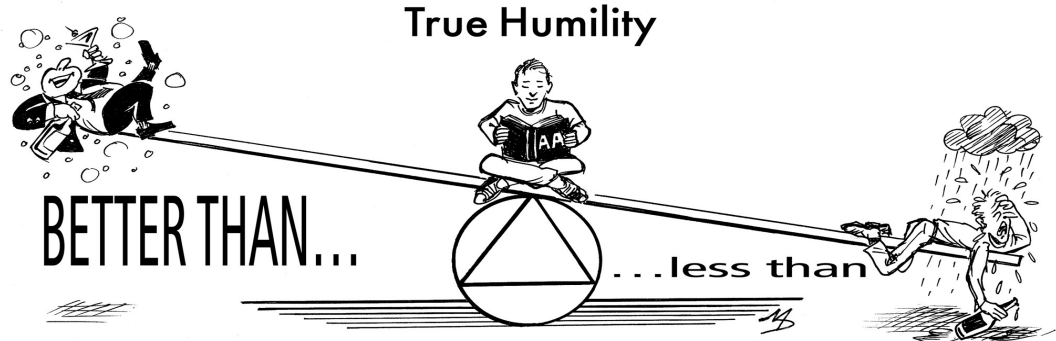




NH A.A. District 12 News

The Voice Within



Freedom: freedom from the bondage of alcohol, freedom from the bondage of grandiosity, freedom from the bondage of undervaluation.

*If temperamentally we are on the depressive side, we are apt to be swamped with guilt and self-loathing. We wallow in this messy bog, often getting a misshapen and painful pleasure out of it. As we morbidly pursue this melancholy activity, we may sink to such a point of despair that nothing but oblivion looks possible as a solution. Here, of course, we have lost all perspective, and therefore all genuine humility. **For this is pride in reverse.** This is not a moral inventory at all; it is the very process by which the depressive has so often been led to the bottle and extinction. (12 & 12 step four)*

If...our natural disposition is inclined to self-righteousness or grandiosity, our reaction will be just the opposite. We will be offended at AA's suggested inventory. (12 & 12 step four)

"On the Beam" takes its origins from the nautical world, but is most commonly known to be from the aeronautical industry, when pilots would home in on a radio "beam" especially for the purposes of landing the aircraft. When they would be described as on the course indicated by a radio beam, they were said to be "on the beam". And, of course, if they were on the wrong track – they were "off the beam".

Humility

Perpetual quietness of heart. It is to have no trouble.

**It is never to be fretted or vexed, irritable or sore;
to wonder at nothing that is done to me,
to feel nothing done against me.**

**It is to be at rest when nobody praises me,
and when I am blamed or despised,
it is to have a blessed home in myself
where I can go in and shut the door
and kneel to my Father in secret and be at peace,
as in a deep sea of calmness,
when all around and about is seeming trouble.**

- from a plaque on Dr. Bob's desk
c. 1980 AAWS, Dr. Bob and the Good Oldtimers, p. 222

Check out your District 12 website!
Here you will find a meeting list and other information
about the district, including the Voice Within
Newsletter.

<http://www.aadistrict12.org>

Groups are answering with great information for me; however there are ninety-six in Manchester and a few more in the other towns within the District. What I need from you is your group's history, like when the group started, who helped start it, (ask old-timers, etc.) what functions you might have, any other special news, etc. Please submit written pages to:

Karen R, District 12 Archivist
 PO Box 3814
 Manchester, NH 03105-3814

More AA History:

Bill Wilson often was quoted as stating that the tree of early AA literature drew its routes from many different sources. One extremely influential source was a popular lecturer and writer of New Thought philosophy during the 1930's - Emmet Fox.

Emmet was born in Ireland on July 30, 1886, was educated in England, pursued his spiritual career mostly in the United States, and died in France on August 13, 1951.

Fox's secretary was the mother of one of the men who worked with Alcoholics Anonymous co-founder Bill Wilson (Al Steckman) and partly as a result of this connection early AA groups often went to hear Fox. His writing, especially "The Sermon on the Mount," became popular in AA.

Noted AA Historian Mel B. also spoke to Emmet's influences: "I have long believed that some of my best spiritual help has come from reading the books of Emmet Fox, especially "The Sermon on the Mount." I also learned in a brief discussion with Bill W. that he and the other pioneer AA's attended Emmet Fox's lectures in New York in the late 1930s and benefited from them".

Stick to the basics so you don't have to go back to the basics. But don't forget about the rest of the program!

A Plate of Fudge
*I was born under the shadow
 of a mountain called Mount Aeolus.
 An early recollection is one of
 looking up and seeing
 that vast and mysterious mountain and
 wondering what it was and
 whether I would ever climb that high,
 But I was presently distracted by my aunt who,
 as a fourth birthday present, made me a plate of
 fudge.
 For the next thirty-five years I pursued the fudge
 of life
 and quite forgot about the mountain.*
 - Bill W.

"The God Stuff"

You'd think being spared the ravages of a terminal illness
 that kills about eighty percent of those afflicted
 -a rate higher than a lot of cancers-
 would be enough to drive that home.
 Not so with me in the beginning.
 I was a "show me" kind of guy.
 So my sponsor addressed my resistance to "the God Stuff"
 not with prescription, but with fact.
 "the central fact of your life right now" he said,
 "is that on your own, you can't stay away from a drink,
 not even for one day."
 I had to agree.
 The evidence was overwhelming.

Thought To Ponder:
God enters us through our wounds.

Look to this day
 For it is life,
 The very life of life.
 In its brief course lie all
 The realities and verities of existence,
 The bliss of growth,
 The splendor of action,
 The glory of power-
 For yesterday is but a dream,
 And tomorrow is only a vision,
 But today, well lived,
 Makes every yesterday a dream of happiness,
 And every tomorrow a vision of hope.

Thinking about giving back?
 District 12 Volunteer Open Positions:
Public Information/CPC
 District meeting held at St Raphael Church, corner of Third and
 Ferry Sts., 3rd Sunday of the month 6-8 pm.

I need Your perspective...
 Help me see myself and others
 as You see us, and fill me
 with Your love, kindness and
 compassion

I want to hear You...
 Please speak to my heart often
 and help me dwell in full awareness
 of Your loving presence and desires

I need Your insight...
 Search my heart
 for what needs to be changed in me
 I want to change
 keep molding me
 into who You want me to be
 I know I'm not done yet

I want to trust You...
 Cultivate my faith
 and destroy my fears
 strengthen and encourage me
 along this journey
 help me to know
 when to rest and reflect

I need Your guidance...
 Show me how to simplify my life
 and get my priorities in Your order
 I surrender my dreams and ideas
 I give up my rights
 for Your plans and wisdom

I want to follow You...
 Illuminate the path
 You want me to tread
 and give me clarity
 on what actions to take
 or how long to wait

I need Your power
 Without You I am nothing
 with You anything is possible
 You are my charge
 and You are in charge

I want to receive...

NHAA District 12

all of the blessings and abundance
 You are offering me today
 teach me in the ways
 of joy and contentment

Thank You for choosing me...
 for raising me up
 in Your loving embrace
 and shining Your light
 on my dark and lost life
 thank You for this very moment
 and in it
 everything I need

Lynda E

Tradition Three:
**The only requirement for A.A.
 membership is a desire to stop
 drinking.**

Alcoholics Anonymous Declaration of Unity

This we owe to AA's future:
 To place our common welfare
 first;

To keep our fellowship united.
 For on A.A. unity depend our
 lives, and the lives of those to
 come.

Tradition Five:
 Each group has but one primary
 purpose-to carry its message to
**the alcoholic who still
 suffers...better do one thing
 supremely well than many
 badly.**

**We found the Great Reality
 deep down within us.
 We all carry it within us; supreme
 strength, the fullness of wisdom,
 unquenchable joy. It is never
 thwarted and cannot be destroyed.
 But it is hidden deep, which is
 what makes life such a
 problem.**

Send your submissions to:
Voicewithinnews@gmail.com
 or snail mail:
 District 12
 PO Box 3814
 Manchester, NH 03105-3814

Statement of Purpose:

**The Voice Within is the
 newsletter for AA District 12. It
 communicates District business,
 provides a forum for individual
 stories of experience, strength
 and hope from District 12
 members, and provides other
 information relating to the pulse
 of AA District 12. Opinions or
 content in articles and letters are
 solely those of the contributor.
 The editorial team reserves the
 right to edit materials for length
 and content. Quotations from
 AA literature are copyrighted
 and reprinted with permission
 from its source.**

Newsletter Chair: Lance C.

Editor: Cindy C.

Here are some suggestions about
 what to send to the Newsletter :

Write an article about your recovery
 for your anniversary month.

What was the easiest step for you? The
 hardest? Why?

Tell us about meetings you've attended
 in other states and/or other countries.
 How were they the same? How were
 they different?

Explain why a certain slogan or saying
 in AA is your favorite.

How did you come to choose your
 home group? How did you choose
 your sponsor - or did s/he choose you?

If you've had a spiritual experience,
 when and what was it?

What has the program given you that
 you never had before?

District 12 Spring Fling—Dinner & Dance!

April 25, 2009: 6pm—11pm @ Helping Hands (former Eagles Hall)

140 Central Street, Manchester, NH 03103

Italian Potluck—Please Bring Your Favorite Italian Dish.

6-7pm: Potluck Dinner • 7-8pm: Speakers • 8-11pm: Dance
DJ'd by Dr. Groove & the Love Machine

\$10 PER PERSON

For More Information, Please Call:

Jeannie B. (603-627-6801) or George B. (603-361-3283)

Keep It Simple

"Let's not louse this thing up, let's keep it simple". This was Dr. Bob's historic admonition to Bill W. in the summer of 1950. Dr Bob was a simple man, and his son "Smitty" described Bill Wilson as being the opposite of his dad and that both of them were needed for the success of A.A. He once joked: "If it had been up to my dad, A.A. would never have spread beyond Akron. Had it been up to Bill, they would have sold franchises." On another occasion he said: "Bill was garrulous, Bill was a promoter, and Bill was a visionary. I think Bill W. could see further in the world than anyone I've ever known. My dad wasn't that way." (Dr. Bob was quiet, cautious, conservative, steady, and insistent on keeping things simple.)

Dr. Bob, at the first AA international convention in Cleveland, had stressed the simplicity of the program and added these immortal words: "Our twelve steps, when simmered down to the last, resolve themselves into the words *love* and *service*". "Keep it Simple" has been enshrined as Dr. Bob's final message to AA ever since.

It has been immortalized as a slogan, and can be heard quoted by AA members in AA meetings and in AA business meetings at all levels. Often it will be drawn on in a business meeting by a well-meaning member who feels the topic at hand may have become too "complicated." In many uses, "Keep it Simple" has become the battle cry of the business meeting weary, the banner borne by the charging AA soldier against seemingly rampant discussion, as a supercilious tool in the war against what's perceived to be excessive debate, even as a way of explaining an opposing side of a topic, almost as if the "Simple" side is the "Correct" side strictly because it's thought to be "simpler."

However, to "simplify" often means to boil down, into a simpler form, but it *takes a little work to get there*. An example of that is when a mathematical equation, like a fraction, is "simplified" by using common numbers to get them into the "simplest" form. It takes some more numbers, some more time, some more *complexity* to get the job done, to get the equation simplified.

In their original early stages, AA's Twelve Steps were actually six.

NHAA District 12

But it was thought that in order to "simplify" the Principles these steps contain to create a more cohesive, more understandable, more comprehensive set it would make sense to present them in the Twelve Step form we know today. *So, in order to "Keep it Simple" we actually added more, we expanded.* At the risk of inducing "*complexity mortification*" what this means is that our founders actually expanded the steps to make them "simpler"!

Keeping it Simple does not necessarily mean keeping things out, often it means adding things in. At the very least it means to explore thoroughly, expound if needed, and expand if warranted, in order to keep it as simple as possible. The next time I'm tempted to "rush the stage" waving "Keep it Simple" I'm going to try to remember Dr. Bob's original inspired intention for this timeless advice.

Lance

Across

3. Bill W.'s vocation
5. In 1957 the AMA defined alcoholism as a:
8. Dr. Bob's admonition - Keep it:
10. The only requirement for A.A. membership is a desire to stop:
12. City where AA had it's beginnings
13. "Having had a spiritual awakening as _____ result of these steps....."

Down

1. "But for the grace of God _____ go I."
2. "Rarely have we seen a person fail who has _____ followed our path."
4. Bill's wife
6. Author of "The Doctor's Opinion"
7. We have to _____ to win
9. Number of towns in District 12.
11. Gratitude month, abv
12. "You can't keep it unless you give it _____"

