

District 13 NH AA Newsletter

Step 5. "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Tradition 5 Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

Serving the towns of Amherst, Brookline, Hollis, Hudson,
Merrimack, Milford, Mont Vernon and Nashua
Next District Meeting: May 18 7pm Merrimack YMCA

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WebSite: www.nhaa13.org

email: newsletter@nhaa13.org

Step 5- A Freeing and Uplifting Experience

My name is Dick and I am an alcoholic. I was born an alcoholic and will die an alcoholic. I have no choice in the matter. The only choice I have is what I can do about it. For over 40 years I chose to drink and it left me physically and spiritually bankrupt. Today, I choose to live sober with the help of Alcoholics Anonymous, by practicing the 12 Steps and through the grace of a Higher Power.

Initially, like many others, I used alcohol as a social lubricant. It worked so well for me that I began to use it to deal with anything that would take me out of my comfort zone. Eventually, my comfort zone shrank to a point where getting out of bed was becoming a traumatic experience. Simple things like answering the phone and opening my mail were things I could not face without a couple of drinks in me. My character defects were totally out of control and the only way I could cope was by self medicating. By the end of my drinking, even this stopped working. I was never so miserable in my life. I knew that I wanted to stop drinking and that I had to change, but, I did not know how to do it.

Through a series of events, I found myself in AA. When I got here all I was hoping for was to be able to stop drinking. I soon found that it was the vehicle for change which I had been seeking. I eagerly embraced the program and, with the help of a really good sponsor, got into the Steps. When I was ready, I anxiously got into Step 4. If I was going to change, I had to identify the things that needed changing (i.e. character defects). It was not pleasant to look at how I had messed up my life, but, it was a relief to have identified what needed fixing. Now, I had to share my dark secrets (at least, in my mind) with someone else.

I decided to do my 5th Step with my sponsor. I already had a good rapport with him and had we had developed a good deal of mutual trust. Mutual trust was a key element in doing this step. He shared some things about himself with me which only added to this trust. He told me he would not pass judgment on me over anything I would tell him, and, he didn't. I also chose to do my 5th with him because I would now have someone who knows me and my defects and would be able to point out when I'm off the beam. Doing this step was one of the best things I could have done. It was such a relief to have shared things that I never told anyone with someone else. It was such a relief to be told that I was not as bad as I thought I was. It freed me up to help me to grow as a person and become the person my Higher Power intended me to be.

If anyone has not done this step, it is not as intimidating as it may seem. I attend a lot of 12 & 12 meetings and have heard people discuss the different methods and settings in which they have done their 5th Step. Also, I have heard them discuss the different people with whom they have done this. Personally, I chose to do it with my sponsor, for reasons given above, and we did it concurrently with my 4th Step. It was a method that I was comfortable with and which worked for me. The most important thing is to find a way to do this that works for you. Do not delay or avoid this Step out of fear because it could bring you closer to that next drink. If you want to continue to develop as a person this is only one more step in the process. It is a step well worth taking. Good luck.

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

Area 43 Annual Convention "Pass It On" means more than just words.....

"Pass It On" was this year's theme for the NH Area 43 Annual Convention. I was like a sponge, also heard some great speakers. However Saturday afternoon the Area Hotline chair person Marybeth received a call from a lady in Nashua, she needed a call from a volunteer because she wanted to stop drinking. Marybeth and I called she was very sick, frightened and going into withdrawals. We had her call a friend to get her to the hospital emergency room. We called later in the night but did not get a response. Sunday morning we called again, she answered the phone, she was much better. I am her temporary sponsor and have been meeting her at meetings.

During dinner Saturday night a couple was looking for a place to sit. We had 2 extra chairs at our table. The young lady had six months sobriety and was struggling to stay sober. Marybeth and I gave her our phone numbers, and we spent quite a bit of time with her just reassuring her that she was doing the right thing by reaching out. Not only did Marybeth and I reach out the hand of AA, we also passed on the gift that was freely given to us.

It was also nice to see a lot of people from District 13 at the convention.

On a sad note, Marybeth the Area Hotline chairperson passed away early Tuesday morning April 12th. She enjoyed being in service both at group and area level. She will be missed by many people. I am grateful that I was able to have a great weekend with her. Please keep her family in your prayers.

Jeanne L. District 13 DCM

2011 Area 43 Convention: New activities featured at this years event. By John N.

I attended the Area 43 Convention on Friday April 8 thru Sunday April 10. I noticed that the Area Function team had added some new activities to the regular Convention agenda. I thought I would share these with you. There was a Meditation "Cave" available the entire weekend for quiet reflection. They also had a Movie room, with huge leather couches that had continuous AA movies including Days of Wine and Roses, When Love is Not Enough (Lois's story), My Name is Bill W and Bills Own Story (actual film of Bill and Lois taken at there home in the 1960s. Another new feature was a Yoga workshop, which I attended. It was a 1hour and 15 minute series of instructor

New Activities continued from page 2.

I led yoga poses that really put me to the test, as I had not ever done Yoga before, but absolutely enjoyed. Also, Friday night had an AA play called "The Man on the Bed", which attempted to tell the story of Dr Bob and Bill W's first attempt to carry the message of recovery to AA number 3, Bill D. This was followed by live entertainment by several volunteers who sang, told jokes and played guitar. The convention also had the expected workshops, keynote speaker meetings, marathon AA meetings around the clock and the popular hospitality suite staffed by AA volunteers from the local districts. The weekend was a great way to recharge my AA recovery and getting out of my normal routine proved to be a good thing. I made some new friends and was able to catch up with many AA people who I would only see at service events. I hope this article encourages you to check out the opportunities to expand your recovery at a weekend event.

District 13 March Function Report: Movie Event :My Name is Bill W.

I attended the District 13 Premier screening of "My Name is Bill W". It had been some years since I had watched this flick starring James Woods as Bill W and James Garner as Dr Bob. Since seeing this movie in early sobriety, I have had the chance to read "Pass It On" by Bill W and "Dr Bob and the Good Oldtimers" written about Dr Bob and the Akron AA history, and I can report that the movie is an entertaining and accurate depiction of how Bill got sober and met Dr Bob and began to work with others, eventually forming AA as we know it. The movie also depicts how Lois Wilson, Anne Smith and Ebby Thatcher played big parts in the start of AA. Bills descent from a high flying stock speculator to a hopeless alcoholic reminded me of how alcohol played a big part in my life story. Bills eventual recovery was spurred on by the appearance of Ebby, a drinking buddy Bill knew to be a hopeless alcoholic. Ebby carried the message of recovery to Bill from the Oxford group. Bill soon went to his 3rd and last detox at Townes hospital. There he had a Spiritual Experience that assured him he would be spared from alcoholism if he would in turn help others to recover. Bill attempted to work with others, but only managed to keep himself sober until he met Dr Bob in Akron in 1935. He and Bob went to the Alron city hospital and met AA number 3, and from there AA began to slowly grow. Over the next 15 years, Bill and Bob carved out the template of recovery that survives to this day in our meetings and literature. The movie ends at a point where Bill attends an out of town meeting where he is not known and he ends up spending time after the meeting listening to and sharing his story with a newcomer who clearly needs some help. The movie was well attended and there were lots of snacks and refreshments. It was an enjoyable way to spend a Saturday afternoon. Thanks to Ron for putting the event together and Tim for use of his laptop and speakers to play the DVD on.

*Save the Date: join us at the Next District Meeting:
Wednesday May 18, 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 May 1pm. State Park Fees apply Step 11 Speaker Discussion Meeting

Annual AA Breakfast and Speaker Meeting

Sunday May 15, 2011

Woodbound Inn

247 Woodbound Rd

Jaffrey NH

\$12 Breakfast Buffet: Scrambled Eggs, Potatoes, Bacon,
Sausage, Pancakes.

District 13 Banner Contest!!!

Design the logo for the District 13 Webpage!!!

For Details, go to:

www.nhaa13.org

And click on the Bright Yellow Banner Contest Logo

District 13 Function Committee Event Calendar: All events at UU Church corner of Lowell and Canal Streets in Nashua.
Saturday May 28th 1-4 pm AA Service Workshop -bring yourself and sponsees to find out exactly what it means to "get active". Interactive, refreshments served.

Saturday June 18th 1-4pm 18 AA BBQ AA members, friends and family welcome!!!!



This Dayton Ohio group donned masks in 1942 to protect their anonymity from press.

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 June 2011 Edition will be May 13, 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