

District 13 AA newsletter for November 2011

Next District Meeting: Wed Nov 16th 7pm Merrimack

YMCA

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

Volume 16 Issue 11

WebSite: www.nhaa13.org

email: newsletter@nhaa13.org

*Tradition 11: "Our public relations policy is based on *attraction* rather than promotion: we need always maintain personal anonymity at the level of press, radio, and films."

*Step 11:" Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out."

My Song of Prayer and Meditation ... *Spark to Flame*... Nourishing the Sunlight of the Spirit: Let it Shine!

My Higher Power is Light and Love. I practice deeper awareness of myself through repeating mantras and finding stillness in the quiet place within - which I call my Sanctuary.

How do I nourish my relationship with a Higher Power? I call God. When I re-entered AA I changed everything to survive. God guided me to a sponsor who demonstrates the principles of AA. I listen to her advice and take her suggestions. I also became active in a home group, and a woman's group. I practice vigilant honesty in my head, heart, and in my actions. Practicing honesty has taken self discipline and help from God! I carry out my relationship with God through prayer and meditation as a daily routine. This is the rhythm of my life today. This process has taken effort but in the end I feel I am blessed with priceless gifts.

Each morning, God is my first thought. I get on my knees and humbly offer myself by saying the Third Step Prayer "...to those I would help of Thy Power, Thy Love, Thy Way of Life. May I do Thy Will Always." Then, the Seventh Step Prayer - I ask for help in altering my limitations to be of better service. Next, the Eleventh step prayer to spin me into a positive attitude. "Lord Make me an Instrument of thy Peace, where there is hatred let me sow love, injury let me sow pardon, despair....hope, darkness... light, and where there is sadness, sow joy." Having a positive attitude allows the right thoughts and actions to flow through me like breath through a musical instrument.

I pray to God throughout the day in my own words for the well-being of others. I practice breathing deeply, inhaling faith and then sighing, often exhaling angst. This is a process of practicing open mindedness and *routine*. In early sobriety I chanted aloud or in my head mantras such as the Acceptance paragraph, the Serenity Prayer, the Lord's Prayer, the AA slogans, or parts of inspirational songs. Repetition gave me sanity. I was loved and protected even when I was actively drinking, and now I praise my Higher Power for this new day. Over time this all has become a part of my mind. Praises!

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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

NH AA Hotline: 1-800-593-3330

My Song of Prayer and Meditation ... *Spark to Flame*...

(continued from page 1.....)

Praying is actively communicating with my Higher Power. In addition to praying, I meditate. Meditation is being still and listening. For me, quieting my mind has been the biggest challenge. I had to give myself time to change the patterns of my thoughts - which was a slow process. Being aware of my internal feelings was uncomfortable. I needed to sit with the feelings to become aware and know myself on a deeper level. By meditating, I have been able to accomplish this.

At first my meditations were a couple minutes of focusing on the rhythm of my breathing as ocean waves. Over regular practice I was able to extend the time. Some of the tools that help me go within to my serene sanctuary are: gazing at my fish tank (or a candle), listening to soothing music or recordings of water sounds, or staring at something in nature. When I am doing these activities I am in God's time. Throughout meditation, I relax my deep breathing into a slower pace. At meetings, I consciously practice breathing at a deeper, slower pace while listening to others speak. The reading aloud of "How it Works" in the Big Book is my cue to slow down and relax into the session. The discipline of daily meditation is essential to cultivating my spiritual growth.

God's purpose for me today is to meaningfully practice prayer and meditation. My home group and service help to keep my spiritual flame alive. Being able to give and receive God's Grace is a blessing. Let the Light shine!

Pat C.

November is Gratitude Month.

I want to take this opportunity to thank the District for entrusting me with the job of producing this newsletter for the past 2 years. Because of this job, I was able to meet a lot of you that I would otherwise not have. Many of you helped me out by sending in Articles, poems, events, pictures and other information related to recovery from Alcoholism. Without such help, I could not have done the job, and for that I am truly grateful. The articles you sent in mean a lot to me. When someone writes something from the heart with the hope of helping themselves and others, I find that I am touched by their honesty and frequently, I think of things differently after I see their perspective. So...thank you for allowing me to grow and for sharing your personal stories of your journey in recovery with me.

Best Regards, John (outgoing) District 13 Newsletter Chair

Slow Me Down, Lord!

By Wilferd A. Peterson (August 21, 1900 - June 2, 1995)

Slow me down, Lord!
Ease the pounding of my heart
By the quieting of my mind.
Steady my harried pace
With a vision of the eternal reach of time.
Give me,
Amidst the confusions of my day,
The calmness of the everlasting hills.
Break the tensions of my nerves
With the soothing music Of the singing streams
That live in my memory.
Help me to know
The magical power of sleep,
Teach me the art
Of taking minute vacations Of slowing down
To look at a flower;
To chat with an old friend Or make a new one;
To pat a stray dog;
To watch a spider build a web;
To smile at a child;
Or to read a few lines from a good book.
Remind me each day
That the race is not always to the swift;
That there is more to life Than increasing its speed.
Let me look upward
Into the branches of the towering oak
And know that it grew great and strong
Because it grew slowly and well.
Slow me down, Lord,
And inspire me to send my roots deep
Into the soil of life's enduring values
That I may grow toward the stars
Of my greater destiny.

God, please clear away the dark clouds of resentment, negativity and fear that I produce daily by self will, which block the Light of Your Love from my heart. Allow me to see the good in All Your Creation that I may be more useful to You and my fellows. Amen. -Author wished to remain anonymous.

*Save the Date: join us at the District Gratitude Meeting:
Wednesday Nov 16, 2011 7pm
At the Merrimack YMCA off DW Highway.
All AA members encouraged to attend!!
More info: www.nhaa13.org*

Early Birds 4th Annual Thanksgiving Day Gratitude Meeting

Thursday November 24th, 2011

6:00 AM - 6:30 AM Coffee, Food (potluck), Fellowship

6:30 AM - 7:30 AM Gratitude Meeting

Open Meeting - bring friends and family

Main Street United Methodist Church

154 Main St, Nashua

District 13 Alkathon Committee Announcement

**The Alkathon Committee is now meeting to
plan the 2011 District 13 Alcathon.**

Meetings take place every Thursday at 6:00 pm, Church of the Good Shepard, Main St. Nashua. Future meetings of the Alkathon committee; October 20, Nov. 3,10,17, Dec 1,8,15,22. Help needed especially in Nov to distribute forms and flyers to all of the meetings in Dist 13.

Many are needed, all are welcome. For more info on how you can get involved and support the biggest AA event of the year, call Mike at 603 554 5954

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

Please email AA event info to: newsletter@nhaa13.org

or use snail mail:

District 13 Newsletter,

PO Box 3513

Nashua, NH 03061

The deadline for Dev 2011 Edition will be Friday November 11, 2011.