



# Coffee Pot Talk

## NDIAA Newsletter

July 2022  
21B Trolley Square  
Wilmington, DE 19806  
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Ndiaa.org



### Step 7 Perspective...

"Humbly asked Him to remove our shortcomings."

When I think of Step 7, I can't help but to hear my sponsor's voice. She seldom says, how are you- instead asking, "how you treating life today? "Only by connecting with, followed by asking, a power greater than myself for direction- am I more apt to be divorced from self-seeking motives- having full knowledge that I do not run the show. I am in partnership with this Power. True humility, for this alcoholic, is accepting myself for exactly who I am. I no longer buy the lie that I am all-good, nor am I all bad. With the help of my HP, I stand a fair chance of treating life pretty good- simply by being the best me that GOD intended. Just for today... one day at a time. – Rose G.

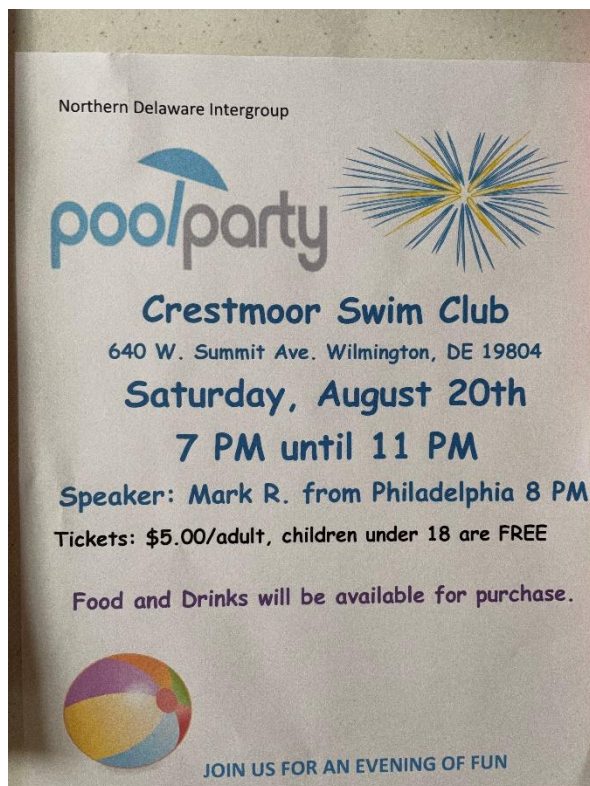
### Our Principals

Step 7	Tradition 7	Concept 7
"Humbly asked Him to remove our shortcomings."	"Every A.A group ought to be fully self-supporting, declining outside contributions."	"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."


## Tradition 7 – Long form

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. 2 Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.


## Upcoming Events and Announcements!



Northern Delaware Intergroup

**poolparty** 

**Crestmoor Swim Club**  
640 W. Summit Ave. Wilmington, DE 19804  
**Saturday, August 20th**  
**7 PM until 11 PM**  
Speaker: Mark R. from Philadelphia 8 PM  
Tickets: \$5.00/adult, children under 18 are FREE  
Food and Drinks will be available for purchase.

 JOIN US FOR AN EVENING OF FUN

**WE WANT YOU**

**We need your support!!!**

**US Group**

**7 00 PM Thursday Nights**

**Church of the Holy Child**

**2500 Naamans Road**



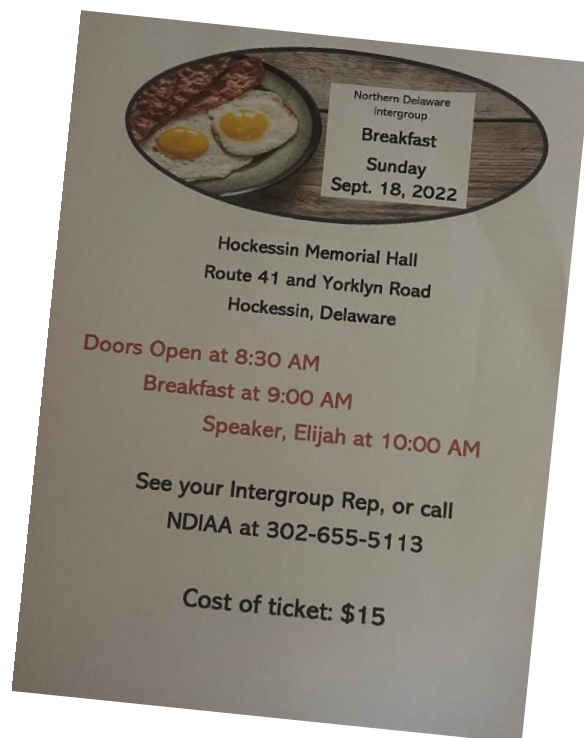
VA Group is Reopening!

Located at : VA Hospital – 1601 Kirkwood Highway

Ground Floor- Break Room – Saturday at 7pm

Ladies of Literature needs support!

Monday – 10:30am –Zoom meeting - ID: 89667165180 Password: 070777



## This is What I Remember...

Is this meeting OPEN or CLOSED? What does that mean? Because of Covid, the meaning has changed. I find myself talking to people about this, especially if they started their journey in AA during the time of Covid restrictions. So many AA groups went to the computer during the worst days of our “shut down”. I remember the Sunday night Step Meeting of the Second Chance group I was attending in March of 2020. At the end of the meeting the leader said “remember, tonight is our last night in this church, next week we will be on Zoom”. I said, “What the heck is Zoom?” (This reveals my age!) A slight panic was probably in my voice. Over the years, I have been to thousands of AA meetings. And I knew “AA never stopped.” It could be a blizzard outside and there would be members making a path to a meeting. I thought I had seen everything and there was always AA meetings. Major holiday? Vacation? Traveling? Home bound with a broken leg? No matter what, I was never abandoned by AA. It never occurred to me that Covid would be different. What will I do now?

Second Chance was one of my two Home Groups and another member of the group said he would explain to me after the closing. Second Chance had three meetings a week before Covid but the group conscience was to begin meeting every day on Zoom. It was a troubling time and we knew we needed to stick together. We planned two Step meetings a week, one Big Book study and the other were Speakers or Discussion. A different home group member took the commitment to Host each night. The next day Kelly, the member who took Monday night, called me on the phone before it was time for the meeting to be sure I had figured out how to “get in”. Before the week was over, I took the commitment to Host the Saturday afternoon meeting, which I had been making coffee for while we were in the church. I did not know it then, but I would Zoom every day for the next two years.

Now, back to the meaning of the words Open/Closed when talking about AA meetings. As the virus became more manageable, many people were anxious to return to in person meetings. Actually, there were some groups that never closed. If the facility where their meeting was held was closing, they just found new places. This changed the meaning of the question of Open/Closed to “are they meeting in person?” And where? What are the restrictions?

Today I find myself working part time in the Northern Delaware Intergroup office. The phone rings and someone asked me if the Saturday morning meeting at Limestone Road is OPEN?

The answer is yes, and no. While the church is open and the meeting is in person, it is a Closed Discussion AA meeting. Many years ago, my sponsor explained to me that Closed Discussion describes the type of meeting their Group Conscience decided that this particular meeting would be. Therefore, Closed is limited to people who are members of AA only, no visitors. She explained that it is about **Anonymity**. In a Closed meeting, the tradition is that “**what we see here, what we hear here, let it stay here**”. The hope and trust is that as a sober member, no matter who I see, or what I hear, I will not disclose someone’s attendance or anything they say. If I am in an Open meeting, I need to be aware that anyone could be sitting there; a probation officer, a co-worker, and that may affect what I decide to disclose during that meeting because I cannot expect non AA members in attendance to respect our Anonymity.

Open AA meetings are available to curious family members, people in Nursing school, people with DUI who may not be alcoholics yet, “anyone” can attend and Open AA meeting. In Delaware we have some special interest AA meetings; Agnostic, Gay, women, men, all distinctions that these meetings are Closed to people who do not identify as that particular group.

Even people going to meetings for some time may not be aware of the connection between Open/Closed meetings and Anonymity.

How did these men in 1939 anticipate the unimaginable needs of people in 2022? They didn’t.

The first line of How it Works is a promise that is almost unbelievable; “Rarely have we seen anyone fail who has thoroughly followed our path.” I believe in Synchronicity. That they were inspired to write Steps and Traditions that carried their message of hope and recovery in a

way that can apply to everyone, everywhere. Today all over the world, there are 12 step rooms where “How It Works” can be seen in action. And not only for Alcoholics!

I write about these things because I have to believe I am not the only one who did not know what I did not know. Can you use this as a topic for your next discussion meeting? Please take time to Pass It On.

With Gratitude and love,

Carolyn W

## **Sponsorship in Action**

By Amber C.



“Get a home group, hit 3 different types of meetings each week: a Step meeting, a Women’s meeting, and a Big Book meeting, do 90 meetings in 90 days, get a commitment, get a journal and write everything down, and most importantly, don’t pick up the first drink”. I was just days back from a relapse and my new sponsor may as well have asked me to run a marathon, I think I would have felt just as overwhelmed and unprepared. But there were other feelings deep within me that first week, ones of surrender and determination, and most of all, the utter relief at not having to figure things out on my own.

I leaned heavily on OG, my nickname for my original sponsor this time around, that first year. She stood shoulder to shoulder with me while I literally and figuratively cleaned up the wreckage of my past. Together we purged both my father’s apartment when he passed away when I had 4 months sober and then the home I had raised my children in. My house was filled with 16 years of memories and mementos, as well as several businesses worth of supplies and merchandise. I had divorced 3 years prior and while my drinking took off, my housekeeping had basically stopped. It was as much a wreck as I felt on the inside.

Over those months, we laughed and cried together, I felt deeply understood and learned to trust another woman. OG took me through the first 9 steps in about 6 months, all while she helped me get that house of mine prepared to sell. I can still hear her, “One day at a time, one hour or one minute at a time, whatever is working today” and “Suit up and show up” and “Just focus on doing the next right thing”.

I was utterly devastated when she told me she was moving to Florida, we had become family.

Many, many months later, while visiting her, I would find out that we had met at a time when she had disconnected from both meetings as well as her Higher Power. She shared that working

with me had not only given her purpose back in that time of her life but eventually led to a spiritual experience together while watching the sunrise on a beach in St. Augustine.

Today I'm still in touch regularly with OG but I have a local sponsor, a woman who has what I want for this phase of my life. We're in touch just about daily, even if it's just shared 10th steps and gratitude lists. I don't need the level of support I came into the rooms needing and I have the wisdom to know I can't sponsor myself. I work every day with other women in the rooms that have also become like family.

Looking back, I sometimes marvel that I hit the sponsorship jackpot but then I remember this was not chance or fate, we came into each others' lives just when we needed each other the most and that was directed by our Gods. Whenever I attempt to thank her she says, "Thank me by helping another woman." I'm blessed to be able to thank her daily.

## **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

Jaime B 8/8/04

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

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](mailto: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. \*\*\*

If you would like to contribute anything to the newsletter please email Monica at [Mon92890@gmail.com](mailto:Mon92890@gmail.com)