



Knox Knews

District 15 Happenings

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

Steps to Sobriety women's meeting, Sundays, 7 pm, St. Peter's, Rockland

Showing it Works! November Anniversaries

Jacqueline, 14 yrs

Camden 12-Step
Friday, Nov. 2

Mark D, 10 yrs

Pen Bay
Sunday, Nov. 11

Rita R, 28 yrs

Brown Bag
Tuesday, Nov. 20

Al G, 20 yrs

Pen Bay
Sunday, Nov 25

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

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.

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.

Thanksgiving Alcahthon

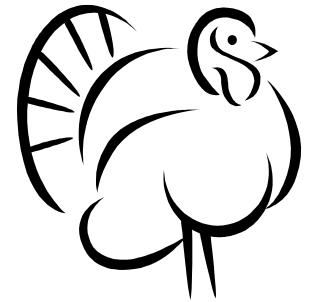
The Thanksgiving alcahthon will be held at the Pen Bay Physicians building beginning at 8 a.m. and continuing through the last meeting at 8:00 pm.

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.

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.

Linda D. is coordinating volunteers and food contributions. See her at meetings or call her at 354-0422.



District Elects Next Rotation

Officers elected at the District elections on October 14 were Zach W, Chair; Karen S, secretary; and Judy R, DCM I. These officers will assume their new positions in January. Committee Chairs elected were John P, Treatment; Mary C, Bridging the Gap; Bob C, Corrections; George C, Grapevine; Peter L, Love and Service; and Lizzie D, Events.

The District still needs a treasurer and two more District Committee Members (DCM), as well as an alternate secretary and alternate treasurer. Committee Chairs open include Public Information; Cooperation with the Professional Community; Literature, Hotline, Meeting List and Archives. Please come to the **District meeting on November 11** to apply for these open positions. The District needs your help.

Sponsoring Newcomers

December 8
More on page 2

"That the birds of worry and care fly above your head, this you cannot change. But that they build nests in your hair, this you can prevent."

Chinese proverb



Owls Head

Community Building

November 10 6-12 pm

Potluck—Speaker—Dancing

Music by DJ DataBass, spinning hip-hop, reggae, techno, world, funk and classic top 40. In other words, your choice.

Tickets are on sale now. \$5.

To sign up to bring food or for more information, please call, email, or send a smoke signal to Lizzie D. at 596-0028, 317-7565 or lizzie.dickerson@gmail.com

Sponsoring Newcomers

Workshop, December 8

Save the Date

Two panels of veteran sponsors sharing their experiences, advice and insights about working with newcomers, especially those new or coming back in their first year.

**Saturday, December 8,
8:30 to noon,
Pen Bay Physicians Building**

Sponsorship can also mean the responsibility *the group as a whole* has for helping the newcomer. Today, more and more alcoholics arriving at their first A.A. meeting have had no prior contact with A.A. They have not telephoned a local A.A. intergroup or central office; no member has made a "Twelfth Step call" on them. So, especially for such newcomers, groups are recognizing the need to provide some form of sponsorship help. In many successful groups, sponsorship is one of the most important planned activities of the members. (Q&A on Sponsorship, p 8)

PARC Unit Commitments Re-Organized

At September's District 15 Meeting (9/9) it was decided to decrease the number of PARC Unit evening commitments from 4 to 3 per week. As Chair of the Treatment Committee, John P. met with the PARC Unit staff and it was determined by mutual agreement that starting in December, 2007 the nights that meetings will occur are: Wednesday, Friday, and Sunday. There will no longer be meetings on Saturday or Monday. The Treatment Committee met on Oct. 14, prior to the District meeting and attempted to develop a new schedule of commitments.

Want to go to the PARC unit other than a group commitment? Groups generally meet at 6:45 in the cafeteria. Simply show up and volunteer.

The following PARC Unit Schedule is tentative and may change, but here is what the District 15 Treatment Committee has to date:

Starting **Sunday**, December 2, 2007: 1st Sunday — Camden 12 Step Group; 2nd Sunday — District 15 (Not yet confirmed); 3rd Sunday — District 16 (Belfast); 4th Sunday--It's In The Book Group; 5th Sunday — OPEN

Starting **Wednesday**, December 5, 2007 1st Wednesday — Attitude Adjustment Group; 2nd Wednesday — 7:00AM Belfast Group; 3rd Wednesday — How It Works Group; 4th Wednesday — Steps To Serenity Group; 5th Wednesday — Safe Harbor Group (Not yet confirmed)

Starting **Friday**, December 7, 2007 1st Friday — Cornerstone of Sobriety; 2nd Friday — Camden 12 Step Group; 3rd Friday — SOS (not yet confirmed); 4th Friday — Prayer & Meditation Group; 5th Friday — Austin M.

It is very important that all commitments be met each week all year long.

If there is any problem please contact John P. at his cell 542-8398 or home 236-6154 as soon as you know the commitment cannot be met. **The PARC Unit patients look to us...and it keeps all of us sober!**

Important note: make sure you sign the calendar located on the door of the meeting room at PARC. John P.

Newsletter Editor Needed

NO technical computer expertise needed. The Love and Service committee is looking for someone to take editorial control of what is in the Newsletter and how it looks. We have volunteers to handle production.

Area 28 Assembly Turns Exciting

At the Area Assembly in Belfast on October 20, Linda T. from Bath was elected Area Chair; Paul L, Alternate Chair; Delegate, Kathy D; Alt. Delegate, Spencer R; Secretary, Mary Lou Q; Alt Secretary, Dana G; Treasurer, Tony V; Alt. Treasurer, Ray A; Roundup Chair, John D; and Alt Roundup Chair, Gary S.

In the most exciting elections, Tony V. was unanimously elected treasurer, 114 to 0 (an unprecedented event), and the election for Alternate secretary went to the hat. This means that, following the Third Legacy process, when neither final candidates received the two-thirds vote needed to elect, even on the fifth ballot, the election was decided by drawing one name from the hat—allowing HP to decide.

December 1 in Rangeley there will be a Love and Service workshop with panels on "What is a GSR" and "Archives" from noon to 8 pm including spaghetti supper and meeting.

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
- Love & Service, Peter L, 542-1496, peter@growinme.com
- CPC, Kevin J., 594-6373, mainelysoba@yahoo.com
- Bridging the Gap, Casey H, 691-8494, c.hallowell@hotmail.com
- Treatment, Judy R, 596-1057
- 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