

Downeast Intergroup Newsletter

August 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- JUNE 2023

Operating Account

- beginning balance..... \$737.31
- total debit.....<\$667.75>
- total credit..... \$718.00*
- ending balance.....\$787.56

*Donations were received from the following:

District 18.....	\$150.00
District 16.....	\$55.00
Tues. Womens Beginner Group.....	\$159.00
Any Lengths BB Study.....	\$70.00
7 th Tradition Founders Day.....	\$199.00
Free at Last Group.....	\$85.00
total.....	\$718.00

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

CALVIN'S PRAYER/ Calvin M, Argyle N.Y.

From the September 2020 issue of the AA Grapevine

I RETURNED from Vietnam in 1967 on a medical evacuation flight to Travis Air Force Base in Northern California. After two months of hospitalization, I sat with a psychiatrist who asked, "Calvin, don't you want to go home?" All these years later, I realized that being in that hospital was the first time I had ever really felt safe.

I was raised on a dairy farm, where I experienced both physical and sexual abuse. I

grew up without love or compassion. After I left the military, I got along fairly well by going to school on the G.I. bill. I earned a GED, then graduated with a college degree and went to work for a manufacturing company. I flourished as a manager. It turns out that if you have no compassion for anyone, you can do well in management. But it's a disaster when it comes to loving relationships.

By the 1980s, it was all gone—the job, homes, wives, children, all of it gone. I ended up living alone in my brother's cabin in upstate New York, drinking myself into a blackout for most of a decade.



Finally, in December of 1990, after repeatedly waking up and stumbling to the front door to see if my truck was in the driveway and wishing again I hadn't woken up, I called a hospital for help. The staff referred me to a woman. I called her and we talked. She said she was going to a meeting that night in Afton, New York, and needed a ride. I didn't really understand that it was an AA meeting we were at until I heard the refrain from people who gave their first names and said they were alcoholics. Then someone called on me and I replied, "I'm Calvin and I don't know what I am."

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I heard two things that night: "Come back" and "Pray, if you can." Right then, I knew I was in a fix. I was raised without a Higher Power, but desperation led me to say this prayer anyway.. "If there is anyone out there, please, help me." I have not had a drink since that day.

During my years of sobriety, I have experienced the love and direction of a Higher Power. I have had the guidance of selfless sponsors and the benefit of being of service to others by giving rides to many newcomers and sponsoring others.

I recently remarried and the children I had deserted years before flew in from the West Coast to attend our wedding at their own expense. They have witnessed the change in me. They not only have forgiven me, they love me. For so long no one could love me, since I would not let them.

My Higher Power has relieved me of the bondage of self with regard to drinking and also to post-traumatic stress disorder by providing me with a spiritual awakening and a desire for regular meeting attendance. I also participate in a program for veterans at a spiritual life center in Greenwich, New York, which through forgiveness has further removed the insanity of my previous trauma symptoms.

The Steps are so very practical and yet they can lead us on a spiritual path. If you seek conscious contact, your Higher Power will find you.

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... D15 Presents

SPONSORSHIP

WORKSHOP, HYBRID

Episcopal Church of St. John Baptist, 200 Main St., Thomaston, ME. Entrance on Green Street Side.

Saturday
SEPTEMBER
16, 10am-noon



Zoom Info
ID: 810-8255-6601
PW: 648701



CONTACT

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CONTACT INFORMATION

Please send articles, events, corrections, anniversaries, and other group or district news to editor@downeastintergroup.org, or mail to Newsletter Editor Bill L., 1056 Pleasant Street, Blue Hill, Maine 04614.

Group contributions to support the Intergroup can be sent 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.**