



Knox news

District 15 Happenings

District Meeting

Sunday, Dec. 14

5-6:30 pm

GSR Roundtable and
committees, 4-5 pm

UU Church, Broadway,
Rockland

Showing it Works!

December Anniversaries

Eileen J, 1 yr

Prayer & Meditation

Tuesday, Dec. 2

Kevin K, 4 yrs

Steve R, 20 yrs

Damon, 2 yrs

Brown Bag

Friday, Dec. 5

Peter L, 11 yrs

Camden 12 Step

Friday, Dec. 5

Gretchen B, 10 yrs

Mike G, 5 yrs

Austin M, 5 yrs

It's in the Book

Wednesday, Dec. 17

Janet H, 6 yrs

Brown Bag

Monday, Dec. 22

Rob G, 5 yrs

Prayer & Meditation

Tuesday, Dec 23

Jean B, 28 yrs

Safe Harbor

Tuesday, Dec.30

Group News

Dry Dock Group, Mondays in Thomaston, is now a Beginners meeting, focusing on the first three Steps.

Camden Friday night Speakers: Dec. 5, Mick; Dec. 12, Janet H; Dec. 19, Bolduc; Dec. 26, Rosalie.

Camden 12-Step Group Wednesday meeting has changed to a **group conscience format**. This means that those attending will decide whether to have open discussion, focus on a topic, read literature, etc.

Port Clyde Step Meeting, Monday, 7:30 pm, in the church across from the Post Office.

Finding Grace, a women's open discussion meeting, is now meeting at 8:30 am Saturday mornings at the Universalist Church in Rockland.

Cast In Stone

Bill W. didn't believe much in AA was "cast in stone," but that's the way he felt about the six spiritual principles guiding AA in the Twelfth Concept—the "permanent bonds that hold the Conference fast to the movement it serves." These six warranties speak of power and of democratic principles. They also speak to broader social and political ideals:

In all its proceedings, the Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

- How do we guard against becoming a "seat of perilous wealth or power?"
- How do we practice prudent use of our Seventh Tradition contributions and literature revenue?
- Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?
- Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?
- As guardians of A.A.'s traditions, are we ever justified in being personally punitive?
- Are we careful to avoid public controversy?
- Do we always try to treat each other with mutual respect and love?

Tradition Twelve

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Beyond the Steps Tradition 12 and Concept 12 With Paul L, from Bath

The AA triangle has three sides: Recovery, Unity and Service—Steps, Traditions and Concepts—the Three Legacies. Together, these are 36 Principles we strive to "practice in All our affairs."

"The Steps show me how to love myself; the Traditions show me how to love others; and the Concepts show me how to love the world I live in."

**Saturday, December 13,
9:45 to 11 am**

**Universalist Church on
Broadway in Rockland**

sponsored by the Love and Service Committee.

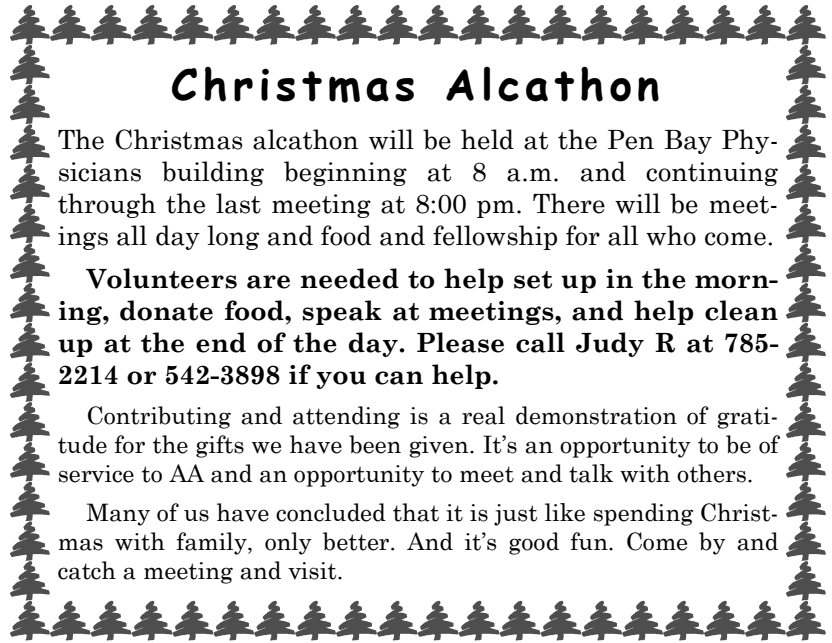
Spiritual Foundation???

Last month I was at a workshop for GSR's and we were talking about what to do when an issue comes up that your group hasn't discussed. One person said that he would think about the issue and think about his group. He would ask himself what various people in the group would say and think about the issue. He would look for what his group members thought, not just what he himself thought. Step out of the way and let his group speak through him.

My first thought was, that's why you are a TRUSTED servant.

Then it struck me between the eyes: THAT'S what the Twelfth Tradition is all about. We say we need to get out of our own way; we also need to get out of the way of our "loving God as He may express himself in our group conscience." That's why "anonymity is the spiritual foundation."

Peter L



Christmas Alcathon

The Christmas alcathon will be held at the Pen Bay Physicians building beginning at 8 a.m. and continuing through the last meeting at 8:00 pm. There will be meetings all day long and food and fellowship for all who come.

Volunteers are needed to help set up in the morning, donate food, speak at meetings, and help clean up at the end of the day. Please call Judy R at 785-2214 or 542-3898 if you can help.

Contributing and attending is a real demonstration of gratitude for the gifts we have been given. It's an opportunity to be of service to AA and an opportunity to meet and talk with others.

Many of us have concluded that it is just like spending Christmas with family, only better. And it's good fun. Come by and catch a meeting and visit.

12 Suggestions for Beginners

1. We are *powerless* over alcohol. Are you? At each meeting we say, "My name is ___ and I'm an alcoholic." Not sure? Just say "I'm here to listen." The first three Steps say: "I can't; a Higher Power can; I'll let Him." The Group can be your "HP."
2. Don't drink or drug. Sobriety is a clear mind making good choices with the help of your HP, one day at a time.
3. And go to meetings -- We suggest "90 in 90." Why not attend a meeting every day for 3 months? Try to ride with someone rather than traveling alone. If you don't like us and what we have by the end of that time, we'll gladly refund your misery!
4. Read the "Big Book." *Alcoholics Anonymous* has a lot of answers about alcoholism -- a physical, mental, and spiritual disease -- and how to recover. Beg, borrow or buy a copy -- or accept a gift. Attend a Big Book meeting regularly. It's the meat and bones of the Program.
5. Get a sponsor -- Ask someone (of your sex) who "has what you want" in sobriety. A sponsor will answer questions and lead you through the Program.
6. Get other phone numbers -- and use them. Men phone men; women phone women. At least one call a day. Call when you want to drink -- and call when you don't. That's how you change behavior, and get comfortable with us.
7. Go to a Step Meeting every week. The Steps are our "Program of Recovery."
8. Get a Home Group. Sign up with a meeting you like and be there every week to give and get support.
9. Be of Service -- Open up; set up; clean up. It works best when we work together. If you're asked to chair, think in terms of "What it was like, what happened, and what it's like now." Principles more than just a "drunk-a-log."
10. Stick with the Winners. Talk with someone you don't know at each meeting. Learn names, and listen. You'll soon learn who's living the Program.
11. There are no "musts" here; willingness is the key. Stay silent or speak up. It's a selfish program and it's *your* sobriety, but it seems to work especially well when you follow our suggestions. The suggestions are all free. The only ones you may pay for are the ones you don't take.
12. Anonymity -- protects the newcomer and the group: "What you hear here, Who you see here, Let it all stay here."

From the Dry-Dock Group beginners meeting
Mondays at 7 PM, Thomaston Baptist Church.

Dist. 15 Contact List

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