DISTRICT SIX

AUGUST 2019

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A NEWCOMER SPEAKS

A few months ago, my 9-year-old daughter was completely disgusted with me, knowing I had relapsed; she had the wisdom to tell and I denied it. My child was telling me the truth. My family was through with me. Again, I was losing everything. Consumed with shame and guilt I drank some more. I was desperate to stop and reached out to a friend in the program. I went to a meeting that night and picked up a white chip. I saw people I knew and they helped me. My sobriety date is May 7th, 2019, and with their support, I did 90 meetings in 90 days.

In my second week of sobriety there was a complete shift in my thinking. I started to believe Alcoholics Anonymous could be the answer to my problems, so I got more active. I talked to people, I got numbers, I made friends, and I started doing service work. By week three I helped when I could.

At my thirty-day mark, I knew it was time to get a sponsor, so I did. I looked for someone who had what I wanted, and I found her. She's a good fit, a good friend, and I'm very grateful to have her! As I speak to you today, I'm on my third step, and we share a home group together.

I recently picked up my ninety-day chip and I got to tell you, I feel good. My day begins and ends with my higher power. I do what my sponsor asks me to do. I do it because it worked for her. Today I have friends from the program that I love very much. Most of us came in together and travel together. I smile and laugh and do the right thing for the right reasons. I'm kind understanding and treat my body well. I've enrolled into college and got accepted. Most importantly my family is starting to trust me and I'm excited about our future.

To be clear my recovery hasn't been all unicorns and rainbows. I finally got it and you can too. I've been in and out of Alcoholics Anonymous for ten years but, alcohol has been a problem longer that. I really beat myself up before I got here. I lost my career, got three OUI's, county jail time, out-patient treatment, a psychiatric unit, a nine-month rehab, a year in prison, financial ruin and family loss. I have titanium rods in my neck; I've suffered traumatic brain injury, nearly dying of congestive heart failure. All of it is a result of drinking.

My life depends on the program of Alcoholics Anonymous. Whatever I put before it I will lose. Life goes so much better if I follow this simple rule. I have great things happening and my sponsor says I'm a miracle. This makes me smile.

Amy S

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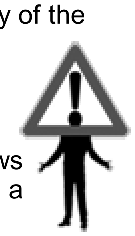
General Service Representative (**G.S.R.**) Brings the groups conscience to District Business Meetings, discusses items concerning District 6 and GSA 28. Vote on agenda items pertaining to business. Takes information back to the Home Group. A GSR links your Home Group with the whole of **AA .**

District 6 has other positions available, please come on down and check it out. At D6 Business Meeting , Berean Baptist Church - 15 Cumberland St, Brunswick **6pm** second Friday of the Month.

Be rid of contempt prior to investigation Form an opinion, you may be pleasantly surprised. Join us and experience AA from a different view.

Newsletter will be available on the district 6 website soon:
http://aamainedistrict6.org
Newsletter mailed second Saturday of the month.
Comments :
etditor@aamainedistrict6.org



Our focus will be on District 6 news with GSA 28 to follow and AA as a whole.

Welcome aboard Bethany T and Michelle L
I suspect you will see them about

Bleeding Deacon vs Elder Statesman:

An elder statesman in my home group, Ted S, taught me the difference between an elder statesman and a bleeding deacon, as described in Tradition Two (page 135). We all learned more from his actions than his words. The words he did give us though served me well during my tour of structured service commitments in A.A. You need to bring an agenda, and provide information, not your opinion, was his direction to me as a District Chair and Area Chair. I can hear him now telling me "There are enough opinions in AA and they don't need to hear yours, it is it the groups that are going to make the decisions". "You can offer them information, and information only is what they need from you in your role." He did tell me that I had the right as a Chair to end discussion. If there was nothing new being said from the microphone on said subject then move it along and call for a vote. This would get Area/District businesses compete in a timely manner. And it did, most of the time. I read in the Grapevine that It is important for long-timers to realize that their opinions might carry more weight than the opinions of other group members. It is important to allow the groups to work through items without exerting too much influence. It goes on to say that perhaps it is best that long-timers keep silent while the group speaks its mind and offer thoughts only after others have had their say. This can help guard against other members playing follow-the-leader. The comparison between elder statesman and bleeding deacon comes to mind. Are you the person with the quiet, calming words of experience that make people think? Or are they on manipulative power-drive, working to get people to line up behind you?

An elder statesman leads with wisdom and experience and only gives advice when asked. If people come to you for guidance or advice don't look down on them. I used to ask Ted a ton of service-related questions and he was eager to answer them. Today I know how he feels. When people come to me with questions there is an excitement I treasure. My claim to fame at work and in A.A. is that if I may not know the answer, but with my experience I know where or who to go to get the answer.

I hope we spend many more years serving A.A. and our service entities using the steps of our recovery program. My service commitment will not end now, for every day is a new beginning in recovery, service, and sobriety.

Yours in service, with love
Linda T

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Finding A Good Life:

My most recent sobriety date is April 15, 2015 when I woke up in the ER of a hospital in Bangor following a suicide attempt the day before was in a fog but grateful it didn't work. Nothing I was doing at the time seemed to work and I was at the starting, in place that I had forgotten was always there for me. I first came to AA in February 1992 following a DWI and court ordered AA. I accumulated 13 years of sobriety in New Hampshire with some recovery, but I know I really hadn't accepted totally that I was an alcoholic and that I could not drink in safety. Some are thicker than others. I had also held back on some of my amends. By not 'thoroughly' following the simple program of AA, I had done as many had before me. I picked up. Trouble began immediately, but I was unable to get back to any kind of decent sobriety/recovery for 10 years. I was involved 'spiritual endeavors', my drinking would always foul everything up.

Shortly after leaving the 10-day transitional program in Bangor at River Stones, I moved to Mass, to a dear friends' place who knew me during my good years prior to going back out and was very supportive of my recovery. It is a miracle my life unfolded before me again. I found work, lots of AA and a very good life. I joined groups, got a sponsor, became a bookie, worked the steps with my sponsor and helped many guys in the Quincy area.

When I heard from my brother in early July of 2017 that my dad would be able to live out his remaining days in Bath, at the Plant Memorial Home, there was only one catch. I would have to drop everything and move to Maine to care for him. The next day I made an announcement at my 7am group, The Bright Spot in Quincy, MA, that I would be moving to Maine in a matter of weeks. I left many good friends to move here, and remain close with many of them today, another gift of sobriety.

My time on the Kennebec at a very scenic spot caring for my dad was made manageable by the many meetings I was able to attend. I was also able to work out some of my amends with my dad while he was with us and was honored with the opportunity to help him on his way. Today I am a member of many groups in the Mid-Coast region, and again have found a very good life in AA. The difference now, I have completely accepted that I am an alcoholic and cannot drink,'

Thanks to my Higher Power, The Triune God, I found a great job and place to live following my dad's passing. The Promises are all coming true for me. I am helping others, feeling a part of and connected here. I live a God-Centered life and am happier than I have ever been. I look forward to joining you on the Road to Happy Destiny.

Peter P

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A Brief Roundup Experience:

I attended my first roundup this year. What a wonderful experience! Dynamite speakers, thoughtful workshops, new friends, an ice cream social and an evening of dance- it was definitely a fun time! The most moving aspect for me was when we alcoholics, 800 strong, held hands and prayed the Our Father in unison. Our Higher Power certainly smiled down on us that weekend.

Lorraine C