

# District 13 AA newsletter

Next District Meeting: Wed Feb 15th 7pm Merrimack YMCA

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

Volume 17 Issue 2

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

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

\*Tradition 2: "For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

\*Step 2:"Came to believe that a power greater than ourselves could restore us to sanity."

## South Dakota

I'm originally from the reservation in Red Lake Ontario Canada. I am from the Ojibway Nation and the Grassy Narrows Band. There is a long story as to how I got here. But today I'm writing about an amazing A.A. meeting that happened in South Dakota in June of 2011 while attending the most Sacred and Spiritual ceremonies for our people.

This was my first year attending this beautiful ceremony. I was excited and honored to travel with two brothers and sister in law whom I've adopted since I've been sober. We met people from all around the world in South Dakota. The place was filled with Spirit it was elating!

But I'm an alcoholic who is very regimented in her meetings. Being sober fifteen years I still go to 5 to 6 meetings a week. These days I go to meetings to keep the mental part of my disease in check. I was brought up old time AA. 90 meetings in 90 days. Show up early, leave late. Get phone numbers from women. Put chairs away. Greet people. Raise your hand and speak to heal. Get a sponsor. Get a job in AA. Do the steps. Read the Big Book everyday. Listen to those who have been around for a long time.

When I traveled to South Dakota I was gone for a total of 17 days. 17 days without a meeting even if I was with a group of other recovering alcoholics is too long for this alcoholic. One day as we gathered for lunch we met some folks from Minneapolis. As we got to know each other we found out they were friends of Bill W. too. I was so excited. They made an announcement that they would have an AA meeting at their camp that evening.

It was a windy night and the Dakota skies can be unpredictable to say the least. We gathered around after pouring coffee and tea. It began to rain. Then rain turned into torrential rains, and the rain starting to come down sideways. There was a lot of humor as my brother Bob read How it works with a flashlight and rain hitting him in the back of the head. Kevin from Minneapolis decided to move the meeting inside to the back of his sponsor's van.

There were 8 of us at that time. Coming from this alcoholic woman. It was the first time I was ever in the back of a van with 7 men. I had never done that even drunk!

When How it works was all done each one of us shared where we came from. I felt at home in South Dakota the minute I arrived, but now in the back of this van I felt grounded and connected.

Tunkashila as we call our Creator decided to show up by directing a newcomer to attend this intimate meeting. To not break her anonymity I shall call her M. M. Was from Holland and had been struggling with sobriety and mostly marijuana. Someone gave her a Big Book. We all shared what it was like for us in the beginning. She definitely has an advantage on us, a spiritual connection.

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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 its 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**

**South Dakota (cont)**

In this very intimate of meetings there was approximately 60 years of recovery ranging from 23 years to 24 hours. Tunkashila blessed us with the presence of a newcomer. Newcomers help to keep us humble. Remembering what it was like is a big part of my recovery. But as the old timers taught me loving them is more important. I don't know if M. found AA once back in Holland, but I pray she did.

That night gave me the strength to continue the ceremonies. My spiritual practice is the most beautiful thing in my life, but it does not replace AA. It enhances it! For this "bozo" I can't forget that. As a Sun dancer it is crucial for me to know that. My spiritual path and AA must be hand in hand, if not I loose one or the other.

I am forever grateful to my brothers and sisters from Minneapolis for opening their camp. I'm proud to know them and dance with them.

Mitakuye Oyasin

Elizabeth Sky Wolfe

Smiling Willow

Nashua New Hampshire

Some interesting facts about alcohol:

According to the CDC, 64% of Americans drink alcohol, with 50% 'regular drinkers'.

The consequences of this are 22,073 alcohol caused deaths a year (2006) - these are deaths unrelated to accidents, suicides or homicides. About half of these deaths are from liver disease from alcoholism.

Preliminary data for 2009 from the CDC shows the highest percentage in a decade measured for adults who have consumed more than 5 drinks a day (23%). This may reflect the economic downturn.

Males lead females in consumption, and the highest use occurs in the 18 to 24 year-old group.

Alcohol abuse is also higher in non-Hispanic Whites (27%) compared to Hispanics (19%) and Blacks (15%).

If you think you may have a problem with alcohol you probably do. People that don't have a problem don't think about it. Something else to think about.

## Meeting Spotlight ... Remember When Group

Location: St Joseph's Hospital

Address: 168 Kinsley St (Route 111) Nashua

Time: Saturday 8:00 PM to 9:30PM

Format: Speaker

This comes from Bobbie K of the Remember When Group:

"It would be terrific if you could help with the "Remember When" in Nashua.

That name now has a double meaning, as I can "remember when" there were well over a hundred attendees at this meeting, every week, and now there are typically only 3 to 5 group members running the meeting and 8 to 10 people in the audience. We continue to have some excellent commitments, thanks to George, our bookie, but we feel bad when there are more people coming in on the commitment than there are listeners. George has been the bookie for way too long, and I have been secretary for way too long. The spirit of rotation has stagnated out of necessity. (We've considered trading jobs, but what happens after that?)

The dynamics of the group changed a few years ago, when "Big John" passed away. I've seen this happens before, when someone who is very devoted to a group, and is like the nucleus of the group, passes on to the great meeting in the beyond. People stay around to remember him for a few years, then feel they need to move on.

This is an old group, with a long history, and the existing members all have long term sobriety. It's an excellent opportunity for anyone who is looking for a nice group in which to get active and really make a difference. We need people to take positions and go on commitments."

Looking for something to do on Saturday night? Swing by The Carl Amelio room and say hi to someone. Let them know you read about them in the newsletter.

"We of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics *precisely how we have recovered* is the main purpose of this book. For them, we hope these pages prove so convincing that no further authentication will be necessary."

P. 22 Alcoholics Anonymous

## Ask Bill W.

### Question

If an alcoholic comes to an A.A. meeting under the influence of alcohol, how do you treat him or handle him during the meeting?

### Answer

Groups will usually run amuck on that sort of question. At first we are likely to say that we are going to be supermen and save every drunk in town. The fact is that a great many of them just don't want to stop. They come, but they interfere very greatly with the meeting. Then, being still rather intolerant, the group will swing way over in the other direction and say, "No drunks around these meetings." We get forcible and put them out of the meeting, saying, "You're welcome here if your sober." But the general rule in most places is that if a person comes for the first or second time and can sit quietly in the meeting, without creating an uproar, nobody bothers him. On the other hand, if he's a chronic "slipper" and interferes with the meetings, we lead him out gently, or maybe not so gently, on the theory that one man cannot be permitted to hold up the recovery of others. The theory is "the greatest good for the greatest number." (Yale Summer School of Alcohol Studies, June 1945)

### "We Are Not A Glum Lot."

- An intoxicated and rather battered man was found lying alongside a highway and was taken to the police station in a squad car. When asked by the desk sergeant why he'd been reclining by the thoroughfare, the lush stated that he'd been run over by a great big dog. The policemen smirked, and winked at each other. "What kind of a dog was it?" the sergeant asked facetiously. "A Great Dane? Newfoundland? Wolfhound?" "I dunno," muttered the tipsy pedestrian. "All I can tell you is, it seemed to be running alongside a great big bus."

- On the night of the great San Francisco earthquake, a woman got completely smashed and passed out before the quake. When she had come to she blearily looked out her widow and saw the devastation. She moaned to herself, "Oh no, what did I do last night?"

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](mailto:newsletter@nhaa13.org)

or use snail mail:

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The deadline for March 2012 Edition will be Thursday February 9, 2012.