



Coffee Pot Talk

NDIAA Newsletter



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



Our Principals

| Step 12 | Tradition 12 | Concept 12 |
|--|---|---|
| <p>“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”</p> | <p>“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”</p> | <p>“The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.”</p> |



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

1. Line up extra AA activities (help on the phones, speak, empty the ashtrays).
2. Be host to friends, especially newcomers, at home or at a coffee shop.
3. Keep your AA telephone list with you at all times.
4. Find out about holiday meetings or celebrations in your local groups.
5. Skip any drinking occasions you're nervous about.
6. If there's one you can't skip, take an AA friend—or keep candy handy.
7. Don't think you have to stay late (plan an "important date" in advance).
8. Go to church. Any church. And don't forget about extra meetings.
9. Don't sit around brooding; catch up on reading, museums, walks, letters.
10. Don't project about holiday temptations: remember "One day at a time."
11. Even if you cannot give material gifts, enjoy the beauty of holiday love.
12. Carry the message. Give the joy away, and it will be yours to keep.

— Adapted from Box 4-5-9



Steps to Recovery

Y S S G K G R Z F I W T X K I S L V A H P S X L
L E X P K X N A N P L J A I T X G V D A O T T S
M C G Q F Y G V G D Q W I X T A U A M S L W N E
H I S G N K E E Z W M O R Q B A I R I V D H E R
P O K X F N P X R W M O S S C S D A T C Z O M V
Q H O W T C M S U A S V U E A J A P T Z T F T I
R C J O O R L Z C N H R E O C L N W I K B U T C
E M R X A C U O O A R S J A I N C J N O X E I E
W Y O A N Y W P D E V Y N O W C E Y G R L W M J
O D L D U S S D N E U T Z I P D L U K R O V M H
P G E Q P A I D H A R I L H W G U Q Q X C P O O
R K S N Q C E B T Y G L X E E E P G V E V Q C Z
E U N B T R S Y R R I I U R D H K B F J S C M R
H Z U I M W U E A N I M C K W T I C H Q Y N W Z
G P O O O C V T G T E U P Y V T E R Z M T G O E
I N C B F O I N I T P H Y U P Q M Z G U N I A C
H V N S C T E G V F X J T S Y V T K C O U D T J
H O P E U S F O R G I V I N G A W A K E N I N G
C D R D S Z G J T H Q R N V E X P E R I E N C E
X C E U K P T L F G B B E Z M O B B A B S Q C E
E P O H S T W K A Q U O R L O O D U V H B P V B
H C H I H Q S O B E R C E Y W C D P Z I G M K F
R T V B M I U E X T R G S H A L T S C Q N A X I
I C O N F I D E H T G N E R T S Q D C E C I M N

guidance serenity service inventory sponsor higher power

surrender forgiving awakening admitting humility strength

experience halt share hope confide willingness counselor

gratitude consequences choices recovery addiction sober

New Year's Dance

Unfortunately the Event scheduled for New Year's Eve at Deerfield has been cancelled.

Please inform your groups that anyone who has already purchased tickets can have their money back either by coming to the Trolley Square office or we can bring it to the next Intergroup meeting on January 4th to return to you.

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 featured in the newsletter. ****

This is What I remember...

For those of you who have been following here, I write about some of the difficulties I found in early sobriety. Christmas was gonna be different! I got sober in July and separated from my 2nd husband in November (no major decisions..?) Then in December, my 13 year old daughter found me crying in the kitchen. Feeling very sorry for myself, I said her father wanted her to spend Christmas day at his house with his family. (What about ME I thought. He knows I have no other family except my daughter.) She asked me what's wrong? I answered her, "Do you want me to cook for Christmas?" It seemed like the biggest decision in the world.... We talked about it and started a new tradition that December. Christmas Eve was for us. I would cook, we would invite some friends, do gift exchange. Later that evening she would go to her father's house so she could wake up on Christmas with him (as he requested).

My home group was the Newark Westminster group. They had an Alkaton. Another new word in recovery. The announcement was that the building would open at 9 am on Christmas Eve and stay open until 9PM Christmas night. My Sponsor explained, every even numbered hour there would be a new AA meeting. In between would be food and fellowship. As the days passed the group decorated the room with lights and trinkets, even a live tree! The handout with the cartoon and 12 suggestions for getting thru the holidays without a drink. We were encouraged to bring stuff to add to the festivities. It was a large room and could hold 60 or more people if necessary. Of course, the big center table made room between coffee cups and ashtrays for anything we wanted to share. Cookies appeared. Then mugs with Santa or Trees, anything green or red. Our usual schedule had the last meeting at 8 pm and we were usually out of the building by 9:30 (meeting after the meeting). As the day grew closer, I asked my sponsor, will anybody be here after 9PM? She gave a hearty laugh and said, absolutely! All night, early morning, someone will be here. I still didn't "get it" so I asked her, Why? She said there are lots of reasons. Maybe their family drink and they need support because it makes them think they should be able to drink too. Maybe their family doesn't want them there. Maybe they don't have a place to go or a family to be with. And some people might just need a break from their family right in the middle of all the festivities. Whatever the reason, we will be here. I didn't believe it. Couldn't believe it.

I showed up 11 pm Christmas Eve after dropping my daughter at her father's. The room was full. People were greeting each other with hugs and laughing at some of the craziness going on back home. Some of them had been there for hours. There was plenty of food, whatever you can imagine. The usual holiday fare, turkey with stuffing, yams, veggies. If you don't want that, there was meatloaf, lasagna, meatballs and sausage with rolls. About 50 different desserts (we love our sugar under stress). When I left at 1:30 AM new people were coming up the path for the 2am meeting! It was like that for many years. After that first year we kept the routine at my house of Christmas Eve with me and Christmas day with Daddy. But instead of feeling sorry for myself, on Christmas day I cooked a traditional meal and invited other women I knew might be alone that day. Usually only 5 or 6 of us because I was in a small townhouse. I did that several years and found peace of mind and joy sharing the holiday my AA women.

You know that Promise, beyond our wildest dreams? When my daughter got married and had children of her own I was blessed with a new Tradition. She suggested the children could come to my house Christmas Eve and sleep over. The parents would show up early in the morning and we could all open the gifts from Santa together. Now she is 50 and the children are off at college. But guess what? The plan is for Christmas Eve dinner at Nana's house.

Are you worried about the holidays? In today's AA world we have Zoom. AA meeting 24 hours a day, 7 days a week. Need contact with real people? Find yourself another drunk. Go to a meeting and ask for phone numbers. I know it's scary, but tell them how you feel. Someone else could be sitting there just wishing for someone to spend some time with. Invite a newcomer to coffee. Give them your real phone number. Ask God how you can be of Service to Him and the Fellowship.

I heard someone say a long time ago, what I wish for any Newcomer is that they come back enough to hear that the program works and that they have the patience to let it.

Carolyn W.



Twas the night before Christmas, we were all in the club,
Enjoying a meeting, instead of the pub.
The ashtrays were clean, and the coffee was made,
The Big Books were out and we all had prayed.

When out in the lot, there arose such a clatter,
We all jumped up to see what was the matter.
The Chair with his Big Book, and I with my smokes,
Headed outside to find these two blokes.

They came on inside and sat at the table;
And said that they'd chair, as soon as they're able.
To start with, they said, "It's more than not drinking;
It's doing your best to fix your sick thinking."
"Think, Think, Think!" and the slogans were used,
Help keep the newcomer from getting confused.

Step 1 is a start, they said we should know,
But after Step 2, we'll be all aglow.
We make a decision when we got to Step 3;
Step 4 was real tough, we all could agree.
Step 5 is the one where we let it all out,
And after Steps 6 and 7, we're left with no doubt.
When we got to Step 8, we made our list;
And then with Step 9, we have to persist.

After Step 9, the promises ring true;
We didn't just make that up, right out of the blue.
After that, it's on with the rest;
The things we must do, to be our best.
They put on their coats and got ready to leave;
A pretty good end, for the Christmas Eve.

As to their names, we only could guess;
Must have been Bill W. and Dr. Bob S.
The two men hopped into a '35 Ford,
And as they pulled out, one of them roared:
"We leave this message, for our sisters & brothers:
Trust God, Clean house, and be of service to others.

And for all of you people, I just want to say:
Have a nice holiday, but don't drink today!



Graphic is a reprint of a drawing from December 1966 Akron

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