

District 13 NH AA Newsletter

Step 3. "Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.."

Tradition 3 "The only requirement for A.A. membership is a desire to stop drinking."

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

Step 3 – Made a decision to turn our will and our lives over to the care of God “as we understood him”. Written in Love and Service Jeanne L., District 13 DCM

Yesterday the 9th I celebrated my 10th anniversary and I know in my heart that if I did not turn my will and my life over to care of God that I would not be here today. I had so many mixed emotions when I came to AA. I was a broken person that had shame, remorse and many regrets of the things that I did in the past. I blamed everything on everyone including God. Going to meetings, reading the Big Book and other AA booklets helped me to understand that I had a disease called alcoholism. The words that I really hung to were "rarely have we seen a person fail who has thoroughly followed our path". In the beginning I went just to meetings and listened. I listened how the steps helped a lot of people and decided it was time for me to start my journey. I am not sure when I turned my will and my life over to the care of God and I do not know His plans for me however I do know that I would not have the peace and serenity that I have today if I had not turn to Him. I don't know His plans for me, but I have faith that I will not be alone to do them. The third step prayer has been the medicine I need, by asking Him to relieve me of the bondage of self, that I may better do Thy will and by taking away my difficulties so I may do His will always. A very dear friend told me a few years ago when I was going through a tough time to say the Third step prayer morning and night and by doing that the fear I had was replaced with peace. Thank you God for another chance for a life that is second to none.

Holiday Sanctuary By: Shannon M. 1/23/2011

Amidst the melancholy, madness and merriment of the holiday season exists a sanctuary where the phrase, 'come one, come all,' may as well be posted above the front door, as it aptly announces the welcoming at our Alcathon. Here we join our AA family, whether we sit back on our own or squeeze into a seat in the crowd, like an honored family member, there is always a place for you.

Our Alcathon is a gathering of Alcoholics and Addicts who come together during Christmastime for fellowship and to celebrate Sobriety. A safe place where we are banded together; where possibility, promise and peace can be seen and felt. Undeniably, a community hall, but a haven for us, nonetheless. It pulls people together to create and share an experience similar to the stringing of lights and hanging of ornaments on the Christmas tree. Although, we have not a particular religion which dictates us, the event symbolizes a special time of year for sobriety, selflessness, and togetherness. Higher power notwithstanding, "thank GOD for that!" The gifts are in the staying safe, sober and connected. The biggest present is being present.

An open invitation is all one needs to walk through those doors. At the Alcathon, there is a warmth in shared identity, as a 'family' should be. Regardless of one's state of affairs or state of mind, there is a seat for you. For all Alcoholics and Addicts, 'tis the season,' when we can come together in the spirit of Recovery.

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

A Season of Serenity by Victoria L.

As the world around me dressed up in ribbons and shiny lights and the days turned shorter and the nights colder, I took a moment to reflect on the year passed and on the season of holidays just pasted. With a deep inhalation, I can almost feel the presence of something greater within me. How different this time of year appeared through these eyes just a single year ago....

My journey through the halls of recovery over the past 13 months has been one of many valleys, mountains, jagged cliffs, and wide open fields. I have experienced the pain of death and the pain of birth and have learned to let go of them all and have faith that I am exactly where I am supposed to be in this moment. So as I sit here, still reflecting, I begin to realize that perhaps this very experience is exactly what my sponsor was talking about when she said "dream big." My big dreams used to be made up of people, places, and things. Today, however, big dreams have a completely different way of being measured, of being understood. Dreams today are about carrying with me a sense of self, a sense of belonging, and above all a sense of serenity. The Holiday season used to be one of stress, of pressure to buy expressions of love, of anxiety about festive gatherings, and of remorse for drinking too much before the parties were even over. Now, this very same season has a whole new meaning in my life- it is a time to live out those big dreams of experiencing an inner peace of heart and serenity. Thanks to the program of recovery offered by AA and the Big Book, I am able to take this internal state of being and live it in my life. I always have struggled with this step from the internal world to the external world, bringing my intentions and sincere feelings of goodwill into manifestation, actually bringing them to life. Through sobering up and clearing my body of mind altering substances, working the steps, practicing love, tolerance, patience, and honesty in my life and asking for help, I have started to holiday season was a bit different than the ones of seasons past. Friends received small homemade treats with a card and humble donation in their name to charity; I hummed Christmas songs and honored the holidays by slowing down and making time to be with others; I attended a sober pot luck put on by young people in recovery; I felt ok about being me and couldn't even complain about the cold weather. AA has changed my life, both internally and externally, and I have faith that this season of serenity will carry on into the changing calendar months...

District 13 Function Committee Does it Again! Report from the Trenches John N.

Step 11: Prayer and Meditation Workshop is for sissies!

Before I came to AA, I truly thought that prayer and meditation were for weak minded people who didn't have the gumption to do the right thing and take care of their own problems. I now admit it was that kind of attitude the eventually brought me to AA and also to my knees and I became willing to ask for help from both the fellowship and God. With the help of a sponsor and all of you powers of example (goods and bad) I see that prayer and meditation can be used to increase my serenity and ability to deal with people places and things, which still has a strong effect on my day to day living.

I attended the Meditation Workshop put on by District 13 Function Committee. It was held at the Unitarian Church from 1-4 on Saturday afternoon Jan 22, 2010. I did not know what to expect, but as often happens, I was really grateful I got to experience this event first hand. Here is what happened: Elaine led us (over 50 members of AA) thru an hour of chair yoga. She had us follow her lead and worked every muscle in our bodies tensing and relaxing them all. Each person was able to decide how much to do, but in the end, I felt very relaxed. It was funning to see ourselves as a group with some of the "poses" we did, and there were many humorous moments during the session. There was a question and answer session after where some great ideas were shared about how to get started. Then we took a 15 minute break and got to socialize and get some refreshments.

After break, we came back and Beth distributes sheets with graphic patterns and crayons for everyone to use to color in the patterns. Then she showed a film about life on earth that asked the question: how can you say there is no God? Then she walked us through a PowerPoint that described the many forms of meditation: active and passive, idea focused or clear the decks...I did not know there were so many types of meditation, but recognized the activity based as I had experienced it during long bicycle rides. She led us through a guided group mediation and after that several people volunteered to share about where they found their place of peace. Finally, she handed out bubbles and we all blew bubbles and we instructed to put our problems inside the bubbles and let them drift away and take care of themselves. It was a great experience, and I left feeling strengthened and rejuvenated both mentally and physically. I'm grateful to my HP for allowing me to be part of and to District 13 for putting on this event. It has enhanced my sobriety and I want to continue to grow along these lines.

*Save the Date: join us at the Next District Meeting:
 Wednesday March 16, 2011 7pm
 At the Merrimack YMCA off DW Highway.
 All AA members encouraged to attend!!
 More info: 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 April 2011 Edition will be March 11, 2011.

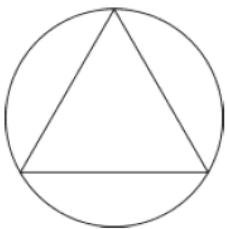
**36th anniversary Merrimack
 Monday Nite** at the YMCA in Merrimack
 on 6 Henry Clay Drive on Monday, March 14,
 2011. Food at 7p and meeting at 8-9:15p.

Thank you very much,
 Nancy S, GSR
 Thank you Nancy for the info! The Editor

2011 will be the 12th annual Northeast Fellowship of the Spirit Conference (NEFOTS) to be held in Maine. This conference is committed to carrying the message of Recovery from alcoholism through the 12 Steps of Alcoholics Anonymous as outlined in the Big Book and is open to all who seek recovery.

March 18,19,20, 2011
HOLIDAY INN BY THE BAY
 Portland, Maine

FOR More info: www.nefots.org or email info@nefots.org



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!

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

NH AA Hotline:
1-800-593-3330