

# Downeast Intergroup Newsletter

## January 2022

*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- NOVEMBER 2021

Operating Account	
• beginning balance.....	\$1855.20
• total debit.....	<528.50>
• total credit.....	\$670.00*
• ending balance.....	\$1,996.70

\*Donations were received from the following:

Stonington/DI group.....	\$60.00
Tuesday happy hour group.....	\$25.00
District 16.....	\$55.00
District 16.....	\$55.00
Bar Harbor group.....	\$75.00
Thursday BB group.....	\$150.00
Saturday BB group.....	\$150.00
Early Bird Grapevine.....	\$50.00
Lamoine State Park picnic.....	\$208.00
Cash.....	\$50.00
total.....	\$670.00

*Check out the new Downeast Intergroup website still in progress) <https://downeastintergroup.org> for meeting updates, events, and the current downeast intergroup newsletter*

### New Beginnings for District 8 (Eileen D.)

A new year is upon us, and like everyone around the globe, we in the rooms have seen our share of suffering and loss. I feel a kind of miraculous gratitude around the fact that I'm still sober and now even occasionally attending LIVE meetings. Who da thunk that a live meeting might be such a thrill after some years of sobriety but alas, we've just come thru an unprecedented two years. As is often heard in the rooms I'm

Glad to be here.

District 8 will be coming back to life. I will be interim chair and my hope and prayer for this year is to "Carry the Message". I'm excited about the fellowship that comes from a fully active and busy district 8. The pandemic has done some major reshaping of organizations and systems. I believe that, one day at a time, one task at a time, we can get up and running and carry that message to the still sick and suffering. I feel them out there.

To my fellows of district 8 I say come join the party. We meet once a month at 7 pm on every second Tuesday at a zoom number. **664 177 3489. PW 768 837.** I'm looking forward to this. We have issues? Let's fix them. Want to throw a party? Oh yes we can do that too.

Your most excellent and humble chair  
Eileen Dunn

### The Spirit of Rotation (Peter B.)

I went to a service meeting recently, and came away with a different sense of the spirit of rotation. I always thought of this as an ejecting principle: it gets people out of positions that they would otherwise stay in too long. Any of us, feeling that after two years we finally begin to understand the position, would want to occupy it a little longer. Especially if there seems to be no one to replace us. . . and because the position is occupied, people might be reluctant to step up, justifying us in continuing.

# Downeast Intergroup Newsletter

## January 2022

*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.*

What happened in my service meeting is that I realized that there's another side to rotation: there should be a position to rotate into. Sometimes, this is not so easy. We don't know what to do next, or can't find a position. I realized that in less than two years, I would be rotating into the position of past delegate. By all accounts this is a difficult step. And the failure of past delegates to navigate it with grace is the subject of ire among the fellowship.

Of course, I'm just stepping into a position that will take me two years to even begin to figure out—like every service position. And of course, my job is to do the best I can today. But my realization made me want to be more understanding of others rotating out of positions. It's hard to give up a position we've just begun to understand, or one we feel we've screwed up at, and want a chance to do better. Or maybe it was a bad fit, and how do we know we'll be better at something else?

The spiritual principle must be that, if we are supposed to rotate out of something, there must be something else to rotate into, even for a past delegate.

It's not always easy to apply spiritual principles, but it helps to be aware of them. Then we can be more understanding of ourselves, and others. Our program requires us to keep moving on.



### Acting Humbug

By Heath W.

I always had a bone to pick with the end of the year holidays. Mainly Christmas. My birthday is two days after Christmas, and it always felt like a shared event. We would go to my Grandma's house on Christmas Eve and when it was time for presents, someone would hand me a gift and say, "here's your Christmas and birthday present." I guess with a pair of socks, that idea works – one sock for each celebration. I never got to celebrate with my friends at school or ever bring snacks to celebrate because we were already on winter break. I would always crack jokes about the gifts and sharing my birthday with baby Jesus, but sometimes, I wasn't joking. Looks like even at a young age I had selfish thinking and resentments.

# *Downeast Intergroup Newsletter*

## *January 2022*

*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.*

The older I got, on those days I just wanted to drink with my friends and even in later years, just drink. Like many, isolation gets worse over time with this addition and that was true for me too. The holiday season can truly intensify the loneliness and isolation. The end of the year holiday season can be brutal. I would even dread the season before it was here. I hated long stays with family, cheesy holiday movies, and waffles on Christmas Eve. Worst of all I hated Christmas music. Every song I heard made me want to pull my hair out – they were to stinking happy.

As much as I wanted to be alone for the holidays, I knew I would eventually see my family and that meant I had to be in my own Christmas movie. I had to play the role. Everything was fine with Heath and the jokes had to keep coming. After all, I was the comic relief in my movie – always making a joke out of everything. I thought I was the best actor, thought that I had them all fooled for years. But they saw right through me. What was actually happening? My family was praying for me - for my healing, for my happiness, and for me to feel God's love.

No one knew how serious I was when I asked for help this last time, and when I talked about making real changes when I was at my lowest. No one knows that point but you – when your right there in it. I was finally willing, and as a result of working the steps, I had a spiritual awakening early in my sobriety. My life had changed. My outlook on life went from black and white to full color.

God had done for me what I could not do myself. And all those promises from the Big Book, they too started coming true. When I saw my family again, they were in shock. Here's something that they had been praying for nearly 20 years and I was not a statistic but a true miracle.

So here I am, less than two days from my second sober Christmas and my feelings for the holiday couldn't be further from what they once were. Quite the opposite really. I love the lights and the songs, the family gatherings and the food, and reflecting on what I'm grateful for from the past year. I'm finally able to feel the joy of giving instead of only caring about receiving. I feel like the Grinch when his heart grew three sizes, and finally understands the true meaning of Christmas. These are just a few of the wonderful gifts that God and A.A have given me, and what a true blessing it is!

---

Reflections on 2020 and 2021.

Mary A.

My sobriety date is August 27, 2008, and I finally put down what I hope is my last drink on August 26, 2008. It took me almost nine years of going to meetings, getting sober, and relapsing over and over again until I finally surrendered. Although I did not realize it at the time, I would come to call my sobriety date my "re-birthday". That was the day that I finally started clawing my way out of the deep, dark hole I had dug for myself and

# *Downeast Intergroup Newsletter*

## *January 2022*

*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.*

wallowed in. That first year of sobriety was difficult for me, but I finally started walking the walk and not just talking the talk. A friend of mine in my home group in Maryland, Tom S., kept telling me that I was “thinking too much”. He would always tell me to stop thinking and start doing. He was right. I started listening to the old timers, particularly, and was involved, and still am, in service work.

Upon retirement in Maryland at the end of 2019, I moved back to Maine. Right away I found four or five meetings in the Ellsworth/Bucksport/Blue Hill area that I attended regularly and started to gradually build my Maine AA network. At all of them I was welcomed with open arms because as you recall, early in 2020 we could still hug! Then Covid hit us. What can AAs do without meetings? I was told many times, and firmly believe that “meeting makers make it”. Meetings stopped and I was afraid. How could I maintain my sobriety? I reached out to my sponsor, Anna, in Maryland for help. She told me that my home group, We Care, was starting Zoom meetings! That would help my sobriety for sure! And within just a few weeks the Maine meetings were starting to meet using Zoom, too. So, while Covid persisted and is still a grave concern in Maine and elsewhere, we can at least connect with each other using the marvels of modern technology. I am so grateful for that.

I now consider the Ellsworth Step Sisters my home group. It is supportive and welcoming to all, especially newcomers. We are ‘not a glum lot’! I attend meetings in Blue Hill and Bucksport too. My network is ever expanding. The transition to Maine was made all the easier

because of that network. I am grateful to all my new Maine friends. The last two years have been full of supportive AA meetings and events like the picnic at Lamoine State Park and the Thanksgiving Alcahon. Despite Covid, my program has grown stronger over the last two years with the help of my Maine AA friends. I am making progress, maybe not perfectly, but progress, nevertheless. There was no need for me to panic and fret about my sobriety after all. I can’t wait until we can hug again!

Wishing you all a happy and sober New Year!

Mary A.

---

### **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](mailto: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.***