

# District 13 NH AA Newsletter

*Step 2. "Came to believe that a Power greater than ourselves could restore us to sanity."*

*Tradition 2 "For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our group conscience."*

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

February 2011

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

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## Step 2: Came To Believe that a Power greater than ourselves.....

For me, I had no problem with the God aspect of this program as I was raised as a Catholic with a vengeful God who would watch my every move with Judgment and swift decision (I would burn in hell for all the wrongs I would do). Keeping this in mind as I grew up and crossed that fine invisible line of Alcoholism and Drug abuse and always gave my religion lip service, I had never really prayed for anything but to get out of a jam, never trying one bit to do the next right thing. I had eased God out---(EGO) years ago.

So lets fast forward to the present, shall we? Today I speak for myself when I say that I am grateful to be an alcoholic and drug addict to have lived thru hell and found (or was guided to) AA and the twelve steps of recovery. Which brings me to the topic of step 2. As I already had no problem with the God thing I had found that those before me had found this spiritual concept of a higher power that loved them no matter what. I was also told that it was not me anymore in my personal opinion. All God wants me to do is the next right thing to the best of my ability, treat people the way I would like to be treated and above all to Thine Own Self Be True. So I believe in progress not perfection as I will never be perfect but for me I must have that beacon of light to walk towards even though I will not reach it. Still just something to strive for however I stray from that path I can see that beacon and find my way. These are the suggestions that were shown to me when I became willing to listen as only dying can be. I will forever be grateful (1 day at a time) for those before me to show me the love and compassion where, at the end, I had none my self. This is such a wonderful spiritual program-may you find your Higher Power too. Mike K.

**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

## Report from the Trenches: District 13 2010 Alkathon

I attended the 2010 Alkathon hosted by the District 13 and made possible by the dedication and commitment to Love and Service of the Alkathon Committee. I know it takes a lot of people pulling together to plan and set up the event as well as break it down and clean up after. I was able to finally get myself over to see for myself at 6pm on Christmas day. I *almost* did not go since I knew the event was ending at 9pm. In the past I usually go to support a commitment by one of the groups I attend, but was not able to do that this year. However, I got to listen to the last commitment, which was put on by the Nashua Original Group (AKA the Baloney meeting). They had some great speakers.

After this final group, there was an AA countdown to see who had the longest chronological length of sobriety. The hundreds of people in attendance stood up. They then sat down as their personal length of sobriety was called. Starting from 1 day, 1 week, 1 month, 1 year, 2 years etc... the sobriety length was called. It was interesting to me that after 28 years, there was nobody there with 30, 40 or 50 years until one man who had 62 years was identified as having the longest sobriety. I know that there are a number of folks in District 13 with long term sobriety, but they are very rare and the gap between 28 and 62 years illustrates that truth. In fact, there were very few people with over 10 years. Perhaps as we are sober longer we no longer need to show up as we do when we are newer in AA, and often fresh off a bottom. I hope I can continue to find strength in the company of other people with the same problem as me which is I can not drink in safety and when sober I have no defense against that first drink except that which my Higher Power has given me by the Grace of God. I believe in the strength of the power of example I get from frequent contact with other AA's at meetings and AA gatherings such as the Alkathon.

At any rate, there were lots of newcomers who said to me that the event was very helpful for them to get thru the holiday sober. Of course, there was a ton of great food and refreshments. At the end of the event, they raffled off all the donated gifts, and there must have been close to 100 gift baskets to be given out. You had to be present to win. Many people won multiple gifts. I personally did not win any raffles, but I did gain an refreshed appreciation for the fellowship of AA. Thanks to everyone who worked to put on the event and for all of you who showed your support of AA by attending and sharing your sober experience with others. I got to see and talk to many people I know who I don't see in my regular circle of meetings that took time to speak with me and that made me feel great. If you did not get to go, try to come to the next District Function which is listed on the back cover of the newsletter. Hope to join you as we trudge the road to happy destiny. Best Regards John N.

## And Old Timer Shares: AA is about Direction-not-Perfection

I heard this at a meeting from an old-timer. He has close to 30 years and still goes to a lot of meetings. He said he knew he was not perfect, but going to meetings was his way of getting back on the beam. He said that when he tried to stay away from meetings he noticed it became easier to skip them. He also noticed a parallel decrease in his serenity. He found that he would be short with his family and irritable at work. Finally he decided to go back to a regular series of meetings throughout his week. When he did this, he found it was easy to attend meetings when he stopped the debate of "should I go or not". I could identify, as many times I would go home after work instead of going to a AA meeting. I thought I was too tired to go. I would watch the clock at home and think, gee, if I had gone, I would be on my way home and I would feel a lot better than I do sitting here at home watching tv. I took the old timers advice and tried to do a 90 in 90. I did not do it perfectly, and ended up doing 82 meetings in 90 days. Even though I did not hit my goal of 90 meetings in 90 days, it was a real shot in the arm to my program, and I am still going to more meetings than I had been in the past and I am very active in 2 of the groups I attend. I meet a lot of people at the store or the gym who used to go to AA meetings. When we talk I ask them what meetings they go to they sometimes say that they don't go to as many as they would like. I know the feeling, but I also know that my disease is waiting for me to let up, and my mind is constantly lying to me and telling me not to go. I usually suggest to them a meeting that I know I will be at and see if they want to come along. Sometimes they show up and it is great to see them reconnect with AA. I'm grateful that today I can listen to the old timers and get good suggestions from them. I ask myself, am I still seeking to get recovery or have I slipped into a passive state. No power in earth can help me without my starting with the willingness to do what I need to do. Even God tends to help those who help themselves.

"Direction not Perfection" was heard at the Leominster Saturday 7-8am EyeOpener Meeting held weekly at the Wilder House Lodge.

**AA DISTRICT 13 FUNCTION COMMITTEE  
WORKSHOP/INFORMATIONAL PRESENTATION**

# RELAPSE !!!

**Saturday, February 19, 2011  
1:00 – 4:00 PM  
Unitarian Universalist Church  
58 Lowell St  
Nashua NH**

**WHEN DOES RELAPSE BEGIN?**

**WHAT IS THE "RELAPSE PROCESS" ?**

**WHAT IS "PARTIAL RECOVERY" ?**

**WHAT ARE THE WARNING SIGNS OF RELAPSE ?**

*After all, I've got 15 years in AA. I'm not a newbie! I don't have to go to as many meetings anymore. I'll never drink again. Not me!*

**ABSTINENCE ALONE IS NOT RECOVERY**

Save the date:

<p style="text-align: center;">The 12<sup>th</sup> Annual New Hampshire State Conference of Young People in Alcoholics Anonymous</p> <p style="text-align: center;"><i>Friday, February 25<sup>th</sup> 2011 at 3:00pm to Sunday, February 27<sup>th</sup> 2011 at 12:00pm</i></p> <p style="text-align: center;"><b><u>Courtyard Marriott</u></b> 2200 Southwood Drive Nashua, NH <b><u>Pre-Register now for \$15!!!</u></b></p> <p style="text-align: center;">Please Contact us: Website: <a href="http://www.nhscypaa.org">www.nhscypaa.org</a> NHSCYPAA 12 PO Box 3564 Manchester, NH 03105 Registration Chair: Lacey (603) 724-7259 Hotel Chair: Rob (603) 568-9205</p>	<p style="text-align: center;"><i>Join us at the Next District Meeting: Wednesday February 17, 2011 7pm At the Merrimack YMCA off DW Highway. All AA members encouraged to attend!! More info: <a href="http://www.nhaa13.org">www.nhaa13.org</a></i></p>
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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 March 2011 Edition will be February 12, 2011.

**NH AA Hotline:  
1-800-593-3330**