

Downeast Intergroup Newsletter

May 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 communications and participation between AA members, groups, and districts.

DEIG FINANCES- MARCH 2022

Operating Account

- beginning balance.....\$2,479.04
- total debit..... <\$379.03>
- total credit..... \$173.00*
- ending balance.....\$2,273.01

*Donations were received from the following:

Free at Last Group.....	\$23.00
Sedgwick Open Door.....	\$100.00
Belfast Pass It On Group.....	<u>\$50.00</u>
total.....	\$173.00

A History of an A.A. Group

On Oct 5, 2009, two AA's met at All Peoples Group in Orland. Richard told David that Bill was interested in starting a group at H.O.M.E. COOP. The next day Richard, Bill and Davd met at HOME to discuss the matter. Bill approached Lucy, the director of HOME to ask if the chapel would be available for meetings. Bill got Lucy's blessing. Soon after that the first meeting was held and a format was agreed upon. The group would meet on Mondays Thursdays and Fridays. Monday would be a 12 & 12 tradition, Thursday a 12 & 12 step and Friday a chapter from the Big Book. All meetings would begin at 12:30 so members could eat free lunch at noon in HOME soup kitchen. The group was named Rhode Island Blues. After a few months the Higher Power changed the name to Top Of The Hill.

The chapel was heated by a wood stove. That meant that in cold weather someone (usually Bill

but always someone) had to build a fire at least an hour and sometimes, when firewood was wet, 2 hours before meeting time. Members loved the warmth of the stove. All was hunky dory for a decade then Covid 19 descended and Home Coop closed the campus in early 2020. The group was idle for a short time then began meeting in public parking lots, first in winter clothing and later in tee shirts and shorts.

Sometime in 2021 Franklin Street United Methodist Church welcomed the group when other venues were turning meetings away. The church had acquired the former Seaboard Federal Credit Union building and the group met there for about a year or so. During that time the name was changed again to CU Group. Since then the group has moved into the church and is alive and well. The format has not changed and some members have been there the whole time.

Anonymous

Akron Manual for AA 1940

Written at Dr. Bob's request by one of his "pigeons" (his term for sponsees) because Dr. Bob thought the Big Book was too difficult to read for newcomers. (Part 1)

Foreword This booklet is intended to be a practical guide for new members and sponsors of new members of Alcoholics Anonymous.

CHAPTER 1 To The Newcomer: The booklet is designed to give you a practical explanation of what to do and what not to do in your search for sobriety. The editors, too, were pretty bewildered by the

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program at first. They realize that very likely you are groping for answers and offer this pamphlet in order that it may make a little straighter and less confusing the highway you are about to travel.

To The Sponsor: If you have never before brought anyone into A.A. the booklet attempts to tell you what your duties are by your "baby," how you should conduct yourself while visiting patients, and other odd bits of information, some of which may be new to you. The booklet should be read in conjunction with the large book, Alcoholics Anonymous, the Bible, the daily lesson, any other pamphlets that are published by the group, and other constructive literature. A list of suggestions will be found in the back pages of this pamphlet. It is desirable that members of A.A. furnish their prospective "babies" with this Manual as early as possible, particularly in the case of hospitalization.

The experience behind the writing and editing of this pamphlet adds up to hundreds of years of drinking, plus scores of years of recent sobriety. Every suggestion, every word, is backed up by hard experience. The editors do not pretend any explanation of the spiritual or religious aspects of A.A. It is assumed that this phase of the work will be explained by sponsors. The booklet therefore deals solely with the physical aspects of getting sober and remaining sober. A.A. in Akron is fortunate in having facilities for hospitalizing its patients. In many communities, however, hospitalization is not available.

Although the pamphlet mentions hospitalization throughout, the methods described are effective if the patient is confined to his home, if he is in prison or a mental institution, or if he is attempting to learn A.A. principles and carry on his workaday job at the same time. If your community has a hospital,

either private or general, that has not accepted alcoholic patients in the past, it might be profitable to call on the officials of the institution and explain Alcoholics Anonymous to them. Explain that we are not in the business of sobering up drunks merely to have them go on another bender. Explain that our aim is total and permanent sobriety. Hospital authorities should know, and if they do not, should be told, that an alcoholic is a sick man, just as sick as a diabetic or a consumptive. Perhaps his affliction will not bring death as quickly as diabetes or tuberculosis, but it will bring death or insanity eventually.

Alcoholism has had a vast amount of nationwide publicity in recent years. It has been discussed in medical journals, national magazines and newspapers. It is possible that a little sales talk will convince the hospital authorities in your community that they should make beds available for patients sponsored by Alcoholics Anonymous. If the way is finally opened, it is urged that you guard your hospital privileges carefully. Be as certain as you possibly can that your patient sincerely wants A.A.

Above all, carefully observe all hospital rules. It has been our experience that a succession of unruly patients or unruly visitors can bring a speedy termination of hospital privileges. And they will want no part of you or your patient in the future. Once he starts to sober up, the average alcoholic makes a model hospital patient. He needs little or no nursing or medical care, and he is grateful for his opportunity. Definition of an Alcoholic Anonymous: An Alcoholic Anonymous is an alcoholic who through application of and adherence to rules laid down by the organization, has completely foresworn the use of any and all alcoholic beverages. The moment he wittingly drinks so much as a drop of beer, wine, spirits, or

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any other alcoholic drink he automatically loses all status as a member of Alcoholics Anonymous.

A.A. is not interested in sobering up drunks who are not sincere in their desire to remain completely sober for all time. A.A. is not interested in alcoholics who want to sober up merely to go on another bender, sober up because of fear for their jobs, their wives, their social standing, or to clear up some trouble either real or imaginary. In other words, if a person is genuinely sincere in his desire for continued sobriety for his own good, is convinced in his heart that alcohol holds him in its power, and is willing to admit that he is an alcoholic, members of Alcoholics Anonymous will do all in their power, spend days of their time to guide him to a new, a happy, and a contented way of life.

It is utterly essential for the newcomer to say to himself sincerely and without any reservation, "I am doing this for myself and myself alone." Experience has proved in hundreds of cases that unless an alcoholic is sobering up for a purely personal and selfish motive, he will not remain sober for any great length of time. He may remain sober for a few weeks or a few months, but the moment the motivating element, usually fear of some sort, disappears, so disappears sobriety.

To The Newcomer: It is your life. It is your choice. If you are not completely convinced to your own satisfaction that you are an alcoholic, that your life has become unmanageable; if you are not ready to part with alcohol forever, it would be better for all concerned if you discontinue reading this and give up the idea of becoming a member of Alcoholics Anonymous. For if you are not convinced, it is not only wasting your own time, but the time of scores

of men and women who are genuinely interested in helping you.



Morgue 5th Step

The Coffee Boy
By Heath W

It all started with a suggestion. Go to meetings, get a sponsor, work the steps, and find service work. Those were just a few of the suggestions at the very beginning of my sober journey. I had the meetings down-pat, I got a sponsor and started working the steps pretty soon after arriving in Maine but the service work, that came in time. I did not know the significance of service work, but knew it was important. Yet as I was crossing things off my list service work would still be on the paper, but not crossed off. It wouldn't be long though until my sponsor reached out and found a job for me. That's right, you guessed it. I got a job making the coffee at one of the local meetings. I was on cloud nine. I showed up early for my first day as the "coffee boy" and low and behold, the coffee was already made. "Damn, off to a great start. Guess I'll try again next time," I thought. I think over the next few months I

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was able to make the coffee only a handful of times. It didn't even matter how early I showed up, but that was okay. At least we all had coffee. Maybe there would be another job for me, who knows? Maybe God's got a plan for this too? I should be patient and keep working.

Not to long after not being a very good "coffee boy", Covid would get stronger in all parts of Maine shutting down meetings left and right or sending meetings to Zoom only. Some of mine and others' favorite meetings were on pause for the unseeable future. It was definitely hard and felt like something was missing. To me, there's nothing better than an in-person meeting, but what are you going to do. Time would pass, winter was coming to an end, and Covid decided to take a little break and ease up a bit. Even enough to open some meetings back up. But not all of them opened back up. One meeting in particular stuck with me that I was still missing. Why hasn't it opened back up yet? That thought would come to mind more and more until I would see some fellow A.A members that attended that meeting. I should ask them, maybe they know something. I asked my friend, "Hey, what's up with that meeting? Why hasn't it opened back up?" I usually go straight for the kill with my questions. Without a second of hesitation, my friend says in one big fast breathe "They don't have anyone to lead it, they need someone to lead it, do you want to lead it, you should lead it?" This would usually be the part where I would think of a thousand reasons not to, as quick as my friend just spoke those questions, but I didn't. I guess you could say God and A.A might just be working more and more in me and working on how I think. *Imagine that.* I looked right back at my friend and just as fast as his response to me I said, "Sure, I could do that. Whatever it takes to get that meeting

back up and going." I said, "I'm not sure what I need," and my friend said, "Don't worry about it, there's stuff there in the building for you." "Well, ok then. Lets get started."

Getting that meeting going again was only the beginning of some incredible service work I've been lucky enough and blessed to be part of. That door opened that day and I walked through it, which led to another door and another. It has been a most positive snowball effect. I could not have imagined where all my seeking and willingness would take me but I know one that did. God had done for me what I could not do myself. He laid all that out for me and still surprises me with incredible opportunities now. This sober journey has been incredible. These gifts of service work have given so much to me. Everything I had heard about how important and gratifying service work could be is true. I am better today than I was yesterday because of it. And my little secret to share, is to keep seeking and keep at it and God will continue to open up the right doors to your "happy destiny".

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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