

District 13 NH AA Newsletter

Step 1. "We admitted we were powerless over alcohol - that our lives had become unmanageable."

Tradition 1 "Our common welfare should come first; personal recovery depends upon A.A. Unity"

January 2011

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

www.nhaa13.org

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Step1: One AA member shares about his journey of recovery.

On a long train ride, my wife and I, by chance, sat with an academic whose specialization was in the field of addiction studies. During a lengthy conversation, she asked my opinion of the statement, "most people who relapse haven't really taken Step 1." My answer was perhaps ambiguous and I simply said I wouldn't disagree with the statement. But, I have thought about it ever since.

Over my many days and years in AA, I have heard and read many things about the first step. I have heard very often that it's the only step we can take "perfectly" and that's written in the 12 x 12, p. 68. So in thinking about my sobriety and my taking Step 1 many 24 hours ago, is the "perfection" of what I did back then the foundation of my sobriety today? Obviously, I did something right back then but what does it mean for today?

A friend in the fellowship introduces himself as an alcoholic and then says, " I haven't drank ... today and that's a miracle." To make such a statement may be at the heart of Step 1. To acknowledge the miracle of my sobriety is to acknowledge my powerlessness over alcohol. I do believe that on a daily basis, I need to confess my helplessness and my need for help from a power greater than myself. So, in my morning prayer, asking a power greater than myself for the help I need to stay away from the first drink today is taking Step 1 on a daily basis.

But in order that my morning prayer does not devolve into rote repetition, I need to be truly aware of the nature of my disease. I need to remember the condition I was in when I got here; something my disease really doesn't want me to do. There are two main tools for me: sharing my experience, strength and hope with other alcoholics, and secondly listening to other alcoholics as they share their experience, strength and hope, both those with long term sobriety as well the newcomer. And as my disease still works to make me forget, I need to do this is on a regular basis. Step 1 requires my active participation in the fellowship of AA.

If at the end of a sober day, regardless of anything and everything else, I can offer a prayer of true gratitude for another day of sobriety, if I can say with my friend, this is truly a miracle for which I am truly grateful, then for today, I think I have taken Step 1 perfectly. " A grateful heart will never drink."

Submitted by a member of AA from the 13th District of New Hampshire

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 November 20 2010 Area Inventory Assembly: If no one is doing the service job, anything you can do is better than nothing....

I attended the Area Assembly on November 20 2010 held in North Conway. My DCM Jeanne was there, and one other member of District 13. The topic was "Area Inventory". The attendees represented a good cross section of NH AA. We were divided up into 7 tables and asked to consider a list of questions about what the Area was doing well, and what it could do better. The report backs from the tables revealed a lot of great ideas that would have gone untouched had it not been for the inventory process. The Area was well represented and took notes of the suggestions. I was impressed by the level of commitment by the Area and the hosting District to make the workshop comfortable and they provided us with an excellent selection of breakfast and then lunch to choose from. Many GSRs from the host District were on hand to volunteer. I ended up sitting next to Diane, the area Function Chair, and was able to talk to her about some ideas my Homegroup had for possibly doing a workshop at the Area Convention (I was tasked by my homegroup to bring this idea to District).

What did I learn? I learned the Area has the same challenges filling open jobs as our District, and my Homegroup. People are fearful about doing service. They are afraid they will be stuck doing a job forever. We forget that AA was here when we came in because of dedicated people who take recovery seriously enough to do service work. Diane (area Function Chair) shared at my table that when a service job is open or unfilled, if you take it, you can not do any worse! If no one is doing the job, then anything I can do is better than nothing. Beyond that, the sky is the limit. It is up to me to bring whatever I can to the jobs I take on. I hear a lot of sharing about gratitude, especially during this month of November, but the fact is my district has no Treatment or Corrections Chair! How can that happen? Apparently, there is no alcoholic anonymous member in the Nashua District grateful enough to go to a District meeting once a month and a Area meeting 4 times a year to see what they could do? I did the Treatment job for 2 years, and when my current job as newsletter chair ends, I will get another service job. I pass this example on as a suggestion to the men I sponsor. I tell them point blank they need to 1) have a home group and 2) have a job. If they are not willing to do this, my sponsor tells me, there is no way they will be willing to do the work required to go thru the steps, recover, and pass the message on. Its tough language, but isn't it true?

Reported in a spirit of love and service, John

KEEP COMING BACK, IT WORKS WHEN WE WORK IT!!!

Do more than belong: participate.
 Do more than care: help.
 Do more than believe: practice.
 Do more than be fair: be kind.
 Do more than forgive: forget.
 Do more than dream: work.

~~~William Arthur Ward

## *Passing It On. How I began to have an Attitude of Gratitude.*

It recently occurred to me that a lot of promises have come true for me, and I felt a wave of gratitude that prompted me to write this short article. I came to AA after Alcohol had yet again beaten the crap out of me. I did not want to stop drinking, but even I had to admit it was destroying my life. My first meeting I heard..."get on your knees and ask a Power Greater than yourself to keep you away from a drink or a drug..." and I tried it and I was able to stay sober for 1 entire day. The next day I went to another meeting and I heard "keep coming..." so I did. I started to hear things like "get active in your home group...", so I volunteered to be a substitute coffee maker. Guess what happened? I was a substitute for 1 day, and then I was the "new" coffee maker. You tricked me into doing a service job. After a few weeks, I went to my AA meeting and nobody was seated at the "chairman's" seat. It was suggested to me to chair the meeting. I said to the person, "I don't want to offend anyone, since I am so new, I do not think I should be chairing" I was told I did not need to worry about offending anyone, and to take the "chairman's" seat and conduct the meeting according to the printed format. You know what happened? I did it, and it did not kill me! I chaired the whole entire meeting and many more for that group in the next few years. After 18 months of sobriety, you told me I would make a good treasurer. I said..."But I do not have 2 years sobriety that the group requires!" You told me not to worry, that you would be able to get me a "special exemption". I was treasurer for the next 15 months, and learned a lot about how my home group functioned. Later, I was tricked into becoming the GSR, by an old-timer who did not have a license. He said "I'll be the alternate GSR if you drive me to the District meetings." I ended up with perfect attendance for 2 years because that old-timer never allowed me to "forget" about a District meeting or Area Assembly! I have finally given up trying to "hide out in AA" and I volunteer for service jobs that I am interested in learning about. I have been GSR, Treatment Chair, Web Page Chair, and I now have another active role. These jobs have put me in touch with others who do service work, and these people make a huge difference in my recovery, so I (you told me to "stick with the winners"). All this because I was willing to take suggestions from people further down the path of recovery. Today, I can see the promises come true for myself and for others who are willing to do the work suggested in the Big Book. My family, friends and coworkers are also reaping the benefits because I am continuing to apply what I learn here in AA. You are my best teachers, and I try my best to carry the message to the next sick and suffering alcoholic. That is how I try to pay back the debt I owe to AA and those who cared enough to make sure AA was still around when I came around! Thanks for caring. -anonymous

***Get Active!!! at the Next District Meeting:  
Wednesday January 19, 2011 7pm  
At the Merrimack YMCA off SW Highway.  
All AA members encouraged to attend!!  
More info: [www.nhaa13.org](http://www.nhaa13.org)***

## District 13 Function Committee is hosting a Meditation Workshop

Date: Saturday, January 22, 2011

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

Time: 1:00-4:00 PM

It's hard to believe another year has come and gone. The big book suggests that we improve our conscious contact with God, as we understand him, through prayer and meditation. Many of us have a difficult time with, or do not know how to begin to do this thing called meditation.

We invite you to join us for an insightful and enjoyable journey into the world of meditation. We'll find that there are many ways to meditate, and how you can find what works for you. We will also be taken through a guided meditation session to give us a sense of how it works.

Light refreshments will be provided.

Save the date:

The 12<sup>th</sup> Annual New Hampshire State Conference of Young People in  
Alcoholics Anonymous

*Friday, February 25<sup>th</sup> 2011 at 3:00pm to  
Sunday, February 27<sup>th</sup> 2011 at 12:00pm*

**Courtyard Marriott**  
2200 Southwood Drive  
Nashua, NH  
**Pre-Register now for \$15!!!**

Please Contact us:  
Website: [www.nhscypaa.org](http://www.nhscypaa.org)  
NHSCYPAA 12  
PO Box 3564  
Manchester, NH 03105  
Registration Chair: Lacey (603) 724-7259  
Hotel Chair: Rob (603) 568-9205

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 February 2011 Edition will be January 14, 2011.

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