

District 13 Newsletter

November 2009

Serving the towns of Amherst, Brookline, Hollis, Hudson, Merrimack, Milford, Mont Vernon, and Nashua. Now Available online at www.nhaa13.org

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. The opinions expressed are those of the contributors, not necessarily that of District 13 or AA as a whole.

Tradition 11

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

FOURTH STEP WORKSHOP A SUCCESS

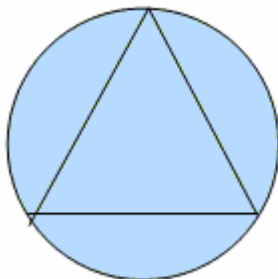
Reported by Scott C.

The district 13 function committee presented a fourth step workshop on Saturday, Sep. 19, at the Universalist Unitarian Church in Nashua. I'm a big fan of constantly improving my understanding of the steps, so I figured I'd give it a shot. The advertised three hour length scared me a bit, but I figured that sitting through it would, if nothing else, help me in my quest to develop more patience.

What I got was three hours that gave me a whole new perspective on the powers of an earnest step four. Like many others that attended, I had done a fourth step with my sponsor early in sobriety. I didn't realize there was so much powerful information in that step that I had previously missed. Dave R., who was the workshop facilitator, obviously had done his homework. I left with a new excitement having learned so much in one afternoon. My excitement was shared by others in the room, as they guy next to me, a sponsee, did his own fourth step the next day!

As I mature in sobriety, I am able to learn new things about the steps and myself that my ego had previously blocked me from. When I'm ready to learn, the teacher will appear. This teaching can come in many forms, and I pray for the willingness to be open to all of them.

Scott C.



Next District 13 Function: Pasta Supper and Game Night will be on Saturday November 7 at the Universalist Unitarian Church at the corner of Lowell and Canal Streets downtown Nashua. This will run from 530pm to 9:30pm. There will be Food, Fun and a open meeting of AA. All AA members encouraged to attend and/or help out.

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

Last Mountaintop Meeting for held for 2009, next meeting in April 2010.

More than 50 people gathered near the summit of Pack Monadnock in Miller State Park on Sunday October 4th from 5-6pm to participate in a Step 11 meeting under a clear and cooling sky. This meeting takes place on the first Sunday of the Month from April thru October. There were people from several bordering states as well as all parts of NH. One person stumbled on the meeting because she was on a hike to celebrate her sobriety birthday.

I enjoy this meeting because it puts me in better contact with my Higher Power. I've driven to the top, hiked up, and even rode my bicycle once (that was a actually a bad idea). One time, a friend picked me up as I was hiking to the top in his 1960's vintage Pontiac Convertible and we cruised to the top in style. Last year my wife and I hiked to the top in April because the road was still snow bound. Snow flurries fell while the eight of us who showed up shivered trying to stay warm in the stone shelter at the top.

The format of the meeting is we take turns reading in the Big Book from pp 85 "it is easy to let up on the spiritual program and rest on our laurels..." thru the end of step 11 on pp 88. A speaker then shares their experience with step 11 followed by others sharing. I get to hear how other people use prayer and meditation in their recovery. I find Step 11 is hard for me. I find prayer (asking) easier, but have to work harder to develop and keep up a meditation routine (listening). The other thing I like about this meeting is that it gets out of my regular routine. There is something about meeting outdoors on a mountaintop that makes me feel part of the Universe in way that is different from the many indoor meetings I attend.

I learned that this meeting has been taking place for 14 years. Next year a new sponsor has been chosen to take care of finding speakers and collecting and donating the 7th step. This position rotates yearly, so hopefully this meeting will continue for a long time to come. I hope this article will encourage you to take the journey next year and experience this unique meeting.

Best Regards, John N.

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District 13 Alkathon 2009 Volunteers Needed

The purpose of the Alkathon Committee is to provide a safe and healthful environment for those persons with a desire to stay sober during the Holiday Season.

How Can You Help?

- ❖ Volunteers needed to fill various positions during the Alkathon~making coffee~bringing out food~raffle gift runners~cleaning up. Contact Doc@ 603 889-7928
- ❖ Donate an item for the ~Gift Raffle~gift baskets, homemade items, new or gently used, gift cards or certificates, Questions~Ideas, Contact Steve T. 978-866-9878 or Renee S@603-320-0403
- ❖ Donate AA books for the Raffle Table, (only General Conference Approved Literature). These can be given to any Committee member or dropped off at any Committee meeting.
- ❖ Donate Money~cash or check~made payable to District 13 Alkathon. Please give only to Committee members or contact Andy M@603 318-1650
- ❖ Food~Glorious Food! Share a favorite~Hot~Cold~dessert~main course~it can be simple or wild~crackers and cheese~candy or nuts~we do love to eat. Contact Michelle C@566-2731
- ❖ Something easy~All types of paper goods~plates~napkins~lg heavy trash bags~paper towels~etc, etc, etc Contact Michelle C@566-2731

Come to a meeting:

All meetings are at the Church of the Good Shepard on Main St Nashua~Thursdays 6:00-7:00pm. These meetings are lively and informative. And are a great way to give back to AA. This is a good way to get to know the community and enrich your recovery. Hope to see you soon at one of these upcoming meetings:

October 29th

November 5th, 12th, 19th

December 3rd, 10th, 17th

20 Questions That Only You Can Answer Are You A Recovering Alcoholic?

To find out, ask yourself the following questions,
and answer them as honestly as you can.

1. Do you find more time for work these days? yes or no
2. Has your home life become happier? yes or no
3. Do you find that you are less shy with other people? yes or no
4. Is the fact that you are not now drinking affecting your reputation positively? yes or no
5. Are you waking up in the morning without guilt and remorse? yes or no
6. Are your financial difficulties becoming easier to manage? yes or no
7. Do you turn to sober companions and a superior environment? yes or no
8. Are you now more concerned with your family's welfare? yes or no
9. Has your ambition increased? yes or no
10. Do you have a craving to pray and meditate at a definite time daily? yes or no
11. Do you feel gratitude when you wake up in the morning? yes or no
12. Do you sleep better? yes or no
13. Is your efficiency increasing? yes or no
14. Is not-drinking affecting you positively in your job or business? yes or no
15. Do you deal with your troubles and worries head-on? yes or no
16. Do you find it easier to live with yourself? yes or no
17. Is your memory improving? yes or no
18. Has your doctor recently commented on improvement in your health? yes or no
19. Is your self-confidence increasing? yes or no
20. Have you ever been asked to share your story with others? yes or no

If you have answered YES to one of the above questions, you just may be a recovering alcoholic. If you have answered YES to two, it is probable that you are a recovering alcoholic. If you have answered YES to three or more, you are definitely a recovering alcoholic. (AA GRAPEVINE, October 1983)
Most of us, by the time we get around to answering these questions, average more than 15 yes answers.