

# DOWNEAST INTERGROUP

February 2024



24 Hour AA Hotline - (207) 479-1779

## Welcome !

Greetings Everyone -

Happy St. Valentine's Day ♥ Let's celebrate the Love of Sobriety, AA & Fellowship this month and always for everything it has brought to our lives and the lives of so many millions of others across the world.

As we embark on the DEIG 2024 calendar year with new officers in place, we begin our first action meeting this month. Please join us on **Monday, February 26, 2024 at 5:30** for our regular monthly meeting with a twist [DEIG Meeting List and Steering Committee Night & Potluck](#). We will be putting together 800 new, updated meeting lists. Bring a dish to share and in fellowship we can put the booklets together. Spread the word and hope to see you there.

We hope you can share this newsletter with those in your Districts and if you'd like to get involved in DEIG there are plenty of committees you can join in so please jump in with both feet and let's come together in 2024 and make Downeast Intergroup the strongest Intergroup in Maine!

In loving service, *Nadine L.*



## 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!**

## 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



## DEIG UPDATES FROM JANUARY MEETINGS & COMMITTEES

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

The next DEIG meeting will take place on the 4th Monday of the month, February 26, 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**

## JANUARY DEIG FINANCES

DEIG Finances - January 2024				
Operating Account		Literature Account		donations detail
beginning balance	\$2,392.66	beginning balance	\$1,327.97	amount source
Expenditures		Expenditures	\$0.00	
Hannaford debit Card breakfast expenses	\$101.43			\$291.34Stonington / Deer Isle group
Monthly Zoom 1-2-2024	\$16.95			\$50.00Millinocket Friday Night
ATM Withdrawal 12/31 spaghetti supper reimbursement	\$220.00			\$50.00Tuesdays Night Searsport
US Cellular hot line	\$91.58			\$30.00Brooklin Bridge
Bill Pay Check # 5000061 YPI Rental for Alcothon	\$200.00			\$10.00David H.
Bill Pay Check # 5000058 church rent	\$50.00			
USPS Boxes	\$222.00			
Monthly Zoom 1-31-2024	\$16.95			
				\$236.00 Checking deposit
<b>total</b>	<b>\$918.9</b>	<b>total debit</b>	<b>\$0.00</b>	
debit	1	Revenue Book Sales	\$241.00	
Credit	\$667.3			\$667.34 total
<b>total credit</b>	<b>\$667.34</b>	<b>total credit</b>	<b>\$241.00</b>	
<b>ending balance</b>	<b>\$2,141.09</b>	<b>ending balance</b>	<b>\$1,568.97</b>	

as of 2-2-2024

### UPDATE FROM WEBSITE COMMITTEE MEETING

The Website Committee - Heath, Willey K., Lynn M. and Nadine L. met on Monday, February 5, 2024, to discuss ideas on how to improve the website to reach our fellow travelers and those who are still suffering and need to find us.

All are welcome to join in on the regular Website Committee meeting to get more input from all DEIG individuals. Our next Website Committee meeting will held in March - to be announced at the February DEIG meeting.

**NEW WEBSITE FEATURE: Check our website for upcoming events on the [Events Page](#).**

### 2023/2024 New Service Appointments

#### New Steering Committee:

**Chair** - Greg Sewall  
**Secretary** - Bethany T.  
**Treasurer** - Dave M.  
**Literature** - Diller B. with Dave M. and Seneca  
**Newsletter** - Nadine L. with Bill L.  
**Meeting List** - Lynn M.  
**Website** - Heath W. with Nadine L.  
**Hotline** - Scott F.  
**Functions** - Chris F.  
**PI/PCP** - Josh S.  
**Archives** - Bill L.  
**Guidelines** - Peter B. with Willy K. and Bill L.

### January New Appointment of Officers

#### The January DEIG meeting brought some changes with the appointment of new officers:

- The new Chair is our former Hotline Chair Greg Sewall
- The new Secretary is our former new Chair Bethany, who has resigned from the Chair position
- The new PI/CPC Chair is Josh S.

## MEMBER SUBMISSIONS

24 Hour AA Hotline - (207) 479-1779



### A Loving Guide

A lifelong atheist shares how he participates in his AA group's decisions Tradition Two asks us to make use of a loving God to guide our group conscience and act as our ultimate authority. As a lifelong atheist with over a decade of sobriety in AA, this is a tall order.

Instead of dismissing Tradition Two, which would have been easy for someone like me, I examined how I could use my own spiritual convictions to honor the substance of the Tradition.



Shortly after completing my Step work, I started doing group service work. From time to time we have group conscience meetings or group business meetings. Before each meeting, our group routinely prayed, asking that God be our guide in our decision-making process. When a contentious issue would arise, the group would often postpone a decision until the next meeting, suggesting that we all go home and pray about it. For me, that meant I went home and thought about it.

If I didn't have a sense of humor, I would have left AA long ago because of its overwhelming focus on God as the preferred Higher Power for its members and groups. I'm glad I stayed because I discovered our rooms are filled with more and more atheists and agnostics who do not recognize God as an authority over anything yet remain sober and service oriented.

When I read Bill W.'s writings on Tradition Two in Grapevine and in our book Twelve Steps and Twelve Traditions, I remind myself that Bill was describing his personal experience in dealing with the problems which arose in those nascent groups. Most AA members at that time used God as their highest power, so it made sense for those early founders to turn to God in dealing with questions of conscience.

For those of us who choose no God, we and our groups can easily be guided by the Twelve Step principles. Those principles are spiritual, universal and easily recognizable. They are beliefs and ideals which anyone can use to guide one's life and any group can use to guide its decisions and actions.

Who can argue with love, tolerance and the Golden Rule being one's ultimate authority? Who can argue with the effort of trying to live our lives inside and outside our group with the utmost dignity, honesty, courage, integrity and humility as our Twelve Step principles suggest? Who can argue with the need for regular self-examination and selfless service work?

Whether we use God to guide our group conscience or use the Twelve Step principles or use whatever spiritual means we personally connect with, all of us can use some higher authority to help us with choices and decisions affecting our group. God is not a requirement.

ALEX M. | LOUISVILLE, KY

From the February 2022 issue of the A.A. Grapevine

Thank you Bill L. For this submission



## UPCOMING AREA RECOVERY & CLEAN AND SOBER EVENTS

### GSR WORKSHOP

HOSTED BY DISTRICT 3

SATURDAY MARCH 16, 2024

AT 1 – 3 PM

PLACE: BARN – 142 CENTER STREET, BREWER

BRING YOUR ; AA SERVICE MANUAL & AREA 28 SERVICE WORKBOOK

PRESENTER WILL BE LYNN M, AREA 28 REGISTRAR

THERE WILL BE COFFEE & SNACKS

ZOOM INFO: ID#85312769686

Passcode: District3

### AREA 28 SPRING ASSEMBLY

Hosted By District 24

APRIL 5-7, 2024

WESTBROOK AMERICAN LEGION POST 197  
(Rte25) 300 CONANT STREET  
WESTBROOK, ME 04092



#### SCHEDULE

##### • FRIDAY

Dinner on your own in the area

Portland Recovery Community Center (PRCC), 102 Bishop St. Portland, ME

Registration opens at 6:30 PM

AA Meeting at 7:00 PM

Fellowship, Meetings, GSR and DCM Workshops after the AA Meeting

##### • SATURDAY

7:30 AM Registration Resumes

8-9 AM Breakfast

9 AM Assembly

12-1 PM Lunch

1-5 PM Assembly

5-6 PM Dinner

6-9 PM Assembly

##### • SUNDAY

8-9 AM Continental Breakfast

9 AM Assembly Reconvenes

#### Zoom Meeting Info

Meeting ID: 851 1305 4753 Passcode: 411347

Please include your name, district, and service position when connecting in through zoom.

Assemblies are streaming only, all voting members must attend in person to be able to cast their vote.

HELP US BE SELF SUPPORTING !

#### MEAL TICKETS

Saturday - Sunday—\$35

\*All meals have Vegan and GF Options!

#### HOTELS

There are several hotels in the area including the three listed below. Call directly for pricing and reservations.

Ramada Plaza by Wyndham Portland:

155 Riverside St, Portland, ME 04103 • (207) 774-5861

Hampton Inn By Hilton & Suites

1210 Brighton Ave, Portland, ME 04102 • (207) 613-3420

FOR MORE INFORMATION AND  
TO REGISTER GO TO:

<https://maineaa.org/events/2024-spring-assembly/>

\*Cash payment available at registration

Registration Info: Fill out a single form for each person and send checks payable to:  
District 24 Treasurer, P.O. Box 1345, Westbrook, ME 04098

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Group \_\_\_\_\_ GSR \_\_\_\_\_ DCM \_\_\_\_\_ Other \_\_\_\_\_

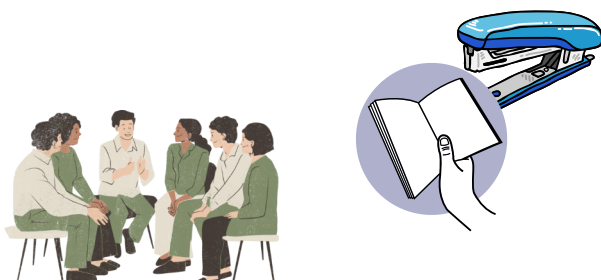
Meals \$35.00 \_\_\_\_\_

## DEIG Potluck & Meeting Lists Again!

Monday, February 26, 2024 - 5:30 -7:00 pm

Bring your favorite dish to share and let's put together our updated meeting lists together in fellowship.

Union Congregational Church  
2 Falls Ct., Ellsworth, Maine 04605





## Indigenous Medicine

tobacco, sage, cedar, sweetgrass  
Painting & submitted by Nadine L.

## Keep it Green



Sponsored by District 25  
Love and Service Committee  
Contact Joe F. and Jamie C.  
for questions and service opportunities

On 03/17/2024 from 2p-5p

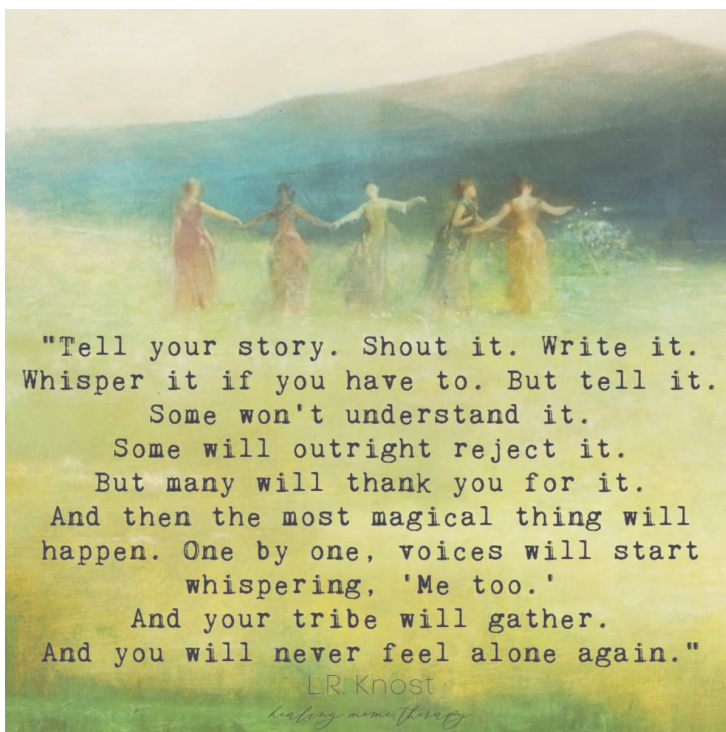
Location: Congregational Church in Machias on Center St

Learn how the 12 Steps of AA can save your life and give you  
the key to a joyful recovery

Join us for a food, fun, prizes, and a Speaker Panel

Bring a dish, keep it green!

Most creative green dish wins a prize



Tell Your Story  
Submitted by Bill S.



Check out info for  
**The 45th Maine Round Up**  
July 12 -14, 2024

More mail-in  
**registration details here**