



Coffee Pot Talk



NDIAA Newsletter



May 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! [Email Monica C. at mon92890@gmail.com](mailto:mon92890@gmail.com)

Step 5

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Tradition 5

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."

Concept 5

"Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration."



CORRECTIONAL COMMITMENTS

Baylor Correctional (Women)

Saturdays, 1 - 3 PM

Plumber Center Correctional (Men)

Wednesdays, 2 – 3 PM

Howard Young Correctional (Men)

Thursdays, 6 – 7 PM

Anyone interested, please go to NDIAA.org website. (<https://www.ndiaa.org>). At the top, go to “Service”, then go to Other Service Opportunities. Go down to “Correction Commitment”, click on “How can I sign up”, then click on “Ready to sign up” and that link will download the application. Complete the application in full. This is your security clearance for this commitment.

Once you have completed the application, email it to:

Or you can drop off or mail your application to: Northern Delaware Intergroup,
21 B Trolley Square, Wilmington, DE 19806

The application must be completed. If there are any discrepancies or blank areas, the application **will NOT** pass through security.

Any questions or concerns

Men’s contact : Jack B. 302-723-6641

Women’s contact : Maureen 856-952-9629

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

Selection: Tradition Five – April 1948

This reading starts with the quote that is also found in the 12 and 12 on Tradition 5 – “Shoemaker, stick to thy last”. Honestly, when I first read this in the 12 and 12 – I definitely glossed over its true meaning the first few times I read it. Just reading a tradition was enough – let alone understanding it! Then I listened to people describe it and realized as it says in the Language of the Heart – “is it better to do one thing supremely well than many things badly.” For this purpose, I did a bit of “research” to find out the meaning of the actual quote and its origin. From my now basic understanding, the last is the main tool that a shoemaker would use to repair shoes. It is a block made of wood or metal. Simply stated “Shoemaker, stick to thy last” can mean, “don’t get above your area of expertise.”

I am an alcoholic so I could certainly try to complicate the above! I have to remember to keep it simple though. “For to our kind, those who suffer alcoholism, recovery is a matter of life or death.” As a member of AA, I have to remember our primary purpose. I cannot be diverted into some other “better” or “more sparkly” purpose. As different temptations come up to attach the AA name to, I have to be reminded of our traditions. I have to remember that our primary purpose is to help the alcoholic who still suffers and I have to be willing to do so. “May we never forget that we live by the grace of God – on borrowed time; that anonymity is better than acclaim; that for us a movement poverty is better than wealth?” I strive to be an example of practicing these principles in all of my affairs and my hand is always there should someone need to reach for it. This reminds me a lot of our responsibility pledge:

"I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

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

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

Just for Fun...

I have done an acrostic style poem below for the word SOBER. I challenge you to try it and send it to mon92890@gmail.com

Serenity

Ongoing

Being present

Engaged with life

Responsible

June Writing Contest!!!!

Write about your sobriety using 6 words (for the 6th month) then email it to submit!

Examples below:

Using famous words: "Once was lost, now am found"

Some personal attempts:

"From Bewildered to a grateful soul"

"Broken unemployed mom to retired grandma"

"Chained to hopelessness, Free at Last"

"Lost, broken, found on the mend"

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

Featured Homegroup → Dawn Patrol

Meets daily in- person at 7 am –

1st Presbyterian Church – Memorial Hall

292 West Main Street Newark, DE

Also meets online daily via zoom (7am) –Zoom ID : 854 991 48139 Password : 563826

Who were the founding members of the group? Jim Sweeny (passed 2021) who worked at the Elkton Truckstop, founded the meeting, Other early members included: Mild Mannered Floyd, an ex-Du-Ponter, Henry, the ham radio accountant; Matthew E. , who moved to Maine, Crazy Mike, Val, (passed about 2005), Joe, Dave B., Dave W., Leah. Andy W., began in 1997, and Laura R, shortly after that. Initially, the meeting was men only.

It was 10-15 members to begin with. It has always been an open meeting and it began by using the 24 - Hour book. It added the 12 and 12 and Big Book on the weekends. Periodically it switched the 24-Hour book with the Daily Reflection. It added a Grapevine meeting once a month about 2016. The concurrently held online meeting, started initially one night a week so as to not compete with the early morning meeting during Covid, follows the literature-based format, but added a Grapevine meeting once a week.

When and when was the first meeting held? In date order, list where meetings have been held. Include city, state, building, residence, church, clubhouse, etc.

Transport for Christ International Chapel, Truck stop, Newark-Elkton Rd, Route 279, Elkton, MD- sometime in 1992; Founding member Jim Sweeney worked there. The group was asked to leave when the ministry of the mobile chapel took a vacation, and the substitute was appalled at the language. When Westminster House, 292 West Main Street, Newark, Delaware, opened in 1992, the meeting moved into Newark-The custodian of the church, Tim, offered the group the use of Room 1 of the building, a smoking room and the elders of the church voted to allow us to stay-so from 2/23/1993, we have been at this address. The Newark Presbyterian Church that owns the Westminster House in planning to close its doors to the recovery community as of 2022 but is planning to offer the groups rental space within its facilities. Did the group list with the GSO at the time the members first met? No, not until 2/9/93.

What is the group's name? Dawn Patrol Have there been any changes to the group over the years? Essentially, no. The meeting split in? as someone needed an earlier meeting but did not bring it to the group conscience. This meeting met in St. Thomas Church, South College Ave, at 6:20 am and it is called Serenity at Sunrise. It met 5 days a week. It continues to meet today via skype. In the spring of 2020, an online meeting was established and in addition to the in-person meetings. It was listed on the

Northern Delaware Intergroup lists as Dawn Patrol's Eighth Meeting. In 2020, the in-person meeting was closed by the church. 1/2 of the group went online. The other half of the group left the state, held meetings at a car dealership, and very quickly voted to separate and it called itself First Light. The online meeting continued to meet exclusively until the building in Newark reopened. At that point, the online meeting suffered a loss of local support and voted to list itself on OIAA. Through the summer of 2021, hybrid business meetings were attempted. Then, in August, the online group voted to hold a "committee" monthly, anticipating that there might be an in-person motion at the hybrid meeting, to separate. The online meeting was composed of inexperienced newcomers, and the committee did not want to separate, as it wanted to share a treasurer and GSR with the in-person meeting until such time as they matured in experience and time.

The rift between the remaining Dawn Patrol group seemed to heal as the in-person participants accepted that online was here to stay. Dawn Patrol In-Person did request we list the committee online meetings and Dawn Patrol Online—which holds 7 meetings online concurrently at 7am EST as the in-person meeting. And it continues to hold a 6 pm Wednesday meeting, called Dawn Patrol Eighth Meeting. Dawn Patrol Online & Dawn Patrol Eighth Meeting operate as a standing committee of the whole group and hold a committee meeting online one week before the hybrid Dawn Patrol business meeting. It has a standing committee chair, its own secretary, and a safety chair as elected positions to date.

What initiated the meeting? Several people decided to start the meeting as the existing meeting at the time, the Newark Group, voted not to have an early morning meeting. The Newark Group was holding its meetings at 292 West Main Street, Newark, Delaware, so this new group went to the Truck Stop on Newark-Elkton Road, just over the line in Maryland. The group decided to name it Dawn Patrol after the Errol Flynn movie about WWI fliers of the same name. A poster of this movie decorates our meeting format notebook.

How did the founding members let the community know that a new meeting was forming? It was listed on the Northern Delaware Intergroup Meeting list.

How many members attended the group's first meeting? 10-15

Describe member composition? It has changed over the years. It tends to be a group of older members with time who catch a meeting before work. It has women and men and sometimes students for the local university, and sometimes nursing students who need to fill a requirement for their course work. There is a local outpatient treatment center, PACE, who often sends their clients to join the group, as it has been a requirement to join a meeting as a condition of graduation. Sometimes these people become actual members; often we never see them again.

How did the group experience growth over the years? It ebbs and wans. From a few, to healthy 30+ daily up to 60 weekends, to waning due to a split over Covid procedures. Currently, it has 15-30 daily, in person, and 30-60 online.

Are group inventories conducted regularly and have they been helpful? An inventory was done one time. It was over controversy re banning a predator. It took a year. We learned a lot. It was helpful and helped heal a divide in the group.

Who were the early group officers? List, i.e., GSR Group Contact, Chair, Group Secretary? When Andy W joined in 1997, he eventually stepped up to be treasurer. Money was put in an envelope and put under the door of the custodian's office.

Has the group used a steering committee? Yes. It holds a monthly business meeting. To date it includes a chair, secretary, 2 treasurers, GSR, alternate GSR, IGrep, GV rep, literature & coins, social chair, Westminster liaison and community outreach. Our online standing committee now includes a chair, secretary, virtual literature and coins, OIAA rep and alternate, and security chair.

Have any group members participated in District, Area or other group service to the Fellowship? Yes, the group has produced several DCMs, three Area Secretaries, and Area Treasurer Area Grapevine and CPC/PI Committee Chair, and Area Chair, Alternate Delegate, Delegate, Chair and Board Member of the DAGSA board, and Ad Hoc Chair for the Formation of an Online District. We have produced an Northern Delaware Intergroup Chair, an Intergroup CPC/PI chair.

How often were meetings held and has that changed over the years? For the last 22 years, it has met daily at 7am. Since the spring of 2020, an additional meeting was established online at 6 pm on Wednesday. And from mid December 2020, when the church closed the facility, we established a 7 am online meeting, that continues concurrently to this day with the in-person meeting.

What meeting formats have been used—closed, open discussion, etc.? For the last 22 years, it has been a literature-based open meeting, using the 24-Hour Meditation Book, the 12 and 12 and the Big book. Periodically, there is a motion to change to Daily Reflection, but it hasn't passed.

How has the group celebrated the anniversary of its founding? We celebrated once 25 years at the yearly picnic with a cake. Most members don't know of the history.

Has the group participated in special local or regional AA functions, such as conventions, conferences, round ups, forums or workshops? Yes, we have had group members serve as officers or committee in Northern Delaware Intergroup. These members have supported any activities planned by intergroup. We have also had members service as GSRs, DCMs, and area officers who have participated in the Delaware Convention, District and Statewide workshops, NERAASA, NERF, and one member who participated in the Panel 66-7 General Service Conference. Finally, we set aside monies monthly to send our GSR and alternate GSR to NERASSA every year.

Interview with Lisa H.

Homegroup : Serenity Seekers Sobriety Date: 12/28/06

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

When I started to drink every day and realized I could not stop.

2.) How did you find AA?

I found AA through rehab; people brought AA meetings into the rehab facility.

3.) Does alcoholism run in your family?

Yes – it must run on my father's side. 3/3 of the children ended up with the disease of addiction.

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

My husband and I are both in the program so AA affects my marriage in a positive way. I have relationships with real friends and the ones who I thought were my friends I no longer associate with. As for my family; I was able to be there for mom once I was sober and be a part of her life. I am a better sister, daughter, and friend because of AA. I do not have to hide anymore and lie.

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

1.) Steps

2.) Fellowship

3.) Higher Power

4.) Meetings

5.) Service work

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

I heard this at a meeting once and it stuck with me. “ If you stay in the middle of the bed – you won’t fall out. So if you get in the middle of AA- you won’t fall out.” It has worked for me ever since!

7.) How do you stay grateful?

I journal daily and write 3 things I am grateful for. I try to find the positive when things are not always “great”. I know I can visit “ Pity City” but I cannot move in.

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

Yes and she knows she is my sponsor. She helps me with personal matters I need to work through that I would not share in a meeting.

9.) What is your favorite step?

Step 12 – especially the part about carrying the message to others. I want to give back what was so freely given to me. I also know I need to practice these principles in all of my affairs.

10.) What is your advice for newcomers?

- 1.) Get a sponsor and go through the steps.
- 2.) Explore a variety of meetings

11.) What is your greatest joy in recovery?

I was able to get sober to be there for my mother through her later years and until the end. I was able to be a good daughter – the one I should of always been. I didn’t need a pat on the back to be my best – I should of just always done that.



Listen to Grapevine's New Weekly **PODCAST!**

AA Grapevine's half-hour variety podcast features...

- powerful interviews with AA members on getting sober, meetings, service, Steps, sponsorship and more!
- current information about AA and AA Grapevine
- jokes, fun AA banter and surprise guests!

Each week, longtime AA members Don and Sam will interview sober alcoholics, writers of current Grapevine stories, general service reps and more about their experience, strength and hope in a casual "meeting after the meeting" manner. A new episode will be available in English each Monday at 9:00 a.m. EST.

To listen to new or past episodes, visit:
www.aagrapevine.org/podcast
(or wherever you get your podcasts)

Follow us on Instagram!
[@alcoholicsanonymous_gv](https://www.instagram.com/alcoholicsanonymous_gv)

- See the new magazine issues on release
- Learn about new and existing Grapevine books
- See clips from our YouTube Channel
- Get inspiration from our cofounders and more!

To order this item or any other product from our collection, visit us at www.aagrapevine.org and click on store or call **(800) 631-6025** US/Canada **(847) 559-7237** International or fax us at **(847) 564-9453**.

Upcoming Events:

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.

Helpful Links for more information

<https://www.aa.org/newsletters>

<http://www.delawareaa.org/findanaameeting.html>

<https://www.aagrapevine.org/>

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. ***