



Coffee Pot Talk



NDIAA Newsletter



November 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 11

"Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Concept 11

"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

**Gratitude
sweetens
even the
smallest
moments**

My Higher Power Continues to Work Overtime for Me . . .

Last time, in the Intergroup Newsletter, I shared the amazing series of Blessings (events) that ended up bringing me to my first AA meeting and, eventually, into a life-saving recovery ! Looking back at everything that seemed to fall in place, I am amazed and grateful. I ask myself, "What are the chances of my employer supporting 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 and that she'd direct me to the program. What are the chances that occasionally, in the middle of my active 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 for that first year, come to grips with my powerlessness?" I was (and am) Blessed.

I often wonder what my life would be like had I not met the various people who patiently and generously guided me to AA. I can only guess. If I wasn't dead, I'd probably be living the daily chaos that I lived during those last few years of my drinking, struggling to present to everyone around me the appearance of a normal, responsible life, while actively accommodating the physical and mental need to drink. I get exhausted just thinking about those days !

At the end of about a year of bouncing in and out of AA, I ended up going to a 28-day inpatient rehab, called Greenwood. It opened just 6 months before and they had a great, energetic staff.

The first day or two in Greenwood, I was in the detox section with a young girl who's father brought her to Greenwood directly from the airport, upon her return from visiting her mother, in St Louis. Needless to say, she was hopping mad and went on and on about how mad she was. At one point, she yelled that all of this shit was brainwashing! At that point, I guess I had begun to recognize my powerlessness, thanks to my bouncing in and out of the program the previous year. And, perhaps I was somewhat ready for the treatment that Greenwood had to offer. Because, I told her that this was no more brainwashing than the messages about the importance of alcohol I got growing up! (I am not saying that growing up in an alcoholic family caused my alcoholism. But, after watching my family adults, I eagerly anticipated my first drink !)

While at Greenwood, I was lucky and blessed to meet others who were like me and were serious about changing their lives. When we left Greenwood, and for many years, we stayed close and hung out together. We not only met at AA meetings, but would enjoy other, sober things - sober dances, sober softball team, camping, getting together at each other's houses, etc. etc. With their help, I was learning to live in recovery. With their help, I was learning how to have fun in recovery, which, at the beginning, I doubted that I ever would do. Those guys will always be special in my life as we journeyed together thru the ups and downs and the challenges and changing in early recovery.

While at Greenwood, I remember being flattered and happy when AA members from the outside brought an AA meeting into us. I thought it was amazing that they would offer their time to share their experience, strength and hope with us. I also spent my 33 birthday in Greenwood, and was actually contented to be there for that birthday! They had a cake for me.

We learned about the disease concept of alcoholism, with the biological research to support the fact that my body processes alcohol differently, which can trigger cravings and withdrawals. Even the authors of the Big Book in 1939 recognized it. They called it a type of allergy to alcohol. I was soooo very relieved to learn that there is a understandable reason for my out of control drinking. Because, by the time I got to Greenwood, I was beginning to think that I was totally and hopelessly crazy. Of course, learning about the disease of alcoholism was ONLY the beginning for me. With the help of the 12-Steps, I have been working on the mental, emotional and spiritual parts of recovering for several years, now. An amazing journey, indeed.

Yes, the Blessings just kept coming. When I left rehab I was blessed to have a job to go back to, in downtown Wilmington. And, luckily there was a daily, noontime AA meeting, just a block away! My Higher Power must have known that I was lazy. Most days, it was so easy for me to take my brownbag lunch around the corner to that noontime meeting. That way, I'd have my meeting for the day and could go to another meeting in the evening if I wanted to (or not). We are lucky to have so very many AA meetings in Northern Delaware, to go to.

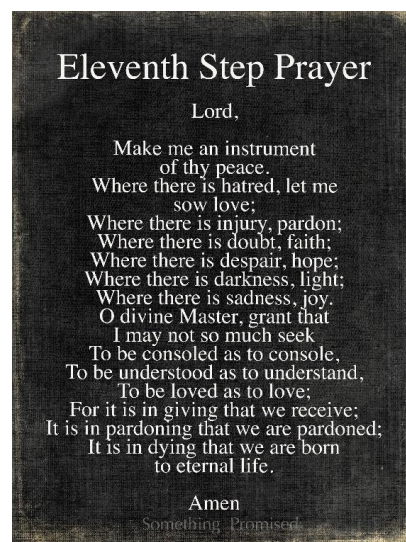
At some point in those early years, I shifted from feeling that it was a burden to have to go to AA meetings, to feeling how lucky and blessed I was to have the meetings to go to. I am blessed to have been born at a time in which AA is so strong. And, to live in Northern Delaware where the program is strong.

Looking back over the years, I notice those kind of Blessings just kept coming as I journey thru recovery. Too very many to list here. But, I repeatedly meet God's messengers at just the right time when I need to hear them the most. I just need to put myself in a position to hear them. And, with God's grace (in helping me to have an open mind and humble heart), I have been uplifted by the courage and wisdom of other recovering people in our fellowship. How amazing (and freeing) is it to be able to share the journey.

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



Recasting Step One

By : Wendy

At the new meeting I hate
every person there. A woman waves
and I hide in the back, like a green
minnow dodging through the ruined
reefs I read of in the Times, wasted
by over-fishing, coral no longer
covering, seascape
of fear.

The summer after high school
a boy brought over a bottle,
and we drank it until
I threw up on the lawn,
then I did the same the weekend
after. Who ever knows
they've set on a fatal course?

Consider those whales who
drive themselves up on beaches, strand themselves—
no one knows why they do it,
they can't seem to stop nor
disengage.

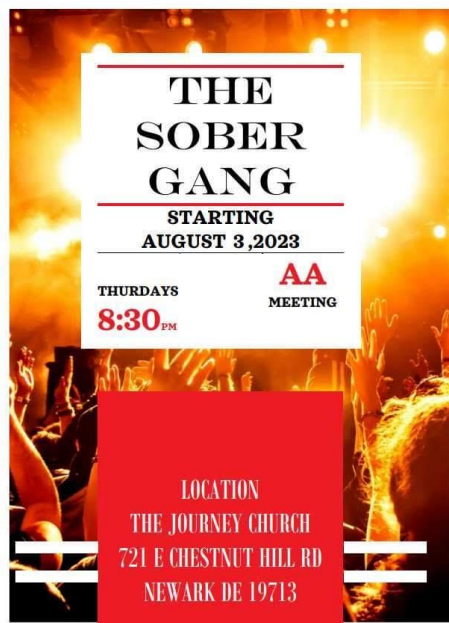
All that can be done to help
is gently stroke their brows,
pour salt water across their backs
as they keen their song on the sand.

Upcoming Events:

November 23rd - Thanksgiving Day Alcathon

November 24th – Longtimers Meeting

*** Flyers can be found on www.NDIAA.org ***



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

Ken P 9/20/83

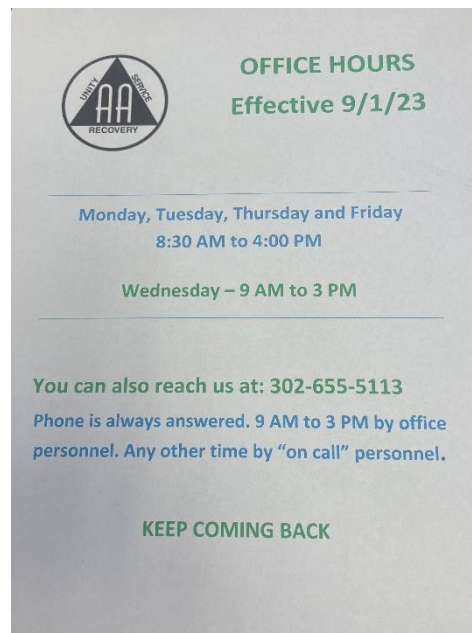
Kerry O 4/20/08

Laura R 6/21/95

Leslie D 2/20/90

Liza F 1/20/05

Marilyn M 6/26/99



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
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

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
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. ***