the program. That fateful day that I went to my first meeting, I cried the entire time. I came out of the meeting I couldn't believe all of the people that came up to me. There was one woman that approached me and said she needed to take me somewhere. She took me to the Intergroup office and the nice people there gave me my first Big Book. That was so meaningful. She drove me back and I went back to work in a daze. I started reading the Big Book and went to meetings. I got a sponsor shortly after and everything began to change.

What is your favorite slogan? "Let go and let GOD." It took me a while to grasp this. I was quite the control freak and I have learned over the years that I have to be confident in my faith and know that my GOD is going to take care of anything. With plenty of prayer and quietness I have, to this day, depended on my Higher Power. The hamster wheel in my head doesn't go around and around as much anymore. That is because of my HP. He has seen me through a lot in these past many years.

He will carry me through whatever it may be. I don't need to be in the driver's seat anymore, I'm just fine in the passenger seat. With humility comes being able to practice this.

What is your favorite step? Step 11. I am always trying to grow closer to my HP. Whether it is journaling, meditation, getting on my knees and praying nightly, saying the 3rd step prayer every morning or driving up I95 to work, I hold conversations with Him. I ask Him to help me with my day, to help me be kind and loving, to treat people as I would like to be treated. Prayer can be many forms, at least for me. I journal, I have put notes in a GOD box and burned them and I have a lot of meditation books I read every day.

What is the most important part of your program? Practicing Honesty, Humility, Kindness, and Gratitude. It's amazing how we learn gratitude through this program. It's a swelling, a deep love in my heart. Acknowledging the blessings and gifts in my life. To be grateful, thankful and aware. That too, believe it or not, is in my prayers at night. I thank my HP for my sobriety each and every day.

How has AA changed? The biggest change lately has been the Zoom meetings lol. I'm grateful for them. It's wonderful to be able to see people and share our knowledge during these difficult times. You literally can be in a meeting with someone from London, Australia and New York City all at the same time! I'm blessed to be able to have this. Listening to AA speakers around the Country has been refreshing during this difficult time too. A lot of Conventions have had to be cancelled and held virtually. What a wonderful concept, I think some of this will be here to stay if you ask me. On a serious note, can you imagine back in the early days, if there were a pandemic, what would they have done?

What is the first piece of advice you received? "Feel the feelings", my Sponsor would say. She would tell me, "Never say," I should not feel this way". These are my feelings; validate them about a certain situation, person or thing. What's important is how we look at these scenarios, what makes me feel that way, why do I resist certain ways, what causes me angst, resentment or fear? As the Big Book says on page 66, "For when harboring such feelings we shut ourselves off from the sunlight of the Spirit."

What advice would you give a new comer? You really must incorporate AA into your life daily. There are many ways but you need to live it. You have to be in the middle of the program. You can't be on the outside. You can't do this program part-time, it's a full-time job. There is so much to learn in our program. It just takes willingness and an open mind. Newcomers need to jump in with both feet!!

Any final thoughts? I have lost two Sisters to this disease, you have to respect this disease, this disease can kill you. My sponsor always says, "Life isn't easy, this program takes work and you have to work it". There will always be bumps in the road. What is important is learning to navigate through these times. Early on, I would sit at a meeting and say, "I want what you have, and you have, and what you have". So, as was recommended to me, I kept coming back, found a Sponsor, worked the steps, found a GOD of my understanding and began working with others. I am truly grateful, what a journey this has been thus far!

FREQUENTLY ASKED QUESTIONS ON PRACTICING THE SEVENTH TRADITION AT VIRTUAL MEETINGS

In recent years a number of groups have utilized digital payment platforms to provide opportunities for members to make cashless contributions. There are different payment platforms to facilitate this service, and it is up to the group to determine which one to use. Experience suggests that the treasurer is a natural choice to handle digital contributions. Some groups, however, share the responsibilities among trusted servants or even create a new service position to inform group members about digital payment options and assist those who are interested in contributing this way.

- 1. Q. Our group is meeting virtually as a result of Coronavirus (COVID-19). Our meeting costs are low, so why do we need to take a Seventh Tradition collection?**
 - A.** The spirit of self-support ensures that even minimal expenses are borne by the whole group rather than by individual members. In addition, many groups want to continue support for other A.A. services. Local intergroup/central offices still have bills to pay, such as rent and utilities. Many have employees who are working hard to keep meeting information updated and respond to calls for help. The Online Intergroup of A.A. also has its own costs which require support, and many districts and areas continue to have expenses as they support the work of committees and plan future events. Furthermore, the General Service Office needs to cover its operating expenses in order to continue providing services. Literature sales, which traditionally help pay for services, currently are much lower than usual.
- 2. Q. If our group decides we want to “pass the virtual basket” how would we get started?**
 - A.** Often a group will have their treasurer or other members gather shared experience and information on different digital payment options, then present that to the group for discussion at a business meeting.
- 3. Q. What kind of options are available?**
 - A.** Here are some of the digital payment platforms that groups using: Apple Pay, Cash-App, Google Pay, PayPal, Venmo and Zelle. Information on options being used locally may be available from your intergroup/central office, district or area.
- 4. Q. How would we decide between them?**
 - A.** Groups often compare the costs and benefits of each platform, considering things like ease of set up and use, payment processing fees, security, privacy, and how commonly known it is. Some groups offer multiple options for their members.
- 5. Q. Once the group decides, then what?**
 - A.** Often it will be the group treasurer who sets up the account and links it to the bank account the group is using (for more information on setting up bank accounts and tax ID numbers, see the links below). It is helpful to choose a username for the account that is simple and intuitive since it will be shared with those attending the meeting. Groups usually avoid

using a personal email that reveals someone's full name so as not to compromise that person's anonymity. Often at the beginning of a digital meeting, or during a break, groups will share the username through the chat or a screen share as they make an announcement about practicing the Seventh Tradition. It is recommended that groups do not share the username as part of the meeting's public online information.

6. Q. What about anonymity?

- A. Some digital payment platforms have social components that members may want to disable to protect anonymity. For example, members have shared about changing the privacy settings on Venmo so contributions are only visible to the sender and recipient. A couple of intergroup/central offices have posted helpful guides to practicing the Seventh Tradition at virtual meetings:

[Best Practices for Online 7th Tradition Contribution from SF and Marin Office](#)

[Remote meetings 7th Tradition Best Practices from New York Intergroup Office](#)

For more information on the Seventh Tradition and shared experience for A.A. group treasurers:

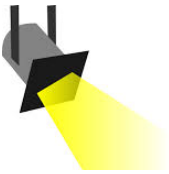
[The A.A. Group Treasurer](#)

[Self Support: Where Money and Spirituality Mix](#)

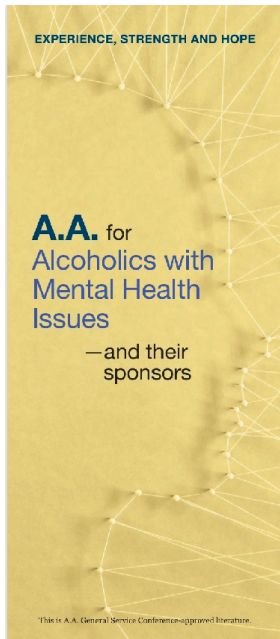
[A.A. Guidelines on Finance](#)



Rule 62



Literature Spotlight



A.A. for Alcoholics with Mental Health Issues - and their sponsors, P-87, provides an overview of and stories of alcoholics who are coping with serious mental health issues and have found sobriety and a new way of life in following the 12 step program of Alcoholics Anonymous.

In a separate A.A. pamphlet, the A.A. member - Medications and other Drugs, P-11, the topic of medications to treat mental illness is mentioned in the stories of three out of five individuals. The primary emphasis of the pamphlet, however, is with narcotics or addictive drugs used for non-medical purposes.

Published in 2018, A.A. for Alcoholics with Mental Health Issues - and their sponsors is the only A.A. pamphlet to focus exclusively on individuals who are dually diagnosed with alcoholism and mental illness.

While the pamphlet recognizes the use of psychotropic medications to treat mental illness as essential for maintaining sobriety for some, it also cautions other A.A. members from discouraging their use under the guise of a “drug free” sobriety.

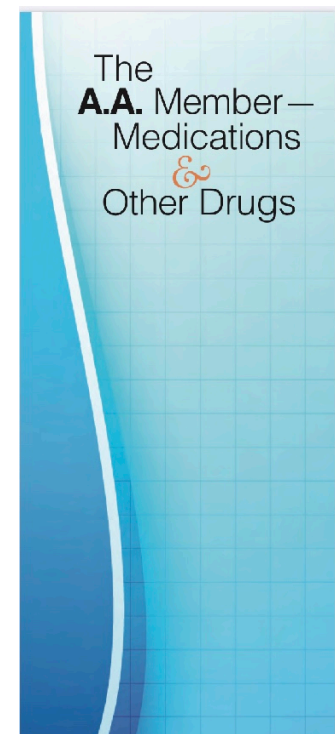
Pamela notes, “Like alcoholism and other addictions, mental illness also tells us that we don’t have it.” pg.25

A.A. for Alcoholics with Mental Health Issues - and their sponsors is divided into three sections. The first part includes personal stories from 12 individuals, members of AA, with a co-occurring mental health diagnosis, such as: Autism, Attention Deficit/Hyperactivity Disorder, Bipolar Disorder; Borderline Personality Disorder, Clinical Anxiety Disorder, Chronic Depression, Post Traumatic Stress Disorder, or Schizophrenia. These personal and deeply moving stories of recovery highlight some of the difficulties and joys encountered while they journeyed to freedom from active alcoholism.

“If I stay involved in A.A. and take great care of my mental health, I flourish spiritually, personally and professionally.” Sam pg. 19

The second section of the pamphlet, titled Sponsoring Others, includes the experiences of five A.A. members who have welcomed the opportunity to sponsor members with mental health concerns that have a desire to recover from the disease of alcoholism. Patrick, who has sponsored a number of men with mental health and intellectual difficulties, states that he refers sponsees to the Big Book of Alcoholics Anonymous where Dr. Bob and Bill W. “recognized these additional challenges and openly referred recovering and recovered alcoholics to the outside help of counselors and physicians.”

All sponsors whose remarks are included in this pamphlet are quick to



note that they do not diagnose or treat any health issue. What they do is share their experience, strength and hope as they guide them through the 12 Step program.

“These women have shown me what it means to trust a power greater than myself.” Joelle pg. 39

The last section, titled Afterword, lists eight suggestions developed by a group of physicians who are members of A.A. that might help to ward off relapses. In brief, they are:

- No A.A. member should give medical advice
- Active participation in A.A. is major safeguard against relapse
- Be completely honest with your doctor about medication compliance
- Tell your doctor you no longer drink alcohol
- Let your doctor know if you want to take more medication or have side effects that make you feel worse
- Be sensitive to changes in your behavior if your medication is adjusted
- If you feel that doctor does not understand your problems, find one with experience in treatment of alcoholism
- Give your doctor copies of this pamphlet

The pamphlet concludes with suggestions of where to find A.A. meetings, e.g. Intergroups, clergy, hospitals, alcoholism facilities. It also notes that some communities have special interest group A.A. meetings for those with mental health issues where one might feel more comfortable talking about personal issues.

I trust that you will find the pamphlet, A.A. for Alcoholics with Mental Health Issues - and their sponsors enlightening, and enriching.

Love and support in service,
Sheila D.



Sneak Peak into Service

So, I met Donald several years ago at my very first Service Convention. It was for Area 59 and my friend - turned Service Sponsor - asked me to go with her. I've always been interested in our history but had never been exposed to it per say. She introduced me to Donald who had filled up an entire room with cool artifacts, pictures, articles, etc. I was blown away. I followed him around like a little puppy dog, asking him a million questions and we became fast friends. A couple years ago Districts 6 & 7 decided to put on a workshop about A.A. history and it was a no-brainer to ask him to speak. He blew the doors off the place! I haven't talked to him in a while so I thought it would be cool to hear about his service experience. So, here it is.....

Donald H

Sobriety date: 4/20/2002

Home Group: Early Sobriety

Service Position: Area Archivist for Area 59 – Eastern Pa.

Length of Service Commitment: Non-rotating appointed position by Area Committee following a recommendation made by Delegate when he/she takes their position.

Sobriety Requirement: None stated. There have been 5 Archivists' in Area 59 since the position was created in 1981.

Service Position Responsibilities: Maintaining and preserving Area records and history for future reference. A large part concerns our group histories – collecting and updating whenever possible. Approximately 5 years ago we began and made digitizing group histories a priority. With every incoming Delegate there is a new Archives committee appointed consisting of 5 – 6 DCMs' that work to assist the Archivist for their 2 year term. The Archivist traditionally gives a 10 – 15 minute presentation at each quarterly Area meeting, attends as many Area functions as possible, and is responsible to set up and man the Archives room at the annual Area convention.

How has this service commitment changed/enhanced your personal sobriety? As a direct result of this commitment I have been exposed to many new and different people, places, and things. I am constantly learning more about how I can approach situations by learning how our predecessors handled those situations – both positively and negatively. My personal sobriety ebbs and flows, much like our history. I discovered a thirst for knowledge about something that I had no interest in 15 years ago.

How has A.A. service changed/enhanced your personal sobriety? I believe sobriety is a journey, not a destination. The same is true of service in A.A. When I was a DCM I was asked to give a presentation on “Staying spiritually fit in service” and in that talk I said “If you get involved in service in AA you will get frustrated, you will get resentful, and you will be forced – thru service – to prayer”. Funny, how the solution is presented through our struggles. When I first got involved in AA service I did so because I had all the answers, now I know where to go to get them.

Past service positions held: Group positions up through GSR; ADCM, DCM, Assistant Archivist, (and I also make coffee on occasion).

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) for current Zoom meetings.

Newsletter Stuff Needed

If you would like to contribute to the Newsletter, please email Emmy K at 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 pictures to 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 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 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	_____

7th Tradition – Thanks for keeping your Intergroup

3:20 PM

06/11/20

Accrual Basis

Northern Delaware Intergroup MONTHLY CONTRIBUTION SUMMARY May 2020

	May 20	Jan - May 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	0.00	78.60
Dawn Patrol Patrol Group	0.00	1,017.30
Delaware City Group	0.00	308.00
Early Risers Group	0.00	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	0.00	153.78
Intergroup Monthly Meeting Basket	0.00	89.60
Into Action Group	0.00	431.90
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	0.00	100.50
Men of New Garden Group	0.00	121.80
Middletown Step and Tradition	0.00	50.00
New Castle Group	0.00	82.00
New Day Group	0.00	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	0.00	427.00
Sisters in Serenity Group	0.00	294.83
Spirit Of Truth	0.00	9.50
Today Group, Wilmington	0.00	177.00
Twelve and Twelve Step	0.00	180.00
Ventilator's Group	0.00	261.50
Welcome Group	60.00	135.00
Yorklyn Diner Group	0.00	506.00
TOTAL	60.00	9,837.01

GAMES ALCOHOLICS PLAY

WE AGNOSTICS MATCH UP

solution of these _____

_____ of reason

Spirit of the _____

_____ Intelligence

_____ of faith

_____ going of life

"We _____ know."

God of _____

_____ Highway

_____ release

Realm of _____

don't

People

Broad

Spiritual

Bridge

heavy

bedevilments

Reason

Universe

Spirit

Creative

SOBRIETY CUBED

LEI

INC

PPR

LSRT

ESES

IPLA

STUI

IRTY

IDA

RNT

TOI

ANSWERS TO LAST WEEKS
GAMES ALCOHOLICS PLAY

How It Works Jumble

R I G O R O U S

OOUIGRRS

1

T H O R O U G H

OOUHHRGT

2

F E A R L E S S

LEFESARS

3

P R I N C I P L E S

PPIIRNSEL

4

H O N E S T Y

ONHTEYS

5

S T E P S

1 2 3 4 5

HOW IT WORKS GAME 2

W H A T A N O R D E R !

YOU DON'T
ALWAYS
NEED A PLAN.

— • —
SOMETIMES
you just need to

**BREATHE,
TRUST,
LET GO**

and see

} WHAT HAPPENS

to _____
from _____