



Coffee Pot Talk

NDIAA Newsletter



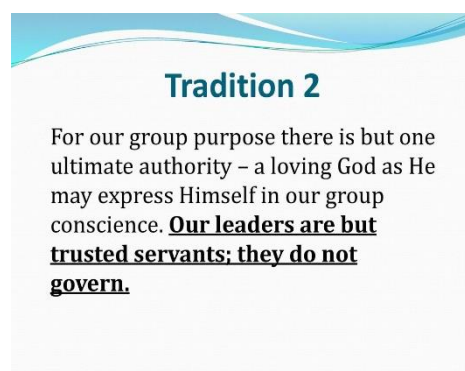
February 2023
21B Trolley Square
Wilmington, DE 19806
302-655-5113
Ndiaa.org



If you would like to share your experience, strength and hope — please consider writing for the newsletter.

“I found a new definition of sanity. It was bigger than any definition I had heard concerning Step Two, but it was also bigger and better than my wildest imaginings. This sanity offered serenity, a feeling of wellness or well-being, possession of a center of balance from which to operate, and a feeling that my place in this world was just right.”

Bowie, Maryland, February 1999, “Beyond Sanity,” Step By Step - Grapevine Daily Quote – February 14, 2023



Over the course of the next few newsletters, you will learn a bit about homegroups in the area!

Featured Homegroup → SOS – Sisters off the Sauce

The S.O.S. (Sisters Off the Sauce) Women's AA Group started in June 2004. The Group meets at St. David's Episcopal Church on Grubb Road in Wilmington, DE. This group originated at St. Mary Magdalene church some years before, but went defunct for several years prior to restarting again in 2004. The particulars of the original group and reasons for its demise are unknown. S.O.S. immediately registered as a homegroup with G.S.O.

The original members of the 2004 group were: Valerie, as the first treasurer; Margaret G., Debbie, Janet H. and Gina. Other members included: Elka F., Connie H., Ginny, Tommie R., Jean R., Kathy E., Maryann L., Susan S., Ann K., Kathy M., Lois, Bridget K., Amy, Trudy, Mitsy, Barb C., Peggy B., and Eileen N.

S.O.S. met on Thursday evenings at 7:30pm. This homegroup was established as a Women only, Closed meeting of A.A. Because this group meets on Thursday evenings, a vote is taken each year to open the group to men one day each year on Thanksgiving Day. Business meetings were held quarterly, usually the last Thursday of the first month of each quarter, January, April, July and October. However, in 2020, a motion was passed to hold a business meeting every other month. This Group also has elected Group officers for GSR and IGR as well as Group Secretary and Treasurer.

The Groups' format was a Step of the month meeting on the 1st week and Tradition of the month meeting on the last week of each month. Meetings in between are discussion meetings. Members commit to chairperson responsibility on a monthly basis, as well as coffee commitment and greeter. In 2019, the Group passed a motion to hand out sobriety coins to recognize AA anniversary celebrants.

On the last week of each month, the group has a commitment calendar for cake/dessert that is a personal contribution from the homegroup member. Most recently, S.O.S. has voted to celebrate the anniversary of the group with an evening celebration in the month of June. The Group held its first home group celebration in June 2019. Members contributed hot and cold dishes and met at 6:00pm for set up and fellowship before the 7:30 meeting. Women were encouraged to invite previous group members and other women to help celebrate.

As of March 15, 2020, this Group began meeting weekly on Zoom due to the State restrictions stemming from the Corona virus – Covid 19. We immediately incorporated a VENMO account to ensure continued contributions and voted to continue paying for monthly rent to St. David's church. During the Summer of 2020, S.O.S. met under a hybrid setting; both in-person in the parking lot of St. David's Church and on zoom. The acoustics were very poor due to a lack of adequate speakers and the Group quickly decided to continue meeting 100% on zoom until January 2022, when we again returned to St. David's in a hybrid setting. An additional speaker addressed the acoustics and a second laptop was added to ensure that the zoom attendees could see both the speaker/chairperson as well as the in-person attendees and vice versa. As of May 2022, the Group returned to 100% in-person meetings.

At that time, the Group also voted to change the start time of the meeting from 07:30pm to 07:00pm. The Group also voted to change the meeting structure to: first week – Tradition of the Month, second week – Step of the Month, remaining weeks are topic choice by speaker/chairperson.



Just for Fun....



Answers from last month's crossword below :

Across

4 : Anonymity

5: promises

7 : hope

9: measures

10: twelve

11 : grapevine

Down

1: unmanageable

2: sobriety

3: first

6: book

8: serenity

Word Scramble

BOIYTSRE

CICLLHAOO

NROISTTIAD

YRTENEIS

YTIYNMNAO

OFHLPWILES

EECRVRYO

ORPSSNO

EDGTIUTRA

TDENMTAIOI

Answers will appear in next month's newsletter 😊



Each month there will be commentary on a writing from “The Language of the Heart – Bill W’s Grapevine Writings”.

February Selection → Letter to the Mother of an Alcoholic- December 1944

Bill writes this letter in response to a grapevine letter written about having an alcoholic son. I immediately thought of my own mom in this situation. When I finally surrendered to alcohol – my greatest joy and my greatest weapon in my life, I was a scared little girl looking in the mirror asking myself “How do I stop drinking? I cannot go on like this. What do I even do?” I am not that frightened and feeble girl anymore. That day I picked up that elusively heavy phone and called intergroup (after googling A.A. as a suggestion from a friend). I decided I was going to go to meetings to stop drinking. I had no idea what sort of cure was within the church walls but I soon found out.

I decided to immediately clue my mom in on this new life choice of mine. I am very close with my mom but she did not know the extent to which I was ruining my life with alcohol. She was not aware of the danger I put myself or others in on a daily basis. Admitting to my mom and family that I was an alcoholic came with some questions like “Are you sure?” or “Is this just to get back on track?” My mom would whisper to me to ask if had been to a meeting that day. It was taboo in my family to discuss problems and definitely not solutions! I think now about how my mom must have felt when I told her I was an alcoholic. She is not one of us and could barely identify with my feelings when I shared with her. I now realize she does not need to understand – she just can do her best to respect my sobriety and the choices I make to maintain it.

In the writing Bill, writes the mother back and says “Discovering alcohol, he found much more in it than do normal folks. To him alcohol is no more relaxation, it means release – release from inner conflict. It seems to set his troubled spirit free”. Reading that with a few years under my belt still gives me chills – the release that alcohol gave me was something I could not explain to a normal person like my mom. My compulsive habit had become an obsession.

Today, the topic of sobriety is much more commonplace within my family unit. My entire family knows I am sober and that I attend meetings and have a sponsor etc. Today, my sobriety is not a major topic anymore because it does not have to be. I do my best to keep my side of the street clean, make amends as necessary, and show up willingly for my family when I am needed. Today, I am a woman of dignity and grace, and I can look in the mirror and be proud.

With love,
Monica C.

All cited words are from “The Language of the Heart – Bill W’s Grapevine Writings” AA Grapevine 1988. New York, NY. Pages 308-312.

The commentary is solely the interpretation of one alcoholic’s experience and does not reflect the view of AA as a whole.

Upcoming Events:

Northern Delaware Intergroup

Spring Breakfast



April 30, 2023
Doors open at 8:30 AM
Breakfast at 9:00 AM
Speaker at 10:00 AM



Hockessin Memorial Hall
Rt 41 and Yorklyn Road
Hockessin, Delaware

Tickets: \$15.00
See your Intergroup Rep, or contact
NDIAA Office at 302-655-5113

SAVE THE DATE

June 11, 2023
Founders Day Picnic

Lums Pond
Pavilion #1

1068 Howell School Road
Bear, DE

Northern Delaware Intergroup
More information to come.



Third Annual March Through the Steps



Friday, March 3rd and Saturday, March 4th, 2023

Friday, March 3 rd	7 pm – 9:15 pm	
Hour Speaker	Chris S	7 pm – 8 pm
Vision for You	Scott S	8:15 pm – 9:15 pm

Saturday, March 4 th	9 am – 9:15 pm	
Step 1	Claire K	9 am – 10 am
Step 2	Rick D	10:15 am – 11:15 am
Step 3	Jimmy A.	11:30 am – 12:30 pm
Lunch Break	Food will be provided	12:30 pm – 1:30 pm
Steps 4 & 5	Cleo D	1:30 pm – 2:30 pm
Steps 6 & 7	Karen C	2:45 pm – 3:45 pm
Steps 8 & 9	Kathy P	4:00 pm – 5:00 pm
Dinner Break		5:00 pm – 7:00 pm
Steps 10 & 11	Jack D	7:00 pm – 8:00 pm
Step 12	Nikoleta D	8:15 pm – 9:15 pm



ALDERSGATE UNITED METHODIST CHURCH
2313 CONCORD PIKE
WILMINGTON, DE 19803

Event Contacts

JASON P – 302-605-5259 BRAD K – 302-276-3050 TEDDY C – 610-400-4342

This is What I Remember...

Relationships! One word that had so much power in my life. Here is what I worked out in early sobriety. It was February, Valentine's Day looming. I knew I wasn't supposed to date for the first year. My Sponsor told me, "Anybody who wants to date you in that first year isn't worth dating". But I met my first husband when I was 13 years old and was never without men since. Now at 33 and separated from husband number 2, it was hard enough to not have my friend alcohol. How can I survive "alone"?

I have told this story to only a handful of people in all the years I've been sober. In Newark there was a local town paper called the Swapper. It started out as buy and sell cars or furniture. Local restaurants and entertainment advertisements. Then one day I'm looking thru and there are "Personal Ads". Some were the routine, single white female seeks non smoking employed white male. But others? Boy, they were personal! I didn't always understand some of the terminology at first but there was some kinky stuff happening in there (this is in early 1980's). The way it worked was that you send your ad to the paper, everything by mail, no internet, no cell phones. The paper would assign each ad a box number. Then they print your ad with that box number and people can write back to the Swapper directed to that Box number on the outside of the envelope. The Swapper collects your envelopes and mails them to you- unopened- once a week or so. It cost \$2.00 I was 6 months sober and lonely. I decided to place an ad.

I indicated in my ad that I was "sober and active in 12 Step groups" and looking for someone who was also a member. Of course, this was a big secret that I told no one. I was filled with excited anticipation as I waited for my first responses. There were a lot. I probably went on 8 or 10 "first dates".....found one guy nice enough to fix my heater when it broke. Another one who did car repair. But no one I was gonna cook for or introduce to my teenage daughter. Several months had gone by and I didn't meet Mr. Right, but it made the weekends go faster and I was optimistic it was just a matter of time.

Then the letter that stopped me in my tracks! It was a small envelope but so full it was taped closed. It was hand written on tablet paper, both sides, 8 pages. His name was Stanley. He wrote that my ad would seem to indicate that I was not in touch with my Higher Power, referenced to the Second and Eleventh Steps. He talked about focusing on my own foundation, getting ready so that when my HP picks one out for me I would be ready. Trusting that there is HP and He does have a plan. He made comparisons between the literature, the Serenity Prayer and how I could use these tools to live with myself while I wait. Most of all, Stanley did not try to sell me on him! He was a sober alcoholic reaching out to a newer alcoholic and trying to show the way.

Of course, I knew Stanley B. He was part of my home group. Shame rushed over me. Did he recognize my description? Was I looking needy in meetings? How was I supposed to talk to him now? I did nothing. Except I stopped answering the letters and cancelled the ad.

Maybe ten years later we had become friends. We had jobs that overlapped and regular contact. We were at an AA convention. Not together, just sitting around after lunch chatting before the next event. I finally asked him, do you remember the time....did you know it was me? He remembered and no, he didn't know it was me. But, he said, he recognized that it was someone in early sobriety, lonely and lost. He had experienced that in his sobriety and just wanted to help.

The years have been kind to me. Men have come and gone. I have enjoyed loving and being loved. I never did find my Mr. Right with whom I would spend my golden years. But along the way I stopped being afraid to be alone. I believe God works in my life. I have learned I could take care of me with His help. I became a better mother and learned to be a good Nana. I have the kind of family I dreamed of. With the help and support of my loving community of sober friends, I am happy today and have peace of mind. I've heard some people refer to it as "my family of choice". All I know for sure is once I came into the rooms of AA I never had to be alone again, unless I wanted to be. I say Beyond My Wildest Dreams because what I came looking for was so much less than what my Higher Power has bought to me through sobriety. I write to say you are not alone. What you are looking for can be found if you "pick up the simple kit of spiritual tools

laid at our feet” you may find yourself “rocketed into a fourth dimension of existence of which we had not even dreamed”. Page 25

With gratitude and love, 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	David S 7/8/86
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