

District 13 NH aa

Step 6. "Were entirely ready to have God remove all these defects of character."

Tradition 6 " Our groups ought never endorse, finance or lend our name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.."

Serving the towns of Amherst, Brookline, Hollis, Hudson, Merrimack, Milford, Mont Vernon and Nashua
Next District Meeting: June 15th 7pm Merrimack YMCA

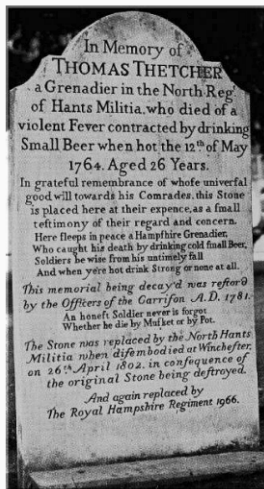
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WebSite: www.nhaa13.org

email: newsletter@nhaa13.org

Here is my experience with step six *Mike K.*

These steps are in a format for a reason and to get to step six I needed to go thru the first 5 as thorough as possible. 1,2,3,-I cant he can I think I will let him and 4 and 5 a moral inventory and then admitting my wrongs to god and another person. It is to this point I have discovered I had many character defects that I needed to change or surely I would not change. So I know now for me those seven deadly sins that we talk about are within me and I must work on these character defects a day at a time with love, tolerance and acceptance as best I can when they arise. I am human trying to lead a spiritual life as best I can and I have all these defects that I had always crossed the line to excess mostly by reacting instead of thinking them thru. So a lot of times when I am restless irritable or discontent it is something within me that needs to change. This is when I am told to pray about it, talk to my sponsor to help guide me. The one thing I do know with some genuine certainty is when I have that knot in my stomach it is not the drink or drug calling out to me it is either I am not doing what I should be or doing something I should not be. I know right from wrong and always had. I just chose to do it my way and always paid the price. I will not be cured of all these character defects as some I like a little and will not let go until the pain is great enough. I am not driven blindly any longer as I have found help in these halls and my higher power. First I have to remember that power is not me any longer. Mike K.



AA History Photos
Left: Tombstone of "The Hampshire Grenadier" mentioned in Bills Story.
Right: Bill and Lois pack up the Harley for a 1 year tour of the Eastern US. Bills reports back to Wall St got him hired as What is known today as a Stock Analyst.

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

District 13 Sponsorship Workshop report

I attended the District 13 Sponsorship Workshop held in April to see what I might learn about sponsorship in hopes of being a better sponsor to those who ask me for help. District 12 (Manchester and surrounding towns) put on the workshop, and kept it lively and interactive. There were 3 separate panels: panel 1 was asked "What does your sponsor ask of you? Panel 2 was asked "How do you choose a sponsor? Panel 3 answered "When did I know I was ready to be a sponsor?. One interesting thing I was able to take away was that AA sponsorship is highly recommended but loosely defined. Sponsors define how they are able to be of service by their experience with being a sponsee. The sponsorship pamphlet put out by General Service is a great place to look for detail on what AA says sponsor is and isn't. There were a couple of themes that seemed to cover many people experiences: One theme heard often is sponsors help sponsees with learning about AA and then working the 12 steps. The other theme I heard was to carry the message not the mess. Panelists shared about how a sponsor can only share their AA experience and they should not act in any other capacity (ie not a banker, cab driver, lawyer, doctor, marriage councilor etc...). Many sponsors require phone calls, and others require meetings and service work, while others are more hands off "when the student is ready the teacher will appear'. Many shared about how they did a bit of foot dragging when asked to do the steps. My experience is that good AA sponsorship allows a person to grow spiritually and eventually not be so dependant upon a sponsor for how to work the AA program and live life. Some reported that the goal of sponsorship is to eventually have a sponsee become a sponsor, and that made sense to me. Nothing has taught me more about the AA 12 step program than when I sat down and began working one on one with a man who asked me if I could sponsor him. I've since done this repeatedly and I've been privileged to see these men go on to help others. When that happens, I know I'm repaying a debt of gratitude for what my sponsors did for me. I hope you give it a try and let me know how it works for you! Reported by John N (District 13 newsletter chair)



Bill W. with his Sponsor Ebby T.

What Do You Keep In Your Wallet Or Purse That Means A Lot To Your Sobriety ? ? ? ? ? !!!!!!! Good Stuff !!!!!!!

February 7, 2007

Happiness

One day, a couple of years ago, I was walking along a sand road on the West Coast of Florida, when an answer came to me.

I suddenly said to myself, "I want everybody whom I hate or fear, everybody who has ever injured me, or whom I may have injured --

I want them all to be as happy as I want to be. I want them 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.

c. November 1967, The AA Grapevine, Inc.

Look back and be grateful, look ahead and be hopeful, look around and be helpful.

Physical activity will dramatically improve your outlook today. You might just find you need to believe me.



A person who is not afraid to follow his dreams is a person who is not afraid to follow his own path.

Prayer 5-3-2011

"Lord, take me where You want me to go. Let me meet who You want me to meet. Tell me what You want me to say, and keep me out of Your way."

- Fr. Mychal Judge, O.F.M., Chaplain, New York City Fire Department beloved AA member perished in the World Trade Center while tending to wounded, 09/11/01

Listening well is as essential to all true conversation as talking well.

Asking for Help

Putting my ego aside to ask others for help still doesn't come naturally. I have yet to find a place in the Big Book that says, "Now you have completed the Steps, have a nice life!"

But the rewards of asking for help -- increased humility, connection, and trust -- are well worth the effort.

The joy is in the journey, so enjoy the ride.

Thought to Ponder . . .

To me it makes sense, opens up a fascinating field of endeavor and is a challenge, the acceptance of which can make of life the "Adventure Magnificent."

Where my life had been full of mental turmoil there is now an ever-increasing depth of calmness. Where there was a bit of mess attitude toward living there is now new direction and force. The approaches of man to God are many and varied. My conception of God as Universal Mind is after all but one man's approach to and concept of the Supreme Being.

AA Thought for the Day

Adventure

January 23, 2008

(courtesy AA/Primo Bell)

AA Thought for the Day

July 16, 2009

Perfection

Following the principles laid out in the Big Book has not always been comfortable, nor will I claim perfection. Now you have completed the Steps, have a nice life!" The program is a plan for a lifetime of daily living.

Thought to Ponder . . .

Give me the courage to be imperfect.

In praying, we ask simply that throughout day God place in us the best understanding His will that we can have for that day, and be given the grace by which we may

*Save the Date: join us at the Next District Meeting:
Wednesday June 15, 2011 7pm
At the Merrimack YMCA off DW Highway.
All AA members encouraged to attend!!
More info: www.nhaa13.org*

Nest Mountaintop Meeting of 2011
Summit of Pack Monadnock Miller State Park Route 101 West
Sunday June 5th at 5pm. State Park Fees apply Step 11 Speaker Discussion

DISTRICT 13 AA FUNCTION

**Join us Saturday May 28 1-4 pm at the
Universalist Unitarian Church in Nashua
for a Workshop on AA Service**



We will attempt to shed some light on the mystery of doing AA Service as a way to feel better about ourselves. Bring a friend or sponsee whose recovery and very life may depend on whether they decide get active in AA or not.

District 13 Function for June will be.....
BBQ!!!!!!!!!!!!!!!!!!!!!!
June 18th 1-4pm
At the UU Church in Nashua.

Bring a dish or dessert to share. Bring a friend who needs to get of their butt!

The District will provide
The grill, dogs, burgers,
Coffee, soda, chips, water.

There will be a tag meeting from 2-3pm.

Check out the details Online!

WWW.NHAA13.org

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 July 2011 Edition will be June 10, 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