



COFFEE POT TALK



NDIAA NEWSLETTER



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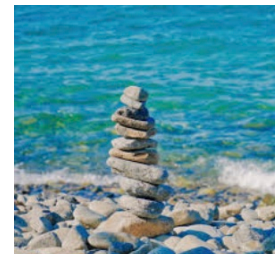
Feature Article

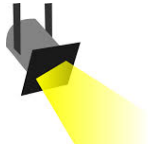
Life on Life's terms by Monica C.

When I first heard this phrase "life on life's terms" in the rooms – I was very much annoyed by it. Frankly, I did not understand what it meant and it left a sour taste in my mouth – the person could have just said, "Deal with it". I have a distinct memory (I have those now because I am sober) of a friend telling me how she hit a puppy while driving and had called me crying. I told my other friend about the situation and texted (perhaps not the avenue to discuss the traumatic event – but I digress) him and he replied "life on life's terms". Now someone had said it directly to me! I was more than peeved. I was a few months into my recovery and still could not grapple with those four words.

As I was told from day one in the program – just keep listening. I did just that. I listened as people kept using the phrase and overtime I came to realize that the phrase was not as god awful as I had once thought. It simply meant, "Life will continue to happen, life will show up, life will wreck you sometimes, life will be terribly hard, life will not go how you want it" – you just do not have to drink over it. Notice I said it simply meant but followed it with many words. Remember - this a simple program for complicated people. I wanted to complicate it, analyze it, and quite honestly make it so bad that it did not work for my recovery and I could just continue to resist it. One might call me defiant. With defiance comes an eventual breakthrough of understanding. Time takes time. I learned that in the rooms too. Overtime I not only understood what it meant – I started to say it! Who was I becoming? I was now a "life on life's terms person" and I had fully accepted it!

Today I have learned that when I live life on life's terms I can fully accept life as it happens. The good, the bad, and the stuff I do not like etc. Just because Monica got sober does not mean life is going to go smoothly from here on out. That is quite honestly the opposite of what has occurred. Amidst those icky things that have occurred within my sobriety that I have had to work harder to accept as life on life's terms; I have also been gifted with incredible moments and memories. The biggest gift and curse all rolled into one within my sobriety has been the ability to feel my feelings and acknowledge them; every single one! When I live life on life's terms I accept the plan my Higher Power has for me and recognize that I am not in charge – what a relief!





Literature Spotlight

During the month of July many meetings choose to address the 7th Tradition, “Every A.A. group ought to be fully self-supporting, declining outside contributions.” However, Grapevine meetings in particular may select a very different topic. The July issue of the A.A. Grapevine, our meeting in print, is noted as the Annual Prison Issue and contains stories of A.A. members who are presently or were formerly incarcerated. At one time, all issues of the Grapevine with the exception of the July issue, were not permitted in prisons as they were fastened with staples. At an additional cost, the July issue was bound with adhesive to circumvent this problem. The restriction no longer applies as all issues are now similarly bound.

If you are involved with taking meetings into correctional facilities, there is a wealth of information available to you which is found at the conclusion of this article. One of those items is the pamphlet, **MEMO TO AN INMATE WHO MAY BE AN ALCOHOLIC, P-9** that will be briefly highlighted in Spotlight on Literature, July 2021. The main body of the pamphlet is divided into four parts.

Part 1, WHAT IT WAS LIKE, contains little quips that describe the intermingling of alcohol and crime. “Some of us could see that booze was turning on us, But it didn’t matter anymore. ... We found out what it was like when the prison door shut behind us.”

Part 2, THERE WAS AN ANSWER, describes some thoughts and experiences upon encountering A.A. “We had been in so much trouble already, we decided to try not drinking. Even if it was just for a while.”

The sub-topic, Are You An Alcoholic? lists the famous 20 questions that provide an answer.

Part 3, HOW IT WORKS opens with the comment, “Many people have their doubts about A.A. They wonder what the angle is. ‘Why do these people want to help me?’ they ask themselves.” Then, in a few paragraphs each, the following statements are addressed: **WE ARE NOT PROFESSIONALS, WE ARE NOT RELIGIOUS, WE TALK ABOUT IT, WE DO IT FOR 24 HOURS, STAYING STOPPED, THE STEPS, THE TRADITIONS, USING A.A. MATERIAL AND LIVING SOBER.**

Part 4, PERSONAL STORIES: Five men and two women who are A.A. members share their experience, strength and hope in part 4 of **MEMO TO AN INMATE WHO MAY BE AN ALCOHOLIC**. A brief synopsis of their stories is presented here.

Charlie M. “Nearly 8 years ago, I woke up one morning in jail. I’ve been there before, so I wasn’t too concerned. But it sure was a shock to find out I’ve been there for three days not one night like I thought. Another shock. Instead of being released, I was going on trial for armed robbery. I came away from that shock with a sentence of 19 years”. Charlie was full of anger and resentment during his first year in prison. His wife, who got sober at home, wrote to him and encouraged Charlie to try A.A. meetings that were brought inside the walls. Reluctant at first, he got the hang of it and progressed steadily through the 12 Steps. Six years into his sentence, Charlie was paroled with a clean record and attended meetings in his hometown. “Soon after, I was selected as one of the principal speakers at the state AA convention. My wife and I were two of the happiest AAs in the world. I thank God for AA.”

Our principals

Step 7: “Humbly asked Him to remove our shortcomings.”

Tradition 7: “Every A.A. group ought to be fully self-supporting declining outside contributions.”

Concept 7: “The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous.. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.”

Lisa T. I am 25 years old, soon to be 26. But I feel a lot older than that due to prostitution, drinking and drugs. I've been into all of that for about six or seven years. ...I was always in trouble with pimps, police and everyone else around me." Lisa was raped by her father when she was five and a half so she drank and drugged to dull the pain. But she states that eventually, alcohol took over and suicide attempts followed. "Today I thank God and the program of AA. I don't think I would be alive today without them. For the first time I'm learning about A.A. and all that it involves. And I feel good about myself for the first time in years".

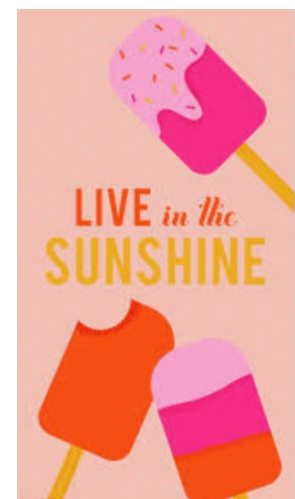
John K. "As a kid I stole bicycles to get money for booze. Later, a buddy and I stole cars, drove them across the state line, and stripped them." John married, had a good job and three children but he continued to drink. After his wife took him to court for a divorce and child support, he left town, stole a car, got drunk, wrecked the car and landed in the state penitentiary. When introduced to A.A. his response was "What the hell good is A.A. in here?" After his release, John attended A.A. meetings where he met and married a woman who struggled with sobriety. Together they drank and partied but both knew they were alcoholics. Eventually, they went back to meetings and stayed sober. "24 hours at a time, all the way up to right now, we've had a good, sober, happy life. Yes, my employer knows my record, but recently he said I was the most dependable man he had working for him. "

George W. "I'm 57 years old, sober for 11 years in A.A., have an executive position in an industrial firm, and I have the respect of my family. But, it wasn't always this good. Twenty-five of those 57 years were spent in prison." Despite an economically privileged childhood, George piled up a number of arrests by the time he was twenty. His association with bootleggers and gamblers led him to befriend safe crackers in the underworld. In and out of prison, he would pick up, crack up cars, violate parole and fail at attempted robberies. Gambling and drinking were his main occupations while incarcerated. "When an A. A. Group formed in the institution I was in, I made fun of it. But later, when an old drinking partner of mine joined the group, I started going to meetings myself. And even though I could have gotten it, I didn't touch another drop for the last three years of my term. " As a sober member of A.A. George devotes his free time to helping other alcoholics behind the walls.

Norman S. "I got drunk for the first time at the age of 13. Four years later, I ended up serving an 11 year sentence. When I got out, I found a good job, met a woman, got married, and we had four happy years." After a quarrel with his pregnant wife, George went out for a few drinks and didn't come home for four months. His wife refused to let him see his baby. George turned to a life of stealing to pay for his booze. "I came to one night after an accident involving a police car. Both myself and one of the officers in the other car was seriously hurt. I also discovered I had committed another crime for which I am currently serving my sentence." A prison doctor encouraged George to attend A.A. meetings and he began to travel the road to recovery. George is grateful for the many friends he has met in the program. "Believe me, no one understands an alcoholic like another alcoholic."

Geneva "When I first went to prison, I had no feelings left except one - anger! It was like a raging fire that was burning my brain. Why? - They locked me up for five to 15 years away from my best friend - alcohol. For the next two years my every thought it was of my next drink. Even when sleeping I dreamed about the bars, my drinking friends and, yes, even the hangovers." Consumed with anger, Geneva attended the weekly AA meeting in the prison that her parole officer mandated. For two years, she neither spoke nor listened. Then one night in her cell, crying and on her knees, she said "God help me. I can't take it anymore." He did. When she left prison, she was met at the door by a person who for the next three or four months, led her through the steps and into recovery. "That was almost 7 years ago. Once I was willing to listen and to except that I was not a bad person, that I was capable of loving and being loved, that I could hold my head up and respect myself, then I knew it would be all right."

Fred S. "My last sentence was for 3 to 5 years. I have been a member of the A.A. Group since my first week in prison. I have found real hope. Why do I think the program is working for me? Well, when I became eligible for



parole recently, it was denied.” Fred missed his wife and four children and longed to be with them. “Accept the things you cannot change, I heard in A. A. And I found I could accept this disappointment.” Fred was told that A.A. could only help him to live a sober life, one day at a time. A.A. could not help him gain parole, get a job on the outside, or provide social services. But he noticed something extraordinary. Every A.A. member he met seemed to be content regardless of their circumstances. “Maybe life in the free world won’t be the Utopia I’m hoping for, but I feel confident that it won’t be the unmanageable mess that it used to be. Keeping sober and living one day at a time will bring me the fringe benefits, a happy life with a happy family. Who could ask for more?”

MEMO TO AN INMATE WHO MAY BE AN ALCOHOLIC concludes with a list of What A.A. Does Not Do, The Twelve Steps of Alcoholics Anonymous and the Twelve Traditions of Alcoholics Anonymous.

Postscript: The General Service Office of Alcoholics Anonymous publishes a Corrections Kit that includes a workbook, DVD’s and numerous pamphlets including: Memo To an Inmate Who May Be An Alcoholic, P-9; AA in Correctional Facilities, P-26; A Message to Correctional Professionals, P-20; Carrying the Message into Correctional Facilities, F-5; Carrying the Message Behind These Walls, F-108; Corrections Correspondence F-26; How A.A. Members Cooperate with Professionals, P-29; and It Sure Beats Sitting in a Cell, P-33. These items may also be ordered individually. The letter F (and a number) after the pamphlet listed above and in the A.A. literature catalog indicates that the item is free. Those identified with a P are for purchase. Reminder: You can read and/or download one copy of an A.A. pamphlet at the website, www.aa.org.
Love and support in service,
Sheila D.





Into Service....

Please be of service and contact Emmy to write an article for the Sneak Peek into service column. Please email me at NDINewsletter@gmail.com





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

In the short form of Tradition 7, shown above, there are two distinct suggestions; first that A.A. groups ought to be fully self supporting and second that we should decline outside contributions. The long form obviously goes into much more detail warning of the dangers that go along with public solicitation, accepting large monetary gifts and then into the concerns of accumulating more than is needed for a prudent reserve with out a specified reason. For brevity I will try to keep it as simple as possible.

First, our A.A. groups ought to be fully self supporting. While this may seem obvious on the surface, there is a spiritual factor that plays a huge part in this. There is a sense of connectedness that comes from the vested interest we get by being self supporting. When we are solely responsible for making sure our rent is paid, our coffee, literature and supplies are available, we take a sense of ownership in our groups. In addition, it helps to quiet the greedy, miserly and selfish side that has plagued many of us alcoholics for most of our lives. I know for myself that when I was new and barely had but a few dollars to my name and nothing coming in, still being able to put even just a dollar in the basket did wonders for my fears of financial insecurity. A trust was built with the God of my understanding proving that He will always provide what I need, so long as I "kept close to Him and performed his work well". I have seen the same happen to many in my homegroup and many other groups over the years.

The second part of the tradition which suggests declining outside contributions, which while more in-depth in its components, is probably the easier to understand. Whenever people, groups or any organization accepts donations or contributions from others, there is the likelihood of favors being called in or affiliation being implied. Every year the General Service Office returns checks to the families of many well meaning non-members who leave memorial contributions to A.A.. It is not because of lack of gratitude, it is out of respect to the principles of our 7th Tradition.

As is stated in, *The Twelve Traditions Illustrated*: “*Handsome gifts may have strings attached. We even put a limit of \$5000 on the amount members may leave to A.A. in their wills or contribute annually while living, so that none of us can buy influence in A.A., no matter how rich we are.*” (updated to \$10,000 in wills in 2020)

A.A. is not a charity, nor do we wish to be treated as such. This is the whole reason why we no longer have The Alcoholic Foundation, the term Foundation implies a charity, instead, since 1951 we have The General Service Board. We are sustained on the contributions of our members alone thus no outside person or organization can hold sway within our fellowship. Our prospering or failing financially is solely in our hands.

Lastly, tying into the G.S.O. and contributions. I have heard many say over the years that “the General Service Office does nothing for our group” or “they have too much money, they do not need our contributions”. While A.A. groups do have the power of the purse, which will be discussed in Concept 7, that is just used to express dissatisfaction with the way the General Service Board is handling things. It is always important to remember that the services of the General Service Office and the General Service Board are for not only our individual groups but the groups just starting, whether here or around the world, and even more importantly for the groups yet to come 50-100 years from now. While there is ample warning in this tradition about amassing funds beyond a prudent reserve, the need for a constant and well maintained prudent reserve was exemplified this past year. In 2020 the G.S.O. had to tap into those prudent reserves not once but twice to insure our services were still available to the group and individual alcoholic who seeks help. Had that not been available because of continued support from contributing groups many would not have been able to find the help and guidance they sought.

Concept 7: “The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.”

Concept 7 has two statements each with two points of discussion that I will address in this article. Really what it comes down to is, what is referred to in *The Twelve Concepts for World Service Illustrated* as “*balance of powers*” between the General Service Board and the General Service Conference which represents the A.A. groups. It demonstrates how we, the groups of A.A., expressed through the General Service Conference, give complete legal power to the General Service Board to handle the business of Alcoholics Anonymous, while at the same time emphasizing how the General Service Board is only as powerful as the A.A. groups willingness to provide the necessary funds and backing to them.



The first statement cites the legal authority the General Service Board has through their Charter and Bylaws; and the powers given to handle the world service affairs of A.A.. The Charter and Bylaws in this instance are legally binding by our certificate of Incorporation for the state of New York where our General Service office is based. This legal binding is necessary in order for the Trustees of the General Service Board to carry out and manage the affairs of the world services of A.A.. The business of Alcoholics Anonymous requires people to take actions regarding the routine business, finances and legal matters. We have the Trustees to do so for us, we trust in their professional experience to handle these matters. We also trust because of their love and respect for the program of Alcoholics Anonymous that they will handle matters in a way which we, the A.A. groups, would find to be in the best interest of A.A. as a whole.

As noted in the Current Conference Charter: Article 11 "The Conference will hear the financial and policy reports of the General Service Board and its related corporate services. The Conference will advise with the trustees, directors and staff members upon all matters presented as affecting A.A. as a whole, engage in debate, appoint necessary committees, and pass suitable resolutions for the advice or direction of the General Service Board and its related services.

The Conference may also discuss and recommend appropriate action respecting serious deviations from A.A. tradition or harmful misuse of the name "Alcoholics Anonymous."

The second statement refers to the General Service Conference Charter which is non legal but has "practical power". We, the A.A. groups, through our delegates in the General Service Conference hold sway first off in our sheer numbers. Our area delegates make up more than two-thirds of the conference body at any time which makes our voice, carrying A.A. tradition, always the more dominant.

The A.A. Service Manual; Concept VII: "This means that the practical power of the Conference will nearly always be superior to the legal power of the Trustees. This superior power in the Conference flows from the powerful traditional influence of the Charter itself. It derives from the large majority of group-chosen Delegates in the Conference."

Even further balancing the tables, is the power of the A.A. purse, which I mentioned in Tradition 7. The General Service Board needs the finances to carry out any actions. Without any money the General Service Board is left more or less impotent. If at any time the groups feel that the General Service Board is not acting in the best interest of A.A. as a whole, all they have to do is stop sending contributions to the General Service Board. In this way the balance of power is obviously held firmly by the A.A. groups.

Brendon M
Sobriety Date: 02/25/2011
Member at Large, NDIAA

Literature for reference: *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)*; *A.A. Guidelines: Finance from www.AA.org*



Please join us for a night of Spaghetti & Service

Organized by Districts 6&7



Saturday, September 25, 2021
Doors open: 4 pm

Christ United Methodist Church
6 N Clifton Ave
Wilmington, DE 19805



Please join us for fun, fellowship and ALL YOU CAN EAT Spaghetti!
There will be door prizes, give aways, as well as a countdown and 2 phenomenal speakers, focusing on the importance of service work:

Jamie H. from Kennett Square, PA and

Chiara G. from Mill Creek, DE



Dinner Includes: Spaghetti & Meatballs, Italian Bread, Salad, Dessert, Beverage

Tickets are \$10 per person and must be purchased in advance as there is an 80 person occupancy limit...please act fast as these will sell out

Tickets may be bought in person (through a GSR of Districts 6&7) or through
Venmo: Venmo@district67

Proceeds will go to assisting the district as well as donations made to various areas



Responsibility Statement:

I am responsible, when anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there, and for that I am responsible.

Declaration of Unity:

This we owe to A.A.'s future: to place our common welfare first; to keep our fellowship united. For on A.A. Unity depends our lives, and the lives of those to come.

News from GSO

Alcoholics
Anonymous®
www.aa.org

Alcoholics Anonymous World Services, Inc.

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

Please direct all
communications to:
P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

"A.A. in Your Pocket" Special Summer Offer! **Celebrating Our Literature – on the go...**

Dear A.A. friends,

As we savor the summer months, we are heartened by the resilience of the Fellowship of Alcoholics Anonymous, actively working together and sharing A.A.'s message of hope and the Twelve Step program of recovery via our literature.

With the gradual re-opening of in-person groups and service offices, we are mindful of a renewed interest in our literature, not only to help fund the Twelfth Step work we all do, but also to get our literature into the hands of those who may need it.

In efforts to help carry the message — literally — on all of our summertime jaunts, we are delighted to announce:

"A.A. in Your Pocket" Special Summer Offer!
Focus on our portable editions
July 1 – September 30, 2021

**Order the Pocket Big Book, the Pocket 12 x 12,
Daily Reflections, and/or As Bill Sees It
in any language and get \$1 off each!**

combinable with all other discounts

> Order via Groups, Intergroups and Central Offices:

A.A.W.S. encourages ordering of literature and other items via local groups, intergroups and central offices. [Please consult your local listings.](#)

> Order via the A.A.W.S. webstore:

See Flyer and Order Form
To place an order, [click here.](#)

Happy summer reading!

David R.

David R., Publishing Director

Follow Grapevine and La Viña on Instagram!

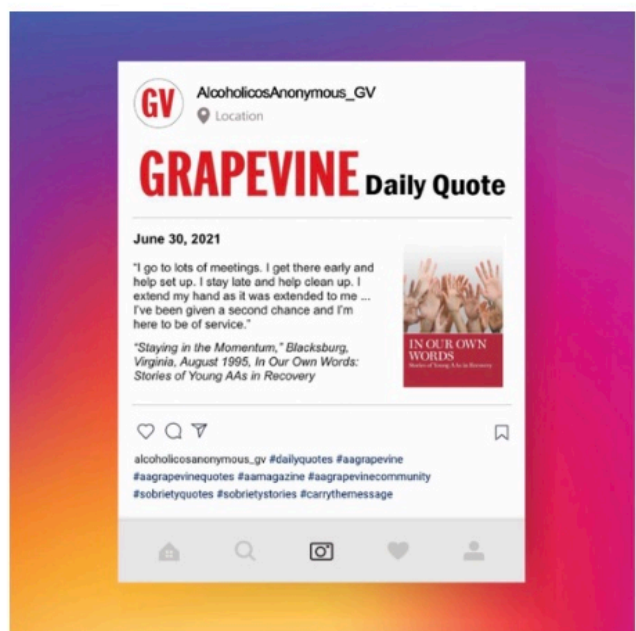
We are happy to announce that following the 2021 General Service Conference action, AA Grapevine, Inc. will be starting Instagram accounts for both AA Grapevine and La Viña magazines.

Our launch date is July 7, 2021. You'll be able to see our Daily Quote each morning, know when our new magazine issues release, learn about new books and be inspired by both AA pioneers and today's members.

We hope that through Instagram we'll help members stay connected to Grapevine and La Viña, and to AA as a whole, by finding inspiration when engaging with this social media platform. We also hope to attract those who might benefit by learning more about Alcoholics Anonymous.

To follow us on Instagram, use these addresses starting on July 7, 2021:

@alcoholicsanonymous_gv
@alcoholicosanonimos_lv





Stone Cold Sober

Back in the 1980's, I had one of those desktop box calendars where you peeled off a page everyday. Each day was an inspirational quote, but the only one I remember is "Faith is what you hang onto when you have nothing else to hang onto."

I end each *Stone Cold Sober* article with the slogan "I wish you faith and patience. Faith that it works, and the patience to let it" and one of my favorite lines in our literature is in the 12 & 12, Step 12, page 144, where it talks about facing adversity with "faith and fortitude." Like many things in the room, faith is something some of us strive for but struggle to achieve and maintain.

Faith is defined as complete trust or confidence in someone or something else outside of ourselves. Those of us who are glass-half-empty types of alcoholics (no pun intended), are always waiting for the other shoe in life to drop. We are always braced for disappointment or the worst to happen. We fear that being a person of faith is setting ourselves up for let down and abandonment. Needless to say, this is a very hard stance to take when you are trying to work a spiritual program, rooted in faith. "Came to believe" in Step 2 means we gained faith.

So how do those of us who struggle with faith continue to stay sober and grow in the program. Some of us learn to fake it 'til we make it and act "as if." We borrow other people's versions of their Higher Powers. We take to heart "progress not perfection" and remind ourselves that practice makes progress. More importantly, we remember that the ONLY requirement for our membership is a desire to stop drinking. No one is measuring our faith, spirituality, or growth. It's not like we have a yearly evaluation and risk getting fired. This is our program, no matter what we believe in, as long as we have a desire to stop drinking, and then it is a daily practice to stay stopped.

Our Big Book, "Into Action" page 76 tells us that "Faith without works is dead." A few years ago I had the absolute joy and privilege to visit Dr. Bob's home in Akron, Ohio. On the walls and table tops were cards and framed signs that had this saying on them, "Faith without works is dead." I asked the host why of all the slogans this was the one plastered around the house. He explained that it was Dr. Bob's wife's Anne's favorite AA quote. No matter what we believe or do not believe, what we trust or do not trust, when we help someone else outside of the program do we have faith that we will be able to make a difference? When we help someone inside the rooms, we know in our hearts that it not only helps them, but is definitely helping us stay sober, and that my friends is a form of faith.

We trust that if we work this program we will be granted a daily reprieve from the grips of active alcoholism. We also may believe that if we move away from the program, the quality of our sobriety could suffer and we may drink. On page 78 of the Big Book, in "How it Works," it tells us "The verdict of the ages is that faith means courage." We pray the 11th Step, not only for our Higher Power's will for us but the power to carry it out, and that often entails a level of both faith and courage. Faith that if our Higher Power brought us to it, our High Power's grace will see us through it. We pray for the belief that there is something bigger than us, be it the program, a religious God, or a Higher Power of our own understanding.

We are often reminded that faith makes it possible, but not necessarily easy. This is a simple program for complex people, but I have never found it to be easy. Sometimes it is very hard, especially when the future seems scary or unknown. We must remember *more will be revealed*. So we do what we have been told and breathe out fear and breath in faith. The Prayer of St. Francis in our 12 & 12 says, "that where there is doubt, I may bring faith." And like so many things in this program, we cannot give away what we do not have, so we need to continue to work and try to

grow in faith. They say we can go to the sea of faith with a thimble or a bucket, both will be filled. We can pray for the willingness to try bringing a bucket to the water's edge.

When you go to Doctor Bob's house and knock on the door, they always open it and say the same thing. They do not ask how strongly you believe, they do not ask what your Higher Power looks like, they do not ask if we have waivered in our faith, or when we had our last drink. They simply open the door and say "welcome home." With that greeting I wept, filled with faith that I had found a spiritual home.

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

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

In fellowship, Maria



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



Fully Rely on God

Anniversary Club: We do it One day at a Time....

Bill C. 5/2/78
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
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 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:

BE POSITIVE

