

# DOWNEAST INTERGROUP

January 2024



Seawall, Manset, ME

24 Hour AA Hotline - (207) 479-1779

## Welcome January! 2024

Howdy All -

Happy New Year! We are sending out special wishes for a happy, healthy, abundant, sober & clean year ahead to everyone. We hope you all were safe through the multiple storms that blew through our state recently. As we move into 2024 providing service to DEIG is a perfect opportunity to help our Intergroup grow and provide services to each district in our area.

We are happy to say that the **2023/2024 DEIG Alcothon** that offered the Spaghetti dinner and Breakfast on New Year's Day was a big success. Let's give our new Functions Chair Chris and Geoff W. a big round of applause for organizing and preparing the delicious food. Thank you to everyone who brought side dishes, desserts, snacks and helped out setting up and cleaning after the event.

If you are not on a committee yet, please jump on board and let's come together in 2024 and make Downeast Intergroup the strongest Intergroup in Maine!

Again Happy New Year ✨  
In loving service, *Nadine L.*

### OUR REGION

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 JANUARY MEETING TOPICS

### January 2024 DEIG Meeting - PLEASE JOIN US!

The next DEIG meeting will take place on the 4th Monday of the month, January 22, 2024. Join us either live or on Zoom 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 or by Zoom -

**Zoom ID: 6886597530 Password: 732847**

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### Message from Bethany T -

I have been doing a lot of soul searching and I apologize ~ I should have taken the position on a trial basis. I am going to step aside as DEIG chairperson for multiple reasons, the most pertinent being the need to be at the meeting in person to chair the meeting. I would like to stand for the secretary position as I feel that job could be accomplished either in person or on Zoom.

**Thank you,**  
*Service Saves Lives*  
*Love Bethany*

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### SPECIAL REQUEST FROM LYNN, OUR DEIG MEETING LIST CHAIR

The Meeting List Committee is requesting that all groups update any changes from the May 2023 print meeting list by January 31, 2024.

Groups can email updates to [meetinglist@downeastintergroup.org](mailto:meetinglist@downeastintergroup.org)

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### 2023 New Service Appointments

#### New Steering Committee:

**Chair** - Vacant -

**Secretary** - Vacant - tabled till January meeting

**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 January meeting (Josh S.?)

**Archives** - Bill L.

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

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## UPCOMING AREA RECOVERY & CLEAN AND SOBER EVENTS

### AA Workshop

Date: January 20, 2024

Workshop: Homegroups The Heartbeat of AA

Traditions C.S.I. Play

Hosted By: District 14 Love & Service

Facilitated By: Area 28 Love & Service Committee

Food and Fellowship 12pm-1pm  
Workshop & Traditions Play 1pm-3pm

Fairfield Community Center

61 WATER ST. FAIRFIELD, ME 04937

CONTACT PERSON: JOSH T (207)307-1523



**Summer  
of Love  
Valentine's  
Dance**

SATURDAY | FEBRUARY 17TH  
7:30PM

**\$5 entry**  
142 Center St. Brewer ME

The poster features a vibrant, colorful design with a yellow background, blue and orange wavy borders, and several large white daisies with orange centers. The BARN logo is prominently displayed at the top.

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## MEMBER SUBMISSIONS



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### *Understanding AA's twelfth tradition*

**“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”**

When I was new and in residential treatment, I had little self-esteem and was afraid of everything and everyone. There was a homeless man, we'll call David, who attended the same morning meeting I did. He had a severe mental illness, and the outside world would have described him as unstable. But he was far healthier than most. David hugged me every morning, welcoming me gently into a world that had the capacity to save me. He lacked all humility and pretense and showed me what principles before personalities could do when practiced with an open heart. David helped me truly understand the word anonymity and that taught me so much about what true equality looks and feels like.



Tradition Twelve allows us to sit side by side and learn about sobriety from anyone. For people like me who walk into recovery feeling less than, Tradition 12 allows us the chance to feel accepted before we accept ourselves. That is an amazing gift to receive and an incredible gift to give others!

Tradition Twelve tells us we must put principles before personalities. This means we practice the principles of AA, such as honesty, humility and making amends, over personality conflicts. Personality conflicts will arise. That's part of life. But, knowing that we are to put principles before personal differences and drama is a great guidepost. It isn't always easy, but it always works. When I put principles before personalities, I come out ahead. When I don't, I get into unnecessary arguments that I regret.

In AA, we are always evolving and growing. In most instances, I can practice principles before personalities successfully. When I don't, the repercussions always remind me to get back where I belong – on my side of the street I have had experience doing both this month. In one situation, I was yelled at and did not yell back or engage. I practiced the principle of unconditional love, considered what the other person may be going through and did not yell back. It worked out beautifully. In another, I experienced prejudice and spoke out of anger. It was a mistake. I should have set a boundary and walked away from the relationship. Instead, I argued and wound up even more hurt than I was initially. It's not my place to teach people who to be. It IS my place to speak and act in principle. I say this because placing principles over personalities is not about being right. It's about adhering to a strict code of conduct that allows US to hold our heads high. AA offers us a new way of life and so does Tradition 12. ***Practice it properly and love wins, even if the love is just for ourselves.***

Andrea H. ~ Atlanta, GA

**Thank you Bill L. for this insightful article**