

*Just for Today*

I woke up this morning  
To what did I see?  
But the blackness of life  
That was lifted from me.  
When I put the plug in the jug  
Will and life in Gods' hands,  
And let this life thing  
Unfold in His plan.  
I have a long list of wants  
And I have all that I need.  
One day at a time,  
Together we can succeed.

Submitted by:  
A Grateful Addict-Alcoholic

**District 13 is grateful  
for the generous contributions  
from AA groups.**

**If your group wants to donate please make  
checks payable to:**

“NHTA District 13” be sure to include the Group  
Name & Number on the check.  
Check can be sent to:  
District 13  
P.O. Box 3513  
Nashua, NH 03061

The District 13 Function Committee Proudly Presents

**DANCE THE  
DECADES -50'S  
60'S AND 70'S**

Saturday October 20th  
Good Shepherd Church  
Main Street, Nashua  
6-7pm  
\$5 Admission

AA Picture

Sister Ignatia



**Sister Ignatia (1889 – 1966) A Kind and Early Friend of AA**  
Sisters of Charity of St. Augustine  
On August 16, 1935, Sister Ignatia Gavin, a frail but no-nonsense Catholic sister in charge of admissions at St. Thomas Hospital in Akron, Ohio, with the help of Dr. Bob Smith, one of the founders of Alcoholics Anonymous, admitted the first alcoholic patient under the diagnosis of acute gastritis, thus making St. Thomas Hospital the first hospital in the world to treat alcoholism as a medical condition.

# District 13 Newsletter

Volume 12 Issue 11

November 2007

Statement of Purpose

The primary purpose of this newsletter will be to carry the message to alcoholics and practice the AA principles in all it's affairs. This newsletter's goal is to create a more informed community within AA as it serves District 13. The opinions expressed are those of the contributor, not necessarily that of District 13 or AA as a whole.

**Tradition Eleven**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press radio and film.

**Step Eleven**

Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of His will and the power to carry that out.

**Concept Eleven**

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

**God grant me the Serenity to Accept the Things I cannot change, Courage to change the things I can, and Wisdom to know the difference.**

**A Letter From the Outgoing DCM**

Dear ALL:

As most of you know, I will be re-locating to Florida after the October Area Assembly. This means that I will be turning the District business over to the very capable officers, committees, and most importantly GSRs who have done such an amazing job of supporting the suffering alcoholic in our District and State!

Your dedication to our primary purpose has been awe inspiring to me!

Much appreciated are the Officers and Committee Chairs have done their jobs so well, with quality time spent serving our members. Thanks to Mary who developed our website.

Special thanks to Richard who has kept our books so impeccably, and filled in for me when I could not be with you. Also, to Andy and his marvelous function committee who have added dimension and depth to the lives of many who otherwise might not know what fun we have as sober people! The newsletter committee who pulled together and brought each issue to new heights. Kudos also to the Alkathon Committee who continues to present a most important service to members.

Finally, to all who showed up and did your best (as have I)...the District is better for your participation and I know it will continue to be the best district in the State!

I will always be available by email or phone for any questions, etc. my NH cell will continue to be in service until we meet again on that "Road of Happy Destiny"...

*Joyce C*

Joyce C.  
Outgoing DCM, District 13

**Alcoholics Anonymous**

**The Jack Alexander Article - Saturday**

**Evening Post March 1st, 1941**

(Continued from the October Issue of the District 13 Newsletter)

WHY SOME people become alcoholics is a question on which authorities disagree. Few think that anyone is "born an alcoholic". One may be born, they say, with a hereditary predisposition to alcoholism, just as one may be born with a vulnerability to tuberculosis. The rest seems to depend upon environment and experience, although one theory has it that some people are allergic to alcohol, as hay fever sufferers are to pollens. Only one note is found to be common to all alcoholics - emotional immaturity. Closely related to this is an observation that an unusually large number of alcoholics start out in life as an only child, as a younger child, as the only boy in a family of girls or the only girl in a family of boys. Many have records of childhood precocity and were what are known as spoiled children.

Frequently, the situation is complicated by an off-center home atmosphere in which one parent is unduly cruel, the other overindulgent. Any combination of these factors, plus a divorce or two, tends to produce neurotic children who are poorly equipped emotionally to face the ordinary realities of adult life. In seeking escapes, one may immerse himself in his business, working twelve to fifteen hours a day, or in what he thinks is a pleasant escape in drink. It bolsters his opinion of himself and temporarily wipes away any feeling of social inferiority, which he may have. Light drinking leads to heavy drinking. Friend and family are alienated and employers become disgusted. The drinker smolders with resentment and wallows in self-pity. He indulges in childish rationalizations to justify his drinking: He has been working hard and he deserves to relax; his throat hurts from an old tonsillectomy and a drink would ease the pain: he has a headache; his wife does not understand him; his nerves are jumpy; everybody is against him; and son and on. He unconsciously becomes a chronic excuse-maker for himself.

All the time he is drinking, he tells himself and those who butt into his affairs the he can really become a controlled drinker if he wants to. To demonstrate his

strength of will, he goes for weeks without taking a drop. He makes a point of calling at his favorite bar at a certain time each day and ostentatiously sipping milk or a carbonated beverage, not realizing that he is indulging in juvenile exhibitionism. Falsely encouraged, he shifts to a routine of one beer a day and that is the beginning of the end once more. Beer leads inevitably to more beer and then to hard liquor. Hard liquor leads to another first-rate bender. Oddly, the trigger, which sets off the explosion, is as apt to be a stroke of business success as it is to be a run of bad luck. An alcoholic can stand neither prosperity nor adversity.

THE VICTIM is puzzled on coming out of the alcoholic fog. Without his being aware of any change, a habit has gradually become an obsession. After a while, he no longer needs rationalization to justify the fatal first drink. All he knows is that he feels swamped by uneasiness or elation, and before he realizes what is happening, he is standing at a bar with an empty whisky pony in front of him and a stimulating sensation in his throat. By some peculiar quirk of his mind, he has been able to draw a curtain over the memory of the intense pain and remorse caused by preceding stem-winders. After many experiences of this kind, the alcoholic begins to realize that he does not understand himself; he wonders whether his power of will, though strong in other fields, isn't defenseless against alcohol. He may go on trying to defeat his obsession and wind up in a sanitarium. He may give up the fight as hopeless and try to kill himself. Or he may seek outside help.

If he applies to Alcoholics Anonymous, he is first brought around to admit that alcohol has him whipped and that his life has become unmanageable. Having achieved this state of intellectual

humility he is given a dose of religion in the broadest sense. He is asked to believe in a Power that is greater than himself, or at least to keep an open mind on that subject while he goes on with the rest the rest of the program. Any concept of the Higher Power is acceptable. A skeptic or agnostic may choose to think of his Inner Self, the miracle of growth, a tree, man's wonderment at the physical universe, the structure of the atom, or mere mathematical infinity. Whatever form is visualized, the neophyte is taught that he must rely upon it and, in his own way, to pray to the Power for strength.

(continued next month in the District 13 Newsletter)

**Newsletter Deadline**

This is YOUR Newsletter. If you would like to contribute an article or personal experience for publication or advertise an upcoming event for your group, please send the information to:  
District 13 News  
P.O. Box 3513  
Nashua, NH 03061

Email:newsletter@nhaa13org  
Subject line: District 13 Newsletter

**Deadline For Next Issue —  
December 10th 2007**

**Dates To Remember**

Dance The Decades  
Saturday, October 20th  
Good Shepherd Church  
\$5 Admission  
6-11pm

District 13 Function Committee  
Tuesday Nights @  
Good Shepherd Church  
6-7pm

District 13 GSR Meeting  
Wednesday November 14th  
7pm @ the  
Merrimack YMCA

Women In Recovery  
Saturday November 17th  
Good Shepherd Church  
10am—4pm  
Sponsored by:  
District 13 Function Committee



**ALKATHON UPDATES**

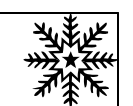
It's never too late to join the fun!  
The Alkathon Committee will be meeting

**EVERY OTHER** Thursday  
November 1st, 15th and 29th  
6:00 - 7:00pm

Church of the Good Shepherd

**Food and Volunteer List Will be Distributed**

Questions: Steve C. (Chairperson) 204-7907  
Eva (Food Coordinator) 774-721-6045  
Doc (Volunteer Coordinator) 889-7928



**The Greatest Orchestra  
of All Time**

The quiet side of my street I sit there lone member of the audience as the first player enters the still dark stage. A cricket begins to tune up the quiet of the pre-dawn magic, soon he is joined by the faint rustic summer dry leaves that blend with the sweet low purr of a contented cat. The string section is in place with the far away hum of the travelers on a distant highway and a second cricket takes place in preparation for the performance. Timpani begins with the deep creaking of a warm wooden cabinet that so lovingly holds my treasures and as bundles of newspapers hit the walk vibrating with the news of yesterday. The tempo builds with the sound of water splashing on my windowsill from an air conditioner above and a quiet baby's song dances on the air. One member at a time, they bring their gifts to the greatest orchestra of all time, conducted by the cool breeze of an early August morning. I cherish the private performance a timeless gift, for soon the concert hall shall be filled and then they too will be invited to join in the revelry. So I will resin my bow and step bravely up to the stage for I have been offered the first chair today.

*Sue B.  
Early Bird Group Nashua*