

Start your day fresh with
Daily Reflections

24 Hour AA Hotline - (207) 479-1779

Welcome Summer!



Greetings Everyone ~

Summer is finally here, the best season in Maine! We hope that you are able to enjoy your favorite summer activities that sobriety brings. Here at DEIG we are employing a new campaign of having our District members send in photos of your area to be published on both the website and in the newsletter. You can send in a photo of your meeting halls (no people please) or of the lovely areas near you all around Maine, with the name of your District, you meeting or area in your image. You can send your images to both Nadine at newseditor@downeastintergroup.org and Heath at webeditor@downeastintergroup.org, or simply cc them both in the same email.

Please send in your upcoming events, anniversaries and photos of your area so we get to know more about all of the districts in our region to share with everyone in our Intergroup and beyond via the newsletter and the website. Thank you so much in advance!

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



DEIG supports the following Maine AA Districts:

[Check out our resource page](#)

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



DEIG UPDATES FROM JUNE MEETING - OFFICERS & COMMITTEES

JULY 2024 DEIG Meeting - PLEASE JOIN US!

We will meet on the 4th Monday of the month, July 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 join us by Zoom.

Zoom ID: 6886597530 Password: 732847

DEIG OFFICERS & COMMITTEES ANNOUNCEMENTS



This is the location for Officer and Committee Reports & Updates

To ensure everyone in our Intergroup has access to our information, please send your reports and updates to Nadine at newseditor@downeastintergroup.org

For those with internet access reports can be viewed on [our website](#)

NEWS! SOBER ANNIVERSARY ANNOUNCEMENTS OFFERED!



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

- 🎉 July 28, 2024 - Mark L - 32 years - Hancock
- 🎉 July 28, 2024 - Barbara - 31 years - Hancock & Milbridge

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

MAY 2024 DEIG FINANCES

Operating Account			Literature Account			donations detail	
beginning balance	\$1,744.42		beginning balance	\$1,385.07		amount	source
Expenditures:		Trans #	Expenditures:		Trans #	\$145.00	Womens Beginner Group Ellsworth
Downeast Graphics			AAWS			\$30.00	Tuesday Night Happy Hour Group Searsport
Debit card	\$9.65	228	Publishing	\$564.00	228	\$150.00	Stark Raving Sober Group Bucksport
POS Withdrawal Zoom	\$16.95	240					
Moose Point State							
Park Chk # 9508	\$150.00	228				\$50.00	Union River Group Ellsworth
Bill Pay Check ?	\$50.00	23				\$215.00	The Bar Harbor Group
US Cell Hot Line	\$94.02	240				\$110.00	District 16 (Belfast)
POS Withdrawal							
Vistaprint	\$35.85	228					
POS Withdrawal Zoom	\$16.95	228				\$50.00	Came to Believe Group Eddington Bend
total debit	\$373.42		total debit	\$564.00			
Revenue	\$750.00		Revenue:				
			4/2/2024	\$475.00	20		
			4/26/2024	\$254.00	20		
total credit	\$750.00		total credit	\$729.00		\$750.00	total
ending balance	\$2,121.00		ending balance	\$1,550.07			

JUNE 2024 DEIG FINANCES

Operating Account			Literature Account			donations detail	
beginning balance	\$2,121.00		beginning balance	\$1,550.07		amount	source
Expenditures			Expenditures			\$225.00	New Beginning Group of Alcoholics
US Cellular	\$93.89	11-May	Debit Card Book Purchases	\$560.24	3-May	\$30.00	Brooklin Bridge to Recovery
Downeast Graphics	\$70.80	21-May				\$20.00	Liberty Serenity Group
Zoom	\$16.95	30-May					
total debit	\$181.64		total debit	\$560.24			
Revenue	\$275.00		Revenue	\$0.00			
total credit	\$275.00	1-Jun	total credit	\$0.00		\$275.00	total
ending balance	\$2,214.36		ending balance	\$989.83			

JULY 2024 DEIG FINANCES

DEIG Finances - June 2024

Operating Account			Literature Account			donations detail	
beginning balance	\$2,214.36		beginning balance	\$989.83		amount	source
Expenditures			Expenditures	\$592.20		\$25.00	Bucksport Unity Group
US Cellular Hot Line	\$93.89	11-Jun				\$2,800.00	Portland 2024 Womens Conference
Jiffy Print Meeting Lists	\$896.75	13-Jun				\$62.00	Back to Basics Group of Alcoholics
Post card postage	\$10.60	27-Jun				\$50.00	Maine District 25
total debit	\$1,001.24		total debit	\$592.20			
Revenue	\$2,937.00		Revenue	\$753.00			
total credit	\$2,937.00		total credit	\$753.00		\$2,937.00	total
ending balance	\$4,150.12	as of 6-27-24	ending balance	\$1,150.63	as of 6-27-24		
DCM							
Treasurer DEIG							

UPCOMING AREA RECOVERY & CLEAN AND SOBER EVENTS

AA District 16

4th of July Picnic

- Potluck – bring your favorite sides and desserts •
- Thursday July 4th •
- 10am – 2pm •
- Belfast City Park •

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

City Park Rd, Belfast, ME 04915



JULY 4TH CELEBRATION

Freedom in Recovery



4 JULY Bangor Area Recovery Network **1 PM**

1pm Speaker Jam
3pm BBQ
7:30pm Dance and Fireworks

4TH OF JULY Alcathon

Thursday July 4
5:30pm - 11pm

sober & free

First Universalist Church of Auburn: Unitarian Universalist
169 Pleasant St - Auburn

Happy Hour meeting starts at 5:30
Alcathon- 7-11pm

drop in - connect
have a safe holiday




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)275-7445

DISTRICT 12 PRESENTS:

PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS

36 Spiritual Principles:

The Steps Traditions and Concepts of Alcoholics Anonymous

WORKSHOP #2: **3 and 4**

POTLUCK :

- Desserts
- Crockpots OK
- Sides
- Snacks
- Beverages

HOST:

GARDINER DISCUSSION GROUP

Highland Avenue United Methodist Church
31 Highland Avenue
Gardiner Maine

Saturday, August 3 1-4pm

Steps 3+4

Carrie B

Love and Service Chair - District 15 Rockland, ME

Traditions 3+4

Maynard H

prior GSR and Corrections Chair - District 15 Washington, ME

Concepts 3+4

Nikki O

prior Area 28 Delegate, Panel 70 - Freeport, ME

UPCOMING AREA RECOVERY & CLEAN AND SOBER EVENTS



You're Invited!
 Join us in celebrating a remarkable milestone of 70 years at our Alcoholics Anonymous gathering. Whether you're new to the community or have been with us through the years, your presence would be greatly appreciated. It's an evening to share stories, support, and fellowship. Bring along: A newcomer or a long timer to share in this special occasion. We look forward to seeing you there! Contact Jeff (207) 778-1354

Date: August 26, 2024
Location:
 Second Congregational Church
 205 Main St
 Norway, ME 04268

Schedule:
Doors Open: 5:00 PM
Serving Spaghetti Dinner: 5:30 PM
Al-Anon Speaker: 6:30 PM
Two A.A. Speakers: 7:00 PM

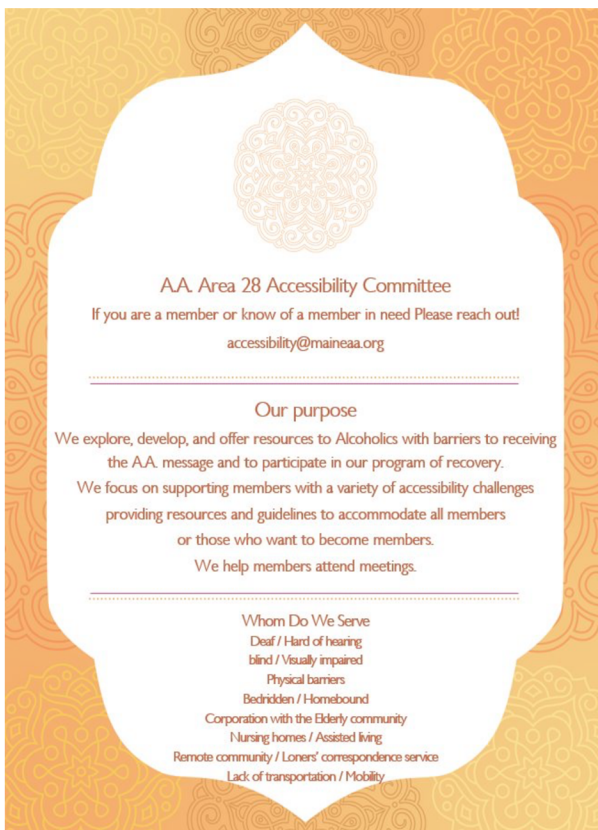


DISTRICT 6 PRESENTS
SUMMER FUNCTION
 Saturday, July 20
 THOMAS POINT BEACH CAMPGROUND
 29 MEADOW ROAD, BRUNSWICK, ME

12 PM Kickoff
 3PM Refreshments (hamburgers and hotdogs provided by District 6)
 6 PM Meeting

Suggested Donation: \$5 per adult
 Overnight camping in the rough: \$10
 Overnight camping at a TPB campsite: \$40

QUESTIONS?
 CALL TODD S: 207 841 4550
 EMAIL MARISSA N: LEEMARIS129@GMAIL.COM
 SIDE DISH CONTACT ANDREA N: 207 751 9652



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 LOVE & SERVICE
THREE LEGACIES CONFERENCE

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	OCT	SAT	2024
	11			12	

REGISTRATION OPENS : 3:00PM EVENT STARTS : 9:00AM
 EVENT : 6:00PM - 8:30PM 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



How Being Area 28 Secretary Changed Me

From DEIG Current Webmaster

I was the Area 28 Secretary for Panel 72 (2022, 2023). Many of my service positions, from coffeemaker to Area 28 Committee, have changed me for the better. A.A. jobs teach me how to be of service in my day-to-day life, it helps me to refrain from judging others and their intentions, and it helps me to be willing to share my experience, strength, and hope with others.

When holding a service position, it is my job to be of service! It is not my job to tell anyone what to do or control situations. Just be of service. If I am upset or frustrated, I am learning to check my motives. It is easy to get hurt feelings in service to AA and in life. Staying focused on being helpful lessens most negative situations.

When frustrated or upset it is easy to blame and fight. The Big Book says, "...we have ceased fighting anything or anyone..." I reference these words almost daily. I work to refrain from judging other's intentions. My time as an Area 28 officer shows me that people can have the same good intentions while seeing an issue very differently. I feel part of my job in AA. is to treat others with respect, empathy, and understanding. My sponsor told me to listen to the message, not the messenger...

People often expect Area Officers to have answers. I am learning to keep my answers grounded in AA experience and principles of sobriety, not personal opinions. Mine is not the only opinion or the opinion that always counts. A Secretary needs to listen more than speak. I strive to live my life by principles not emotional reactions. As Secretary, I found people in Area 28 to be kind when I stumbled, helpful when I was in need, and willing to listen when I needed to share.

So yes, my time as Area 28 Secretary changed me. I believe service work is where we can participate and grow in the Fellowship. As a fellowship with a spiritual program, service positions from making coffee and stacking chairs to holding positions in our groups, districts, and Area are where we experience true fellowship. I also feel that those of us who avoid participating in service work miss out on a great part of what A.A. has to offer, our sobriety and our daily relationships.

I now have the job of Area 28's Alternate Delegate and yes, I am changing yet again. I feel an even greater responsibility to the Area and to be a member in good standing to the greater Northeast Region of our fellowship. Yes, it's a busier job than I imagined but I'm learning...

Change can be good and service work can be fun!

In love of service,


Willy K.,

Alt. Delegate, Area 28, Panel 74




DEIG New Informational Card

Created by Bethany T.



Downeast Intergroup


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We meet the 4th Monday of the month at Union Congregational Church of Ellsworth Falls, 2 Falls CT
 Doors open at 5:30 for literature purchase
 Meeting begins at 6pm
 ZOOM ID 688 659 7530
 PASSWORD 732847

CONTACT INFORMATION
Downeast Intergroup
 Please send contributions
 DownEast Intergroup Treasurer
 PO Box 1633
 Ellsworth, ME 04605-1633
 CHECK OUT OUR PRINTABLE NEWLETTER @
downeastintergroup.org
 Send articles, events, corrections, anniversaries, and other group or district news to Newsletter Editor
newseditor@downeastintergroup.org
 or to PO Box 1633
 Ellsworth, ME 04605-1633

24 Hour AA Hotline
207-479-1779
downeastintergroup.org



Visit our website for
 flyers featuring fun sober events
 blogs & so much more

The art on the front of the pamphlet is my Grammie Hope's art. She grew up and spent most of her life in Downeast, Midcoast Maine.

For years I thought I should do something with her art work, she was very prolific specializing in tiny paintings with lots of detail. I started by making Christmas Cards with two little paintings my other grandmother had given me for Christmas, framed, in the early 1970s. Grammie Hope, Dad's mom, had painted them as Christmas cards for my mom's parents, Barb & Bill. I have kept those tiny 5 x 3 paintings with me for years along with stationery with Grammie's art that used to be sold in the tourist shops all over our state.

I now have a few more of her tiny paintings and borrow some from family by scanning or taking pictures and have 20 or more images that I make into cards and calendars. One of the many promises coming true for me today, getting to my creative side and honoring my grandmother who was a very special lady!

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.