

District 13 Newsletter

January 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

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

**District 13 Web
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 1

"Our common welfare should come first; personal recovery depends upon A.A. Unity"

"Daddy" was a stranger to his kids.....

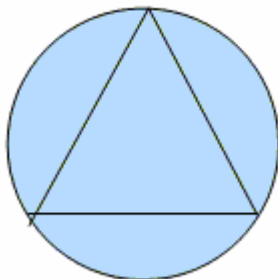
Submitted by Sean S.

This past spring, my 8 yr old daughter told me something that had a profound impact on me. She told me that until recently that she really didn't know me and that it was like living with a stranger. The stranger was me - an active alcoholic, who put alcohol and business ahead of my loved ones. My daughter was correct, since this stranger did not talk much and when I was with her (and my son) it was that I was there physically but not really there. My self-centered thoughts were always about alcohol and business dealings.

My daughter and son would find me occasionally passed out on the coach unable to wake me only to have to resort to asking their mother for help because "daddy is dead". Even this wasn't enough for me to admit I was an out of control alcoholic. I thought I couldn't be since I went to work every day, made a good amount of money and provided the family with a large house.

The problem was that I rationalized that my drinking was OK (thinking that I deserved to be able to drink as I wanted to) yet I was a stranger to my children and a stranger to myself.

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Dates to remember:

**District 13 Meeting – Wednesday January 20, 7pm
at the Merrimack YMCA**

**Area Committee Meeting – Sunday, January 24, 1-4pm
Hooksett Area 43 Office**

This is your newsletter. Please send comments or submissions to the Newsletter to newsletter@district13.org

The deadline for February Edition will be January 15, 2009.

Daddy was a stranger.....continued from page 1

Right after my daughter told me that I had been a stranger (I had been sober for more than 1 year), she added that I was no longer a stranger to her and she enjoyed spending time with me. She said

“Dad, I love you; you rock!”

I believe that my higher power, God, was beginning to show me and my loved ones the “AA miracle”

The Value of speaking

By Joey M. Hot Springs, Arkansas

The value of speaking has become, to me, an important part of my recovery. The twelfth step says “Having had a spiritual awakening as a result of these steps we tried to carry this message to alcoholics and to practice these principles in all of our affairs.” The focus of today is in carry the message. Specifically in telling your story. The big book says on pg.58 “Our stories disclose in a general way what we used to be like, what happened, and what we are like now.

When I speak i believe I have a duty to share my experience, strength, and hope. This duty is to speak more about the solution than the problem; again we all know how to drink. I have a rule that I try to use no more than 10 to 15 min to tell what it was like and what happened. I believe I also have a requirement to tell of no one else’s conduct but my own. I want to get to the solution which for me is the steps. The program is my solution. The solution is two fold the fellowship and the steps. I like to talk about the steps and my experience working through each one. Again this is in a general way. Another thing to talk about is sponsorship, about what it means to you. Having a sponsor has saved me more than I can count.

Something else to be considered is who may be in attendance. Saturday night I’m speaking less than 10min from my home town. My Step mom, dad, grandparents, step sister, and who knows else will probably be there. I have to be mindful that I do not say anything that could cause them harm. In closing I know how important it is for me to share my experience, strength and hope today. Before I begin I always hit my knees and ask God to guide my thoughts, my actions, and my words, that I cause no harm and be of service. The moment I say my name is Joey and I AM an Alcoholic, He takes over for the father doeth the work.

District 13 Election Results:

In October 2009, elections were held for District 13 Chairs. In keeping with the spirit of rotation, the idea is to allow incoming a couple of months to become familiar with the responsibilities of their new jobs while the incumbent is still in office. The overlap is something a lot of people felt was important to avoid “recreating the wheel” when so many jobs change hands. The “fresh blood” will invigorate carrying the AA message with new perspective and ideas for District 13 for the next 2 years.

DCM	Jeanne L
Alt DCM	Debbie S.
Alkathon	Steve C.
Corrections:	Alison B.
Function:	Keith H.
Grapevine	Bob P.
Newsletter	John N.
PICPC	Tony E.
Registrar	Kelly T.
Treasurer	David E.
Treatment	Glen B.
Webmaster	Tim D,

GSRs....many Groups elected new GSRs, (Group Service Representative), do you know who your GSR is? Do you know what is going on in the District? Do you have and attend regular business meetings? My sponsor reminded me that when I was in need, AA was there for me. AA is only here because someone else has done the leg work to set up a meeting and keep it going. Part of the deal is that now I become a person capable of helping the newcomer. If I fail to do that, I am going back on the original agreement with my sponsor.

We are still in need of HotLine Rep and Secretary, as well as LCMs for areas A,B,C and D. Want to find out more? Come to the next District Meeting on January 20, 2010 at the Merrimack YMCA at 7pm. We meet around Back next to the outdoor Childrens Play Area.

Thanks to all who will volunteer their time and effort. The rule of thumb for Service Work I was told is: 10% of the people in AA do service work, but 90% of them stay sober. I have a number of years of experience in AA, and I've personally never seen someone “go out” who is actively working the steps on a daily basis, attending meetings regularly, and doing service work. Considering where my disease took me, I think it is wise to increase my chance for success by staying active!

The choice is up to you.

I got a Call from B-T-G Bridging the Gap.....

I got a call from Artie, who is the Area 43 Bridging, the Gap Chair. He had a female getting out of a institution and was in need of a contact to help her with a few meetings. Artie wondered if I knew of any women in my area that might be willing to help this woman out. I am fortunate because my Home Group is based on the AA principles so firmly that I immediately thought of several women who could help. I had my trusty Home Group phone list and began to dial. The first woman I called immediately accepted the 12th step job. Not only that but she thanked me for the opportunity to carry the message to the woman in need. The next week I noticed a new person at the meeting talking with the woman I had called. Yes, it was the person who reached out for help. I am grateful I belong to a home group with people walk the walk as well as talk the talk.

Contributed by Ben W.

2010 Area 43 Event Calendar

Some highlights this year are the Area 43 NH AA convention being held at same location in Nashua as last year. I went and volunteered in the Hospitality Suite and it was great. I met a lot of new friends. This is a great place to bring sponsees, as there is lots of coffee, workshops and fellowship, as well as great speakers meetings, and even a dance party Saturday Night with top quality live entertainment. Also, the International Convention is in San Antonio Texas this year. It only happens once every 5 years. In 2005 it was in Toronto, Canada. I know a woman who went and she came home with many great stories about what an amazing time she had.

January 24	1-4pm	Area Committee Meeting	Hooksett Area 43 Office
February 21	1-4pm	Area Committee Meeting	Hooksett Area 43 Office
February 26-28	NERASSA Niagra Falls, NY Hosted by Western NY (Area 50)		
March 12-14	NERD Albany NY		
March 27	8am-4pm	Area Assembly Pre Conference	Hosted By District 19 (Keene)
April 16-18	NH Area 43 Convention 44 annual, Marriot Courtyard, Nashua		
April 18-24	General Service Conference, Rye, NY		
April 25	1-4pm	Area Committee Meeting	Hooksett Area 43 Office
May 22	8am-4pm	Post Conference Area Assembly	
June 27	1-4pm	Area Committee Meeting	Hooksett Area 43 Office
July 1-4	International Convention, San Antonio TX		
July 25	1-4pm	Area Committee Meeting	Hooksett Area 43 Office
August 28	8am-4pm	Area Assembly	
September 26	1-4pm	Area Committee Meeting	Hooksett Area 43 Office
October 24	1-4pm	Area Committee Meeting	Hooksett Area 43 Office
November 20	8am-4pm	Area Assembly	
December 19	1-4pm	Area Committee Meeting	Hooksett Area 43 Office