

# DISTRICT 13 NEWSLETTER

*Step 9* Made direct amends to such people wherever possible, except when to do so would injure them or others

*Tradition 9* Our groups ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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

SEPTEMBER 2011

Volume 16 Issue 9

Next District Meeting: Wed Sept 21th 7pm Merrimack YMCA

WebSite: [www.nhaa13.org](http://www.nhaa13.org)

email: [newsletter@nhaa13.org](mailto:newsletter@nhaa13.org)



## Take AA with you on Vacation

I went to sunny Mexico with my family this year on vacation. I made sure to check ahead for meeting times and locations. I was grateful to find 1 English speaking meeting not too far from my hotel in Cancun. Attending several meetings there over the course of a week helped make my vacation special and keep me sane. I was even asked to share my story on my last night there. I visited the Mayan Ruins of Chichen-Itza deep in the Yucatan jungle (above). Being sober on vacation is just as rewarding as being sober in my regular life. It's up to me to make sure I get my medicine when I'm away from home. Hope you all had a great summer. Please send in your experiences with AA and traveling, I'd love to print them too!  
John N Newsletter Chair.

**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**

## Step 9

Step 9 is a step I thought I would not do when I first read it on the wall. I said to myself...I'll do these steps except for step 5 and 9. I felt I did not need to tell anyone ALL my story, and I felt that I had been wronged, so why should I make amends for the wrongs I had done? After a few years dry in AA I knew I had only 2 choices....I could go back to drinking or I could do the steps with a sponsor. At the time, I did not have faith that the steps would work for me. The only thing I knew for sure was that I would surely drink again, and suffer the consequences again, unless the steps did work, and what did I have to lose? Drinking will always be there as far as I can tell. No one stopped drinking because I did...so if the steps did not work, I would be able to say I gave sobriety my best shot. That is the best thinking I had at the time.

Doing step 9 meant dealing with actions I committed or omitted while drinking. The bulk of these came directly from my 4th step. In my AA writing, there is a list of names of people I felt I had harmed. My sponsor suggested I write out what I did to them as an aid for discussing my actions when the time came to face the people I had harmed. He helped me by giving me a format to use when doing an amends. I will share it with you:

1. list persons name.
2. list what I did to them.
3. Contact that person, asking if they would be willing to meet with me to discuss harms I had done them.
4. Keep that appointment.
5. Tell them what I did, being careful to only discuss my part.
6. Ask them if there is anything I left out.
7. Ask them what I can do to make things right.
8. Do what they say.
9. Cross name off list.

The amends I have made have helped me stay sober. Each amend is special to me. I get the feeling I am having a real communication with the person for the first time. So far, everyone has responded positively and has given me words of encouragement that help me keep sober, because I like the way it feels to be responsible for my actions. My sponsor, and the Big Book say it does not matter if the amend is accepted or not, as long as it is done with a willingness to make things right. Step 9 has helped me to grow up and face my mistakes, and learn that people do forgive when an amend is sincerely and thoroughly made.

I'll share one amend I made to a high school friend who I drifted away from as my alcoholism progressed in my 20's and 30's. I called him and explained I had felt guilty because I blew off his wedding to go to a Grateful Dead concert...not only that but I had not even sent a wedding gift because I was so selfish with my money, as I wanted it for booze and other things. I was crying so hard it was hard talking with him, but it felt good to finally admit my selfishness. To demonstrate my sincerity I sent a wedding gift, some 15 years late. To my surprise a letter came back from my friend saying he appreciated my action, and he had passed the gift on to a Womens shelter in Boston. Without AA, I would still be living in the shame of my selfishness. The steps gave me a way to reclaim my place as one of Gods children.

-from a member of District 13.



# Area 43 Assembly Alcoholics Anonymous

## Saturday August 27<sup>th</sup> 2011

**Where:** 6 Henry Clay Drive, Merrimack, NH 03054  
(YMCA building) Sponsored by District 13

**All GSR's: WE NEED YOU!!**

*Come One, Come All, This is your Assembly!!!*

All GSR's attending this assembly will receive a raffle

ticket for a chance to win a free 2012 Convention Registration

8:00 AM	-	9:00 AM	Registration and Continental Breakfast
9:00AM	-	9:15AM	Welcome
9:15 AM	-	10:00AM	Spirituality and Service: Area 43 Functions
10:00 AM	-	10:15AM(break)	*****
10:15AM	-	1130 AM	Service for Everyone: The Role of Young People, and GSR's as the most important link
1145	-	1:00 PM	Delightful Homemade Lunch
<i>Bookie Swap and Area Standing Committee Meetings will occur during lunch</i>			
1:15 PM	-	3:15 PM	Area 43 Business Meeting
3:15 PM	-	4:00 PM	Sharing Session

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**Directions from the North:**

1. I-293 S , and continue onto Frederick E Everett Turnpike
2. Take exit 10 for Industrial Dr and turn left onto Industrial Dr 0.2 mi
8. Continue straight, which is now Technology Park Dr 0.3 mi
9. Turn right onto US-3 S/Daniel Webster Hwy 1.1 mi
10. Turn right onto Henry Clay Dr

The YMCA will be on the left, with plenty of parking

*Lunch Donations (edible as well as financial) are welcome!*

Questions? Contact Jean, District 13: (603) 889-9319

**Save the Date: join us at the Next District Meeting:  
Wednesday Sep 21, 2011 7pm  
At the Merrimack YMCA off DW Highway.  
All AA members encouraged to attend!!  
More info: [www.nhaa13.org](http://www.nhaa13.org)**

**Next Mountaintop Meeting of 2011**

Summit of Pack Monadnock Miller State Park Route 101 West  
 Sunday Sep 4<sup>th</sup> at 5pm. State Park Fees apply Step 11 Speaker Discussion  
 Meeting



NH Area 43

**District 13****Elections Scheduled:****Merrimack YMCA****6 Henry Clay Road, Merrimack NH****7pm****Wednesday, October 19, 2011**

- ◆ **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](mailto: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.

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