



Coffee Pot Talk

NDIAA Newsletter



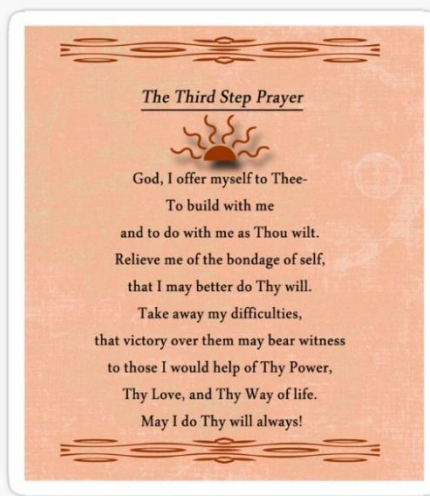
March 2023
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Wilmington, DE 19806
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Ndiaa.org



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

Our Principals

Step 3	Tradition 3	Concept 3
<i>"Made a decision to turn our will and our lives over the care of God as we understood Him."</i>	<i>"The only requirement for A.A. membership is a desire to stop drinking."</i>	<i>"To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."</i>



Waking up in a daze.
 Memories clouded in a haze
 Need the hair of the dog
 Just to burn off the fog
 Piles of bottles on the floor
 Empty from the night before
 Hands are shaking, head is pounding
 I drink so much I fear I'm drowning
 Stomach cramping, can't stop puking
 Time to try something different
 What could I have to lose?
 Besides the nights soaked in booze
 Time to try this AA thing
 And see what life it may bring
 Hesitant to walk inside
 Must humble my foolish pride
 This time I truly want sobriety
 I want it more than I want to breathe!
 So go inside and say "Hello"
 This fellowship loves to grow
 Go to meetings, get a sponsor
 Make sure to have a higher power
 Work the steps and you will see
 Just what AA has done for me!
 -Crystal M.



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

Featured Homegroup → ODAAT

The ODAAT (One Day At A Time) Group was established in August of 2021, located at Saint Catherine of Sienna Church in Wilmington, Delaware, following the return of a different meeting to its original location after Covid restrictions were lifted.

ODAAT is a Home Group which contributes to other areas of service (both financially and in person) within AA. We also partake in commitments as available through Northern Delaware Intergroup.

We meet on Sundays at 1pm. We are an Open Speaker's Meeting with discussion to follow as remaining time allows. Our following can range anywhere between 25 to 45 attendees, with very positive feedback from all who join us.

Our meeting is held in a church lobby with no kitchen facilities available, so we ask that you bring your own favorite meeting beverage along with you.

If you're looking for a new meeting, or just a different meeting to attend, feel free to stop by and join us.

We wish you Peace, Blessings, and Sobriety!





Just for Fun....

Answers from last month's word scramble below :



- 1.) sobriety
- 2.) alcoholic
- 3.) traditions
- 4.) serenity
- 5.) anonymity
- 6.) fellowship
- 7.) recovery
- 8.) sponsor
- 9.) gratitude
- 10.) meditation

Word Search

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

ALCOHOLIC
MEETING
SPONSOR
FREEDOM
JOY
BIGBOOK
TRADITIONS
STEPS
UNITY
HUMILITY
AMENDS
SOBRIETY
SERVICE
SERENITY
FELLOWSHIP

Interview with Barbara W. Sobriety date : 11/9/86

Homegroup : Living in the Solution

1.) When did you first realize you had a drinking problem?

In my late 20's. I realized I could not stop and kept trying to stop. I realized I had lost the ability to choose.

2.) How did you find AA?

I was court ordered through a DWI.

3.) Does alcoholism run in your family?

Yes! My dad was an alcoholic as well as his brothers. I never met my grandfather, as he died young from alcoholism. The family history is extensive.

4.) What effect has AA had on your relationships (marriage, children, friends etc.)

Everything has been impacted. It has made me a better person. All relationships have improved because of working the steps and being honest. I am more open about my feelings, and letting people know if they have hurt my feelings.

5.) What tools do you rely on to stay sober?

Meetings, steps, other sober women, and a relationship with my higher power.

6.) What's your favorite AA slogan and why?

"This too shall pass" – Prior to coming into AA everything was a crisis. I never lived in the solution or saw that it could get better.

7.) How do you stay grateful?

I was once told “ A grateful drunk won’t drink again.” – So I thought “well I will stay grateful if it kills me.” Working with others and service work allows me to remain grateful.

8.) Do you have a sponsor and how do you benefit from that relationship?

Yes, I have had many due to moving around often. In the beginning, my sponsor helped me with questions and meeting behavior. Now when I am faced with uncertainty, my sponsor is there to give me a reality check.

9.) What is your favorite step?

In the past I would of told you several at various points of my sobriety. Today I choose step 2 (“Came to believe that a Power greater than ourselves could restore us to sanity.”) . I now understand this step more and I am open to new ideas. I now realize I do not need alcohol – there are many perspectives to today’s problems. The part about insanity reminds me that the most insane thing I could do is – take a drink.

10.) What is your advice for newcomers?

KEEP COMING BACK! The puzzles pieces will start to fit together eventually – but only if you keep coming back.

11.) What is your greatest joy in recovery?

I have dignity and self-respect today. I am no longer lying and self-degrading. Very few people remember me as a drinking person!

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

March Selection → Tradition Three – February 1948

The third tradition states, “The only requirement for A.A. membership is a desire to stop drinking.” When I read this, I understand that anyone can become a member as long as they have a desire. “It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so.” I realize in reading this and discussing at various points with many people that there is no membership rule. With this tradition, we do not create a reason for people to not come into the rooms and get the help they may so desperately need. The fellow alcoholic who still suffers will always need a place to come – and it is within the rooms of A.A.

When I first came into the program and had no knowledge of how everything worked – I was so very confused and in awe at the same time. There were (and still are not) any conditions for me to become a member. “In Alcoholics Anonymous there are no musts.” I have since learned that there are many “should dos or highly highly highly suggested dos”. With no conditions on joining, I come to understand that “We have something priceless to give, if only you will receive.” Therefore, I suppose one could argue that I must have not just the desire to stop drinking but also an inkling of willingness.

The grapevine writing discusses that two or three alcoholics gathered for sobriety may call themselves an A.A. group. The condition here is that they should not affiliated with any other group or issue. “We cannot lend the A.A. name, even indirectly, to other activities, however worthy.” I have to do my due diligence to honor this tradition. The reading ends with this quote “And may God grant us a long life- and a useful one!” When I read the word useful, I am struck with how powerful that word is. I am one among many but can be so useful to my fellows. I can be useful within the program on various levels. I can be useful at work – and not a burden. I can be useful within my family – and not the person who causes

conflict constantly. I can be useful to strangers. I can be an example of a woman living with dignity and grace today.

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:



This is What I Remember...

Let's talk Sponsors....I heard people talking about sponsors but I didn't want anyone telling me what to do. I mean, I was doing such a good job myself. At age 33 I had been in and out of AA for a couple years. I knew the problem was booze, just couldn't seem to put much time together. Each time I felt better and tried again to drink like other people. Most recently, I had lost 3 jobs in a row because of not showing up on time, or at all if it was Monday. On the other hand, Friday... I worked for local doctors and my good reputation was being replaced by, "Carolyn, she's great, when she shows up!" The last job was only 6 months when he called me into his office. He was the first one to say The Truth. "You know what the problem is and I know what the problem is, Get Out!" (What? I was shocked!) Don't you want me to....he cut me off. "I don't want you to do anything except pack up and get out. You're stealing from me every day that you don't show up, or show up hung over...." Reality hit me like a brick. It was what I needed to make a big decision. I went to Rehab.

Back to the Sponsor. I was still in Aftercare for 6 months and they said I couldn't graduate until I had a Sponsor. The Counselor tells me, "You have no filter so you need to pick someone who will not be shocked by anything you might say." I'm going to Newark group daily, watching the other women and finding all the differences that tell me "she won't work". I was filled with guilt and shame about my old behaviors but still not sure, I was really ready to let go of some of them.

Natalie was different. She was 4 years sober and talked about being happy. She was dealing with life problems, talking about them and not drinking. She worked at the Deer Park Tavern. She drove a motorcycle. She put her feet up on the table in meetings. She often cursed and laughed at the same time. I thought, she won't be easy to shock. I saw her almost every day and even went out with her for coffee. For the first couple of months I wrote down stuff she said in meetings then I went to other meetings and said, "My sponsor says..." (Note – I had not yet asked her!) Finally, one day I called her. "I'm wondering if you would be my Sponsor?" She laughed, "Yes, Carolyn, I will. Get a pencil..." She told me to write down 3 things that I needed to do every day. "Go to a meeting, read something from the Book, and make your F..... bed." I wrote it down. We hung up. I didn't call again for 3 months because I was afraid she would give me more homework! Luckily, we had the same home group and I saw her several times a week. She

always had time to talk in the meeting before the meeting or the meeting after the meeting. (20 minutes before & 20 minutes after the scheduled meeting)

Several months later, I got the nerve to ask her, why do I have to make my bed? Natalie said sobriety is about changing habits. When was the last time you did something right every day for 6 months? That's how long it had been that she was working with me. Each day I was going to a meeting, not picking up that first drink, and making my damn bed. Now it was routine. Happening without thought or question. Just do it until it becomes a part of you.

Often if I called Natalie with a particular dilemma, she would answer me by referring to something in the literature. I had some trouble with retention. My memory was so impaired from all the alcohol (and other drugs) I knew what the words meant, but couldn't retain any of it once I closed the book or left the meeting. I had started carrying those little spiral notebooks early on, making notes in meetings, taking down phone numbers. (Long before we had cell phones..) Things that kept me in touch when I wasn't in the meeting. Natalie found ways to help me get interested in the books. On one occasion, after my first sober romance didn't work out, she sent me to the Big Book, "anger is a luxury we cannot afford". "Now about sex." Another time to the Promises on page 83-84. Sometimes my feelings were so raw I ran to the Deer Park at lunchtime so I could talk to her in person. Later when a therapist told me I might need medication for depression, Natalie didn't tell me what to do. She suggested I ask 3 people in the rooms that I trust what they would do. Trust that my Higher Power will speak thru them. Then make my decision. She was my rock for many years.

One day I told Natalie about the Counselor who told me to find someone who wouldn't be shocked. I said that was why I chose her. She laughed and said that's funny because she had frequently been shocked by my stories. But she thought we were a good match. We agreed we had come to trust and love each other.

Today as I look back, it was really Divine Inspiration. My Higher Power, that I chose to call God, knew exactly what and whom I needed and He put it in a package I could accept. My job now? Pass it on.

Thanks Natalie, R.I.P.

With Love and Gratitude,

Carolyn W.

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

Patricia K 12/17/87

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

Jaime B 8/8/04

Jaffrey H 11/24/96

Janice S 12/25/10

Jason B 4/20/09

Jim S 4/10/88

Kara G 11/8/12

Kathy O 6/11/97

Ken H 11/4/97

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)

David S 7/8/86

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

Tom H 7/2/04

Tom McD 1/16/96

Tracy D 2/28/13

Valerie S 2/3/89

Walt A 1/94

Wes J 4/21/75

Wes M 2/1/94

*** 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. ***