



Coffee Pot Talk

NDIAA Newsletter



September 2022
21B Trolley Square
Wilmington, DE 19806
302-655-5113
Ndiaa.org



Greetings,

I have combined Steps 8 and 9 for this month. Wishing all of you a great start to autumn.

Our Principals

Step 8	Tradition 8	Concept 8
"Made a list of all persons we had harmed, and became willing to make amends to them all."	"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."	"The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

Step 9	Tradition 9	Concept 9
<p>“ Made direct amends to such people wherever possible, except when to do so would injure them or others.”</p>	<p>“A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.”</p>	<p>“Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.”</p>

AA Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

If you would like to submit your experience on Steps 10,11 or 12 – please email me at mon92890@gmail.com

Upcoming Events and Announcements!



EYE OPENER GROUP

NEEDS YOUR SUPPORT

We meet 6 days a week
Monday thru Saturday at 8:30 AM
Sundays at 3:00 PM
Red Lion Presbyterian Church
500 McKennan's Church Road
Wilmington, DE 19808

*When anyone, anywhere, reaches out for help,
 I want the hand of AA always to be there.
 And for that: I AM RESPONSIBLE*



We need your support!!!

US Group
7 00 PM Thursday Nights
Church of the Holy Child
2500 Naamans Road



The AA
 1. If we are
 about this

we will be
 before we
 through.
 going to
 freedom and
 happiness.
 not regret
 wish to shut
 it.
 comprehend
 serenity and
 peace.
 how far
 scale we
 we will see
 experience
 others.
 feeling of
 and self-pity
 disappear.
 lose interest
 things and
 in our
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 slip away.
 attitude and
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 10. Fear of
 economic
 will leave us.

11. We will intuitively know how to handle situations which used to baffle us.
 12. We will suddenly realize that God is doing for us what we could not do

The Promises of Recovery

Women's Meeting

WE NEED YOUR SUPPORT

Wednesdays

12 NOON

Concord Presbyterian
1800 Fairfax Boulevard



Promises
 painstaking
 phase of our
 development,
 amazed
 are halfway
 2. We are
 know a new
 a new
 3. We will
 the past nor
 the door on
 4. We will
 the word
 we will know
 5. No matter
 down the
 have gone,
 how our
 can benefit
 6. That
 uselessness
 will
 7. We will
 in selfish
 gain interest
 fellows.
 seeking will
 9. Our whole
 outlook upon
 change.
 people and of
 insecurity



***Women's Friday Morning
Step Group***

***NEEDS YOUR
SUPPORT***

FRIDAY, 11 AM



***Concord Presbyterian
Church
1800 Fairfax Boulevard
Wilmington, DE***

Global Sunrise online meetings have now been added to our meeting roster. They meet everyday via ZOOM at 6:45 am. You can go directly to the meeting from our Meeting Tab or use the following URL in your browser: Password: 583713

[HTTPS://zoom.us/j/82712135196](https://zoom.us/j/82712135196)

Another resource is the app named "Everything AA". This app lists AA meetings near you and you can filter the meetings by using "ASL" and it will show meetings that use American Sign Language.



This is What I Remember...

In my first months of sobriety, I went to the Newark group at Westminster House. I was going every day and even 2 or 3 times a day on the weekends. I heard someone say, "I got drunk more than once on a Saturday, so why not go to more meetings on Saturday." There were many women there that I admired but I struggled with the idea of getting a Sponsor. Would she be making decisions about my life in general? Did I really have to tell her "everything"even the bad habits I still kept? I had never had a woman in my life I could trust, let alone depend on. In my head I worked out an alternative. One woman in particular, Natalie S., had an energy and directness that appealed to me. Since I saw her almost every day I would listen intently, sometimes I took notes about things she said. Then I would use that information to help me in decision making. Also if I went to a meeting where she wasn't present, I would sometimes speak of her and say..."my sponsor said" And share one of her pearls of wisdom! For my first 6 months I was also attending an Aftercare group and the Counselor there said I couldn't graduate without a Sponsor. I asked her how do I decide? Since I had been in the group every week for 6 months and telling them all the real stuff going in my life the Counselor said, "you need to pick someone who won't be shocked by anything you have to say because right now you don't have a filter!" I thought about the women in Newark. Natalie was a woman who rode a motorcycle. She sometimes put her feet up on the table in the meeting with her dusty Army boots, she cursed a lot. She laughed a lot and was loud! Surely, she wouldn't be shocked by anything I had to say. One day I worked up the courage and called Natalie. I blurted out "will you be my Sponsor" and she said "yes, get a pencil". I found a pen and paper and she continued, "every day you need to do three things. Go to a meeting, read something from The Book, and make your F..... bed." Homework!?! While I saw her regularly, even went out to coffee after meetings, I didn't call her again in fear the list would get longer!

Natalie was the Manager at a local Tavern, The Deer Park. If I was having a difficult day at work or my husband or kids were making me crazy, I ran to the Deer Park at lunch time. We would climb the stairs to her office, and she would eat a sandwich while I talked. Her suggestions often were references to words in the Big Book. As the months went by, I found myself telling her some of those things that were my most closely guarded secrets.... sometimes I still stole things at the Acme or stamps from work, also I had other men in my life besides my husband which meant I was still lying.

When my husband and I separated and I wanted to date, Natalie reminded me about not making major decisions in my first year. While I continued to see my husband for late night booty calls, he was still drinking, and smoking pot and I was sure a New Man would help me stay sober. Natalie told me "No man who is "working a program" in his life would date me before I had a year sober. My solution? I put a personal ad in a local rag called "The Swapper" looking for guys. I did specify that I was sober, and the guy should use no alcohol or drugs. (I am sharing all this because I know I can't be the only one who thought a new relationship would

fix me.) Not drinking but still trying to do life “my way”. Clearly not understanding or “working the Steps”, I was satisfied that I no longer had a craving for alcohol and the police hadn’t been to my house on a Saturday night for a while. I thought that was enough. I did believe in a Higher Power, and He was hard at work. One of the men who answered my ad was Stanley B. (This was in the 1980’S so no technology – people wrote each other letters!) Of course, I knew him well from the Newark group. My immediate reaction was fear and shame. Does he know its me? Stanley wrote me a four-page letter describing his relationship with God and reassuring me that my needs for a companion would be met when my Higher Power thought I was ready. He urged me to work on myself, trust the process and “get ready” to be worthy of a sober partner. POOP!!! He struck a nerve.

Later I told Natalie the whole story. She laughed and pointed out God’s sense of humor. She shared some of her own experiences from early recovery to help me accept my own limitations at that moment. It’s Progress not Perfection and remember that at any point I can start my day over. She said I probably had to make changes in these old behaviors if I hoped to maintain a sober lifestyle. Her lack of judgement or pressure helped me understand it wasn’t the end of the world if I screw up. If I don’t give up!

Things were different in the 80’s AA I went to. I don’t remember much emphasis on “work the Steps NOW or you will drink”. She never threatened me or gave me ultimatums. She modeled sober living- talking about how her Higher Power helped in certain situations, being open and honest in her Share at a meeting. Eventually when I asked why I have to make my bed, she talked about alcoholics not having personal discipline or healthy daily routines. That was certainly true for me. Start with something simple. It doesn’t all have to be complicated.

My Sponsor did tell me to go to one Step meeting a week and one Big Book meeting a week and with time that would help my understanding of Working the Program. She never said I had to do a Forth Step NOW. At about ten months sober I had been attending the Saturday and Sunday meetings in Wilmington on a regular basis. At Trinity Church Saturday morning was a Speaker and Sunday was a Step meeting and both had attendance of over 70 people in the big hall in the basement. There was donuts. I loved those gatherings. I went early to get a good seat and to chat with the other people there. I drove home in the early morning sunlight feeling grateful, alive and full of hope. As I continued to struggle with the dilemma of my marriage and my fear of being alone, I called Natalie one day asking how do I know God’s will for me? She asked if I was going to Step meetings. I said yes, every Sunday in Wilmington. Her spontaneous laugh came back thru the phone, and she said, “Carolyn that’s always the Eleventh Step, what about the rest?” I had been going there for months and while they always talked about God and ended the meeting with the Prayer of St. Francis, I didn’t realize it was always the same Step! My brain was foggy from all that alcohol and took a long time to work again.

If I called her with a problem, she would certainly talk to me using references to the Steps or the Big Book. But looking back now I think there was a greater attitude that members

modeled sobriety in their lives for me rather than tell me I had to do it their way. Over the years we had together, Natalie taught me many things and I have come to know that my choice of her for my sponsor was one of Divine Intervention. While I thought I was picking someone who wouldn't be shocked by my stories, what I got was a woman with a strong and trusting relationship with her Higher Power, the very thing I so desperately needed. Today I try to emulate her and woman like her as I Sponsor other woman. Truly one of the best ways I can Pass it On.

With love and gratitude,

Thanks Natalie

Carolyn W.



Pain

By Brian C.

Ever since I can remember ,I had a certain feeling or belief that I could not fit in with the rest of the world. I remember as far back as middle school not fitting in (or so I thought). This feeling went with me into High School until I tried alcohol for the first time. Drinking made me feel like I belonged and was able to express myself. It also took away the pain of childhood trauma, and not being able to express myself. As time went on and I grew older, my alcoholism progressed and started interfering with my quality of life. I was drinking daily to avoid feelings of guilt and shame. My drinking would be brought to my attention from the ones who loved me, as they were concerned and wanted me to get help. I went in and out of rehabs and detox programs, as well as AA meetings. I found myself stopping for periods of time but would eventually pick back up. I know now that I was stopping for reasons that were not my own. Eventually alcohol burned down everything around me, and I was alone.

At the age of 46, I woke up one morning and the pain had gotten so bad that I had to surrender. I once again went into treatment, but this time it felt different. I was thinking about the previous years of drinking and rehabs and meetings. A seed had been planted and I knew what I had to do. I wish I had made the decision earlier to surrender to the pain, but it wasn't great enough. That morning, I literally threw my arms up to my Higher Power and said "please help me!"

In July of 2018, I started my journey to a better life. A life of structure and design. I learned that I was not alone, I was suffering from a disease of the mind that wants me to be alone. Joining the fellowship of Alcoholics Anonymous saved my life. It truly taught me how to live, and to be grateful for the pain that literally brought this stubborn alcoholic to my knees. Pain is a great motivator and I truly believe that I needed every drop of alcohol I drank to get where I am today.

Do I do it perfectly? No. Its not about perfection, it's about making progress. Every day I don't pick up a drink is a win. Some days I catch a resentment or may not be my best self. I have learned how to handle those days and move forward. I always thought I was a screw up and I was content in settling for an alcoholic death. As it turns out I was suffering from a disease that I did not fully understand. This help was freely passed on to me, and I pass it on to others. Life today is a blessing, and I am happy beyond my wildest dreams. It only took 20 years of pain, Thank God!

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. ***

If you would like to contribute anything to the newsletter please email Monica at Mon92890@gmail.com