

Start your day fresh with  
Daily Reflections

24 Hour AA Hotline - (207) 479-1779

## Hello August

Greetings Everyone ~

As summer begins to peak here in Maine showing signs of autumn with cool nights and the chirping of mating crickets and a last onslaught of visitors getting a quick visit in before it's finally over, I am reissuing the August newsletter again with a few updates. Please look at the some end of summer events in our area and around the state.

I also want announce another the very sad and sudden loss of our long time recovery brother, Cliff R. We extend our collective condolences to his family and friends. He was a very dedicated member and exemplified what service is all about.

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 love & 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



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## JOIN US FOR THE DEIG MONTHLY MEETING

### AUGUST DEIG Meeting - *PLEASE JOIN US!*

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

**Zoom ID: 6886597530 Password: 732847**

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## 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](mailto:newseditor@downeastintergroup.org)

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

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## NEWS! SOBER ANNIVERSARY ANNOUNCEMENTS OFFERED!



**Your anniversary could be here! Feel free to submit to the email address below!**

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](mailto:newseditor@downeastintergroup.org)

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## DEIG JULY 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							



## SHARE PHOTOS OF YOUR DISTRICT WITH US



Here at DEIG we are engaging in a new campaign of encouraging our District members to send in photos of your area that we will 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. Please send the name of your District, your meeting or the area in your image with your submission.

You can send your images to both Nadine at [newseditor@downeastintergroup.org](mailto:newseditor@downeastintergroup.org) and Heath at [webeditor@downeastintergroup.org](mailto:webeditor@downeastintergroup.org), or simply cc us both in the same email.



UPCOMING AREA RECOVERY & CLEAN AND SOBER EVENTS

**SWAN'S ISLAND PICNIC**  
**BURGERS, DOGS, FIXINS AND DRINKS**  
**(MAYBE EVEN LOBSTER!!)**  
 PROVIDED BY DISTRICT 18 AND THE SWAN'S ISLAND GROUP  
 GROUPS/INDIVIDUALS BRING SALADS AND DESSERTS TO SHARE

**SUNDAY, AUGUST 18, 2024**  
 TRAFTON'S WHARF 389 MINTURN ROAD  
 SWAN'S ISLAND, MAINE

**RIDE ALONG WITH CAPTAIN ELI**  
**ON THE GOTT BOAT**  
**LEAVING LITTLE ISLAND MARINE AT 10:45**  
**RETURNING BY 5:00**  
 HAVE GOOGLE MAPS BRING YOU TO ISLAND CRUISES IN BASS HARBOR

**BOAT CAPACITY 49 PASSENGERS - FIRST COME FIRST SERVED!!**

**OR....**

TAKE THE STATE FERRY FROM BASS HARBOR AT 11:15  
 SHUTTLES ON SWAN'S FROM AND BACK TO THE FERRY  
 4:30 FERRY BACK TO MOI

COME CELEBRATE  
 CAITLIN'S BIG  
 8TH



BRING THE FAMILY!  
 WE ARE NOT A  
 GLUM LOT!!

**AA AREA 28 DISTRICT 3 INVITES YOU TO A  
 LOVE AND SERVICE SPECIAL EVENT**

Panel Discussion: Celebrate service and the traditions that hold us together! Learn about fun and recovery in service!

Panelists: Nikki O. (Past Delegate), Spencer R. (Past Delegate), Beth F., Cathy M.

**CELEBRATE RECOVERY!**

**SATURDAY, AUGUST 24**  
 At The B.A.R.N. (Bangor Area Recovery Network)  
 142 Center St., Brewer ME  
 3-5 PM

Snacks will be available

**AREA 28 FALL ASSEMBLY** Hosted by District 12  
**OCT 18-20, 2024**  
**ELKS LODGE #964 AUGUSTA ME 397 Civic Center Dr.**  
 I-95 Exit 112, US-11 N, on right after 2<sup>nd</sup> light

**SCHEDULE**

**FRIDAY**  
 Volunteer Greckpot and finger food Potluck  
 5 P Registration open  
 7- Session

**SATURDAY**  
 7:30 Registration Open  
 8-9 Breakfast  
 9 Session  
 12-1 Lunch  
 1-5 Session  
 5-6 dinner  
 6-9 Session

**SUNDAY**  
 8-9 Breakfast  
 9- Session



**ZOOM** (streaming only)  
 Meeting ID: 851 1305 4753 Passcode: 411347  
 (provide Name, District, and Service Position at sign on)

**REGISTER ONLINE**  
<https://maineaa.org/events/2024fallassembly/>

**MEALS \$35** Pay with registration please  
 1. online  
 2. Small Mail with check  
 3. cash payment on site

Yes: Vegan and Gluten free options

**REGISTRATION:** Fill out a single form for each person  
 checks payable to: **District 12 treasurer, PO Box 283 Hallowell, ME 04347**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 Group \_\_\_\_\_ District \_\_\_\_\_  
 Meals \$ 35.00 \_\_\_\_\_ GSR \_\_\_\_\_ DCM \_\_\_\_\_ Other \_\_\_\_\_

**DEIG SUMMER'S  
 END PICNIC**  
**BURGERS, DOGS, FIXINS AND DRINKS**  
**PROVIDED BY DEIG**  
 GROUPS/INDIVIDUALS BRING SIDES, SALADS AND DESSERTS TO SHARE

**SATURDAY, SEPTEMBER 7, 2024 10:00-2:00**  
**LAMOINE STATE PARK**  
**\$4 PER PERSON PARK ENTRY FEE**  
**SENIORS, VETERANS AND KIDS DISCOUNTED OR FREE**

**10:00 RED BALL MEETING**  
**FOOD AND FELLOWSHIP 11:00-1:00**  
**SPEAKER MEETING 1:00**

(SETUP HELP NEEDED AT 9:00 AND CLEANUP AT 2:00)





District 2 Presents



# Summer Campout

**Activities**

- BBQ 5-6pm Friday and Saturday
- Meeting 6:30-7:30 Friday and Saturday
- Outdoor Activities
- Swimming

\$20 for weekend camping and BBQ  
\$5 Day pass required for single day visit



**August 23rd-25th Rangeley State Park**  
Starting at 2pm  
1 State Park Rd  
Rangeley, Maine 04970

**Pre-Registration Required For Camping**  
Contact James M 973-945-1543  
Anne G 207-689-5212

## Norway Monday Night AA Group



**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

**3 LEGACIES CONFERENCE SPACES ARE FILLING UP!**  
\$44/PERSON WHICH INCLUDES A FREE BREAKFAST & LUNCH!  
REGISTER TODAY BEFORE IT'S FULL!  
OPTIONAL SATURDAY NIGHT DINNER!  
(Tri-Tip, Salmon, Vegetarian)

## BRIDGING THE GAP



**Volunteers Needed for Bridging the Gap in Alcoholics Anonymous**  
Join us in making a difference in the lives of others.

**About the Program**

Bridging the Gap is a service within Alcoholics Anonymous helping newcomers transition from treatment programs to AA meetings. We need volunteers to support this important initiative.

**Volunteer Roles**

Guide newcomers through their first few AA meetings. Provide emotional support & share your own experiences. Help newcomers understand the principles & workings of AA.

**Why Volunteer?**

Make a Difference, your support can help someone in their recovery journey. Personal Growth, gain valuable experience and develop your interpersonal skills. Community, become an active member of the AA community.

**How to Volunteer**

If you're interested in volunteering, please contact  
Ted D. Phone: 1-877-1568 Email: [teddunn47@gmail.com](mailto:teddunn47@gmail.com)  
Or Join BTG on Zoom the Second Tuesday of every month.  
Meeting Id - 895-4628-2815 Password - 635461

## 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	OCT	SAT	2024
	11			12	

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](mailto: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](mailto:accessibility@maineaa.org)

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**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.

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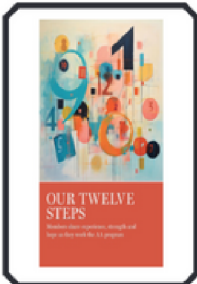
**Whom Do We Serve**  
 Deaf / Hard of hearing  
 blind / Visually impaired  
 Physical barriers  
 Bedridden / Homebound  
 Corporation with the Elderly community  
 Nursing homes / Assisted living  
 Remote community / Loners' correspondence service  
 Lack of transportation / Mobility

**"Our Twelve Steps"**  
**12 Week Study**  
**"AA Grapevine Style" !**


**Tuesdays, September 10th - November 26th, 2024**  
 8-9 p.m. MST 7-8 p.m. PST  
**ZOOM: 7809659440 (No Password)**

"School is back in, and kids are hitting the books! Let's do the same by immersing ourselves into Grapevine's newest book "Our Twelve Steps"! Come join us in our 12 week study to find out that as long as we are willing, open and honest there are many ways to work the steps!  
 Invite a friend, Sponsor, Sponsee, or your whole Home Group!  
**First Things First...Buy the Book!**

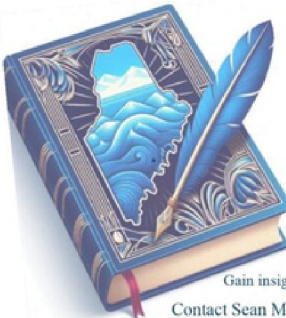
Go to [aagrapevine.org](http://aagrapevine.org)  
 For more information, contact  
**AB:** [christie.w.noble@telusplanet.net](mailto:christie.w.noble@telusplanet.net)  
**Brenda W:** [brenda24c@hotmail.com](mailto:brenda24c@hotmail.com)  
**BC:** Michelle B : [michellebinservice@shaw.ca](mailto:michellebinservice@shaw.ca)



**Calling Writers from the East, South, North, and West!**  
 Join The Area 28 Panel 74 Boomerang Committee



Where creativity knows no bounds ideas boomerang from every direction!



**Meeting Schedule:**  
 Every second Monday of the month

**Time:** 7:00pm

**Location:** Zoom  
 Meeting ID: 883 4091 0454  
 Password: 082104

Be a part of a vibrant community of writers  
 Share your unique stories and experiences.  
 Collaborate on exciting writing projects.  
 Gain insights from fellow writers from all corners.

Contact Sean M, Area 28 Boomerang Editor  
[Boomerang@maineaa.org](mailto:Boomerang@maineaa.org)



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 Join us in making a difference in the lives of others.

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 Or Join BTG on Zoom the Second Tuesday of every month.  
 Meeting Id - 895-4628-2815 Password - 635461



## Step 2 Came to Scoff

*Through all the difficulties in her life, an AA finally comes to know her Higher Power*

When I was eight years old, my mother was murdered. I began what was to be a long-term love/hate/fear relationship with God. I was sure that God had cursed me, so that everyone I loved would either leave me or die, and by the time I came to AA, I didn't want to believe in a Higher Power. I didn't like even hearing the word "God," and there it was written all over the Steps. But I was pretty desperate, so I thought I would try to work around the "spiritual part of the program."

My journey to a belief in a power greater than myself was slow and full of side trips. I thought that because I was sober, the "bad" things would just magically stop happening in my life. So, when the bad things continued (I got my second divorce, my Grandfather and my nephew died, and my new husband was diagnosed with cirrhosis of the liver), it just reinforced my feelings of having a "curse." Of course, all kinds of good things came out of those experiences, but I promptly forgot them when the next bad thing came up.

In March 2003, I was diagnosed with breast cancer, and I was terrified. I didn't really get a chance to blame my Higher Power, because I was basically in shock for the first couple of weeks. I called my sister in Seattle to tell her about my diagnosis. When I asked her if she had had a mammogram yet, she said no. On the day of my surgery, she had her first mammogram. My surgery was successful, and I was scheduled for chemotherapy and radiation treatments.



My sister called me a couple of days later and told me her mammogram had revealed some suspicious masses that needed further evaluation. I started blaming God again. I had a one-sided discussion with my Higher Power that went something like this: "Why do you keep picking on me? Look, you've done enough to this family. I can live with having to go through all the treatments if I know she is okay." Then I added, "Please God, make her okay."

I waited nervously for a week. Then she called and told me she had some precancerous cells that could be removed in a simple office procedure. As I hung up the phone in tears, I thanked my Higher Power for letting my sister be okay.

A couple of months after I finished my cancer treatments, I realized the full extent of the gift my Higher Power had given to me. After I broke down crying in the middle of a Step study one night, it hit me: My Higher Power had never punished me. He never would. He had turned all these tragedies into victories.

This experience helped me get rid of an older, far more destructive cancer--blaming God whenever something I didn't like happened in my world.

I know now that there is a power greater than myself that I can rely on and can trust to never leave me. I know now that God loves me.

LISA B. | FORT SMITH, ARKANSAS

*From the February 2009 issue of the AA Grapevine.*

*Submitted by Bill L. ~ Thank you Bill!*



## 2024 Steering Committee

**Chair** - Greg S. - [chair@downeastintergroup.org](mailto:chair@downeastintergroup.org)

**Secretary** - Bethany T. - [secretary@downeastintergroup.org](mailto:secretary@downeastintergroup.org)

**Treasurer** - Dave M. - [treasurer@downeastintergroup.org](mailto:treasurer@downeastintergroup.org)

**Literature** - Diller B. - [literature@downeastintergroup.org](mailto:literature@downeastintergroup.org)

**Newsletter** – Nadine L. - [newseditor@downeastintergroup.org](mailto:newseditor@downeastintergroup.org)

feel free to text or call 207-812-8204

**Meeting List** – Lynn M. - [meetinglist@downeastintergroup.org](mailto:meetinglist@downeastintergroup.org)

**Website** – Heath W. - [webeditor@downeastintergroup.org](mailto:webeditor@downeastintergroup.org)

**Hotline** – Scott F. - [hotline@downeastintergroup.org](mailto:hotline@downeastintergroup.org)

**Functions** – Chris F. - [functions@downeastintergroup.org](mailto:functions@downeastintergroup.org)

**PI/CPC** – Josh S. - [picpc@downeastintergroup.org](mailto:picpc@downeastintergroup.org)

**Archives** – Bill L. -

**Guidelines** – Peter B. - [guidelines@downeastintergroup.org](mailto:guidelines@downeastintergroup.org)

**Web Administrator** - Willy K. - [webadmin@downeastintergroup.org](mailto: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.

## CONTACT INFORMATION

# DOWNEAST INTERGROUP

Please send articles, events, corrections, anniversaries, and other group or district news to Newsletter Editor: Nadine L., [newseditor@downeastintergroup.org](mailto: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.