

# Downeast Intergroup Newsletter

## July 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 – MAY 2023

#### Operating Account

- beginning balance.....\$1,355.23
- total debit.....<\$1,212.92>
- total credit.....\$595.00\*
- ending balance.....\$737.31

\* Donations were received from the following:

- Williams and Alexandra M.....\$150.00
- District 16.....\$55.00
- Brooklin Bridge to Recovery.....\$25.00
- Richmond AA Group.....\$165.00
- Stark Raving Sober.....\$150.00
- Down and Back Group.....\$50.00
- Total.....\$595.00

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

### FOUNDERS DAY PICNIC

Joe M.

A great day for a picnic and fellowship. H.P. Gave us good weather, we had good food, and thanks to the cooks and all the helpers. Thank You Gene who was our speaker. We think there was about 65 folks, from near and others far away. Thank You to all who attended, we do it together and we did!

When *Acceptance* was first suggested as a solution to seemingly insurmountable problems, my immediate thought was "That's easy for you

to say". But as time went by, I discovered that Acceptance can be practiced by anyone in any situation.

We have learned that the practice of Acceptance need not be limited to serious problems. It can be practiced to good advantage on life's small problems. Acceptance leads to peace of mind.

- Let us always be careful of our actions. We are the only Bible some folks will ever read.
- Some people can't admit getting smart- they don't want to admit they were once dumb.

### Humility and Step 7

I was born and raised in a financially struggling family, which meant we barely had enough money to meet our basic needs. Most of the clothes I wore as a child were hand-me-downs. One day, my mom made a dress for me using some old clothes. I loved it! In Kenya, where I come from, most people really dress up when going to church, so I wore the dress my mom made to church the following Sunday. When I wore that dress, I felt beautiful and walked with my head held high, something I rarely did in my early teens.

After the church service, my mom called me and told me she had noticed how I had been walking all day, full of pride. She then told me I needed to be humble, especially in church. In an instant, I felt deflated and humiliated. I was ashamed of myself for how I had been walking and carrying myself around. That was the image of humility I carried with me to Alcoholics Anonymous (AA). For me, humility meant not being seen, not being

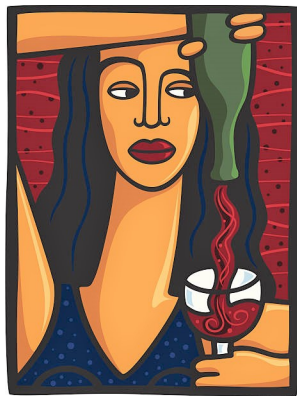
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heard, and not attracting any attention to myself – essentially, being a good girl.

When I came to AA after years of drinking, I was convinced that I was humble. Life and alcoholism had beaten me down, and I believed I had no ounce of pride left in me. I knew this because I didn't want to be seen, heard, or attract any



attention. I associated humility with humiliation. However, it was in AA, especially in Step Seven, that I realized how self-centered my entire demeanor was. Constantly admonishing myself not to be seen, heard, or attract attention meant that I automatically assumed that people around me were just watching for my reaction as if they did not have lives of their own to think about. I assumed I was the center of their universe even if it was in a negative way. It also involved me constantly thinking about myself.

With the help of the program, I have learned to recognize these thoughts and, instead of immediately reproaching myself, I can focus my attention on another person, and ask them how they are doing. It always works. Today, I also know that it's ok to be seen and heard just as long as I allow my fellow human beings to also be seen and heard. The 12 and 12 teaches me that **“the basic ingredient for all humility is the desire to see and do God's will” (Pg. 73)**. This doesn't mean that I know or always do God's will.

All that is asked of me is to have the desire to do so. Furthermore, I do not have to rely on my own strength and intelligence to remove my own shortcomings or even make myself humble. The book reminds me again and again, that as long as I place my self-reliance first, a genuine reliance on my Higher Power is impossible. Just for today, I am grateful that I can come to my Higher Power as I am and humbly ask Him to remove my shortcomings.

Wambo  
Alcoholics Anonymous  
Continental European Region

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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 04614 or email to: [editor@downeastintergroup.org](mailto: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***