



Knox Knews

District 15 Happenings

District Meeting,
Sunday, May 11
5-6:30 pm
GSR Roundtable and
committees, 4-5 pm
UU Church, Broadway,
Rockland

Showing it Works!

May Anniversaries

Jane G, 14 yrs

Rockland Sunday night
Sunday, May 4

Paul, 17 yrs

Camden 12-Step
Tuesday, May 6

Phil M, 29 yrs

Rick D, 4 yrs

Camden 12-Step
Friday, May 9

Sandy L, 32 yrs

Bill M, 15 yrs

Attitude Adjustment
Saturday, May 17

Chris, 24 yrs

Camden 12-Step
Monday, May 19

Nick R, 26 yrs

Brown Bag
Saturday, May 24

Janelle R, 18 yrs

Camden 12-Step
Tuesday, May 27

Clyson P, 23 yrs

Judy K, 38 yrs

Linda D, 10 yrs

Peter M, 22yrs

Paul A, 24 yrs

Susan D, 27 yrs

Road to Recovery
Wednesday, May 28

Chick B, 4 yrs

SOS
Saturday, May 31

More than 327 Years of Sobriety

The sobriety celebrated in the left column is 327 years. WOW.

We are blessed to have this amount of sobriety among us. Look at the list and realize how many of those with long-term sobriety are still actively contributing their time and energy to newcomers and to our fellowship. Still in service.

This fits right into the themes of the Spring Fling: a speakers meeting honoring our elders and the overall theme: "I Am Responsible." Saturday, May 3 at the Owls Head Community center. Potluck begins at 6, meeting at 7, dance from 8 until the cows come home (or the pumpkin turns, whichever comes first).

In Memoriam

Joanne C. will be remembered for her faithful sobriety, contributing her time and energy, and showing us all, through her example, that "I am responsible." Thank you, Jo, for blessing us.

From the Cleveland Central Bulletin, April, 1943:

Now we are ready to clean house.

We have admitted that we are powerless over alcohol.

After all our own efforts failed, we came to the conclusion that a power greater than ourselves could restore us to sanity.

We made a decision. That was to turn our wills and our lives over to the care of God.

Then we started to take stock of ourselves. We made a searching and fearless moral inventory of ourselves.

So we are ready to clean house.

The success we have in remaining dry, in controlling our emotions and regulating our conduct and in reestablishing ourselves depends largely on how well we clean house. We cannot put our houses in order until we clean out the rubbish, the debris, the muck of the past. We shall find it difficult to keep our wills in the hands of God if our approach to God is barred by obstacles made up of the accumulated rubbish of the past.

In taking stock of ourselves, we not only should have learned the actual wrongs we had **done**: we should have observed the defects that have grown within us that give us the tendency to do wrong.

It is important to see ourselves as we were as practicing alcoholics. That calls our normal pride and our consciences to our aid. However, it is important that we consider **not only ourselves as we were**, the completed product of our errors, but also the things that made us what we were. Whisky was the fatal element in a number of bad ingredients in our makeup. We are not saved until we stop using alcohol: we are merely given a chance to be saved.

The defects we have developed are the defects growing from self love. They express themselves in resentment, in self pity and in jealousy. Those expressions result in outbursts of anger and in efforts to take flight. Self love causes us to take refuge in excuses and in justifications when we no longer can deny our errors.

As long as we give expression to resentment and to self Pity and jealousy, and as long as we try to take refuge in excuses and justifications, we shall live in a house builded on the sands, ready to be overwhelmed by the first high-tide.

Fear exists within all men. Deep-seated fear and deep-seated sense of guilt continue to grip us until we bring

(Continued on page 2)

District 15 Spring Fling
Potluck and Dance
Speaker's Meeting
honoring our elders

I AM RESPONSIBLE

May 3, 2008
6-12 pm

food/dance

Owls Head Community Center

Fifth Step Promises

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. BB p 75

Fifth Tradition and Checklist

Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*—that of carrying its message to the alcoholic who still suffers.

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

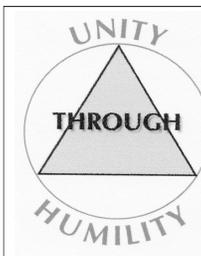
**The 11th Annual Big Book Weekend at
Tanglewood**
With Valerie D from Virginia, June 6-8
Look for a flyer or contact Judy M, 596-0260

Dist. 15 Contact List

- District Chair, Zach W, 975-6947
- Treasurer, Wendy M., 594-8269, macdougall2@aim.com
- Secretary, Karen S. 701-1040
- Alt. Secretary, Eileen J, 590-6987, binki51@yahoo.com
- DCM I, Judy R, 596-1057
- 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, myst-ticknight1746@hotmail.com
- Literature, Doug D, 734-660-1469, doogs@tds.net
- Love & Service, Peter L, 542-1496, peter@growinme.com
peter@growinme.com
- Special Needs, Maureen R, 354-6491, artathlete@gmail.com
- Treatment, John P, 542-8398, jfpark-man@gmail.com

Camden Friday Night Speakers

- May 2, Lil
May 9, Bill G (Ptld)
May 16, Bolduc
May 23, Steve R.



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.

The Right of Appeal

My keen alcoholic mind used to think that everything was black or white. There were winners and there were losers. If you lost, too bad. Winner take all. That's what democracy is all about. Right?

When the minority appealed or filed a minority report, I thought they were just "sore losers."

Then I came to AA and found out about the "right of appeal" that ensures the voice of the minority and asserts that idea that ALL sides have something of value and that no opinion is a "loser." That's the **Fifth Concept: Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.**

"We recognize that minorities frequently are right," notes our AA secret service manual. "Even when they are partly or wholly in error they still perform valuable service when ... they compel a though-going debate on important issues. The well-heard minority is our chief protection against an uninformed, misinformed, hasty or angry majority." (p 22)

The Informed Group Conscience is the highest authority in AA: "To be fully informed requires a willingness to listen to minority opinions with an open mind.

"On sensitive issues, the group works slowly— discouraging formal motions until a clear sense of its collective view emerges. Placing principles before personalities, the membership is wary of dominant opinions. Its voice is heard when a well-informed group arrives at a decision. The result rests on more than a 'yes' or 'no' count—precisely because it is the spiritual expression of the group conscience. The term 'informed group conscience' implies that pertinent information has been studied and all views have been heard before the group votes." (The AA Group, p 26-27) Peter L

Cleaning House (Continued from page 1)

the causes of our guilt and of our fear out into the open. We have to get our wrongs off our chests, out of our minds, if we are to get out of the grip of guilt. And we have to identify and expose our fears if we are to cast them out, or put them under control.

Confession is an important practice in some religious faiths, and those persons who regularly and honestly make use of the opportunity of confession seldom get into difficulty. Confession, going deeply into the emotions, is also the first requirement of dealing with emotional and mental disorders. The necessity of getting things off one's chest has been well demonstrated through the years.

We, as alcoholics, have to clean house before we can reshape our lives. And we have to recognize that, for a time at least, the sources of the rubbish we are cleaning out will remain with us. While turning our backs on the past we have to watch the present. Resentment, self-pity, jealousy and the tendency to look for justifications have to be controlled. Perhaps one man in ten thousand, having observed how those defects of self love have dragged him down, may thrust them out of his life altogether. The rest of us can keep them from getting us into serious trouble, only by constant application.

So here is the fifth step: we must admit to God, to ourselves and to another human being the exact nature of our wrongs. And since, by our third step, we have made a decision to turn our wills and our lives over to God, we must make another decision. We must be entirely ready to have God remove all the defects of character that we have discovered in our fearless and searching moral inventory. That is the sixth step. Notice the words "entirely ready." They mean that we must approach God without having our fingers crossed.

And finally, we must humbly ask God to remove our shortcomings. We don't stop at making an inventory; we don't stop at admitting our shortcomings, and we don't stop at being entirely ready to have God remove our shortcomings. In the humble attitude of prayer we ask God to remove our shortcomings. We specifically mention our wrongs in taking this positive step. And as we pray, God gives us release from the gnawing in our minds. God gives us strength to do the work that is before us. The more constantly we keep God in our minds, the greater our strength.

We that labor and are heavy laden will find rest in God, and peace.