



Knox news

District 15 Happenings

District Meeting

Sunday, Nov. 9

5-6:30 pm

GSR Roundtable and
committees, 4-5 pm

UU Church, Broadway,
Rockland

Showing it Works!

November Anniversaries

Wayne G, 4 yrs

Brown Bag
Wednesday, Oct 8

Rita R, 29 yrs

Brown Bag
Saturday, Nov. 8

Gary S, 5 yrs

Road to Recovery
Wednesday, Nov. 12

Eric, 1 yr

Brown Bag
Saturday, Nov. 15

Nicole, 1 yr

Brown Bag
Wednesday, Nov. 19

Al G, 21 yrs

As You Like It
Sunday, Nov. 23

Eileen J, 1 yr

Road to Recovery,
Wednesday, Dec. 3

Group News

Camden 12-Step Group Wednesday meeting has changed to a **group conscience format**. This means that those attending will decide whether to have open discussion, focus on a topic, read literature, or another format.

Port Clyde Step Meeting, Monday, 7:30 pm, in the church across from the Post Office.

On November 25th, the **Safe Harbor Group** will be celebrating its **50th Group Anniversary**. There is a potluck beginning at 5:30 p.m. The meeting will start at 7:00 p.m., and we will be having "old timer" speakers, Rosalie and Bill. All are invited!

Camden Friday night Speakers: Nov 7, Kathi D; Nov 14, Jay M; Nov 21, Bolduc; Nov 28, Jan S.

Finding Grace, a women's open discussion meeting, is now meeting at 8:30 am Saturday mornings at the Universalist Church in Rockland.

Second Saturday Series

Beyond the Steps

The AA traditions and concepts are the focus of a new monthly series beginning Saturday morning, November 8. Kathi D. from Shapleigh will help us kick off the series and lead a discussion of the Eleventh Tradition and Concept. Kathi is our area delegate, carrying our voice to national and international AA.

The AA triangle has three sides: Recovery, Unity and Service—Steps, Traditions and Concepts—the Three Legacies. Together, these are 36 Principles we strive to "practice in all our affairs." Not just our AA affairs.

In our book *AA Comes of Age*, Bill W. says: "Our Traditions are a guide to better ways of working and living, and they are also an antidote for our various maladies. The Twelve Traditions are to group survival and harmony what AA's Twelve Steps are to each member's

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It's like we joined the Mafia

Is This a Secret Society?

Now I need to take a moment and tell you why I use my full name. I know these Traditions are top secret and God forbid the concepts, we won't even go there. But these Traditions are top secret and they are really misunderstood, and no more so than this Eleventh Tradition.

All of a sudden we get sober and it's like we joined the Mafia. And everyone gets their nickname: there's John the Brick, and Bucktooth Mary, and Red Sweater Jerry, Patsy, George, Frank the Fox, Jimmy the Coat—everyone gets a nickname, right?

Everybody in my neighborhood knows I am a stark raving lunatic drunk. There's those little tell-tale signs: They come outside, they catch me, I'm urinating on their car. My girl-

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Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

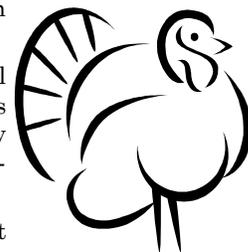
Thanksgiving Alcathon

The Thanksgiving alcathon will be held at the Pen Bay Physicians building beginning at 8 a.m. and continuing through the last meeting at 8:00 pm. There will be meetings all day long and food and fellowship for all who come.

Volunteers are needed to help set up in the morning, donate food, speak at meetings, and help clean up at the end of the day. Call Peter at 542-1496 if you can help.

Contributing and attending is a real demonstration of gratitude for the gifts we have been given. It's an opportunity to be of service to AA and an opportunity to meet and talk with others.

Last year, many of us concluded that it was just like spending Thanksgiving with family, only better. And it's good fun. Come by and catch a meeting and visit.



Beyond the Steps (Continued from page 1)

sobriety and peace of mind.

"But the Twelve Traditions also point straight at many of our individual defects. By implication they ask each of us to lay aside pride and resentment. They ask for personal as well as group sacrifice . . . The Traditions guarantee the equality of all members . . . They show how we may best relate ourselves to each other and to the world outside."

Together, the traditions and concepts show us how to live with others. As one author puts it, "The Steps show me how to love myself; the Traditions show me how to love others; and the Concepts show me how to love the world I live in."

This monthly series of mini-workshops or discussion will focus on the application of the Traditions and Concepts to living a sober life in the world. The sessions will be held the second Saturday morning of each month at 9:45 at the Universalist Church on Broadway in Rockland, sponsored by the Love and Service Committee.

Kathi D will also be speaking at the Friday night speakers meeting Camden on November 7.

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
- DCM II, Lauren T, 354-7101; cell: 691-8226; tozier519@hotmail.com
- 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, Lisa D, 594-7040
- Grapevine, George C. 236-4598 gchap@gwi.net.
- Guidelines, Leland P, 594-8902, mys-ticknight1746@hotmail.com
- Hotline, Service Opportunity
- Literature, Doug M, 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, jfparkman@gmail.com

Concept Eleven

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Bill concludes his discussion of this Concept by talking about the need for inclusive sensitivity: "Women workers present still another problem. Our Headquarters is pretty much a man's world. Some men are apt to feel, unconsciously, that they are women's superiors, thus producing a reflex reaction in the gals. Then, too, some of us — of both sexes — have been emotionally damaged in the area of man-woman relations. ... But if we are fully aware of these tendencies they can be the more easily overcome Such are the realizations which we can all use every day of our working lives. Add to these the further thought that no organization structure can fully guarantee ... against the depredations of clashing personalities, that only the sustained willingness to practice spiritual principles in all our affairs can accomplish this, and we shall never need to have any fear for our future harmony. "

Bill W. 12 Concepts or World Service, p 60.

Secret Society

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friend threw the clothes out the window. I'm slumped behind the wheel of the car. I'm running up and down the street like a kook. God forbid my reputation should be tarnished by going to Alcoholics Anonymous.

The Eleventh tradition says "personal anonymity at the level of press, radio and films." That means you will never see my face clearly identified. (I love those Lone Ranger masks but that's fifth Step stuff ... I don't want to get into that.) You will never see my face clearly identified, followed by my full name ... followed by the statement "is a member of Alcoholics Anonymous." That would be a violation of the Eleventh Tradition.

I know sometimes you see these people on television saying "I'm in recovery." That's not an anonymity break. People say, "I'm sober." That's not an anonymity break. It's an anonymity break when they say they are a member of Alcoholics Anonymous. ...

I mean, God forbid at three o'clock in the morning you feel like drinking and you call information and you say "Yea, I'd like to have Jimmy the Coat's phone number." Or you want to go visit one of these beloved old-timers in the hospital—"Yeah, I'm here to see Frank the Fox." God forbid, if they have a nut ward you'll get admitted.

Dr. Bob said that when one drunk is anonymous from another drunk **that's** a violation of the eleventh tradition. He went on to say that anonymity is spiritually inspired and secrecy is fear inspired. And so, **this is not a secret society**. However, I have

anonymity is spiritually inspired and secrecy is fear inspired.

no right to break your anonymity.

Bobby C, Philadelphia, speaking at the Maine Area Roundup, July 19, 2008

The preamble says our primary purpose is to stay sober and to help other alcoholics to achieve sobriety. **If I'm only staying sober** and not helping other alcoholics, **that's half measures** and half measures availed us nothing. It doesn't say half measures availed us something—availed us nothing. So that's why I get involved in service.

Bobby C, July 19, 2008.

Like A Tornado

Responding to requests for a list of local **Al-Anon meetings** for family and friends:

Monday, 7 pm, St. Thomas Episcopal, Green St, Thomaston

Tuesday, 7 pm, Catholic Church, 7 Union St, Camden

Thursday, 6:30 pm, Board Room, Rockland Library

Saturday, 10 am, Physicians Bldg, Pen Bay Hospital

Service Opportunities

District 15 still needs someone to do the Hotline, Cooperation with the Professional Community, Public Information, Meeting List, Archives, Boomerang and CSO Liaison.