



Coffee Pot Talk

NDIAA Newsletter

21B Trolley Square
Wilmington, DE 19806
302-655-5113
<https://ndiaa.org/>

December 2024

Step 12
Having had a spiritual awakening as a result of the Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition 12
Anonymity is the spiritual foundation of all our traditions, ever reminding us to practice principles before personalities.

Concept 12
The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perious 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 discussions 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.

If you would like to share your experience, strength, and hope, please consider writing for the newsletter! Email Ann Marie at mainoffice@ndiaa.org.

Wishing you the happiest of holidays and a peaceful New Year!

Special Events

Please note the following special events; more information can be found [here](#).

- December 24-25, Christmas Alcathon 2024
 - Dec 24: 6:30 PM-12:00 AM and Dec 25: 10:00 AM-8:00 PM
 - Free event. Meetings held every even hour, food and fellowship every odd hour, potluck.
 - 292 W. Main Street Newark, DE 19711

For Fun

Please click on [this link](#) for a pdf of the 1967 Holiday Issue of Box 4-5-9.

Correctional Commitments

Baylor Correctional (Women)
Saturdays, 1:00-3:00 PM

Plumber Center Correctional (Men)
Wednesdays, 2:00-3:00 PM

Howard Young Correctional (Men)
Thursdays, 6:00-7:00 PM

If you are interested in service opportunities, please visit the [Other Service Opportunities page](#) on the NDIAA website. Scroll past the information on InterGroup Committee Chairs to the section entitled “Volunteers Needed!” You will find more information, including an application, under the subsection entitled Corrections Commitment. Once you have completed the application, email it to mainoffice@ndiaa.org, or you can drop it off or mail it to:

Northern Delaware Intergroup
21 B Trolley Square, Wilmington, DE 19806

Please note that the application must be completed. If there are any discrepancies or blank areas, the application will NOT pass through security.

If you have questions or concerns, you can contact Jack B., men’s contact, or Maureen, women’s contact.

Jack B.: 302-723-6641, jbromwell911@comcast.net
Maureen: 856-952-9629, vertplanet@comcast.net

Experience, Strength, and Hope

Sober Holidays

When first given the topic of “Sober Holidays” to ponder I wanted to think of something quite inspirational, a big “a-ha” type moment. As I sat and reflected on my past sober Christmases I realized I have had so many moments along the way. While they may not mean much to others; they mean the world to me. I started to look through my camera roll on my phone to remind me of the many joys each Christmas season of sobriety brought me.

My first sober Christmas, I had just celebrated 4 months and I felt like I had conquered the world. It was a big deal! I know now that every day sober is a huge deal. I went to a meeting at 7am and sat on the floor of Dawn Patrol because it was so crowded. I was filled with absolute joy and gratitude to have found my “people”.

The following Christmas my sister invited me to sleep at her house on Christmas Eve so I could wake up with them on Christmas morning. I was able to see my 2-year-old nephew bolt down the steps and just stop in his tracks and be awed by what Santa had brought. That same Christmas I held my 6-week-old niece to my chest as her brother opened his gifts. While not always apparent at the time – these were the true gifts of sobriety. I was showing up in a way I never could before. I was not just there physically – I was present mentally and I was aware of every emotion that was happening inside me.

As the years went on, I would continue to have these absolutely magical moments. Moments of seeing Christmas through a child's eyes. Moments of watching my family band together to help my medically fragile dad navigate his first Christmas after a stroke. Moments of being able to wash the dishes with my mom after everyone leaves on Christmas Eve. Moments of being able to wake up on Christmas morning with my partner and just “Be”.

As this Christmas approaches, I continue to show up for my family – because I can. I show up now because I want to. Anyone that knows me knows that I love Christmas. I love the décor. I love baking cookies and pizzelles each year. I love showing up. I love being a part of. I love that sobriety has given me a life beyond my wildest dreams. I say that easily because even when life is hard and shows up in a way I do not “prefer”, I am reminded that I am never alone in this fellowship. This fellowship has given me beautiful relationships that are real and authentic. Experiencing the joy of the holidays goes beyond the fancy tree. The holidays are a reminder that I get to show up and be a fellow among fellows.

This Christmas I challenge you to find the small moments and cherish them. I will leave you with “When in doubt – take the picture”. Being able to scroll through my camera roll and see all my sober Christmas pictures took me right back to each Christmas and the all joys that came with each one.

With Love,

Monica C.