



Knox Knews

District 15 Happenings

Camden Women's Step meeting, Fridays, 6 pm,
St. Thomas Episcopal
Church, 33 Chestnut St.
in Camden.

Steps to Serenity
women's meeting,
Sundays, 7 pm, St.
Peter's, Rockland

Showing it Works!

January Anniversaries

Signe G, 17 yrs

Road to Recovery
Wednesday, Jan 2

Donnie L, 22 yrs

Attitude Adjustment
Friday, Jan 4

Bob R, 24 yrs

Rick N, 1 yr

Brown Bag
Saturday, Jan 5

Sully R, 8 yrs

Brown Bag
Saturday, Jan 12

Robin F, 7 yrs

As You Like It
Sunday, Jan 6

Robbie H, 25 yrs

Camden 12-Step
Monday, Jan 14

Chris F, 19 yrs

As You Like It
Sunday, Jan 27

Rusty, 26 yrs

Sunday Night Discussion
Sunday, Jan 27

George C, 3 yrs

Camden 12 Step
Tuesday, Jan. 29

Susan S-R, 13 yrs

Safe Harbor
Tuesday, Jan 29
Potluck at 5:30

Bob C, 14 yrs

It's In the Book
Wednesday, Jan 30
Potluck at 5:50

Paul D, 14 yrs

Cornerstone
Thursday, Jan 31

The Cleveland, Ohio, Central Bulletin was A.A.'s first newsletter and according to many A.A. Historians, contained some of the best early writing relating to recovery from alcoholism. This Editorial, one of a series on the Twelve Steps, is about the First Step, in Vol. 1 - No. 3 --
December, 1942:

This was the most important step in our getting dry. We had to admit to ourselves that we were alcoholics. We had to recognize that all our efforts to control our use of alcohol had failed. We had to recognize that our periodic spells of not drinking had not given us the ability to control the use of alcohol. We had to recognize that we could make our lives manageable only when we had given up alcohol entirely.

Habits are tricky. They are the result of years of doing some thing under certain conditions. They have associations that we often are not aware of, which tend to lead us back to the path of that habit despite our efforts. The Devil within us is the prompting of our nerves, which leads us either to act without thinking or to think up excuses for denying the lessons we have learned.

The single act of confession that made us dry is not enough to keep us dry. The Devil within us prompts us anew in many mysterious ways. The habit that prompts us is an unconscious body yearning, which calls now and then for that "one little drink" that will line up the tracks for twenty drinks and a blackout.

To stay dry we have to continue to recognize that we can escape alcoholism only by not drinking.

Mental Reservations

There have been enough of us in the seven and a half years of A.A. who have been tempted to believe that through A.A. one could regain control over alcohol. The experiences of those thus tempted have been tragic.

Some men have had difficulty at the start, because they never really admitted that they were powerless over alcohol. They had a mental reservation. They kept debating with themselves and finally reached the wrong answer.

But some men get into difficulty long after they think that their troubles are over. They work hard. They pray. They attend meetings and work with new candidates. But the Devil of

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old habit, sleeping in the nerve cells, sneaks up on them and begins to whisper that they have themselves under control and it would be all right to take a drink now and then.

When a man tells himself "I know I can take a drink right now and nothing will happen," his old habits and body yearnings are prompting him to think dangerous thoughts.

That is the seed of disaster. Call the roll of those you know

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First Step

When we became members of A.A.,
we admitted that we were powerless over alcohol and that our lives had become unmanageable.

First Tradition

Our common welfare should come first; personal recovery depends upon A.A. unity.

First Concept

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Northeast Fellowship of the Spirit (NEFOTS)

March 14-16,

Holiday Inn by the Bay, Portland

This is the 9th annual Northeast Fellowship of the Spirit Conference to be held in Maine. This conference is committed to carrying the message of Recovery from alcoholism through the 12 Steps of Alcoholics Anonymous as outlined in the Big Book and is open to all who seek recovery. Panels of AA and Al-Anon members discuss each of the 12 Steps and there will be national AA and Al-Anon speakers.

Hotel reservations are always scarce and you are encouraged to make reservations early.

See flyers at your meeting or visit

www.NEFOTS.org.

Meeting change

Beginning Monday, Jan 7, the 11th Step Prayer and Meditation meeting in Damariscotta will be held at the United Methodist Church on Church St in Damariscotta. This one hour meeting starts at 6 pm and includes 10-15 minutes of quiet meditation, reflection or prayer, followed by discussion of the Third and Eleventh Steps and individual concerns about how a Higher Power keeps one sober.

YOUR Service Help REALLY Needed

The Contact list on the right shows numerous jobs that aren't being done. We need your help. Please come to the **District meeting at 5 pm on January 13** at the UU church on Broadway in Rockland and volunteer for one of these important jobs.

Thank You

Thanks to all of you who made the Sponsoring Newcomers workshop a big success, with participation and panelists from Belfast to Bath. Thanks also to all of you who made the Thanksgiving Alcathon and the Christmas Alcathon so wonderful for all of us, especially newcomers, needing a family and a safe, loving place of gratitude and celebration.

The **Love and Service Committee** needs your ideas and suggestions for 2008. Workshops, other gatherings, projects? Please come to our **meeting at 4 pm, Sunday, Jan. 13, just before the District meeting.**

Basic AA Vocabulary

FINE = Frustrated, Insecure, Neurotic, Emotional

FEAR = Face Everything and Recover

NUTS = Not Using the Steps

ISM = I Sponsor Myself

EGO = Edging God Out

DENIAL = Don't Even Know I Am Lying

HALT = Hungry, Angry, Lonely, Tired

HOPE = Happy Our Program Exists

GOD = Good Orderly Direction

SLIP = Sobriety Loses Its Priority

ACTION = Any Change To Improve Our Nature

STEPS = Solutions To Every Problem Sober

Step One, from page 1

who have had to have this bitter experience of learning all over again that they were powerless over alcohol.

No Respector of Geography

Strange too, how some members sometimes get the notion that because they have gone off to another city that the rules no longer apply. They couldn't drink in Cleveland, but they think it would be all right in New York or Chicago or Detroit or Akron! Of course we are just as powerless away from home as at home. Devil habit may prompt us to forget that first lesson and may whisper in our ear that "no one will know!" Well, call the roll, here too.

Wherever we are and regardless of the passage of time, we are alcoholics. We are powerless over alcohol. We cannot use alcohol and successfully manage our lives.

We learned that painfully. But our whiskey-hungry nerve cells have sly ways of working on the mind. If we yield, disaster awaits us.

That first step is important always: at the beginning, after the passage of time; at home and away from home. We are powerless over alcohol.

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, Service Opportunity
- 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
- Cooperation with the Professional Community, Service Opportunity
- Corrections, Bob C., 691-8788, bobbycleav@verizon.net
- Events, Lizzie D. 596-0028
- Grapevine, George C. 236-4598
gchap@gwi.net.
- Guidelines, Service Opportunity
- Hotline, Service Opportunity
- Literature, Service Opportunity
- Love & Service, Peter L, 542-1496, peter@growinme.com
- Meeting List, Service Opportunity
- Public Information, Service Opp.
- Special Needs, Service Opportunity
- Treatment, John P, 542-8398

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