

District 13 NH AA Newsletter

Serving the towns of Amherst, Brookline, Hollis, Hudson,
Merrimack, Milford, Mont Vernon and Nashua,

October 2010
Volume 15 Issue 10

www.nhaa13.org

e-mail: newsletter@nhaa13.org

Check Your Motivations *By Dave R.*

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

*p.60 - "The first
requirement is that we
be convinced that any
life run on self-will can
hardly be a success*

**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.

Step 10 *"Continued to take
personal inventory and when
we were wrong promptly
admitted it."*

Tradition 10 *"Alcoholics
Anonymous has no opinion on
outside issues; hence the A.A.
name ought never be drawn
into public controversy."*

When I was in early sobriety I went through times, like most people, where I was full of confusion and indecision. I was unsure of about how to act in certain situations, where I could safely go, and which of my old friends I could spend time with without being in danger. I was given a pretty standard prescription from some old timers: "Dave, just check your motivations. You'll know pretty quickly whether or not you should go there." It seemed simple enough to do, except I couldn't quite get the hang of it. After years of Step work I now know why.)

First off I had been lying to myself for so long it was difficult for me to tell when I was bullshitting myself, let alone you. (I'll never forget the first time I stopped in mid-conversation and told the person that everything I had just said was a lie. I was ecstatic, they were just confused.) So putting the "honesty" ball back in my court that early in sobriety was not such a great idea.

Next, I now know that asking me to "check my motives" was in fact asking me "manage my own life" again. Which I had just admitted in the 1st Step that I could not longer do.

It was one of those things that gets said in meetings that I never liked, mostly because I couldn't do it. But something about it always stuck in the back of mind. Then one day I was reading the Big Book and a line jumped out at me that explained everything for me. It was during a discussion of the 3rd Step in preparation for the 4th Step. And it says:

p.60 - "The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good."

"even though our motives are good." That was it! The book was telling me what I already knew, that I couldn't trust my own motives anymore. But why?

Please see *Check Your Motivations* on page 2

A Tool That Works continued from page 1

Well the book spends the next couple of pages defining why... Selfishness and self-centeredness! My motives are often self-centered, and have been for so long that I can no longer see any problem with that. But now I was faced with a decision (Step 3) and that decision will mean that I am now going to use another method to direct my life and make my decisions. This, of course, is the way of life I was going to be get taught how to live in the remaining Steps.

After having done the remaining Steps the book then tells me I should be able to safely check my motives now. It also tells me how to go about doing that because *now* I am going to be able to check them *against something!* I can check them against everything I learned when I went through the Steps (rather than my own myopic point of view of how the world **should** work).

p. 102 - "But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good..."

And I now know that the book is pretty specific on how I know I am on spiritual ground. Am I taking a daily inventory, making amends, and improving my conscious contact as well as trying to help others? If I am doing all of those things I tend to find I have been placed in that "position of neutrality", and can do certain things with some level of confidence that I will be safe from a drink that evening.

p. 102 - "Keep on the firing line of life with these motives and God will keep you unharmed."

p. 85 - "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will."

Dave R.
Manchester

Dr Bobs Front Steps in Akron Ohio-



If you look closely, there are 12 steps. Coincidence? If you ever get a chance, you should visit here. You may be surprised at how strong you will feel connected to AA when you arrive. I spent a few minutes one morning on the porch by myself, and said a prayer of Thanks....Contributed by Anonymous.

p.102 - "But be sure you are on solid spiritual ground before you start and that your **motive** in going is thoroughly good..."

Sobriety Maintenance Corner: Great Ways to Stay Connected to AA

THE 2 x 4 PLAN

By Donna L.

Years ago I was sponsoring a woman who was struggling to stay sober as well as function at even a basic level. I put this plan (with examples) on index cards, attached one to her fridge taped one to her bathroom mirror and one on her car dash board!

Here's the plan!

- 1) Do 2 AA related things each day. (pray, go to mtg, work on steps, call sponsor...)
- 2) Do 2 productive things each day. (get out of bed, get dressed, take out trash, go to work...)
- 3) Do 2 random acts of kindness each day and tell no one what you did or you had to do more! (let someone cut you in line at bank, call a sickly neighbor, put a note in loved ones lunch...)
- 4) Do 2 kind things for yourself that take no less then 10-15 minutes. (read, call a friend, go for a walk...)

I have used this often over the years and it seems to help sometimes. So fun when they have been unable to keep the random acts of kindness to themselves and then had to do more kind acts. Also, have found that many of us struggle with taking time out for ourselves and have needed to learn how.

Donna L

Alkathon Committee Meeting Schedule:

Every other Thursday at Church of the Good Shepard 6-7 pm:
Stop by and find out how you are needed and can help carry the message.

Next few meetings:

September 23
October 7
October 21



NH AA Hotline:
1-800-593-3330

EVENTS DISTRICT 13

NEW SUNDAY AA MEETING STARTING IN OCTOBER!

When? Sunday October 3rd.

Where? Above Brookline Village Store! (12 Main St)

Time? 5:30-6:30

***SPEAKER DISCUSSION * OPEN MEETING ***

***PARKING ON SIDE STREET, AT TOWN HALL AND CHURCH!**

HOPE TO SEE YOU THERE!

Spirituality Workshop

Back by Popular Demand!!!

Date: Saturday, October 16, 2010

Place: Universalist Unitarian Church
58 Lowell St, Nashua, NH

Time: 1:00-4:00 PM

Your District 13 Function Committee is pleased to present our first event of the year- a Spirituality Workshop. Last February's workshop received so many favorable comments we are doing another one.

At some point, many of us have had a problem with the concept of God or a Higher Power. In this workshop, the topics that will be covered by your peers are:

- The difference between religion and YOUR higher power
- Finding your own way
- What it means to live a spiritual life
- What it can do for you and those who are in your life

Please join us for an *interactive* afternoon of fellowship and reflection. Light refreshments will be served.

Last 2010 Pack Monadnock Mountaintop Meeting Will be on Sunday October 3 2010 at 5-6pm rain or shine. Note: Allow 1 hour if you plan to walk up. 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. This is a 11th step Speaker Discussion. All AA members are welcome.

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

Please email your AA event to
newsletter@nhaa13.org

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

The deadline for November Edition will be October 15.

District 13 Newsletter

PO Box 3513
Nashua, NH 03061

E-mail:
newsletter@nhaa13.org

Thanksgiving Gratitude Meeting



The Early Birds!

Thanksgiving Gratitude Meeting

Fifth Annual Gratitude Meeting

Will take place on Thursday November 25th, 2010

Breakfast, Coffee and Fellowship at 6:00am to 6:30am
Meeting begins promptly at 6:30am to 7:30am

At Harbor Homes
45 High Street, Nashua NH

(Please use front entrance for that morning only)

For directions please call Brad @ 603-930-5109



Next District Meeting:

Wednesday October 20, 2010 7pm

All AA members encouraged to attend!!

More info: www.nhaa13.org