



Knox Knews

District 15 Happenings

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

Showing it Works!

March Anniversaries

Bird B, 18 yrs

Anne J, 18 yrs

Mountain View
Sunday, March 4

Travis M, 4 yrs

Bob F, 39 yrs

Rick W., 9 yrs

Pen Bay
Sunday, March 11

John G, 19 yrs

Brown Bag
Saturday, March 17

Brian P, 14 yrs

Brian G, 16 yrs

It's In the Book
Wed, March 28
Potluck at 5:30.

Workshop at the Jail

The Corrections Committee and the CPC Committee have come together to discuss plans for holding a workshop for the staff of the Knox County Jail in the near future. The workshop will inform them about what AA is and what it isn't—to help staff understand a little better what our purpose is and why we are there.

The sheriff has been contacted and she thinks it's a great idea. With some further communication, we should hopefully be putting this into action very soon.

If you are interested in participating, please contact Kevin J, 594-6373 or Robbie H, 785-5221. kj

Treatment Committee Workshop

Keep it simple and carry hope

Keep it simple and carry hope was a strong message delivered to the over 20 AA members who attended the Treatment Committee Training session on February 10. Guest speakers Susan and Maud, both employees at Pen Bay, spoke and answered questions. AA volunteers freely shared their own experiences and lessons at the PARC unit—both as volunteers and as patients—and what stuck with them.

Everyone agreed: **keep it short, keep it simple and listen.** "These are people with a great deal of hopelessness" and "no one has listened to these people for a long time."

The PARC meetings are a special sort of meeting, not regular AA meetings. They are a collaboration between the unit and AA. "This meeting is to present AA to people who have never heard of it before," one of the speakers noted.

"Bill went looking for Bob," someone observed. "Being sober gives us a responsibility"—the responsibility to share our own experience and bring a sense of hope. "Grab your sponsees and take them along," one member suggested. "The sponsor connection is vital and needed. Show them how to live the program."

"When I was in there, **I heard feelings and hope, and I thought, if she can do it, I can do it, too,**" recalled one person of her own experience in the PARC unit. This message of carrying a sense of hope to those in despair and the joy it brings to the staff and volunteers to see it work was moving and pervasive in the gathering. "I can't tell you how full circle and wonderful it feels to ask patients how the meeting was last night," Susan said. **"You carry hope."**

Staying away from expressing opinions about how others should get sober, sharing our OWN experience, and talking about what AA is, was emphasized. Maud seemed to get to the core of it when she said, "God gives us a lot of choices and a lot of ways to get sober, so I can't have an opinion about that."
pl

Area 15 Spring Assembly will be held in Old Orchard Beach on March 23-25. Meal tickets are \$30 in advance and \$35 at the door. Send your registration and a check made out to District 20 to Dick Stephen, Apt 14, 25 Smithwheel Rd, Old Orchard Beach, ME 04064. Telephone is 934-5453 or email lenny@maine.rr.com.

from **Tony's Journal from NERAASA**

Hello All! The first day of my attendance at the North England Regional AA Service Assembly [in Hunt Valley, Maryland] has been exciting and full of wonderful encounters.

I had an opportunity to share with one of the Trustees of the Grapevine Board. I questioned him on the statement he made in the Grapevine regarding people, or the lack of, to serve in the service structure of our beloved fellowship. His response was that it seems Step Sponsors are not encouraging their pidgins to become involved in the service structure as much as those Sponsors of the past seemed to do. Hence, it is becoming increasingly hard to find people willing to take on the sometimes lonely task of educating the groups as to how the service structure works in the lives of the average sufferer.

The Orientation Panel which opened the event for the weekend held a short workshop on "Are we leading by example...first into sobriety, then into service?" It was interesting to hear the different views and excuses that are being used to justify saying "I chose not to serve AA in that way." ...

I have another meeting from 10pm to 12 midnight. Hope I can stay awake long enough to hear something good in it. The meal tonight was wonderful and I want to sleep like a bear.

It's early Saturday morning and I can now retire with the knowledge that the Maine Area has at least worked out some major issues still being dealt with by other Areas around financial issues. The Treasurer's round table assured me that we as an Area are moving in the right direction, and doing much better along the lines of reporting to the groups.

On Saturday we started at 8:30 am, directly following breakfast, which by the way, was 4 stars. The first topic of discussion covered

the issue of self support. It was pointed out that the fellowship was not self supporting through Group contributions. Numerous views were discussed and it was pointed out that if every member in AA gave \$5.00 per year we could be receiving literature for free.

To all groups of District 15 and my home group, I am eternally grateful for the help and support to attend this event. If you have any specific question about my weekend at NERAASA, please feel free to e-mail me at tony_lv397@msn.com.

Respectfully Submitted,
Tony V, 1:20 am, 2/25/07

Positively Negative

We can be positive that our drinking was negative.

We drank for happiness and became unhappy.

We drank for joy and became miserable.
We drank to be outgoing and became self-centered. We drank for sociability and became argumentative.

We drank for sophistication and became crude and obnoxious.

We drank for friendship and made enemies.

We drank to soften sorrow and wallowed in self-pity.

We drank for sleep and awakened without rest.

We drank for strength and felt weak.

We drank to enhance our sex drive and lost our potency.

We drank "medicinally" and acquired health problems.

We drank because the job "called for it" and lost the job.

We drank for relaxation and got the shakes.

We drank for confidence and became uncertain.

We drank for bravery and became afraid.

We drank for certainty and became doubtful.

We drank to stimulate thought and blacked out.

We drank to make conversation easier and slurred our speech.

We drank for warmth and lost our cool.

We drank for coolness and lost our warmth.

We drank to feel heavenly and knew hell.

We drank to forget and were haunted.

We drank for power and were powerless.

We drank to erase problems and saw them multiply.

We drank to cope with life and invited death, or worse.

Dick H., Hinsdale, Illinois

Dist. 15 Contact List

- District Chair, Bob C., 354-7016, bobbycleav@verizon.net
- Treasurer, Wendy M., 594-8269, wendymacdougall@adelphia.net
- DCM I, Rose V., 594-3031, rosemv31@msn.com
- DCM II, Zach, 975-6947
- DCM III, Rich B, 594-2372, dbratt61@msn.com
- Corrections, Robbie H., 785-5221, hinch@mail.com
- CPC, Kevin J., 594-6373, mainelysoba@yahoo.com
- Bridging the Gap, Casey H, 691-8494, c.hallowell@hotmail.com
- Treatment, Travis M. 594-8269
- Meeting List, John K., 354-3614

Chris F, Area Registrar, 372-6273, lcf@midcoast.com

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