

DOWNEAST INTERGROUP

March 2024

Start your day fresh with Daily Reflections



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!

24 Hour AA Hotline - (207) 479-1779

Hello Spring!



Greetings Everyone -

Happy spring to all as we welcome another day grateful for the gift of sobriety and the fellowship that helps us one day at a time. It is so exciting to hear the birds chirping in the mornings and feel the warmer temperatures with this little hiccup of snow and ice as we move closer to April.

We hope you can join us on **Monday, March 25, 2024** for our regular **DEIG Steering Committee Meeting**. The doors open at 5:30 for literature with the meeting starting at 6:00. Please note that we are now posting our meetings and events on the DEIG website. We are encouraging folks to join the website, newsletter and other committees, the more input the better!

We hope you can share this newsletter with those in your meetings and Districts and if you'd like to get involved in DEIG there are plenty of committees you can join. 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.

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 FEBRUARY MEETINGS & COMMITTEES

March 2024 DEIG Meeting - PLEASE JOIN US!

The next DEIG meeting will take place on the 4th Monday of the month, March 25, 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

2024 STEERING COMMITTEE CHAIRS

2024 Steering Committee: We will be updating the emails as soon as all are officially designated for your convenience.

Chair - Greg S.

Secretary - Bethany T.

Treasurer - Dave M.

Literature - Diller B. with Dave M. and Seneca

Newsletter – Nadine L. with Bill L. - Nadine L. - newseditor@downeastintergroup.org

Meeting List – Lynn M.

Website – Heath W. with Nadine L.

Hotline – Scott F.

Functions – Chris F.

PI/CPC – Josh S.

Archives – Bill L.

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

FEBRUARY 2024 DEIG FINANCES

DEIG Finances - February 2024

Operating Account			Literature Account			donations detail	
beginning balance	\$2,141.09		beginning balance	\$1,568.97		amount source	
						\$ 150.00 Milbridge Group	
							Pass it On
Expenditures			Expenditures	\$0.00		\$ 91.00 (Belfast)	
US Cellular						\$ 20.00 Liberty Serenity	
Hot Line	\$91.59					\$ 40.00 Early Bird Grp.	
Jiify Print							
Meeting Lists	\$729.01						
Downeast Graphics							
News Letter	\$19.30						
total	\$839.9		total	\$0.0			
debit	0		debit	0			
Revenue	\$301.0		Revenue	\$0.0		\$301.00	total
total credit	\$301.0		total credit	\$0.00			
ending balance	\$1,602.19		ending balance	\$1,568.97			

DEIG NEWS UPDATES



News Publication Offerings to All Districts and Groups

We are putting out a call to all of our Districts to submit news to share through Down East Intergroup's Newsletter and Website! Please submit your news at least onemonth in advance to Nadine L. at newseditor@downeastintergroup.org



Update & Op Ed from Meeting List Chair Lynn M.

I heard at a conference recently that the most important piece of AA literature is the meeting list. You may or may not agree (either way, I invite you to submit an article to the DEIG newsletter sharing your viewpoint!) As the new Meeting List Chair for DEIG, I think this statement has strong meaning. How frustrating it is when someone shows up or a meeting only to find the doors locked!

On Monday, Feb 26, DEIG held a potluck dinner followed by assembly of our March Meeting List booklets. Thirty-two AA's from around the DEIG region attended! They took about 650 of these new bright yellow meeting list booklets to be distributed to their home-groups and throughout their districts. Some of the new Meeting Lists were placed into Newcomer's Packets.

Does your home group or district need additional Meeting Lists or Newcomer's Packets? Come at 5:30, just prior to the DEIG monthly meetings on the 4th Monday of each month at the Union Congregational Church in Ellsworth Falls. These are available FREE to groups in the DEIG region! You may also pick up AA-approved literature at cost (no shipping!). The free meeting lists, free Newcomer's Packets, and literature-at-cost are provided as a service of Downeast Intergroup, and are funded entirely by donations from individuals, groups, and districts..

Are the new Meeting Lists 100% accurate? No! If you find an error, please email me: meetinglist@downeastintergroup.org These changes will also appear on the Downeast Intergroup website. Our hope is that every time we print a new booklet or someone views the online meeting list, both will be more accurate. For that, we depend on AA members, such as YOU!

NEWS! Sober Anniversaries Announcements Offered at Down East Intergroup!



We are encouraging District Chairs, Group GSRs and all others to spread the news in their Districts or Groups that DEIG is offering the option to get the word out and announce all AA members sober anniversaries. It's a great way to give hope to the newcomers and express our gratitude for our blessing of sobriety!

If a group or an individual would like to announce their members anniversaries or their own, please send your information at least one month in advance (by the 10th day of the prior month of the celebration) to Nadine L. at newseditor@downeastintergroup.org



Three Essentials

From the March 2002 Grapevine

In 1988, I married a lady whom I still love very much, and in 1996 we had a beautiful daughter. We lived in a caretaker's house and didn't pay any rent, had two brand-new cars in the driveway, and both my wife and I had good jobs. But I wanted to die. I had created a lot of wreckage through alcohol and drugs. My father had passed away from cancer in 1990. I was drunk before, during, and after his funeral. I felt so ashamed inside that I did a lot of things that I said I would never do, and became the person I never wanted to be-- sick, sad, sorry, a liar, a cheat, and a thief. I could not stand the way I was living, and I saw no way out. In 1996, I drank a substance that contained sulfuric acid in an attempt to commit suicide.

I woke up in a hospital to the sound of suctioning. I had tubes coming out of my body everywhere. Eighty percent of my stomach had been removed. The doctors were amazed I woke up at all and gave me little chance of surviving. I was being fed liquids through a tube that was connected to what was left of my stomach. During the next two months, I came very close to dying four times, and was given my last rites twice. To say I was a mess inside and out is an understatement.

In June 1996, I ended up at a medical center under the care of a great and skilled doctor. I had lots of surgeries to go through. My large intestine was reconstructed into a stomach. I had several surgeries for infections.



I remember waking up in the recovery room and finding out that my esophagus was too scarred and could never be used again. I died a thousand deaths that day. Months later the doctor decided to use part of my colon for an esophagus. That was a nightmare surgery. By July 1997, I'd had twelve major surgeries. I went from 270 pounds to 130 pounds and hadn't had anything to eat or drink by mouth for a year and a half.

When God finally led me to Alcoholics Anonymous on October 14, 1997 (my sobriety date), I was no "vision for you." I was desperate, I was dying, and I had no hope. I walked into the Saturday morning men's meeting and briefly told my story to the group. The love and understanding I received from these men saved my life. When I got home from the meeting, I had ten phone numbers in my pocket. I was told by a sober member of AA that if I wanted to stay sober I would need to do three things: get a sobriety date and don't change it; get a sponsor; and get a home group. I did these three things on blind faith because I didn't understand how they were going to keep me sober.

Now I understand. The sobriety date gives me a sense of purpose, the sponsor gives me a sense of direction, and the home group gives me a sense of belonging. Today, as a sober member of AA, I've taken the Steps and I practice the principles and I work with other drunks. I know that God led me to Alcoholics Anonymous and Alcoholics Anonymous led me to God. I try to give away every ounce of my program, and what I get back comes to me in truckloads.

Junior
Glendale, California

UPCOMING AREA RECOVERY & CLEAN AND SOBER EVENTS



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

More mail-in
registration details here

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 _____

11/26/23

2024 Area 28 Service Calendar

Jan 7th Area Committee Meeting, 9:00am-noon
 (Fairfield Community Center, 61 Water Street, Fairfield, ME 04037)

Feb 4 Area Committee Meeting, 9:00am-noon
 (Fairfield Community Center, 61 Water Street, Fairfield, ME 04037)

Feb 22-25 NERAASA (Northeast Regional A.A. Service Assembly)
 Hershey Lodge, 325 University Dr., Hershey, PA 17033

DATE CHANGE:
MARCH 17th Pre-Conference Forum, 9:00am-noon
 (Fairfield Community Center, 61 Water Street, Fairfield, ME 04037)

Mar 8-10th NERD (Northeast Regional Delegates)

Apr 5-Apr 7th Area 28 Spring Assembly –TBD

Apr 14-20th General Service Conference

May 19th Post Conference Forum, 9:00am-noon
 (Searsport Community Building, 42 Prospect Street, Searsport, ME 04974)

NEW ITEM:
JUNE 2nd Area 28 Inventory, TBD

July 12-14th Area 28 Round-Up Convention
 (Sugarloaf Mountain Hotel & Resort, 5092 Access Road, Kingfield, ME 04947)

Aug 4th Area Committee Meeting, 9:00am-noon
 (Fairfield Community Center, 61 Water Street, Fairfield, ME 04037)

Area Committee Meeting, 9:00am-noon
 (Fairfield Community Center, 61 Water Street, Fairfield, ME 04037)

Oct 18-20th Hybrid Area Committee Meetings on ZOOM

User ID: 570 036 1605; Password: 2127

Area 47's Online Traditions Study

Join us as we invite current and past delegates to share their experience with the traditions and the principle(s) within them.

Every other Thursday at 8pm, starting February 15th
 (Tradition 11 will be on Tuesday 7/2 due to the holiday)

Zoom ID: 873 3079 0447
PW: 06101935

<https://us06web.zoom.us/j/87330790447?pwd=BASahc7USdPa8aKzWakSLytNc321A7.1>

Basic Format:

- Read the Traditions Illustrated
- Speaker shares their experience
- Review the Traditions Checklist
- Q&A and sharing from attendees (Reading the 12x12 essay prior to meeting is encouraged!)

2/15 - 1 - Katie B. - Area 63
2/29 - 2 - Becca H. - Area 39
3/14 - 3 - Crystal S. - Area 72
3/28 - 4 - Ken T. - Area 44
4/11 - 5 - Barb C. - Area 47
4/25 - 6 - Todd D. - Area 47
5/9 - 7 - Jon C. - Area 60
5/23 - 8 - Cara G. - Area 41
6/6 - 9 - Jennifer B. - Area 6
6/20 - 10 - Jeannie M. - Area 4
7/2* - 11 - Molly E. - Area 27
7/18 - 12 - Jimmy W. - Area 64