



Coffee Pot Talk

NDIAA Newsletter

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

January 2025

<p><i>Step 1</i> We admitted we were powerless over alcohol—that our lives had become unmanageable.</p>	<p><i>Tradition 1</i> Our common welfare should come first; personal recovery depends upon A.A. unity.</p>	<p><i>Concept 1</i> Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.</p>
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If you would like to share your experience, strength, and hope, please consider writing for the newsletter! Email mainoffice@ndiaa.org, to the attention of Ann Marie.

Daily Reflection for January 17

HAPPINESS COMES QUIETLY

"The trouble with us alcoholics was this: We demanded that the world give us happiness and peace of mind in just the particular order we wanted to get it-by the alcohol route. And we weren't successful. But when we take time to find out some of the spiritual laws, and familiarize ourselves with them, and put them into practice, then we do get happiness and peace of mind. . . . There seem to be some rules that we have to follow, but happiness and peace of mind are always here, open and free to anyone."

DR. BOB AND THE GOOD OLDTIMERS, p. 308

The simplicity of the A.A. program teaches me that happiness isn't something I can "demand." It comes upon me quietly, while I serve others. In offering my hand to the

newcomer or to someone who has relapsed, I find that my own sobriety has been recharged with indescribable gratitude and happiness.

<https://www.aa.org/daily-reflections>

Special Events

Please [click here](#) for special events.

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

Emotional Balance Leads to Rationality

By Robert F. – Wilmington Delaware

I had learned how to be rational, for me, in my clean sobriety, when I had not been drinking or using, or when not contemplating becoming high during the down times. Yet I have to confess that many times before May 17th of 2017, I would start to “reward” myself with usage of chemicals when either I was satisfied with my own behavior, or fearful of some consequence. I was therefore contemplating to seek and grab a little mild ‘high,’ out of either a personal reward for my behavior, or just plain fear of personal boredom. Whyever I was drinking or using did not matter – I drank and used simply because I was an “addictive – alcoholic.”

The chemicals listed in the next paragraph are all naturally occurring biochemicals in the brain and central nervous system. They each are involved in transmitting healthy impulses from nerve to nerve connecting sites (named synapses) in the brain, brain stem, central nervous system, and other nerves throughout the body. When these connecting sites – or synapses – get “gummed-up” with other foreign chemical agents this disturbs the healthy pathways and reservoirs of these useful biochemicals. Disturbances then follow. [Perhaps a ‘hangover’ is the brain and central nervous system trying to approach normality once again. Perhaps a headache or halitosis after a drinking bout also betrays me from trying to recover from a ‘hangover,’ but we all should keep in mind this fact: even scientists do not know the full pharmacology of aspirin (or mouthwash) in the body – they just know that they work. Much pharmacology still needs to be learned].

It is true that the compulsion to use pills and alcohol still reverberates in my brain’s hypothalamus. This “bathing” of my inner brain had dammed up my essential neurotransmitters such as dopamine, serotonin, epinephrine, norepinephrine, melatonin and more until both my feelings and actions became slaves to my nervous thought. In fact, the influences of these brain chemicals in some way can be considered as thought itself! Change one’s actions? Then it follows that feelings and thought will follow. With this belief a mortal man can actually change his brain chemistry. Please go jog, work out, or take a hot bath, and you will see what I mean.

Although we cannot prove a physical neurotransmitter dam at the point of synaptic transmissions causes a backup of brain chemicals, this explanation is valid and plausible. Why else are certain other foreign chemicals so hard to stop using? It has been shown that by combining menthol with nicotine with the use of other drugs (arsenic, strychnine, & lead maybe?) that each drug itself can end up even more addicting. Did you know that smoking tobacco products and drinking alcohol at the same time causes throat and larynx cancers to greatly increase in an individual? Considering this fact means that if only just one vice was used by the individual, then the percentages of illnesses diminish exponentially! That, too, has been proven.

It has also been shown that by changing our thoughts, emotions (personal feelings), and actions, that we become able to learn to feel better. Clearing one's mind by going outdoors and 'moving the big muscles' is one example. What about just having a 'good cry?' Alternatively, does the fact that I may 'tear-up' and cry mean that I should take a pill? Hell No! I believe that professionals and doctors need to use more acceptance of reality-based emotions. To me it seems that many times the doctor gives a patient a prescription more to have the doctor feel better than actually have the patient feel better and as yet truly benefit. A real benefit occurs when the patient finally invites the doctor-counselor to work out at the gym with him. My sponsor owns a gym. I am constantly told to go get physical exercise.

What I need to do now is to take healthy actions, continue to write, pray, and meditate, and then make sure that in my own way I will lead myself to think of others in their personal need. It is important to listen, not be too abrupt or too sensitive, and hone into my own routines an efficient self-care enabling me to be effective in caring for others.

Brain chemistry, I believe, can be affected (effected?) by noting our thoughts, feelings, and by taking actions such as 'moving the big muscles.' Relying on a multitude of medicines can be frustrating and dangerous. Remember also that if I truly see my emotions or feelings as hard fast facts, then I may be taking my "emotional temperature" too much, taking myself too seriously, and I am probably going to get nowhere simply because I am ending up "coddling" my feelings way too much.

In the final scheme of things, balanced emotions can show homeostasis in brain chemistry, and a consistent rationality is what is looked for and desired. This means that we have more control of our emotions than what I previously thought. Our brains are organs just as other constituents of our bodies are too (liver, lungs, stomach, pancreas, kidneys, heart, all glands as well as, parts of the brain such as the cerebral cortex, the occipital lobe, the cerebellum, and even the thalamus). I also believe that all of our organs rejuvenate when sleeping. "Ah, to sleep, perchance to dream?" – William Shakespeare.

Extraordinary chemistry is not what I need – what I do need is exercise – especially brain exercise. In simple ways essentially all I need to do is to carry a mindset that considers an adequate balance of nutritious food and drink (with me certain abstinences as well), plus good sleep, along with physical activity, and prayer and meditation, with all of this lending itself to an 'emotionally balanced-led rationality' for life. Just take a walk around the yard, friend!

Add a Higher Power or God to this and one has a recipe for life!

Godspeed to you!!