

# District 13 Newsletter

# December 2009

Serving the towns of Amherst, Brookline, Hollis, Hudson, Merrimack, Milford, Mont Vernon, and Nashua. Available online at District 13 web page: [www.nhaa13.org](http://www.nhaa13.org)

**NH AA HotLine:  
1-800-593-3330**

**The primary purpose of this newsletter** is to carry the message of recovery to alcoholics and practice the AA principles in all it's affairs. This newsletter's goal is to support a more informed community within AA as it serves District 13.

Tradition 12  
*Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

**Function Committee does it again! District 13 Coffee House meeting latest in a string of successes!**

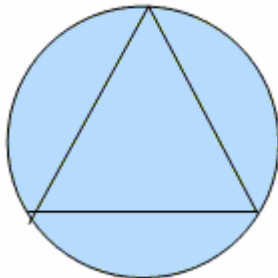
Reported by Deb S.

I had the pleasure of attending the Coffee House put on by the Dist 13 function committee on Oct 17. What a great and inexpensive night of fun. The meeting, music, conversation and refreshments were just right for me.

It started with a tag meeting, led off by yours truly and as people arrived an atmosphere developed of friendship and camaraderie that AA is known for all over the world. The music was performed by members of the fellowship with one young guest whose father also performs. Bobbie on violin and Ed on guitar began the night with some soft sounds that got livelier as more people arrived. The room was set up with small table with electric candles. It was easy to have a quiet conversation or to interact with those on stage.

Bob K was up next with music that we could sing along to or just enjoy his rendition. He has a soulful style in his singing, like he's singing from the heart. I think some were even waving lights at him.

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**Dates to remember:**

**Thanksgiving Gratitude Meeting-Nashua Early Birds at Harbor Homes 45 High Street – Thursday Nov 26 - 6am coffee, breakfast and Fellowship, meeting from 6:30-7:30.**

**District 13 Meeting – Wednesday December 16 7pm at the Merrimack YMCA**

Please send comments or submissions to the Newsletter to [newsletter@district13.org](mailto:newsletter@district13.org)  
The deadline for December Edition will be November 12, 2009.

### **District 13 Coffee House Review (continued from page 1)**

Edmon's son played next with some music that he produced and arranged, I believe he has some out on a CD.

Cousin Mike was up next and was very energetic. When he played his guitar he interacted with the audience like a natural performer. I think he is.

Chris was there throughout the night doing the sound system which he also provided. The refreshments were set up to the side so people could help themselves. Coffee, of course, and many pastries and candy. I would have paid a lot more for this than the three dollars I donated, at any shop in Nashua, and not had as much fun.

I want to mention the excellent work the function committee does because it has been very important to me over the years of my sobriety. I learned about meditation, prayer, serenity, the steps & traditions as well as a detailed analysis of doing the fourth step. I've danced sober, (I didn't think I could do that) at the dances. I played cards and battleship at the game night. I enjoyed everyone of these functions and look forward to many more  
-Gratefully reprinted as Reported by Deb S.

### **Group Inventory, Looking at How My Home Group Carries AA's Message of Recovery.** By John N.

On November 7, I attended my Home Groups 6<sup>th</sup> Annual Inventory and thought I would write about it as my Home Group (Brookline Big Book Study, meets Wednesdays 7-8:15pm at the Community Church in Brookline NH) is very important to my Sobriety. We take an honest look at ourselves each year and think about how we measure up carrying the message. We cover things that can go without notice in a typical "Let's Get Out Of Here" AA Business Meeting. Most people sign up to bring a dish, so we get a great meal out of the deal.

We meet, socialize and eat for about an hour, and then we get down to business. We start with a moment of silence and then review minutes from last years inventory to see how well we implemented what was voted on. Then we review AA's Group Inventory worksheet to help us ask ourselves how we are doing. We came up with a number of ideas. The biggest was to re-dedicate ourselves to keeping an eye out for and making contact with newcomers to the meeting. We decided to compile a list of conversation starters to help our newcomers overcome the initial aloofness that can keep them from coming back.

We reviewed jobs and elected new positions. Most of our jobs go for 1 year terms that run from January to December, so doing elections in November gives incoming people a couple months to get help from previous incumbents. We keep group positions, responsibilities and sober time required for each job in an appendix to our meeting binder. Our experience shows it is helpful for everyone who is a group member to have a job. Some of the jobs we have are: Meeting Chair, Secretary, GSR and Alternate GSR, Treasurer, Bookie, Coffee maker, Key Holder, Greeter, Literature Chair. We feel AA group members have a responsibility to demonstrate thru their actions that AA works when it is worked, and service work is one of the ways we show that we are committed to sobriety.

We also review the meeting format that is read at the beginning of the meeting. The Group Inventory provides an opportunity for suggestions or complaints about how our meeting is being run. Newer members are often able to spot things that can be improved because they have no stake in maintaining the status quo. A big growth step for me is to offer my input to the group and being able to listen to the feedback. I have to admit it is hard to act like a grownup. I don't always like what the group approves or disapproves, but I accept it on the basis that the Group Conscience is how we run our group. I am free to offer my input and express my opinion on input from others.

The AA Group Inventory questions are listed in this newsletter. You may want to take a look at it with your Home Group and see if there is anything you can do to make your AA meeting more helpful to the newcomer. I'd love to hear from you about your experience with Home Groups (email me: [newsletter@nhaa13.org](mailto:newsletter@nhaa13.org)).

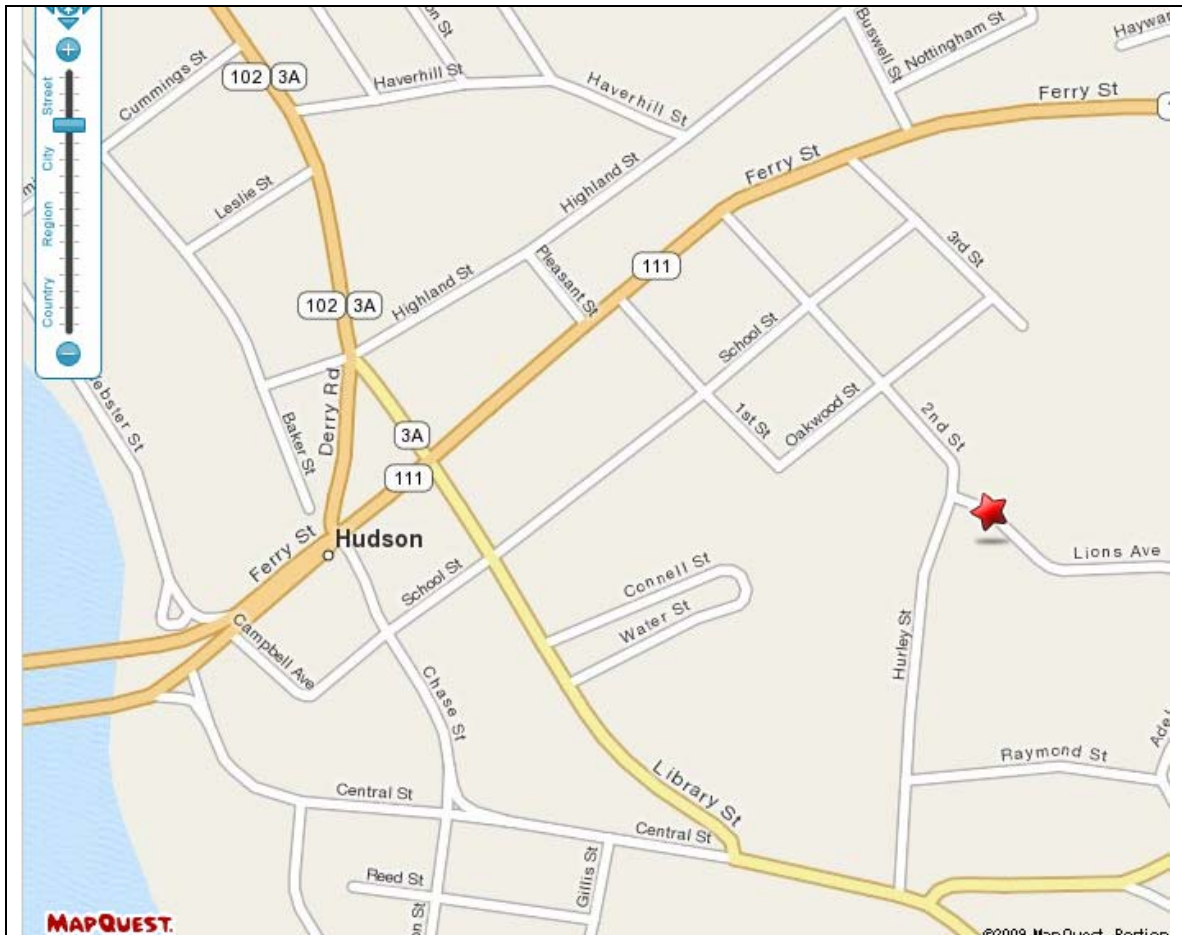
Best Regards, John N.

### **Group Inventory Worksheet**

The following questions, compiled from A.A. shared experience, may be useful in arriving at an informed group

conscious; Groups will probably wish to add questions of their own:

1. What is the basic purpose of the group?
2. What more can the group do to carry the message?
3. Is the group attracting alcoholics from different backgrounds? Are we seeking a good cross-section of our community, including those with special needs?
4. Do new members stick with us, or does the turnover seem excessive? If so, Why? What can we as a group do?
5. Do we emphasize the importance of sponsorship How effectively? How can we do better?
6. Are we careful to preserve the anonymity of our group members and other A.A.s outside meeting rooms?  
Do we also leave the confidences they share at meetings behind?
7. Do we take the time to explain to all members the value to the group of keeping up with the kitchen/housekeeping chores and other essential services that are part-and-parcel of our Twelfth-step efforts?
8. Are all members given the opportunity to speak at meetings and to participate in other group activities?
9. Mindful that holding office is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our officers with care?
10. Are we doing all we can to provide an attractive and accessible meeting place?
11. Does the group do its fair share toward participating in the purpose of A.A.—as it relates to our three Legacies of Recovery, Unity, and Service?
12. What has the group done lately to bring the A.A. message to the attention of professionals in the community—the physicians, clergy, court officials, educators, and others who are often the first to see alcoholics in need of help?
13. How is the group fulfilling its responsibility to the Seventh Step?



## **2009 District 13 ALKATHON**

**From noon December 24 thru 9pm December 25  
Hudson Community Center 12 Lions Ave, Hudson NH**

### **Featuring:**

- \* Dinner 6-8pm December 24, Breakfast 7:30-9:30am**
- \* Round the clock meetings sponsored by area AA groups (selected by lottery drawing).**
- \* Fellowship**
- \* Rides to and from**

**Want to help out? Volunteers and Donations of all kinds are needed. The Alkathon committee meets December 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> Church of the Good Shepard, Main St Nashua 6-7pm**