



# COFFEE POT TALK



## NDIAA NEWSLETTER



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## HANDLING A.A. SERVICES AT THE LOCAL LEVEL

Central/Intergroup offices provide vital local services and Twelfth Step opportunities. All areas function independently and handle local A.A. services in the manner best suited to local needs. While G.S.R.s, D.C.M.s, area committees, area assemblies, and the General Service Conference are concerned with matters affecting A.A. as a whole, Central/Intergroup offices and answering services fill a different need. They handle local services only — such as coordinating local Twelfth Step calls, providing meeting lists, and in some places furnishing public information speakers for non-A.A. groups and for A.A. meetings in institutions.

Central offices and general service area committees are complementary, rather than competitive, A.A. operations. They exist to help insure A.A. unity and to fulfill A.A.'s primary purpose of carrying the A.A. message to the alcoholic who still suffers.

Intergroup is an integral part of keeping AA alive at the local level. The above excerpt is from the AA pamphlet Circles of Love and Service - P45 and says it all. Your Intergroup has lots of service opportunities waiting for you!

If you are interested in volunteering, you can check out the positions and descriptions on <http://www.ndiaa.org> or reach out to Jamie at [mainoffice@ndiaa.org](mailto:mainoffice@ndiaa.org) or 302-655-5113

All positions require 2 years of continuous sobriety. So, here are the positions:

Positions that will begin immediately:

Treasurer (interim)  
Secretary (interim)  
CPC/Public Information  
Institutional  
Area 12 Liason

Positions that will be open in February 2021:

Vice-Chair  
Treasurer  
Secretary  
Member-at-Large  
Special Events  
Corrections  
Finance

# Feature Article

We have three little mottoes which are apropos. Here they are:

First things First

Live and Let Live

*Easy Does It*” p 135 Alcoholics Anonymous 4<sup>th</sup> ed.

This quote above was the lead off to a recent meeting I attended (online). These sayings, and so many others taught in AA, used to drive me nuts!

One of my family members got sober many years ago, and in her early recovery she relied heavily on a bunch of these “mottoes”. She spouted one pretty much any time she said anything the first year of recovery, or at least that’s how it seemed to me. At the time, I didn’t have any concept of the program and the true meaning of the sayings, and I found them annoying and scary. Scary because my family member’s personality changed in her recovery and became someone I didn’t know how to relate to anymore. Fast forward about 15 years, and I found myself in my first AA meetings, hearing these same words. Rage filled me. I’m talking clenched fists, held breath, big eyes, heart beating out of my chest – fury at a simple phrase. How were these stupid quips supposed to help me stop drinking and be happy?

Well, they helped my relative, people at the meetings said they worked for them, and eventually, they have worked for me too. Once I let them.

At the recent meeting, a bunch of ‘old-timers’ talked about “first things first” – at that meeting they spoke a lot about staying centered on the basics of the program. Their recommendations included: don’t pick up a drink, do steps 1-3 and 10-12 every day, pray to a Higher Power daily, talk to your sponsor and other people in the program, and to take things one day, and sometimes one moment, at a time. For me, this is a good reminder now.

Lately I’m finding it easy to let myself get distanced from the program. I feel like most of my routines have gone sideways due to the pandemic, and I feel isolated from my friends, sponsees, and generally from people in the program. Despite this, I find myself wanting to make excuses to reduce my meetings (they’re not the same online as in-person) and not call people in the program (because a phone call isn’t as ‘good’ as seeing somebody in person), and generally wanting to let recovery take a back seat to the rest of my life. But this is dangerous for my sobriety.

## Our principals

**Step 9: “Made direct amends to such people wherever possible, except when to do so would injure them or others.”**

**Tradition 9: “A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”**

**Concept 9: “Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.”**

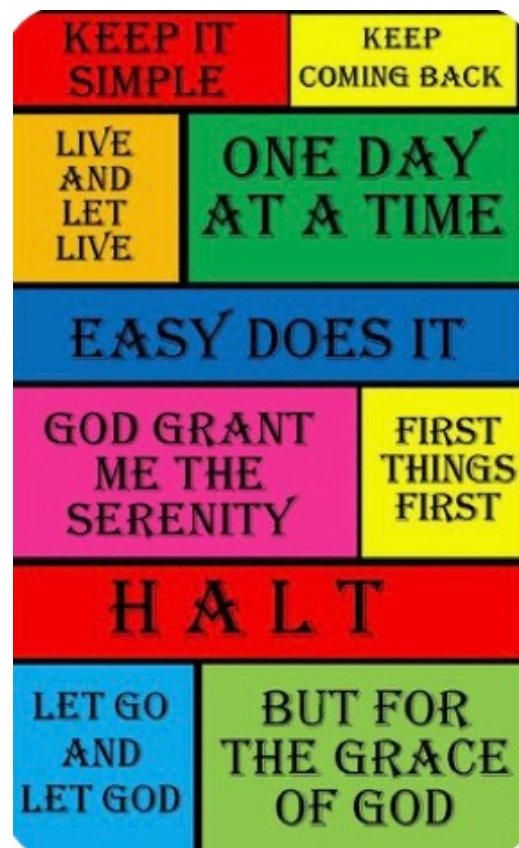
“First things first” – for me that means remembering that my primary purpose is to stay sober and help another alcoholic. It’s not hard. I need to not overthink it or come up with a bunch of excuses because of COVID. I need to “do the next right thing”: don’t drink, try to be useful and kind to others throughout the day, try to think about other people before myself – at least once in a while, and don’t keep things to myself. I need to remember that logging into that virtual meeting and sharing, or calling a friend in the program will definitely help me, and might just help somebody else.

I don’t know when it happened but at some point during my sobriety, I stopped being angry when I heard these sayings. Now I take comfort in them, and pass them on to my sponsees. AA gives us a common language, and once I was willing to listen, I found these simple sayings to be a doorway to a new relationship with my relative- now she and I are closer than we have ever been. And today, I use these sayings as a touchstone to help me stay centered in the program that saved my life.

Katie H, Newark DE

### Note from Emmy:

I love this article!!!! Another assignment troops...what is your favorite slogan It doesn’t have to appear on the picture, any AA slogan that you like will do! Mine is not on this list and I am stealing it from my friend Brian G. - You can take the rum out of the fruit cake but you are still left with a fruit cake. I love it because it’s so true. My thinking is the problem and unless I apply the principles of this program, it will continue to be a problem. This is your newsletter so please write me at [ndinewsletter@gmail.com](mailto:ndinewsletter@gmail.com)







## Stone Cold Sober

Recently I was in a Big Book meeting where we read the chapter “The Family Afterwards”. I had forgotten how many great AA quotes came from those specific pages and how they deal with happiness, joy, and fun. Especially at this point in time, I need to be reminded that these are gifts of sobriety that each of us deserves and has worked for. No one gets sober in hopes of being miserable, but for many of us it is a lot of effort to fight our character defects and let happiness in the door.

*We aren't a glum lot.* One of my favorite things about in-person meetings is the laughter in the rooms, which has brought me much joy and also taught me to laugh at myself. Even with a few 24 hours under my belt, I still need to be reminded of Rule #62 found in the 12 & 12, *Don't take yourself too damn seriously*. This reminds me to wear the world like a loose garment instead of spandex! Hearing the laughter of my AA fellows is one of the things I miss on Zoom meetings, but I am eternally grateful that we have had this option to stay connected during this time. We may not be able to hear the laughter, but we can see the smiling faces, listen to their funny antidotes, and take joy in our ability to all be together.

“The Family Afterwards” also gives us the quote *happy, joyous, and free*. Even in sobriety I can become weighed down with character defects and failure to accept life on life's terms. This blocks me off from the *sunlight of the Spirit*, so I need to keep working the steps, cleaning house and helping others in order to find what they are talking about. I need to remind myself that happiness, joy, and freedom are not extravagant promises and that they can be attained through right living.

The sentence on page 128 of the Big Book can be applied to many different people and situations: *Joy at our release from a lifetime of frustrations knew no bounds*. With the help of the steps, traditions, a sponsor, and other AA members I can attain these gifts of sobriety. Even if the joy is fleeting, I can appreciate and enjoy it, and know that I will experience it again in the future.

Striving for happiness does not deny anyone their reality. I once heard at a meeting that if you are not happy, you are not doing it right. This really bothered me. If we intend to stay sober for a long period of time we are going to face challenges and heartaches, that is life. People will get sick, love ones will die, and we will struggle with other smaller employment and relationship issues. During these trials I disagree that I must be happy all the time, but will concede that they are made easier if I can remain grateful. This chapter introduces us to the slogans *First Things First*, *Live and Let Live*, and *Easy Does It*, which help during all the phases of our lives.

“The Family Afterwards” refers to us as fellow travelers and I love that terminology. It is through my sponsor and my AA fellows that I have learned that my Higher Power wants me to be happy. I am also reminded of this in the literature over and over. The happiness, joy, and freedom of the program are what makes people want what we have, and thus, attraction not promotion really works!

I recently had to start limiting how much news I watched, as it was feeding into my fear of things I cannot control. As this chapter reminds me: *We try not to indulge in cynicism over the state of the*

*nations, nor do we carry the world's troubles on our shoulders.* This does not mean I do not care or should not get involved but it does mean I cannot become consumed with things I cannot control and just need to do the next right thing in front of me. No matter what is happening in the world I can still be grateful and experience freedom if I follow the AA path.

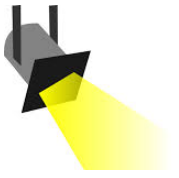
*We absolutely insist on enjoying life* is found on page 132 of the Big Book. I need to do an inventory around this sometimes. Am I enjoying life and appreciating my sobriety or focusing on the problems instead of the solutions? Today my prayer is that I find joy in the tiniest of things, happiness in right living, and the freedom that comes with living sober and practicing this program.

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

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

In fellowship, Maria





## Literature Spotlight



It has been said that alcohol is the “great equalizer”, but how could that be? I came into the rooms of Alcoholics Anonymous “terminally unique”, as least as far as my drinking was concerned. My oversized ego told me that I was special. You told me to sit down and listen and eventually, I would hear my story. What I didn’t realize was that, over the years, I would hear it from you and you and you, over and over and over again. **Many of us thought we were special** is the opening topic in the A.A. pamphlet, **Do you think you’re different?**, this month’s selection in Spotlight on Literature.

Bill W., our A.A. co-founder, wrote: “In the beginning, it was four whole years before A.A. brought permanent sobriety to even one alcoholic woman. Like the ‘high bottoms’, the women said they were different; A.A. couldn’t be for them. But as the communication was perfected, mostly by the women themselves,

the picture changed. This process of identification and transmission has gone on and on.”

This little gem of a pamphlet, **Do you think you’re different?** could be called a condensed version of the Big Book Personal Stories. There are thirteen stories in all from thirteen very different individuals who share in common the disease of alcoholism. Each one begins with the typical A.A. meeting introduction, My name is \_\_\_\_\_ and I’m an alcoholic, followed by an additional characteristic in parentheses. In these pages you will meet: Gloria, who is (black), Louis (79 years old), Padric (gay), Ed (atheist), Paul (Native American), Diane (15 years old), Michael (clergy), Mary (lesbian), George (Jewish), Phil (“low bottom”), Jim (“high bottom”), Jan (agnostic) and a famous (movie star) who remains anonymous. As they relate their history, perhaps, you might hear your story and agree with Diane who says, “I know I am an alcoholic and that’s all that matters”.

The pamphlet, **Do you think you’re different?**, concludes with the topic, **Now we are all special together.** It notes that the theme of A.A. *community* and *sharing* is common to all of the stories. Although there are some special A.A. meetings, such as women only, men only, doctors, clergy, LGBTQ, and others, the pamphlet suggests that the “happiest, healthiest recoveries seem to come to people who go to *all kinds* of A.A. meetings, not just the special ones.”

Do you think we are alike? Absolutely! “We are all alcoholics and all sober in A.A. together.” Please don’t let **Do you think you’re different?**, P-13 just sit in your literature rack. Do read it. Perhaps you might give this pamphlet to your sponsee, put it in a newcomer packet, or choose one of the stories for a meeting topic at your homegroup. There is a wealth of A.A. experience, strength and hope within its pages.

Love and support in service, Sheila D.



## ....Into Service

Terry H.

Sobriety date: 05/17/78,

Home Group (live) Fenwick Island BB Study, (Virtual) Practice These Principles,

**Service Position:** Area 12, Panel 70, Delegate

Length of service commitment: 2 years

**Sobriety requirement: (From the A.A. Service Manual page S50)** Like other A.A. members, delegates come in all shapes and sizes. But some characteristics seem to make for well-qualified delegates. For example: • Several years of active participation in local and area affairs, as a G.S.R. and as a committee member. • Time available, not only for the week-long Conference meeting in April but for all the efforts needed before and after the Conference. • Five or six years of continuous sobriety. The sobriety requirement varies from area to area; in any case, a delegate should have been sober long enough to be responsible and informed. • The ability to make and take suggestions — and criticisms, too. • Experience in chairing meetings. • Knowledge of A.A. affairs, and of where to find the correct information when they do not know the answers. • Thorough familiarity with the Twelve Traditions and the Twelve Concepts and how they apply to local problems. • The ability to be open-minded, to sit down with A.A.s in the area and with other delegates to discuss and act on matters vital to A.A. If you are thinking about standing for a term as delegate, ask yourself these questions: • How well did you do as a G.S.R.? As a committee member? Did you enjoy the responsibilities? Were you active? • Have you discussed the possibility with your family and your employer? Will the time be available for the amount of work required? • Are you familiar with the Service Manual? With A.A. Comes of Age? And of course, with the Twelve Steps, Twelve Traditions, and Twelve Concepts? • Have you talked with past delegates to get an idea of the time and effort required

**Service Position Responsibilities:** Though the high point is the Conference meeting, the delegate's job goes on year-round and involves all aspects of the Conference structure. The delegate should: • Attend the annual Conference meeting fully prepared. Immediately upon election, every delegate is put on the G.S.O. mailing list to receive Conference materials. • Communicate the actions of the Conference to area committee members and encourage them to pass on this information, and the delegate's enthusiasm, to groups and to intergroups/central offices. If an area is too large for the delegate to cover in person, he or she will ask area officers and committee members to share the load. • Be prepared to attend all area and regional service meetings and assemblies applicable to his/her respective area. From these meetings, delegates come to better understand their own areas and can make suggestions for the Conference agenda. Here, too, they come in contact with A.A. members who might not be reached otherwise. • Help area committees obtain financial support for the area and



G.S.O. • Provide leadership in solving local problems involving the A.A. Traditions. • Remind G.S.R.s to inform groups and individuals about AA Grapevine and Conference-approved literature. • Cooperate with G.S.O. in obtaining information — for example, making sure that up-to-date information reaches G.S.O. in time to meet the deadline for each issue of the A.A. directory and helping carry out the triennial membership surveys. • Visit groups and districts in the area whenever possible. • Work closely with committee members and officers, sharing experience throughout the year. After G.S.R.s and committee members have reported on the Conference, learn from these A.A.s how groups and members have reacted. • Assume added responsibility if the area chair and alternate chair are unable to serve. Or, if an area committee is not functioning effectively, the delegate may take an active role in remedying the situation. • Keep the alternate delegate fully informed and active, so that the alternate can replace the delegate in an emergency. • Late in the second year of the term, work with newly elected delegates to pass along a basic knowledge of Conference proceedings and problems.

**Term of Office:** A delegate serves one term of two years, and the Conference strongly recommends that a delegate serve only one term — with the exception of an alternate delegate who, after attending one Conference in place of the delegate, may be elected to serve a full term. Half the delegates are elected in one year, the other half the next. This ensures that at any Conference, there is a core of experienced delegates along with first-year delegates.

**Expenses:** A delegate's expenses to the Conference are covered in this way: The area contributes at least \$1,800.00 (U.S.) toward Conference expenses (and many areas are able to send additional funds). The General Fund of the General Service Board pays the balance, but this does not take care of the many incidental expenses the delegate will have during Conference week. Upon arrival in New York, each delegate receives cash to cover basic expenses during Conference week. In addition, the areas generally provide some money to cover extra expenses. The amount differs, depending on the area's financial circumstances. Many areas also provide funds to cover travel and incidental expenses the delegate incurs in reporting back to groups and districts within the area

**How has this service commitment changed/enhanced your personal sobriety?** I am a firm believer that any type of service to the Fellowship enhances our sobriety. I have been involved in service almost all of my time in the fellowship. It completes the triangle of Recovery, Unity, Service. I need all 3 legs of the triangle to have a stable platform in which to live my life now that I have a daily reprieve from the illness. Service in any position also allows me to release myself of selfish thoughts and “its all about me” when I deal with the different personalities that the Fellowship throws me together with. These are all teaching lessons in how to deal with others and respect their points of view and to learn and accept the concept of a group conscience. Principles before personalities is one of the other aspects of service work that I learn, often the hard way. Even if I can't stand a certain person on a committee or in a service position, how well are they completing their assigned tasks. If they're getting the job done that no one else will do, then it comes down to the principles of them completing the tasks rather than their personality. “Well, I still don't like them, but they did a good job”.

**Current & Past Service Positions Held:** Coffee maker, Intergroup Rep, Group Secretary, District PI Chair, District CPC Chair, GSR, Alt. DCM, DCM, Area Grapevine Literature Chair, Area Non-Profit Status Ad Hoc Committee Chair, Alternate Delegate, Delegate

## 2 Drunks and a Cup of Coffee

Pat F

2/27/1986



**I met Pat through my Service Sponsor several years ago. I loved her from the moment she spoke. She was funny, wise and direct (which I always appreciate). I remember I told her “My old behaviors are coming back!” Her reply was “You know Emmy....if you are still doing them, they aren’t old behaviors.” I had to laugh because it was so true. See what I mean by direct...lol. I just love it and I love her! I had a blast catching up with her and I just know you will enjoy what she has to say. Thanks for your service Pat!**

**How did you find A.A.?** I actually started in Al-Anon. My husband was an alcoholic. So really, I came in through the back door. I’m what they call “a double winner”. My husband died of cirrhosis of the liver at the age of 37 and you would think I would have stopped drinking, but I didn’t. Back then in Al-Anon you went to AA meetings too to learn the other side. I was introduced in that way. I did this on my own for 3 years before I went to regular meetings. I finally reached out to a girl I went to high school with and her husband took me to a meeting. I didn’t think I was that bad and thought I just needed new friends. Once I started to go and heard people speak and share about what was in my heart, I knew I was meant to be there. I got involved in service right away and I still am and it is great! It keeps me going.

**What was the first piece of advise you received?** Don’t drink and go to a meeting. I remember my first HG was a women’s meeting. A woman came up to me and asked me to go to a diner and gave me her number. They told me that I couldn’t stop drinking drinking. If I don’t drink and make a meeting I can get sober.

**What is your favorite chapter in the Big Book?** Freedom from Bondage. There is just so many things in it that was so helpful to me. And a Vision for You. So many slogans and good stuff in there, it just resonated with me.

**What is the most important part of your program?** Well first of all that I have a program! Making meetings and making sure my spiritual contact is in tact. To be a spiritual person you have to do spiritual things. You can lose it at any time and I know what a gift it is. My HP is crazy about me. He walks with me. There are so many things that happen where I know I am being used as an instrument or I am just in the right place at the right time. You just have to pay attention.

**What is your favorite slogan?** Live and let live. Because I enjoy the freedoms of being sober. I’ve learned not to criticize or condemn anyone for doing the best they can.

**What is your favorite step?** Step 1. It took me a while to admit that I was as bad as I was. I clung onto step 1 in the beginning when I was on crutches and couldn’t get to a meeting. I knew if I just didn’t drink and put one foot in front of the other I would be ok. I did stupid things like go to bars

and drink soda. And someone said that I could die doing that. She said it isn't an endurance test. You don't have to prove to anyone that you can stay sober.

**What has changed in A.A.?** They don't holler across the room anymore. They aren't as rigid now, which is good. There is more women, thank goodness. The sociability has changed. We used to have 3 dances a year. We would have over a hundred people there. It was so nice to watch people come together and watch new comers realize that they can have a good time sober. We used to go to a diner after every meeting. Even if I missed the meeting, I knew I could go to the diner and see everyone. People would help each other more with outside things like moving and things like that. They aren't as community oriented as they used to be. I had so much fun then that I thought I was doing something wrong. Super bowl parties, bowling, all kinds of stuff. I went to a wedding one time with some sober friends and we had such a good time that the matre de offered to call us a cab because he thought we were all drunk! We also always had a newcomer with us everywhere we went. We kept them so busy that they couldn't think about drinking. They need to know how to live sober and I don't see that anymore.

**What do you think of Zoom meetings?** I love them. I'm so pleased that it is a tool that is available to us. It has it's challenges like my HG didn't know you could turn people away that you don't know so our first meeting we had 2 naked men show up on the screen! Once we figured that out, we haven't been zoom bombed since. I love face to face meetings but this is a pleasant alternative. It's not the same as in person, but, it's where we are right now and I have to accept it. Acceptance is a gift of being sober. There is a lot of people getting sober this way and that is by the grace of God.

**What advice would you give a new comer?** Find a HG where you are comfortable and get into service and learn to live sober. Having a safe place that you can go to. Sponsorship is important too. That is all about building relationships. We aren't good at that when we come in. Learning to open up and share. My sponsors have had a big impact in my recovery. I had one that was an old marine. When I came in it was mostly men so I had one as a sponsor. He introduced me to an AA that I had never known. He took me to meetings all over the 5 county area. He introduced me to the fellowship. My first sponsor introduced me to service. Once I got exposed to AA, it kept things alive. I would travel when I was in service and go to all kinds of conventions all around the world. Get your hand up and let people know who you are and get out there and see what AA has to offer!



# Through the Eyes of Newcomer



Hi everyone! I can say that as I am writing this I am learning to be happy joyous and free. When I first came into the fellowship, I thought it was going to be like a magic show and the AA wand would wave over my life and POOF all my transgressions, selfish decisions and self harming would magically go away. That is not what they promised. But they do have amazing promises that are revealing themselves. And i say revealing themselves because I have to be willing to look for them and be humbly thankful for them. I have learned that the steps are an everyday reward. They are work but I find myself wanting to do them. I see the results...its progress. I am seeing others new to the program learning to see themselves again and even care for themselves. That is the most beautiful thing. I was asked to chair

a meeting next Saturday and its the first one since my relapse. I was encouraged by my FRIENDS to speak. That touches me. This AA fellowship is a living breathing organism that I see pumps life and sustaining energy into those that saw no way out of their minds, their mental illnesses and their hurt. I have someone in my life who on Sept 10 will celebrate 1 year clean and sober and growing. I have watched him reach out for help, put the work in, faithfully attend meetings and try new approaches that don't necessarily come naturally to his personality. I am inspired by this person. We don't always see eye to eye but we do know that these meetings have saved us. Most of all, allowed him the one thing that mattered...being with his beautiful and smart and funny daughter, who lights up all those she meets. And now she has her daddy. Mental illness, substance abuse, unsuccessful relationships, all of these he willingly surrendered to a higher power while taking suggestions offered, thats all that was asked. I am so proud, but I also want that for my life, and amazingly its possible. To those with 30 days or less and most especially with 24 hours or less....we are here for you. You don't have to sit in the darkness, even if you created it or feel you deserve it, and even if your not sure your ready or able to leave it. We are here. I am here. I will hold your hand until you are ready to stand. And if I cant, maybe I know someone who can. Thru the eyes of a newcomer and from the bottom of my heart...We will welcome all who have a desire to quit drinking...one day at a time.



# Fellowship Corner



***NOTHING  
CHANGES IF  
NOTHING  
CHANGES***

Hosted by: *Districts 6&7*

Please join us for a Virtual ZOOM Workshop, discussing Change within AA Past, Present, and Future.

There will be 3 amazing speakers, as well as: games, prizes, a virtual raffle, and Q&A sessions.

- “Past” speaker: Sheila D. from Newark, DE
- “Present” speaker: Ilir T. from Dover, DE
- “Future” speaker: Jordan B. from Newark, DE

Please feel free to pass this along and join us for Food (virtual of course), Fun and Fellowship!

**OCTOBER  
10, 2020**

**@ 10 AM**

**MEETING ID: 812 6763 7550  
PASSWORD: 523709**



# 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

# PEACE of Mind

Last month I was so inspired at Danielle's article and the peace of mind she felt. I thought it was important to highlight the fact that you can achieve the gift of peace through sobriety. So, I asked all of you to share your ideas of what peace meant to you. Here are your responses. Thank you all for your service!!!

~ I find peace in my music. - J.J.

~ This was one of my first experiences of Peace while in the fellowship, pretty early in recovery: I was floating in a pool with some friends from my homegroup. Sunny, blue sky day, perfect temperature with a breeze. I was looking up at the sky with some birds "floating" in the sky, too. I just felt so content that I shot up a "Thank you" prayer to my HP. It was the first time in a day where I wasn't "thinking about drinking" and I wasn't "not thinking about drinking." I was just me. I pull up that fond memory whenever I'm down or jammed up or grateful. It was just so peaceful and relaxing. Almost like the weather today! - Brendan D

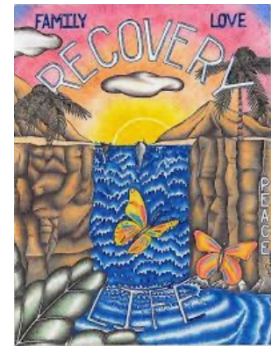
~ Peace to me is a quiet head. A place where I can be still and trust the power. In the power there is peace. - Courtney M

~ For me peace looks like a place where we don't judge because of race, religion, or political party. Peace is a safe place where I can go to talk about whatever I need to talk about, without fear of repercussion or nasty feed back. Peace is a fun place that I can go to. Where I can dance, sing, laugh. Just cut loose without a care in the world... - Brian G

~ Just the word Peace itself makes me feel comfort. Peace to me is fully trusting in God. When I feel worry, sadness or upset & I sit in quiet praying & truly turning things over to God, it brings me peace knowing that everything is going to be ok. Even if it's not what I want, I know God will get me through it without picking up a drink. Lately I've been going through some pretty tough stuff, but I feel more at peace because I've learned how to let go & let God. Amazing how it works! - Lisa H

~ Peace to me is a calmness that radiates over my body while sitting in the summer's sunshine. It is attained by watching the beauty of GOD's divine. The birds, butterflies, dragonflies, bumble bees and the flowers in the garden. It is the lush green trees stretching their branches to the heavens. I sit in the quiet, I thank GOD for his creation. It is a moment I love to recreate, over and over again. It is a quietness in my heart, a contentment with life. It is a blessing....Peace. - Denise M.

~ When I think of peace I think of the demons and chaos being gone and being left with this inner calm and quiet! Your body, mind, and spirit are one and work together! - Megan U.



# 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

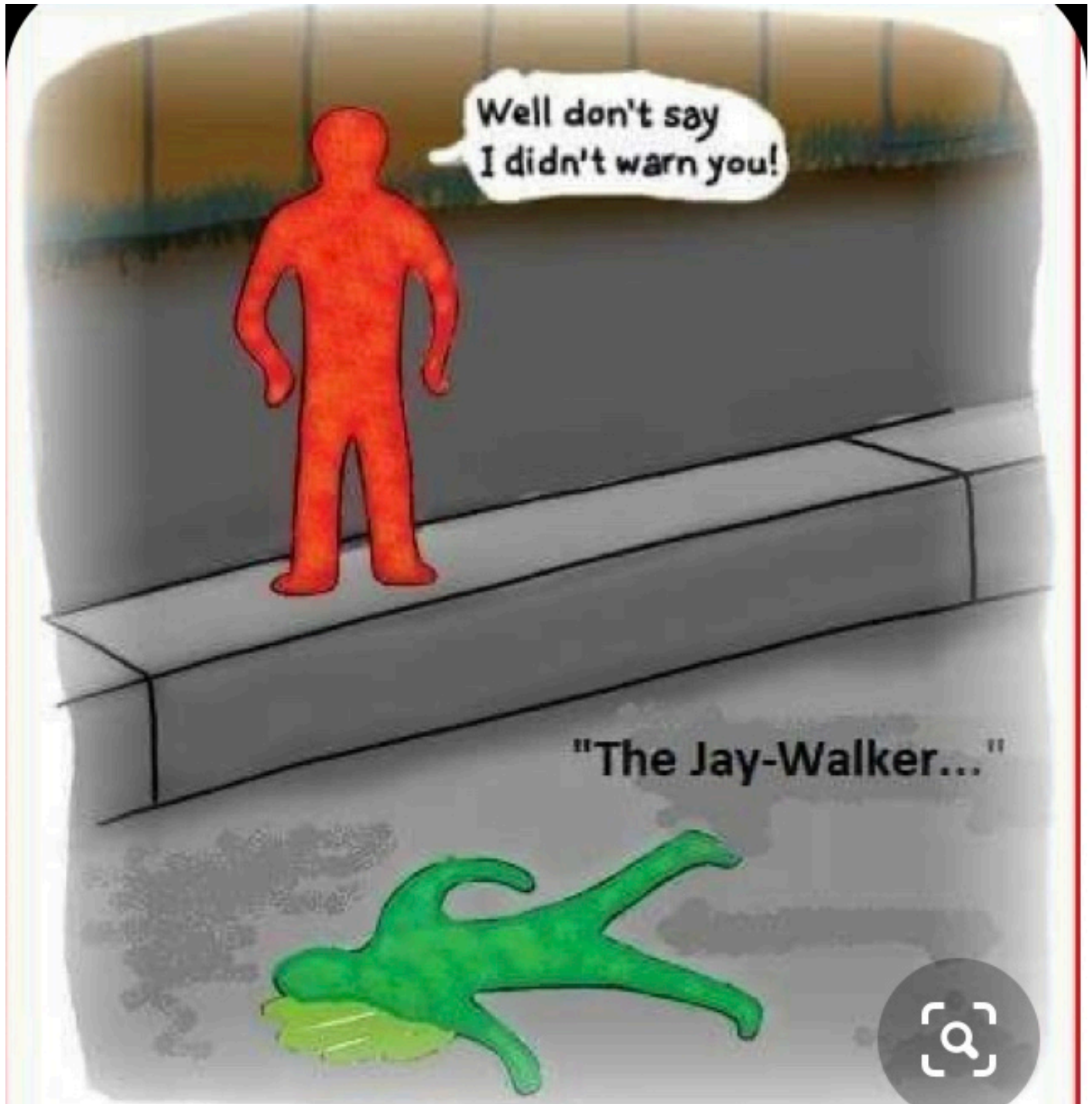
Kerry O. 04/20/08  
Laura R. 6/21/95  
Leslie D. 2/20/1990  
Liza F. 1/20/05  
Marilyn M. 6/26/99  
Marie R. 9/6/83  
Mary Ellen S. 1/24/10  
Melissa S. 06/23/08  
Mike M. 4/20/91  
Nancy V. 2/21/05(Deceased)  
Patricia K. 12/17/87  
Patsy M. 1/6/88  
Phyllis M. 03/09/88  
Sally C. 10/15/95  
Shirley 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	_____

## Rule 62





WHO'S AWESOME?

You're awesome!