



Coffee Pot Talk

NDIAA Newsletter

21B Trolley Square
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<https://ndiaa.org/>

March 2025

<p><i>Step 3</i> Made a decision to turn our will and our lives over to the care of God as we understood God.</p>	<p><i>Tradition 3</i> The only requirement for A.A. membership is a desire to stop drinking.</p>	<p><i>Concept 3</i> To insure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staffs, committees, and executives – with a traditional “Right of Decision.”</p>
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Step 3: Spiritual Principle – Faith

A lifetime of self-will run riot can come to a screeching halt, and change forever, by making a simple decision to turn it all over to a higher power. Faith is the next step up from hope. While the principle of hope represents the general idea that things can improve, faith is the direct belief in a power that knows better than us where our spiritual truth lies.

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.

Special Events

Please [click here](#) for details about special events, including March Through the Steps, an Anniversary Breakfast, Soup & Service, St. Patrick’s Day, and a Family Game Night.

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

Rarely have we seen a person fail...

The following are a portion of my reflections of my first days in AA and first days in Recovery.

Rarely have we seen a person fail who has thoroughly followed our path. (*Big Book of Alcoholics Anonymous, Pg 58*) In the first days of my recovery I read this sentence from a laminated plastic sheet of paper. I read this sentence and the many that follow many times because I walked into a meeting and was asked if I could help open the meeting with this reading. It seemed like such a small ask. I really had no real idea what it meant or what the bigger point was, but it helped to open the meeting.

That reading contained words and phrases like; ‘*thoroughly followed our path*’, ‘*constitutionally incapable*’, and ‘*many of them do recover if they have the capacity to be*

honest. There was also the words ‘*cunning, baffling and powerful!*’. These statements struck a curious chord with me and raised more questions about what AA is actually about. The word that struck me most at that time is; recover. Recover? What’s recover? Recover from what? Call me naive, but I had no idea about any need to recover or what it would entail. I also had no real idea if I was even “one of them”.

Living as I did then, I thought I may have a little bit of a drinking problem and maybe I needed to slow down a bit, but what I really needed to know is how to get where I didn’t have to go to the store every day to get more whether it was a workday or a weekend. I needed to get where, if I wanted to go a day without drinking, I could just go do what the heck it was that came to mind. That’s really what I needed!

As I sat and listened to some of the people in those early meetings, the stories they spoke about were big eye-openers! I was amazed at many of these early stories and what some people talked about. I hasten to say, other than the stories about drinking, there wasn’t much else that was meaningful to me at that time. Those people had that kind of life and those things happen to them and by all outward appearances, they seemed really satisfied with the lives they have today!

I also started to feel I wasn’t going to be outdone or intimidated by these people or by their stories. I also wasn’t going to risk looking like I didn’t know what I was doing in these meetings. Throwing caution to the wind, after a while I contributed just like some of the others. At that time though I wanted to let people know I drank a lot! I shared that I started drinking from a young age, from about 13½ years old. That I was glad I’d started drinking before I went into high school because that would make me more cool when I showed up on campus. That I even had biker friends that made me cooler still! That, by the time I was halfway through my junior year of high school, I had stopped the drinking, changed my friends and tried to become a more respectable and responsible guy and do some catching up on the education I had merely slid by with in the couple of years that preceded.

In the meantime, my mother and father’s marriage was quickly crumbling, in large part, because of my father’s drinking. Besides the fact that nearly 20 years of marriage, 3 children, buying groceries, a mortgage, utilities, etc., has its own impact on people in a household and in a marriage. One of the striking aspects to me during this time was my father’s inability to see or understand the impact his drinking was having on any ability to be rational. I was 17 by then and had a very hard time processing what was going on and how it would end. All of this turmoil convinced me that I absolutely did not want to be anything like him!

I had held down full-time jobs from the time I was in my early 20’s. I had gone to night school throughout my 20’s to fulfill some General Ed. requirements. I had even got married when I was 29 to a woman who had 2 small kids and needed to finish a college degree that took another 5 years! Like many other college students and families, we couldn’t afford much and had little time to spare by the end of each day. Occasional, normal drinking was the rule at that time.

I graduated from college in December ’88 and went back to work for a company I had worked for prior to heading off to college. To go to work and not have to study every evening was a great

relief! To be able to come home and have a beer or two at the end of a day was just how life should be.

Somehow, I felt that all of the work I'd done to become more educated, to go to work every day, to buy a house, pay bills on time, etc., would protect me from being "like him"!

Time did what time does, it comes whether one is ready for it or not. Difficulties started occurring in the household that would not find any resolve no matter how many times we tried to talk them through and argue to some conclusion. As the discomfort increased so did the drinking. In time we even went into marriage counseling which helped for a while. The absolute last thing I wanted to consider is a divorce. Try as we may in the coming year, there was no resolution and we decided to separate.

That's when the drinking really accelerated. Every day I would head off to work, come home, and drink the night away. In time, what I drank and the amount I drank increased to where I'd start passing out late in the night but would continue drinking when my eyes would open again. This went on for several years.

Yet, eventually I'd become 51 years of age and fearful about where my life was headed. I had gotten to the point of drinking more than I wanted to repeatedly. I could not stop no matter what day it was, what time it was or what other things I thought would be fun to do on a bright and sunny day. I had tried many times to quit by that time, and time after time, would drink again and again.

At the urging of a friend, the first AA meeting I attended was on September 7, 2005 located about 10 blocks from where I lived in Sacramento, CA. One thing I found on the walks home from some of these meetings was the compulsion to drink would kick in once again. The route to and from those first meetings would take me past the grocery store and a mini-mart I had bought supplies at many times before. I knew nothing about addiction, the compulsion, the phenomenon of craving, the physical manifestation, or the mental and spiritual malady of the disease of alcoholism. I would continue to drink on some of the nights after these meetings.

Fortunately, I eventually got to the breaking point in my continued struggles with stopping drinking. I became very aggravated at myself for not being able to stop drinking and felt that pure determination would make the difference. Plainly, it did not!

I continued to show up at these meetings despite continuing to drink at night. For the most part I continued to go to these early meetings with blind faith that somehow or in some way they would help. I also hoped at some point that someone would pull me aside and say, here's a quick shortcut on how this program works and how you can slow down your drinking. That never happened! I had no idea how AA meetings would make anything different or better, but I knew I was feeling a little better a little at a time. I found the fact that people were speaking very openly about their lives, their drinking and sometimes their drugging, the good and the bad of it all, and then how the program helped them quite attractive and compelling to return again and again.

I also didn't fully realize or understand at that time that I too am an alcoholic. It was because of many of the similarities I heard in peoples' stories and identifying themselves as an alcoholic that I came to believe that I too am "one of them" and in need of some real help. As things worked out, on November 8, 2005 I started my own walk of sober living.

With all the fears I had, all the doubts and misgivings I had about whether AA would help, whether I was and am an alcoholic, whether anything about AA was something I should do at all, and having several days of continuous sober living under my belt by this time, I certainly feel that my start in Alcoholics Anonymous and this program of recovery was absolutely worth all I went through, what I felt and did in order to show up at the doors of AA at the time. It is undoubtedly the best thing I could ever have done for myself!

I'm also very appreciative of the friendships I made early on in the fellowship. The way I viewed these people was that some had already started to work the Steps and reap the benefits of the program. This, to me, also qualified as "evidence" that maybe, just maybe, this could help me too. Some of those people even practiced applying these steps and principles in their daily lives. This started to result in some added confidence, courage and hope little by little.

I would love to say that now that I've been sober for a while, life has changed to suit my preferences, my likes and dislikes and ways of thinking. Quite frankly and honestly, it's been quite the opposite. Life continues as it does, but, my ability to live today with myself and in the world we have has improved immensely! Life on life's terms are words I've heard many, many times in the program. Life with its ups and downs has continued a day at a time. Some of the ups have been really great, and some of the downs have been really hard and difficult. Everything else has been somewhere in the middle of all of that. In the end and through it all, I did not drink and feared what would happen if I did. I even had to ask myself, if I did drink, would it change or improve anything that was going on? Every time I would conclude that nothing would change or improve, but the bigger question was, did I want that old life back again? That answer continues to be I do not! I absolutely DO NOT!

I'm grateful to have the life I do today! I'm grateful to have a choice today on how I'd like to spend my time during any day. I've continued to show up at meetings and let myself get known by the others that are there. I've been to many, many meetings during my walk of sober living and continue to learn and grow in the program and the fellowship.

I'm grateful to have become an alcoholic for the program of Alcoholics Anonymous I get to be a part of today!

Steve B.
Bear, DE