

District 12 Activities

Spring Fling Dinner and Dance

Saturday April 20th, 2013. 6 –11 pm.
Parish of the Transfiguration Hall
305 Kelly Street, Manchester, NH

Summer Outing

Saturday, July 20th, 2013. 10 am – 4pm.
Pawtuckaway State Park
Nottingham, NH.

Annual Fall Dinner and Dance

October 19, 2013. 5-11 pm.
"Honoring our Old Timers"
Assumption Greek Orthodox Church
111 Island Pond Road, Manchester.

NHSCYPAA

NH State Conference of
Young People in AA

14TH ANNUAL STATE

CONFERENCE

**Residence Inn
By Marriott**

**PORTSMOUTH
NH**

March 1-3, 2013

NH AREA 43's 47th ANNUAL CONVENTION

"Trudge the Road of Happy Destiny"

**April 5-April 7, 2013 at the Courtyard Marriott in Nashua, NH
2200 Southwood Drive, Nashua, NH 03063 phone: 603-880-9100**

- Contact the Courtyard Marriott directly to reserve your room at the group rate of \$99/night plus tax by March 5th.
- All rooms are nonsmoking.
- To preregister, forms and money must be postmarked by March 25th, 2013 and sent to Area 43 Function Committee, NH Area Assembly, 1330 Hooksett Road, Hooksett, NH 03106.
- Preregistration fee is \$25, registration at the door is \$30.
- Dinners (Friday \$35, Saturday \$40, Package Friday & Saturday \$70)
- Friday Night Ice Cream Social \$5
- See the Area Website nhaa.net in March for the Convention Program.

The Voice Within

NHAA District 12 Newsletter

February 2013

Relationships and Recovery

A newcomer to the halls of AA may wonder why people say, “No relationships in the first year!” when chips are handed out and at other times. It may not seem to apply if you are currently attached or miles away from any involvement, since the reference is to new intimate relationships. But then there are the jokes:

Relationships in the halls? The odds are good,
But just remember, the goods are odd.

Q: How do you know when two alcoholics are on their second date?

A: There's a U-Haul parked in the driveway.

What is this about? It's about not hurting each other or ourselves any more.

Most alcoholics in early sobriety have a very hard time admitting that their personal powerlessness and lack of control extend to their emotions as well.

While active in our disease, most of us hurt other people in our self-absorption, and are hurt as well. We feel envy, loneliness, rage, shame, regret, helplessness, and fear. When we put the drink (or other substance) down, we have no way to sort out all those raging emotions, especially if we haven't yet begun the Steps.

If we had coped with pain by stuffing it down or denying our feelings, we may have no awareness of our own emotional needs. Even with the best of intentions, a new relationship in early sobriety can release that confusion, that pain, and those unmet needs on an unsuspecting person. A recipe for disaster? You bet!!

In our addiction, we almost wiped out two fundamental relationships: our relationship with

ourselves, and our relationship with our Higher Power. We've lost our self-respect, as well as our identity as healthy people. It is difficult to work on a relationship with yourself. It is hard to do things like tell yourself that you are lovable and loving when you've tried so hard to resist emotions. It is emotional work, and that is the point. As my sponsor says, “You're right where you're supposed to be.”

Attendance at meetings, working with your sponsor, doing service work, and picking up the phone help you connect with others. Your relationship with your Higher Power develops as you learn that you are NOT the center of the world. The Second Step reads, “We came to believe that a Power greater than ourselves could restore us to sanity.” Whatever form your Higher Power takes, your appreciation that you are not it is a step forward into emotional health.

By the time you take the Third Step, deciding to turn your will and your life over to the care of God as you understand Him, you've begun to be a different kind of person. You've begun to understand how much work there is to do on you before sharing yourself with another person, whether they're in recovery or not. Meanwhile, you've made friends with other people in the halls. You've begun to help other alcoholics. You're not alone anymore in feeling feelings, sharing hope, and finding faith.

The first year of sobriety can be intense and a lot of hard work. Especially if you do it right, with focus and determination. Distracting yourself with anything new- a job, move, or relationship, is putting a roadblock in your path to being “happy, joyous, and free.”

Cathy H, Manchester

GROUP ANNOUNCEMENTS

The **Manchester Original Group** will hold their quarterly Spaghetti Dinner on Tuesday, February 19th at Brookside Congregational Church, 2013 Elm Street. Dinner starts at 6:30 pm, and the meeting is from 7:30 to 8:30 pm.

The **Beech Street Big Book Step Study Group** will be celebrating their 9th Anniversary on Thursday March 7th at St. Augustine's Church, 382 Beech Street in Manchester. For this event, they will be holding an open speaker meeting. A pot luck dinner will be held at 6 pm, followed by speakers at 7 pm. Parking is in the Police Athletic League parking lot across the street, or you can use on-street parking. Family and friends are welcome! Contact Kevin S at (603) 785-7165 for more details.

The **We Stopped in Time Group** will be celebrating its 3rd Anniversary on Sunday, March 17th from 6 pm to 8:30 pm.

Original Happy Hour West will be celebrating their 28th Anniversary on Thursday March 21st from 5:30 pm to 7:30 pm at St. Andrew's Episcopal Church, South Main Street, Manchester. There will be speakers, raffles, and a potluck dinner!

The **Educational Variety Group** has not disbanded. They meet on Mondays from noon to 1 pm at Grace Episcopal Church on the corner of Lowell and Pine Streets in Manchester. This is an open meeting with a varying format.

The **Amoskeag Big Book Group**, which meets on Monday nights from 7:30 to 8:30 pm at the Faithbridge Church on the corner of Main and Milford Streets on the west side of Manchester is looking for support.

Sending Announcements and Articles to *The Voice Within*.

Length and format: The newsletter may publish work of different lengths, from one-liners and one-paragraph anecdotes to full-page articles. Text sent by e-mail should be submitted in the body of the message or as attached files, saved in MS 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. to voicewithinnews@gmail.com.

Deadline to be considered for April 2013 issue is April 1, 2013

To submit via snail mail, send it to The Voice Within
District 12 NHAA
PO Box 3814
Manchester, NH 03105-3814

More from Bill W-

"More than most people, I think, alcoholics want to know who they are, what this life is all about, whether they have a divine origin and an appointed destiny, and whether there is a system of cosmic justice and love"

"No personal calamity is so crushing that something true and great can't be made of it"

"We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed"

"

A Special Thank You to Lisa K, Lynn and Hailey Z, and Mike, who gave assistance in a time of computer virus. Without you, this issue would not have been printed. Gracias. Danke. Ayuh.

Nothing is impossible to a willing heart. -John Heywood

I have been everything unholy.
If the Spirit can work through me, it can work through anyone. - St. Francis of Assisi

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 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 to 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.