

# District 13 Newsletter August 2010

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**

**Area 43 Service Office-Call for Books, chips, meeting lists, etc... (603) 622-6967**

**Check out the improved District 13 WebPage [www.nhaa13.org](http://www.nhaa13.org)**

Please email comments or submissions to the Newsletter to [newsletter@nhaa13.org](mailto:newsletter@nhaa13.org) or snail mail to District 13 Newsletter, PO 3513 Nashua, NH 03061

The deadline for August Edition will be July 16, 2010.

**Next District 13 Meeting – Wednesday August 18, 7pm at the Merrimack YMCA**

**Step 8** *“Made a list of all persons we had harmed and became willing to make amends to them all”*

**Tradition 8** *“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”*

## **AA 75<sup>th</sup> Anniversary International Convention was held July 1-4 in San Antonio Texas -AP**

For a weekend in San Antonio, the downtown felt like a parallel universe, a fellowship of healing. The streets were packed with 50,000 sober alcoholics from 90 countries — here to celebrate the 75th anniversary of Alcoholics Anonymous. At street corners, convivial visitors all greeted one another warmly by first names.

One non-alcoholic reporter wrote about entering the cavelike Roosevelt bar at the Menger Hotel and seeing only one lonely customer. Meanwhile, across the street, a comic vendor in Alamo Plaza hawked “root beer” and was doing a brisk business. Up and down the river, margaritas were an endangered species, but there were long, hungry lines at coffee and ice cream shops. While bars were as silent as churches, the sound from the restaurants was more like, “cha-ching, cha-ching.”

## **Our District 13 DCM Reports from AA’S 75<sup>TH</sup> Convention**

My experience in San Antonio By Jeanne L. DCM D13 NH AA

I don't think I have ever experienced such an emotional and spiritual experience in my life. It will be hard to put it in words. The people from all over the world. The hand shakes, the hugs and the exchanging of autographs and emails, smiles. It was like one big happy family. The meetings were fantastic, the messages were great. There was no way you could attend all of the meetings and workshops. The nice thing was you were given a book with a listing of all the meetings so you could look at the topics. I attended The Home Group meeting because Area 43 Registrar Artie D. was one of the speakers. Another friend from Massachusetts Ken was a speaker for Celebrating Sobriety.

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## Our District 13 DCM Reports from AA'S 75<sup>TH</sup> Convention – continued from page 1

The three big meetings were held at the Alamodome. The flag ceremony was beautiful and emotional. There were over 190 countries represented with approximately 90 to 95 flags. The standing ovations that was given to the flag carriers was the most emotional part at least for me it was. We were a big happy family under the Alamdome, we were there to share our experiences, our strenghts and our hope. The hand of AA was extended many times throughout the convention.

The 30th million copy of the Big Book was given to President of the American Medical Journal and Society. I forgot the woman's name but she accepted the Book with great pride, she also thanked AA for all the service that has been done in AA, and remarked how well we are dedicated to helping the sick and suffering. She also shared she hoped that the Medical Society could do as much as for the Alcoholics as we do for them.

It was an experience I will always treasure. I am grateful that I had the chance to go, to see the true unity we have together and to see how strong our fellowship is all over the world.

Thank You God and Thank You AA for all my treasures.

Jeanne L  
District 13 DCM

### Step 8 tips:

"Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine. We have a list of ALL persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. NOW we go out to our fellows and repair the damage done in the past. (So we are NOT going out to fix relationships. We go out to repair the damage done, to set right the wrongs we have done. The book continues.) We attempt to sweep away the debris which has accumulated out of OUR effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. (So here's a little prayer for when we are NOT willing to make an amend. Just like in the Sixth Step, if we are unwilling, we pray for the willingness until it comes. The book continues.) Remember it was agreed at the beginning we would go to ANY LENGTHS for victory over alcohol."

The following **Headings** can be put on a form to fill out and will help you put together your Eighth Step list. Please pay attention to each of the headings:

- **Person** who has been harmed...
- **Memories** of harm done...
- **Thoughts** about the harm...
- **Feelings** about the harm...
- **Intentions** you now have...
- **Amends** you can make for the harm caused...

## Great Expectations by John N

It has been my experience that my peace of mind is inversely proportional to the level of expectations I have. If I have a lot of expectations on people, places and things like family members, a workplace environment or material possessions, I have very little serenity.

The directions given to me in the 3<sup>rd</sup> step are: **“Made a decision to turn our will and our lives over to the care of God as we understood Him.”**. I find this is easier said than done. I may have made the decision to let God have my will and my life, but I sure spend a lot of time figuring out how to get what I want. Even when I am doing things for others, if I am honest, I find I am usually trying to manipulate a situation to my advantage, or achieve a good feeling based on other people's reactions to my actions. The good thing is that I am learning to do the right thing because it is the right thing, not just for a material reward. The bad thing is that I get frustrated easily when things do not go my way.

One thing I am learning is to accept that wherever I am, and whatever the situation is, it is what God wants me to be experiencing. It is up to me to pray to see what I can bring to any given situation. When I pray and meditate, I am always able to find an opportunity to be helpful. When I act to these opportunities, I am able to get outside my own head. The result is that I grow more like God wants me to be, and act less like the selfish and self-centered person I was when I came into the Halls of AA.

My next role in AA will be carrying the message to young people caught up in the State of NH juvenile justice system. I had to fill out a lot of paperwork, and will be attending an orientation before I will be allowed to carry the message of AA to these youngsters. I hope that I can present a positive message of Hope to them, and that some of them will consider how their relationships with drugs and alcohol may be contributing to the situations they are caught up in.

I am setting my expectations low, because I have been warned that I may not be well received, plus my own experience as a youth did not include listening to advice of anyone. What I do know, is that I can provide some relief to the folks who have been filling this difficult commitment, and that means I can be useful. I'm sure that more will be revealed when I am ready, and I'm grateful that the man who heads this commitment felt I was a person he could ask for help.

What can you do today to apply what you've been freely given by Alcoholics Anonymous?

The Back Page Flyer, Put Your AA Event Here!!! email event info to [newsletter@nhaa13.org](mailto:newsletter@nhaa13.org)

## Circle of Friends 2010

Time: August 7, 2010 all day  
Location: Hampton Beach State Park  
Street: **1st Streete**  
City/Town: **Hampton, New  
Hampshire**  
Phone: **603-926-3784**  
Event Type: alcoholics, anonymous  
Organized By: Alcoholics Anonymous

If you want to keep drinking, that's your business, if you want help that's our business....a message from your friendly local AA



This is an AA event thru central service. Hundreds of men & women come from all over to share in fellowship. A great way to continue your recovery and even better way to start your recovery! There are charcoal grills available at Pavillion, (which we take over). Bring your own food/drink, chairs, ect. the cost is 10.00\$ a car load. There are bathrooms/showers, and a small conv. store on park grounds. The center of town, (arcades, restaurants, public events within walking dist. of park). At Sun Down we circle on the beach and close the day with a gratitude mtg.

## 2010 Alkathon Kickoff Meeting!!!

Thursday, August 26, at  
Church of the Good  
Shepard Main St. Nashua 6-7pm

**Pack Monadnock Mountaintop Meeting** Starting up again April thru October of 2010 rain or shine on the First Sunday of each Month at 5 pm. Next Meeting Aug 1. Note: Allow 1 hour if you plan to walk up. Speaker discussion meeting on Step 11. Take 101 West to Miller State Park in Temple NH. NH State Parks do charge a day use fee of \$4 per carload. There are envelopes and the honor system is used.

Your Groups AA Event Could be on this page!!!  
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