



Coffee Pot Talk

NDIAA Newsletter



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



Our Principals

Step 11	Tradition 11	Concept 11
<p>"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."</p>	<p>"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films." Al-Anon includes the addition, "We need guard with special care the anonymity of all AA members."</p>	<p>While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.</p>

Please Join Us for the 19th Annual, 2022
Thanksgiving Day Alcthon
 November 24th
 Courage to Change




Jesus House Retreat Center - 2501 Milltown Road
 10am – 9pm: FELLOWSHIP 10am – 7:30pm: FOOD

MEETING SCHEDULE:
 ALL meetings will be Speaker/Discussion and will be hosted by:

10am – Saturday Solution
 12pm – Second Chance
 2pm – AA Basics
 4pm – Vent-A-Lators
 6pm – TBA
 8pm – Courage to Change




DOOR PRIZES

ZOOM users: go to Zoom.us
 Top of screen, hit "Join a Meeting"
 Meeting ID: 860 4543 6713
 Password: 882376



pageboycars.org


LONGTIMERS MEETING
 FRIDAY, NOVEMBER 25, 2022
 SKYLINE UNITED
 METHODIST CHURCH
 3100 SKYLINE DRIVE
 WILMINGTON, DE 19806
 FELLOWSHIP AT 6:30 PM
 MEETING FROM 7-9 PM



JOIN US AS WE CELEBRATE
 LONGTIMERS WHO HAVE
 PASSED ON THE LEGACY OF
 AA FOR THE PAST 25+ YEARS

Arlene W.
 Bill S.
 Karen S.

FELLOWSHIP &
 REFRESHMENTS AT 6:30 PM
 Please bring your favorite
 snack to share.



In November, we often turn our hearts to the topic of gratitude. Something I have always found helpful if I'm feeling squirrely is to create a gratitude list. In the past I have also looped a few friends into a text to make an alphabetical list of things we are grateful for. Just some food (or pumpkin pie) for thought 😊

If you would like to submit your experience, strength and hope, 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 fea**

THERE IS
Always
 SOMETHING
 TO BE
Thankful
 FOR



AA Historical Events in November

Nov 1

1947 – 1st AA Group in Anchorage, Alaska.
1963 – Reverend Sam Shoemaker dies.

Nov 3

2001 – J. P. Miller who wrote screenplay for “The Days of Wine and Roses” died.

Nov 9

1966 – President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism.

Nov 10

1940 – First AA group formed in Minneapolis.
2001 – First of 400,000 fourth Edition Big Books arrives in the mail.

Nov 11

1934 – Armistice Day, Bill started drinking after dry spell, beginning of Bill’s last drunk.

Nov 12

1940 – 1st AA meeting is held in Boston.

Nov 13

1939 – Bill wants to go to work at Towns Hospital, NY drunks want him to stay on as head of the movement.

Nov 14

1940 – Alcoholic Foundation publishes first AA Bulletin.

Nov 15

1949 – Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.

Nov 16

1950 – Dr. Bob died.

Nov 18

1946 – First Dublin Ireland group met.

Nov 21

1939 – AAs in San Francisco hold first California AA meeting in the Clift Hotel.
1952 – Willard Richardson, past Treasurer/Chairman of Alcoholic Foundation, dies.

Nov 26

1895 – Bill W. born in East Dorsett, VT.
1939 – Dilworth Lupton gave sermon “Mr. X and Alcoholics Anonymous”.
Became one of first pamphlets on AA.

Nov 28

1939 – Hank P. writes Bill advocating autonomy for all AA groups.

Nov 28

1943 – Bill guest speaker San Quentin Penitentiary (sometimes dated Dec 2, 1943).

Other significant events in November for which we do not have a specific date:

Nov 1934 – Ebby T. carries message to Bill.

Nov 1936 – Fitz M leaves Towns Hospital to become 'AA #3 in NY', with Bill W and Hank P.

Nov 1937 – Bill and Dr. Bob compare notes in Akron. Count forty cases staying sober. Meeting of the Akron Group to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries. Passed by a majority of 2.

Nov/Dec 1939 – Akron group withdrawals from association with Oxford Group. Meetings moved from T. Henry & Clarence Williams to Dr. Bob's and other members' homes.

Nov 1941 – "First Mass AA Meeting" in Oklahoma City, 8 present, 1 was drunk.

Nov 1945 – Bill's article called 'Those Goof Balls' published in Grapevine.

Nov 1986 – Big Book published in paperback.

**** Source : <https://www.aa-oregon.org/a-a-historical-events-in-november/> - Accessed November 5th, 2022**



This is What I remember...

In my final year of drinking, it was really bad. For the first time I was unable to find another job after I was fired, again. Four jobs in as many years. This time I had no non-drinking days when I could look for a job. Back then we used the newspaper for advertisements, sent a resume and waited for a call to schedule an interview. My last attempt, I went to an interview but in the throws of withdrawal my hands were shaking, my thoughts jumbled, and I was sweating. I just walked out in the middle without explanation. I figured they knew why. I stopped looking. I sat in the house and drank. Now I needed the morning drink. I lived with my second husband and my daughter. When the clock went off, I rushed down to the kitchen so I could sneak it in my before they came down. Right out of the bottle, rum, whiskey, whatever was on sale. The alcohol was quickly absorbed as it flowed over my tongue, cheeks, and throat. Often it went down only to rise back up in 10 minutes. We had a powder room between the kitchen and the living room. I would shuffle over to the sink, throw it up, rinse my mouth out with toothpaste so they wouldn't smell it. But it had done its job, I was stable enough to pack lunches and see them off and have a real drink. I rarely left the

house. When I went to the Acme, I took my daughter with me so she could write the check for me. (Before debit cards) I couldn't remember the amount long enough to get it down. Sometimes on a nice sunny day I sat at the kitchen table, looking out the window as I drank. I wish I could go out. But it was too hard. I checked the newspaper to see what day it was. Do I need to put out the trash? I couldn't remember. It was my routine in the end.

But this day was different. I took that morning drink, shuffled to the powder room, and tossed it up. And there was blood! My mother had died from an esophageal hemorrhage secondary to her alcoholism. I was 18 and witness to her as she vomited blood into our kitchen sink screaming "I don't want to die!" We didn't have a phone in that Philadelphia apartment so I ran to the corner pay phone. It was several minutes before an ambulance came and took her to the hospital.

Now, in this moment, looking into my own sink at my blood, I knew I was going to die if I continued to drink. Maybe not today, but it was inevitable unless I stopped. I believe it was my Moment of Truth. It was 1982 and I was 33 years old. This time I came back to AA "for real".

I was ready to accept the need for Total Abstinence that they talked about. No more sneaking pills or smoking stuff in between binges. Looking for doctors to prescribe something because I couldn't sleep without alcohol. I was done. Tell me what to do. There was a doctor I heard mentioned in AA. I remembered her name and that morning I called. She asked me why I was there. I said I heard about her in AA. I recounted my previous attempts at sobriety. Two admissions to the Psych ward when I was suicidal. Various doctors for medications to mask symptoms. One 28 day stay in a Rehab. Nothing seem to work. I just ended up drunk again. It was the end of her day. Eight o'clock at night. She looked directly at me and said, "what do you want me to do?" I didn't have an answer and said simply "I don't know". I felt so hopeless. After a pause she told me she could put me into a hospital for detox and while I was there she would prescribe a medication for alcoholism. It was called Antabuse. I never heard of it. She said I sound like an impulsive drinker because I seem to have remorse about my relapses. Antabuse would buy me time. Each dose would stay in my system for 48 hours meaning I would have to PLAN to get drunk. Sure, some people took it and drank but you get really sick. In some cases, it can be fatal. She said you have to take it as directed, with no variations. I have already mentioned in this column that back then it was not well accepted for an AA member to take medications. Not for pain. Certainly not this. It was called "a crutch" by many. I did the Detox, took the medicine, went to AA every day for months. Sometimes twice a day if I was restless. But I never talked about it. Got a sponsor but it was several months before I admitted to her about the Antabuse. She knew the doctor and some people the doctor had helped. She said only that I must take it as prescribed. I took it for the first 7 months of my sobriety.

I have never talked about this openly because even now I fear how other members might frown on it. But recently I heard the story of another young lady, struggling with

abstinence. In and out for the last year. She has a young family and a career. A lot at stake. Her doctor has suggested Antabuse. It felt like the right time. I told her it worked for me. Then I wondered, how many others are still afraid of the stigma? Would I have stayed sober if my Sponsor condemned me? How many times was I helped by the confidences of others when I was struggling with a difficult decision? I was reminded of the Serenity prayer, "the courage to change the things I can". We have no magic dust, only our own truth to pass on.

Carolyn W.



**NEW
LOCATION**

CELEBRATE THE NEW YEAR
WITH
NORTHERN DELAWARE INTERGROUP

**DJ
AND
DANCING**

**BRING A
POT LUCK
DISH**

December 31 at 8 PM- 12:30AM
Deerfield
507 Thompson Station Road
Newark, DE

TICKETS \$25

SEE YOUR INTERGROUP REP OR CALL THE OFFICE FOR
TICKETS

ATTIRE - DENIM TO DIAMONDS



A row of five balloons: yellow, black, yellow, black, yellow.

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

