

The District 13 Function

Committee Proudly

Presents An

Interactive

Workshop on

**RELAPSE  
PREVENTION**

Saturday September 22nd

1- 4pm

Good Shepherd Church

Main Street Nashua

**Speakers, Discussion,  
Fellowship**

*Third Step Prayer*

*God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!*

- Alcoholics Anonymous (The Big Book) pg. 63

*Seventh Step Prayer*

*My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding.*

- Alcoholics Anonymous (The Big Book) pg. 76

*Eleventh Step Prayer*

*Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life.*

- Twelve Steps and Twelve Traditions pg. 99

# District 13 Newsletter

Volume 12 Issue 10

October 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 Ten**

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

**Step Ten**

Continued to take personal inventory and when we were wrong promptly admitted it.

**Concept Ten**

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

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.

## District 13 Elections

October 17th @ 7pm

Merrimack YMCA

Openings for All

District Level Positions

**Groups: It is very important to have each group represented by a GSR. If your group does not have a GSR, please appoint one and urge them to attend.**



*The Wilson House, located in East Dorset, VT is a landmark of the birthplace of Bill Wilson. It has undergone an extensive restoration process over the past 20 years. Currently it is on the National Register of Historic Places and AA meetings are held there regularly.*



*Dr. Bob's House is located in Akron Ohio. It was in this house, and the neighborhood surrounding it, that the miracle of recovery really began to take root. The house, also open to the public is open for visits every day except Christmas. It is guaranteed that someone will always be there to greet you.*

### Alcoholics Anonymous

#### The Jack Alexander Article - Saturday

Evening Post March 1st, 1941

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

One-hundred-percent effectiveness with non-psychotic drinkers who sincerely want to quit is claimed by the workers of Alcoholics Anonymous. The program will not work, they add, with those who only "want to want to quit", or who want to quit because they are afraid of losing their families or their jobs. The effective desire, the state, must be based upon enlightened self-interest; the applicant must want to get away from liquor to head off incarceration or premature death. He must be fed up with the stark social loneliness, which engulfs the uncontrolled drinker, and he must want to put some order into his bungled life.

As it is impossible to disqualify all borderline applicants, the working percentage of recovery falls below the 100-percent mark. According to A.A. estimation, fifty percent of the alcoholics taken in hand recover immediately; twenty-five percent get well after suffering a relapse or two; and the rest remain doubtful. This rate of success is exceptionally high. Statistics on traditional medical and religious cures are lacking, but it has been informally estimated that they are no more than two or three percent effective on run-of-the-mine cases.

Although it is too early to state that Alcoholics Anonymous is the definitive answer to alcoholism, its brief record is impressive, and it is receiving hopeful support. John D. Rockefeller, Jr. helped defray the expense of getting it started and has gone out of his way to get other prominent men interested.

ROCKEFELLER'S GIFT was a small one, in deference to the insistence of the originators that the movement be kept on a voluntary, non paid basis. There are no salaried organizers, no dues, no officers, and no central control. Locally, the rents of assemble halls are met by passing the hat at meetings. In small communities, no collections are taken, as the gatherings are held in private homes. A small office in downtown New York acts merely as a clearinghouse for information. There is no name on the door, and mail is received anonymously

through a post-office box. The only income, which is money received from the sale of a book describing the work, is handled by the Alcoholic Foundation, a board composed of three alcoholics and four non-alcoholics.

In Chicago, twenty-five doctors work hand in hand with Alcoholics Anonymous, contributing their services and referring their own alcoholic patients to the group, which now numbers around 200. The same cooperation exists in Cleveland and to a lesser degree in other centers. A physician, Dr. W. D. Silkworth, of New York City, gave the movement its first encouragement. However, many doctors remain skeptical. Dr. Foster Kennedy, an eminent New York neurologist, probably had these in mind when he stated at a meeting a year ago: "The aim of those concerned in this effort against alcoholism is high; their success has been considerable; and I believe medical men of goodwill should aid."

The active help of two medical men of goodwill, Drs. A. Wiese Hammer and C. Dudley Saul, has assisted greatly in making the Philadelphia unit one of the more effective of the younger groups. The movement there had its beginning in an offhand way in February 1940, when a businessman who was an A.A. convert was transferred to Philadelphia from New York. Fearful of backsliding for lack of rescue work, the newcomer rounded up three local barflies and started to work on them. He got them dry, and the quartet began ferreting out other cases. By last December fifteenth, ninety-nine alcoholics had joined up. Of these, eighty-six were now total abstainers - thirty-nine from one to three months, seventeen from three to six months, and twenty-five from six to ten months. Five who had joined the unit after having belonged in other cities had been non-drinkers from one to three years.

At the end of the time scale, Akron, which cradled the movement, holds the intramural record for sustained abstinence. According to a recent checkup, two members have been riding the A.A. wagon for five and a half years, one for five years, three for four and a half years, one for the same period with one skid, three for three and a half year, seven for three years, three for three years with one skid each, one for two and a half years, and thirteen for two years.

Previously, most of the Akronites and Philadelphians

(Concluded on Page 3)

### OOPS!...

#### Correction "wherever possible"

The District 13 Newsletter Committee is happy to make a 10th step to our readers. When printing the last newsletter in the Step 9 section we made an error omitting "wherever possible". We are sorry it should read:

*Made direct amends to such people wherever possible, except when to do so would injure them or others.*

### Dates To Remember

District 13 GSR Meeting  
Thursday October 17th  
7pm @ the Merrimack YMCA

Area 43 Assembly Elections  
Saturday October 20th  
9am - 4pm Concord, NH

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

### CONTRIBUTIONS!

This is YOUR Newsletter. If you would like to contribute an article, poem or personal experience for publication or advertise an upcoming event for your group, please send the information to:

**newsletter@nhaa13org**

Or:  
District 13 News  
P.O. Box 3513  
Nashua, NH 03061

**Deadline For Next Issue —  
October 12th 2007**



## ALCATHON UPDATES

The Alcathon Committee will be meeting **EVERY OTHER** Thursday for September and October.

Sept 20th, Oct 4th, Oct 18th  
6:00 - 7:00pm

Church of the Good Shepherd

**Volunteers for shifts at the door are still needed.**

Contact : Alcathon Chair: Steve C. 204-7907 or  
Michelle H. 566-2731



(Continued from Page 2)

had been unable to stay away from liquor for longer than a few weeks.

In the Middle West, the work has been almost exclusively among persons who have not arrived at the institutional stage. The New York group, which has a similar nucleus, makes a sideline specialty of committed cases and has achieved striking results. In the summer of 1939, the group began working on the alcoholics confined in Rockland State Hospital, at Orangeburg, a vast mental sanitarium, which get the hopeless alcoholic backwash of the big population centers. With the encouragement of Dr. R. E. Baisdell, the medical superintendent, a unit was formed within the wall, and meetings were held in the recreation hall. New York A.A.s went to Orangeburg to give talks, and on Sunday evenings, the patients were brought in state-owned buses to a clubhouse which the Manhattan group rents on the West Side.

Last July first, eleven months later, records kept at the hospital showed that of fifty-four patients released to Alcoholics Anonymous, seventeen had had no relapse and fourteen others had had only one. Of the rest, nine had gone back to drinking in their home communities, twelve had returned to the hospital and two had not been traced. Dr. Baisdell has written favorably about the work to the State Department of Mental Hygiene, and he praised it officially in his last annual report.

Even better results were obtained in two public institutions in New Jersey, Greystone Park and Overbrook, which attract patients of better economic and social background, than Rockland, because of their nearness to prosperous suburban villages. Of seven patients released from the Greystone Park institution in two years, five have abstained for periods of one to two years, according to A.A. records. Eight of ten released from Overbrook have abstained for about the same length of time. The others have had from one to several relapses.

(Continued next month in the November District 13 Newsletter)