

District 13 AA newsletter

Next District Meeting: Wed Mar 21st 7pm Merrimack YMCA

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

Volume 17 Issue 3

WebSite: www.nhaa13.org

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*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."

Magical Meetings

Fog, creeping through a grove of trees. I peer closely at the photograph on my wall. I imagine the enveloping fog settling in around me, creating a cocoon of calmness—the stillness broken only by the slow sound of dew drops falling on outstretched leaves.

I step back from the wall and read the caption:

*Of magic doors there is this;
You do not see them, even as you are passing through.*

How many "magic doors" have we walked through in our lifetimes?

This artwork was given to me 26 years ago, in my early sobriety, by a woman who took me under her wing and introduced me to the world of AA. With the help of the Program and other people, she set me on a path that saved my life.

It's usually through long hindsight that we see these magic doors—where we can point to an event and say, "This was the pivot point—my life changed course *here*." There have been a few such meetings that I put in a category of *magical*.

That stormy, summer night in Lincoln, Mass., lightning ripping through the area. Suddenly, we were plunged into darkness. After a long pause, the chairperson said, "Just speak up if you want to share...Anyone?" Being a newcomer, I was surprised that the meeting even continued. People just carried on, sharing their experience, strength, and hope in the dark. It taught me that sobriety is first most—we don't just up and leave when things get bumpy.

Another magical meeting for me was in Littleton, Mass. when the topic was boundaries. What a new concept for me in early sobriety: that there were acceptable and unacceptable things in my life, and that I had the power to decide which was which.

My favorite AA quote, heard some years later, "God doesn't close a door without opening a window, but it's hell in the hallway!"

Lately, I have found myself stuck in that hallway, restless in my sobriety—I needed a change. So I looked around for a Big Book meeting, a flavor of meeting that I had never attended before. I had read the Big Book a few times through the years, but had not studied it. I found a nearby BBSS meeting, but it didn't really suit me. So this is how I came to point my car north to Brookline, NH, some distance outside my comfortable 10 mile radius of meetings in central Mass.

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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

Magical Meetings(CONT)

It was with some trepidation, though, that I made my first trip north. I had the distinct feeling that I was cheating on my home group (both meet on Wednesday nights). When I arrived at the new meeting, I was immediately welcomed by the friendly group. I followed the advice given to me many years ago—simply tell them your name and let them know that you are new to that meeting. That advice has worked for me no matter if the new meeting is in another state or another country.

We read the tail end of Chapter 4, *We Agnostics*. It was a wonderful discussion and, afterwards, even before I left the parking lot, I couldn't wait to return. I zipped back to Massachusetts to catch the second half of my home group meeting—I discovered that my love for my home group hadn't been diminished by my stepping out. Each had something special to offer.

The next week's reading was from Chapter 5, *How It Works*. I love the first few pages of this chapter, as it's full of hope. Someone read the first paragraph, which then started the discussion. And so, we spent the entire meeting on this one meaty paragraph.

Exiting the church afterwards, I couldn't wait to share with someone, "Can you believe that we spent the *whole* meeting on *one* paragraph?" Being used to reading entire chapters at a time in the 12&12, I loved this kind of laser focus, reveling in the careful dissection of the text. I was quite happy that I had found this BBSS group, filled with great sobriety.

I felt the burden of the hallway madness easing as I crossed the parking lot, knowing that I had just walked through a magic door.

*Carol P.
Clinton, Massachusetts
January, 2012*

District 13 Function Committee Presents

The Legacy of the Triangle:
How it Works...The Good, The Bad and the Ugly.

UU Church Saturday March 3, 2011 1-3pm with a break.

The District 13 Function Committee will present and explain the Upside-down Triangle concept as well as a few skits that show how a business meeting can be functional and dysfunctional.

Refreshments will be served. Gift Basket Raffle All AA members invited and encouraged to bring a friend.

Meeting Spotlight ... Meat & Potatoes Group

Location: H.E.A.R.T.S. Peer Support Center

Address: 5 Pine St Ext., Unit 2K, Nashua

Time: Friday 7:15 PM to 8:15 PM

Format: Closed, Big Book, Discussion

Nashua's Meat & Potatoes Group formed in October 2010 by a small group of recovering alcoholics looking for another meeting option on Friday evenings. We started in a small room offered to the group at the original H.E.A.R.T.S. location, and when the organization moved to a larger facility, M&P was provided the opportunity to continue to meet in their newly renovated space. At M&P you'll find AA members with long-time sobriety, the newcomer looking for a better way to live, and men and women at various points in their journey of recovery. As the name suggests, the Meat & Potatoes group focuses on the basics, the fundamentals we learn from reading and discussing the "Big Book" Alcoholics Anonymous to help us stay sober, one day at a time.

We start each meeting with the usual moment of silence, serenity prayer and preamble, and read a page from As Bill Sees It. Then we focus on reading the Big Book - not only the first 164 pages, but also The Doctor's Opinion and other important parts of the book. We continue on to read the stories that follow, providing additional opportunities to identify with other alcoholics. We stop whenever someone wants to discuss or share. On the last Friday of each month we also read a story from the Grapevine, followed by comments and discussion. We do all of this in one hour!

Many of us have been fortunate enough to hold positions in the group for the first time since becoming members of AA, and we've also become active in the district. Shortly after Meat & Potatoes formed, we came upon an excerpt in the Grapevine that we feel sums up what our Home Group means to us..."This is my home, this is where I find myself. This is where I find the hope I misplaced. This is where life comes alive again for me, finally."

We hope you will come and join us on the road to recovery.

MERRIMACK GROUP 37th YEAR ANNIVERSARY

Monday, March 12, 2012

Merrimack YMCA

6 Henry Clay Drive, Merrimack, NH 03054

7:00 - 8:00 pm Coffee & Buffet

8:00 - 9:15 pm Guest Speakers

There is a solution. Almost none of us liked the self-searching, the leveling of pride, the confession of shortcomings which the process requires for its successful consummation.

The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help.

P. 25 Alcoholics Anonymous

"We Are Not A Glum Lot."

This guy goes into a bar and sees a man pounding shots of bourbon as fast as the bartender can pour them. He watches for a while then finally goes up to the drunk. "What kind of a way is that to drink good bourbon?" he asks. "It's the only way I can drink it since my accident," the man replies, throwing down two more shots in fast order. "What kind of accident was that?" The man guzzles another shot, shudders and then answers, "I once knocked over a drink with my elbow."

How many alcoholics does it take to change a lightbulb?

Just one - he holds the lightbulb and the whole world revolves around him.

A guy goes to a friend's funeral and during the service asks the man's aunt, "What a shame, how did he die?" "Cirrhosis," she laments. "That's terrible, did he ever quit drinking?"

Oh, no," she replied. "It never got that bad."

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,

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Nashua, NH 03061

The deadline for March 2012 Edition will be Thursday March 15, 2012.