

District 13 Newsletter

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

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e-mail: newsletter@nhaa13.org

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

*"We vigorously
commenced this way of
living as we cleaned up
the past. We have
entered the world of the
Spirit."*

**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 9 "Made direct amends to
such people wherever possible,
except when to do so would
injure them or others."

Tradition 9 "Our groups ought
never be organized; but we may
create service boards or
committees directly responsible
to those they serve."

A tool that works

By Steve D.

My close friend John works construction, and when he is working nearby I visit with him. He is a great listener. A few years ago he passed on a tool that I still use today.

One day he pulled me aside and said he had something in his truck to give me. I was thrilled as he would often pass on a tool, or something interesting he may have found at a job site. He took a pencil and paper and wrote down page 84, paragraph 3. He told me that he thought it might help me. I folded the paper and put it in my pocket.

Later that day I took his advice and read page 84, the third paragraph is where Step 10 begins, see excerpt below:

This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit....(Page 84 *Alcoholics Anonymous*)

Please see *A Tool that Works* on page 2



AA's First Harley Couple

Bill and Lois Wilson

*"We gave up our
positions and off we
roared on a motorcycle,
the sidecar stuffed with
tent, blankets, a change
of clothes, and three
huge volumes of a
financial reference
service. Our friends
thought a lunacy
commission should be
appointed. (page 1
Alcoholics Anonymous)*

A Tool That Works
continued from page 1

“On awakening let us think about the twenty-four hours ahead. We consider our plans for the day.....”

A few pages later, on page 86, I discovered a passage that remains one of my favorites, I read it often:

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives... (Page 86 Alcoholics Anonymous)

Reading page 86-88 is a great way to begin your day, and pages 84-86 are a great way to reflect upon your life and correct things as they come up. So I guess what I am suggesting is that it is OK to borrow tools from a friend. You can return them or pass them on.....

Humility Found Behind Prison Walls *By John N.*

I recently went on my first commitment to YDC with two other AA members. YDC is where NH young offenders are housed. It was a humbling experience. The four youths who participated in my first meeting told us they did not have a problem with alcohol or drugs. Instead of trying to convince them that they had a problem, I merely shared how important it was for me to get honest about my relationship with alcohol and drugs. For me, the truth was “I didn’t get in trouble every time I drank, but every time I got in trouble I had been drinking”. Furthermore, I was not able to control or predict where my drinking would take me on any given occasion. I hoped the kids would take a look at where they were at and see the truth about where they were heading (jail) if they did not change their ideas about life in general.

The kids were argumentative, and tried to make a joke out of our AA commitment, but we persevered to try and be helpful. Next time we go, I think the format will be tweaked to limit the youthful inmate’s participation to reading of AA material, and perhaps give them each a chance at the end of the meeting to ask questions or say whatever they want. Allowing them to crosstalk was clearly a bad idea, and only encouraged them to try and one-up each other to see who could get a rise out of these old AA guys who were wasting their time. When I first came to AA for help, I looked and listened. I heard from those of you who had already found help in the halls of AA. You showed me how you were able to turn personal failure and misery into your greatest assets. The humiliation I was feeling (yet again) because of my relationship with alcohol was my price of admission to a better way of living. It was having the humility to admit surrender to the disease and stop fighting that would change my perception of the world.

Little can be done for those who have not hit their bottom, like the kids in YDC who “don’t have a problem with alcohol”. Many people told me they thought I had a problem with alcohol before I was able to admit to myself they were right. I had to keep trying it my way, which was “work hard and play hard”. For me, my last arrest for DWI was the catalyst for my eventual surrender. I was none too pleased with the idea of surrender at the time, and had to write about my resentments towards the Police in my 4th step inventory. My sponsor was able to clear up my confusion about the fact that when I drank and drove, I was breaking the law, and putting innocent people at risk. I didn’t like to hear the truth because, of course, I never meant to harm anyone. The problem is that when I drink, I make bad decisions, and the police are the people who protect the world from people like me, who can not make proper decisions when drinking.

Today, I believe that I could never have stopped drinking on my own, as I could not even see that I had a problem. Quite the opposite, I felt that alcohol was my solution to dealing with the stress of everyday life, and I was entitled to it, dammit! Having the humility to admit I could not control alcohol has saved me from continuing to be humiliated by actions I take when under the influence of alcohol. Hopefully, something we said will stick with the kids we meet with behind the walls, and when they are ready to admit defeat to alcohol and drugs, they will know where to turn for help. I am humbly grateful to them for the honesty and candor, and will continue to pray for them. I have learned that I am just a messenger carrying the story of recovery by my actions, not my words. I am confident that those who need AA, and are willing to do what we do, will surely get what we get, and that is all I need to know for today.

Sobriety Maintenance, Great Ways to Give back

By Joy T

We hear in the halls that in order to keep the gift of sobriety, we need to give it away. I thought about how true this has been in my recovery and thought I would write a story about some of the ways I have found that have helped keep me sober one day at a time and trust me, there are a lot more of these days than I care to admit to!

1. Get active in your home group. You say don't have one! Oh my, that's not a good idea. A home group is a place where people get to know you and when your not around perhaps someone might call to see if everything is OK. That said, every home group has jobs that need to be done. Ask around the old timers and they can point you in the right direction. Jobs I have done include coffee maker (they call this "the most important job in AA"), secretary, treasurer, chair person, temporary sponsor, GSR, bookie, literature chair, commitments. Every job helped me learn life lessons that I had missed out on because I started drinking in my teens. Learning to be part of a group is hard for us alkies who often would rather die than ask anyone for help learning how to properly take on a role in group activity.
2. Get active in Service work at the district level. Every district has more work than can be done by the volunteers who show up at the monthly meeting. District 13 has opening right now! Whether you enjoy functions, hotline support or just meeting people who are getting active in their recovery, you can't lose by checking out what is needed at the district level. You will learn about what goes on at the various service levels that support AA around the world. Ever wonder why the AA program of recovery has changed very little since the early days? It's not by accident, any change to AA requires a referendum to be voted on at the annual GSO in NYC before it can be implemented. NH is represented at this meeting by the head honcho who is replaced every 2 years. Wow, bet you did not know that!
3. Go on commitments to institutions. Commitments to other AA groups is nice, but isn't it kind of like trying to save the saved? Go out to detoxes, hospitals or jails and carry your message of hope. It takes more work to do this, as many of these institutions require paperwork and orientation before you can take a meeting behind the walls. These are the people who need your message of hope desperately.
4. Offer to be a temporary sponsor. If you have something to give, someone will surely ask you for help if they see you are sincere in your own recovery. Some of the best people I've met in AA resulted because I was willing to be a temporary sponsor.

I hope these give you some ideas of your own, and you get active. The AA old timers used to say Faith Without Works is Dead. We've all seen this to be sadly true. Don't pass up an opportunity to expand your world by giving back; you'll be pleasantly surprised to find you get back more than you give. Enjoy your journey! Joy T.



EVENTS DISTRICT 13

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 Sept 5. 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!!!

Please email your AA event to

newsletter@nhaa13.org

or mail to:

District 13 Newsletter,
PO Box 3513
Nashua, NH 03061

The deadline for October Edition will be September 10.



NH AA Hotline:
1-800-593-3330

Things I like *By Anonymous*

Bubblewrap-especially the small bubbles.
Dogs.
DD Ice coffee.
Free Movies Saturday afternoon at the Wilton Town Hall.
Unshelled peanuts.
Going for Bike rides on trails that run along the Charles River in Boston.
Going someplace I've never been.
Taking a nap after lunch on the weekends.
Eating Fruit.
Ice water.
Taking a walk outside during lunch break.
Leaving the Gym after a good workout.

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