

I AM YOUR DISEASE

I hate meetings...I hate higher power.
I hate anyone who has a program.
To all who come into contact with me,
I wish you death and I wish you suffering.

Allow me to introduce myself...I am the disease of
addiction.

Cunning, baffling and powerful...that's me.
I have killed millions and am pleased.
I love to catch you with the element of surprise.
I love pretending I am your friend and lover.
I have given you comfort, have I not?
Wasn't I there when you were lonely?
When you wanted to die, didn't you call me?
I was there...I love to make you hurt. I love to make you
cry.
Better yet, I love when I make you so numb that you can
neither hurt nor cry.
You can't feel anything at all.
This is my true glory.

I will give you instant gratification and all I ask is for long
term suffering.
I've been there for you always.
When things were going right in your life, you invited me.
You said you didn't deserve all the good things, and I was
the only one who would agree with you.
Together, we were able to destroy all that was good in
your life.

People didn't take me seriously.
They take strokes seriously...heart attacks seriously...
Even diabetes they take seriously.
Fools that they are, they don't know that without my
help, these things would not be possible.

I am such a hated disease and yet I don't come uninvited.
You choose to have me.
So many have chosen me over reality and peace.

More than you hate me, I hate all of you who have a
Twelve-Step Program.
Your program...your meetings...your Higher Power...
All weaken me and I can't function in the manner I am
accustomed to.

Now I must lie here quietly.
You don't see me, but I am growing...bigger than ever.
When you only exist, I may live.
When you live, I may only exist.
But I am here ... and until we meet again...if we meet
again...
I wish you death and suffering.

-Author Unknown

ANNOUNCEMENTS AND EVENTS

May 29th- Manchester Original Group is having their Quarterly Spaghetti Dinner! The meal Starts at 6:30, and the meeting starts at 7:30. Come to Brookside Congregational Church for Recovery with a Chance of Meatballs!

June 3rd- The All Together Group changes its meeting start time from 6:00 pm to 7:30 pm.

June 3rd- Bill Wilson Bus Trip! Catch the Wilson Express in the Bedford Macy's parking lot At 7:45 am. We will be returning at 6:30 pm.

June 11th- The Joy of Living Group is celebrating its 33rd anniversary! The celebration starts at 7 pm with coffee and fellowship, followed by a screening of Father Martin's "Back to Basics," followed by more coffee and fellowship until 10 pm.

June 25th – June 29th- No Meetings at St. Andrew's Church due to floor refinishing. FLOD will be meeting at St. Raphael's. OHHW will not meet.

July 21st- District 12 Summer Outing at Pawtuckaway State Park!



The Voice Within

NH AA District 12 Newsletter

June/July 2012

SPIRITUAL SPRING CLEANING

Spring training. Spring cleaning. Spring forward. All these images convey a sense of hope and the power of new beginnings. No matter how dark and cold and lonely the past has been, the days now are longer, the sun shines brighter, smiles last longer, and if one is open to it and willing to work and get your hands a little dirty, more is possible; more can grow. The steps of AA work for me because although I am as new to the program as a rookie infielder is to a well-travelled baseball team, they follow what is natural, they have the power of experience and wisdom, and they are root deep.

To clean house, you have to discard what is old, dank, rusty, dark and hidden. Alcohol was all those things and more to me. Spring cleaning is about bringing forward what is within to enjoy what one is without. For me, spring cleaning is not just rearranging my things or my priorities or my schedule. It is not just about cleaning the rooms of my house. It is about cleaning house. It is about a deep inquiry into

and awareness of what is truly important, attuned to the rhythm of nature.

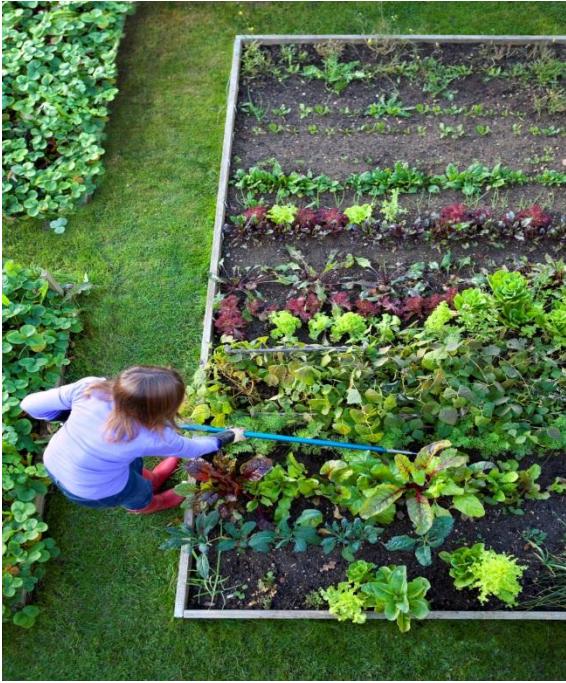
The forces that are being unleashed all around us are spellbinding in scope and strength and force. Just watching the buds on a bush slowly and gracefully open, or the lawn that was but recently dead and disheveled come to brilliant, ordered, verdant life because of nature is an annual wonder that captivates even the most cynical among us.

For me, what nature does annually, AA suggests I do daily. Every 24 hours. A daily inventory. A daily cleansing of the desire to drink alcohol. A bit of hard work. Digging and weeding and pruning. A daily exploration not of the reasons why, but of why not. Simple yet profound, but it is a cleaning nonetheless that is a matter of life or death. Unless I do a little spring cleaning every day in the halls of AA with the wonderful fellowship there, there will be no spring.

- Dave R., Manchester

What to Do After Cleaning House: Letting Go Of Our Old Selves

"The Sixth Step is the last "preparation" Step. Although I have already used prayer extensively, I have made no formal request of my Higher Power in the first Six Steps. I have identified my problem, come to believe that there is a solution, made a decision to seek this solution, and have "cleaned house." I now ask: Am I willing to live a life of sobriety, of change, to let go of my old self? I must determine if I am truly ready to change. I review what I have done and become willing for God to remove all my defects of character; for in the next Step, I will tell my Creator I am willing and will ask for help..." (Daily Reflections, 164)



WEEDING THE GARDEN

Most often people cite spring as a time of reawakening and a time to break out the duster, broom, pail and sponge to clean house.

Put on the glasses and take a good look at the Self. Devote the soul to self-examination

and clean out the poison that has infected the mind and the soul over the dreary months of winter.

Sometimes we may feel a bit apprehensive about the daunting Fourth Step. But we will make a searching and fearless moral inventory of ourselves. We often hear at meetings that a business which doesn't take a regular inventory would go out of business. So too, an alcoholic who does not take an inventory will not stay sober nor find peace of mind and God's gift of serenity.

If you are looking for an answer for the world's problems, start with yourself, a piece of paper, and pen. Put down on paper that which is your own fault or part in situations that bother you. "Thou hypocrite, first cast out of thine own eye; and then shalt thou see clearly to cast out the mote of thy brother's eye" (Matthew 7:5).

Dishonesty, selfishness, fear, and false pride are just a handful of the malignant "weeds" that inhabit the garden of our soul. Cultivate this garden and eradicate the symptoms of alcoholism through a total self-disclosure enabling us to thrive with a clear conscience under the direction of God's will.

– Peter H, Goffstown

Not Just Another Saturday Night

If you get restless and happen not to want to attend an AA meeting on the grounds of a church, or perhaps are feeling particularly tender about an old war wound or memory, why not try the Courage to Change group at the VA Hospital, which starts at 8:15 pm? To begin with, if you get lost, just follow the signs around to the Urgent Care Area. If you need help with getting around, there is a receptionist to direct you to the area of the meeting.

Signing in is good, but you need only use your first name and last initial. That is not too difficult for an oldtimer like myself who used to cruise bars looking for people who bought by the pitcher and didn't mind sharing their beer! Many of us get to that meeting early because the coffee is already ready and the camaraderie is splendid.

Whether you need to step down in order to feel more humble, or a step up to get right-sized, you'll meet recovering people of all types and ages there. They serve cookies, too!

Troublefree handicapped accessible parking and a well-organized meeting with a familiar format- could we freedom-loving types ask for anything more? I don't think so!
Peace out!

- Janet K (but that might be my pen name!)

Promotion or Attraction?: The Work of the PICPC Committee

PI (Public Information) and CPC (Cooperation with the Public Community) are two committees that are combined in District 12 and NH Area 43 and separate on the national level of AA. There seems to be some belief that these committees are “promoting” AA and in violation of the Traditions. Well, let’s review the short form of Tradition 11 on page 12 of 12 Steps and 12 Traditions:

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.”
Public Relations are important to AA. Good Public Relations saves lives. We seek publicity for AA principles, not AA members. The press has cooperated. Personal anonymity at the public level is the cornerstone of our public relations policy. The Eleventh Tradition is a constant reminder that personal ambition has no place in AA. Each member becomes an active guardian of our Fellowship.

The short form of this tradition states the importance of Public Relations in saving lives. The PI/CPC committee is responsible for informing the professional community about the program of AA. The committee does not include personal stories, experience, strength and hope in a professional presentation. If you look at the “This is AA” literature, it explains the disease as we understand it,

a brief overview of recovery, where to contact us, and a brief overview of the 12 steps and the 12 traditions. During a typical presentation we also discuss 12 step programs in general, including AI – Anon and AI – Ateen. After the presentation, the discussion shifts to questions from the audience.

Step 12 and Tradition 5 urge alcoholics who have found the way up and out to carry the message to sick and suffering alcoholics and to be of maximum service. In professional settings, there could be employees that are alcoholics or have loved ones that are alcoholic and don’t know the way back to sanity. When the information about AA, AI-Anon and AI – Ateen is presented, it is easy to see the change in the faces of troubled people as they discover that there is hope for the alcoholism that has affected their lives.

Carrying the message takes many forms in AA. PI/CPC is an avenue to the general public, which in most cases, is misinformed about alcoholism and unaware of the recovery programs available to sufferers. There is no personal ambition or publicity for AA members doing presentations at the public level. Alcoholics carrying the message of hope to the public are important, and as Tradition 11 states, *Good Public Relations Saves Lives*.

And I am responsible when anyone, anywhere reaches out for help; I want the hand of AA always to be there. And for that, I am responsible.

Yours in Service

– Jeff F. PI/CPC Chair

I always find something I've lost when I do my spring cleaning. This year it was my mind. Maxine by John Wagner

Don't be shy- send your articles, comments, questions, letters, and poems to Cathy H at voicewithinnews@gmail.com. Deadline for the Aug/Sept issue is Friday July 13th. The theme will be “A Life Second to None.” Keep writing, District 12!

“Let everyone sweep in front of his [or her] own door, and the entire world will be clean.”

-Goethe