

**Dates To Remember**

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

**District 13 GSR Meeting**  
 Wednesday March 19th  
 7pm Merrimack YMCA

**NERD (North East Regional Delegates)**  
 Saturday March 7th - 9th  
 Killington, VT

**Area Assembly - PRE-CONFERENCE ASSEMBLY**  
 (hosted by District 15)  
 Saturday March 22nd  
 8am - 4pm Lee, NH

**42nd Annual New Hampshire Area Convention**  
 April 11 - 13th  
 North Conway Grand Hotel  
 North Conway, NH

**District 13 GSR Meeting**  
 Wednesday April 16th  
 7pm Merrimack YMCA

**Area Committee Meeting**  
 Sunday, April 27th  
 1 - 4pm Hooksett

**General Services Conference**  
 April 27th - May 3rd  
 New York City, NY

**Area Assembly - POST CONFERENCE ASSEMBLY**  
 (hosted by District 9)  
 Saturday May 17th  
 8am - 4pm, Concord, NH

**Bridging the Gap**

Bridging the gap is a temporary contact program to help “Bridge the Gap” between a person released from a Correctional or Treatment facility and A.A. Meetings. A volunteer is not a sponsor, although they may sponsor the person if they choose to.

It is suggested that the temporary contact take the newcomer to a variety of A.A. meetings; introduce him or her to other A.A.’s; ensures that he or she has the phone numbers of several A.A. members, and share the experience of sponsorship and a home group.

For more information or to volunteer please visit:  
[www.mv.com/ipusers/nhaa/BridgingTheGap.html](http://www.mv.com/ipusers/nhaa/BridgingTheGap.html)

**Let’s Celebrate Two Group Anniversaries!**

Thursday March 6th  
**Terrace Group**  
**18th Anniversary**  
 Harbor Homes - 45 High St  
 Nashua, NH  
 6:30—7:30 Dinner Buffet  
 7:30—9:00 Speakers  
 Gift and Book Raffles

Monday, March 10th  
**Merrimack Monday Night**  
**Group 33rd Anniversary**  
 Merrimack YMCA - 6 Henry Clay Drive  
 (off D.W. Highway), Merrimack NH  
 7pm Food  
 8pm Speakers

**Newsletter Contributions are Welcome**

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 or Email us at: [newsletter@nhaa13.org](mailto:newsletter@nhaa13.org)  
**Deadline For Next Issue — March 14th 2008**

# District 13 Newsletter

Volume 13 Issue 03

March 2008

**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 Three**

The only requirement for AA membership is a desire to stop drinking.

**Step Three**

Made a decision to turn our will and our lives over to the care of God  
*as we understood Him.*

**Concept Three**

To ensure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its corporations, staffs committees and executives—with a traditional “right of decision.”

*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.*

**NH Area 43’s  
 42nd Annual Convention**

April 11th, 12th, 13th, 2008  
 “Happy, Joyous, and Free”

North Conway Hotel  
 Route 16 at Settlers’ Green O.V.P.  
 P.O. Box 3189  
 North Conway, NH 03860

**Speaker Talks Discussion Sessions Workshops**  
**Al-Anon Participation Hospitality Rooms**  
**Saturday Night Dance**

**Registration- \$20**

**(Includes all speaker talks, dance, ice cream social and coffee service. Attendance at ANY workshop or event requires registration!)**

*For information on Hotel and Meal reservations*

*North Conway Grand*

**Phone: 603.356.9300**

**Fax: 603.356.5993**

**Email: [sconnifey@northconwaygrand.com](mailto:sconnifey@northconwaygrand.com)**

**[www.northconwaygrand.com](http://www.northconwaygrand.com)**

**You can download more information at [www.nhaa.net](http://www.nhaa.net)**

**Alcoholics Anonymous, by Jack Alexander  
Saturday Evening Post Article March 1st, 1941**

*(Continued from the February Issue of the District 13 Newsletter)*

AT TWENTY-TWO, Tracy, a precocious son of well-to-do parents, was credit manager for an investment-banking firm whose name has become a symbol of the money-mad twenties. After the firm's collapse during the stock market crash, he went into advertising and worked up to a post, which paid him \$23,000 a year. On the day his son was born, Tracy was fired. Instead of appearing in Boston to close a big advertising contract, he had gone on a spree and had wound up in Chicago, losing out on the contract. Always a heavy drinker, Tracy became a bum. He tumbled on Canned Heat and hair tonic and begged from cops, who are always easy touches for amounts up to a dime. On one sleety night, Tracy sold his shoes to buy a drink, putting on a pair of rubbers he had found in a doorway and stuffing them with paper to keep his feet warm.

He started committing himself to sanitariums, more to get in out of the cold than anything else. In one institution, a physician got him interested in the A.A. program. As part of it, Tracy, a Catholic made a general confession and returned to the church, which he had long since abandoned. He skidded back to alcohol a few times, but after a relapse in February 1939, Tracy took no more drinks. He has since then beat his way up again to \$18,000 a year in advertising.

Victor Hugo would have delighted in Brewster, a heavy-thewed adventurer who took life the hard way. Brewster was a lumberjack; cowhand, and wartime aviator. During the postwar era, he took up flask toting and was soon doing a Cook's tour of the sanitariums. In one of them, after hearing about shock cures, he bribed the Negro attendant in the morgue, with gifts of cigarettes, to permit him to drop in each afternoon and meditate over a cadaver. The plan worked well until one day he came upon a dead man who, by a freak facial contortion, wore what looked like a grin. Brewster met up with the A.A.s in December 1938, and

after achieving abstinence, got a sales job, which involved much walking. Meanwhile, he had got cataracts on both eyes. One was removed, giving him distance sight with the aid of thick-lens spectacles. He used the other eye for close-up vision, keeping it dilated with an eye-drop solution in order to avoid being run down in traffic. The he developed a swollen, or milk, leg. With these disabilities, Brewster tramped the streets for six months before he caught up with his drawing account. Today, at fifty, still hampered by his physical handicaps, he is making his calls and earning around \$400 a month.

FOR THE Brewsters, the Martins, the Watkinses, the Tracys, and the other reformed alcoholics, congenial company is now available wherever they happen to be. In the larger cities, A.A.s meet one another daily at lunch in favored restaurants. The Cleveland groups give big parties on New Year's and other holidays, at which gallons of coffee and soft drinks are consumed. Chicago holds open house on Friday, Saturday and Sunday - alternating, on the North, West, and South Sides - so that no lonesome A.A. need revert to liquor over the weekend for lack of companionship. Some play cribbage or bridge, the winner of each hand contributing to a kitty for paying of entertainment expenses. The others listen to the radio, dance, eat, or just talk. All alcoholics, drunk or sober, like to gab. They are among the most society-loving people in the world, which may help to explain why they got to be alcoholics in the first place.

*Jack Alexander  
The Saturday Evening Post  
March 1, 1941*

**If you would like to read the full article visit:  
[http://aa.org/en\\_pdfs/p-12\\_theJackAlexArticle.pdf](http://aa.org/en_pdfs/p-12_theJackAlexArticle.pdf)**

**Alcoholics Anonymous 2004 Membership Survey**

In 2004 more than 7,500 A.A. from the U.S. and Canada participated in a random survey of the membership. Such studies have been conducted every three years since 1968 by the General Services Office.

The purpose of the survey has been to keep A.A. members informed on current trends in membership characteristics, and to provide information about Alcoholics Anonymous to the professional community and to the general public as part of A.A.'s purpose to carry our message to those who still suffer from alcoholism.

**Ages of Members**

Under 21	1.5%
21-30	7.9%
31-40	18.2%
41-50	33.0%
51-60	23.1%
61-70	11.5%
Over 70	4.8%

**Composition of Membership**

White	89.1%
Black	3.2%
Hispanic	4.4%
Native American	1.8%
Asian or other	1.5%

**Gender of Members**

Women	35%
Men	65%

**Length of Sobriety**

Sober more than 10 years	36%
Sober between 5 - 10 years	14%
Sober between 1-5 years	24%
Sober under a year	26%

**Introduction to A.A.**

Factors most responsible for members coming to A.A. (two responses permitted - total responses may add up to more than 100%.)

Through and A.A. member	31%
Treatment Center	31%
Self-motivated	30%
Family	23%
Court order	11%
Counseling agency	8%
Health Care Provider	8%
Employer or fellow worker	5%
Non-A.A. friend or neighbor	4%
Al-Anon or Alateen	2%
Correctional Facility	2%
A.A. Literature	1%
Newspaper/magazine/radio/TV	1%
Member of clergy	1%
Other	7%

**Group Membership**

86% of A.A. members belong to a group.

**Sponsorship**

78% of members have a sponsor  
70% got a sponsor within 90 days

**Relationship with Health care Professionals**

77% of members' doctors know they are in A.A.  
39% of members said they were referred to A.A. by a health care professional

**Meeting Attendance**

Members attend an average of **two** meetings per week

**Additional Help...Before**

Before coming to A.A. **64%** of the members received some type of treatment or counseling such as medical, psychological, spiritual, etc.

**74%** of those members that received treatment or counseling said it played an important part in directing them to A.A.

**Additional Help...After**

After coming to A.A. **65%** of the members received some type of treatment or counseling such as medical, psychological, spiritual, etc.

**84%** of those members that received treatment or counseling said it played an important part in their recovery from alcoholism.

*Information and statistics printed here are available in the Alcoholics Anonymous 2004 Membership Survey Pamphlet which is General Services Committee approved literature.*