



COFFEE POT TALK



NDIAA NEWSLETTER



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Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.

— Ralph Waldo Emerson

NOVEMBER IS
OUR MONTH OF
GRATITUDE!

GIVE THANKS!

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.

Henri Frederic Amiel

It doesn't matter if the glass is half full or half empty. Be grateful that you have a glass and there is something in it.

GRATITUDE
Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there's always something we could be grateful for.

IT IS NOT HAPPY PEOPLE WHO ARE THANKFUL. IT IS **THANKFUL** PEOPLE WHO ARE **HAPPY**.

Feature Article

By: Allison F.
Sobriety date: 7/12/15

In Alcoholics Anonymous I always hear that willingness to change must be followed by action. I am good at rationalizing why change can't happen NOW. The reason for this is rooted in fear. Before I got sober my pat response when someone suggested I do something would be "I know". I seldom moved from knowing to doing.

In the Summer of 2019 I had to face the fear that goes with having surgery on my wrist and foot. As a teacher, Summer, although greatly anticipated, was often difficult for me because I had more time available to hang out with the committee in my head. While I was taking action to take care of my physical self, I also knew that maintaining my sobriety and serenity were crucial.

After my surgery, I wouldn't be able to drive myself to meetings. Meeting attendance had been paramount in my recovery and now I had several choices: be dropped off, not go at all, or pick up the one hundred pound phone and call someone to take me. It wasn't an option to skip meetings. I had to let go of my fear and ask another alcoholic for help.

Although ZOOM meetings are a great alternative now, fifteen months ago I didn't know they existed! To my surprise, when I asked for rides I was not turned down. I found it to be true that our primary purpose is to stay sober and help other alcoholics. These women assured me that when they helped me, they helped themselves. To this day, reaching outside of myself to help another alcoholic always helps my recovery.

Looking back, I can't remember what happened first, getting rides to meetings or starting a Big Book study. It seemed like a good idea to have meetings brought to me. I took the risk and asked some women if they wanted to be a part of this group. To my surprise, quite a few women say YES! It was a wonderful experience. We shared phone numbers and got started. Honesty, openness, and willingness followed at our weekly meetings. Through sharing our experiences, strengths, and hopes we worked through the first 164 pages of the Big Book. We worked on staying sober together. When I was able to drive again the meetings moved to others' homes. These women then shared the joy which occurs when you take action by welcoming others into your home. Doing what was necessary to preserve MY sobriety, resulted in a WE effort to stay connected and plugged in to the program and its gifts.

For a few 24 hours now, I've learned the program is most successful when I take action and use the tools suggested at meetings. Go to meetings. Share at meetings. Listen at meetings. Share phone numbers and call or text others. Read the literature and work through the steps. Pray to your higher power. Work with a sponsor. Do service. Treat the program as the verb that it is and put in the work. If you take action you just may find yourself feeling happy, joyous and free.



Our principals

Step 11: "Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition 11 "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

Concept 11: "The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

Literature Spotlight



News and Notes from the General Service Office of A.A.®

www.aa.org

Box 459 ...News and Notes from the General Service Office of A.A.

Perhaps you are aware that November is Gratitude Month in Alcoholics Anonymous. As I pondered which piece of A.A. literature to highlight this month, I stumbled across the October/November 2000 issue of **Box 459**, A.A.'s once bi-monthly, now quarterly news bulletin. Its lead article, titled: *Gratitude Month – Our Chance to Say Thank You*, caught my attention. (More about Gratitude Month later.)

And so, Spotlight on Literature for the month of November will focus on **Box 459, ...News and Notes from the General Service Office of A.A.** Unless you have held a service position such as Intergroup Representative (IGR), or General Service Representative (GSR), this is possibly the first time you have heard of the publication, **Box 459**. It has been around for over six decades, and takes its name from A.A.'s address: P.O. **Box 459**, Grand Central Station, New York, NY 10163.

Along with a number of timely and interesting articles, such as the Gratitude Month item mentioned above, **Box 459** includes information about A.A. service, literature, events, and also sharing from groups, service committees and individual U.S./Canada A.A. members. In addition, **Box 459** introduces newly elected and appointed Class A (non-alcoholic) and Class B (alcoholic) Trustees and GSO office staff.

Box 459 concludes with the *Box 459 Bulletin Board* which lists a calendar of A.A. events in the United States and Canada. Any member can submit an A.A. event with the date, name, place, and contact info to GSO for inclusion in the Bulletin Board.

Box 459 Subscription Information: Individual, \$3.50 per year; group, \$6.00 for each unit of 10 per year. Check—made payable to A.A.W.S., Inc.—should accompany order. Mail to P.O. Box 459, Grand Central Station, New York, NY 10163. To have issues delivered directly to your inbox, register your email on the A.A. Digital Subscription Service on G.S.O.'s Website, aa.org.

Now, getting back to Gratitude Month, a brief history of this phenomena as found in the article, *Gratitude Month – Our Chance to Say Thank You*, follows.

The first official recognition of an A.A. Gratitude Week, specifically designed to coincide with Thanksgiving week in the U.S. (Canada celebrates in October), occurred in 1956, when the Sixth General Service Conference approved the motion, stipulating that "this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support A.A's worldwide services." Three years later, Bill urged in a letter, "Gratitude should go forward, rather than backward... if you carry the message to still others, you will be making the best possible repayment for the help given to you." (As *Bill Sees It*, p. 29).

And so, Gratitude Month was born and the tradition continues to this very day. How can we ever reimburse Alcoholics Anonymous for giving us the opportunity to reclaim our lives? And, more importantly, how can we be assured that the hand of Alcoholics Anonymous will always be there for the still suffering alcoholic, inside and outside of the rooms, albeit virtual at present, of Alcoholics Anonymous? When possible, I strongly suggest that you 'pay it forward' by financially supporting our Intergroups, Districts, Areas and the General Service Office of Alcoholics Anonymous. Continuation of the spiritual nature of our fellowship depends on both your good will and your cash. Happy Thanksgiving!

Love and support in service,
Sheila D.



Staying Sober during Thanksgiving:



Courage to Change (Jesus House),
would like you to
join us for the 17th Annual, 2020



Thanksgiving Day Alcothon

(November 26th)

Since we are unable to have
our regular feast & fellowship this year,
We thought we could still provide:
Meetings throughout the day,
and fellowship in between using ZOOM.
The meeting room will be open from 9:30am to 9:30pm,
so we can talk, listen and relax.

Meeting Schedule

All meetings will be Speaker/Discussion,
and will be hosted by:



10am - Saturday Solution

12pm - Second chance

2pm - AA Basics

4pm - Vent-A-Lators

6pm - Sisters in Serenity

8pm - Courage to Change



ZOOM INFO: If you don't have Zoom already, you can type ZOOM in your search bar, and click on the Zoom Meetings website.
Find "join a meeting" and click on it. You'll be asked for an ID #, then for a password.
After entering the info, you should be good to go!

ID: 821 0687 1793

Password: 887 539

Happy Thanksgiving! From All of Us at Courage to Change!



1. Start a Gratitude Jar

Every day, write a few things you were grateful for on a slip of paper, and put them into a gratitude jar.

When you're feeling down, open up the jar and read some of the things you are grateful for to cheer you up.

2. 5 Experiences a Day Gratitude Journal

It's easy to be grateful for material possessions, but this exercise will get you thinking more and more about the interactions and experiences you have each day. Get a little notebook, and at the end of the day jot down 5 of the best things that happened all day long! They could be your own experiences, or something that you witnessed happen to someone else that made you feel happy. This will help you notice goodness all around you!

3. Make a Gratitude Tree

This is a really great exercise to do with kids! Tape a big poster of a tree up on your wall, and every night at dinner time, have everyone in your family write something they were grateful for that day on a paper leaf, then tape it up to the tree. It's a great way to engage children, and to help them recognize all that they have. [We did this a couple of years ago](#), and it was absolutely wonderful! By the end of the month our tree was full, and to this day at dinner time, they always want to say what they're grateful for.

4. Daily Meditation/Reflection

One of the best ways to tap into gratitude is to spend some time each day in quiet meditation. Do this every morning, and you'll be sure to find lots of things throughout the day that speak to your soul.

5. 1 Thing You're Grateful for a day Gratitude Journal- Get Specific!

If you want the most Return on Investment on your gratitude practice, you need to stop being too general. Instead of simply listing one thing you're grateful for a day, dive into the details. Instead of saying "I'm grateful for my husband", come up with 5 reasons why you are grateful for your husband.

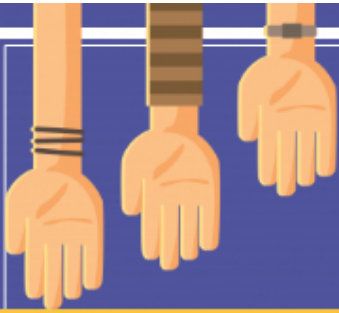
Write a paragraph or two. What has he taught you? How does he serve you? What do you love most about spending time with him? Once you dig a little deeper, your gratitude will really grow.

6. Write a Card or Send a Text Every Day of the Month to Someone You are Grateful For

One of the best ways to show gratitude is to thank the people in your life that make it so good. Take a few minutes every day this month to express love and appreciation for the many different people that have touched your life or helped you become a better human being. It could be your child's teacher at school, an old childhood friend, or your grandma. The sky is the limit, and this exercise will get you reflecting on your life experiences.

7. Take a Photo Every Day of Something You are Grateful For

If writing isn't really your thing, that's okay. Photos can tell a lot about us! Take one photo a day of the things going on around you that bring you gratitude. Post it on social media, or simply create your own photo journal to turn to when you need a boost.



VOLUNTEERS NEEDED!

**In need of men and women volunteers to speak on
Zoom for Smyrna Correctional Institution.
Speakers have approximately 20 minutes to speak,
related to a corresponding Step for the week.**

Interested volunteers can arrange to
attend a Zoom meeting ahead of time
to get a feel for the format before
they are added to the calendar.



**No Background check needed!
The Zoom Meetings are Wednesdays,
6:30pm-7:30pm
Step/Discussion Meeting**

**If interested, please call or text the NDIAA Corrections
Chairperson Gaye S. 931-220-8916 or the Kent County
Corrections Chairperson Pam 302-747-6079**

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....Into Service

The pandemic and politics are both outside issues and discussing them would be a violation of Tradition 10 - "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy." I am a believer and follower of the traditions so, I will not do that. I will focus instead on Tradition 5 -

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers." I have heard all over the news one common message - Alcoholism and addiction is on the rise. With a lot of meetings being virtual right now (although some groups have started in person meetings again), it is easy to isolate and we all know how deadly isolation is for Alcoholics. There are countless reasons why this disease is growing among God's children but, it is up to us to educate people on this issue. We can do this without violating Tradition 11 - "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films." How? Simple. A.A. has a committee specifically designed to tackle this subject. It is the PI/CPC committee and Intergroup needs your help in supporting this committee. I am doing something a little different this month for this column and featuring the PI/CPC (Public Information/Cooperation with the Professional Community) committee so that all can educate themselves and hopefully be so moved as to call Intergroup and be of service by participating on this committee. Please see information below about this committee. All excerpts have been taken directly from the A.A. Guidelines document (available online at aa.org).

Taken directly from the A.A. Guidelines:

P.I. — The purpose of P.I. service work is to provide accurate A.A. information to the public when requested. P.I. committees visit schools, businesses and community meetings for this purpose. They also serve as resources for our friends in the local media, emphasizing our Traditions of anonymity, singleness of purpose and non-affiliation, as well as offering A.A. public service announcements to radio and television stations.

C.P.C. — Members of these committees provide information about A.A. to those who have contact with alcoholics through their profession. This group includes healthcare, E.A.P. and H.R. professionals; educators; members of the clergy; lawyers; social workers; military professionals; government officials; and those working in the field of alcoholism. Information is provided about where we are, what we are, what we can do, and what we cannot do.

C.P.C. KIT AND PAMPHLETS

The C.P.C. Kit contains information on all aspects of C.P.C. service, including the C.P.C. Workbook. The kit also includes guidelines, literature catalog, pamphlets, the DVD “A.A. Cooperation with the Professional Community” — which contains videos directed to H.R., E.A.P., Legal, Correctional and Healthcare professions — copies of Box 4-5-9 (which may include a section on C.P.C. news) and About A.A., our newsletter for professionals, along with a sign-up card. It is suggested that the basic “text” for C.P.C. committee members is the Conference-approved pamphlet “How A.A. Members Cooperate with Professionals.”

Most C.P.C. committees have found it helpful for each member to have a personal copy of the Cooperation with the Professional Community Workbook. G.S.O. furnishes a C.P.C. Kit to the area committee chairperson at no charge. Additional Kits and Workbooks may be purchased.

The C.P.C. Workbook and C.P.C. Kit contents are available to read, download and print a single copy from G.S.O.’s A.A. website www.aa.org through the “A.A. Service Committees” portal (click on “For A.A. Members” from the home page).

A.A. WEBSITE

G.S.O.’s A.A. website (www.aa.org), which is available in English, Spanish and French, has been successful as a C.P.C. tool. We have received positive comments from many professionals interested in Alcoholics Anonymous. We invite you to visit the website and provide information about it in your C.P.C. presentations. Look for service material used in C.P.C. work in the portal labeled “Cooperation with the Professional Community Committees” in the “A.A. Service Committees” section (click on “For A.A. Members” from the home page.) Helpful contents of the website are:

- Link to “What Is A.A.”
- A.A. Cooperation with the Professional Community videos directed to H.R., E.A.P., Legal, Correctional and Healthcare professions.
- The A.A. General Service Conference-approved A.A. Fact File.
- Conference-approved pamphlets and the Big Book, Alcoholics

Anonymous.

- Link to search function to find closest A.A. office, answering service or website with meeting location information.
- List of Central Offices/Intergroups/Answering Services in U.S./Canada. • List of international general service offices and intergroup/central offices. • Anonymity letter and video to the media.
- Information on A.A. (service piece).
- The A.A. Guidelines.

- Link to AA Grapevine/La Viña website.
- “For Professionals” portal, which includes an email response form for requesting additional information.
- About A.A., newsletter for professionals. Not only is the current issue available online, all issues since 1970 can be located at G.S.O.’s A.A. website organized by date or topic. Your committee is welcome to print copies of the newsletter from the website and make copies for C.P.C. events. Professionals and A.A. members can sign up to receive About A.A. (as well as other periodicals produced at this office) via email. Bringing a laptop or mobile device to presentations offers the opportunity for those interested to sign up on the spot. Go to G.S.O.’s A.A. website at www.aa.org and click the link on the homepage labeled “G.S.O. Newsletters” and follow directions.



2 Drunks and a Cup of Coffee

Karen B.

6/25/88



This program is awesome and if you have a few 24 hours and think to yourself - "I have enough numbers in my phone", think again. It is always so refreshing to have a one on one conversation with someone you didn't know before. I reached out to my friend Toni and was asking her if she knew any longtimers that I could interview and she gave me Karen's name. (Toni - Thanks sis, she was awesome!). So Karen and I had a wonderful chat on the phone. After the interview, we sat and chatted a little longer and I got so much out of what we talked about. I have been feeling disconnected with these Zoom meetings. I miss the warmth I get when I walk into a room of Alcoholics Anonymous, the sound of the laughter and chatter from down the hall. The hugs, the social conversations, the smell of coffee in the air. But in the end, she helped me to realize something - there are newcomers getting sober through Zoom. They are attending their first meeting and coming back in Zoom. The truth of the matter is - if I didn't have Zoom, I may have had a drink by now. So, this interview helped me a great deal and I now have a phone number in my contact list that I would not have had if it had not been for my good friend Toni. I knew that Toni had a good program therefore; I knew she would surround herself with other people who have a good program. So, after all of my babbling above, it all boils down to this - if you hear someone in a meeting that shares something that warms your heart or helps you realize something about yourself or your life, send them a message and ask them for their number. I bet they give it to you! After all, that's what we are here for right? To help the next sick and suffering alcoholic. I love you all - you crazy alcoholic sisters and brothers of mine. Enjoy the interview.

How did you find A.A.? It was recommended that I try a meeting. So I went and I was drunk as a skunk. Everyone was laughing and joking with each other and I just couldn't see that in myself so, I went back out until I came back on 6/25/88.

What is your favorite chapter in the Big Book? I like "We Agnostics". I am not an Agnostic but, I love the line where it says "We missed the reality and the beauty of the forest because we were diverted by the ugliness of some of its trees." Also, it talks about the Bedevilments which can be a daily wake up call for me. I love on page 53 where it says "God is either everything or He's is nothing. He either is or He isn't. What was our choice to be". And finally, on page 55 it says "Actually we were fooling ourselves, for deep down in every man, woman and child, is the fundamental idea of God." There are just so many good things in this chapter!

What is your favorite step? Step 7. To me it is very caring, it's like a warm blanket. When I ask for humility, I know what I am dealing with regarding my defects, and it just makes me willing to let things go according to my Higher Power's will.

What is your favorite slogan? One day at a time. When I first came in I couldn't get sober so I broke the day into 4 hour increments. It can even be one hour at a time. My brain just processes that easier. This too shall pass is another good one. It gives me strength and hope knowing that I have no control but also knowing that somebody does, - some how, some way.

What is the most important part of your program? Prayer, connecting with my Higher Power throughout the day, not just in the morning or night but, throughout the entire day. Meetings are another one, staying in contact with people. The fellowship is so important because for me, when I go to a meeting, I know who is going to be there, I have that connection. In the same turn, when I think about you, I can't be thinking about me.

What was the first piece of advice you received? Keep coming back. Initially I couldn't get sober so, I just kept going to meetings and sharing that I got drunk again and again. People still accepted me so, it just stuck. I just kept coming back!

What advice would you give a newcomer? Keep coming back. With that I mean eventually it comes down to the fact that we are worth it. When I came in I didn't believe that but, when I kept coming back, I saw the miracle, I saw hope.

What has changed in A.A.? It is a lot softer. When I came in they would say things like "Take the cotton out of your ears and put it in your mouth" or, "We don't care what you think" and of course "Just do what we do". It was bare bones. Life is just different now. Technology is a big part and even though it seems like we are connected more, I think we are actually connected less.

What do you think of Zoom meetings? I like them. The first couple months of the pandemic I got a little scared. You have friends and literature but no meetings. I was glad when zoom came along. I go to about 5 or 6 meetings a week. One of them is an open meeting in person, it is just stronger for me but, all others are on zoom.





Stone Cold Sober

I called an AA friend this week and asked how she was doing. “Terrible,” she informed me. “I’m digging out my acceptance literature now.” As sorry as I was that she was feeling bad, I was excited that I have surrounded myself with people who use the tools of the program. It also made me feel less alone because if there has been one single serenity and sobriety issue in my life it has been acceptance, or lack thereof.

Two of my least favorite slogans, because they are such a challenge for me, are *Live and Let Live* and *Life on Life's Terms*, both of which require me to accept people and situations as they are, not as I'd like them to be. I have a 3 x 5 index card taped to my bureau that says, “I don't have to like it, I don't have to approve of it, but I have to accept it.” This for me, and many people I suspect, is a tall order and a high bar set.

Let's face it, I want things my way. I am fearful of losing what I have and not getting what I think I need. I want people, places, and things to be the way I think they should be. The program tells us that sometimes our Higher Power says yes to our requests, sometimes no, and sometimes, not yet. Others tell me that our Higher Power may say yes, no, not yet, or “I have something better in mind for you.” Well great when the answer is yes, but what about when the answer is no? Not not yet, not something else, just no. This is when my faith gets shaky and I start to doubt. This is when I must accept that this is a Higher Power not always of my understanding. Gut level, hard core, stone cold acceptance - easier said than done.

One of my darkest times in AA was when someone I love was circling down the rabbit hole of addiction. After a near-death experience, I shared at a meeting, and three people came up to me afterwards and said, “nothing in God's world happens by mistake.” Really? Did this Higher Power really want and plan for this person to suffer and die the horrifying death of addiction? I was so angry that I stopped going to meetings for a while. Then the friend, the same one who was having a terrible day, told me that I am not only living in a Higher Power's world but also in man's world. Somehow that spoke to me. I then did a 5th step with a religious professional (not of my religion) who said it was not our Higher Power's will for this person to suffer and die. I patched myself back together and went back to meetings. This is still my biggest sticking point with the program, and something I may always struggle with, but I need all the rest that AA has to offer.

I also have learned the hard way to accept that acceptance is the answer to all my problems. Life would be easier for this alcoholic if anger or worry was the answer, but alas it is acceptance. It has been proved to me time and time again that I cannot find happiness until I find acceptance. We say the Serenity Prayer constantly, sometimes to the point where it can become rote. I need to focus on what I am saying and praying every time, “grant me the serenity to ACCEPT the things I cannot change.” The very long list of things and people I cannot change.

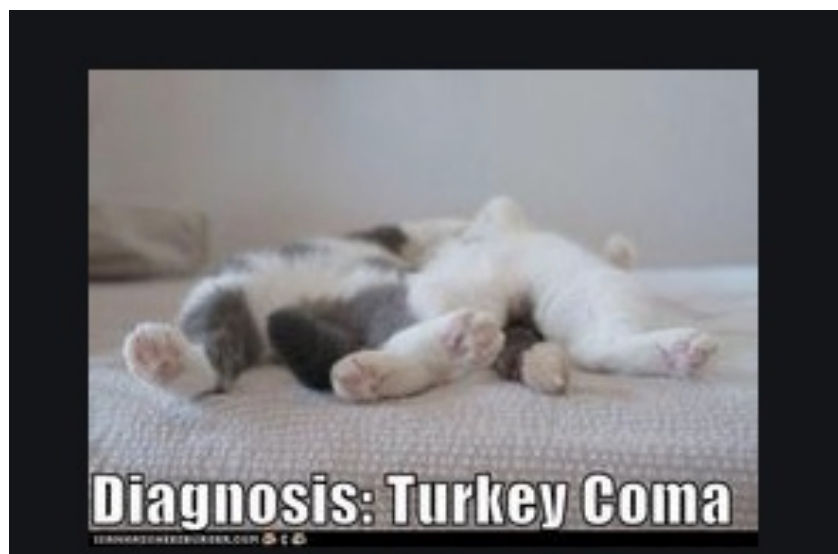
In 1966, Bill Wilson wrote a letter explaining: “Too much of my life has been spent dwelling on the faults of others.” Isn't that the truth! How many of us are experts at taking OTHER people's

inventories, and taking focus off our own? Bill goes on to explain, “This is the most subtle and perverse form of self-satisfaction. . . . Too often we are heard to say, if it weren't for him (or her), how happy I'd be!” And like it or not, this is my thinking. If only I had a magic wand and could change people, places, and things, I would be happy - forgetting that happiness is an inside job that starts with acceptance. When I do not accept, and take other people's inventories, I need to remember that even a well-polished resentment can get me drunk. I also need to avoid self-pity when I don't get my own way, poor me, poor me, pour me a drink!

So, my friends, I will continue to work on acceptance, grateful that our program is based on progress not perfection. Bill summed it up beautifully in a 1962 *Grapevine* article, “We neither ran nor fought. But accept we did. And then we began to be free”.

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, the faith that it works, and the patience to let it.

In fellowship, Maria



Rule 62





Through the Eyes of Newcomer

This month I have begun making amends. There is a lot of apprehension that comes along with that. It's not an easy task to not only admit the hurt you and your addiction caused but to also put yourself out there to hear that they are not ready or not willing to discuss the past.

I am the type of person who rationalizes and justifies their actions simply because guilt and shame are too heavy to carry let alone face head on. The beautiful thing is that I am learning that I am a work in progress. Every time I attend a meeting and open up my heart to others who suffer from addiction, mental illness, depression, PTSD, I am given the gift of not feeling alone. I see the strength and understanding in the eyes of those around me. Listening to the sharing of those brave enough to face the past with courage and the future with hope helps me with facing my own demons. That's the gift of Alcoholic Anonymous. The realization that every person makes mistakes. But, with my Higher Power and the fellowship and friendship of those in the rooms with me, I have a chance to be a part of something bigger than myself.

I do not know if the people that I have harmed or disappointed will ever want me in their lives or even be able to forgive me but, I do know that with the tools that I am learning by attending meetings, sharing, reading my big book, being of service to those who know the pain of this path, I can do the next right thing and get another day facing life sober. That is a gift I will never take for granted and will happily share with anyone who needs it.

In Service
Danielle R.



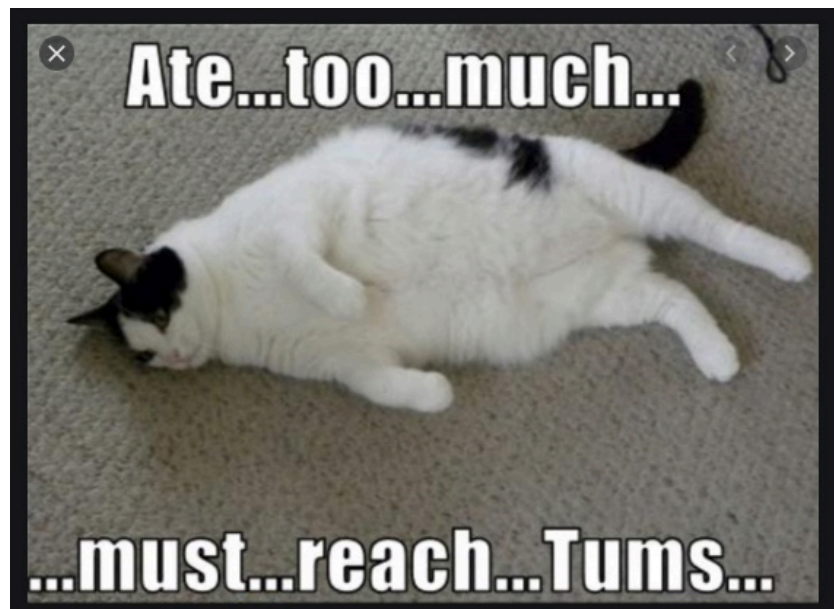
New Meetings

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



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	_____

BE POSITIVE

GRATITUDE, LIKE FAITH,
IS A MUSCLE.

The more you use it, the stronger it grows, and the more power you have to use it on your behalf. If you do not practice gratefulness, its benefaction will go unnoticed, and your capacity to draw on its gifts will be diminished. To be grateful is to find blessings in everything. This is the most powerful attitude to adopt, for there are blessings in everything.

~ Alan Cohen