



Coffee Pot Talk



NDIAA Newsletter



August 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 8

"Made a list of all persons we had harmed, and became willing to make amends to them all."

Tradition 8

"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."

Concept 8

"The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

Copyright 2002 by Randy Glasbergen.
www.glasbergen.com



"Can I keep using alcohol and tobacco if I blend them into my morning health shake?"

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...

Contributed by: Chris W.

I have had several first meeting starting in 1986. Each time I got a little closer to surrendering to this disease. The 1st AA meeting I attended I remember being uncomfortable sitting in the back near the door for easy escape. I was the youngest person there. Everyone smoked back then and the room was filled like a thick gray cloud. They also drank tons of coffee I knew at that time I did not belong and never went back. I knew AA would not work for me. After several vain attempts, to stop and stay stopped. It was 2008 and I was done. I was beat by King alcohol for the last time. I walked into the room of dawn patrol at 7 AM and everyone stared. They knew I was new. I sat in the front row this time I couldn't wait to ask for help. The meeting leader asked is there anyone here for the first meeting since your last drink – I raised my hand. I don't remember too much of the meeting and what was said, but I remember the feeling that I was safe with the people there. They told me to keep coming back until the miracle happens. Therefore, I did every day. Soon I noticed that these people really liked each other. There is a meeting before the meeting with laughter and fellowship that drew me in and then wanting more. I kept listening to the people share, and I continue to listen to little nuggets of hope within the rooms of AA. Alcoholics Anonymous has changed my life from that very first meeting on. The end.

Contributed by: Steve B.

My name is Steve B. and I am an alcoholic. My date of continuous sobriety is November 8, 2005. The following are a portion of my recollections of my first days in AA and first days in Recovery.

When I first came into the program I lived in Sacramento CA. I lived in downtown Sacramento in an area referred to as mid-town. I was 51 years of age and a bit fearful about where my life was headed. I had gotten to a point of drinking more than I wanted to repeatedly, and yet, could not stop. I had tried many times to quite by that time, and time after time, would drink again and again.

The first time I attended an AA meeting was September 7, 2005. This meeting was held in a small lunch room within a local hospital located about 10 blocks from where I lived. September in Sacramento is typically sunny and mildly warm which can afford one the ability of an evening walk to a meeting along tree lined streets. This I did several times in the beginning. What I also found on the walk home from some of these meetings was the compulsion to drink would kick in once again. The route to and from those first meetings would take me past the grocery store and a mini-mart I had bought supplies at many times before. I knew nothing about addiction or the compulsion at that time, the phenomenon of craving, the physical manifestation, and the mental and spiritual malady of the disease of alcoholism. I also didn't realize or understand that I too am an alcoholic. Fortunately, I eventually got to the breaking point in my continued struggles with drinking. I became very aggravated at myself for not being able to stop drinking and felt that pure determination would make the difference. It did not!

I recall the feeling of relief from those early meetings just from having the ability to share openly and uninterrupted. I also recall feeling greatly relieved to hear things like "*a God of my own understanding*" given some religious experiences earlier in life. I also started hearing things like "*a power greater than myself*" that could be anything I choose. This also sparked a feeling of relief.

For the most part I continued to go to these early meetings with blind faith that somehow or in some way they would help. I had no idea how AA meetings would make anything different or better, but I was feeling a little better a little at a time. I found the fact that people were speaking very openly about their lives, their drinking and sometimes their drugging, the good and the bad of it all, and then how the program helped them quite attractive and compelling to return again and again.

I'm also very appreciative of the friendships I made early on in the fellowship. The way I viewed these people was that some had already started to work the Steps and reap the benefits of the program, which, to me, also qualified as "evidence" that maybe, just maybe, this could help me too. Some of those people even had worked the Steps and gotten into the practice of applying these principles in their daily lives. This started to result in some added courage and hope little by little.

With all the fears I had, all the doubts and misgivings I had about whether AA would help, whether I was and am an alcoholic, whether anything about AA was something I should do at all, and having several days of continuous sober living under my belt by this time, I certainly feel that my start in Alcoholics Anonymous and this program of recovery was absolutely worth all I went through and felt at the time. It is undoubtedly the best thing I could ever have done for myself!

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

What's happening with the Grapevine Magazine?

In June, I finally made it down to the beach for the day. While the water was still too cold to swim, it felt great to sit in the sun and read a novel on my Kindle. The glare off the screen at times was distracting and I looked around for some advice. It was then that I noticed how many beach goers were staring at a screen. It took me a few minutes to find a teenager who had a paperback book in her hands. No one that I saw had a magazine or a newspaper.

I had recently heard Chris C. the AA Grapevine publisher, discuss a very similar experience he had on a train into NYC for work. His immediate thought was, where does this leave our Grapevine and LaVina magazines? If people aren't reading printed materials anymore, how can this fabulous 12th Step tool be used? He told us from the podium in Boston, "Reader habits have changed and we need to keep up." Chris then gave us the exciting news about the upcoming **AA Grapevine App** in September 2023. More on this later.

I must confess that I am part of this change in reader habits. Every Monday, I listen to the AA Grapevine podcast on Spotify. It's a free half hour of fellowship on my way to work. Don and Sam, the corny, old-fashioned hosts of the show, interview an author of one of that month's Grapevine articles. I get to hear the story behind the article, which motivates me to log onto the website later to read it. I am a subscriber to the printed magazine, but I use those to pass the message on at meetings or commitments.

We all know how important the magazine was to our founder, Bill W. Not only did he start the newsletter that eventually became the magazine, he spent hours each month writing articles. My favorite AA Grapevine book is Language of the Heart, a compilation of his writings. How many times have I read the article on "Emotional Sobriety"? Obviously, not enough, but I continue to "trudge"!

What does all this mean to us individual members, sponsors and home groups? Here's some information and options:

Pass the word on AA Grapevine/LaVinas digital presence:

- TELL US WHAT YOU THINK Smartphone app for both Grapevine and La Viña in development!! Take a look at our list of features and ideas and share yours! We want your input! social@agrapevine.org Subject line: App Ideas
- GRAPEVINE'S PODCAST The AA Grapevine Half-Hour Variety Hour. New episodes available each Monday! Copyright NOV 2021 Grapevine, Inc 8 am CT Season 4 available now! www.agrapevine.org/podcast
- INSTAGRAM ACCOUNTS GRAPEVINE: [Instagram@alcoholicsanonymous_gv](https://www.instagram.com/alcoholicsanonymous_gv) LAVINA: [Instagram@alcoholicsanonymous_lv](https://www.instagram.com/alcoholicsanonymous_lv)
- SUBSCRIBE TO OUR YOUTUBE CHANNEL New YouTube Playlist -- "Willingness" youtube.com/agrapevine

Get/give a subscription :

- 2023 CARRY THE MESSAGE PROJECT Give a Gift Subscription!! Go to aagrapevine.org/carry-the-message to get started and see our new video at www.youtube.com/c/AAGrapevine

Tell us your story:

- UPCOMING SUBMISSIONS aagrapevine.org/submit-your-story Mailing address for story submissions: Grapevine Editorial Dept, 475 Riverside Dr New York NY 10115

Sally T

A12 P72 Delegate



**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

- 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**.

Just for Fun...

SUMMER

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

BARBECUES BASEBALL BEACHES BICYCLES BOATING BONF
IRES BUGS CAMPING CONCERTS CRUISING FAIRS FISHIN
G FUN GARDENING HIKING MOSQUITO MOWING OUTDOOR
S ROADTRIP SUNBATHING SUNBURNS SUNSHINE SWIMMING
TANS VACATIONS VOLLEYBALL WEDDINGS

Upcoming Events:



Crestmoor Pool Party
(Hosted by Northern Delaware Intergroup)

Saturday, August 26, 2023
7 PM until 11 PM
640 W. Summit Avenue,
Wilmington, DE 19804

Speaker: Brendon M.

Tickets: \$5/Adults, children under 18 are FREE

Food and Drinks will be available for purchase.

Side dishes and desserts are welcome.

**JOIN US FOR AN
EVENING OF FUN**



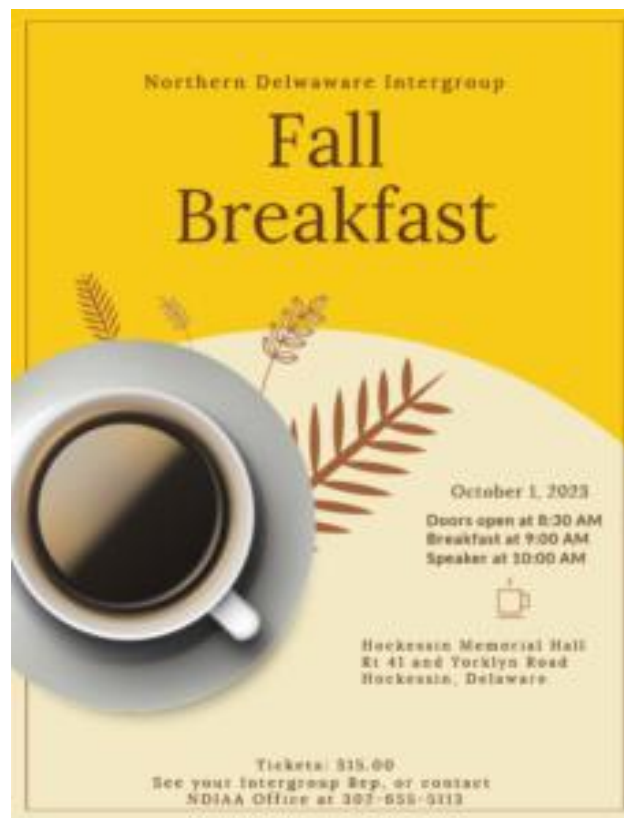
The More Will Be Revealed Group
6 year anniversary event

September 13th 7pm to 8:30pm

4, 20 minute speakers on

- Recovery - Joe C
- Unity - Brendon M
- Service - Ena C
- Sponsorship in AA - Kathy P

Mt Salem United Methodist Church
Inside of the Rockford Park entrance
2629 W 19th Street
Wilmington Delaware, 19806



Northern Delaware Intergroup

Fall Breakfast

October 1, 2023
Doors open at 8:30 AM
Breakfast at 9:00 AM
Speaker at 10:00 AM

Hockessin Memorial Hall
81 41 and Yorklyn Road
Hockessin, Delaware

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

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

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

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

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. ***