

District 13 NH AA Newsletter

Step 4. "Made a searching and fearless moral inventory of ourselves."

Tradition 4 "Each group should be autonomous except in matters affecting other groups or A.A. or Al-Anon as a whole."

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

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WebSite: www.nhaa13.org

email: newsletter@nhaa13.org

One Woman shares her Journey in Recovery and Step 4 by Nancy S.

When I decided to write an article concerning the 4th Step for the District 13 Newsletter, my first thoughts went back to when I was starting my journey on an inventory and the stress I felt because of it. But then it was explained to me, as in "One day at a time," it was "One step at a time," and when it came to Step 4, I only had to make the inventory; I was advised not jump ahead to thoughts of sharing it with another, which was the cause of at least some of the stress I had.

I followed the example that is given in the Big Book, where they write out the resentment and the reason and then what it affects, self-esteem, sex, security, etc. What I did to begin was pick the top three relationships in my life that presently were or had been the most troublesome and caused the most pain. What jumped out at me the most was how immature it all sounded! If I was completely honest, I had the emotional stability of a 12-year-old! Once I started to look at what bothered me the most, I could see patterns of thinking repeating themselves over and over. On Page 47 in the 12&12 it says: "To see how erratic emotions victimized us often took a long time." For me, it did take a long time, and even after being sober for a considerable amount of time I still see things about myself that I didn't notice before.

But the blessing of this inventory is how seeing my part in things affected situations all my life. Being self-centered all I ever saw was the actions of other people and how it affected me. Being an active alcoholic I acted only in my own self-interest and people turned away. Not seeing my part I felt that the world was one random, cruel place where you could trust no one and everyone left sooner or later. When I could see my part, I saw my actions caused these problems, and although that could be painful, it was also a big relief because it was something I could correct. It is amazing how being sober and approaching people and situations with respect and affection has caused this cold, cruel world to turn around and be something beautiful.

If anyone starting their sobriety has qualms about digging in and taking an inventory, let me say from my experience there is no bogeyman behind the 4th Step, only peace and the gateway to a much happier life.

Nancy S., District 13 Registrar

Reminder: Next District 13 Meeting will be 7pm April 20, 2011 at the YMCA on Henry Clay Drive Just off DW Highway in Merrimack.

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.

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

NH AA HotLine-1-800-593-3330

Recovery Poetry Sent in by June B

I was at a meeting in my first year of sobriety there was a speaker who spoke this poem like a story It made an impression on me.

I walk, down the street,
There is a deep hole
in the sidewalk.
I fall in
I am lost....I am helpless.
It isn't my fault
It takes forever to find a way out.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I do not see it.
I fall again.
I can't believe I'm in the same place.
But, it isn't my fault.
It still takes a long time to get out.

I walk down the same street,
There is a deep hole in the sidewalk.
I see it there
I still fall in ... It's a habit.
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down a different street.....

Written by Portia Nelson

**Report From NHSCYPAA Convention Young People in AA-
Nysky Nysky Nysky Paa Paa Paa!!!!!!!!!!!!!!!!!!!!!!** -written by John N,

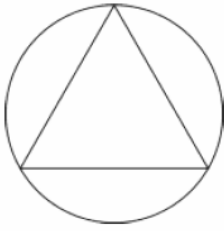
I stopped by the New Hampshire State Conference of Young People in Alcoholics Anonymous (NHSCYPAA) held at the Nashua Courtyard Marriott Feb25-27 to see what goes on at these events. I was overwhelmed by the positive energy at the event. There were Marathon Meetings the entire weekend as well as Recovery Workshops on a wide variety of topics held during the days. The main thing I observed was young people working the 12 steps and enjoying their sobriety. The Saturday night speaker did not start on time.

NHSCYPAA continued....

There was 45 minutes of fellowship and dancing to a DJ by hundreds of young people. They had a slide show of recovery set to U2 music that depicted the suffering of addiction and the hope that recovery brings. I have nothing but respect for the people who put on this event and the people in attendance who were helping each other stay sober, but more importantly enjoy being sober and alive. They like to quote from the big book "We Are Not a Glum Lot" and they demonstrate that by the smiles on their faces. I never had so much fun drinking as these people were having sober. If you have not experienced the energy of recovery, do yourself a favor and check out a young people convention. They have upcoming ones in Massachusetts, San Francisco and Dublin Ireland. I thought they might not let me in because I'm not exactly "young" anymore, but they told me you only need to have room to grow to attend. I really appreciate the boost I got by attending. It was just what I needed to recharge my spirit!

Report from the Trenches: Relapse Prevention Workshop – By John N

I attended the relapse workshop put on by District 13 in February. There were over 50 people in attendance, and the presentation was made by Mona, a woman in recovery who puts on this presentation for as part of her own recovery. I learned relapse, like recovery is really more a process than an event. Relapse starts when I stop doing the things that have been working for me. Some of the signs can be: stop talking to my sponsor, stop being honest about what is going on (How you doing? I'm Fine!), or stop doing service work or cut back on meetings or just attend meetings, but not being "a part of" the meeting or stop seeking treatment for problems other than alcohol. Mona was the facilitator, and she pointed out how we alcoholics have a tendency to underestimate the amount of work we need to do to maintain recovery. We also tend to have the unrealistic expectation that just because we stop using alcohol (or drugs) that everything is going to be the way we want it to be. She also pointed out that many of us simply substitute one addiction for another (work, exercise, gambling, sex, food, etc...). Mona pointed out that 75-95% of alcoholics have clinically diagnosable brain dysfunction. We may need more than just "a few AA meetings" to maintain sobriety that is happy, joyous and free on a long term basis. The fact is recovery is a process and so is relapse. I have seen this for myself in people who come in and start to "get" it, only to become disenchanted because they miss the excitement and relief that they are used to getting in the bottle. I met a couple of Mona's sponsees and one of them shared about how she had sobriety but eventually relapsed after being on a "dry drunk" and substituting shopping at Home Depot for her AA program to the point where her husband begged her to get help for her shopping addiction. Eventually, she relapsed and finally came to understand she needed to do more than hang out on the fringe of a AA meeting once in a while if she expected to be happy joyous and free from addiction. Thanks to Ron and his team for his work putting on yet another amazing event for AA in District 13. It really shows that recovery happens 24 hours a day.



April 8th – 10th, 2011
North Conway Grand Hotel
North Conway, NH

45th Annual Area 43 AA Convention
PASS IT ON

Registration: \$22 in advance or \$25 walk in
Has your group or district considered creating scholarships?
Chump change, raffles, and chipping in are some of the ways we can ensure everyone who wants to can attend!

NH AA HotLine-1-800-593-3330

1st Mountaintop Meeting of 2011 Summit of Pack Monadnock Sunday April 3 5pm. Expect to walk to top, as road will not be open yet. Step 11 Speaker Discussion Meeting

District 13 Function Committee Presents Sponsorship – “Carry the Message”

Date: Saturday, April 23

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

Time: 1:00-4:00 PM

The Big Book tells us that a major and on-going part of our recovery is to “carry the message” and help other alcoholics.

Did you ever wonder how and where “sponsorship” originated? Do you know what a sponsor is and is not? If you are relatively new, what should you look for in sponsor?

If you have any questions on this topic, please join us at the Sponsorship Workshop at the above time and place. Our friends from District 12 (Manchester) have put together a program that has been very well received, and will be facilitating the program.

We look forward to providing another informative session and additional tools for you to use in your recovery.

Reminder: Next District 13 Meeting will be 7pm April 20, 2011 at the YMCA on Henry Clay Drive Just off DW Highway in Merrimack.

Reminder: District 13 Function: Movie: My Name is Bill W. Saturday March 19 1pm at UU Church Snacks provided. All AA members invited.

For More NH events and info, check out the NH AA Area Web Site:
<http://www.nhaa.net>

and click on:
Area District and Group Events

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 May 2011 Edition will be April 11, 2011.