



Coffee Pot Talk



NDIAA Newsletter

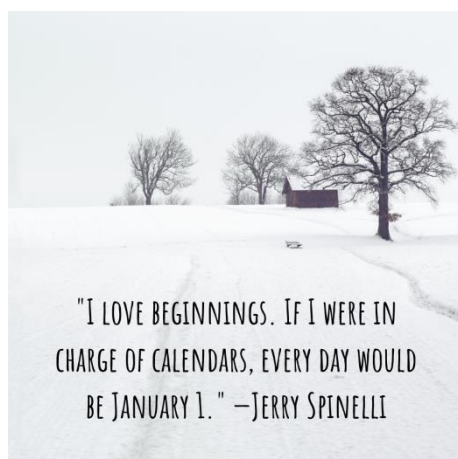
December 2021

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Happy New Year to my fellows! I love the quote to the left, as it is so reflective of our program. We get to start each day over and focus on the 24 hours ahead. I am constantly reminded that each day is a daily reprieve. Wishing you all a sober 2022!

Monica C.

First Step Perspectives...

Right before coming to AA. I was utterly immobilized; physically and mentally. A shell of flesh with empty soul. It was my thinking that led me to AA, where I claimed my spot. In that chair, I learned what powerlessness over alcohol was by listening to the rooms. I learned I needed help; I couldn't do it on my own. I lived a miserable, unhappy existence which rippled into every aspect of my life. By accepting my alcoholism, I'm discovering who I am. And in that, I've gained humility, and a better way of life.

Kris E.

For me Step one boiled down to surrender. I had to come to realize how broken I was and had been. I would here people say HOW often. I knew I hadn't been being honest with myself for a

long time maybe ever. I got a coin that said, “To thy own self be true”. It helped me remember to be truthful but only to myself but others. Honesty, openmindness, and willing. My Sponsor had me do some writing. How my life or part of it was unmanageable. How I believe I was powerless over alcohol. What I really do and do not have control over. Doing this really helped me. He also had me read Bill’s story and “There is A solution” as part of my step one work.

Dan S.

I have a December sobriety date which means I was actually relearning and accepting Step One in January some years ago. The concept that powerlessness was the driver of my alcoholism and unmanageability became the consequence, was not easy for me to accept as the entire implication of Step One. I wasn't uncomfortable admitting powerlessness. Unfortunately, prior to this in A.A. (10 months and 12 days to be exact) I spent overconfidently defending manageability, mostly to myself, in light of all the evidence. All this kept me from the true freedom of surrender, and cost me my sobriety a few times, because I was happy settling with the undeniable waves of relief I found in and out of the rooms of A.A.. Once truly practicing Step One, I began to realize the benefit of the principle that I actually find enduring strength by first admitting complete defeat (12 & 12 pg. 23). That for me, was the turning point. I don't drink on a daily basis and I have the enduring strength to live in my life sober no matter what happens, with renewed purpose. Step One to me is the beginning of living well in my life, I am extremely grateful.

Denise B.



Our Principals



Step 1	Tradition 1	Concept 1
“We admitted we were powerless over alcohol – that our lives had become unmanageable.”	“Our common welfare should come first; personal recovery depends on A.A. unity.”	“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”



Literature Spotlight

Fortunately, I didn't have to join the 'amateurs' partying out and about on New Year's Eve. By the grace of God, I was no longer a threat to others or myself on the highways as a drunk driver on December 31, 2021. But I wonder how many of those who over-imbibed that night woke up on January 1, the first day of 2022, questioning if they could possibly be an alcoholic.

Questions, questions, questions is the subject of this month's Spotlight on Literature as we look at two AA pamphlets: P-3 - **Is A.A. for You? Twelve questions only you can answer**, and P-2 - **Frequently Asked Questions About A.A.** (formerly titled, 44 Questions.)

Is A.A. for You? Twelve questions only you can answer, is a simple tri-fold pamphlet of you guessed it, 12 questions, followed by a brief response in the first person plural (we or most of us in A.A. ...) alongside a column with Yes or No boxes to check. It concludes with the question, ***What's your score?*** and notes that four or more YES answers probably indicates that you are "in trouble with alcohol". The questions are listed here for your review.

1. *Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?*
2. *Do you wish people would mind their own business about your drinking – stop telling you what to do?*
3. *Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?*
4. *Have you had to have an eye – opener upon awakening during the past year?*
5. *Do you envy people who can drink without getting into trouble?*
6. *Have you had problems connected with drinking during the past year?*
7. *Has your drinking caused trouble at home?*
8. *Do you ever try to get "extra" drinks at a party because you do not get enough?*
9. *Do you tell yourself you can stop drinking anytime you want to, even though you keep getting drunk when you didn't mean to?*
10. *Have you missed days of work or school because of drinking?*
11. *Do you have "blackouts"?*
12. *Have you ever felt that your life would be better if you did not drink?*

Frequently Asked Questions About A.A. is a 37-page pamphlet that is “designed for those who are interested in A.A. for themselves, for a friend or relative, or simply because they wish to be better informed about this unusual fellowship”. Numerous **Questions and Answers About Alcoholics Anonymous**, 44 to be exact, are found in the following sections that comprise the pamphlet. Included herein are samples of the questions and a brief response. I encourage you to read the entire pamphlet.

Alcoholism and Alcoholics examines the various ideas about the nature of alcoholism as a progressive disease.

- *What is alcoholism?* (a disease, not a moral failing).
- *How can I tell if I am really an alcoholic?* (Only you can decide.)
- *Can an alcoholic ever drink “normally” again?* (simply put, NO)
- *Can’t an A.A. member drink even beer?* (some alcoholics drank only beer).
- *Won’t everyone know I’m an alcoholic if I come into A.A.?* (A.A. is an anonymous program).
- *Do alcoholics who are already sober ever join A.A.?* (Yes, self-run sobriety may not be a pleasant affair).

The Fellowship of A.A. addresses questions that arise from one who decides they have the disease of alcoholism and wish to learn more about A.A.

- *Are there any rules in A.A.?* (none although most meetings adhere to a format)
- *What does membership in A.A. cost?* (nothing, but most groups “pass the hat” to pay for coffee, rent or literature expenses).
- *Who runs A.A.?* (“the Society is a uniquely democratic movement, with no central government and only a minimum of formal organization”).
- *Is A.A. a religious society?... a temperance movement?* (no).
- *Are there many women alcoholics in A.A.?...many young people in A.A.?* (yes).

Group Meetings describes a local gathering and how it functions.

- *And how does a person join AA?* (there is no application to fill out, simply take a seat at a meeting).
- *May I bring relatives or friends to an AA meeting?* (yes, if it is an open meeting; a closed meeting is for alcoholics only).
- *How often do A.A. members have to attend meetings?* (there is no set number or frequency).
- *Do A.A.s have to attend meetings for the rest of their lives?* (only if they want to, but most do).
- *If I come into A.A. won’t I miss a lot of friends and a lot of fun?* (most A.A. members say they have more real friends and more real fun in A.A.).

The Recovery Program.

- *What are the 12 steps?* (they are the “core of the A.A. program of personal recovery”).
- *Does AA have a basic textbook?* (there are four: **Alcoholics Anonymous**, aka “the Big Book”, **Twelve Steps and Twelve Traditions**, **Alcoholics Anonymous Comes of Age**, and **As Bill Sees It.**)
- *What is the 24 hour program?* (an approach that utilizes the concept of staying sober for ‘One Day at a Time’, O.D.A.A.T.).
- *What is the **A.A. Grapevine**?* (a monthly magazine affectionately known as “our meeting in print”)
- *Why doesn't A.A. seem to work for some people?* (it only works if one *sincerely* desires sobriety).

Newcomers Questions.

- *Will AA help me financially?* (A.A. is not a “moneyed charity organization”).
- *Does AA operate hospitals or rest homes for alcoholics?* (no, but individual members may direct a newcomer to such services)
- *What do medical authorities think of AA?* (most highly regard the work of A.A. Also see the pamphlet: “**A.A. as a Resource for the Health Care Professional**”)
- *What do religious leaders think of AA?* (“Probably no lay movement of modern times has been more richly endowed than A.A. with the support of the clergy of all the great faiths.” Also see pamphlet: “**Members of the Clergy Ask About AA**”)

Frequently Asked Questions About A.A. concludes with the section: **A New Way of Life.**

“A way of life cannot be truly described; it must be lived.” Hundreds of thousand of people have come alive again through sobriety found in working the A.A. program of recovery. If you or a loved one may benefit from talking with someone in the fellowship of A.A., contact Northern DE Intergroup of Alcoholics Anonymous, NDIAA, (302) 655-5113 anytime day or night. Or visit their website: www.ndiaa.org. and that of the General Service Office in New York City: www.aa.org.

Love and support in service,

Sheila D.



Traditions with Aim



I am pleased to announce a new columnist – Aim C. Sober first in Delaware and now in Pennsylvania- we are happy to have a fresh perspective from one of our fellows.

In welcoming Aim, I do want to thank Brendon for his service to the newsletter. I am grateful for your wisdom that you have shared through the newsletter and I am sure others are as well.

Tradition One in My Life
By Aim C.

“Our common welfare should come first; personal recovery
depends upon A.A. unity”

Tradition One (short form) (page 129, 12&12, p.562 BB, 4 th Edition)

Unity is the key to being at one with myself, my group, AA as a whole, and the world at large. When I am unified in my own skin, I am true to myself. I am true to my sobriety. I can be okay, alone, in the world because I am okay with me, as I am in this moment at this time. I am exactly where I am supposed to be.

The Second Legacy of Unity is embodied in the 12 Traditions. I began as a child of chaos, and AA, and our 12 Traditions, have helped me become a unifying trusted servant. Not all trusted servants are unifying. Nor are they unifying all of the time. We are human, and we each have a learning process (and a learning curve) in service – especially general service – to go through, and become better by coming out through the other side.

The Traditions Checklist is an awesome way of doing a 10 th Step on myself to see where I’ve gone wrong. I take the time to be rigorously honest with these questions because if I just say the knowledgeable answer, I am denying myself

valuable insight into my growth and understanding of myself. The Traditions Checklist was revised in July 2018 by the AA Grapevine. You can find the updated version on www.aagrapevine.org.

At 19 years sober, I am still working on some of these questions. “Am I in my group a healing, mending, integrating person?” I hope I am, but I’m human, and I’m not also into sugarcoating. So tact isn’t my strong point, yet. Knowing that, when I walk into my home group, my District meeting, the Area Assembly, or an Area Officers & Coordinators meeting, it is my responsibility to keep my defects

and shortcomings in line with AA unity. If one of the little defect demons pop up, it is my responsibility to lasso it back in place, and if it has done harm, promptly apologize, (Step 10) especially if it has come out at the microphone. It only takes one pebble in a pond to send waves of discord through AA unity.

Unity, is dependent upon trust, love, and protection. Every member of AA, especially our General Service Representatives (GSRs), is a guardian of the Traditions – if they choose to be. The General Service Representative of any home group is the guardian of the Traditions for their group. It requires courage to help a group to re-unify itself. The willingness to speak up, to say what others sometimes wish would remain unsaid, the bravery of discussing problems needing resolution with fellow GSRs and the District. Love must be at every level for service to function in the best possible way. Only then can we be truly unified in our program. Only then will Alcoholics Anonymous be safe from all of us. For the lives of all to come depend squarely on Tradition One.

“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward”

. Tradition One (Long Form): (page 189, 12&12, p.563 BB, 4 th Edition)

Stone Cold Sober...



In December I went to four meetings in a row where someone reported having 'relapsed.' They drank. They ranged in lengths of sobriety, two people I knew, two I didn't, but they all broke my heart. One might think after so many years in the rooms, this would cease to shake me, but it always does. Sometimes, when I've watched how hard the person has worked to get sober, I cry.

To me, there seems to be a pattern of this around December, and sometimes we'll hear "*'tis the season*" which seems to have a ring of truth to it. But to me, I always wonder when the relapse process started, resulting in finally picking up a drink. I've worked with some people who always drink when they start working on a certain step - ok, what is it about Step 9 is a problem and do we need to get outside help with this so the person can eventually stay sober into Step 10?

Others tell me it started weeks prior, when they started wondering if they were really an alcoholic.- at which point I always share that I'd rather go through my life believing I'm an alcoholic rather than going through my life trying to convince myself I am not one. Some of our fellows note the process started months before. They stopped calling their sponsor, cut back on meetings, and because they were not staying "*in the middle of the herd*" they eventually fell off the edge. This is why I think homegroups are helpful, fingers crossed, that folks will share with the group what is going on with them before they are at the point of picking up.

My sponsor and I often discuss page 36 in our *Big Book* in Chapter 3" More About Alcoholism." "*I came to work on Tuesday morning. I remember I felt irritated that I had to be a salesman for a concern I once owned. I had a few words with the boss, but nothing serious. Then I decided to drive into the country and see one of my prospects for a car. On the way I felt hungry so I stopped at a roadside place where they have a bar. I had no intention of drinking. I just thought I would get a sandwich. I also had the notion that I might find a customer for a car at this place, which was familiar for I had been going to it for years. I had eaten there many times during the months I was sober. I sat down at a table and ordered a sandwich and a glass of milk. Still no thought of drinking. I ordered another sandwich and decided to have another glass of milk. "Suddenly the thought crossed my mind that if I were to put an ounce of*

whiskey in my milk it couldn't hurt me on a full stomach. I ordered a whiskey and poured it into the milk. I vaguely sensed I was not being any too smart, but felt reassured as I was taking the whiskey on a full stomach. The experiment went so well that I ordered another whiskey and poured it into more milk. That didn't seem to bother me so I tried another.'

Was it the resentment that caused him to pick up? The insanity of alcoholism? Alcohol is cunning, baffling, powerful, patient and charming. It goes on to describe his behavior as "absurd and incomprehensive in respect to that first drink." It is our abandoned friend and lover. We drink because we are alcoholic, sometimes it's as simple as that. In the chapter, "There is a Solution," page 26, we read, "Above all, he believed he had acquired such a profound knowledge of the inner workings of his mind and it's hidden springs that relapse was unthinkable." The doctor he consults with, then proceeds to share the importance of spiritual experiences. For my program, relapse prevention is about living and working a spiritual program. I never thought I'd still be going to as many, if not more meetings, than I did in the beginning. Never thought I'd own shelves of AA approved material, a cell phone full of AA contacts. It needs to infiltrate every aspect of my life - relationships, work, home, play - AA needs to be the core of everything. Again, as my friend Lisa says, *"if you lie in the middle of the bed, you won't fall onto the floor."* I have never relapsed. I do not know that I would have the emotional strength and humility to return to the rooms. Have I come close, oh yes, many times.

I don't love the term "slip" for picking back up. It makes it sound like something done to us, instead of caused by our own actions. But that's just my take on it. I do like the acronym **SLIP** = **S**obriety **L**ost **I**ts **P**riority. I also like *If you don't want to slip, stay away from slippery places*. People, places and things - as triggers - cannot be minimized. Sometimes these are hard to avoid, they are our family, friends, etc... but first things first. Some of our fellows believe there are only two choices, we are working toward recovering, or, sometimes unknowingly, working towards relapse. Basically, we are either in the problem or the solution. Gratefully our only requirement for membership is a desire to stop drinking. So if you slip, or relapse, pick back up, or get loaded ... please come back. You are a part of us, the hand of AA is here for you - if you don't find it with one person, try someone working a better program. If one meeting is not welcoming your return, perhaps you are meant to be at a different group. Our Responsibility Statement is : *I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.* We are not perfect, not

even close, but we are a fellowship waiting to welcome you home, the hand of AA is there for you.... we want you back, we want you to live.

This is just one alcoholic's experience, strength, and hope. Take what you like and leave the rest. As always, I wish you faith and patience, faith that it works and the patience to let it.

In fellowship and service, Maria

Technically Speaking...



Our new podcast, the **AA Grapevine Half-Hour Variety Hour** can be heard anywhere you listen to podcasts. We release a new episode every Monday. Tune in to hear funny, poignant, and always inspiring “**meeting after the meeting**” conversation about getting sober and staying sober in Alcoholics Anonymous.

Available for free wherever you listen to podcast or you can also find it on our website, at www.aagrapevine.org/podcast.

Significant January Dates in A.A. History

Jan 1929 - Bill W. wrote third promise in Bible to quit drinking.

Jan 1939 - 400 copies of manuscript of Big Book circulated for comment, evaluation and sale.

Jan 1943 - Cleveland's Central Bulletin article: "[Bulletin As A Gift](#)".

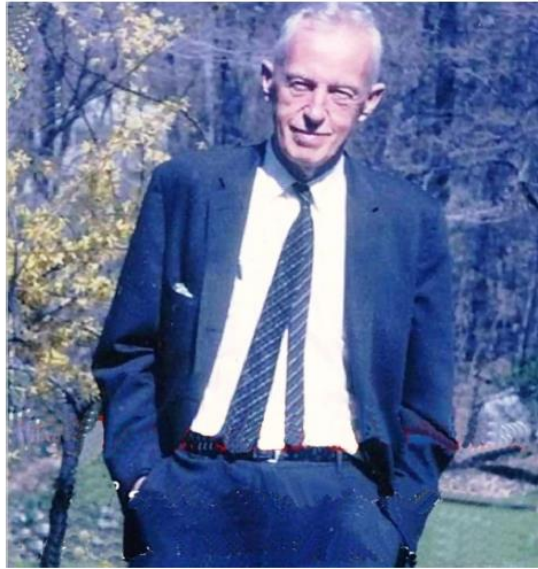
Jan 1944 - Dr. Harry Tiebout's first paper on the subject of "Alcoholics Anonymous"

Jan 1946 - Readers Digest does a story on AA.

Jan 1946 - A.A. Grapevine increased the cost of a year's subscription to \$2.50.
 Jan 1948 - A.A. Grapevine reports on [The Alconon Group](#) of Ft. Wayne, Indiana.
 Jan 1949 - [The 12 Steps to a Slip](#), by R. H., Dunkirk, Indiana.
 Jan 1951 - AA Grapevine publishes memorial issue for Dr Bob.
 Jan 1958 - Bill writes article for Grapevine on ["Emotional Sobriety"](#).
 Jan 1, 1943 - Columbus Dispatch reports 1st Anniversary of Columbus, Ohio Central Group.
 Jan 2, 1889 - Sister Ignatia, born in Ballyhane Ireland.
 Jan 2, 1896 - Harry Morgan Tiebout was born in Brooklyn, NY
 Jan 3, 1947 – [Informational Meeting](#), at YWCA, Muncie, Indiana
 Jan 4, 1940 - 1st AA group formed in Detroit, Michigan.
 Jan 6, 2000 - Stephen P., compiler of the Concordance to Alcoholics Anonymous, died.
 Jan 10, 1940 - 1st AA meeting not in a home meets at King School, Akron, Ohio
 Jan 13, 1989 - Dr Jack Norris Chairman/Trustee of AA for 27 years dies.
 Jan 13, 2003 - Dr Earle M sober for 49 years, author of "Physician Heal Thyself" died.
 Jan 15, 1937 - Fitz M brings AA meetings to Washington DC.
 Jan 19, 1943 - 1st discussion for starting AA group in Toronto.
 Jan 19, 1999 - Frank M., AA Archivist since 1983, died peacefully in his sleep.
 Jan 20, 1947 – Muncie Evening Press, "In The Press Of Things",
 [The Other Visitor](#), article on local AA controversy.
 Jan 20, 1947 - [Palladium-Item](#), A.A., advertisement. Richmond, IN.
 Jan 21, 1954 - [Hank P](#) who helped Bill start NY office dies in Pennington, New Jersey.
 Jan 24, 1918 - Spurred by rumor that Bill W might soon go overseas, he and Lois were
 married in Brooklyn, NY. The wedding date was originally Feb. 1,
 Lois's brother Roger B., was best man.
 Jan. 24, 1971 - [Bill W](#) dies at Miami Beach, FL.
 Jan 25, 1915 - Dr. Bob marries Anne Ripley after a 17 year courtship.
 Jan 26, 1971 - New York Times publishes Bill's obituary on page 1.
 Jan 27, 1953 – [Dohr S.](#), one of the Founder's of AA in Indianapolis, IN., dies
 Indianapolis Star Editorial Page [Doherty S.](#)
 Jan 28, 1947 – First Sunday Breakfast Meeting, at [Blue Note](#) is Richmond, IN.
 Jan 30, 1961 - Dr Carl Jung answers Bill's letter with "Spiritus Contra Spiritum".

Reference : https://www.aamuncie.org/January_Significant_Dates_in_AA_History.html

Area 13 Archives Committee Presents:
In Memoriam November 26, 1895 – January 24, 1971
"A Biography of Bill Wilson and his Early Life"
Presented by Drew H. - Recovery Speakers
Recoveryspeakers.com
Sunday, January 23, 2022 - 7:00 pm – 8:30 pm
Zoom ID: 835 6563 8123—password 6970mc



Anniversary Club

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 12/3/72

Debbie H 3/16/91

Doris S 4/80

Doug W 2/28/91

Ed H 1/28/96

Franny C 5/7/96

Fred M 5/5/90

Gail R 6/4/92

Ken P 9/20/83

Kerry O 4/20/08

Laura R 6/21/95

Leslie D 2/20/90

Liza F 1/20/05

Marilyn M 6/26/99

Marie R 9/6/83

Mary Ellen S 1/24/10

Melissa S 6/23/08

Mike M 4/20/91

Nancy V 2/21/05 (deceased)

Patricia K 12/17/87

Patsy M 1/6/88

Phyllis M 3/9/88

Sally C 10/15/95

Shirley U 3/19/76

Stanley B 3/5/79

Suzanne M 4/4

Tenney W 5/15/82

Jaime B 8/8/04

Tom H 7/2/04

Jaffrey H 11/24/96

Tom McD 1/16/96

Janice S 12/25/10

Tracy D 2/28/13

Jason B 4/20/09

Valerie S 2/3/89

Jim S 4/10/88

Walt A 1/94

Kara G 11/8/12

Wes J 4/21/75

Kathy O 6/11/97

Wes M 2/1/94

Ken H 11/4/97

*** Would you like to celebrate your anniversary, show your fellows how the program works 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 intergroup 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. ***