



The Voice Within

SPIRITUALITY

Lasagna

At a meeting four or five years ago, a woman whom I highly respected related something her sponsor had shared with her some time ago. I think the topic at this meeting was balance versus chaos. The message was that the sponsee strive to live her life like a lasagna noodle rather than, say, a graph representative of our economy.

Somehow, that really made sense to me. Call it an “ah-ha moment” if you will. Thereafter, as I observed other alcoholics whose peaceful countenance I not only admired, but desperately wanted, I began working toward the goal of seeking more serenity. I listened more closely during meetings, I made a concerted effort to seek out these folks I’d been observing and tried to get to know them better, I redoubled my efforts reading our literature, and I truly, finally, and fully put my life into the ultimate trust of my Higher Power. This work paid off in ways I barely recognized. In fact, each time someone approached me and said they wanted what they saw in me, I was surprised.

There are times when I feel such a depth of love, empathy, gratitude that when they occur, I sob and my emotions run high; higher, deeper, and more gratifying than any drunk I ever experienced. Dear God, I now know what is meant by being rocketed into the fourth dimension. For so many years I found that phrase so abstract, I almost found it laughable.

And so my Father has blessed me, despite any lingering reservations, no matter that I failed to recognize them. He has seen my heart and served me not only lasagna, but the sweet dessert known as the fourth dimension.

Thank you, my Father . . . thank you.

Lisa K.

October 2011

DISTRICT 12 NH ALCOHOLICS ANONYMOUS

When I was about four years sober, something happened in my life and an old resentment bloomed into a raging fire. I wanted to kill the man but before I did so I called my sponsor, because I was in the habit of running all big decisions by her, even though I was sure I was justified and that she would agree with me.

“I’m going to kill him! I’m really going to kill him!” and then I told her what he’d done.

She said, “OK. I’ll call you back in 10 minutes,” and she hung up.

I was beside myself. My sponsor had just hung up on me. But true to her word, after a little time passed she called me back. “Marge and Cici are on their way over and will pick you up at 6:30. You’re the speaker in the women’s unit at the jail tonight.”

Not only was I in the habit of running things by my sponsor, I was also in the habit of never saying no when asked to do something in AA. So I decided to put off the murder until after the meeting – maybe I could use that time to hatch a solid plan. At the designated time the two women came to my door, and off I went to jail. I told my story, but all the while I was looking around that concrete room thinking, this isn’t that bad. I could do this.

Then after I spoke, a young inmate spoke up. I knew who she was – I knew many of the women in there. This particular woman had been front-page news because she was serving a sentence for involuntary manslaughter. She was about 18 years old, and when her baby wouldn’t stop crying she put whiskey in his bottle to quiet him down. The baby died of alcohol poisoning.

Yet, she was calm, looked serene, and spoke at length about gratitude that evening. As I watched her, I thought, my God, she’s serving time for killing her baby, but she’s grateful for her sobriety. I’ve never had those kinds of consequences, I’ve never done more than a day in jail, **I’m sober for four years, and I’m anything but serene and grateful. I want to take someone’s life.**

She was my wake-up call that evening, and thus began a lengthy commitment to bringing meetings behind the walls. Those women gave me more than I ever gave them. I went into the jail on a weekly basis until my work schedule changed and I could no longer make evening meetings – the only time the jail would let us AAs in. I’ve since carried the message into juvenile detention centers, maximum security prisons, detoxes and rehabs. When I walk into an institution, I try to carry a message of hope, but I also know that HP often lets the people there carry the message to me.

I also believe that service is the best way to express my gratitude. If I simply say that I am grateful, it really doesn’t do much good. But if I pay it forward – like those who brought meetings into the treatment facility I sat in a long time ago – then I believe I’m thanking my Higher Power in the best way possible. Karen P.

October 2011

DISTRICT 12 NH ALCOHOLICS ANONYMOUS

Fall Dinner Dance
District 12 - NHAA Annual Event Celebrating Our Old
Timers ~ Newcomers ~ And Everyone In-Between

Sat, October 22, 5:00pm – 11:30pm

- Parish of the Transfiguration Church Hall ~ 305 Kelley Street Manchester.
- Fellowship Hour with Refreshments & Appetizers

Full Course Dinner of Beef Tips with Sides, Salad and Special Dessert

- 2 Guest Speakers
- Presentation of Commemorative Medallions to Our Old Timers and a Big Book to the Newest Newcomer
- Plenty of Raffles & Grand Prize Award ~ Music & Dancing for the Balance of the Night Courtesy RCS Entertainment ~ Refreshments & More Treats Throughout the Evening.
- **THIS IS THE BIG ONE FOLKS BE SURE TO BE THERE!!**
Dinner & Full Evening Tickets: (\$20.00 ea.) In Advance or at the Door Advance Tickets Help Assure A Dinner Plate Reservation: (\$10:00 After 7:30 P.M.) For All Other Evening Festivities
Contact: Roger D. @ (603) 540-5720 or Terry F. @ (603) 828-7932 For Advance Tickets and More Information

2011 Alcathon Committee

Help us to put on the best event ever!! The Alcathon Committee is looking for volunteers.

The committee is meeting on May 11, and the second Wednesday of each month after that. The committee meets at Grace Episcopal Church, corner of Lowell and Pine St in Manchester. If you have questions, please contact Lorrie K at 714-4267.

IT IS ABOUT

It is not about the law.

It is about being honest, true and reasonable, regardless of the law.

It is not about breaking the rules. It is not about following the rules.

It is above, beyond and behind the rules.

It is about a code engraved in the mind, written on the heart, tattooed on the soul.

It is about doing instant moral calculus in your head. It is about taking time to check your work.

It is not about the times table.

It is not about time. It is not about beginning and ending. It is not about precedent.

It is about now.

It is not about covering your butt.

It is about covering the bases.

It is not about not doing the wrong thing.

It is about doing the right thing.

It is about taking responsibility. It is about being responsible. It is about making choices. It is about seeing that there are always choices.

It is not about blame, excuses or retribution.

It is about being rational.

It is not about rationalizing.

It is about appealing to that which is best within us.

It is not about comparing ourselves to the worst of those about us.

It is about continually and constantly questioning the worthiness and wisdom of our own actions. It is about

assuming the best in others. It is about acting as if this were a perfect world, and making choices that will help to make it so.

Keith H.

Statement of Purpose

The Voice Within is the newsletter for A.A. 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 A.A. District 12. 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. Voicewithinnews@gmail.com

For all the latest news and announcements: District 12 Website: AADISTRICT12.ORG

Announcing the D12 Buzz!!!

The District 12 Technology committee has started an email newsletter called the D12 Buzz. Stay up to date with what's going on in the district, from District Assembly activities to group anniversaries, it's all there. To subscribe, send an email to D12Buzz@aadistrict12.org.

Pray as if everything depended
depended upon man.

**If I had to choose a religion,
life would be my higher**

Human beings must be
beings must be loved to

**Treat the other man's
to believe with. His
own thoughts, not**

My higher Power can
do through me.

**My higher power hears
speaks; and if the heart
will certainly be deaf.**

My ego keeps me from you

**Why indeed must God be a
active and dynamic of all.**

Recently, District 12 sponsored a spirituality workshop, well-received and reasonably well-attended. Without going into too much detail, one of the activities involved participants randomly choosing a quote, meditating upon it, and then talking about how the words spoke to them. While a good researcher would have saved citations for each of the quotes, in putting these together I was more like a beachcomber, picking up the shiny, strange or cool-shaped quotes, with no thought of where they'd come from. Hence, the following list is presented without attribution--*mea culpa*. Keith

upon God and work as if everything

**the sun as the universal giver of
power.**

known to be loved; but Divine
be known.

**faith gently; it is all he has
mind was created for his
yours or mine.**

only do for me what He can

**no more than the heart
be dumb, my higher power**

and my higher power from me.

noun? Why not a verb -- the most

NEW YEAR'S EVE DINNER DANCE

Parish of the Transfiguration Church Hall [305 Kelley Street – Manchester, NH.](#)

[Saturday December 31, 2011 / 6:00 PM – Midnight](#)

Fellowship Hour with Appetizers - Followed By A Full Course Dinner - Desserts - Speakers - Raffles DJ & Dancing

October 2011

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