

alcoholics Anonymous

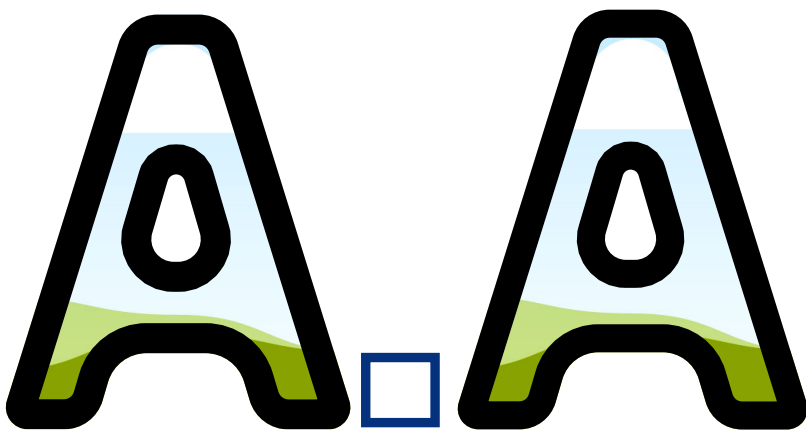
Thank you god

God brought us closer to A.A
and A.A brought us closer to
god

But for the grace
of god, there go i

Step 1

Came to believe in a
power greater than
ourselves could restore
us to sanity



Tradition 2

For our group purpose there
is but one ultimate
authority—a loving God as He
may express Himself in our
group conscience. Our
leaders are but trusted
servants; they do not
govern.

Save the date ! ! !

**FOUNDERS
DAY PICNIC**

**JUNE
9TH**

HONESTY

HOPE

FAITH

COURAGE

STEP 2

We came to Believe in a Power Greater than ourselves could restore us to sanity.

My experience with step 2 is ever evolving. When I first came to the rooms, I was not a believer and was the person that would argue against the word God. After much pain from going in and out I became convinced that I had a problem that I could not solve. The last time I came in and was finally defeated I took all suggestions that were offered to me. After obtaining a sponsor and having a clear understanding of what I suffer from which is Alcoholism through step 1 it brought me to step 2 once again. Having admitted that I am powerless my sponsor proceeded to ask if I was willing to believe in something that was bigger than I. Of course, I said yes, but also really having no idea what that something was. My first experience as I look back now is that I have seen many people come into the rooms and stay sober by doing this work and that meant that there was something behind it. It was the HOPE I saw from that, that if they are staying sober by doing this work maybe I can too. It certainly did not feel very profound at the time, and I kept trudging through the work. Throughout my experience I have tried to define what god is and understand God in many ways. By doing the steps and continuing to do them I achieved one of the greatest things I thought was not possible. It is a relationship with GOD. I finally came to believe, and then it hit me that I did not have to believe but must be willing to do some work to have a relationship that will help me believe. Today I believe in God and if I am being honest, I am not sure what God is, but I do know it is real. Today God is Everything to me as our book says God is everything or God is nothing. I may never fully define what God is but that is okay because what has happened to my life by practicing these principles is more than a miracle. It is profound! Everyday I wake up sober is more evidence to me that this works and only through the grace of God with some effort in our principles I

Tradition 2: "For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Tradition 2 is an excellent step in the right direction for the Unity we seek to ensure in Tradition 1.

The first part of the tradition clarifies that there is one ultimate authority in A.A.: God as He expresses Himself through all of us. I know for myself, the way I typically hear direction from the God of my understanding is through other people. Before working the program of Alcoholics Anonymous, I was the person who lived by self-direction, always playing God in all of my affairs. "Forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way," and the result....I ended up a homeless drunkard praying for death. This terrible blow deflated my ego, and I became open to seeking others for guidance and direction, which I found in the members of Alcoholics Anonymous. I found "Good Orderly Direction" in a "Group of Drunks," as we sometimes say.

Something happens when we all come together under one common purpose in A.A., something that is much bigger than any of us. How often have we sat in a heated homegroup business meeting debating back and forth over a matter to the point that it seems like we are on the brink of full-blown argument, only to reach some extremely simple and widely appreciated compromise seemingly out of nowhere? How does that happen? Both sides may have seemed set in their ways and ready to draw dividing lines with no willingness to give up any ground. However, what I have come to is that the matter being debated is overshadowed by something that both sides of the debate have - a love for their homegroup, a passion for A.A., and a desire to help the alcoholic who still suffers. When we come to A.A. and our homegroups with the desire to best be helpful in the forefront of our minds, I do believe that we give the God of our understanding a spiritual lease to use us and speak through us. He always will, so long as we are each willing to make some sacrifices.

I know for myself when I am willing to sacrifice my need to be the big shot or to try to "browbeat" people into getting my way in my homegroup, district, or intergroup, and I alternatively seek just to be "a small part of the great whole," I find myself much more connected or unified with those about me. Furthermore, when I am willing to sacrifice what I want and try to look for what is best for my homegroup and A.A. as a whole, usually the outcome is better than what I wanted in the first place anyway.

The second part of Tradition 2, which states, "Our leaders are but trusted servants, they do not govern," further emphasizes who the authority is in A.A. and that it is not me. One of my favorite A.A. speakers once said, "A.A. doesn't work for me. I work for A.A." It is easy to get confused into thinking that there is some ladder that goes up or some A.A. hierarchy with leaders at the top and members at the bottom. Thankfully that could not be further from the truth. Those in positions such as the Group Chairperson, GSR, DCM, Intergroup Chair, Delegates, and even Trustees are nothing more than A.A. servants. We trust them to serve A.A., and we trust them to put the greater good of A.A. as a whole ahead of everything in their decisions and actions. Now undoubtedly, there is a reason why they are voted into the leadership positions they are in, which usually and hopefully always is because of their experience with putting A.A. principles to practical application in their homegroups, local intergroup, area, etc., instead of popularity, or because "no one else would do it." My sponsor always says, "We get the A.A. we deserve," so I still have to ask myself, first; are my actions and decisions that of a person seeking to serve A.A., and second; when I am voting people into positions of service in A.A., are these the people who I trust will show up and put the greater good of A.A. as a whole ahead of everything including their wants and their specific homegroup.

One of my favorite writings of Bill W comes from Concept 9 which can be found in the A.A. Service Manual. The essay is called, "Leadership in A.A.: Ever a Vital Need". In there Bill sums it up for me in one line, "A leader in AA service is therefore a man (or a woman) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job".

Like we always say, "I am Responsible."

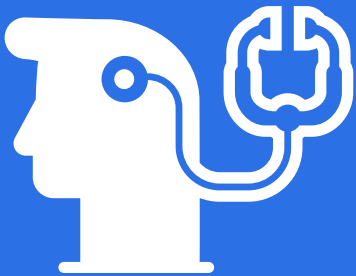
Hello, my name is Jason and I'm an alcoholic. I was asked if I could share some of my experience with Step 2. Came to believe that a power greater than ourselves could restore us to sanity.

It was a long process to get to where I even believed that I was not sane. I was 37 years old when I finally came to AA. I have been drinking since my late teens and always saw it as a way to either have fun or escape from what was bringing me down. I would take pride in how controlled I could keep my drinking, how much I could drink, how I was living my life, how free I felt when I could just drink as I wanted to. It took several years for this to catch up with me and I started getting into trouble. After several stays in prison and a few years on probation, I got past everything but actually paying my fines and restitution. Got a decent job, lost that job, got another decent job and lost that one too. I was drinking continuously, only sobering up for family events, still not really seeing that I had a problem I couldn't control. I ended up hospitalized several times, the last being a 2.5 month stay before I could walk on my own again with just a cane. It was after all this that I finally accepted that I had a problem I couldn't handle on my own, that my mind kept bringing me back to. I realized that not only did I have no power over alcohol and my life was unmanageable, but I was definitely not in control of what my mind was up to at all times. That was why I was having issues, the alcohol was just what I used to escape from myself.

At the same time, I also had a difficult time believing that a Higher Power, which I did believe in, wanted anything to do with helping me. I had seen a lot of hardship in my life and just didn't believe that God had much to do with most human affairs judging by everything I had seen up to that point. I just couldn't wrap my head around there being a plan of some kind, let alone that plan allowing for all the painful things in my life and the lives of others.

What I was asked to do was to see if I could believe that this had worked for others that were in the same predicament I was in spiritually. So, I listened to others and heard about the miraculous things that had happened to them. Simple things, like just being in the right place at the right time, getting just what was needed at that moment, that one seems to happen a lot. Seeing the simple blessings that come on a daily basis, not just the big ones. I began to see all the small ways things happened just the right way. Many of them that could just seem like a coincidence on their own, just add up to something so much more. I could finally see that there is a plan, that I have a part to play in that plan and that it can change depending on whether or not I actually do something that is put in front of me. I could also see the times that I didn't have a choice in the matter and how it worked out just as it needed to.

Once I was able to see all of this, it made step 2 much easier to grasp. I began to see that there is a Higher Power not just out there somewhere, but in each of us. The degree that is shown depends only on how much I'm willing to look for it. This is something I still need to be willing to look for on a daily basis. The insanity is still there, the thoughts still crop up. They will take different forms and come from different directions. My disease still knows my brain better than I do. The difference is that I am now able to let my Higher Power guide me and keep my disease at bay so I can continue to enjoy the sanity that has been restored to me



Let's Dance

with DJ Dave

Saturday, February 17th



Dancing from 6 until 10 pm

\$5 at the Door

Light refreshments will be provided!

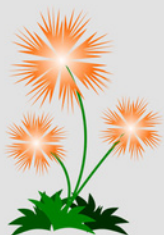
Bring a snack or dessert to share!

50/50 Raffle

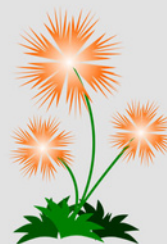
Limestone Presbyterian Church

3201 Limestone Road – Rear Entrance

Sponsored by NDIAA



Spring Breakfast



Sponsored by Northern Delaware Intergroup

April 28, 2024

Doors open at 8:30 AM

Breakfast at 9:00 AM

Speaker at 10:00 AM

Tickets: \$15.00

See your Intergroup Rep or

Call NDIAA Office at

302-655-5113



Hockessin Memorial Hall

Rte 41 and Yorklyn Road

Hockessin, DE



**GET READY TO JAM
WITH UNITY!
THEY'VE GOT SOME
AWESOME SPEAKER
SESSIONS COMING
YOUR WAY!**

**Feeling
like
spreading
some
helpful
vibes?**

**Hey there! We're on
the lookout for a CPC
and Area 12 Delegate,
plus a female co-chair
to give the warmest
welcome to the new
intergroup
representatives.
Anyone up for the
task?**

**GOT SOME FRESH IDEAS FOR OUR NEWSLETTER? WE'RE ALL EARS!
JUST SHOOT US AN EMAIL. PLUS, IF YOU'RE ITCHING TO HELP OUT,
OUR NEWSLETTER COMMITTEE WOULD BE OVER THE MOON TO HAVE
YOU ON BOARD!**

CONTACT US



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