



COFFEE POT TALK



NDIAA NEWSLETTER



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New Column for the New Year

Happy New Year family!!!! I was thinking about what I want to improve in my program this year. There are plenty of things that came to mind: attend more Zoom meetings, keep an open mind, treat all of God's children with respect and dignity, and much more. There are always things to improve upon in my life with God's help. But there is something that I need help with that can come from my fellow alcoholics. That is something I was never good at - asking for help. My Ego just gets in the way. Well, I need help with something very important - learning and putting into practice the other 24 principles of A.A. (The 12 Traditions and 12 Concepts) So, I reached out to my friend Brendon, who always impresses me with his knowledge of these principles, and I asked him for help. Hence a new column was born. I would like to welcome Brendon M. to the NDIAA Newsletter Team. I look forward to reading his take on the Tradition and Concept of the month in each edition. Thank you for your service Brendon!

Our Other 24 Principles

In this article, we will discuss the A.A. Tradition and Concept of the month. The main hope is to help us all, myself included, grow in "Understanding and Effectiveness." As the writer of this article, I feel it necessary to clarify that I am by no means an expert in our Traditions and Concepts. All that I have to share is my own experience and the literature that has helped me. I eagerly suggest reading up and discussing anything with your sponsor that you feel does not reconcile with our literature. I will do my utmost to make sure I note any A.A. Conference Approved Literature that I reference.

Tradition 1: "Our common welfare comes first; personal recovery depends upon A.A. unity."

In our first legacy, "Recovery," we find the message in the 12 steps as outlined in the first 164 pages of the Big Book of Alcoholics Anonymous. Then, in our second legacy, "Unity," we have the 12 traditions. As others told me in a traditions & concepts workshop, "the 12 steps are the message, the twelve traditions protect that message, and the twelve concepts perpetuate the message". So if the 12 traditions are ways to keep us unified and protect the A.A. message, I have to ask myself why we need to be unified and from what does the message need protection?

Before getting sober and becoming a part of A.A., my life was continuously getting smaller and smaller. As people had to, for their self-preservation, back away from me because of the chaos that followed along with me everywhere, I gradually found myself more and more lonely. I always want to be a part of life but felt unable to connect or too ashamed to show my face around people, or sometimes just too violently anti-social, whatever the day brought about. In the Big Book chapter "A Vision For You," it says, "he will know loneliness such as few do," and that was my experience at the end of my drinking. However, with God's Grace rendering me sober and being able to approach the

Our principals

Step 1: "We admitted we were powerless over alcohol - that our lives had become unmanageable."

Tradition 1 "Our common welfare should come first; personal recovery depends upon A.A. unity."

Concept 1: "ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship."

program of Alcoholics Anonymous, I found a home. I found people who understood the way I felt, thought, and drank. I connected with people at last.

When I think of the importance of unity, there is a paragraph that "hits home" in the pamphlet, *A.A. Tradition, How it Developed*:

"Since personal calamity holds us in bondage no more, our most challenging concern has become the future of Alcoholics Anonymous; how to preserve among us A.A.'s such a powerful unity that neither weakness of persons nor the strain and strife of these troubled times can harm our common cause. We know that Alcoholics Anonymous must continue to live. Else, save few exceptions, we and our brother alcoholics throughout the world will surely resume the hopeless journey into oblivion."

For us alcoholics, finding and becoming a part of A.A. is genuinely finding a "safe haven at last." Given that it means so much to all of us who have found a home here, there is naturally a desire to protect it and ensure that it stays, as Bill W. writes in the *12 Steps and 12 Traditions*, "in unity for so long as He may need us." I believe that "I am responsible" to do whatever I can to make sure that the program of Alcoholics Anonymous that was available to me is available for the alcoholic hopelessly wandering through life now, who hasn't entered A.A., and the alcoholics yet to be born. In that responsibility is the need to protect not only things like my own homegroup but also the message of Alcoholics Anonymous. Without the message in the 12 steps outlined in the first 164 pages of the Big Book, none of us would be here. I believe that it would be selfish of me not to try my best to do whatever I can to maintain our unity and protect our message for the alcoholic yet to enter A.A.

As an example, for myself, there is no place that I feel more comfortable and at home than in an A.A. meeting, especially my homegroup. Over the years, I have grown to love A.A. and my homegroup more and more, and because of that, there is a sense of need to protect them. In my first few years sober, my concern was more directed towards others who, in my mind, were going to come into A.A. and my homegroup and mess it all up. In all honesty, I can still have that thinking from time to time. As time goes by, though, the reality of the traditions' principles becomes more and more apparent, and that is that the only person I can protect, and need to protect A.A. and my homegroup from, is my own alcoholic self and my need to play God. I cannot change others, but I can take my inventory and see where I can better practice the principles of our 12 Steps, 12 Traditions, and 12 Concepts to do the best I can to try and safeguard the unity of my homegroup and A.A. as a whole.

Each of the remaining eleven traditions presents us with sacrifices that we can make to try and ensure the unity of our groups and A.A. as a whole. Some examples of these sacrifices are: trying to remain a small servant to the great whole (Tradition 2); sacrificing my desire to be "a channel of saving grace for everybody" (Tradition 5); sacrificing my need to prioritize "money, property and prestige" (tradition 6); sacrificing my desire to be the great promoter of A.A. (Tradition 11). These sacrifices are for the greater good and the unity we seek to maintain in Tradition 1.

Thankfully the early members of A.A. had lots of problems with their groups because out of the early groups' chaos finding their way, the early members realized the need for the 12 traditions. The Traditions are a statement of the past, and as Bill writes in *A.A. Comes of Age*, "They represent the distilled experience of our past, and we rely upon them to carry us in unity through the challenges and dangers which the future may bring."

Concept 1: "Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship."

As I mentioned, it was put to me that, "the 12 steps are the message, the twelve traditions protect that message, and the twelve concepts perpetuate the message,". That being the case, Concept 1 solidifies who is in authority over how that message is carried out to the world.

For many people, one of the most confusing things about the A.A. service structure is understanding who is at the top. Even after a good number of years rotating through positions in A.A. service, I can still find myself prey to the idea that there is a figurative ladder that goes up in A.A. service to some type of "authority." However, that, of course, could not be further from the truth. As my sponsor says, "A.A. is the only place where you come in a big shot, and if you work really hard, you can over time work your way to being a servant."

Our triangle is turned upside down, with our A.A. groups on top represented by our G.S.R.'s (General Service Representatives) who are our A.A. Groups "Trusted Servants" and the representative voice of each group's "Group Conscience." As is plain to be seen and is stated in the pamphlet, *The Twelve Concepts for World Service illustrated*, "this concept is rooted in Tradition Two". The Group Conscience of our A.A. Groups is the ultimate authority in the significant decisions facing A.A. as a whole. Our G.S.R.'s carry our vote concerning matters affecting A.A. as a whole down to our District Committee Members (D.C.M.'s), and further on down to our Area Delegates who are the servants of our Area (Area 12 Delaware). We trust those delegates to vote and make decisions at the General Service Conference with our Area and A.A.'s best interest as a whole always in mind. After which the actions necessary to implement the outcome of those votes or decisions are carried out by the Trustee members of the Conference acting as the General Service Board of Alcoholics Anonymous. Even writing that boggled my mind.

All that being said, I think the main point that becomes evident in this concept is that if we want to have a say in matters concerning A.A., we have to be an A.A. Group connected to A.A. as a whole. To understand the difference between an A.A. meeting and an A.A. Group, I highly recommend reading the pamphlet *The A.A. Group...Where it All Begins*. Within this pamphlet, it states:

"The main difference between meetings and groups is that A.A. groups generally continue to exist outside the prescribed meeting hours, ready to provide Twelfth Step help when needed. A.A. groups are encouraged to get listed with G.S.O., as well as with their local offices: area, district, intergroup, or central office. A.A. meetings can be listed on a local meeting list."

When I first became a member of my homegroup, we were an inactive or "dark meeting," not a group. At that time, we did not have a G.S.R. or an Intergroup Representative. We were not contributing to the District, Area, Intergroup, or to the General Service Office, and we had no connection to A.A. as a whole. The being the case, we had no vote in matters concerning A.A. as a whole, which has great detriments.

As an illustrative example, if there were a vote coming up in the General Service Conference to change the wording in the Big Book of Alcoholics Anonymous, we would not have been able to express our groups' concerns because we did not have a G.S.R. to vote at our district or area level. Of course, that did not mean that we would not have opinions, but we would not have a voice to express our Group Conscience to the A.A. General Service Conference. Which then, if the outcome of such a vote were unfavorable to our group, we would have no one to blame but ourselves because we were not involved.

Thankfully though, after a few years, our homegroup did as we began to grow, not only in numbers but in the understanding of our traditions and desire to be more effective, eventually, vote in a G.S.R. and became registered with the General Service Office. And if I speak for myself alone, I know being in service has brought about some of the best experiences of my sobriety. It has firmly rooted our group's foundation and allowed for newer members of the group to experience the vast diversity, commonality, and most importantly, the unity of or fellowship in a way that they would not have been able to if we were just a "meeting."

Brendon M

Sobriety Date: 02/25/2011

Member at Large, NDIAA

Literature referenced: Alcoholics Anonymous (Big Book); A.A. Comes of Age; 12 Steps and 12 Traditions; The A.A. Service Manual 2018-2020 Edition; The Twelve Traditions Illustrated (P-43); The Twelve Concepts for World Service illustrated (P-8); The A.A. Group...Where it All Begins (P-16); A.A. Tradition, How it Developed (P-17); Concepts Checklist (SMF-91)



Feature Article

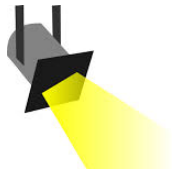
Amber W.

Sobriety date: 6/19/2

THE RECOVERY RIVER

The stars began to burn through a dense fog and fell one by one into a river
The cool wetness carried the lights and some landed on the banks
How they had shone, for all to see, so bright and warm
Some slipped back into the water and drove downward with the current, bringing light to darkness everywhere
I cupped my hands and scooped a star with water and as I sipped from this river of lights, I was filled with warmth from deep inside, right where my seed began to grow
It healed my brokenness and I became whole, important and worthy
The little girl was lit up and she was her Father's princess
The dark canvas left above fell like a cloak around my shoulders and the night air kissed my cheeks
My hair gradually became gray and I knew that I had been given wisdom of something holy
My body felt numb and stiff and then many possibilities of outcomes flashed past my lids
I had been given a gift, inspired to make a difference, yet knowing that it was only grace.





Literature Spotlight



P-43 - Twelve Traditions Illustrated

Based on a Grapevine series; presents both the spirit and the practical application of our 12 Traditions.

As we ring in 2021, an introduction to the **Traditions Illustrated pamphlet**, P-43, along with a resolution to be mindful of their application in recovery, as a member of Alcoholics Anonymous, is the topic of the January, 2021, Spotlight on Literature.

It was quite a few years, sober in A.A., before our Traditions, the second leg of our recovery stool dedicated to group unity, caught my attention. Like some meeting goers, I would groan, or worse yet leave, when stumbling upon a Traditions meeting, foolishly ignoring the glue that holds our fellowship together at the group level. The Twelve Traditions are to the group, as the Twelve Steps are to the individual, and the Twelve Concepts are to the fellowship as a whole. Together, the Twelve Steps, the Twelve Traditions and the Twelve Concepts comprise the thirty-six principals of Alcoholics Anonymous

symbolizing recovery, unity and service, our three-legged stool.

Perhaps you initially became familiar with the Twelve Traditions as portrayed on meeting room window shades next to the Twelve Steps. Or maybe you noticed them listed at the end of the Big Book, Alcoholics Anonymous, in both the short and long forms. In addition, they share the title with the Twelve Steps in the text, **Twelve Steps and Twelve Traditions**. Many step meetings reserve the last meeting of the month to address a Tradition, correlating the number of the Tradition with the number of the month in the year.

So why the groan? If you find the reading of the Traditions a little dry, then the **Traditions Illustrated pamphlet** should quench your thirst. This delightful pamphlet addresses each Tradition with cartoon-like drawings and illustrations that simplify the reasons for, and the applications of, each of the Traditions.

The pamphlet opens with the introduction, **The Twelve Traditions, A Distillation of A.A. Experience**, which provides an historical background for their beginning. In 1946, the trials and errors of the first ten years of A.A. inspired Bill W. to write and introduce each Tradition in the long form via a letter to the fellowship published in the Grapevine, our meeting in print. “Our Traditions are a guide to better ways of working and living,” said Bill W. “Most individuals cannot recover unless there is a group. The group must survive or the individual will not.” In 1950, they were adopted by the fellowship at A.A.’s First International Convention.

Rather than summarize the text of each Tradition as presented in the **Traditions Illustrated pamphlet**, hopefully, a brief description of one of the illustrations or cartoon drawings will whet your appetite for more. Do read the pamphlet and bring it to the next Tradition meeting you attend in

addition to your homegroup business meeting. (All pamphlets may be downloaded from the A.A. website: aa.org)

1. Our common welfare should come first; personal recovery depends upon A.A. unity. The depictions include a line of members holding hands and forming a chain to rescue a drowning individual.

2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. A number of illustrations show an individual who is growing in size while lecturing the group until a giant, labeled, the Group Conscience, places a hand on his head and says “Down Boy”.

3. The only requirement for A.A. membership is a desire to stop drinking.
A large menacing tiger is offered a dish by two smiling members.

4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole. Groups of varied sizes and individuals are portrayed with a person stating:
“And you are a member if you say you are!”

5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. A fisherman, an artist, a secretary, a sailor and a carpenter respond to a cry of HELP! and surround a person in a hospital bed.

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. A group of individuals pull at opposite ends of a rope in a game of tug of war while another person attempts to wear two hats.

7. Every A.A. group ought to be fully self-supporting, declining outside contributions. Ignoring a sign that says “our Primary Purpose”, a person picks up \$\$ falling from the Pied Pipers’ horn.

8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. Awakened from sleep on a rainy night, a man thinks “no one could pay me to go out on a night like this” then responds, “I’ll be right over”.

9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. Busy workers move about a mail room with letters and packages while someone puts pins on a map.

10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Following a share at a podium, a member remarks on a political matter and the room erupts in a brawl.

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.

An illustration titled 'How to Be Anonymous on Television' shows how to position the camera and lights to place the member in a shadow.

12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Members gaze at a large billboard that states:

MCMXXXV ANONYMITY Sacrificing personal ambition for the common good.

And on the last page:

This we owe to A.A.'s future:

To place our common welfare first;
To keep our fellowship united.
For on A.A. Unity depend our lives,
And the lives of those to come.

Love and support in service,
Sheila D





Into Service....

I was a slacker last month and didn't ask someone to contribute to this column for January so, you are stuck listening to me ramble on. I was trying to think of what service positions I haven't covered and I realized I haven't covered Sponsorship, which is definitely an important service position. So here we go:

Emmy K.

Sobriety date: 4/13/12

Home Group: Sisters in Serenity

Service Position: Sponsor

Length of service commitment: As long as God sees fit

Sobriety requirement: There is no formal requirements but it is suggested that the Sponsor has been through the 12 steps of Alcoholics Anonymous.

Service Position Responsibilities: To put the Sponsee's hand in the hand of God - It is that simple. I used to think it was to "Keep someone sober". It was explained to me that I am not that important nor am I that powerful. I can't get anyone sober, I can't keep them sober and I can't get them drunk. So, in my very humble opinion, my responsibility is to take them through the 12 steps of Alcoholics Anonymous and put their hand in the hand of God.

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

For a very long time, I did not want to nor did I sponsor anyone. I always said that I didn't want to be responsible for anyone. I had to keep coming back and listen to the message in order to understand that I am not responsible for anyone but myself. My service sponsor always says "You are responsible for the effort, not the outcome."

My friend, who is a long timer, **informed** me that I was going to a service convention with her in NJ one day. When I came into the rooms, I surrounded myself with long timers and that was their interpretation of "suggesting" lol. They taught me to listen and follow directions so, I went. When we got there, she **informed** me that we were going to be of service and signed us up to be greeters. I hate to admit it but, it was really fun. I met a lot of people from all around the tri-state area and laughed a lot. After we were done with our service work, we went to listen to the feature speaker. He talked a lot about sponsorship and I wasn't really paying too much attention until he told this story about a guy who was taking up a collection for the homeless. He walked through the village and asked for donations. All of the people came out of their homes and gave him what they could spare. When he got to the edge of the village, a woman brought a shopping cart full of all her worldly possessions and said "Here, this is everything I own, please

take it to someone who needs it more than me.” He went on to say “So, I ask you my friends, are you giving what you can spare or are you giving all that you have?” It was at that time that I realized that I was being very selfish and was not giving everything that was so freely given to me. The very next day, a woman that got my name off of a phone list called me and asked me to be her sponsor. From then on, I haven’t stopped.

There is nothing like watching the light come on in a new comers eyes or listening to someone who has a bit of time say “I never saw it like that before.” To see someone find their Higher Power and realize how loved and special they really are. To watch them go through all 12 steps and have a Spiritual Experience. I also realized that every time I take a woman through the steps, I too am going through the steps. I am not just learning a little bit about them but I am learning a little more about me. Sponsoring women is one of the greatest gifts I have received from this program. I owe it all to that long timer who took an interest in a new comer and loved her enough to make a “suggestion” to go to a service convention. As usual, God took it from there.

How has AA Service changed/enhanced your personal sobriety?

My now Service Sponsor introduced me to service several years ago. I didn’t know it at the time but my eyes were about to see a whole new part of A.A. One that was full of love, giving and responsibility. One that taught me about A.A. history and the importance of the other 24 principles of the program (the 12 Traditions and the 12 Concepts). I had no idea that this part of our program existed. It was like a whole new Fellowship lived among me that I had never heard of before.

She brought me to another area’s service convention and I was blown away. As we wandered down the hallways, I found a room that looked interesting. As I walked in, my eyes lit up with joy as I saw tables and tables of archives showing the history of Alcoholics Anonymous. I followed the archivist around for an hour asking him questions and he knew the answers to them all. I was amazed. We went to the area business meeting as they voted on various things that had been brought to the floor. I learned how A.A. works. I saw our concepts in action and definitely learned about “principles before personalities”. My life changed that weekend, along with my program. Service now lives inside of me. It is part of my foundation and keeps me sober and grounded. Without service, we would have no A.A. and I don’t know about you but, without this program, God only knows where I would be.

Lastly, I would call her out by name but, she wouldn’t like that too much so, I will just say Thank You to the beautiful, strong woman of grace that showed me the path to a more enriched program and life. I love ya! ;)





Stone Cold Sober

I work in a library that is packed with books, that spend hundreds and thousands of pages explaining different things. According to my research, there are approximately 171,000 words in the English language that can be combined into sentences, paragraphs, and chapters about any topic.

Interestingly enough, the very core of our program is based on only twelve sentences, and according to my math, only uses 116 words (I may be off by a couple, please don't write the editor.) Some of the words are used over and over, like "we," but that's not a lot of words and sentences to hold the key to halting a disease and living a spiritual path as described. Libraries and churches are full of volumes on physical, spiritual and emotional well-being, but we do not need to read them all if we work the 12 Steps.

Better yet, rather than having a brief, direct 12 Step guide, we are only required to do the 1st step perfectly, the rest are progress not perfection. Our steps then go a step beyond the words and help us with a dash, commas, and italics. According to grammar experts Strunk and White, a dash marks a separation stronger than a comma. Hence, we need to really take a breath here between the two parts of Step 1, first we admit powerlessness and then we admit unmanageability.

Five steps have commas, which are used to separate ideas by a pause. It reminds me of the saying, "Don't put a period where you Higher Power has put a comma." Don't stop, just pause. We catch our emotional and spiritual breath, and then move onto the next part of the step with whatever action is described.

Lastly, using another writing tool among these words, italics are used for emphasis in Steps 3 and 11.

If it was a text it would be in all capital letters, *AS WE UNDERSTAND HIM*. Only 4 words are in italics, which make them very important. This reminds us that, even though many of our meetings end with a Christian prayer, our program is open to anyone who has a desire to stop drinking no matter who or what their Higher Power looks like, sounds like, or how it is manifested in their lives.

Over the years, I have been told that our steps are broken into four parts and that there are words to summarize each step. Steps 1-3 are spiritual, Steps 4-7 are mental, Steps 8 and 9 are physical, and 10-12 are back to spiritual again.

- 1) Acknowledgment
- 2) Recognition
- 3) Surrender
- 4) Release
- 5) Relief
- 6) Definition
- 7) Desire
- 8) Awareness
- 9) Understanding
- 10) Change

- 11) Prayer & Meditation
- 12) Inner & Outer Action.

I don't think I'll ever be one of those people who gets into a situation and thinks, "What step am I on?" My first thought is usually wrong. However, my second, or sometimes third thoughts can turn back to the steps. I can use the process of the twelve steps in 15 minutes or a half hour, to run through a problem and then talk to my sponsor about areas where I am stuck. I don't hear this slogan much anymore but, "there is no express elevator, you have to use the steps." Sometimes more applicable is NUTS, Not Using The Steps! And we are often reminded, they are in order for a reason. So, as I wander through the library, I always need to remind myself where to head first!

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





Through the Eyes of Newcomer

Have you ever had to ask yourself "How come I'm not normal?" Or "Why do I seem to think differently than everyone I know?" During the holidays those questions are on my mind almost daily. I thank my Higher Power at least 3 times a day, for meetings. In those rooms....I am no longer alone. I am not an outcast, and at least one person has similar thoughts as me. Those thoughts have led to similar actions, and of course similar consequences. I used to tell myself, as I lifted a bottle to my mouth "I'll handle that responsibility in a couple days because I respond better when my backs against the wall." If you notice that thought only had the word "I" in it. I wouldn't think about others or consider how my decisions affected them. As I lifted the 2nd and 3rd bottle, which led to other substances, I would actually convince myself (easily)

that I was a good person. That life was just hard for ME. But, when I went to my first meeting I heard "We". Then I heard people share MY story. It was so emotionally mind blowing that others thought like me and I wasn't alone, I just started crying in front of a room full of strangers. It was the first time I showed emotion to another in I don't know how long. And as I've shared before that a woman hugged me for the first time in years. She didn't want anything from me. Just to comfort me. I felt gratitude that night. But then when I left, I tried convincing myself it wasn't real. I'm not one of them. I'm not an alcoholic or an addict. Yes, my life was in shambles. No, I wasn't taking care of my diabetes or my mental health. I was broke, basically homeless and everyone I knew was waiting for the call that I'd passed away, been committed or arrested.

I really wish I could say I made the choice to go back myself, but that would be a lie based on pride and ego. I'm trying to practice living a vigorously honest life. A Power that was greater than me kept me coming back to these rooms Those with long time sobriety had something I craved. Peace of mind. They didn't say they had been cured. They told me it was work. And they also said the liquor store and drug dealers would be there waiting if this wasn't for me so why not give it a shot. An honest shot. All I had to do was take suggestions, say "yes" when asked to help or asked to try something I hadn't before, and of course keep coming back.

There are days when I don't want to go to a meeting and there are times when I'm asked how I am, that I want to say I'm fine but, I don't. So far, my Higher Power, following the Big Book, and my sponsors suggestions have gotten me 11 months on January 13th and I couldn't get 11 minutes for 15 years. I don't want to leave right before I get to see miracles happen and I have seen miracles. I live with my family and they trust and rely on me. I pay my bills on time. I am there for my friends. I'm in a relationship with someone I can talk to, and trust, who knows my flaws. His daughter knows I enjoy being with her and I make time for her. Most of all, I'm clean and sober for today. And that's what I concentrate on. Today. I don't overwhelm myself with fear. I'm not saying I don't get afraid or have days where I'm not selfish and self-centered but, the difference is I reach out for help now. No that is my my Higher Power who is God, right there. I don't stay silent now. I may start to, for a day or so, but by being humble and knowing I can't put my will into action because it leads to self-harm and self-destruction, I have learned to just say my thoughts to another and practice steps 123 daily, and now, it feels right to do these. Most of the time I don't want to drink. That is a MIRACLE. When the thought comes "Maybe I can have one.", there are people I know who thought that way and they have learned that that thought is not true. And I remember I've learned and seen the same thing in my life. Now I don't think differently than everyone I know and just because I think it, it does not mean I have to do it. The desire to act on it has been removed. I can now look in the mirror, not with pride and ego and think "I got this", now I look and see humility and peace. That is a MIRACLE. We do get better. We do recover. Together. That's the greatest lesson I've learned. Our spirits can grow and we do not have to be who we were. That is a MIRACLE, so I'll just keep coming back

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

Wishing you successful 12 months, Joyful
52 weeks, lovely 365 days, memorable
8760 hours, blessings of 525600 minutes
and happiest 31536000 seconds.



As I am reading this out loud, my fiancé adds: I'm wishing you all of those things while remembering this is a One day at a time program and that we can start our day over at any time!