

# DISTRICT 13 NEWSLETTER

*Step 8 Made a list of all persons we had harmed, and became willing to make amends to them all.*

*Tradition 8 Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

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Serving the towns of Amherst, Brookline, Hollis, Hudson,  
Merrimack, Milford, Mont Vernon and Nashua  
Next District Meeting: August 17th 7pm Merrimack YMCA

**AUGUST 2011**  
**Volume 16 Issue 8**

**WebSite: [www.nhaa13.org](http://www.nhaa13.org)**

**email: [newsletter@nhaa13.org](mailto:newsletter@nhaa13.org)**

## MY EXPERIENCE WITH STEP Eight

I have enjoyed reading about other peoples experience with steps 1-7, so I thought I would write an article for what step 8 means to me. My step 8 is a written list of people and the wrongs I committed by acting as if I was the only person in the universe that mattered. I also listed some deeds that I "got away" with but am not proud of, and need to make amends for. I was only able to compile this list because I did steps 1-7 with the help of a sponsor. Most of my list comes directly from the 4<sup>th</sup> and 5<sup>th</sup> steps. In doing these steps, I acquired some humility and a desire to clear up my side of the street as much as possible before I face my Creator when I leave this physical planet. I truly regret the harm I have caused others and want to change the person that drinking had led me to.

I took another look at my list to write this article and note that many amends have been made, but there are some that have not because the people are not in my life. In such cases I pray that I be willing and able to make amends if and when the opportunity presents itself. For me, Step 8 is not about making amends, it is about having an accurate idea of who I am and what I did in the years of self centered drinking and drugging. My sponsor had a lot of experience making his amends and was helpful in right-sizing my self flagellation. I now see that I was not the best person who ever lived, but neither was I the worst. I believe that God always knew the wrongs I had done, He just wants me to own up to the fact that I am human and fall short of the expectations I have for myself. The Key is to be able to admit my wrongs, take corrective action and move on, hopefully a better person, who is more sensitive to the needs of others.

The following story sums up how I feel today about the 8<sup>th</sup> step. It goes something like this....*One day I was walking along a trail through the woods alone when an answer came to me. I suddenly said to myself, "I want everyone whom I hate or fear, everybody who has ever injured me, or whom I may have injured—I want them all to be happy right now, wherever they are."* And then I thought of a couple of people and named them out loud and said, "I want you to be happy." Something happened. It was as if a black bird flew suddenly out of my heart. I felt a wonderful sense of peace, and my eyes filled with tears.

I hope this helps you too. Peace and Love to you on your journey. Anonymously submitted to District 13 Newsletter.

**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**

## Summer Kick Off BBQ hosted by District 13 Function Committee

What can be said about the dedicated AA folks who banded together to make sure the BBQ went off as planned? I want to extend my gratitude because I did not think it would happen. Lorraine opened up the church and brought another Fantastic Basket for the raffle. Jeanne DCM loaned us her grill, even though she could not make it because she had to attend the Area Assembly to get information for our District about what happened at the GSO conference. Dan did the all cooking. Butch and Bob helped out setting up. We all helped to clean up, and had lots of food, fun and participated in an outdoor tag meeting. We extended the tag so everyone could have a chance to share, and there were some great messages. The weatherman predicted showers, but we had nothing but sun. We had just over 20 people attend, and I'm glad that our District has these functions. These are an opportunity to get out of my normal routine of meetings and meet other like minded people in recovery. The list so far for 2011 is: June District 13 BBQ, May Service Workshop, April Sponsorship Workshop, March "My Name is Bill W" movie., February Relapse Prevention Workshop, January Meditation Workshop.

The Function committee will resume in September with a Workshop on District positions (all positions are up for election this year). Many AA activities are being help throughout the summer and a great resource is the Area 43 webpage. Please email any info on group activities to [newsletter@nhaa13.org](mailto:newsletter@nhaa13.org) and I will make sure they get put in the newsletter. Thank you, John  
Newsletter Chair

### **"NYC, Returning to the scene of the crime" --or-- What I did differently this time.**

Last week I was in NYC on business. This was the first time that I had been in NYC since 7 years ago. Seven years ago, I was in NYC after not drinking for 4 months. I was not drinking because my wife at the time had given me yet another chance to get my act together. I didn't want to be sober and I knew I wasn't done yet. I called the hotel on the way to NYC and asked them to remove any booze that was in my room so my trip started out with good intentions. After our seminar was finished I headed to the bar with the others starting with Diet Coke and then O'Doul's "non-alcoholic beer ". What I was doing was exactly what the car salesman did in the story in the Big Book starting with just one drink, thinking 'he could take whiskey if only he mixed it with milk!' 6 hours later, I plowed through beer, vodka, cocaine and \$10,000 ! I was off and running for another year or so. Last week in NYC on a business convention for a few days, I thought it would be a good idea to hit a meeting. I went looking for a meeting and found one in mid-town at midnight. This was a beautiful and powerful experience. This meeting was just a few blocks from my last NYC drunken debacle. To walk up and down 42<sup>nd</sup> Street after midnight with no desire at all to drink or drug is a miracle! To be with 20 alcoholics in a tiny room over a theater at midnight sharing our experience strength and hope is a blessing. I thank my Higher Power and AA. -Sean S.

**A Great Outlook on Prayer.** Forwarded by Jeanne L.

Someone has written these beautiful words. They are like the Ten Commandments to follow in life all the time.

- 1] Prayer is not a "spare wheel" that you pull out when in trouble; it is a "steering wheel" that directs us in the right path throughout life.
- 2] Do you know why a car's WINDSHIELD is so large & the rear view mirror is so small? Because our PAST is not as important as our FUTURE. So, look ahead and move on.
- 3] Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write.
- 4] All things in life are temporary. If going well enjoy it, they will not last forever. If going wrong don't worry, they can't last long either.
- 5] Old friends are like Gold! New friends are Diamonds! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a base of Gold!
- 6] Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!"
- 7] When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.
- 8] A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision."
- 9] When you pray for others, God listens to you and blesses them; and sometimes, when you are safe and happy, remember that someone has prayed for you.
- 10] WORRYING does not take away tomorrow's TROUBLES; it takes away today's PEACE.

If you really enjoy this, pass to others. It may brighten someone's day.

Keeping house is like threading beads on a string,  
with no knot at the end.

Time heals all wounds, unless you pick at them.  
- Shawn Alexander

***Save the Date: join us at the Next District Meeting:  
Wednesday Aug 17, 2011 7pm  
At the Merrimack YMCA off DW Highway.  
All AA members encouraged to attend!!  
More info: [www.nhaa13.org](http://www.nhaa13.org)***

**Next Mountaintop Meeting of 2011**

Summit of Pack Monadnock Miller State Park Route 101 West  
 Sunday Aug 7<sup>th</sup> at 5pm. State Park Fees apply Step 11 Speaker Discussion Meeting

**Saturday August 27 8am-4pm Area Assembly** to be hosted by District 13- We need your help to make this a success! AA members from all over NH will be in attendance, so come by and find out what is happening and how you can be a part of it! **At the Merrimack YMCA off DW Highway. Same place as the District Meeting Needed:** Greeters, Setup people, coffee makers, clean up volunteers. No offer of help will be refused. There will be workshop and Area reports in the am, Area business after Lunch (donation suggested).

**Circle of Friends** Presented by Area 43, District 10

A Sober day of fun for persons in recovery and their families

Hampton Beach State Park Saturday August 6, 2011

Admission \$ 10 per car load Gates open at 8 am, Close at Dusk

**Grills, Condiments, Soda, Coffee, Paper Goods provided by District 10**

You bring: Smile, Good Attitude, Instruments, Beach Toys, Sunscreen, Friends and Food  
 Gratitude Meeting on the beach at 5PM

Classic Rock and Blues by The Still in the Cellar

Band with special guests The SpyTones

Want to Help? Need more info? Dale R. 603 819-3044 [remed8dj@gmail.com](mailto:remed8dj@gmail.com)

**Function Committee News:**

**The September Workshop** is tentatively planned for 3<sup>rd</sup> Saturday of September at the UU Church corner of Canal St and Lowell St from 1-4pm. **The Function will be a District Service Workshop to Support District 13 Elections Coming up in October.** All positions will be open and refilled by new people. Positions include DCM, Treasurer, Secretary, and Chairs for Functions, Treatment, Corrections, Hotline, Registrar, Grapevine, WebPage, Newsletter. Findout what these jobs are and how you can participate.

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**Sober Twilight Cruises out of Plum Island: Ahoy you sober**

**landlubbers....**Looking for a different type of meeting? How about a speaker meeting on the Ocean. The boat "Captains Lady" out of Plum Island goes out at 7pm sharp every Tuesday and Thursday for a short cruise up past Salsbury and Hampton Beach. The skipper will shut the engines and groups put on a speaker meeting using the ships Intercom. The cost is \$10, but the coffee is free!. You will never have a better time. For more info call the Captain at 1-800-427-1333. The web site does not list the cruise but has directions [www.captainsfishing.com](http://www.captainsfishing.com)

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

Please email your AA event to: [newsletter@nhaa13.org](mailto:newsletter@nhaa13.org)

or mail to:

District 13 Newsletter,

PO Box 3513

Nashua, NH 03061

The deadline for Sep 2011 Edition will be Aug 12, 2011.

For More Events and info, check out the NH AA Area Web Site:

<http://www.nhaa.net>

and click on:

Area District and Group Events