



Knox Knews

District 15 Happenings

New meeting

**Women's Open
Discussion**

Saturday, 8:30 am

**UU Church, Broadway,
Rockland**

Showing it Works!

August Anniversaries

Betsy B, 10 yrs
Attitude Adjustment
Friday, August 8

Linwood, 7 yrs
Danny A, 11 yrs
Brown Bag
Saturday, August 9

Lester L, 3 yrs
Pen Bay
Sunday, August 17

Kate P, 3 yrs
Camden 12 Step
Monday, August 18

Beryl, 3 yrs
Camden 12 Step
Monday, August 25

Nancy, 22 yrs
Karen, 21 yrs
Prayer & Meditation
Tuesday, August 26

Edna D, 38 yrs
Dave R, 2 yrs
Warren
Tuesday, August 26

**District
Meeting**
Sunday, August 10
5-6:30 pm
GSR Roundtable and
committees, 4-5 pm
UU Church, Broadway,
Rockland

Amateurs Anonymous

Me vs. the Eighth Tradition

What dismays me about my early days in Alcoholics Anonymous is the extent of intellectual arrogance and grandiosity that I brought with me—defects that were quickly enlisted in what was to become an ongoing tournament: me vs. the Eighth Tradition.

The word "nonprofessional," in AA parlance, means that I ought to act in a way that neither affirms nor implies that I am something other than a recovering alkie in a Fellowship of recovering alkies. It means that if professional help is what I need, I should go where such help is available—outside AA. Seems clear enough. Yet before I was ninety days sober I had become legal advisor to a fellow newcomer who was then in the divorce court; I advised another AA to stop taking the medication that a quali-

They Even Danced Area 28 Roundup, 2008

Having been sober for three years, this was my first Roundup experience. My only regret is the first two years I missed.

I laughed, I cried, even danced for the first time in years. I was emotionally and spiritually lifted to new heights. I know I'll never forget the fellowship and peace I found in those mountains. Brian

Nestled in the mountains and the arms of my family, 1000 strong. Family the way I always dreamed of it—safe, warm, intimate, comfortable, fun. Brothers and sisters, aunts and uncles, nieces and nephews, grandparents—some known, some not yet met.

A family gathering. To sit at the feet of others and learn from their experience and wisdom. To see the wide eyes of first-timers, sharing their excitement and awe, allowing myself to be a first-timer. Casting off my judgmental, weary, fault-finding, critical shell—listening with my heart.

Standing next to a newcomer looking out over the sea of people, watching his eyes get huge and sparkle with tears, standing straighter, connected, part of—spiritual experience. Carrying me with him on a wave of emotion and delight.

Dancing. Freely, with abandon and raw joy, for the first time. What I always hoped booze would do for me, and didn't. Feeling more comfortable in myself. Feeling safe with my family around me. A Higher Power thing.

This year I was ready for the Roundup and, like this Program, it was there waiting for me with open arms. What a deal. Peter L.

Tradition Eight
Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

fied doctor had prescribed; and I counseled two AAs in a lover's quarrel.

I've learned enough since my entry into AA, in 1960, to stay out of those arenas, but there is still another that can take me by surprise. True, I no longer play doctor or therapist where medications or relationships are concerned, and I don't give legal advice, but I can still catch myself wondering whether the latest newcomer in my

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Got a Bottle?

District 15 Events Committee is holding a bottle drive. We are self-supporting through our own contributions. Money raised is used for refreshments at our events. If you have bottles, you can call Lizzie, 207-596-0028 and she will kindly organize a pickup or drop off. Or grab an events committee member at a meeting. If you don't know who the events committee people are, ask somebody after the meeting and they will get you to someone, and/or maybe you will make a new friend in the process of trying to find us.

The Events Committee will be holding a **Labor Day picnic**, LOCATION TO BE DECIDED. Stay posted for announcements at meetings and/or

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The Eighth Concept

Letting Go and Trusting Others

I believed that "If I want something done right, I need to do it myself." My way or no way. It was really about control, About not wanting to let go. Not only unwilling to "Let go and let God," but unwilling to "Let go and let anyone." Even if I got some help, I would micro-manage them.

This Program teaches me to delegate—to ask others to help and then to trust them to do it. Not the way I would do it, but the way **THEY** will do it. That's RESPECT. And doing that takes a LOT more sobriety than I usually have.

In the Eighth Concept, Bill W. "draws from earlier mistakes by the General Service Board in trying to run the service functions directly and warns repeatedly against 'too much *concentration* of money and authority.'"

The direct lesson is that the Board hires professionals to do the day-to-day work of managing the General Service Office and the Grapevine—it delegates. The broader lesson, of course, is to respect others and not get too big for our britches.

pl

Like A Tornado

Responding to requests for a list of local **Al-Anon meetings** for family and friends:

Monday, 7 pm, St. Thomas Episcopal, Thomaston

Tuesday, 7pm, Catholic Church, 7 Union St, Camden

Thursday, 6:30 pm, Board Room, Rockland Library

Saturday, 10 am, Physicians Bldg, Pen Bay Hospital

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.

Labor Day Picnic (Continued from page 1) flyers. This will be a STRICTLY POTLUCK EVENT, and ADMISSION WILL NOT BE CHARGED. Free will offerings before, during, or after the event will be gratefully accepted. We have recently been approached by a bone fide Texan barbeque sensei, recently joining our AA community here. So, depending on how self-supporting we are, we will either have a detachment of small Hibachis which hopefully some of you can volunteer to bring, or maybe we can scare up half of a 55 gallon drum and fire it up good. We will have a non-meat grill no matter what for veggies, or tofu and the like, for hippies like Lizzie. Anyone with suggestions or anything to contribute is always welcome to call, or grab an Events Committee member at a meeting: hopefully they are making themselves known by announcing our doings.

Lizzie D.

Dist. 15 Contact List

- District Chair, Zach W, 975-6947
- Treasurer, Wendy M., 594-8269, macdougall2@aim.com
- Alt. Treasurer, Service Opportunity
- Secretary, Karen S. 701-1040
- Alt. Secretary, Eileen J. 590-6987, binki51@yahoo.com
- DCM I, Judy R, 596-1057
- DCM II, Lauren T, 354-7101; cell: 691-8226; tozier519@hotmail.com
- Archives, Service Opportunity
- Boomerang, Service Opportunity
- CSO Liaison, Service Opportunity
- Bridging the Gap, Mary C. 975-6948
- Corrections, Bob C., 691-8788, dil_lonsk@gmail.com
- Events, Lizzie D. 596-0028
- Grapevine, George C. 236-4598 gchap@gwi.net.
- Guidelines, Leland P, 594-8902, mysticknight1746@hotmail.com
- Hotline, Service Opportunity
- Literature, Doug M, 734-660-1469, doogs@tds.net
- Love & Service, Peter L, 542-1496, peter@growinme.com
- Meeting List, Service Opportunity
- PI/CPC, Service Opportunity
- Special Needs, Maureen R, 354-6491, artathlete@gmail.com
- Treatment, John P, 542-8398, jfparkman@gmail.com

Me vs. the Eighth Tradition

(Continued from page 1)

home group is really an alcoholic. On what basis would I question anyone's qualification? What else, except my *expertise* on AA and on alcoholism itself. Old habits die hard!

I try to be particularly careful when introducing newcomers to the Twelve Steps. It seems to me that one of the reasons the Steps were suggested in the first place was to avoid professionalizing them. In my zeal to encourage newcomers to get involved with the Steps I sometimes talk about them as if they were the be-all and end-all. Looking back at my own beginnings, I think that if anyone had told me, even by inference, that I *had* to get on with the Steps, I wouldn't have stopped long enough to remark, "What an order! I can't go through with it." I simply would've run like hell.

Sometimes I complain about the way officers conduct the business of my home group and set myself up as an expert on the AA group. Heaven help me, but there were times when I was so sure I knew everything there was to know about AA history that I would actually hook my thumbs in my vest like a nineteenth century politician when speaking from the podium. ...

August 22-24 From Survival to Recovery Camp AFG

Maine Area's annual Al-Anon
convention with AA participation
Special national speaker (not yet announced)
Camp Mechuwana, Winthrop, ME

Details at www.campafg.com

Just for today, it is a good idea for me to stick close to simple basic AA as I encounter it in my home group and at others. Every single recovering alkie at every single meeting tells me, by word or deed, that non-professionalism in AA is one of the best ideas we ever had. (Incidentally, my friends are quick to remind me of it whenever I get too big for my AA britches!)

W. H. New York, New York