



Coffee Pot Talk



NDIAA Newsletter



September 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 9

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Tradition 9

"A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Concept 9

"Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees."

The next Intergroup Meeting will be on Wednesday, September 6th, 2023 - 7PM

Elections will be held at this meeting. All positions are self nominating - We are looking for qualified candidates with a desire to serve.

Are you ready to Serve? Come and stand for one of the open positions - Chair, Vice Chair, Treasurer, Secretary, 3 Member at Large positions!

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...

Finding My Way to My First AA Meeting

I know Monica, our volunteer editor of 'Coffee Pot Talk', the monthly newsletter of the Northern Delaware Intergroup, asks us to share about our first AA meeting, but, honestly, I do not remember much about my first meeting. Whether that's due to my being scared, stressed, hung over, etc OR because it was quite a number of years ago, I'm not sure. All I remember is that an AA member took me to my first meeting. And, that it was during the day in a classroom setting with little desks and chairs - probably a grammar school classroom.

However, I do remember the series of God-given Blessings (events) that lead to attending my first AA meeting and my subsequent journey in recovery. Today, I look back on those events that led me to my first meeting with overwhelming joy and gratitude. What an unbelievable series of blessing (events)! It just blows my mind. Amazes me, now. But, you can be sure, I definitely didn't feel that way back then !

At the end of my active drinking, I worked for a printer/publisher in downtown Wilmington. The owner of the business that I worked for was (and still is) very philanthropic. He supported/donated many charities and public service agencies. Among them, he supported a startup agency that aided compulsive gamblers, the Delaware Council on Gambling Problems. He financially carried this agency and their great work for multiple years before they eventually were able to qualify for state funding. Coincidentally, the Director of Delaware Council on Gambling Problems was a certified addictions counselor, with her office on the first floor, directly under mine.

I was almost 33 years old, at the time. My drinking had progressed to the point where all I was doing was working during the day and coming home in the evenings, drinking alone, in a dark den, in front the TV. Sometimes I would eat dinner. Other times I wouldn't. I sat there, alone, drinking and smoking weed, night after night, telling myself that this is what I wanted to do, to relax. I told myself that I work hard. I have a job. I have a car. I have a place to stay (at the time, I was renting a room in a home). I told myself that I'm not hurting/bothering anyone, etc etc. Today, when I visualize this "bottom", I think of sitting in that dark den with those defiant thoughts, dreaming of all the great things I was going to do someday. Pretty much gone from my life was regular contact with friends, especially my non-alcoholic friends. Pretty much gone was regular contact with family members. Pretty much

gone were hobbies and things that I enjoyed doing. Pretty much gone were any efforts to further improve myself. I already had two college degrees, so I figured that was enough. When I was not drinking, I'd worry about killing someone on the road while drinking and driving. But, once I started drinking, I didn't give it a second thought. If I needed to drive somewhere, POOF, I was on the road.

My drinking life certainly did not start out that way. From the beginning, I always had high tolerance, and I loved getting together with friends, saw my family regularly, and enjoyed a variety of hobbies and activities. I had dreams and goals that I was excited about. But, not any more. Looking back, I am amazed how my alcoholism had slowly progressed over the years, to that point, and I didn't even notice it getting worse!

Every day, during those last few years, was like Groundhog Day, the same thing over and over again. I'd structure my days to accommodate my drinking. During the week, at work, I'd save something easy, something mindless, to do for the mornings, because I knew how I'd feel. While I rarely had painful hangovers (I believe having no hangovers is also a part of high tolerance for alcohol), I knew I wouldn't be 100% in the morning. Then, around noon, I'd have a little lunch, then close my office door and take a short nap. Then, I'd work for the rest of the afternoon and go home, alone, drinking in that dark den. The next day, I'd do it all over again. I planned it that way. So, I guess you could say that during those last few years, my employer was only really getting a half days work from me.

However, night after night, in the middle of that defiant, 'I deserve this' attitude, occasionally a tiny thought would pop up in my head - it would say that 'this is the pits', 'I really don't want to live like this', 'where had the true fun/excitement in my life go'? But, those fleeting thoughts would quickly be drowned out by 'this is how I relax, I work hard, I'm not hurting anyone', etc, etc, etc, bluh, bluh bluh.

Over the months, most mornings at work, I found myself bumping into and chatting with the Director of Delaware Council on Gambling Problems. Remember, her office was below mine? One day, I asked her if we could talk about my father's drinking. Well, it didn't take her long to realize that I really wanted to talk about my own, nightly drinking. Somehow, and to this day, I don't know how, she had me agree not to drink and go to one AA meeting a week. She contacted a friend of hers to take me to my first meeting. I also agreed, if I failed at that and drank, that I'd then try not drinking and going to two meetings a week. Further, I agreed if that didn't work, I'd try not drinking and going to 3 or 4 meetings a week. Finally, I agreed if all that didn't work, I go to a rehab. Keep in mind that I was convinced that I would never, in a million years, have to go to a rehab - that I would succeed at not drinking, because I could stop if I REALLY tried !

Long story short, after bouncing in and out of AA for over a year, I ended up going to Greenwood, a 28-day rehab that just opened 6 months before. And, thankfully I have not felt it to be necessary to drink (or drug) since then.

But, WHAT AN AMAZING SERIES OF BLESSINGS (events) that ended up bringing me to my first meeting and, eventually, into a life-saving recovery ! What are the chances of my employer also supporting/working with a fledgling agency for compulsive gamblers? What are the chances of the director of that agency being a certified addictions counselor with an office directly below mine? What are the chances that she and I would chat. What are the chances that occasionally, in the middle of my drinking, I'd have that quiet voice saying 'this is the pits, I don't want to live this way'? What are the

chances that I'd slowly, while bouncing in and out of AA, come to grips with my powerlessness?
Blessings, all.

After I left rehab I was blessed to have a job to back to in Wilmington, with a daily, noontime AA meeting, just a block away ! Looking back, I notice those kinda blessings just kept coming as I journeyed thru recovery. But, I guess, the story of those continued blessings are for a future writing.

Thank you, embrace the miracle,

David S

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



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**.

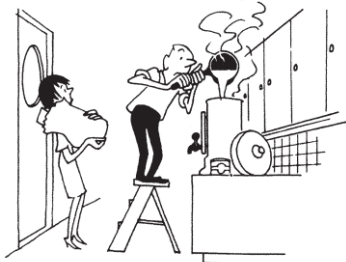


Helpful illustration to understand tradition 9

(https://www.aa.org/sites/default/files/literature/assets/p-43_thetwelvetradiillustrated.pdf)

WE DO SET UP COMMITTEES AND BOARDS...

But whether they make coffee... or help organize groups in deepest Africa... **THEY ONLY SERVE**



AA HISTORY

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

AA preamble Akron Ohio Alcoholics Anne Smith Anonymity
Ardmore avenue Big book Bill Wilson Doctor Bob Doctor Silkworth
Fellowship Founders day Four absolutes Grapevine Henrietta Seiberling
Higher power Honesty How it works Keep it simple Lois Wilson
Love Malady Mayflower Hotel One day at a time Oxford group
Powerless Primary purpose Purity Recovery Serenity prayer Service
Sister Ignatia Sobriety St Thomas hospital The man on the bed
Twelve steps Twelve traditions Unity Unselfishness

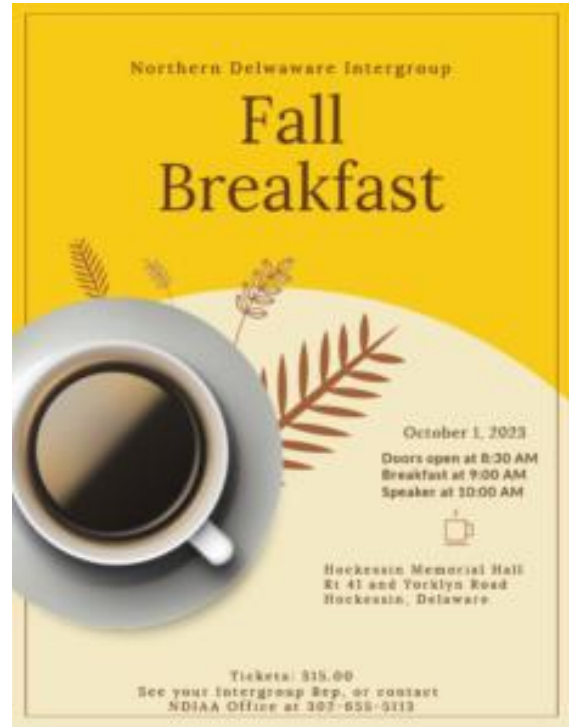
Upcoming Events:



HALLOWEEN
Spooktacular
Dance

Costumes optional
\$5 at the door
Light refreshments

Saturday, October 21, 2023 - 7 to 10 PM
Limestone Presbyterian Church
3201 Limestone Road
Wilmington, DE 19808
YOUR FAVORITE HALLOWEEN SNACKS ARE ALWAYS WELCOME!

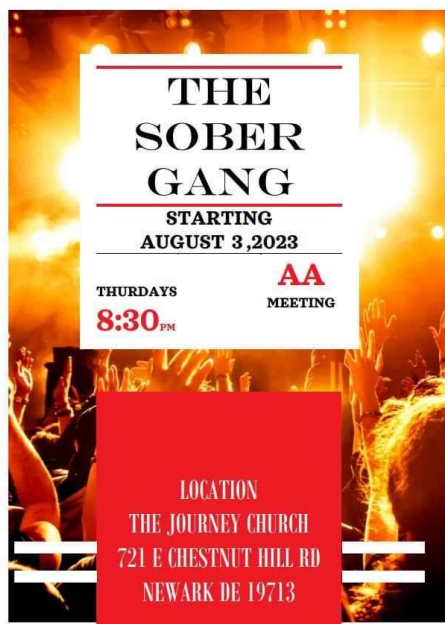


Northern Delaware Intergroup
Fall Breakfast

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 302-655-0113



THE SOBER GANG
STARTING
AUGUST 3, 2023

THURSDAYS
8:30 PM

AA
MEETING

LOCATION
THE JOURNEY CHURCH
721 E CHESTNUT HILL RD
NEWARK DE 19713



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



OFFICE HOURS Effective 9/1/23

Monday, Tuesday, Thursday and Friday
8:30 AM to 4:00 PM

Wednesday – 9 AM to 3 PM

You can also reach us at: 302-655-5113
Phone is always answered. 9 AM to 3 PM by office
personnel. Any other time by "on call" personnel.

KEEP COMING BACK

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

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

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

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. ***