



Knox Knews

District 15 Happenings

Speakers for Camden 12 Step Friday Meetings

Aug. 3--Gretchen B.

Aug. 10--Jan

Aug. 24--TBA

Aug. 31--Bill M.

Showing it Works!

August Anniversaries

Don B, 2 yrs

Camden 12-Step
Monday, Aug. 6

Linwood, 6 yrs

Danny 10 yrs,

Brown Bag
Thursday, Aug. 9

Doris S, 8 yrs

Lester L, 2 yrs

Prayer & Meditation
Tuesday, Aug. 15

NY Don, 5 yrs

Brown Bag
Monday, Aug. 27

Kevin B, 4yrs

Cornerstone
Thursday, Aug. 30

Our most important position

GSR Orientation Workshop August 12

There will be a special workshop for GSR's on Sunday, August 12. In addition to other activities, trusted servants at the national, state and local level will be on hand to answer questions during the session and informally over sandwiches before the District meeting. Other AA's interested in service activities are invited to attend.

"They say that the GSR is the most important job in AA. For me, it has also been the most exciting," says Peter L, chair of the Love and Service Committee that has organized the workshop. "I have had a chance to meet and listen to and learn from amazing people—people from all over the state and beyond."

"I guess I used to think that spiritual people didn't get involved in the routine chores of AA service. Boy, was I wrong. I have met some of the most impressive and spiritual people I have ever known."

The reason people say that the Group General Service Representative (GSR) may have the most important job in AA is that without the GSR, the voice of the individual AA member and the conscience of the local group never get heard or reflected in AA as a whole. This effects other groups and AA as a whole. Without the GSR, the individual member and group take from AA without giving back—they are not self-supporting through their own contributions.

The GSR participates in monthly District meetings. In fact, the District is DEFINED as the GSR's from within district 15's geographic area. ALL other positions in AA are elected by the GSR's, directly or indirectly, all the way up to the Trustees. This means that the GSR's elected committee chair, other officers, and other committee chairs at the District and Area level. It also means that **the District does what the groups tell it to do—no more, no less.**

The GSR workshop will begin at 3:30 on Sunday, August 12, at the Rockland Universalist Church on Broadway, followed by the regular District meeting at 5:00 pm. Sandwiches will be served. ALL AA's are invited to attend the workshop and/or district meeting, whether or not you are a GSR.

August 5 - **Maine Area 28 Committee Meeting** at the Muskie Center in Waterville. Committees meet at 9 AM, Area meeting begins at 10 AM. District officers and committee chairs are expected to attend. GSR's are very welcome.

Step Eight

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition Eight

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept Eight

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Knox Co. Jail Orientation

There will be an Orientation session for those interested in service commitments at the Knox County Jail on Monday, August 13, at 6 pm.

You do NOT have to be cleared as a volunteer to attend the session and you can apply for clearance at the orientation. If you are interested now or simply thinking about it, please attend. No commitment necessary. It's a great way to think more about whether this makes sense for you.

What is 90 and 90?

It means attending 90 meetings in 90 days. That translates into a meeting every day but, of course, doesn't have to be done that way. You can go to THREE meetings in District 15 (Knox County) almost every day.

It's not uncommon to see AAs with a lot of sobriety doing 90 and 90 when they feel they are struggling with difficult issues or simply feel off the beam. It is very standard for AAs returning after a slip or time away to do 90 and 90.

Why? For one thing, 90 and 90 keep you close to the Fellowship, close to a safe place, and close to a place where you hear how others have done it. You may even have to ASK for rides. 90 and 90 remind you of your most important job: your own recovery.

90 and 90 also increase the chances that you will hear and meet a broader range of people and feel closer to a broader community. Those who only attend meetings in one place—be it Camden, Rockland or Thomaston—are really missing something and limiting their own recovery.

90 and 90 also probably means that you will be attending different **kinds** of meetings: open discussion meetings, Step meetings, Big Book meetings, speaker's meetings. This broadens recovery.

Newsletter Editor Needed

NO technical computer expertise needed. The Love and Service committee is looking for someone to take editorial control of what is in the Newsletter and how it looks. We have volunteers to handle production.

Meeting Change

Beginning August 4, the Camden 12-Step Saturday meeting will begin meeting at 6:30 pm

Events Around the Area

August 5 CSO Lobster Bake - Camp Gregory - Guest Speaker Lilly H

August 10, 11, 12 19th Annual Courage Round up Halifax, Nova Scotia, Canada for more information call (902) 463-7895 or (902) 425-8383 or e-mail Courage449@yahoo.com

August 18th District 12's Great Event 11 AM - 1 AM Gardiner Sportsman Club Gardiner Maine FMI call Ben 859-8733

August 19th District 6 Summer Function 11 AM - 7 PM Winslow Park. Flyer at aaMaine.org.

August 27 Norway Monday Night Speakers Group Celebrating its 53rd Group Anniversary Potluck Dinner 6:30 PM Speakers 8 PM Bring your favorite dish. FMI Call Tom 998-5713 _ Flyer at aaMaine.org.

Aug 31- Sept 2 49th Annual ICYPAA - Los Angeles, CA - Flyer at aaMaine.org. September 7, 8, 9th CSO Retreat Camp Gregory Meditation with Lisa S and Chris C registration will open July 16th Flyer at aaMaine.org.

September 7-8 District 4 Round-up - Centre Diocésain - 60 rue Bouchard, Edmundston N.B Canada - FMI district4roundup@aamaine.org

September 8, 9 Serenity on the Saco Canoe and camp on the Saco River Flyer at aaMaine.org.

September 15 Rumford/Mexico AA Gr 50th Anniversary 1 PM Mexico Rec Park Food Fun and more 6 PM meeting 7:30 Dance More info call Linda Z 364-2506

September 20 Portland Acceptance Group 29th Anniversary Ice Cream Social, 7 PM Meeting, 8 PM Ice Cream Social, Clark Methodist Church, Corner of Forest Ave and Pleasant Aves

August 24-26

Camp AFG

Maine Area's annual Al-Anon convention with AA participation

Unity and Friendship

Special national speaker (not yet announced)

Camp Mechuwana, Winthrop, ME

A Maine area convention for Al-Anon and Alateen members to gather for fun and fellowship, to celebrate their beginnings, enhance their understanding of the program, and to find ways to attract new members.

Camp AFG is a three-day event in a wonderful setting. Here are just some of the activities available: keynote speaker at noon • all day workshops • canoeing • camp fire • live entertainment, music • spiritual speaker on Sunday morning • childcare • hospitality room • Al-Anon literature for sale • raffle • hiking • night walks with a guide • AA speakers • lakefront cabins • great food • swimming • fun and relaxation. Details at www.campaafg.com

Our Meeting in Print

The August issue of the **AA Grapevine** has an inspirational story from Don G., "The Open Gate," as part of a special section "Moments of Grace—When they knew that AA would work for them."

The **AA Grapevine** is our meeting in print, since 1944. As Bill W. put it, ". . . a **magic carpet** on which each of you can ride to the more distant reaches and watch new brothers and sisters emerge from darkness into light."

Does your group have a subscription? Do you? For more information and subscription information go to www.aaGrapevine.org or contact your GSR.

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For a list of Area officers and committee chairs, go to www.area28.aamaine.org