



Coffee Pot Talk

NDIAA Newsletter



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



Our Principals



Step 10	Tradition 10	Concept 10
Continued to take personal inventory and when we were wrong promptly admitted it.	Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.	Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

"I write my goals and priorities in pencil, so I can erase them. This is not so I can sell myself short, but so I can strive for more ambitious outcomes. Recovery is a lifelong process; the moment I engrave in stone my blueprint for living, I'll rediscover and recover something that is paramount to the value of my life. And then I'll be looking for a new stone."

Blythe, California, June 2005, "The Value of Life," Emotional Sobriety –AA Grapevine

"Well-remembered is the comfort I used to take from an exaggerated belief in my own honesty ... I was so absurdly proud of my business standards that I never failed to whip up a fine contempt for those of my fellow Wall-Streeters who were prone to short-change their customers. This was arrogant enough, but the ensuing self-deception proved even worse. My prized business honesty was presently converted into a comfortable cloak under which I could hide the many serious flaws that beset other departments of my life. Being certain of this one virtue, it was easy to conclude that I had them all. For years on end, this prevented me from taking a good look at myself."

AA Co-Founder, Bill W., August 1961, "This Matter of Honesty," The Language of the Heart – AA Grapevine- Daily Quote

"The simplicity of this program never changes -- what works is constant: trust in God, clean house, and work with others."

Concord, California, Mary 1997, "Take My Advice -- I'm Not Using It," Emotional Sobriety

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

**** I am also seeking information about the history of your homegroup! A flyer will be available on the website to help you with guiding questions. Submissions will be featured in the newsletter. ****

Upcoming Events and Announcements!



First Light – Maryland

7 Days a week, 7 AM

Location: Williams Chevrolet Auto Dealership

1 Auto Boulevard

Elkton, MD

Bonfire Night at Ramsey's Farm

Join Delaware Intergroup
Sunday November 6, 2022
4pm - 8pm
\$10 per person
Children 3 and under free

CORN MAZE
HAY RIDES

BONFIRE
BYO SMORES
STUFF

In the event of weather cancellation, check the intergroup website on 11/6.



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 WANT YOU

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
8. Self-
slip away.
attitude and
life will
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

SAVE THE DATE

Saturday, December 31, 2022



We are working out all the details...more will be revealed!!!

Suggested time 8 to Midnight

Location: To Be Determined



***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...

I got sober in July 1982. At that time “the rooms” were different. My first Home Group was in Newark Delaware. One church had a separate building behind the main church. Someone told me it was originally used for Boy scouts. In 1957, it became The Westminster House and was used only for 12 step meetings. Usually Al-Anon was on the first floor and AA upstairs. It was a two-story structure made entirely of wood. The door was heavy, painted green and peeling from years of weather. The old wood steps to the second floor meeting room felt so loud when they creaked as I climbed up in the beginning. At the top of the steps, the air was thick with smoke. Does Everybody here smoke? As a lifelong non-smoker, I used the smoke as an excuse many times when asked why I was drinking- again. The room was large enough to hold 80 people for special events. The big table in the middle of the room was four conference size rectangles put together to make one big table. Plenty of room for ashtrays, flyers about special events, extra meetings lists and the ever present coffee cups. There were chairs along the walls all the way around. At the very front of the room were the signs – Easy Does It, Keep Coming Back, Just for Today.

My favorite was a sign that appeared homemade; it said, “Nothing is So Bad That A Drink Won’t Make It Worse. It was right in the middle. And if I looked toward the Chairperson, it was right over their head. I read it hundreds of times. Along the other walls the window shades of Steps and Traditions. We used real ceramic coffee cups that were stained from hundreds of uses. I won’t even talk about the coffee pot! For a couple of years I had been going in and out – usually a week or so at a time. Once I managed a whole month but then I went to a party with old friends, you know the rest. On one of my return trips, someone handed me a Big Book (Third Edition). Inside the front cover I wrote July 14, 1981 – in pencil. I guess on some level I knew I wasn’t done. I kept that book and the old date is still in it. Sometimes I read it while I was drinking and wondering why it wasn’t working. On one of the covers, there is a ring stain where I sat my glass down as the evening went on.

When I came back, July 15, 1982 (ironic?) Nobody asked me questions; they said Keep Coming Back to newcomers. No one asked me what happened last time. Some of them even remembered me and came to me after the meeting with tips about how to get thru the first days of jitters, nausea, restlessness, irritability, and sleepless nights. This time was different. I did my 90 in 90. Usually, I went to more than once a day, especially on weekends. I just didn’t know what to do with myself. They told me to keep moving, physical activity would help. One old timer said, “depression is just an overactive mind and an under active ass!” I came to meetings early, made coffee, cleaned those damn ashtrays and went out to coffee after the meetings. I got involved in service. GSR at one, Treasurer at another. Couple of years went by, I was still frequently sad, lonely, thinking a new relationship was what I need. I tried the other 12 Step programs; Al-Anon, ACOA, OA, GA, SLAA. Hell, I qualified for everything. One day almost five years had gone by and I was driving home from work thinking – when my daughter

turns 18 maybe I'll kill myself. I told my sponsor, Natalie. She said, "Well at least you're not thinking of drinking!" She told me about a woman she went to for therapy. I made the call. I went once a week for a couple of months and the therapist said she could identify classic mood swings; I was either really happy or really sad. She thought I should see a psychiatrist. I went. The doctor listened to me about 30 minutes and gave me a prescription. I sat outside the office with the paper in my hand and cried! It was the 1980's – old timers said things like if you take that crap you will drink! Medicine is a crutch. I went back to Natalie. She said pick three people you trust. Ask their opinion. I did that. I just kept following my last directive.....praying every step of the way that God would help me know what was right. One of my three people was a woman with 20 years sober. She confided that she took Antidepressants for most of her sobriety. She said they aren't fun drugs. Its about brain chemistry. And most important is that she takes it the way the doctor prescribes it. I took the medicine. About 9 days later, I woke up one day and I knew I was different. It was like I had been looking thru a veil all my life and it was suddenly lifted. I have not considered suicide in a very long time.

Recently I was blessed to celebrate 40 years of continuous sobriety. I know there is no magic dust! It takes hard work, commitment, gratitude all the time and making sure I help others. I write about my experience because I know I'm not the only one. And sometimes, like the old Wilmington Preamble says, we need the cooperation of the medical profession and help of the clergy.

Thanks God.

Carolyn W.



Anniversary Club

Bill C 5/2/78	Ken P 9/20/83
Bob A 7/9/90	Kerry O 4/20/08
Bob M 1/17/83	Laura R 6/21/95
Brendan D 5/3/09	Leslie D 2/20/90
Brenda A 2/23/85	Liza F 1/20/05
Carel B 4/26/04	Marilyn M 6/26/99
Carolyn W 7/15/82	Marie R 9/6/83
Christopher K 1/03	Mary Ellen S 1/24/10
David C 2/1/94	Melissa S 6/23/08
David G 7/6/99	Mike M 4/20/91
David F 11/23/07	Nancy V 2/21/05 (deceased)
David K 12/3/72	Patricia K 12/17/87
Debbie H 3/16/91	Patsy M 1/6/88
Doris S 4/80	Phyllis M 3/9/88
Doug W 2/28/91	Sally C 10/15/95
Ed H 1/28/96	Shirley U 3/19/76
Franny C 5/7/96	Stanley B 3/5/79
Fred M 5/5/90	Suzanne M 4/4
Gail R 6/4/92	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