

AA Acronyms Abound!

So we come to AA and all of a sudden people seems to be talking in a strange language, using slogans and phrases that make sense to them but leave us wondering. We are told to LISTEN (Living In Sobriety Today, Experiencing Now) and we begin to piece together what we hear. It begins to make sense, we repeat it, and others "Pass It On" to the next group of newcomers. I have been blessed through the years of meetings and AA tapes to have heard many acronyms that have helped me in my journey of recovery, and for this I am truly grateful.

If you have some acronyms not listed below, send them to voicewithinnews@gmail.com or see me personally!
-Don H.

AA= Attitude Adjustment, Action Acceptance, Altered Attitudes, Altruistic Action

ABC= Acceptance, Belief, Change

ASAP= Always Say A Prayer

AA, BB, CC, DD= Alcoholics Anonymous, Big Book, Conscious Contact, Don't Drink

ALCOHOLICS= A Life Centered on Helping Others Live in Contented Sobriety

ANONYMOUS= Actions, Not Our Names, Yield Maintenance of Unity and Sobriety

BIG BOOK= Believing in God Beats Our Old Knowledge

BUDDING= Building Up to a Drink

CRAP= Carrying Resentments Against People

DENIAL= Don't Even Notice I Am Lying

EGO= Edging God Out

FEAR= Forget Everything And Run (polite version), Face Everything And Recover, False Evidence Appearing Real

FINE= Feeling Insecure, Numb, and Empty, Frustrated, Insecure, Neurotic, and Emotional

GOD= Gift of Desperation, Good Orderly Direction, Group of Drunks, Grow or Die

HALT= Hungry, Angry, Lonely, Tired

HEART= Healing, Enjoying a Recovery Together

HELP= His Everlasting Presence, Hope, Encouragement, Love, and Patience

HOPE= Hearing Other People's Experience

HOW= Honesty, Open-Mindedness, and Willingness

ISM= I, Self, Me, I Sabotage Myself

KISS= Keep It Simple Sweetheart, Keep It Simple Stupid

LOVE= Living on Virtues Earned

NUTS= Not Using The Steps

PAT= Patience, Acceptance, Tolerance

PLUS= Patience Leaves Us Serene

PROGRAM= People Relying on God Relaying a Message

RELATIONSHIP= Really Exciting Love Affair Turns Into Outrageous Nightmare, Sobriety Hangs in Peril

RID= Restless, Irritable, Discontented

SLIP= Sobriety Loses Its Priority

SOB= Sober Old Biker

SOBER= Son of a Biscuit, Everything's Real

SPONSOR= Sober Person Offering Newcomers Suggestions On Recovery

STEPS= Solution To Every Problem Sober

THINK= The Happiness I Now Know, The Happiness I Never Knew

TIME= Things I Might Enjoy, Things I Must Earn, Things I Must Endure

WAIT= What Am I Thinking, Why Am I Talking

YET= You're Eligible Too

The Voice Within

NHAA District 12 Newsletter

JUNE 2013

HOMEcoming: A TRIP TO THE WILSON HOUSE



On June 2nd, a group of fairly early risers from District 12 boarded the Wilson Bus Lines bus for the District's annual trip to East Dorset, Vermont, where Bill Wilson was born, and where he is buried. The district's Bill Wilson Trip Committee had been planning, selling tickets, and making announcements for months prior to this morning. Although the forecast had been for nothing but rain, the day got off to a beautiful sunny start.

On the way up to Vermont, we talked, read, and watched **Bill W.**, the recently released documentary film about the life and work of AA's cofounder. This is the same movie that will be presented by the Workshops and Forums Committee this fall, and in this writer's opinion, it is a beautifully written, filmed, and documented piece. It includes old movies of Bill and Dr. Bob, as well as interviews with people who knew Bill personally. One of those people, Mel B., was the speaker at the meeting in East Dorset on the day of our trip.

Our arrival at the Wilson House was accompanied by gathering storm clouds, but the weather was still hot. People explored the house and big meeting room in back, relaxed in the rockers on the front porch, and strolled the beautiful kept lawn and flower garden until the trip to the cemetery where Bill and Lois are buried.

At the grave, visitors from all over (about 120 that day) gathered for a short meeting and the singing of "Amazing Grace." People celebrated anniversaries. Some left their medallions and chips on Bill's gravestone. Bill and Lois's headstones are simple and humble. There is nothing to indicate that their lives and work helped millions of alcoholics and their families. This alone is worth the trip to the grave- any markers, tributes, or commemorations have to be brought there by us, Bill's alcoholic heirs. Standing there in the hot sun, I was grateful to be sober and alive. The colors of the grass and flowers seemed especially vibrant in celebration as we sang the hymn "Amazing Grace."

Back at the Wilson House, we moved over to the lawn in front of the Congregational Church for the meeting. By then, the clouds were ominously dark and swelling with rain. Shortly into Mel B's talk, it started raining, and then pouring. As the meeting moved to the Wilson House meeting room, we heard thunder, and not so distant, either. Safely inside, we resumed the meeting, listening to Mel B and the rain coming down. It reminded me a little of listening to a grandfather tell stories to his children and grandchildren. The atmosphere was cozy, in spite of the large size of the room. People got coffee, stretched out, and enjoyed being together with other alcoholics in recovery.

Unfortunately, the District 12 group had to leave before the end of the meeting. We boarded the bus for the trip home and a stop at the Vermont Country Store. This rest stop had been in last year's itinerary, but an engine fire (that's another story) prevented that. It poured almost all the way home, but we had a great time anyway. We watched the Denzel Washington movie **Flight**, enjoyed the old-timey atmosphere of the Vermont Country Store, and the committee raffled off prizes. Back at the Bedford Macy's parking lot, we thanked our sober driver and departed.

If you would like to share in this experience next year (with or without a thunderstorm), listen for the Bill Wilson Bus Trip announcements in the early spring. This year, tickets had to be sold by April 20th, and the same will probably be true next year. Congratulations to the District 12 Bus Trip Committee for pulling off this event so smoothly due to their dedication, organization, and hard work.

Cathy H.

District 12 Website: www.aadistrict12.org



Those Lost Years Can Yield A Profit Today

By Mel B (reprinted from The Solution News with editorial permission)

Is there an alcoholic alive who hasn't wished that he could retrace his steps in life, living through certain experiences again but acting more wisely this time? Don't some AA members often remark, rather wistfully, how much better life would have been if sobriety had come to them sooner? Who hasn't thought, also, how nice it must be for those who grow up already possessing most of the AA principles but without first enduring the alcoholic's pain and remorse?

This desire to live life over on a better basis isn't uncommon, but it can easily become a liability. Reviewing the experiences of the past is useful only if we can somehow profit from it. It should largely be for the purpose of avoiding similar mistakes in the future. Otherwise the past is best forgotten, for time doesn't move back for any man.

In one sense, however, we are given the chance to relive our old situations in a much wiser manner. There is a saying to the effect that the more things change, the more they stay the same. This is true of our lives. The problems we meet to-day are most likely basically similar to problems we faced years ago in other forms. Why did we fail then? What have we learned since that will keep us from repeating our mistakes?

One of our biggest handicaps was in not having techniques and principles for living that enabled us to deal with situations as they arose. It was like trying to work mathematics problems without knowing the principles; when we hit upon correct solutions it was only by chance, and all too frequently we couldn't repeat any successes. Life became one blunder after another, social relationships fell apart, financial and health difficulties arose, and we lived in the pressure cooker of anxiety, uncertainty, fear and remorse.

For many alcoholics, the only surprising thing about their past lives is that matters sometimes turned out as well as they did. Even then—though unsought and unacknowledged—a Higher Power may have been looking out for us.

We should remember, though, that we actually did as well as we could at the time. The regrettable personal relationship, the lost job, the squandered

inheritance, the wasted opportunity—all these failures were hardly avoidable under the circumstances. Alcoholism is an illness; afflicted with other illnesses of similar severity we would have failed just as dismally. The same is true of those failures which one meets after joining AA—the personal shortcomings that fed alcoholism are still around and can still bring trouble.

But at least the growth and progression is now in an upward direction. The AA program gives us techniques and principles for the mastery of most of life's problems. Getting along with troublesome people becomes easier, finances and health usually improve, and opportunities can now be used to advantage. It is, in fact, the striking difference between the old life and the new way that sometimes brings this reflection that if today's knowledge could have been applied to yesterday's problems, things would have been so much better.

But that's true of other things in life. The affluent businessman who once scraped and borrowed to get through college would have been more comfortable if some of today's income could have been available to him in the lean old days. The general who bungled in World War I could have won easily if, by a miracle, somebody could have given him a few of World War II's weapons. The artist who now knows the tricks of his trade would have fared better if he'd had his present skills twenty years ago. But these things can't be applied retroactively; neither can AA's ideas for good living.

What is possible is to keep up-to-date on our ability to meet life. Those old problems that once overwhelmed us are still visiting us, though in higher and subtler forms. Our attention should be focused on the problems of the present, and we already have most of the tools for dealing with them in the Twelve Steps.

We also should remind ourselves that mentally refighting the battles of the past may be a convenient way of side stepping today's challenges. Most of us have enough problems right now to engage our full attention. If we're digging up past troubles to fret over, it may be at the expense of current matters that need work.

The AA program, lived well today, can give us happiness, development of our own powers, and guidance in improving the general conditions of our lives. The case histories of AA members who have found joy and fulfillment through the AA program are so numerous as to border on the fantastic. Yet even those who have traveled far are still only on the threshold of much greater things that can follow with a deeper spiritual life and more vision.

Yesterday carries some important lessons for us, and the AA program wisely provides for clearing up past wrongs. But the past is best mended by living so fully today that its errors have no place in our lives.

<http://www.thesolutionnews.com>

GROUP ANNOUNCEMENTS

Saturday June 15th – The **Saturday Solution Seekers** group celebrates its **3rd Anniversary**.

4:30-5:30 Meeting

5:30-6:30 Food/Fellowship

Friday June 21st - The **Living Sober Group** changes its meeting time to 1 hour, 8:30-9:30 am..

Thursday June 27-Saturday June 29th - No meetings at St. Andrew's Episcopal Church. **First Light of Day** will meet at St. Raphael's on Ferry Street. **Original Happy Hour West** will not meet.

The **Heard It Through the Grapevine Group** will be honoring longtime members of local AA, Joyce L. and Billy L, with celebration meetings at St. Andrew's Episcopal Church. Joyce celebrated 54 years of sobriety and Billy was instrumental in helping many find recovery. The respective dates are **Tuesday July 16th** and **Tuesday August 27th**.

6:45 - 7:30 Food and Desserts

7:30 – 8:30 Meeting

NEW GROUPS

Friday Night Live meets at St. Raphael's Church, 3rd and Ferry Streets on the West Side, from 7:15-8:30 pm. The format is speaker/discussion.

A new Big Book Study Group, the **DWI Group**, is meeting at Grace Episcopal Church on the corner of Lowell and Pine streets in Manchester. Meetings are on Saturday morning from 8 - 9:15.

IN NEED OF SUPPORT

The **Queen City Group**, which meets from 8 to 9:15 on Friday nights at First Congregational Church at the corner of Hanover and Union, is looking for support.

THE VOICE WITHIN is NH AA District 12's print newsletter. It is supported by the 7th Tradition contributions from District 12 groups. Articles, reports, opinion pieces, announcements, and recovery-oriented creative writing are welcome any time. Send your writing to Cathy H, the editor, at voicewithinnews@gmail.com. **The theme for the August issue is THE AA NEWCOMER. The submission deadline is Saturday, August 3rd.** Please send your longer (over 100 words) material as an attachment in MSWord.



Summer Outing

DISTRICT 12'S FUNCTION COMMITTEE PRESENTS
DISTRICT 12'S ANNUAL SUMMER OUTING

10 am to 4 pm

SATURDAY, JULY 20th, 2013

PAWTUCKAWAY STATE PARK

128 Mountain Road, Nottingham, NH

Tickets \$15 in advance, \$20 at the gate

Includes entrance to the park & all amenities

LIVE MUSIC-TWO TOP GUEST SPEAKERS

Barbeque-Hamburgers-Hotdogs-Pulled Pork Sandwiches-Salads-Chili-Chips& Dip-Watermelon-refreshments served throughout the day-potluck is very welcome- Under the pavilion as usual!!

GREAT RAFFLES-KIDS GAMES & BADMINTON-BOATING, SWIMMING

For Advance Tickets, Contact: Bob L 603.370.1282

Roger D 603.540.5720

Terry F 603.828.7932



Fall Dinner Dance

Honoring our "Old Timers"

October 19, 2013.

Assumption Greek Orthodox Church

111 Island Pond Rd, Manchester, NH

MORE DETAILS IN NEXT ISSUE OF THE VOICE WITHIN