



Coffee Pot Talk



NDIAA Newsletter



July 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

Step 7

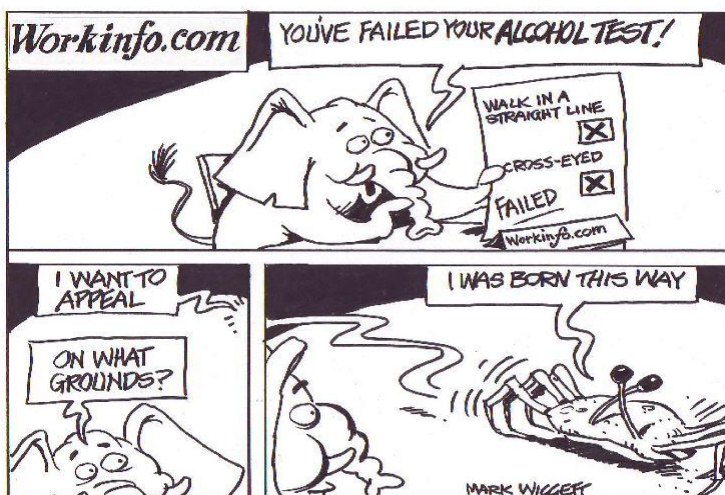
"Humbly asked him to remove our shortcomings"

Tradition 7

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

Concept 7

"The conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document : that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness."



New Column

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!

My First Meeting...

I had googled AA to find out what to do next when a friend suggested I go. I had been beaten down one last time and texted her that I did not know what to do. She suggested, "Trying AA" - as if it was a new ice cream flavor. When I called the number given, I realize now that a home answering volunteer is who would have answered that call and I am so grateful. My call was placed on a Saturday but I decided to "wait" and go on Monday to a meeting.

My first meeting was at 6:30 am in Newark, DE. I am an early bird and picked this meeting primarily due to location proximity to my workplace. I assumed I could go to the meeting then drive to work with enough time. I arrived at the meeting and walked into a church I had never been to. There were cars out front and given the time of day - it was obvious where to go. I do not remember exactly what happened next or the order of it all. I do remember saying it was my first meeting. The people at the table we were sitting around (there was probably about 8-10 people present) really seemed to enjoy my comment about it being my first meeting. They shuffled around a bit (now I know they were getting out the 12 and 12), and we read the first step. I followed along in a haze as this group of random strangers shared their experience, strength and hope. I cannot recall exactly what was said. At the end of the meeting, they gave me a phone list and told me to call the women on the list if I felt like drinking or wanted to talk. This seemed insane to me - why would I just call strangers? They also gave me a 24-hour chip. I did not really understand why I needed that either. I was just sort of following the motions of others at this point. We also recited the serenity prayer - which I really should say - they did - not me - I had never heard it before! I went to Catholic school for 15 years and here was a prayer I did not know - I was baffled! After the prayer, everyone recited in unison "Keep coming back" - this struck me. These strangers wanted me to come back. This group of people with whom I had no connection whatsoever wanted to see me again - perhaps even help me. I was once again baffled.

As I walked to my car after saying good bye to these random people a woman came up to me and gave me a hug and said "Everything is going to be okay". To this day - other than the group telling me to come back - that comment is what made me want to come back. Here was a woman I did not know but had had the experiences I had and the same feelings. She trusted her own higher power and the fellowship enough to tell me that I too, could be okay.

As God would have it, I did keep coming back and everything is going to be okay.

By : Monica C.

What's Your Superpower?

Recently, when one of my older brothers came to visit, we were all sitting around talking after dinner. At one point, my older brother said, "Your husband has an uncanny sense of direction (we had been discussing a recent road trip), your daughter has a practically photographic memory and your son's heightened sense of smell and taste are rare. So, little sister, what's your superpower?"

His question hit me harder than the light tone of the conversation warranted. What was my superpower?

Bill's question struck an old defect head on. Thanks to the inventory steps of this program, I have learned that I often struggle with comparison, only to "prove" myself lacking. I compare my insides to other's outsides, my emotional well-being to other's material successes. It has caused me countless hours of pain, which prevent me from being of service to others.

My sponsor pointed out to me early on that the only person I need to compare myself to is the person I was yesterday.

This seems like a low bar but to those of us who have tried it, you know just how difficult it can be to stay in the moment, and focus on what is important. It takes constant practice and self-searching to realize I have fallen into the comparison rabbit hole and found myself freezing up. If I truly am asking my Higher Power to remove my character defects, I cannot wallow in this self-centered practice.

Looking at my brother, I took a deep breath and answered, "I don't drink one day at a time! That's my superpower."

Sally Todorow

June 19, 2023

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 : jlbromwell911@comcast.net

Women's contact : Maureen 856-952-9629

Email : vertplanet@comcast.net

Trying to make sense of adversity

Death has been impacting people close to me these last two weeks.

At the end of May the mother of one of my oldest friends died. She lived a long, full life and while her passing was painful, it was not unexpected or tragic. The priest at her memorial service said something at the end of his eulogy: "Life is short. Be kind to each other, help each other". That statement stuck with me, bothering me, though I was not entirely certain **why** at the time.

A few days later Andrew A. died. A man in his prime. Kids. Working his program. Starting a new business. That death was a gut punch to me. Andrew always impressed me as someone who was 'on the beam'. He spoke at my home meeting frequently. I felt he radiated confidence and strength, he struck me as a 'force of nature'. His death was tragic but, I feel, not in vain. It impacted many, many people and many rooms here in Northern Delaware. It drives home the message that this disease is out there waiting for us, waiting for the slightest opening to strike and to do its worst.

Lastly, this past Friday a good friend of mine told me that her first great-grandchild, the first boy in her family in two generations, had died at five days. Five days...apparently of SIDS. Where is the meaning in something like that? How can any of this possibly be part of my higher power's plan? I struggle with that. I have turned my will and my life over to God as I understand him. I

must accept that I am not a participant in my higher powers planning. But that is hard. My mind searches for any possible reason; any possible explanation that might provide comfort and nothing comes.

So I keep returning to what the priest told us at Sally's memorial service: life is short. It does not matter if you live 92 years or 5 days. Life is short. Be kind to each other. Help each other. As a procrastinator, what this also means to me: Do the work of the program **today**...do it **now**...to delay brings risk. Risk of missing out on a miracle.

Darin D.

Just For Fun

How many words can you make out of the words "Alcoholics Anonymous"?

8 letter words

7 letter words

6 letter words

5 letter words

4 letter words

3 letter words

Upcoming Events:



****Carolyn W's Celebration of Life will be held July 15th**
at 3pm (meal to follow at same location)
Location: 2800 Silverside Road Wilmington, DE 19810



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. ***