

District 13 Newsletter for October 2011

Next District Meeting: Wed Oct 19th 7pm Merrimack YMCA Volume 16 Issue 10

Step 10 Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition 10 "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

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

WebSite: www.nhaa13.org

email: newsletter@nhaa13.org

Putting Step 10 into ACTION.....

Recently I had a great reminder that it is very important to continually take a personal inventory and when I am wrong to promptly admit it. A few months ago, I was given a certain budget to work with from my boss to spend to purchase Dunkin Donut gift cards and scratch tickets to give away as incentives to award colleagues for sending me new opportunities to grow business. I am in sales and every lead/opportunity counts. I ran the promotion for two months and handed out a whole bunch of rewards that helped me generate a few thousand in new revenue and it was a success and people were really pleased with the incentives.

A couple of months went by and my boss was holding back on my commissions and I was short on cash that week. I ran across a few of the Dunkin Donut cards. I was headed to a commitment and did not have any cash on me so I thought that it would be OK for me to use one of the Dunkin Donut cards for "myself". After all, my boss was holding back on "my" money and "I" deserve this money and who will know anyways. I proceeded to use that card and the next day the guilt and remorse hit me when reflecting on my daily inventory and who and what did I need to make things right with. I spoke to my sponsor about it and another person whom I am close to in AA. My sponsor said that that was not sober behavior and that he suggested that I correct it and read pages 84, 86-88 in the big book which discusses Step 10 and the daily inventory as well as my will versus God's will and the I, myself and my self – centeredness that I was headed back towards. My boss did not about me having the incentives left and it was suggested to me by my other confidant in the program that I finish the card and replace it first thing. I did replace the card and discussed with my boss how I had some left over incentives, which he told me to use as other rewards.

This whole situation helped me to realize how it is always so crucial for me to continue to work these step in my daily affairs and to confide in my sponsor and other close people to me in the program and to have constant vigilance when it comes to fighting alcohol.

Sincerely Yours, S.C.

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

What the Heck is an Alcathon!!!!

Alcathon Committee statement of purpose:

The purpose of the Alcathon committee is to provide a safe and healthful environment for persons with a desire to stay sober during the holiday season.

What is the Alcathon you ask? Well, the Alcathon is a sober holiday event sponsored by NH District 13 of Alcoholics Anonymous. It takes place during the Christmas holiday and runs continuously for 33 hours beginning at 12:00 Dec. 24 and ending at 9:00 on the 25th. The event features meetings sponsored by individual groups within District 13. In between each 1 hour meeting is a half hour break for eating, smoking and socializing. There is food available at all times and meals are provided periodically throughout. There are also raffles of books and gifts. I hesitate to call it a party, but it's about as close as you'll get in an AA sponsored event.

So that's the description of an Alcathon and the statement of it's purpose. The what and why. But what it has meant to me over the years and why I continue to be involved is a different discussion. Today, as person who has been in recovery for a few years, it is a chance to rediscover just how many people I actually know within the fellowship of AA. A chance to reconnect with the people I rarely see as my recovery and life have progressed and my meeting attendance has become more routine and unfortunately, somewhat limited. It's amazing to rediscover how many people have touched my life since joining AA, in earnest, about a decade ago. These desperately needed connections to people, and society are what fueled my early sobriety. And the want for more kept me coming.

That is now. But it is my first experience of an Alcathon that has shaped my feeling for the event, and in part, my desire to participate in AA as a whole. The year was probably 1999. But I'm really not sure. I was not entirely sober. Of this I am sure. The event was held at St. Stanislaus hall then and I slunk in and sat in the back, trying not to be noticed. I wanted to feel a part of it all but I didn't. I sat by myself mostly, as I recall feeling very uncomfortable. And yet I returned 2 or 3 times during that day and the next. My options had become very limited. I came away with warm memories of this group despite my inability to feel a part of anything at the time. This wasn't my first experience of AA but it was the first time that I had a real desire to be a part of it. AA meetings were still a strange and foreign thing at the time but this appeared to be a social gathering and I was familiar with that. Though I knew at this time that I had no future with alcohol and drugs it would still be a few more years before I found a bottom that I could cling to. But those warm memories of St Stans hall persist.

The Alcathon is meant to be a safe place for people new in sobriety who aren't able to be near old friends and family or who have none at all. It is a chance to experience the fellowship of AA in an unparalleled way. For me it is just another way to participate in my recovery. A chance to give a little something while receiving much more in return. The Alcathon requires a lot of people to give a bunch of little somethings that add up to much more than just the sum total of the parts. All who attend take away something. So if you've been kicked out of drinking and you're sitting around AA feeling like an imposter, consider participating. No special talents are required and all are welcome. Hope to see you there. -Mike Alcathon Chair

District Elections are being held in October. Here is a List of Open Postions:

Note: all jobs are for 2 year terms, keeping with AA's suggested spirit of rotation to give everyone an opportunity to experience the joys of service!

DCM - District Committee Member: Chair District Meetings. Report to Area monthly.

Alternate DCM-Fill in for DCM when needed.

Treasurer-Maintain records of donations and expenses for District 13, report at District Meeting once a month.

Secretary-Take notes at District Meeting and send copy to be posted on web.

Treatment-Act as liaison for District 13 and treatment facilities. Report monthly.

Corrections-Act as liaison for District 13 and correctional facilities. Report monthly.

Functions-Need chair as well as volunteers to put on District 13 events open to all AA members. Report Monthly.

PI/CPC-Act as liason for District 13 and Professional Community and provide AA information to public entities.

Newsletter-Put together newsletter. Deliver to District GSRs at Monthly meeting.

LCM-Provide District 13 information to groups with no GSR (4 areas need covering in District 13).

Alkathon-many opportunities available. Help needed beginning in September and increasing until after Alkathon on Dec 26.

GSR-Many groups will need new GSRs (2 year term suggested). Attend monthly district meetings and attend area 43 assemblies held 4 times per year.

Phone-Act as representative for District 13 for Area 43 hotline and maintain phone list. Report monthly.

Registrar-Assist groups in getting registered with GSO, report monthly.

Webmaster-maintain district13 web page www.nhaa13.org, report monthly.

***Save the Date: join us at the District Elections Meeting:
Wednesday Oct 019, 2011 7pm
At the Merrimack YMCA off DW Highway.
All AA members encouraged to attend!!***

More info: www.nhaa13.org

Announcement

The Alcathon Committee is now meeting to plan the 2011 District 13 Alcathon. Meetings take place every other Thursday at 6:00 pm, Church of the Good Shepard, Main St. Nashua. Next meeting will be on September 22. Many are needed, all are welcome.



NH Area 43
District 13
Elections Scheduled:



For More Events and info, check out the NH AA Area Web Site:
<http://www.nhaa.net>

Merrimack YMCA
 6 Henry Clay Road, Merrimack NH
 7pm
Wednesday, October 19, 2011

and click on:
 Area District and Group Events

- ◆ Each group should elect a new GSR prior to the district election date in preparation for new GSRs' participation in District and Area elections.
- ◆ All persons interested in getting active at the District level are welcome to attend and stand for service positions.
- ◆ All District offices are available for a 2 year committment in "Passing the Message"

Make sure your group has a voice - Elect a GSR!
 Please join us...& bring a friend

GSRs (Group Service Representatives) attend the district meetings and Area Assemblies to bring the vote of the group on any issues affecting the district, area, or AA as a whole (including the election of the trusted servants who will serve the membership for the next two years.) Any member of AA is welcome to attend any district meeting.

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 Oct 2011 Edition will be Sep 16, 2011.

Last Mountaintop Meeting of 2011

Summit of Pack Monadnock Miller State Park Route 101 West
 Sunday Oct 2nd at 5pm. State Park Fees apply Step 11 Speaker Discussion Meeting