

On awakening... excerpt page 86-88 Big Book

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.

What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works — it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.

Area Assembly Saturday August 25

Assumption Hall, School Street, Newport NH

8—9 Registration, 9—12 Workshops

12 Noon: Lunch Break & Bookie Swap, 1:00—4:00 Officer Reports & Area Business

Directions to Assumption Hall:

From the north: Take I93 South to I89 N. Take Exit 12A, go left, then turn right onto Route 11. Go 9 miles then take right onto Beech Street; School Street will be on your right. Assumption Hall will be on your right.

From the south: Take Everett Turnpike which will turn into 293, then go onto I93 North. Follow North directions.

From seacoast: Take 101 to 93N; follow north directions.

From the east: Go west on Route 103 and Route 11 (Sunapee Street). Turn right onto Beech Street just past the Sanel Auto Parts store. Follow Beech Street for 500 feet; turn left onto School Street. Assumption Hall will be about 300 feet on the right.

District 13 Newsletter



Volume 12 Issue 9

September 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 Nine

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Step Nine

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

Concept 9

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

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

UNITY, SERVICE, RECOVERY

ATTEND AND VOLUNTEER

Where: Merrimack YMCA, 6 Henry Clay Drive, Merrimack, NH

When: October 17, 2007 at 7:00PM

SEE INSERT FOR MORE INFORMATION

AA Pictures

Bill and Lois



Dr. Bob



Alcoholics Anonymous

The Jack Alexander Article - Saturday Evening Post March 1st, 1941

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

THERE IS no specious excuse for drinking which the troubleshooters of Alcoholics Anonymous have not heard or used themselves. When one of their prospects hands them a rationalization for getting soused, they match it with a half a dozen out of their own experience. This upsets him a little, and he gets defensive. He looks at their neat clothing and smoothly shaved faces and charges them with being goody-goodies who don't know what it is to struggle with drink. They reply by relating their own stories: the double Scotches and brandies before breakfast; the vague feeling of discomfort which precedes a drinking bout; the awakening from a spree without being able to account for the actions of several days and the haunting fear that possibly they had run down someone with their automobiles.

They tell of the eight-ounce bottles of gin hidden behind pictures and in caches from cellar to attic; of spending whole days in motion-picture houses to stave off the temptation to drink; of sneaking out of the office for quickies during the day. They talk of losing jobs and stealing money from their wives' purses; of putting pepper into whiskey to give it a tang; of tipping on bitters and sedative tablets, or on mouthwash or hair tonic; of getting into the habit of camping outside the neighborhood tavern ten minutes before opening time. They describe a hand so jittery that it could not lift a pony to the lips without spilling the contents; drinking liquor from a beer stein because it can be steadied with two hands, although at the risk of chipping a front tooth; tying an end of a towel about a glass, looping the towel around the back of the neck, and drawing the free end with the other hand; hands so shaky they feel as if they were about to snap off and fly into space; sitting n hands for hours to keep them from doing this.

These and other bits of drinking lore usually manage to convince the alcoholic that he is talking to blood brothers. A bridge of confidence is thereby erected, spanning a gap, which has baffled the physician, the minister, the priest, or the hapless relatives. Over this connection, the troubleshooters convey, bit by bit, the details of a program for living which has worked for them and which, they feel, can work for any other alcoholic. They concede as out of their orbit only those who are psychotic or who are already suffering from the physical impairment known as wet brain. At the same time, they see to it that the prospect gets whatever medical attention is needed.

MANY DOCTORS and staffs of institutions throughout the country now suggest Alcoholics Anonymous to their drinking patients. In some towns, the courts and probation officers cooperate with the local group. In a few city psychopathic divisions, the workers of Alcoholics Anonymous are accorded the same visiting privileges as staff members. Philadelphia General is one of these. Dr. John F. Stouffer, the chief psychiatrist, says: "the alcoholics we get here are mostly those who cannot afford private treatment, and this is by far the greatest thing we have ever been able to offer them. Even among those who occasionally land back in here again, we observe a profound change in personality. You would hardly recognize them".

The *Illinois Medical Journal*, in an editorial last December, went further than D. Stouffer, in stating: "It is indeed a miracle when a person who for years has been more or less constantly under the influence of alcohol and in whom his friends have lost all confidence, will sit up all night with a drunk and at stated intervals administer a small amount of liquor in accordance with a doctor's order without taking a drop himself."

This is a reference to a common aspect of the Arabian Nights adventures to which Alcoholics Anonymous workers dedicate themselves. Often it involves sitting upon, as well as up with, the intoxicated person, as the impulse to jump out a window seems to be an attractive one to many alcoholics when in their cups. Only an alcoholic can squat on another alcoholic's chest for hours with the proper combination of discipline and sympathy.

During a recent trip around the East and Middle West, I met and talked with scores of A.A.s, as they call themselves, and found them to be unusually calm tolerant people. Somehow, they seemed better integrated than the average group of nonalcoholic individuals. Their transformation from cop fighters, canned-heat drinkers, and, in some instances, wife beaters, was startling. On one of the most influential newspapers in the country, I found that the city editor, the assistant city editor, and a nationally known reporter were A.A.s, and strong in the confidence of their publisher.

IN ANOTHER city, I heard a judge parole a drunken driver to an A.A. member. The latter, during his drinking days, had smashed several cars and had had his own operator's license suspended. The judge knew him and was glad to trust him. A brilliant executive of an advertising firm disclosed that two years ago he had been panhandling and sleeping in a doorway under an elevated structure. He had a favorite doorway, which he shared with other vagrants, and every few weeks he goes back and pays them a visit just to assure himself he isn't dreaming.

(Continued on Page 3)

Help!! Support your local Group

The 7th Tradition states : We are self-supporting through our own contributions." We need your help, thanks.

Volunteers Needed

Help is needed transporting people to meetings. Volunteers are required to have one year sobriety. Call Gail at 881-4848 for more info

Dates To Remember

- *District 13 GSR Meeting*
YMCA, Merrimack-7:00pm
September 19th
- *District 13 Function Committee Meetings*
at
Good Shepherd, Nashua
6:00 - 7:00pm on Thursdays
Beginning August 26th

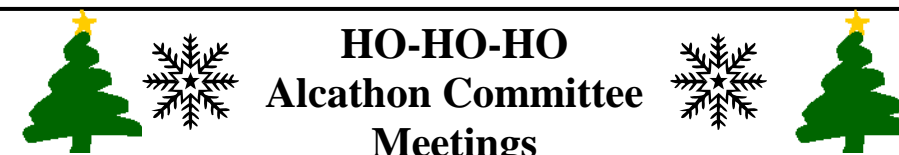
Newsletter Deadline

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 —
September 14th 2007**



**HO-HO-HO
Alcathon Committee
Meetings**

1st Mtg: Thursday, August 23rd., 6-7PM
Church of the Good Shepherd in Nashua
Volunteers please contact
Michelle H 566-2731 or Captain" Steve C 204-7907
Additional Alcathon Meetings:
Thursday September 6th at 6:00 - 7:00pm
Thursday September 20th at 6:00 - 7:00pm



("Alcoholics Anonymous" Saturday Evening Post Article continued from page 2)

In Akron, as in other manufacturing centers, the groups include a heavy element of manual workers. In the Cleveland Athletic Club, I had luncheon with five lawyers, an accountant, an engineer, three salesmen, an insurance man, a buyer, a bartender, a chain-store manager, a manager of an independent store, and a manufacturer's representative. They were members of a central committee, which coordinates the work of nine neighborhood groups. Cleveland, with more than 450 members, is the biggest of the A.A. centers. The next largest are located in Chicago, Akron, Philadelphia, Los Angeles, Washington and New York. All told, there are groups in about fifty cities and towns.

IN DISCUSSING their work, the A.A.s spoke of their drunk rescuing as "insurance" for themselves. Experience within the group has shown, they said, that once a recovered drinker slows up in this work he is likely to go back to drinking himself. There is, they agreed, no such thing as an ex-alcoholic. If one is an alcoholic - that is, a person who is unable to drink normally - one remains an alcoholic until he dies, just as a diabetic remains a diabetic. The best he can hope for is to become an arrested case, with drunk saving as his insulin. At least, the A.A.s say so, and medical opinion tends to support them. All but a few said that they had lost all desire for alcohol. Most serve liquor in their homes when friends drop in, and they still go to bars with companions who drink. A.A.s tipple on soft drinks and coffee.

One, a sales manager, acts as bartender at his company's annual jamboree in Atlantic City and spends his nights tucking the celebrators into their beds. Only a few of those who recover fail to lose the felling that at any minute they may thoughtlessly take one drink and skyrocket off on a disastrous binge. An A.A. who is a clerk in an Eastern city hasn't had a snifter in three and a half years, but says that he still has to walk fast past saloons to circumvent the old impulse; but he is an exception. The only hangover from the wild days that plagues the A.A. is a recurrent nightmare. In the dream, he finds himself off on a rousing whooper-dooper, frantically trying to conceal his condition from the community. Even this symptom disappears shortly, in most cases. Surprisingly, the rate of employment among these people, who formerly drank themselves out of job after job, is said to be around ninety percent.

(Continued next month in the October issue of the District 13 Newsletter)