



# Knox Knews

District 15 Happenings

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

Showing it Works!

## May Anniversaries

**Phil M, 28 yrs**

**Rick D, 3 yrs**

Camden 12-Step  
Friday, May 11

**John W, 14 yrs**

Camden 12-Step  
Monday, May 14

**Arthur H, 6 yrs**

Camden 12-Step  
Tuesday, May 15

**Fred, 1 yr**

Pen Bay  
Sunday, May 20

**Chick B, 3 yrs**

SOS  
Saturday, May 26

**Nick R, 25 yrs**

Brown Bag  
Saturday, May 26

**Linda D, 9 yrs**

**Peter M, 21yrs**

**Paul A, 23 yrs**

**Judy K, 37 yrs**

Road to Recovery  
Wednesday, May 30

### Camden Speakers

#### Meeting

Fridays, 7:30 pm

April 27--Hugh M.

May 4--Janet

May 11--Bill G. from

Portland

May 18--Bolduc Unit

May 25--Chuck Y.

June 1---Bill S. from

Bethel

## What About the Newsletter???

Should we have a newsletter?

If so, what should it be like?

We've had it a year. What do you think? Where should we go from here?

Last year, District 15 established an *ad hoc* committee to experiment with publishing a newsletter and recommend back to the District. At last month's District meeting, the committee submitted a set of guidelines for consideration by the groups (see page 2). PLEASE try to have group discussions about the newsletter and these suggested guidelines before the next District meeting, May 13.

### Concerns that have been raised:

1. Does the newsletter reduce District meeting participation—does it take the GSR's off the hook?
2. Is the newsletter too slick and professional looking?
3. Is publishing anniversaries a violation of the traditions?
4. Why isn't there more participation in the newsletter?

### What should the structure be?

Should the newsletter committee become a standing district committee? This would mean that the committee chair is elected by the District and is responsible for gathering a committee and publishing the newsletter.

### Other questions:

As you may have noticed, almost every issue of the KnoxKnews has been different. What kinds of content have group members most enjoyed, responded to, and want more of? What have they hated or tired of? A major concern this year has been a **lack of feedback**, constructive or otherwise.

**District 15 business meeting** will be held May 13 at 5pm, at the Unitarian-Universalist church on Broadway in Rockland. Please try to have a representative from your group there—GSR or alternate GSR. Don't let decisions be made without you.

Service Opportunity

## District Committee Member Needed

Rose V. will be resigning as DCM I at the next District meeting. We need a new DCM to fill in the rest of her term.  
**What is a DCM?**

The District Committee Member works with GSRs, familiarizes them with the district and Area policies and processes, and generally helps them serve as effective links between their Group and the district and Area. In addition, the DCM is expected to attend Area Committee meetings and serve as the link between the Groups by carrying the collective group conscience of Groups and keeping the groups informed. To accomplish these duties, the DCM attends as many Group business meetings as possible and keeps informed of group affairs or problems.

## 10th Annual Big Book Weekend at Tanglewood, June 8-10

Jay S. from California will be leading an intensive exploration of the Steps in the Big Book of Alcoholics Anonymous during the tenth annual Big Book weekend. The event will be held at the Tanglewood Camp in Lincolnville.

Space is limited. Call Brian at 785-3176.

## Carrying The Message Into Treatment Facilities

### Qualifications

**Some Good Sobriety** - For exactly how long, nobody can say.

**Personal Experience Of Alcoholism And Recovery** - What is important to share *is the pain we* once felt and the *joy* in recovery we now feel.

**A Common Sense Approach** - Our AA message of *hope*, experience, and strength is not to be treated lightly. We cannot take ourselves too seriously, or get pompous, or bossy.

**Freedom From Vanity** - If prestige, acclaim, praise, and applause are what we need, this kind of twelfth-stepping is probably not going to satisfy us very much. We simply put the message in front of the alcoholic in treatment. What an alcoholic does with it is not our business. The alcoholic needs to be free to choose without our getting vain if the message is used, or angry or discouraged if it is ignored.

**Ability To Follow Directions** - This sort of twelfth-stepping will not be very satisfactory to anyone who needs to be a boss. The professional treatment facility is in charge of its patients and is responsible for them. If AA members do not conform in every way to the rules and regulations of the facility, it has a perfect right to keep AA members out. Carrying the message into such places calls for patience and self-discipline.

**Absolute Dependability** - Once an AA commitment is made to any non-AA institution or organization, we cast let our Fellowship down by not living up to the agreement fully. We go to any lengths to Perform faithful 1Y the services promised in the name of AA. We try to be completely reliable, never letting weather, a bad mood, ease personal event, or anything else interfere with keeping our word. (We almost *never* let such things interfere with our drinking, did we?) What people think of AA depends on us. If we are reliable, then AA seems so. If we are not, it makes AA look bad. AA's who cheerfully fulfill commitments without grumbling give our Fellowship a good reputation.. Angry, gloomy, bossy, or fanatical AA members are not so welcome

**Broad Knowledge Of AA** -- A cramped, narrow view of AA is a severe handicap. The deeper and broader our understanding of all aspects of our Fellowship (including all three of our legacies: Recovery, Unity, and Service) the more we have to offer the troubled newcomer.

## Draft Newsletter Guidelines

**KnoxNews exists to foster a sense of Unity and community in District 15 and to inform and involve the membership of the District in the joys and responsibilities of A.A. service**

1. KnoxNews to publish monthly for distribution near the beginning of the month.
2. DCMs, GSRs, and volunteers to assist in distributing to groups.
3. Quantity to be 200 - single sheet.
4. Not to include District minutes or financial reports as these are made available at District meeting and cost to reproduce is prohibitive.
5. The newsletter is encouraged to remain neutral and factual when addressing controversial issues.
6. The newsletter welcomes submissions from individuals and groups via e-mail and hard copy.
7. Newsletter will be available in a PDF format for ease of production and distribution
8. Newsletter will be budgeted on a yearly basis. (Currently \$21. per issue)

### Dist. 15 Contact List

- District Chair, Bob C., 691-8788, bobbycleav@verizon.net
- Treasurer, Wendy M., 594-8269, wendymacdougall@adelphia.net
- DCM I, **Service Opportunity**
- 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](http://www.area28.aamaine.org)

### Area Roundup, July 20-23

Sugarloaf USA

Make housing reservations early. Look for a flyer at your meetings or contact Lisa L, 205-0486, [lowry@maine.rr.com](mailto:lowry@maine.rr.com)

### Camp AFG, August 24-26

Maine Area's annual Al-Anon convention with AA participation  
Camp Mechuwana, Winthrop, ME

Details soon at [www.campafg.com](http://www.campafg.com)

### The 59th Bath Group Anniversary banquet

celebration May 19th. Call George at 522-6150 for information or go to [www.aamaine.org](http://www.aamaine.org).