

Volume 2024  
Issue 7 & 8

# DOWNEAST INTERGROUP

September/October 2024

Gleason's Cove in Perry, Maine

Start your day fresh with  
Daily Reflections

Photo Credit: Jamie C.

24 Hour AA Hotline - (207) 479-1779



## 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!**

Hello Everyone ~

Autumn



Happy autumn! Boy summer went by fast, didn't it? But we have seen our AA meetings fill up with locals and visitors alike after they dwindled and eventually closed down temporarily during COVID. We are so glad that meetings are open and we can be there to extend our hand to both the still suffering as well as the recovering alcoholic.

Our next two meetings - September and October will be busy ones as we will be putting together Beginners Packets in September and Meeting Lists in October. Please check the Committee updates on page 2 and spread the word to your Districts and meetings. It's important that we communicate this information so we can accurately share meeting details out in the community, serving our purpose. Join us for the October meeting on October, 28 at 5 pm to put the meeting lists together followed by a Potluck.

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 for the remainder of 2024 and make Downeast Intergroup the strongest in Maine!

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

## 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



Visit a meeting in  
one of our Districts

**DEIG AUGUST 2024 FINANCES**

DEIG Finances - August 2024									
Operating Account			Literature Account			donations detail			
beginning balance	\$4,982.24		beginning balance	\$1,822.01		amount	source		
Expenditures			Expenditures			\$40.00	A New Free & Happy Group		
Lamoine State Park	\$35.00	Check #203		\$813.86		\$128.00	Pass it On Group		
Zoom	\$16.95			\$35.20		\$276.80	District 8		
Cellular Bill	\$94.00					\$100.00	Acadia Living Sober		
						\$55.00	District 16		
						\$30.00	Tuesday Night Happy Hour Group		
						\$0.17	Interest on Account		
<b>total debit</b>	<b>\$145.95</b>		<b>total debit</b>	<b>\$849.06</b>					
Revenue	\$629.97		Revenue						
			Sales	\$238.00					
<b>total credit</b>	<b>\$629.97</b>		<b>total credit</b>	<b>\$238.00</b>		\$629.97	total		
ending balance	\$5,466.26		ending balance	\$1,210.95					
As Of 8-29-2024									
DCM									

**DEIG SEPTEMBER 2024 FINANCES**

DEIG Finances - September 2024									
Operating Account			Literature Account			donations detail			
beginning balance	\$5,466.26		beginning balance	\$1,210.95		amount	source		
Expenditures			Expenditures	\$0.00		\$0.23	interest paid		
zoom	\$16.95	#9508				\$123.00	Basket from Lamoine Picnic		
Sothwest Foodmart	\$389.02	#9508				\$50.00	Bucksport Unity Group		
Bass Harbor Irving	\$28.49	#9508	18-Sep	\$566.20		\$20.00	Liberty Serenity Group		
Hannaford Ellsworth	\$48.28	#9508				\$0.18	interest paid		
US Cellular	\$94.00	#9508				\$73.23	Back to Basics check 119		
Peggy Reimbursement	\$72.29	Check #204				\$325.25	Stonington-DI Group Ck 241		
Transfer to Lt Acc	\$139.00	GW @ meeting				\$97.58	Unknown		
zoom	\$16.95	#9508				\$55.00	District 16 CK 1613		
<b>total debit</b>	<b>\$804.98</b>		<b>total debit</b>	<b>\$566.20</b>					
Revenue	\$744.47		Revenue						
			Transfer from DEIG	\$139.00					
<b>total credit</b>	<b>\$744.47</b>		<b>total credit</b>	<b>\$139.00</b>		\$744.47	total		
ending balance	\$5,405.75		ending balance	\$783.75					
as of 10-8 2024									
DCM									

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24 Hour AA Hotline - (207) 479-1779

## JOIN US FOR THE DEIG MONTHLY MEETING



Monthly DEIG Meeting - **PLEASE JOIN US!**

**We will meet on the 4th Monday of the month, September 23, & October 28, 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



**Announcements From Lynn M - Chair of the Meeting List Committee**

**Join the Meeting List Meeting on Zoom every 2nd Tuesday at 4:00 PM**

**Zoom ID: 6886597530 Password: 732847**

On **Monday, September 23, 2024 at 5:00 pm** the group will gather to put together **Beginner Packets**. These are needed throughout the AA community. Please come and help out to lend a hand on this important activity. We always want to have these available for the newcomers.

**IMPORTANT NOTICE - ANY CHANGES TO THE CURRENT MEETING LIST MUST BE SENT IN BY MONDAY, SEPTEMBER 23, 2024 TO LYNN M @ [meetinglist@downeastintergroup.org](mailto:meetinglist@downeastintergroup.org)**

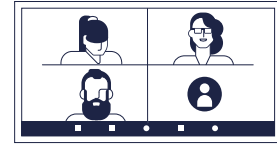
On **Monday, October 28, 2024 at 5:00 pm** Lynn has planned a Meeting List Party and Potluck! So come bring your favorite dish and helping hands to the Union Congregational Church in Ellsworth Falls to put together our much needed Meeting Lists to take out into the AA community.

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### To All Committee Officers and Chairs:

Please keep in mind that some of our members do not have internet or cell phone service, they rely on a hard copy of our minutes or newsletter to stay up to date. If you can please provide a summary report each month so it can be included in this newsletter it will be appreciated. We are here to serve our AA Intergroup. This will ensure everyone in our Intergroup area & beyond has access to this information. Please send your reports and updates to Nadine L. at [newseditor@downeastintergroup.org](mailto:newseditor@downeastintergroup.org) directly and she will put in the newsletter. Thank you in advance. For those with internet access, reports can be viewed directly on [our website](#) by [viewing our meeting](#) minutes.

## DEIG OFFICERS & COMMITTEES ANNOUNCEMENTS



DEIG Committee Meetings are held on Zoom - All are Welcome!

- **Website Committee Meeting** - 1st Monday of the month at 4:00 pm on Zoom ID: 6886597530 Password: 732847 - All are welcome  
\* The Communications Committee will be following immediately at 5:00 pm
- **Meeting List Committee Meeting** - 2nd Tuesday of month at 4:00 PM on Zoom ID: 6886597530 Password: 732847

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## DEIG - DISTRICT BUSINESS MEETINGS

- **District 3** : 2nd Sunday of the month 4:00pm at the Barn, 142 Center St. , Brewer, Hybrid, Zoom ID: 688 659 7530 PW: 732847
- **District 8** : **Service Workshop** 2nd Tuesday of the month 6:00pm & **Business Meeting** 2nd Thursday of the month at 6 :00 pm at Your Place Community Center, 4 Old Mill Rd., Ellsworth
- **District 10** : 1st Friday of the month, potluck 5:00pm; business meeting 5:30pm. Save A Life Building, 19 V.F.W. St. Lincoln. Hybrid, Zoom ID: 688 659 7530 PW: 732847
- **District 11** : Groups currently meeting with District 25
- **District 16** : 2nd Saturday of the month 9:30am at First Baptist Church, 95 High St., Belfast. No meetings in July or December. Hybrid, Zoom ID: 86941082473
- **District 18** : 1st Wednesday of the month 9:30am at Somesville Fire Station, 1157 Main St., Somesville
- **District 21** : 2nd Monday of the month, Service Study at 5:30pm, Business 6:00pm. Penobscot United Methodist Church, 14 Southern Bay Rd. Hybrid, Zoom ID 688 659 7530 PW: 732847
- **District 25** : 3rd Saturday of the month 10am, St. Aidan's Church, 36 Dublin Hill, Machias.



# UPCOMING ANNIVERSARIES, AREA RECOVERY & CLEAN AND SOBER EVENTS

## Anniversary Celebrations:

- **Rachel**, 3 yrs. Oct 15 - Primary Purpose Group, 19 VFW St., Lincoln, ME
- **Dwayne** - 27 yrs - Oct. 18 at Potluck at 5:00, AA Meeting at 6:00 - Mariaville Meeting, Mariaville Grange
- **Jilly Mac**, 22 yrs. - Oct. 20 at 6 pm - Union River Group, Union Congregational Church, Ellsworth, ME
- **Merrill**, 42 yrs. - Oct. 25 at 12 noon - Noontimers Group, Your Place Inc., Ellsworth, ME
- **Greg**, 15 yrs. - Oct. 27 at 9:00, Safe Harbor Group, South West Harbor, ME
- **ONE TIME ONLY - Charlotte** , 40 yrs. & **Irving**, 42 years, Oct. 31 at 6 pm - Pot Luck - Slip Not Meeting, Old Bar Harbor Rd., Bar Harbor, ME

**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 Crockpot 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

**HOTELS**  
 CLOSE: walking distance \$/night approx.

**Best Western Plus Augusta Civic Center Inn** \$ 214  
 110 Community Dr, Augusta, ME 04330-8009  
 (207) 622-4751

**Fairfield Inn & Suites Augusta** \$ 299  
 14 Anthony Avenue, Augusta, ME 04330  
 (207) 623-2200

**Comfort Inn Civic Center** \$ 178  
 281 Civic Center Dr, Augusta, ME 04330-8033  
 (207) 623-1000

**NEXT EXIT:** 4.3 mi 7 min

**Maine Evergreen Hotel** \$279  
 65 Whitten Rd, Augusta, ME 04330  
 (207) 386-3076

**Homewood Suites by Hilton Augusta, ME** \$ 271  
 377 Western Ave, Augusta, ME 04330  
 (207) 480-2050

**Hampton Inn Augusta** \$ 305  
 1388 Western Ave, Augusta, ME 04330  
 (207) 622-1804

**Senator Inn & Spa** \$ 180  
 284 Western Ave, Route 202, Augusta, ME 04330  
 (207) 622-1804

**Days Inn by Wyndham Augusta** \$ 196  
 18 Edison Dr I-95 at Exit #1098, Augusta, ME 04330-6038  
 (207) 579-1839

**Super 8 by Wyndham Augusta** \$ 187  
 395 Western Ave, Augusta, ME 04330-6013  
 (207) 626-2888



**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 \_\_\_\_\_

**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)



**DISTRICT 10**

## United in Service



Join us for fellowship, snacks,  
and speakers

**November 2, 2024**

1:00-4:00PM

P.I.R. 2 Peer Recovery Ctr.  
2323 Medway Rd., Medway, ME  
Exit 244

FMI: JOYCE 207-290-3519





**Saturday Night Live Group**  
invites you to

## A New England Boiled Dinner

**FUN**

**FOOD**



**FUN**

**We will be serving a New England Boiled Dinner with Ham, Corned Beef, Cabbage, Carrots, Potatoes, Onions**

*Feel free bring a dish to share is you'd like*

**FELLOWSHIP**

Saturday, October 26, 2024  
 Meal at 5:00 pm - AA Meeting at 6:00 pm  
 Your Place, Inc. ~ 4 Old Mill Rd. ~ Ellsworth, ME



# TRUNK OR TREAT

Sunday, October 27th  
3PM - 6PM  
142 Center Street, Brewer, ME 04412

R.I.P. DON'T FORGET TO WEAR YOUR COSTUME!

IF YOU'RE INTERESTED IN DECORATING YOUR CAR AND PASSING OUT CANDY, EMAIL [MADISON@BANGORRECOVERY.ORG](mailto:MADISON@BANGORRECOVERY.ORG)



THE BARN INVITES YOU TO A

# HALLOWEEN PARTY

LIVE DJ, COSTUME CONTEST, DOOR PRIZE, GAMES

26th Oct 2024 8:30pm - 11pm \$5 entry fee

142 CENTER STREET, BREWER

## ELLSWORTH WELLBRIETY MEETING

All welcome, let's heal together



Join us every Sunday at 4 pm EST  
at Your Place, Inc., 4 Old Mill Rd., Ellsworth, ME



HAPPY NEW YEAR

SAVE THE DATE

*Downeast Intergroup  
New Year Alcolthon*

DEC 31, 2024/JAN 1, 2025  
24 HOUR MEETINGS





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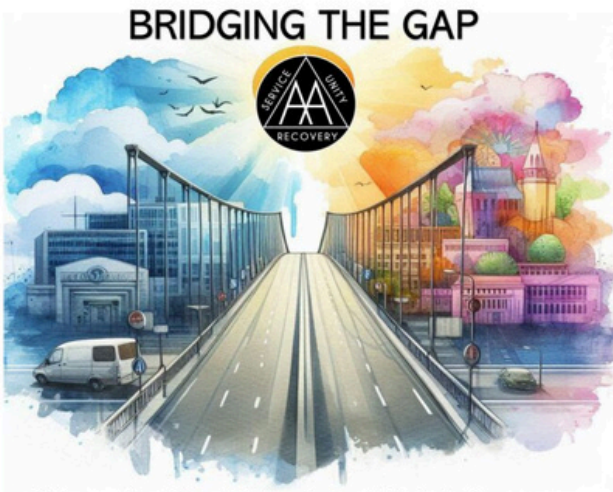
**Whom Do We Serve**  
 Deaf / Hard of hearing  
 blind / Visually impaired  
 Physical barriers  
 Bedridden / Homebound  
 Corporation with the Elderly community  
 Nursing homes / Assisted living  
 Remote community / Loners' correspondence service  
 Lack of transportation / Mobility

**"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 N : [ncbee@telusplanet.net](mailto:ncbee@telusplanet.net)  
 Brenda W : [brenda246@hotmail.com](mailto:brenda246@hotmail.com)  
 BC: Michelle B : [michellebinservice@shaw.ca](mailto:michellebinservice@shaw.ca)



**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?**

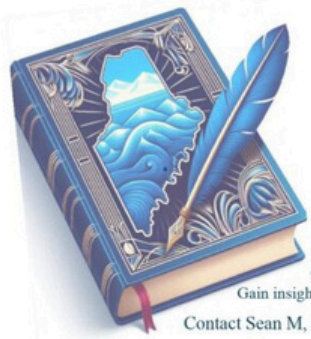

Make a Difference, your support can help someone in their recovery journey.  
 Personal Growth, gain valuable experience and develop your interpersonal skills.  
 Community, become an active member of the AA community.

**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

**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)



## Summer/Fall Highlights

*Here are a few of the highlights that I have enjoyed in my back yard right in town this summer and in my home state in CT. If I wasn't sober I would not be able to enjoy these gifts from God.*

*Nadine L. - SNL Group - Ellsworth, ME*



One of the deer family of 4 that has been visiting our back yard all summer.



Here is a video clip of the Earth Wind & Fire "bucket list" concert that I went to this summer in Connecticut where I grew up. It was a very spiritual experience and I am so grateful I was able to be there. If I wasn't sober that would not have been possible. Thank you God!



## SHARE PHOTOS OF YOUR DISTRICT WITH US

**Thank you Tom G. from District 25 for three lovely photos from Downeast! They are beautiful with such vibrant colors. Thank you so much and keep 'em coming!**

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 publish 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.



## 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. - [billloomis8@gmail.com](mailto:billloomis8@gmail.com)

**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.