



The Voice Within

We are going to know a NEW FREEDOM and a NEW HAPPINESS. We will NOT REGRET THE PAST nor wish to shut the door on it. We will comprehend the word SERENITY. We will know PEACE. No matter how far down the scale we have gone, we will see how our experience can BENEFIT OTHERS. That feeling of uselessness and SELF-PITY WILL DISAPPEAR. We will lose interest in selfish things and GAIN INTEREST IN OUR FELLOWS. Self seeking will slip away. Our whole ATTITUDE and OUTLOOK upon life will CHANGE. FEAR of people and of economic insecurity WILL LEAVE US. We will INTUITIVELY KNOW how to handle situations which used to baffle us. We will suddenly realize that GOD IS DOING FOR US what we could not do for ourselves.

THE BEDEVILMENTS ARE REPLACED BY THE PROMISES

THE BEDEVILMENTS (BB PG 52)

We were having trouble with personal relationships.

We couldn't control our emotional natures.

We were a prey to misery and depression.

We couldn't make a living.

We had a feeling of uselessness.

We were full of fear.

We were unhappy.

We couldn't seem to be of real help to other people.

And most of all,

THE PROMISES (BB PG 83, 84)

➡ We will lose interest in selfish things and gain interest in our fellows. Self seeking will slip away.

➡ We will comprehend the word serenity and we will know peace.

➡ Our whole attitude and outlook upon life will change.

➡ Fear of people and of economic insecurity will leave us.

➡ That feeling of uselessness and self pity will disappear

➡ We will intuitively know how to handle situations which used to baffle us.

➡ We are going to know a new freedom and a new happiness.

➡ No matter how far down the scale we have gone, we will see how our experience can benefit others. We will not regret the past nor wish to shut the door on it.

➡ We will suddenly realize that God is doing for us what we could not do for ourselves.

April 2010

DISTRICT 12 NH ALCOHOLICS ANONYMOUS

The Promises

For this alcoholic the promises seemed like a gimmick when I arrived in AA. After all if you had my kids you'd drink too - if you had my mother you'd drink even more!! You see I was convinced I was not an alcoholic and you were all going to find out my secret and ask me to leave. That was almost two years ago. AA was a place for me to bring my alcoholic friends, a place I could go and try to convince myself that I was better than most, a place where God was a crutch and sobriety just an illusion. How could anyone possibly go 2 months without drinking, never mind 20 years? They had to be lying - in front of God no less.

And then there were the promises and acceptance prayer-simple yes but clearly unattainable. Who could possibly buy into this crap? It was as if these people had been brainwashed, zombies walking around mumbling phrases like : Life gets better when I come to AA, I don't have to pick up a drink even if I want to, Do the right thing and the right thing will happen, and God is doing for me what I cannot do for myself. ***I was convinced these were secret codes, and only a real alcoholic could decipher them.***

However, I had decided to stick around until someone, anyone who was not drinking could advise me that I was not an alcoholic. All my drinking buddies knew I wasn't, but I needed more solid proof. And what better proof than that from a person who really was an alcoholic. And so my undercover mission began.

I showed up every day and began gathering information. It was not long before my image of an alcoholic, which was a man in a trench coat with a brown paper bag sleeping in a vacant lot next to a woman with a bent overstuffed shopping cart, began to fade. I soon realized I was surrounded by business people in suits, teachers, lawyers, even a doctor. How could this be? It was not long before I started listening to them speak. Their thoughts were mine. It was as if someone had woken up the shadows in my mind. The more they expressed their experiences the more I wanted to come. AA became that book that I just couldn't put down until it was finished. And I have not been able to put it down yet, and I am told it will never be finished and this I believe.

I put down the drink January 1, 2008 and have not found it necessary to pick one up since then even though it was my mission to do so. The information I have gathered over the years has only strengthened and reaffirmed what I was told from the beginning. And two years into this journey, just completing step four I am truly amazed and I am not even halfway through. I do know a new freedom...from that bondage of myself. My thoughts are no longer directed towards me and what I want...but more towards how can I help those around me whether it be my children, my customers, my boyfriend and my parents. What is truly amazing is they used to be the reasons I drank and today they are not only gifts but sources of gratitude as well.

Today I have been able to make peace with my past, begin repairing the damage the wreckage has caused with the help of AA, and the 12 steps, as well as the help of my sponsor, the support of my home group and the guidance of my higher power, one day at a time. And today instead of wallowing in self pity, thinking no one understands me, or feeling as though I am being persecuted, I know that no matter what happens, whatever life hands me today I will get through it without that drink as long as I keep practicing those 12 steps of AA. I am no longer undercover. I am now a useful active member of AA sharing my experience, strength and hope one day at a time. ***Letting God do for me what I could not do for myself.*** Camille K

Spring Fling Dinner Dance-District 12

Saturday May 1, 6pm – 11pm

Parish of the Transfiguration Church Hall - 305 Kelley Street - Manchester, NH.

Fellowship Hour, Appetizers & Refreshments (6:00-7:00 PM)

Buffet Feast of Italian Dinners w/Dessert (7:00-8:00 PM) 2 Guest Speakers (8:00-9:00 PM)

Countdown & Raffles (9:00 PM) Followed by DJ & Dancing (9:30-11:00 PM) - Tickets: \$20.00 ea.

For Advance Ticket Purchases Call: Terry F. (603) 828-7932 or Scott T. (603) 261-0987

April 2010

DISTRICT 12 NH ALCOHOLICS ANONYMOUS

The theme of the *June 2010* issue of *The Voice Within* will be the *Twelve Traditions*. Send us your thoughts, your article, or your input!

This issue of The Voice Within was sponsored through the 7th Tradition

Submitting Articles

Length and format: The newsletter may publish work of different lengths, from snappy one-liners and one-paragraph anecdotes to full-page articles (word count 400-800max) **Text** sent by e-mail should be submitted in the body of the message or as attached files, saved in "Word," Handwritten text should be written clearly on one side of the paper. Include your phone number please. **Comments? Email us your comments on any articles, topics, etc.**

Articles are reviewed, selected, and edited by the editorial team. The contents appropriateness is at the sole discretion of the Newsletter Committee.

Absolute Deadline to be considered for June 2010 issue is June 6, 2010

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Grapevine Meeting 6th Anniversary Celebration

Special Guest Speakers
Steve G. 30+ years Sandy Mac 50+ years
Tuesday, May 25, 2010
St. Andrew's Episcopal
102 N. Main St. (adjacent to West High)

(desserts)* 7-7:30 pm
Meeting 7:30-8:30 pm
***dessert donations welcome**

New Meeting Place:

The North End Group now meets at 1850 Elm St. (Corner of Webster) in Manchester at 10:00 to 11:30 am on Sunday. Parking in the back or on the street out front. Meeting is downstairs.

GET INVOLVED IN AA'S LEGACY OF SERVICE Give back what was freely given!

District 12 Website: www.aadistrict12.org

There are a number of different committees that provide services to District 12; everything from working to put on functions to bringing commitments into jails and institutions to working with the Professional Community. If there are no committee chair or officer positions open, and you would like to be more involved in service work in the district, we suggest that you contact the chair of a committee that you might be interested in working on.

ATTEND A DISTRICT 12 MONTHLY MEETING

3rd Sunday of the month from 6:00 - 8:00
PM

St. Raphael's Church Hall

Ferry St Manchester NH

**Help to ensure AA is here for today's alcoholic
as well as future alcoholics!**
For that WE are responsible

**DISTRICT 12 ANNUAL SUMMER OUTING
SATURDAY JULY 24, 2010
MORE DETAILS TO BE ANNOUNCED**

April 2010

DISTRICT 12 NH ALCOHOLICS ANONYMOUS

Promises Made, Promises Broken Promises Kept, Promises Materialized

Do you recall the empty promises we made before we found this new way of life? **I promise** I'll only have a couple! **I promise** to be home on time! **I promise** to be more responsible with our finances! **I promise** to not drive if I'm impaired! **I promise** I'll be at your game or **I promise** to get to your dance recital. **I promise** I'll quit drinking when the problem gets 'that bad'!

So we find our way to AA and some drunk promises that if we live the 12 steps on a daily basis our lives will change for that if we don't drunk. Or that promise that a about the promise that if you Power, you will find true carrying AA's message, and the *down the scale we have gone, we benefit others.*" From our first matter what got us to AA, *"our will change."* That sponsor that have its ups and downs but in the *will comprehend the word serenity and we will know peace."*

The next time you are at a meeting where the promises are read, you will be asked, "Are these extravagant promises?" How very true is the response, "We think not."

the better. Or the guy that promises take that first drink, we'll never get grateful heart will never drink. How become dependent on a Higher independence. A commitment, promise that *"no matter how far will see how our experience can meeting, we are promised that no whole attitude and outlook upon life promises that life will continue to face of any calamity or turmoil "we*

For this alcoholic the most important promises are the last two and the manner in which they impact my life on a daily basis. I have been promised that if I attend meetings of Alcoholics Anonymous with an open mind and avail myself of the experience, strength and hope that is shared, *"we are going to know a new freedom and a new happiness."* I'm not sure that any one of us shows up at a meeting of Alcoholics Anonymous with the express mindset of getting intuition. Invariably, however, something is said that I need to hear. I may not need to process or understand it at that exact moment. Then it happens: I am faced with something I've never experienced before. That is when intuition, defined as 'quick and sudden insight', manifests itself when *"we will intuitively know how to handle situations which used to baffle us."*

In the 12 and 12, Bill writes in step 10 that "we are today sober only by the grace of God and that any success we may be having is far more His success than ours." That sure sounds like the promise that *"we will suddenly realize that God is doing for us what we could not do for ourselves."* The next time you are at a meeting where the promises are read, you will be asked, "Are these extravagant promises?" How very true is the response, "We think not."

In conclusion, I only ask that you make one promise to me. **Promise** that the next time you see me at a meeting you will tell me just how good your life is on the basis of the promises and how they have materialized based on the work you have done. with grateful heart, Don H.

Step Twelve and the Newcomer

When I was a newcomer and stranded in the black hole between the 3rd and 4th step an old timer made a comment about what "faking it till I make it" meant. I believed in a higher power and didn't know how to trust one. The old guy then made me read Step Twelve to him. Despite my resistance and questions as how that was gonna help me I read it to him. "Having had a spiritual awakening as the result of these steps..."

"Stop" he said, and made me read it again. He carefully explained that there in front of me was a promise, it does not say "may have" or "could have" it said "having had". It was then told to me if I can hang on long enough to work the twelve steps to the best of my ability that the spiritual angle will fall into place and it will be a matter of maintaining my spirituality on a daily basis. This has happened. Over time I understood that I understand little of my higher power and that's how it should be. My understanding has room to grow and will as long as I practice these principles in all my affairs. Surrender to win.

Still Dan

April 2010

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