

# District 13 Newsletter

# February 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**

**District 13 Web  
[www.nhaa13.org](http://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.

Tradition 2

*"For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our group conscience."*

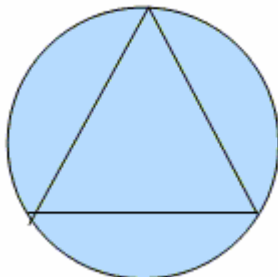
## **Lessons of Sponsorship** By Donna L

There is so much I could share on sponsorship but I keep coming back to what it has given me. When I did my 3<sup>rd</sup> step with my sponsor I was asked if I had made the decision to do the remaining steps. To which I said yes. Then I was told that that meant I needed to commit to the 12<sup>th</sup> step and work the steps with others. To which I also agreed. I was told the job of a sponsor is to put their sponsees in Gods hands by working the steps with them.

Being a sponsor has taught me more about myself and my character defects than I ever would have thought possible. The best way to explain what I mean by that is to list some of my character defects and then explain the how and why of it.

\*Controlling – I learned that I could not get or keep anyone sober. Only God can do that. At first I went through what I call my evangelistic stage, thinking if they went to this meeting or did the steps this way everything would be just great... After I completed the steps I was so excited to finally have answers and a God of my understanding I wanted everyone to have it... What I know now is that everyone is not going to find God the way I did. We do not arrive in AA the same way we are not all going to arrive at the solution the same way.

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## **Dates to remember (more on back page):**

**District 13 Meeting – Wednesday February 17, 7pm  
at the Merrimack YMCA**

**Area Committee Meeting – February 21 1-4pm  
Area Committee Meeting Hooksett Area 43 Office**

This is your newsletter. Please send comments or submissions to the Newsletter to [newsletter@district13.org](mailto:newsletter@district13.org)

The deadline for March Edition will be February 12, 2009.

## **Lessons of Sponsorship By Donna L (continued from page 1)**

\*Prideful – Thought I had to have all the answers. Today I refer to my sponsor and the AA approved literature. I give each new sponsee the pamphlet Questions & Answers on Sponsorship. I read it and ask them to also read and then we discuss it. That makes it clear to them and to myself what my role is. I also read the chapter Working With Others out the big book each time I am asked to sponsor and also refer to it when situations arise.

\*Dishonest & people pleasing – This was such a struggle. Being fearful of conflict and confrontation I had such a hard time telling the truth quickly. Didn't want to hurt anyone's feelings, wanted to have the right words at the right time in the right place... Alcoholism is a deadly disease and I had to and still do pray to not omit the truth or tell half truths. I have had 3 loving sponsors who told me the truth with compassion and love and I learned follow their example.

\*Self-seeking – I quickly realized when I was working my 4<sup>th</sup> step that the theme in my life is that I wanted you to like/love me. This of course carried into sponsorship. Sounds kinda silly coming from a grown woman... But, I am being honest here, I would get hurt when people went out or didn't want to do the steps, I took it personal. When in fact it actually has nothing at all to do with me. It will never have anything to do with me it will always be between them and their higher power.

My experience has been amazing so far and I trust it will continue to be so. The miracle of sober relationships continues to (taking a line from the big book) "rocket me into the fourth dimension". I pray that God has allowed me to have helped some of the woman along the way I know they have helped me.

I will forever be grateful for the joy and even the heartache sponsoring has given me. Each relationship has been a success, I have remained sober!

Donna L

## **Alkathon** By John N

I was able to stop in at the 2009 Alkathon at 11 pm Christmas Eve. The drive to the Hudson Community Center was easy because there was very little traffic, except for a Nashua Police car that passed me on the way to a call with the Blue lights on. I feel a wave of gratitude that because I am clean and sober the "cops" no longer need to pull me over to protect innocent citizens from my drunk driving habit. I have no reason to be afraid of them any longer. My normal high level of anxiety fades as I arrive at the Hall just before the next group starts a meeting. I observe that the format is speaker style meetings for 1 hour, each is chaired by a District 13 AA group that has "bid" for the opportunity by filling out a request form that is drawn out of a hat for the various time slots. Each meeting is followed by 30 minutes for socializing, snacking and bathroom breaks. People are constantly arriving or heading out. I stick around until 2am and get to talk with many old friends and chat with a few people I don't know, after hearing them speak from the podium.

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## **Alkathon Visit 2009** Continued from Page 2)

During a break, I hear about a friend named Phil F who recently passed on sober. I met Phil in late 2008 and saw him really work the AA program. He had a lot of physical issues due to years of active alcoholism, but we were hoping that he would be blessed with better health as many of us are as his recovery took hold. Sadly, his physical condition worsened drastically, and he was trying to get on a Liver transplant list. I learn that even though he was in great pain before he passed, he refused pain medication. He would simply hold his 24hr medallion and shake as he was hit with waves of pain. I also learn he had been driving the van for Keystone to take newcomers to outside meetings, and was a fixture at the Saturday and Sunday in-house meetings. Phil had just over 1 year of sobriety working the program, but he gave back tremendously. He had made his peace with his Higher Power before he passed away, and had made as many amends as he possibly could. He gave me keychain he made that said LET GO LET GOD, and I think it is important for me to remember that message. I am sober today because of a Higher Power. Guys like Phil are proof to me that there is something bigger than me going on in this world.

Thanks to all the volunteers who put on the Alkathon. They did another phenomenal job setting up, serving food, keeping things tidy and cleaning up. The food and drinks were abundant, and both the dinner and breakfast were well attended. Steve, Renee, Michelle, Andy, Anne Marie, Doc as well everyone who volunteered, donated items, spoke, stopped by, and held out their hand to a stranger all deserve a hearty round of thanks. Their efforts to provide a safe place for the sick and suffering alcoholic truly provided a Christmas Miracle for alcoholics like myself, who were able to stop by.  
-John N

### **Group Anniversary Announcement and Invitation:**

Come and Join us: **The Candlelight Circle Meeting** that meets in Milford on Friday nights from "8pm to whenever it is over" is having their 3 year anniversary on Feb 19TH. Food at 7 meeting starts at 8! This meeting is at the Unitarian Church on Elm St Milford, just beyond the Oval heading west on 101. The Church is a large stone building on the left directly across the street from the old Milford High School.

### **75<sup>th</sup> AA Anniversary to be celebrated July 1-4 in San Antonio, Texas**

With the theme "**A Vision for You.**" A.A. members and guests from around the world will celebrate A.A.'s 75th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Alamodome. Other meetings, scheduled or informal, will take place throughout the weekend in the San Antonio Convention Center and local hotels.

For more info: <http://www.aa.org/subpage.cfm?page=199>

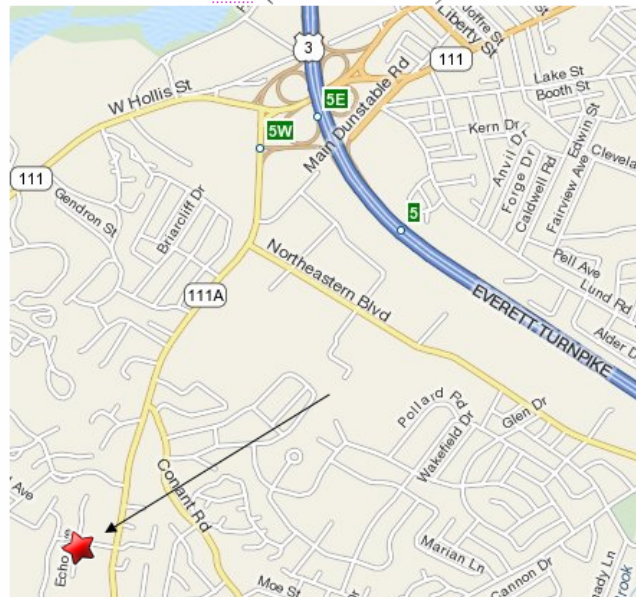
For info about San Antonio: <http://www.visitsanantonio.com/AA2010/index.aspx>

**S\*N\*L**

**Saturday Nashua Live**

**New Young Peoples Meeting**

Come and Join us for Coffee and Recovery Every Saturday Night  
7:30-9pm at Emmanuel Covenant Church at 24 Echo Ave, Nashua,  
NH (west on 111a)



## **Mark Your Calendar 44th Annual AA Convention Area 43 (NH)**

**Rocketed into the Fourth Dimension**

**April 16, 17, and 18, 2010**

**Courtyard Marriott-Nashua, NH**

**Registration of \$22 in advance/\$25 walk in  
includes**

- \* Keynote speakers Friday night, Saturday night and Sunday morning
  - \* Joint AA/AI-Anon keynote speakers Saturday morning
  - \* Discussion sessions, meetings, workshops
    - \* Saturday night dance-Live Music
    - \* Friday night Ice Cream Social
    - \* Hospitality Room
    - \* Coffee/tea

**Chair: Danielle F: 603-673-6902**

**Alt. Chair/Program: Diana T: 603-489-7061**

**More info: [http://www.nhaa.net/events/2010\\_Convention.pdf](http://www.nhaa.net/events/2010_Convention.pdf)**