



Start your day fresh with
Daily Reflections

24 Hour AA Hotline - (207) 479-1779

April Showers Bring May



Greetings Everyone ~

Hope you are enjoying the teasings of spring here in Maine. Hopefully, we will soon be in full bloom. **Please take note that the May DEIG will be held early on Monday, May 20th due to Memorial Day holiday at the same time and same place.** Please spread the word. We hope to see you there!

Since there was little news, events and/or submissions from our members in the DEIG with the exception of the DEIG Finances, I decided to issue a combined April/May issue and an article from a member have decided to check out the following pages for updates from our April meeting and articles, upcoming events, and activities for the coming weeks and months.

We hope you can share this newsletter with those in your Districts and meetings, either digitally or print. 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!

Yours in service, *Nadine L., Newsletter Editor/Chair*



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



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DEIG UPDATES FROM APRIL MEETING & COMMITTEES

May 2024 DEIG Meeting - PLEASE JOIN US!

We normally meet on the 4th Monday of the month but in May we will be meeting on the **3rd Monday, May 20, 2024 due to the Memorial Day holiday**. 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 join us by Zoom.

Zoom ID: 6886597530 Password: 732847

New DEIG Meeting List Booklets! Please submit any changes by May 20!

May 20 is our deadline for updates to any meetings listed on the DEIG website:

www.downeastintergroup.org

Please send any changes, omissions, or deletions (or questions) to our Meeting List Chair:

meetinglist@downeastintergroup.org

Also, please mark your calendars for Monday, June 24, 2024 as the date to help assemble the new booklets. We will meet at 5:00 before the regular DEIG meeting at 6:00.



And finally, please announce the May 20 deadline to any meetings you may attend in the upcoming weeks!

Just one more invitation: Perhaps you'd like to join the Meeting List Committee! We next meet on Tuesday, May 14 at 4:00 via zoom: Meeting ID: 6886597530 Password: 732847 All are welcome!

Yours in service, Lynn, DEIG Meeting List Chair

NEWS! Sober Anniversaries Announcements Offered at Down East Intergroup!

Check out upcoming Sober Events on page 4, 5, 6 and 7



We are inviting 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

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MARCH 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
Expenditures		Expenditures	\$0.00	\$ 91.00	(Belfast) Pass it On
US Cellular Hot Line	\$91.59			\$ 20.00	Liberty Serenity
Jiify Print Meeting Lists	\$729.01			\$ 40.00	Early Bird Grp.
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		

APRIL 2024 DEIG FINANCES

DEIG Finances - March 2024					
Operating Account		Literature Account		donations detail	
beginning balance	\$1,602.19	beginning balance	\$1,568.97	amount	source
				\$110.00	District 16
Expenditures		AA Publishing	\$994.40	\$50.00	Lincoln Group #
zoom	\$16.95			\$128.20	000392889
us cell hotline	\$94.02				Back to Basics
Annual report Filing	\$35.00				
total debit	\$145.97	total debit	\$994.40		
Revenue	\$288.20	Book sales	\$810.50		
				\$288.20	total
total credit	\$288.20	total credit	\$810.50		
ending balance	\$1,744.42	ending balance	\$1,385.07		



Anniversaries & Other Sober Celebrations

May 2024

- **Th - May 16 - Mike H. - 20 Y** - Ellsworth Group - 7 pm - YPI, Ellsworth
- **Th - May 30 - Jeff C. - 34 Y** - Ellsworth Group - 7 pm - YPI, Ellsworth
- **Sat - May 25 - Pot Luck Supper - Saturday Night Live - 5 pm Eat - 6 pm - Meeting - YPI, Ellsworth**
- **Sun - May 26 - Irene L. - 36 Y & Mary H. - 38 Y** - Frenchman's Bay Group - 10 am - Hancock Community Center, Hancock
- **Mon - May 27 - Memorial Day Picnic - District 18 - 10 - 11 am - Fellowship/11 am - 1 pm Food/1 pm Meeting/2 pm Cleanup - Suminsby Park on Somes Sound, Sargent Dr, Mount Desert, ME**
- **Mon - May 27 - Jamie - 20 Y** - Milbridge Group - 7 pm - Milbridge Congo Church
- **Fri - May 31 - Dave S. - 2 Y** - Friday Night AA Group - 6 pm - Grange Hall, Mariaville

June 2024

- **Sat - June 1 - Nadine L. - 42 Y and Jesse S. 14 Y** - Saturday Night Live - 6 pm - YPI, Ellsworth
- **Saturday, June 22 - Founder's Day Picnic - Moose Point State Park, Searsport - 10:00 - 2:00 (set up at 9, clean up at 2 - volunteers welcomed)**
DEIG will provide burgers, hot dogs, and drinks. Groups or individuals bring salads or desserts to share - or just come and share your good cheer!

Your Anniversary or Event could be right here!
Don't delay, click below to send it today!
newseditor@downeastintergroup.org

UPCOMING AREA RECOVERY & CLEAN AND SOBER EVENTS

Area 28 Post Conference Forum

Sunday May 19, 9am - NOON
Hosted by District 16
Searsport Community Center
 (Formerly Lions Club)
 42 Prospect Rd, Searsport 04974
ZOOM Meeting ID: 874 4644 4283
Passcode: 270952

9- 10:15am Our Delegate, Allen S.
 Gives a brief synopsis of his
 AA-General Service Conference experience
10:15 -11am Brunch Break
11am - NOON Questions & Answers



MEMORIAL DAY PICNIC

BURGERS, DOGS, FIXINS AND DRINKS
 PROVIDED BY DISTRICT 18

GROUPS/INDIVIDUALS BRING SALADS AND
 DESSERTS TO SHARE

MONDAY, 5/27/24 FROM 10:00-2:00
SUMINSBY PARK ON SOMES SOUND
SARGENT DRIVE, MOUNT DESERT, MAINE



10:00 - 11:00 FELLOWSHIP
 11:00-1:00 FOOD
 1:00PM MEETING
 2:00PM CLEANUP

BRING THE FAMILY
 WE ARE NOT A GLUM LOT!!

FOOD - FUN - FELLOWSHIP



FOUNDERS' DAY PICNIC

BURGERS, DOGS, FIXINS AND DRINKS
 PROVIDED BY DEIG
 GROUPS/INDIVIDUALS BRING SALADS AND DESSERTS TO SHARE

SATURDAY JUNE 22, 2024 10:00-200
MOOSE POINT STATE PARK
SEARSPORT, MAINE



\$3PP ENTRY FEE DUE AT GATE (NOT COVERED BY DEIG)
SENIORS AND VETERANS ENTER FOR FREE

10:00 AM RED BALL MEETING
1:00 PM SPEAKER MEETING

Dr. Bob
Bill W.

FOOD - FUN - FELLOWSHIP
 And Service!!! Setup help at 9:00 and Cleanup help at 2:00 - Volunteers needed!!!



WWW.DOWNEASTINTERGROUP.ORG

C.S.O. Presents

FOUNDER'S DAY

Celebrating A.A.s 89th Birthday!



Tickets include Food, Fun & Fellowship for JUST **\$15**

15	10A-2P JUNE 2024	A.A. SPEAKERS A.A. FELLOWSHIP
EVENT TICKETS AVAILABLE at C.S.O. 47 Portland St. Portland, ME.		Saco BayCommunity Church 146 Ferry Rd. Saco, ME 04072

FMI: call 207.774.3034 or email officemanager@csaaaine.org

WWW.CSQAAMINE.ORG

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

Calling all Volunteers!

We are looking for anyone who may be interested in:

- Greeting attendees
- Directing attendees to Registration, Meeting/Workshop Rooms, Parking
- Help with set up/clean up between meetings
- Help with Hospitality
- Endless opportunities to be of service! Any amount of time you can give is greatly appreciated!

Let's chat!

In Love and Service, 45th Maine Roundup Volunteer-

Chair - Bryan T. (813)720-5520

Co-chair - Jimmy C. (207)275-7645

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)

Area 28 Fall Assembly -TBD

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
2/23	- 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

All graphics are taken from the pamphlet The Twelve Traditions Illustrated (0-43) and used with permission of A.A. World Service, Inc.

UPCOMING AREA RECOVERY & CLEAN AND SOBER EVENTS

THE LOVE & SERVICE



Where We Share Stories of Applying the AA Steps, Traditions and Concepts

FORMERLY THE UNITY & SERVICE CONFERENCE
HOSTED BY THE LOVE & SERVICE GROUP

MAIN SPEAKERS:
BILLY N. - PALM BEACH GARDENS, FL
ARISA B. - BOSTON, MA

OCT FRI 2024 11	OCT SAT 2024 12
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REGISTRATION OPENS : 3:00PM
EVENT : 6:00PM - 8:30PM

EVENT STARTS : 9:00AM
EVENT ENDS : 10:00PM

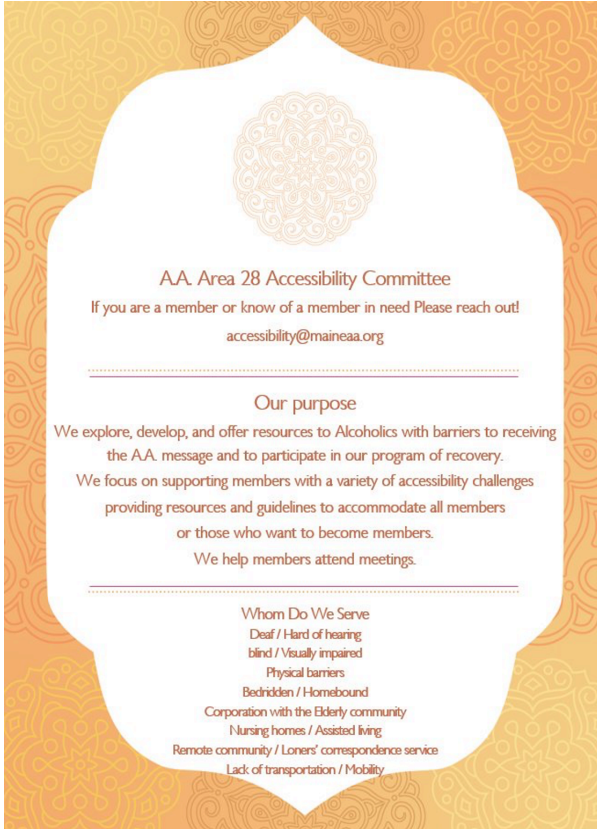
EVENT COST \$45
INCLUDES SATURDAY CONTINENTAL BREAKFAST & LUNCH

SATURDAY DINNER COST \$55
OPTIONAL

HYBRID EVENT
SPANISH INTERPRETATION
ASL INTERPRETATION



THE HOPE CENTER | 2275 MORELLO AVE | PLEASANT HILL | CA
For more information email 3LegaciesConf@LoveAndServiceGroup.org



AA Area 28 Accessibility Committee

If you are a member or know of a member in need Please reach out!
accessibility@maineaa.org

Our purpose

We explore, develop, and offer resources to Alcoholics with barriers to receiving the AA message and to participate in our program of recovery.
We focus on supporting members with a variety of accessibility challenges providing resources and guidelines to accommodate all members or those who want to become members.
We help members attend meetings.

Whom Do We Serve

- Deaf / Hard of hearing
- blind / Visually impaired
- Physical barriers
- Bedridden / Homebound
- Corporation with the Elderly community
- Nursing homes / Assisted living
- Remote community / Loners' correspondence service
- Lack of transportation / Mobility



The Key

From the March 2002 Grapevine

IT WAS LIKE waking up in the middle of a nightmare, and being unable to escape its spell and fall back to sleep again. Finally, after almost twenty years of denial, anger, and frustration, I was sitting in the day room of an alcohol recovery center with the shakes.

I sat with my elbows on my knees, staring at the floor, twirling my key ring on my finger. The people at the recovery center had told me very plainly that my life was in jeopardy, that my drinking had led me to a point where a choice had to be made. That choice was mine alone. The choice had always been mine, and I had always chosen to drink. Then, they told me I had another choice--recovery. What a strange word to a man who wasn't even sick! Or was I?

I stared again at the key ring and began to dissect the meaning behind each piece of metal on that band. There were the keys to my car. How many times had I seated myself behind the wheel of that machine while completely unable to control myself because I was drunk? God, it was a miracle that no one had injured or killed because of this thing they called a sickness in me--alcoholism. There were other keys on the ring, none of which held any special importance--a small mailbox key here, a key labeled "Storage Shed" there. What storage shed? More mist and confusion.



I fumbled through the pocket of my coat and found yet another key, this one to a motel room, and a cheap one at that. More was coming back to me as I recalled an angry wife ordering me from the house, children crying, and curious neighbors looking on, trying not to be obvious witnesses to the breakup that was occurring right on their own street. I began to realize what they had known for years: I was just a drunk, nothing but a drunk.

Still more memories returned: renting a stall to store what few personal possessions I had left; moving into the motel room, where I stomped in anger, screamed in rage, and finally wallowed in self-pity and depression as I tried to drink away my rejection.

The key ring came back to mind as I realized there was one key that was not on the ring anymore: the key to my house. More fear built up in my ragged mind as I realized that when I left this recovery center, there would be no place for me to go. For the first time in my life, I had no home. No key. Those moments were undoubtedly the lowest of my life. In my early stages of recovery, the thought that there was no place for me to go kept me in a state of panic. Then, slowly, as things became more clear to me, I realized that I had been going nowhere for a good many years; had I continued, all the keys on all the rings in the world couldn't have saved me.

It was later, following the completion of my Fifth Step, that I found the real key to my life. It was the AA program, which had been the key for hundreds of thousands of others just like me. With that key firmly in hand, I can unlock doors that would have otherwise been bolted to me forever.

J. E. | Fort worth, Texas

From the April 1983 issue of the AA Grapevine Magazine

Submitted by Bill L, Blue Hill ~ Thank you Bill for always submitting wonderful food for thought.

2024 Steering Committee

Chair - Greg S. - chair@downeastintergroup.org
Secretary - Bethany T. - secretary@downeastintergroup.org
Treasurer - Dave M. - treasurer@downeastintergroup.org
Literature - Diller B. - literature@downeastintergroup.org
Newsletter - Nadine L. - newseditor@downeastintergroup.org -
feel free to text or call 207-812-8204
Meeting List - Lynn M. - literature@downeastintergroup.org
Website - Heath W. - webeditor@downeastintergroup.org
Hotline - Scott F. - hotline@downeastintergroup.org
Functions - Chris F. - functions@downeastintergroup.org
PI/CPC - Josh S. - picpc@downeastintergroup.org
Archives - Bill L. - TBD
Guidelines - Peter B. - guidelines@downeastintergroup.org
Web Administrator - Willy K. - webadmin@downeastintergroup.org

If you have any difficulty with accessing any of these emails please check out our website for accuracy or call out Hotline number 207-479-1779 as we transition to our new DEIG email addresses.

literature@downeastintergroup.org

CONTACT INFORMATION

DOWNEAST INTERGROUP

Please send articles, events, corrections, anniversaries, and other group or district news to Newsletter Editor: Nadine L., newseditor@downeastintergroup.org or you can also write to Downeast Intergroup, PO Box 1633, Ellsworth, ME 04605-1633.

Please mail contributions to support this Intergroup to this address or 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.