



Coffee Pot Talk

NDIAA Newsletter



December 2023
21B Trolley Square
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Ndiaa.org



Our Principals

Step 12	Tradition 12	Concept 12
<p>“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”</p>	<p>“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”</p>	<p>“The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.”</p>



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

1. Line up extra AA activities (help on the phones, speak, empty the ashtrays).
2. Be host to friends, especially newcomers, at home or at a coffee shop.
3. Keep your AA telephone list with you at all times.
4. Find out about holiday meetings or celebrations in your local groups.
5. Skip any drinking occasions you're nervous about.
6. If there's one you can't skip, take an AA friend—or keep candy handy.
7. Don't think you have to stay late (plan an "important date" in advance).
8. Go to church. Any church. And don't forget about extra meetings.
9. Don't sit around brooding; catch up on reading, museums, walks, letters.
10. Don't project about holiday temptations: remember "One day at a time."
11. Even if you cannot give material gifts, enjoy the beauty of holiday love.
12. Carry the message. Give the joy away, and it will be yours to keep.

— Adapted from Box 4-5-9



What Can You Do Using the Word Called “Sobriety?”

By Robert F. – Wilmington, Delaware

I knew a man who wanted sobriety, but only got ‘slowbriety.’ Sure, he did NOT drink at all, but in his quest for respectability, the poor man got hooked on trying to grab for too much respect too soon. This man did NOT consider the adage of which one of my own sponsors told me of -- which is: “Always consider the E.G.O.”, with E.G.O. meaning “Easing God Out.” There are times in 12 Step meetings when some speakers [“Me Too!”] want to end up “testing” their knowledge by speaking with so much authority in various ways that others just do not want to listen.

I have been guilty of this “wanting to sound good,” and for the most part it “slows down my own ‘slowbriety’ to a pace where I need a nudge to get back to my true good trudge.” Only when I get my ego out of the way will I truly listen and care to ‘fit in’ graciously. It becomes easy to nudge a higher power out of my life. May the gods forbid!!

It does us little good to go to meetings and not listen to others. Should one even engage in conversation at all if we are going to only have one half of a conversation? To do otherwise would just insult others, not to mention put us in a position of not learning anything at all. Why would I listen to someone else at all if I do so only because I am thinking up what I am going to say next? My object should not be one where I have the say all and be all, but one where each participant can add bricks to the mortar of mutual communication.

Someone, somewhere – (Could it have been as basic as my mother?) – told me once that ‘conversation is an art’ and that it was like having a circle of people gratefully and graciously passing and handing off a ball to each other each gaining something from the interchange. One can see this on a pitcher’s mound in baseball, in a huddle in football, in a knitting circle, or even at, as Bill Wilson of AA has written, at the international conference table. All people need to have their say at some point. I have also, through the use of the twelve steps, have learned that even after the last vote, the minority in question has the right to again make their statement. This entire concept of again listening to the ‘minority opinion’ after the last vote sets forth the concept of ‘restorative justice,’ enabling us all to see just where others are when they make their stand.

In the case of 12 Step meetings, jointly valued concepts like ‘sobriety’ are considered and discussed with everyone’s input. We all are therefore pitchers and catchers, sometimes intergroup representatives, coffee makers, and even now and then a general service representative. Centers, quarterbacks, halfbacks, guards, tackles, and full backs are used too. But what would you do with a HIGHLY jumping TIGHT end? Get him sober I recommend! (Unless the ‘SLOT’ end has a gambling problem). [‘SOT’ end]?

I have no idea of what to do if ANYONE on your team is drinking or using, but to prevent people from falling down and never getting up again it seems necessary to have a cohesion beyond just the ‘winning’ of some sort of game. Together as a team we look towards helping individuals find ways within themselves to connect outwardly with their insides to values which help THEM. Others then may also value the constantly rewarding ‘UPWARD TRUDGE,’ that we all seek! May you sincerely have a light in the dark like the Greek man, Diogenes, who constantly would seek an honest man while he traveled in the dark with his lantern!

So ends this dimly witted illumination!

HOLIDAY TRADITIONS

WORD SEARCH PUZZLE

BAKE
CARDS
CAROLING
COOKIES
DECORATE
DINNER
EGGNOG
GAMES
HOT CHOCOLATE
MOVIE
PARADE
PARTY
PHOTO
PICK A TREE
READ
SANTA LETTER
SHOP
SKATE
SLEDDING
SNOWMAN
UGLY SWEATER
VACATION
VISIT
VOLUNTEER
WALK

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Spirit of Truth - Home Group History

The founding members Alex W., BIG. Harry B., Bill L., Bridget C., Mike M. Group started in 1885 at Newark Pentecostal Church. Tuesday nights at 8:00 pm. The Spirit of Truth group registered with GSO on October 27 1988 Meeting address was Salem United Methodist Church Newark Delaware GSR Bridget C. Second contact was Bill L. Meetings Tuesday at 12:00 noon & 8:00pm and Thursdays 8:00 pm. On or around 1990 SOT group added the Saturday morning meeting at 9:00 am.

The group spread by word of mouth and the Marque in front of the church which stated An meetings Tuesday and Thursday At 8:00pm. The Group did do a group conscience in the 90° and decided to remove the information on the marquee due to implied affiliation with the church and anonymity issues with group members.

Our Group over the years has grown for a while then would shrink down to about 10 or 12 members. We are constantly changing and since the pandemic, we are starting to see more growth. Our meetings today reflect the program of action; we have Tuesday night as a literature topic meeting Thursday as a step tradition meeting and Saturday as an open discussion meeting. We have monthly business meetings, which we end with a tradition inventory. The group has supported NDIAA and a GSR to the district 5 and Area 12 General Service Assembly.

As a group, we found ourselves in a pinch when we changed our Saturday meeting to 9:10 am to accommodate a member we found that it was foolish since the member stopped coming and moved out of the area. The group conscience was to leave the time change to remind us that we cannot serve one but we are here to serve all who want sobriety. Our group has started a separate fund for group members who want to contribute supply medallions for anniversaries Pay for the group summer picnic and holiday party.

Our group has remained true to the three legacies of service with members serving as DCM's Area officers and a Delegate. As a group, we have a summer picnic to celebrate the group and a holiday dinner at Christmas time with an Alan and A speaker. The group has strong ties with local intergroup and takes commitments and has done 12 step calls, our members do participate in district workshops and conventions.

Thank you

Fellow sober friends,

As I finish out my term as the newsletter chairperson, I thank you for your continued support of sharing the message of hope, recovery, and service. It has my pleasure to be able to serve you. Wishing you a safe and healthy holiday season.

Monica C.

Twas the night before Christmas, we were all in the club,
Enjoying a meeting, instead of the pub.
The ashtrays were clean, and the coffee was made,
The Big Books were out and we all had prayed.

When out in the lot, there arose such a clatter,
We all jumped up to see what was the matter.
The Chair with his Big Book, and I with my smokes,
Headed outside to find these two blokes.

They came on inside and sat at the table;
And said that they'd chair, as soon as they're able.
To start with, they said, "It's more than not drinking;
It's doing your best to fix your sick thinking."
"Think, Think, Think!" and the slogans were used,
Help keep the newcomer from getting confused.

Step 1 is a start, they said we should know,
But after Step 2, we'll be all aglow.
We make a decision when we got to Step 3;
Step 4 was real tough, we all could agree.
Step 5 is the one where we let it all out,
And after Steps 6 and 7, we're left with no doubt.
When we got to Step 8, we made our list;
And then with Step 9, we have to persist.

After Step 9, the promises ring true;
We didn't just make that up, right out of the blue.
After that, it's on with the rest;
The things we must do, to be our best.
They put on their coats and got ready to leave;
A pretty good end, for the Christmas Eve.

As to their names, we only could guess;
Must have been Bill W. and Dr. Bob S.
The two men hopped into a '35 Ford,
And as they pulled out, one of them roared:
"We leave this message, for our sisters & brothers:
Trust God, Clean house, and be of service to others.

And for all of you people, I just want to say:
Have a nice holiday, but don't drink today!



Graphic is a reprint of a drawing from December 1966 Akron

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	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. ***

If you would like to contribute anything to the newsletter please email Monica at Mon92890@gmail.com