

District 13 Newsletter

May 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

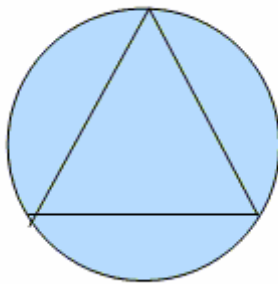
Area 43 Service Office-Call for Books, chips, meeting lists, etc... (603) 622-6967

Check out the improved District 13 WebPage 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 5

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.



A.A. Reflection by Beth B.

My first AA meeting was a speaker meeting with a raffle. An old timer won a Big Book and handed it to me. I was so honored! I thought he liked me, now I know he recognized a needy newcomer. I always suspected I might have a drinking problem Irish Catholic dutiful daughter that I was. I was not as bad as the others at the meeting were. I had not lost my license, house, family, or job. I was a okay, or so I thought.

I danced in and out of AA meetings for three years. I did not have a sponsor even though I heard the recommendations to get a sponsor, ask for help and do not drink. I did not think I needed a sponsor and I certainly did not need anyone telling me what to do. I could control my drinking. I would muster the will power and self-control finally. Continued on pg2

Spotlight on AA Service by Deb S.

I attended the Pre Conference Assembly in Swanzey on Mar 27 2010. I felt torn because there were so many other things I needed to do with my time. But when I examine my life today those things would not have gotten done back when I was drinking so I needed to keep my service top AA in mind.

These sessions allow for the networking of members from all over the state to get to know one another. This is the fellowship in action. I learn many things in these continued on pg3

Please email comments or submissions to the Newsletter to newsletter@district13.org or snail mail to District 13 Newsletter, PO 3513 Nashua, NH 03061
The deadline for June Edition will be May 14, 2010.

Next District 13 Meeting – Wednesday May 19, 7pm at the Merrimack YMCA

A.A. Reflection Continued from page 1

My friend in the program called me one night and invited me to a speaker meeting at SNHMC West Campus. I heard a woman speak there that night that was happy, joyous, and free. I wanted what she had. I asked her to be my sponsor and began my ongoing journey.

Since committing to work the steps, I have come to some painful realizations. My character defects have been a barrier to living a reality. After doing my inventory and facing my resentment, I have come to see how much work I need to do daily.

I read the Big Book every morning after I say the Third Step prayer. I ask God to watch over my thoughts and guide my tongue. Everyday I need to work on humility, anger, new resentments, pride, and staying real. I ask for help from my sponsor and check my motives. For too many years, I have done the same behaviors and expected different results. I have spent all of my energy on controlling others' behavior and subsequent results to the detriment to my health and marriage.

I pray to God to remove my fears so that I may be the person He would have me be. I also pray to truly trust and rely upon God.

Each morning, I give myself to God and ask him to keep me close. On days when I am successful, I enjoy peace and serenity. Other days, my defects are at the forefront and cry out for attention. I remind myself the program is one of progress, not perfection.

By Beth B.

Pack Monadnock Mountaintop Meeting By John N.

I took the opportunity to go to the first Mountaintop Meeting of 2010 that was held on Pack Mondadnock on Easter Sunday. It was unseasonably warm for early April, and some of the founders of the meeting told me it was the first time in the 15 year history of the meeting that the summit road was open in April. I chose to hike up and feel my body exert itself to reach the top. I enjoy AA meetings that are held outdoors. I feel closer to my HP when I can be still and let the slight breeze cool me as the sun sets.

I highly recommend this meeting no matter where you are at in your sobriety. Getting out of the rut of my regular meeting schedule is a big attraction. The format of the meeting is to read Step 11 out of the Big Book, including the last paragraph of step 10:

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we have is a daily reprieve contingent on the maintenance of our spiritual condition.

After reading to the end of Step11, a speaker shares his experience, and then the meeting is open for discussion. It is always worth it to get to this meeting. Maybe I will see you there...first Sunday of each month April thru October 5pm in the Raptor Grove just beyond the Summit parking lot of Pack Monadnock, which is in Miller State Park about 15 minutes west of Milford on 101.

Spotlight on AA Service continued from Page 1

This is the fellowship in action. I learn many things in these sessions. It starts with introductions of all attendees. We then break off into groups to discuss various topics that are being presented at the next AA convention which is being held in Texas this time.

"Principles above personalities" is the keynote to these group discussions. I sat in on the "Public Information" table because I have recently been granted that position on the District 13 committee. The topics here were the new ways of spreading the message in this age of the internet and developing public messages to promote our program among young people. (IE: the new film adds that try to spread the message are a bit controversial).

I have learned more about how AA works by my attendance at these assemblies. The dedication of some of our members to this organization as well as to our primary purpose inspires me to keep my commitments because I know that "if AA dies it will have been destroyed from within" by not keeping our 12 traditions and the legacies sacred.

So if I have to give up a Sat and a few hours a month to keep this thing alive for the next generation so be it, to all of you who would be of service if TIME allowed don't forget "where you came from" and give back what was "so freely given to you" IE that BUSY life that is probably close to the best you could hope for.

by Deb S.

Cyber-Meetings.....

Ever needed a meeting, but were not able to get out? One tool you may want to check out is On-Line meetings. They may be helpful when a live meeting is not possible to get to.

AAOnline Web Chat Meetings (GSO Service Number: 659-158)

at: <http://aaonline.net/chat2/guests.php>

8:30 AM Daily

1:30 PM Mon-Fri

6:30 PM Daily

9:30 PM Daily

3:00 AM/PM Sat and Sun

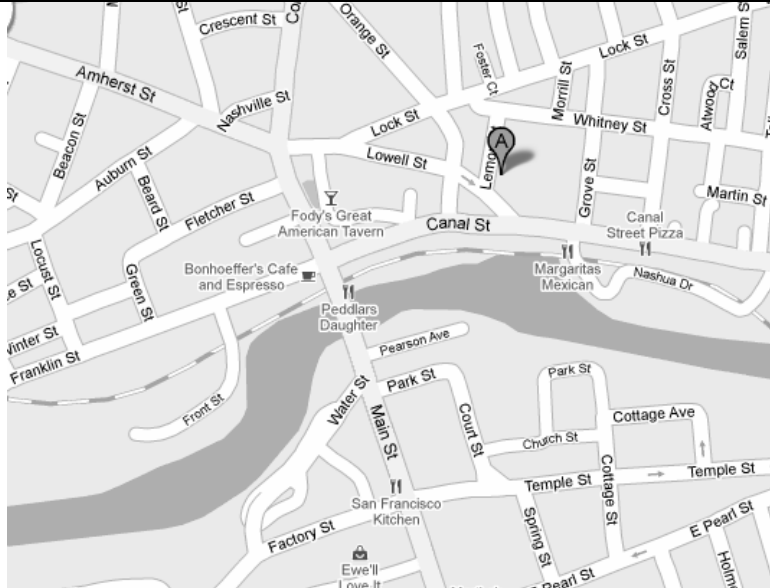
12 Midnight Daily

7:00 AM Monday and Wednesday

(all times in Eastern Time)

All are welcome to attend!

The Back Page Flyer, Put Your AA Event Here!!! email event info to newsletter@nhaa13.org or call John 603 930 3047



75th 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 and Saturday night and Sunday morning in the Alamodome.

More info: Google: aa 75th convention

District 13 Function March 27-1-4 p.m.

*****BBQ SATURDAY May 29 1-4PM*****

Hope 2 C-U at the U-U
4 the AA B-B-Q!!!

Food, Fun, Music, Games
and a Meeting

5\$ Donation Suggested

Sponsored by the District 13 Function
Committee,

Join us as we put FUN back into Dysfunctional.

UU Church corner of 58 Lowell and Canal
Street, Nashua, NH

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 May 2.

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.

**The One Day At A Time Group is having
there 35th Anniversary**

May 16th at the Community Church at 19 Central St.
Hudson NH 03051.

The meeting will be a speaker discussion with a special
speaker, the meeting will be from 7:00PM to 8:30PM. Cake
and coffee will be served. All are welcome to come and
celebrate.

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

Please email your AA
event to

newsletter@district13.org

or mail to District 13
Newsletter, PO 3513
Nashua, NH 03061

The deadline for June
Edition will be May 14.