



Coffee Pot Talk



NDIAA Newsletter



June 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

New Column coming soon!

Reflect back on your first meeting - How did you feel before, during and after? What happened? What it what you expected it to be? Please consider jotting down these thoughts and any other information about your first meeting and how it went! After writing - send them to the email listed above!

The NDIAA newsletter will soon appear within the first week of the month. So you will receive July very soon as I transition to this schedule!

Step 6

"Were entirely ready to have God remove all these defects of character."

Tradition 6

"An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

Concept 6

"The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board."

Sixth Step Thought....

I was told once by a fellow in AA that becoming "entirely ready" (to have God remove all these defects of character) was much like moving into a new home. In order for the new things of value (positive traits and behaviors that have come with sobriety and this new framework of living) to have a proper place in this new home, I must be ready to let go of all the old things that are no longer of value to me or my fellows. Imagine all the new furnishings just being piled up on top of the old things. We don't do that. Instead, we become willing to make room. That readiness for the new and constructive behaviors to replace the old and destructive shortcomings (with God's help) is what I found in working Step 6 to the best of my ability. – Jeff R.

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

Email : jbromwell911@comcast.net

Women's contact : Maureen 856-952-9629

Email : vertplanet@comcast.net

Live
By: Crystal Lynn

The winds of change are all around
What once was lost, now is found.
Don't be afraid of things uncertain
Just relax and drop your burdens.
Let go of all the pain and trauma.
Don't feed into any drama.
Sit back and let yourself just breathe.
There's plenty of time for you to grieve.
Now's the moment to just process.
To smile and laugh you will progress.
Work on your issues to change your song.
But enjoy your blessings in case they're gone.
We're getting clean for a reason.
Not just to survive the next season.
We work hard for our recovery.
So enjoy your new life's destiny!
Joy and pain go hand in hand.
Live it up while you can.
We don't have to live that life anymore.
Homeless, tired, sick and poor.
Now we are blessed with many riches.
So live that new life you sober b**ches.

Just for Fun...

Submissions for the SOBER acrostic style poem below!

Steady
Others Focused
Believing
Empathetic
Restored

Search for
Opportunities to
Be of service
Every chance I get, it's so
Rewarding

June Writing – Describe your sobriety in 6 words

Thanks to all who participated!

Surrender, Honesty, Boundaries, Sharing, Love, Freedom – Rose G.

Face everything and recover with God. – Fara D.

Happy, joyous, and free, grateful living. – Patti R.

Prayer, Honesty, Service, Commitment, Perseverance, Loyalty – Margie B.

It is a life changing experience. – Laura D.

Happy, Joyous, Free but hard sometimes. – Chiara G.

Grateful, Growing, Humble, Forgiveness, Higher Powered. – Michelle S.

Mature, Nurture, Heal, Transform, Happy, Connection – Chrisy T.

Freeing, peaceful, gratitude, responsible, absolutely amazing. – Sherry H.

Joyful, accepting, lasting , liveable, peaceful, honest. – Toni B.

God, serenity, peace, integrity, calm, service – Rebecca H.

Beyond my wildest dreams for today.- Max M.

Honest, emotional, tough, independent, happy, helpful – Jason B.

Peaceful, exciting, blessed, serene, life- changing, miraculous. – Jen B.

Surrender, freedom, serenity, peace, hope, strength – Keah H.

Freedom, alive, new life, trustworthy, blessed. – Cuffy T

Living free through service and love. – Stephanie W.

Smallest thing I've gained in recovery. – Zack B.

Joyful, humbling, freeing, ego deflating, blessing, insightful – Danielle J.

Hole in my soul, joyous & free. – Lisa H.

Making myself smaller. Making God bigger. – Jeff R.

Faith, service replacing fear and selfishness. – Jeff R.



June

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

SERENITY
MEETINGS
TOLERANCE
PRINCIPLES
WILLINGNESS

FELLOWSHIP
SPONSOR
STEPS
PEACE
STEPS

GRATITUDE
ACCEPTANCE
TRADITIONS
HONESTY
RECOVERY

Upcoming Events:



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

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

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

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

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. ***