

DOWNEAST INTERGROUP

November 2023



24 Hour AA Hotline - (207) 479-1779

Hello November



I hope you all had a very Happy Thanksgiving/Indigenous People's Day and were able to enjoy the beautiful autumn splendor. I am so happy to announce that we had a very successful October meeting, where we had great rotation of officers and committee chairs and members.

We want to thank all of our fellow travelers who have served in the positions over the past terms and especially those who have served for multiple terms. We will be welcoming our new DEIG Chair, Bethany from District 16 at our November meeting along with all that volunteered to fill the seats.

You can find the complete listing of our new officers and committee members on page 3. Remember if you are interested in sitting on a committee please come forward, the more service the merrier.

Please join us in person or on Zoom for our next DEIG meeting on Monday, *November 27, at 6:00 (doors open at 5:30 pm.)*

OUR REGION

In loving service, *Nadine L.*

DEIG supports the following
Maine AA Districts:



Districts 3
District 8
District 10
District 11
District 16
District 18
District 21
District 25



WHO WE ARE

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. We meet every 4th Monday of the month at the Union Congregational Church of Ellsworth Falls, 2 Falls Ct., Ellsworth, ME. Doors open at 5:30 pm for literature purchase and the meeting begins at 6:00 pm.

Everyone is welcome!

DEIG SEPTEMBER 2023 FINANCES



DEIG Finances - September 2023							
Operating Account			Literature Account			donations detail	
beginning balance	\$2,077.84		beginning balance	\$858.90		amount	source
Expenditures	\$526.48 picnic expenses		Expenditures	AAWS order			
	\$91.42 Hotline phone						
	\$24.80 newsletter						
total debit	\$642.70		total debit	\$0.00			
Revenue	\$0.00		Revenue	\$428.00 deposit			
	\$280.00 picnic 7th			\$134.00			
				\$84.50		\$0.00	total
total credit	\$280.00		total credit	\$646.50			
ending balance	\$1,715.14		ending balance	\$1,505.40			
Picnic Costs includes park fee, all food and supplies							

DEIG SEPTEMBER'S 2023 TREASURER'S REPORT



Geoff briefly summarized his Treasurer report, Geoff read the section of the Guidelines relating to the duties of Treasurer. Bill asked if anyone wanted to stand for this position. No one volunteered. Bill suggested we return to this later in the meeting after considering chairs for our committees. He also reminded us that deputy chairs are also needed in the event that the Chair, Secretary or Treasurer cannot attend the monthly meetings. Dave M. was nominated to be the new Treasurer. He accepted the nomination, and the vote was unanimous to accept him as the new Treasurer. Geoff said that he would help Dave get started.

Thank you Geoff for all of your service to the DEIG!

OCTOBER 2023 - NEW SERVICE ELECTIONS DEIG

Greetings from our new chair Bethany!



Hi, my name is Bethany, and I am an alcoholic in recovery. One of the most important parts of my recovery is service! I'm rotating out of DCM (District Committee Member) for District 16 (Beautiful Belfast and Waldo County). I haven't participated in DEIG service very much, yet... However, I feel that it will be a good step sideways in service to take on the position of Chairperson for DownEast InterGroup.

I have also made myself available as CSO/DEIG Liaison for Area 28. More will be revealed about that at Area 28 Swapmeet. I'm really drawn to Treatment, Corrections and Bridging the Gap service. I was seriously contemplating trying to chair one of those committees for Area 28 but after thoughts, prayer and trying to keep my life in balance I think being the incoming DownEast Intergroup Chair will be a good fit for all concerned.

I look forward to getting to know the friends I haven't met yet! Service Saves Lives!
ESPECIALLY MINE

LOVE Bethany

October 2023 New Service Appointments

New Steering Committee:

Chair - Bethany T.

Secretary - vacant - tabled until November meeting (possibly Bruce B.)

Treasurer - Dave M.

Literature - Diller B. with Dave M. and Seneca M.

Newsletter - Nadine L. with Bill L.

Meeting List - Lynn M.

Website - Heath W. with Nadine L.

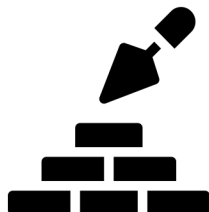
Hotline - Scott F.

Functions - Chris F.

PI/PCP - vacant - tabled until November meeting (Josh S.?)

Archives - Bill L.

Guidelines - Peter B. with Willy K. and Bill L.



MEMBER CREATIVE SUBMISSIONS



Step 11

Sought through prayer and meditation to improve our conscious contact with God, as we understood him, praying only for God's will for us and the power to carry that out.

This step has many components. God as we understand God is one part. One of my favorites really. It's one of the elements that gives AA its diversity. Imagine if we were all strictly Catholic! Egads AA would never get off the ground. I love to imagine those early days of our program and the cooperation it took to get that book published. I've heard it was a heated debate between a biblical Christian and an atheist and this little sentence is the compromise. Coming to this little agreement from heated debate has literally saved millions of lives. This warms my heart as I am prone to 'heated debate' and not so great at compromise. It is one of the many reasons I keep coming back.

Then there's the prayer and meditation part. I have the 'oh so human' tendency to want what I want when I want it. Or maybe that's an alcoholic tendency. When I bring God into my daily thoughts my alcoholic tendencies ease. I can make a choice about that. Is my disease a curse or a blessing? I often say in shares that I'm a true believer. AA saved my life so I'm of a mind that my alcoholism is my greatest blessing.

I keep coming back because it's such a God-centered community but at the same time atheists are embraced gladly. Let's debate, with love and recovery and maybe we learn from each other.

When I think about Step 11, I also focus on the word "only". We pray ONLY for God's will for us and the power to carry that out. That's it. To ask in the morning "how can I help". And to take moment at the end of the day to both check in and give thanks. 'Only' simply means thy will. And this is ongoing for me because I am willful. I want my way. I want control. All the world's a stage and I want my players to bring me satisfaction. Clearly that is some cloudy thinking, that gets me nowhere. Luckily, I can tell now when I'm on that ridiculous spiral because I go to meetings. I'll feel frustrated at "everyone else", go to a meeting and then the miracle happens, and I remember it's me. As I heard one of my favorite fellows once say "I'm the culprit ". Yes indeed. That's me. And my blessed fellows love me anyways. For that I have much gratitude.

Submitted by Eileen D. - District 8



"Our" Special Sign

Submitted by Lynn Mayer

MEMBER CREATIVE SUBMISSIONS



Acceptance

For most of my life, I was what people would call “a worry wart.” I worried about the future. I worried about past. I worried about what you thought of me. I worried about situations and outcomes. Basically, I worried about everything. It was exhausting. Alcohol was my sedative of choice. An escape from the chaos of my mind. However, alcohol never actually released me from that chaos. It was always there, lurking. Even after putting the drink down, it was still there. I needed relief!

It wasn't until I relapsed and finally took the suggestion of working the Twelve Steps, that I began to understand some of the roots of my chaos. Ah, yes, alcohol was but a symptom, my thoughts and subsequent actions were the real culprits in my life. If I could muster the courage to change the way I perceived myself and the world around me through working the Steps, one day at a time, then it was also possible that I could stay away from my go-to sedative of choice. So, with the help of a sponsor, I embarked on the “How To Change Me” journey. We began working the Twelve Steps. Oh, the gifts that came! Step Eleven, in particular, gives me one of the most beneficial gifts of all. Something that had eluded me most of my life - peace of mind.

In sobriety, it took me many, many years to get the wrapping off these gifts to see what was actually inside! The wrapping was often super ugly, overly taped, and sometimes when I'd tear it off, there'd be a Russian Nesting Doll inside hiding even more! Let me tell you, I struggled—a lot! But, with patience and practice (things I've also learned in this program) the actual gifts do reveal themselves, and so far they've proven to be awesome!



Meditation is but one of those gifts. A gift that reminds me that I am ok in this moment. One that helps me to focus my attention to there and now. It's also a mind-blowing reminder to me that I am never alone. Life is happening all at once, in any given moment, with all things - simultaneously. WHOA! A conscious contact, for sure! Today I choose to leave worry at the door and do my best to accept outcomes. These days I grow to the situation instead of having the situation grow. I am choosing peace of mind over despair.

I am well aware that the choices I am trying to make for myself today are a direct result of getting sober AND doing the step work. I need to stay vigilant in practicing these Steps. I need to remain teachable and self-aware. I have no doubt that the chaotic state of worry can lead me straight to a drink, thus propelling me back into my endless cycle of chaos and sedation. I am choosing to change my unhealthy thoughts and perceptions about myself and others. I am choosing to at least give it a try, one day at a time, here and now. There's no place I'd rather be.

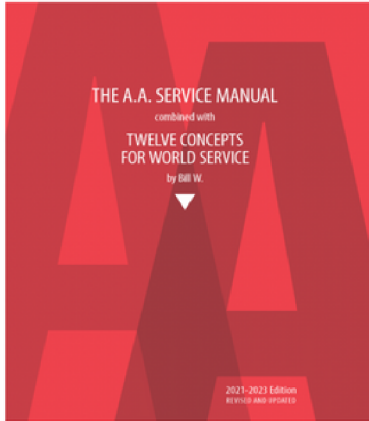
Reprinted from Maui Serenity Gazette Maui Intergroup, Maui, HI November 2019, Michelle G. via Bill L.



UPCOMING ACTIVITIES



Check out the upcoming AA and Clean and Sober activities below:



IT'S A CONCEPT THING! JOIN US

Each week we will learn about another Concept. The Twelve Concepts for World Service were written by A.A.'s co-founder Bill W. The Concepts are an interpretation of A.A.'s world service structure as it emerged through A.A.'s early history and experience. Area 28 participants will share their interpretation of the Concepts and how they play out in their program, personal, social and work life.

- Tuesdays 7p-8p ET**
- November 7, 2023
The Triangle & Concept 1
 - November 14, 2023
Concept 2 & 3
 - November 21, 2023
Concept 4 & 5
 - November 28, 2023
Concept 6 & 7
 - December 5, 2023
Concept 8 & 9
 - December 12, 2023
Concept 10 & 11
 - December 19, 2023
Concept 12 including
The Warrantees

LOGIN INFORMATION
<https://us02.zoom.us/j/88174178001>
 88174178001
 88174178001
 88174178001
 88174178001

Zoom ID: 823 7937 5600
 Passcode: 066474

You Are All Invited to

"The Off the Wall Step Group"
38th Annual Gratitude & Tree Lighting Celebration

Friends & Family Welcome

Wednesday, December 20, 2023
Potluck starts at 7 pm (Set up no earlier than 6:45)
Tree lighting meeting starts at 7:30

Meeting is held at First Baptist Church
95 High St, Belfast, Maine

Most parking available in back of church & lot across the street from the back side of the church - it does get crowded.

BANGOR AREA RECOVERY NETWORK PRESENTS

BARN'S HOLIDAY PARTY

3RD DEC | **HOT COCOA BAR**
MUSIC, GAMES
CRAFTS & MORE!

JOIN US FOR OUR ANNUAL COMMUNITY HOLIDAY PARTY
 THIS IS A FREE FAMILY FUN EVENT
2PM-5PM
 142 Center Street Brewer
www.bangorrecovery.org
 207-561-9444

Downeast Intergroup
downeastintergroup.org 207-479-1779

You're Invited!

New Year's Eve Alcothon
4:00 PM Sunday, 12/31 until 12:00PM Monday, 1/1

- Spaghetti Supper at 6:00PM New Year's Eve
 - Pot Luck Desserts or Side dishes to share
- Breakfast at 8:00AM New Year's Day
- Meetings every hour on the hour

Come ring in the new Year with your sober friends and help pass it on to those for whom this night can be a challenge

In person at
Your Place Community Center
 8 Old Mill Road, Ellsworth, ME

On Zoom
Meeting ID: 6886597530
 passcode: 732847

Please feel free to submit your events to be promoted on our website and in the newsletter by sending them to website@downeastintergroup.org / editor@downeastintergroup.org