



Knox news

District 15 Happenings

**District Meeting,
Sunday, July 13**
5-6:30 pm
GSR Roundtable and
committees, 4-5 pm
UU Church, Broadway,
Rockland

Showing it Works! July Anniversaries

Carol, 20 yrs
Attitude Adjustment
Friday, July 4

Wendy M, 14 yrs
Brown Bag
Saturday, July 5

Monica, 1 yr
Camden 12-Step
Monday, July 7

Jeff S, 6 yrs
Brown Bag
Saturday, July 12

Georgie, 1yr
MaryJane, 22 yrs
Brown Bag
Tuesday, July 15

Pene P, 9 yrs
Camden 12-Step
Monday, July 28

Chloe P, 16 yrs
Rich B, 13 yrs
Dave L, 16 yrs
It's In the Book
Wednesday, July 30
(Potluck at 5:30)

It's Not Just About Money

We are also **self-supporting through our own contributions to Twelfth Step work**. WE are the ones who carry the message through Public Information and to the Professional Community. WE are the ones who coordinate and answer the Hotline. WE are the ones who make sure the CSO operates. WE are the ones who make sure there are Meetings Lists for newcomers.

District 15 needs volunteers to do all these things. See the Service Opportunities on the Contact List and come to the District meeting to express your gratitude that someone did those things so YOU could get here.

An anniversary dream from MaryJane

Piles of Doodoo In the Back Yard

I guess I have not drank or drugged cause my ass has never fallen off. That is what they told me: Do not drink even if your ass falls off. If by chance it does, pick it up and bring it to a meeting. At the beginning for me I did not believe I was an alcoholic. Drug addict yes but an alcoholic no.

It wasn't until I was told to leave a closed AA meeting that I realized I was truly an alcoholic. That is when I really had to look at what I had done. I enjoyed both and needed to have one or the other in me to be me. Or so I thought. So much for that.

The first year was somewhat a blurrrrr. I started going to an Attitude Adjustment meeting where they said just don't drink or drug for 90 days to see if I fit in. Once all that was cleared up I was going on with my life, totally out of control, Sober and straight.

We had chips to mark our time and I was counting the days till the next one. People said to keep it in your pocket and if you need to take it out and bite on it if you think it would help. Well, to me that meant to keep my mouth shut. To my son, it meant the same thing, he'd say, "Mommy put the chip in your mouth and shut up" if his father and I were arguing.

Anyway, the reason for me writing this is because of a dream I had last night. Al was in it. He was not my knight in shining armor, but he was important in my sobriety. When he started talking I felt he was talking for me. He used to talk a lot about the piles of doodoo we all have in our back yards. At first I thought he heard we had a backup and had to get our

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Seventh Step

Humbly asked Him
to remove our
shortcomings.

The Price of Gratitude

In the July, 2008, issue of the *AA Grapevine*, Gayle S. R. from Hackensack, New Jersey, writes about the Seventh Tradition: **Every A.A. group ought to be fully self-supporting, declining outside contributions.**

She writes about how she was struggling when she first came in but "a small glimmer of awareness in my slowly clearing brain realized that, because AA helped me not to pick up that first drink, I was saving myself a lot of money on a daily basis. I didn't begrudge that dollar in the basket."

For a while she decided to put the price of a cup of coffee into the basket—a cuppa for the new comer.

As her sobriety increased, it occurred to her: "Why not put the price of that first drink that I didn't have to take today into the basket? It makes perfect sense to this alcoholic, since I know that not taking that first drink today has saved me not only the price of dozens more that I would have to chase it with, but saved my life, my self-respect, and a long list of other priceless personal assets that I owe to my sobriety. ... Today, it's just another spiritual tool."

Be a part of supporting the **Events Committee** or even join our merry band of revelers. We are going to meet at 4 pm at the UU Church before the next district meeting. Any questions or further directions to the meeting, give Lizzie a buzz, 596-0028.



**31st Annual Maine Area
ROUND-UP**
July 18, 19, 20
Sugarloaf, USA
www.Roundup.Area28.org
Or see a flyer at a
meeting near you.

DooDoo (Continued from page 1)

septic cleaned up, But then I noticed it was just the way he talks. And I was able to laugh at the things that started happening to us (my husband and I). I am speaking for myself. ...

As the years went on things just kept happening. I kept thinking that the worst has happened. Life is going to get better. (I should say saner). My ass was getting bigger but it wasn't falling off so I just kept not drinking or drugging. Oh yes I was going to meetings. Both AA and NA.

About 13 years ago as I was sound asleep and grateful for my son being home from an outward-bound 28-day thing for kids at risk there was a very-very loud noise. I thought for sure it was a bomb or an airplane had fallen out of the sky and into our backyard. I ran out of my bedroom and met Robbie (my son) coming out of his room. I was in a panic what on earth was that??? We stepped outside to see trees all over the place.

Our tree had blown up from the inside out. It was struck by lightning. I thought this would be a great time to just get plastered. No one could possibly get through all these things and still stay sober and straight. But then again my ass was still intact.

It still is, to this day. I woke up from my dream and my story has to stop here. There is more to my story but it needs to come from the heart. Maybe I'll have another dream and be able to continue but till then, Just don't drink.. maryjane

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
- 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 D, 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, jfarkman@gmail.com

Another Successful Spiritual Weekend at Tanglewood

"The sense of community was wonderful."

"I thought I knew the Steps but I learned so much more."

"I identified with her completely."

"It was one of the most intense emotional experiences in my life."

"I felt welcomed and part of the group."

"The food was great and plenty of it."

"She expanded my world."

"It was so intensely personal. In a large group, that is so amazing."

"Her insights into the Steps, and her own experiences, were powerful."

"What impressed me most was that she brought sponsees along with her."

These are comments from some of the 100 AA and Al-Anon members at the 11th annual Big Book retreat held at the Tanglewood camp in Lincolnville. Over the weekend of June 6, Valarie D. from Virginia talked about all of the 12 Steps, sharing her insights and personal experiences with about 100 AA and Al-Anon members, the majority from outside District 15.

Many stayed in cabins and tents for the weekend and shared fellowship around campfires and made music together—sometimes late into the night. For many, this afforded an additional opportunity for intense conversations as well as additional discussions with Valarie D.

The weekend is organized and sponsored by the It's In the Book group that meets in Camden on Wednesday evenings. Planning is already underway for the 12th annual conference in June, 2009. See a member to get involved.

The Seventh Concept

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

The Conference "recommends" — though its recommendations have the force of directives to the board. The board executes these recommendations. The board does have the legal authority to veto a Conference recommendation — but in actual practice, it never has done so. As Bill tactfully puts it, the trustees "simply refrain from using their legal right to say 'no' when it would be much wiser, all things considered, to say 'yes.'"

"If . . . the Conference will always bear in mind actual rights, duties, responsibilities and legal status of the General Service Board, and if the trustees . . . will constantly realize that the Conference is the real seat of ultimate service authority . . . neither will be seriously tempted to make a 'rubber stamp' out of the other . . . In this way, grave issues will always be resolved and harmonious cooperation will be the general rule."

(The 12 Concepts for World Service)