

Downeast Intergroup Newsletter

December 2021

The Downeast Intergroup Committee is a group of AA members coming together in the spirit of fellowship to help carry the AA message through publishing a newsletter, sponsoring AA events, and distributing AA literature. We support communication and participation between AA members, groups, and districts.

DEIG FINANCES- OCTOBER 2021

Operating Account	
• beginning balance.....	\$2,025.45
• total debit.....	<\$290.25>
• total credit.....	\$120.00*
• ending balance.....	\$1,855.20

*Donations were received from the following:
Cash and Unknown Money Order..\$120.00

District 16 News (Joe M.)

The last District 16 meeting was great with 16 folks in attendance including two “gentlemen” from District 21. A main focus of the meeting was the changeover election for new service positions. All the positions have been filled, and thanks was given for the service workers rotating out.

The “Off the Cuff” group is working on the Candlelight meeting to be held later this month. Searsport meetings may be down (??), and both Lincolnville Sunday night and Stockton Springs Friday night need some support. There was a discussion about the necessity of mask wearing at several meetings.

A missed anniversary on November 30th for Geoff (7 years) and upcoming anniversaries this month include Bonnie (35 years) and Jeannie (15 years) celebrating December 6th. On December 14th, Kristal will be celebrating her BIG first year along with Mark and Deb (both celebrating 10 years).

More wisdom from the Savant (Joe M.)

- We can see a miracle every night, if we but attend an AA. Meeting.
- He who thinks by the Inch, and talks by the

Yard, ought to be moved by the Foot.

- *“I started down a narrow path, a trail called Sobriety. I stumbled on the rock of Uncertainty and fell on the roots of Humility. A gentle hand comforted me. As my steps get surer, my pathway widens, and I can walk abreast with me new-found friends. The golden light of Kinship warms my heart and Sweet Serenity touches my outstretched hand. I live in hope and pray for Faith (from the 1963 Area 28 newsletter The Boomerang)*

Helpful Support from the Franklin Street Methodist Church (Henry David V.)

The Franklin Street Methodist Church has been a supporter of AA in Bucksport for about 15 years. The pastor, Peter Remic, welcomed the Bucksport 12&12 (aka BYOB) group when the rent at the Jewett School became prohibitively high. At that time the church's building was near the intersection of Franklin St and Central St.. When structural damage to the church building was discovered the congregation needed to find a new home and they bought the vacant former paper mill fitness center at the corner of Franklin St and Main St.

The former Seaboard Federal Credit Union building is on the property acquired by the church and was made available for AA meetings. Several AA groups hold meetings there now.

Bucksport has an active AA community. Bucksport meetings are in the building behind the Methodist Church at the corner of Main and Franklin. The exception is Wed 7:00 pm. All meetings offer coffee and most offer snacks of

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some kind, be surprised. All meetings are wheelchair accessible and have wheelchair friendly bathrooms.

Mon 12:30 Bucksport 12&12 Tradition; Wed 12:30 Bucksport Daily Reflections' Wed 7:00 PM Congregational Church Bucksport Speaker Discussion; Wed 6:00 PM Bucksport Speaker Discussion

Thu 12:30 Bucksport 12&12 Step; Fri 12:30 Bucksport Big Book; Sat 6:00 PM Bucksport Speaker Discussion.

Downeast Intergroup Thanksgiving Alcathon (Joe M.)

The Downeast sponsored Alcathon from 7:00 pm Wednesday November 24th to 7:00 pm Thursday November 25th was a success. Nobody drank, except for coffee and soda. A total of 187 folks came to share or listen. It was a good “fellowship” or “womanship”, and included both in-person speakers as well as ZOOM participants from the local area, and as far away as Arizona and The Philippine Islands.

Two tables were set up for about 264 slices of many assorted pies, one big pan of tasty blueberry pancakes, plus a pan of sweet potato casserole enjoyed in part by an attending non-alcoholic dog. An estimated 114 cups of coffee was recycled over the 24 hour period. The Seventh Tradition collected \$111.00 which paid for all of the supplies. Rent for the use of the space at *Your Place* was extra.

A big thanks for all the folks who helped with the Alcathon, and to everyone who spoke or attended.

AA In the County (Peter B.)

In November I went to the District 7 meeting in Caribou. It was a long drive! If you were to drive from the Portsmouth bridge to Fort Kent, it would take you 8 hours—that’s how big Maine is. We met in the Bread of Life Soup Kitchen, six people at long tables in a cinder block building with a worn hardwood floor. Some of their problems echoed those of the DEIG Districts: fewer meetings, not enough GSRs. Some were unique to them: a once-friendly, open border constricted by terrorism fears and COVID. There is now an elaborate testing regimen to get back and forth across the border, with differing requirements on each side.

The other problem is distance. I asked them about the 9 AM Area Committee meetings in Skowhegan. They’d have to leave home at 4 or 4:30, “or 5, if you drive 80 miles an hour the whole way.” They liked it better when Area meetings were held on Indian Island! In the old days, Route 95 ended at Orono, and the County was reached by the Haynesville Woods Rd, immortalized in the song, “A Tombstone Every Mile.”

There was much talk of the Valley of St John. Madawaska, a mill town, “once had 21 bars and one church.” On Tuesday evening there was a two-speaker meeting: one spoke in English, the other in French. So many missed the meeting

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because they were working on the swing shift that another started on Saturday morning.

The District members want to have a function, but lack manpower. I suggested a Love and Service workshop. They were interested, but observed, "It's hard to get Down Staters to come up in the winter." For their part, they would have come to our recent Fall Assembly if it hadn't shifted to Zoom at the last moment. Six people from District 7 were planning to attend.

I told them I wanted to come back and attend their Love and Service workshop. They threatened to hold it on January 5—the dead of winter. I'd still like to go. Maybe next time I'll make it to Madawaska.

First Truth, Then Sight (Heath W.)

Honesty. Honesty is something that I get to choose in every moment of each day. A.A. gives me the opportunity to be truthful with those close to me, those around me, and mostly importantly, myself. In my drinking days, I believed that I told the truth most of the time, but in fact I was constantly lying, mostly to myself. It didn't really matter if I told the truth to anyone around me because I was living a lie. I was in denial. I had to lose almost everything to finally see how sick I was and to take an honest look at myself. That was something I was always scared to do; what drinking helped me avoid. But I needed to know who was on the other side of that mirror. This is how I opened my eyes:

First, I needed to be completely honest with myself and admit and accept that I am an

Alcoholic. When I knew that was real and who I am, the picture of me got a little less fuzzy, and I could make out the shape of my figure. Chapter Five in the Big Book talks about developing a manner of living which demands rigorous honesty. The manner of living I was accustomed to definitely wasn't very honest or rigorous. But I knew the way I had been living was not the way. I needed to learn exactly what that line from the Big Book meant. Admitting I was an Alcoholic was just scratching the surface of honesty. I was about to find out what real honesty was while working on step four. That's when I began to see myself like never before. Like the Big Book says - when I found my faults, I listed them. I wrote them down. I admitted my wrongs honestly and I was willing to set those matters straight. The picture of myself got even clearer after that. I started to see a person. I had learned more about honesty and myself than ever before, but I needed to go a little further.

By this point, I had been honest with God and myself. Next, it was time to be honest with another person. Thankfully in this great program, we have sponsors to help with that. The freedom that comes with being honest with another person who is just like you is indescribable; a nonjudgmental level of understanding and the ability to listen helps the honesty star shine bright. It's the rigorousness of honesty that got me here, and now, after a little time, I not only see myself in the mirror but also love what I see. My life was so cloudy and messy before - I couldn't see anything. But with thorough step work and A.A., I see crystal clear now. Through honesty and acceptance, my life started to have meaning, and with a little willingness, I've begun to see my purpose.

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Why Study Tradition 12 (Bill L.)

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities."

A major principle identified during the course of my study of Tradition Twelve was that of "Anonymity". So what does that mean, and how does that benefit others and in the process my own program? (Common welfare comes before personal sobriety- Tradition One).



"Okay! I just finished my ninety meetings in ninety days!
When will you people tell me how this thing works?"

And now we have come full cycle, starting with a principle of "Unity" and ending with Anonymity.

The realization that your individual goal of sobriety is "rudderless" without placing the welfare of others first, can lead to a desire to play as a member of a sober team rather than striving for personal recognition. The understanding that we will all get sober together through practicing common principles anonymously, can reassure newcomers that they are safe from public ridicule or shame, and free to follow a spiritual path of their own understanding.

CONTACT INFORMATION

Please send articles, events, corrections, anniversaries, and other group or district news to Newsletter Editor Bill L., PO 1056 Pleasant Street, Blue Hill, Maine 01616
editor@downeastintergroup.org.

You can also write to Downeast Intergroup, PO Box 1633, Ellsworth, ME 04605-1633. Please mail contributions to support this Intergroup to this address or to Downeast Intergroup Treasurer, PO Box 1633, Ellsworth, ME 04602-1633. We ask for your name and AA job title from all who contribute items printed in this newsletter.
Events listed are for your information, and are not necessarily sponsored or endorsed by AA or this intergroup.