



Knox Knews

District 15 Happenings

Service Orientation

Introduction to service work and GSR orientation-roundtable at 4 pm, Feb. 10, just before the District meeting, at the UU Church, Broadway in Rockland. Officers, committee chairs, and GRS's are encouraged to attend. EVERYONE is welcome.

Showing it Works!

February Anniversaries

Ritchie L, 1 yr

It's In the Book
Wednesday, Feb. 6

Jim P, 13 yrs

Brown Bag
Wednesday, Feb. 13

Rosalie, 36 yrs

Road to Recovery
Wednesday, Feb 13

Karen S, 2 yrs

Cornerstone
Thursday, Feb. 28

John K, 15 yr

Frank R, 15 yrs

It's In the Book
Wednesday, Feb 27

Bird B, 19 yrs

Anne J, 19 yrs

Mountain View
Sunday, March 2

Camden Friday Night

Feb 1, Jessica

Feb 8, Rosalie

Feb 15, Bolduc

Feb 29, Linda M

Second Step

Came to believe that a Power greater than ourselves could restore us to sanity.

Second Concept

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

Practicing for Living by Lizzie D.

I ended up being the events chair because somebody had to do it. I guess I could have said no, but it was clear that I was supposed to do it. I come with faults and shortcomings, and am not perfect at my job. But I try, and it's great practice for growing a thicker skin because it's one of those jobs that everyone always seems to have an opinion about!

Here's what it's like. I am a control freak. So, I want to sell at least 25-30 percent of my tickets before the event, in order to ensure that costs will be covered. It never happens. My friends in AA say, "you can't organize a bunch of drunks." My husband laughingly tells me that I am supposed to be developing faith. And, sure enough, everybody shows up the night of the event, and the show goes on, the DJ gets paid, people bring food mysteriously, and we have a great time. Service work like this is also a great place to learn to pray and ask for help. At the New Year's Eve dance, I was wildly icing a cake and dreading having to string the lights and make the coffee: the two jobs in AA I hate. In fact, I got fired from making the coffee when I was a newcomer. So I prayed, and hoped, and two of our brothers showed up: one who is now our Christmas Lights Professional and one who has been inducted into the Coffee Making Hall of Fame.

But, considering that we drunks defy control, we can be completely rigorous when it comes to controlling planning and scheduling.

Oh yeah? Well, we can ALSO be completely the opposite: totally unable to adhere to a schedule. I am in the second category. If it were up to me, life would just kind of float along with each activity until I got done with it and there would be no clocks. My second sponsor told me once that we have to practice the things that we aren't good at in order to get better at them, and the Events Committee is a great place for me to do that. Sometimes people get upset at the dances because the raffle isn't happening at a certain time, or the DJ got held up someplace, or I am just enjoying another serving of pie and locked in conversation with someone, so I haven't got off my butt and gotten the next phase of the evening happening. So we all get a chance to work things out, to bend, to compromise, to listen. And to develop some humor and tolerance along the way. I'm trying guys. But if the speaker meeting isn't happening exactly at 7.30, just kick me in the butt or else have another piece of pie too.

I think the **events we put on are a way for us AAs to practice going to social events in a safe place, and having a safe place to go when we want to be sociable.**

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Newcomers Step Up to Serve Treasurer needed

Five relatively new AAs and one veteran stood for District 15 positions at the District meeting on January 13. Ben T is our new Cooperation with the Professional Community-Public Information chair; Leland p, Guidelines; Della O, meeting list; Maureen R, special needs; Doug D, literature; and Eileen J, alternate secretary.

The district still needs a treasurer. Wendy M. is temporarily filling in at great personal sacrifice. PLEASE help. **District meeting is Sunday, February 10, 5 pm at the UU church on Broadway in Rockland.**

What a privilege to serve

My name is Bob C. and I'm an alcoholic, as well as your District 15 Corrections committee chair. We live in a District that, in AA terms, affords a great opportunity (of course, that's also a great responsibility) for 12th step work. I'm referring to the presence of 3 correctional facilities in our neighborhood.

It looks like we'll have a very active committee, and look forward to adding to the list of cleared volunteers to ensure that no one who desires sobriety may find the hand of A.A. Any member of the committee can furnish you with a clearance application. There's always a need for volunteers. Remember that the Bolduc Correctional facility will clear one-time speakers, and this is a fairly simple process.

There is also a great need for drivers to transport eligible inmates to local AA meetings. Insurance requirements must be met, contact me, please, for particulars.

We are planning an informal "get-together" for all who are interested in Correctional work, tentatively scheduled for March 1st, with no location confirmed as of this writing. Ask your GSR for updates.

Committee members to contact are: Denise H, 845-3232; Maynard H, 845-3232, (cell) 919-619-8278; Mary C, 975-6948; Joe S, 542-0074; Robbie H, (primary contact for jail) 592-4601 or 785-5221.

From your new DCM

My name is Jude R. and I want to express my gratitude for the opportunity to serve my district as a District Committee Member (DCM). A new year has begun with increased interest and participation of AA members in service work at district level. I was excited and full of hope as a new rotation of met at the January District 15 business meeting. Most are, as I am, new to their positions and have a lot to learn.

My job is being a liaison between groups, GSR's, district 15 and area 28. Some of my responsibilities are to encourage each group to have representation at district, to help familiarize GSR's with their responsibilities and the AA structure, to attend group business meetings, and to help represent the district at the state level.

I am a familiar face at most meetings in the district but will be visiting the ones I have missed before the next district meeting. I'm eager and happy to help facilitate individuals and groups increase their participation in AA service.

Second Tradition

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Tradition Checklist:

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

From a series in The AA Grapevine, 1969-1971

Northeast Fellowship of the Spirit (NEFOTS)

March 14-16, Holiday Inn by the Bay, Portland

Connecting People Around the World — Al-Anon Family Groups

Pittsburgh, PA. July 4-6, 2008

Information and registration at www.al-anon.org

Dist. 15 Contact List

- District Chair, Zach W, 975-6947
- Acting 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, Service Opportunity
- DCM III, Service Opportunity
- Archives, Service Opportunity
- Boomerang, Service Opportunity
- Bridging the Gap, Mary C. 975-6948
- CSO Liaison, Service Opportunity
- Coop. w Prof. Comm./Pub. Info, Ben T, 347-9462, BTripp1986@gmail.com
- 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 D, 734-660-1469, doogs@tds.net
- Love & Service, Peter L, 542-1496, peter@growinme.com
peter@growinme.com
- Meeting List, Della O, 975-9039, dellaorsmond@yahoo.com
- Special Needs, Maureen R, 354-6491, artathlete@gmail.com
- Treatment, John P, 542-8398, jfarkman@gmail.com



Practice, continued from page 1

When we get to AA, most of us can't deal with the ordinary social functions that most people take for granted. Especially dances! Gosh, most of us probably wouldn't have even dreamed of getting out on a dance floor without being tanked up before we came to AA. I know that I don't always feel like I fit in, but I guess my sober experience and just faking it until I make it have taught me that it doesn't matter, I can be me.

And being "of service" is a way to practice life service in a safe setting, too. We don't get to have disagreements and conflicts at meetings- well, not always!- but in committees, we do sometimes. So we have to learn some maturity and deal with differences openly and respectfully.

This kind of practice is a great dry-run for regaining functionality in lots of life departments, including the family and job fronts. In AA, we understand each other in the sense that we are all alcoholics and basically in need of brain reprogramming, but the people out there who we deal with who are not alcoholics aren't always

able to give us the same kind of constructive feedback, nor should they have to live up to that responsibility. So I definitely recommend to anyone: join a committee! I've gotten to know the women on Events much better than I would in meetings, and have come to admire their willingness to jump in the car and run to the store, or make calls, or sell tickets. It's been great for me to learn how to say "I can't do this alone, I need you." And they are definitely there!

The other thing about our events committee that is really cool is that there are now two DJs on the face of the earth who love AA and who are not in AA, thanks to the principle of attraction not promotion. I got an email from Erik a while back that said that he and Rick had really "learned a lot, which is what happens when your mind is open to learning something new." I know Rick and Erik from the music scene, but they didn't know I was an AA. So I talked to them about the spiritual concepts of anonymity, about "Press Radio and Film", and they were game to come down and get to know us. As a result, they consider us their friends, are completely supportive of what we are doing, and are willing to travel for hours through some pretty awful weather to bring us tunes. I know that if they ever meet anyone who might need us, they will know we are here. I hope too that we can learn from Erik's example- when we keep our mind open, we learn something new.

So here is to the never-ending party!

Love, Lizzie