

Downeast Intergroup Newsletter

October 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- AUGUST 2022

Operating Account

- beginning balance.....\$1,273.96
- total debit.....< \$109.11>
- total credit..... \$345.00*
- ending balance.....\$1,509.85

*Donations were received from the following:

District 16.....	\$55.00
Liberty Group.....	\$25.00
Liberty Serenity Group	\$30.00
Deer Isle Group.....	\$75.00
Machias Valley Group.....	\$40.00
Brooklin Bridge to Recovery Group.....	\$25.00
Step Sisters Group.....	\$50.00
Pass it On Group (Belfast).....	<u>\$45.00</u>
total.....	\$345.00

Check out the new Downeast Intergroup website <https://downeastintergroup.org> for meeting updates, events, and the current Downeast Intergroup newsletter.

DEIG Basic info for hot line phone volunteers

Greg S.

As a phone volunteer, the hot line telephone would be forwarded to your personal phone for the period of time that makes up your 'shift'. The hot line coordinator will call or text you to let you know that the phone has been forwarded to you and they will also alert you when the phone has been un-forwarded to your number. As a courtesy, texting back to confirm that you got the message is helpful. The default 'shift length' is 12 hours, either 8AM to 8PM or 8PM to 8AM, although some folks have split these up into

shorter increments. Once you have agreed to a 'shift', that would be your time on a weekly basis until you needed to rotate out or someone else wanted to rotate in.

In the event that you receive a call during your shift, there is nothing in particular to alert you that it is a hot line call. The only clue may be that it is a number you don't recognize. Simply answering 'hello' may lead the caller to think they've dialed the wrong number. On the other hand, answering "AA Hot line" may not be something you are comfortable doing either, as the caller may not be a hot line caller. Some folks answer simply, 'this is (your name) - how can I help?' This is a personal choice. The majority of hot line calls are simply looking for information on meetings, so having quick access to the Blue Chair app, the DEIG site and the CSO site is helpful, though it is less certain these days that meeting lists are as accurate as they once were.

Explaining that to the caller may be helpful if the caller is in an area you are not familiar with. If what the caller needs is simply information, then provide the information and then complete the quick form online to document the call and the resulting action. (See link below*). In the event that a caller needs more than just information, you inform them that you will reach out to a fellow alcoholic in their area and have that person call the hot line caller to talk further and follow up to the best of their ability. You then refer to the 12-step volunteer list and try to find someone to reach out to your suffering alcoholic. If you make contact with a volunteer and that person agrees to call the suffering alcoholic, your job is complete, apart from filling out the quick form referred to above.* It's helpful to have the form link on your smartphone if that is what you are using

* **Link to the 12 Step Call Form of the DEIG Hot line:**

<https://docs.google.com/forms/u/3/d/e/1FAIpQLS>

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[fX5C-ZTYgFuvnASsVN9tu5HhlaAz6diTfeGQydGdZZwCuu-g/viewform](https://www.fX5C-ZTYgFuvnASsVN9tu5HhlaAz6diTfeGQydGdZZwCuu-g/viewform)

It was a Great Day
Joe M.

A really Big Shout Out to all who attended D.E.I.G.'s "Picker Neck". One hell of a crown of Joyful Folks. Also a couple of our Four Legged Friends. We think there was 120 plus of minus folks.

The cooks passed out (not from drinking) about 122 hot dogs, 120 hamburg, and about 12 Vegi Burgers. I don't think anyone had breakfast that morning! The chow line was about 50 people long. Nobody complained about the cooking. A "very berry" shout out to who brought food- God bless you all.

There was a good *Red Ball* meeting, and nobody got hurt. Our Guest Speaker was Nikki O. Our 7th Tradition was almost \$300.00. Thank You for supporting your D.E.I.G. The funds help pay our Hot Line, Meeting List, Literature, our Rent, and also Picnic Food. Thank You all for helping make these things happen.

Wisdom from "The Great Savant"!

- A first failure could be a blessing, IF you learn that you are not a Social Drinker.
- Remember that things will run out the way they're supposed to, but only when they're supposed to.

Personal stories – She started at ten

Anonymous/ Melbourne, Australia

When I was ten years of age, I was given a glass of whiskey and drank it straight down. It burnt and took my breath. Throughout my drinking years I did not touch whiskey again. At sixteen, I had my first experience of getting drunk. I used to work for a bottling company where my job

was to put labels on bottles. I knocked off work one lunch time and proceeded to join next door's bottle department for drinks. To this day, I cannot remember getting home.

From the age of seventeen, when I met the man of my dreams (or so I thought), until I was twenty five, a night life of social drinking and the birth of my daughter in kept me out of danger of alcoholic drinking. At the age of twenty five, we moved and I got a job as a barmaid full time. Work was hard and drinks were free behind the bar providing you didn't get caught. I then started to show the consequences of my heavy drinking, the work, my housework, being a mother, my social life.

I was admitted to the Melbourne Clinic with the DTs (delirium tremens) and hallucinations. I spent two weeks there and was discharged on medication. Back at my doctor's I was told to go to AA, I said, "No, I'm not an alcoholic". I then spent from the next seven years being a top-up drunk, bender drinker, social drinker, drying-out on the wagon, then back to alcohol. I introduced myself to the morning drink. Beautiful food was bought for the fridge and my daughter and I ended up eating baked beans.

Housework was neglected, I decided all my friends were "full of bullshit". I was stealing money from the hotel when working part-time to support my drinking habit. My great aunt had died and an inheritance from her of \$20,000, was blown in six months on so-called friends, alcohol and good times.



Blackouts were now coming, thick and fast. and my girlfriend, suggested I do something so I said, "I will try AA". Eventually, I walked alone into an AA meeting. "Keep an open mind" said one member to me. I saw the word "God" up on the

Serenity Prayer and freaked. I had been brought up with a God of fear. I read the First Step and I couldn't accept it. I

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paraded around the floor when it was my turn to speak, hammed up my story, lied, and all that time I was hurting inside. I still had one foot in AA and one in the pub. So I chose the pub.

I only lasted three months. I ended up in a psychiatric home again with the DTs and hallucinations. My hair looked like straw, my teeth became yellow, my eyes were bloodshot and yellow, there was weight gain, no changing clothes for days, neglecting my daughter. I was always the last to arrive at the school with my daughter, always the last to collect her after school.

Then I discovered the yellow wallet that AA had given me with their telephone number in it, I rang the office. I gave the woman who answered a cock and bull story then broke down over a wine and soda beside me. She said those magic words "Come on Friday to the meeting". I sweated, shook for two days and then walked through the AA doors. My hand was shaken, there were no fingers pointed at me. I "shared my experiences" with a twisted mouth and bent arms which have all now gone.

After nine months of sobriety I found spirituality and my Higher Power whom I choose to call God. I have been three years sober now. I read the Big Book and the 24 Hour a Day book, pray every night for the sick alcoholic friends in the fellowship and family. I love the Steps and Traditions. I thank the founders of AA, Dr Bob and Bill W., for my life and the most important of all: meetings, meetings, meetings. My primary purpose is to help other alcoholics to achieve sobriety. I thank God for my life today. I am marrying a ten-year sober, beautiful man whom I love dearly. Thank you AA. Without you none of this would have been possible.

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.

Chapter 6

Now You Are Out of the Hospital. By this time you should know if you want to go along with A.A., or if you want to slip back into that old headache that you called life. You are physically sober and well - a bit shaky, perhaps, but that will wear off in a short time. Reflect that you didn't get into this condition over night, and that you cannot expect to get out of it in a couple of hours or days. You feel good enough to go on another bender, or good enough to try a different scheme of things - sobriety. You have decided to go along with Alcoholics Anonymous? Very well, you will never regret it.

First off, your day will have a new pattern. You will open the day with a quiet period. This will be explained by your sponsor. You will read the Upper Room, or whatever you think best for yourself. You will say a little prayer asking for help during the day. You will go about your daily work, and your associates will be surprised at you clear-eyed, the disappearance of that haunted look and your willingness to make up for the past. Your sponsor may drop in to see you, or call you on the telephone. There may be a meeting of an A.A. group. Attend it without question. You have no valid excuse except sickness or being out of town, for not attending. You may call on a new patient. Don't wait until tomorrow to do this. You will find the work fascinating. You will find a kindred soul. And you will be giving yourself a new boost along the road to sobriety. Finally, at the end of the day you will say another little prayer of thanks and gratitude for a day of sobriety. You will have lived a full day - a full, constructive day. And you will be grateful.

You feel that you have nothing to say to a new patient? No story to tell? Nonsense! You have been sober for a day, or for a week. Obviously, you must have done something to stay sober, even for that short length of time. That is your story. And believe it or

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not, the patient won't realize that you are nearly as much of a tyro as he is. Definitely you have something to say. And with each succeeding visit you will find that your story comes easier, that you have more confidence in your ability to be of help. The harder you work at sobriety the easier it is to remain sober. Your sponsor will take you to your first meeting. You will find it new, but inspiration. You will find an atmosphere of peace and contentment that you didn't know existed.

After you have attended several meetings it will be your duty to get up on your feet and say something. You will have something to say, even if it is only to express gratitude to the group for having helped you. Before many months have passed you will be asked to lead a meeting. Don't try to put it off with excuses. It is part of the program. Even if you don't think highly of yourself as a public speaker, remember you are among friends, and that your friends also are ex-drunks. Get in contact with your new friends. Call them up. Drop in at their homes or offices. The door is always open to a fellow-alcoholic.

Before long you will have a new thrill - the thrill of helping someone else. There is no greater satisfaction in the world than watching the progress of a new Alcoholic Anonymous. When you first see him in his hospital bed he may be unshaved, bleary-eyed, dirty, incoherent. Perhaps the next day he has shaved and cleaned up. A day later his eyes are brighter, new color has come into his face. He talks more intelligently. He leaves the hospital, goes to work, and buys some new clothes. And in a month you will hardly recognize him as the derelict you first met in the hospital. No whisky in the world can give you this thrill. Above all, remember this: keep the rules in mind. As long as you follow them you are on firm ground. But the least deviation - and you are vulnerable.

As a new member, remember that you are one of the

most important cogs in the machinery of A.A. Without the work of the new member, A.A. could not have grown as it has. You will bring into this work a fresh enthusiasm, the zeal of a crusader. You will want everyone to share with you the blessings of this new life. You will be tireless in your efforts to help others. And it is a splendid enthusiasm! Cherish it as long as you can. It is not likely that your fresh enthusiasm will last forever. You will find, however, that as initial enthusiasm wanes, it is replaced with a greater understanding, deeper sympathy, and more complete knowledge. You will eventually become an "elder statesman" of A.A. and you will be able to use your knowledge to help not only brand new members, but those who have been members for a year or more, but who still have perplexing problems. And as a new member, do not hesitate to bring your problems to these "elder statesmen." They may be able to solve your headaches and make easier your pain.

And now you are ready to go back and read Part III of this booklet. For you are ready to sponsor some other poor alcoholic who is desperately in need of help, both human and Divine. So God bless you and keep you.

CONTACT INFORMATION

Please send articles, events, corrections, anniversaries, and other group or district news to Newsletter Editor Bill L., 1056 Pleasant Street, Blue Hill, Maine 04616 or email to: editor@downeastintergroup.org.

Please mail contributions to support the Intergroup 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.***