

Downeast Intergroup Newsletter

April 2023

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 – FEBRUARY 2023

Operating Account

- beginning balance.....\$1,027.28
- total debit.....< \$116.32>
- total credit.....\$150.00*
- ending balance.....\$1,060.96

*Donations were received from the following:

- Tuesday Night Happy Hour Group.....\$50.00
- Sedgwick Open Door Group.....\$100.00
- Total.....\$150.00

Check out the Downeast Intergroup website <https://downeastintergroup.org> for meeting updates, events, AA Blog, and all Downeast Intergroup Newsletters.

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.

This is the final installment of the Akron Manual. It consists of a definition and description of the 12 Steps, then a list of the Steps themselves. Following that is Dr. Bob's personal suggested reading recommendations!

Alcoholics Anonymous is based on a set of laws known as the Twelve Steps. Years of experience have definitely proved that those who live up to these rules remain sober. Those who gloss over or ignore any one rule are in constant danger of

returning to a life of drunkenness. Thousands of words could be written on each rule. Lack of space prevents, so they are merely listed here. It is suggested that they be explained by the sponsor. If he cannot explain them he should provide someone who can.

The Twelve Steps

1. We admitted we were powerless over alcohol - that our lives had become unmanageable
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and

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when we were wrong promptly admitted it.

- 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

The Twelve Steps are more fully explained in another pamphlet published in Akron and available through writing to Post Office Box 932. It is called A Guide to the Twelve Steps of Alcoholics Anonymous. The price is 12 cents per copy, 9 cents in lots of 25 to 499, and 7 1/2 cents in lots of 500 or more. Checks or money orders can be made out to A.A. of Akron.

Suggested Reading

The following literature has helped many members of Alcoholics Anonymous.

Alcoholics Anonymous - (Works Publishing Company).

The Holy Bible.

The Greatest Thing in the World - Henry Drummond.

The Unchanging Friend, a series - (Bruce Publishing Co., Milwaukee).

A a Man Thinketh - James Allen.

The Sermon on the Mount, Emmet Fox - (Harper

Bros.).

The Self You Have to Live With - Winfred Rhoades.

Psychology of Christian Personality - Ernest M. Ligon (Macmillan Co.).

Abundant Living - E. Stanley Jones.

The Man Nobody Knows - Bruce Barron.

Alcoholism in women — a recovering addict shares her emotional story. A personal journey of addiction, recovery and mental health

I thought that alcoholism in women was a unicorn — only men become drunks. Women are always portrayed sipping mimosas during brunch or elegant glasses of red wine with your girlfriends after work. Not a 20-something hot mess drinking to cope with stress and ending up losing friends and her job.

The morning after my office Diwali party, I woke up with bruises on my knees, a dishevelled bedroom and a text from my boss telling me not to come in. I had no memory of what happened, just concerned messages from colleagues explaining that I got a ‘bit too carried away’, yet again. I’d fallen over things and people – never get drunk in front of your CEO who you hold a grudge against, is all I can say.

It wasn’t the first time either. I’d been hungover at work, I’ve even fallen asleep at my desk. I had already alienated family members and worried friends. This was my rock bottom.

Why I drink

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There's so much expected from us, but we're told 'don't complain, don't give up, keep hustling and stretching yourself'. Ultimately, the rubber band snaps and breaks. For me, it was a soothing salve to get through daily life. In college, we drank to pass the time. Alcohol also cured boredom, exam stress and performance anxiety on first dates.

After moving cities and living alone in Bengaluru, the circle of admirers I had growing up grew apart and moved on. I felt left behind, just trying not to get fired at my first job for constantly messing up. Alcohol filled this pit of anxiety and low self-esteem. It was cheap, easily available and helped me sleep better than any rescue remedy or meditation app.

My friends joked about my sudden love of drinking. I hadn't exactly been a teetotaler, but my idea of a party for a long time was nursing Jamaica Passion Breezers.

Drinking changes every part of you

All our nights out ended with me having to be carried home. "I want to go out but I'm not going to be her babysitter" I'd overhear people commenting. It only drove me to drink more to feel less.

My parents questioned my changing personality, but alcoholics become pros at hiding their addiction.

My mother sat me down for a talk on one of her visits, but I'd mastered manipulation by then. "It's just stress about work, mama, you're being ridiculous. Everyone in their 20s feels like this. That smell is just the perfume, you know

they all have an alcohol base?"

My aches and pains turned into illness. Relationships ended as all my aggression would come out on whoever was unfortunate enough to call me their girlfriend at that point. The flu landed me at the doctor's clinic. A few tests later, I was sitting in front of a grim-faced doctor uncle getting a serious life talk. I was only 28, but drinking my life away. I was given three options – cut down, stop drinking or risk cirrhosis.



Finding myself in an anonymous group

When I lost my job, something just clicked in me. It was the only thing I enjoyed in my life, something I had worked hard to succeed at, and I had ruined it.

How do you picture an Alcoholics Anonymous (Al-Anon) meeting? I didn't know such a thing existed outside of the movies, that too in India. Meetings take place regularly across the country. This would be the way I could get help without anyone knowing.

I was greeted with warmth and acceptance at (my first AA meeting), despite being the only woman present. I recently got my 90-day chip to mark my sobriety. Every day is a struggle when you know just how easy it is to walk up to a shop and buy an inexpensive bottle of *desi tharra*.

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There's nothing glamorous or poetic about alcoholism in women. Without a recommendation from my previous job, I've had to start again from the bottom.

Accepting and acknowledging your circumstances is the most difficult thing to do. But once you admit it's not casual drinking, and you're not just a party girl who likes to have fun, everything changes.

I feel lighter now, even with the demon of drinks sitting on my back. Don't shy away from seeking help. Alcoholism in women is a disease like any other and you're a champion if you can get through it alone, but you don't need to.

Anonymous

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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