



OUR DISTRICT CHAIR

As 2019 was coming to a close, I stood unopposed for this Chair position, so here I am! I put the drink down 25 years ago after hitting a bottom at age 23. Unity, service, and recovery were instilled in me early on, tagging along with my sponsor who was involved in service because her sponsor was involved in service. I was told that service keeps you sober. I had nothing else to do except fight a drink and found that when involved in service, my head was elsewhere, not focused on a drink but on the sober people I was with and the task at hand. Some years ago I stopped going to meetings – became busy and important and my life changed. Contentment and serenity departed and I was left with frustration and fatigue which led to fear presented in part as anger. Dry and existing and participating in chaos, the only thing missing was a drink. I hit an emotional bottom which led me back to AA. Today, participating in AA service keeps me involved, communicating with others, and reading our literature. The Twelve and Twelve identifies the alcoholic as unable to form a true partnership with another human being. I view service work as an opportunity to practice working with other like minded individuals. We had a common problem and we have found a common solution.

Welcome to the District 6 Business meeting! I'm glad we're all here. By joining together in service we will ensure AA will be around for future generations. The purpose of the monthly District meeting is for GSRs – general service representatives – to get together and discuss what is going on within their home groups such as individual participation within the group, changes, concerns, wants and needs, and problems. Hopefully, this information is gathered by the GSR during the group business meeting and regular attendance at the home group. There are several committees within the district that are led by a chairperson who also attends the monthly District meeting. The responsibility of the committee chairperson is to form a committee – at least one other person to meet and discuss their purpose. Invite others to join your cause. Ask your sponsor. Appoint your sponsee. Make an announcement at your home group. My hope is that committees will form and meet regularly. If you don't know what to do or are

out of ideas, ask for help. Go to the Area committee meeting where you will meet other AAs from all over the state with the same task and available to share ideas. Working together we are never alone.

Please come to the District business meeting prepared. Bring a pen, GSR or committee report and/or notes from your group's business or committee meeting. Please wait to be acknowledged before speaking. Please use a speaking volume that will allow everyone to hear you. Please consider if what you have to say needs to be said in the District setting or is it a comment that can be made to an individual after the meeting. At District, we will familiarize ourselves with the Service Manual, the Traditions, and the Concepts. Not to worry, we will do it together. As Chair, I will attend the Area committee meeting and bring information shared there to the District business meeting. I will be prepared for District business meetings with an Agenda. I will keep an open mind, willing to hear suggestions. I will carry the group conscience to the Area so the Delegate can carry it to the General Service Assembly.

Respectfully submitted,
 Katie B. District 6 Chair



Requested by Steve, Newsletter Reporter



A.A. Membership – How Am I Responsible?

Like most people I've met in Alcoholics Anonymous, I came into the halls with problems caused by excessive drinking. If only I could learn how to exercise more control. Surely there has to be help for someone as broken as I was when I willingly attended my first meeting. Help came, but not how I projected it would be. It came in the form of anonymous angels who gave freely of what they had found. They did this with kindness, love and patience. Attributes that did not exist in this broken spirit.

In the beginning I was first taught not to try to understand everything that was being shared but rather take away one thought from what was said and see how that fit into my life. Somehow these strangers knew how I was feeling and that advice didn't seem too radical. So one meeting at a time, one speaker at a time, one day at a time I started to rebuild my life into something that is not recognizable as the person I brought to A.A. I was told not to pray for long term sobriety that would come with time. Rather appreciate living the journey in the moment.

One of the most confounding concepts I heard in the beginning is you have to give it away to keep it. What I've learned as I've remained sober over an extended period of time is that this is more of a principle than a concept. Practical application of this principle has proven to me that the more I give the more I get and the portion is not a one for one relationship but rather I receive much more than I give. Living life in this manner has given me sense of worth and has provided purpose. As a result I no longer attend A.A. but have become a part of A.A. and that has made all the difference. I have a realization of the gifts I've received and the debt I owe to Alcoholics Anonymous. A debt I will never be able to repay no matter how much I try. This has motivated me to become a student of the program and one of things I've learned is that with A.A. membership comes responsibility.

How I respond to meet that call for responsibility may be very different than somebody else's response. That's okay the important thing is we stay united and carry the A.A. message of hope for recovery. I need to practice our principles in all of my affairs. These are the principles of our three legacies of Recovery, Unity and Service also referenced by many as our Steps, Traditions and Concepts. As an individual I'm responsible to share my recovery experience with others, to make the newcomer feel welcome, to help set up a meeting and clean up after, contribute to the 7th Tradition basket in the meetings I attend to help the group meet its expenses. I may offer a ride to a meeting or A.A. event.

I need a home group and be active in that home group. Being active in home group means being informed of what is going on within A.A. and be an active participant in the business meetings of my home group. To be part of selecting a Group Service Representative for the group to carry the groups conscience to the district and area. To support the group in carry-

ing our message to alcoholics inside institutions or non-alcoholic professionals who may encounter a person that could benefit from our program. I'm responsible for supporting my group's GSR by encouraging through sharing my service experience. I'm responsible for direct support to my district by participating in district activities and be available to assist as called upon.

I'm responsible for directly supporting other A.A. entities by buying A.A. conferenced approved literature from my CSO or Intergroup or Area. I voluntarily participate as a contact for the A.A. hotline. I make myself available to serve these entities in whatever capacity my experience allows. This could be participating as a panelist at a workshop or volunteering to help with a PI or CPC commitment. It could be volunteering to share recovery in an institution. Perhaps I could become a Grapevine Representative and help inform members of the services that Grapevine offers.

I may provide 7th Tradition support directly to various service entities. This could be encouraging my home group to make a contribution or making a personal contribution. At a personal level I can enroll in recurring contributions to the General Service Board through the link <https://contribution.aa.org/>. Perhaps I want to celebrate my A.A. Anniversary by making a contribution through the Birthday plan. This can be done through the same link contribute a sum based on a value for each year of sobriety. For example if your sobriety is worth \$1 a year and you're celebrating 24 years then you could donate \$24 or if your sobriety is worth \$5 a year then you could donate \$120.

As we make our way through the COVID-19 Pandemic we need to be mindful that there are still many who are suffering from the effects of alcoholism. Our support is needed more than ever. Reach out to your A.A. trusted servants on how you can help. Our General Service Board and General Service Office is still supporting our 12 step efforts during these trying times and can use our financial support. This can be done online at the aforementioned link or mail a check to General Service Office; PO Box 459; Grand Central Station; New York, NY 10163. Reach out to members of your home group to determine a way to make 7th Tradition Contributions. Perhaps members mailing a check to the group treasurer once a month equal to the average amount you'd put in the basket in a month. And please don't forget the other A.A. entities such your district, CSO (on line at csoaamaine.org/contributions or checks to Central Service Office; 47 Portland St; Portland, Me. 04101), Downeast Intergroup (PO Box 1633; Ellsworth, ME 04605) and Area 28 (499 Broadway #225; Bangor, ME 04401). There are numerous ways for which an individual can give back to Alcoholics Anonymous and be responsible for ensuring that A.A. is still active for the alcoholic who is in need. For we are responsible for reaching out the hand of A.A. to the person who suffers from alcoholism.

Gene W

Past Delegate Panel 66



A Declaration of Unity

This we owe to AA's Future;
To place our common welfare first;
To keep our Fellowship united.
For on AA unity depend our lives,
and the lives of those to come .



The Emmett Fox Corner
With Michel J

Someone asked:

“Why is it necessary to pray at the end of meetings? What does the Lord’s Prayer mean?”

These are wonderful questions and many books could be written in an effort to properly answer them. With regard to the necessity of prayers at meetings, remember that there are no hard-and-fast rules in AA, only suggestions. Of course, as Sandy Beach used to point out, failure to follow suggestions could result in an alcoholic death.

When I talked about this with my sponsor, he pointed out the role that the prayers play in meetings. He noted that we begin with the Serenity Prayer, which is really just a way of asking for God’s help. During the meeting, God is offering us this help, by speaking through the voices of other people and, when we are listening thoughtfully, we are actually meditating. Finally, at the end of the meeting, we thank God by ending with the Lord’s Prayer. He added that, if a meeting ends without a prayer, it is somehow incomplete for him.

The big book puts it another way in the section entitled “It Might Have Been Worse.”

“A spiritual experience to me meant attending meetings and seeing a group of people all there for the purpose of helping each other; hearing the Twelve Steps and the Twelve Traditions read at a meeting; and hearing the Lord’s Prayer, which in an A.A. meeting has such great meaning—Thy will be done, not mine.” (Reprinted from The Big Book, page 355 with permission of A.A. World Services, Inc.)

As noted in an earlier column, Emmett Fox’s writings were quite influential for the founders of the AA program and one of the things that Fox emphasized in his writings was the importance of prayer. He emphasized the difference between praying with understanding, as opposed to blind, parrot-like repetition. When we pray sincerely, we are affirming our belief in the words we are saying and we should try to understand exactly what it is that we are affirming.

Prayer meant many things to Emmet Fox, but first, it represented a rising of consciousness. Fox argued that by raising consciousness, prayer can change things:

“Prayer does make things happen quite otherwise than they would have happened had the prayer not been made.”

He also believed that that every time you overcame some personal difficulty by praying, you were also helping the whole of the human race, past, present, and future, to overcome the same type of difficulty in some general way.

With regard to the specific meaning of the Lord’s Prayer, in his book “The Sermon on the Mount”, Emmet Fox tells us that Jesus knew that his simple, primitive teachings would gradually become confounded by all sorts of external things. Men who had never known him, would use their own limited intellects, to build up theologies and doctrinal systems that would obscure the direct simplicity of the spiritual message. Although he did not doubt their sincerity, he believed that they would

eventually succeed in building a wall between God and man. Jesus designed the Lord’s Prayer in such a way that the spiritual message contained within it could not be twisted or distorted in any way. . It was designed so that it could resist the tampering of restless, managing types of people.

In order to help us better understand it’s true meaning, Dr. Fox begins by breaking the prayer down into each of its principal phrases:

The opening words of the prayer, “Our Father” affirms our true relationship with God. We are praying to a loving father, not to some whimsical Chieftain. We further declare that, as children of God , we have inherited some of His spiritual nature . Furthermore, since all of us are children of the same father, we are in truth, brothers and sisters . The first two words of this prayer, sum up the Truth of Being. It tells all that man needs to know about God, about himself, and about his neighbor.

Next , we acknowledge that God is in heaven and man on earth, in the sense that each has his own role in the scheme of things. Although we are One with God, we are not one-and-the-same with him.

When we say: “Hallowed be thy name” we are acknowledging that God can only send good – that bitter and sweet water cannot flow from the same fountain. We begin to recognize that we can only be punished by our sins and not for our sins . “Thy kingdom come” is a way of confirming that it is our duty to be ever occupied in helping to establish the Kingdom of God on earth. We should help manifest the good ideas that God gives us – to do the next good thing.

It is in doing these things that, we are given our “daily bread” - the necessities of life. We tend to think of our supply of these as coming from certain investments, or from a business, or from an employer, perhaps; but The Lord’s Prayer acknowledges that these are merely the channels through which they come, God is the true Source. The number of possible channels is infinite, the Source is One. On another level, bread symbolizes our direct experience of the Presence of God – conscious contact with our higher power. Bread is used in this context as a reminder that this is something we must each do for ourselves in much the same manner one knows that no one else can you eat your food for you

When we ask God to: “forgive us our trespasses”, we declare that forgiveness is a critical part the maintenance of our spiritual condition. We have to get rid of all resentment and condemnation of others, of self-condemnation and remorse. We have to forgive others, and having discontinued our own mistakes, we have to accept the forgiveness of God for them too, or we cannot make any spiritual progress.

Finally, what exactly is this temptation that we may be led into? Well, when we are leading the type of life that is characterized by love, service and caring for others, we can easily be tempted into thinking: “I’m really a pretty good person.” “I must be doing pretty well in the eyes of God.” This temptation to spiritual pride is particularly treacherous. We need to remember just how much we disliked the leveling of our pride, that came with our step five confession of our shortcomings?

In closing, it should be noted that one can find **CNT PG 5**

District 6 Met for Their Monthly Business Meeting via Zoom, on May 8 at 6:00pm.

There attended with two non-voting, including our district chair. Of the 11 voting participants, six of them were representing groups. The meeting opened with the monthly tradition and then moved on to reports. The committee accepted both the secretary and treasurer's report, and the chair's report was reviewed as well. Most, if not all, GSR's reported that their meetings were being held electronically and not being canceled during this time, though this transition seemed to have happened faster for some than others. It was also reported that attendance was still good on these online platforms. It is worth noting that when these meetings are moved online the information to log onto the meeting can be reported to the district web-chair so that the information can be reflected on our website. When changes are made to these meetings that go unreported, like passwords or link changes, it becomes very challenging to assist AA's trying to attend meetings.

The district's new corrections chair reported having begun working on the volunteer list, and is slowly updating the contact information for those on the list, as well as planning to hold a zoom meeting for inmates on the 15th, which if successful will enable us to be able to bring meetings back into the jail in spite of the pandemic. Meetings going into the jail have been suspended since March. Our love and service chair reported that there would be no event in May, and that they enjoyed some of the workshops that are being done by the area. There is an event based around sponsorship being planned but it is not yet clear when or how it will be held. The grapevine chair reported that most outreach efforts have stalled during the lock down. The website chair reported on some challenges with keeping the list of online meetings updated, and how frustrating that has been for AA's reaching out for help accessing meetings. As previously said, we encourage groups who want their information listed online to update the district with any changed information.

The meeting moved on to old business. We first discussed the motion to increase the grapevine committee's budget. There was a friendly amendment made and accepted by the grapevine chair to change the amount to 150.00\$. GSR's were asked to return next month with any new group conscious. We then voted on the motion to approve a website budget to cover a new SSL certificate as well as software upgrades for the district website. The motion passed. After old business we heard some information from the delegate, asking for groups to be mindful of traditions even while using new platforms or technology to have meetings or collect a seventh tradition. There was a reminder that the area still needs funds during the shut down and that groups should keep that in mind. The meeting then closed, tabling discussion on dispensing funds above prudent reserve, the re-opening of meetings, and assessing interest for hosting the spring assembly in 2021.

The following positions are open at the District level:

ARCHIVES

The right person for this position would be willing and able to maintain files and documents that are historic for the district and the districts meetings, as well as attend the monthly business meetings for district six and area. There is a recommended guideline of 2 or more years of sobriety and proficiency with computers. Further information can be found at the district six website or the monthly business meeting.

FUNCTIONS CHAIR

Looking for self-motivated person, willing and able to serve a 2 year term running a committee responsible for planning and throwing events for AA's in district 6. The role includes managing seed money, proposing events to the district committee and working with a team to throw each event as well as attending the monthly district meeting. More information can be found on the district website or the at the monthly business meeting.

HOTLINE

The hotline coordinator is responsible for attending monthly business meetings, maintaining and updating the phone list and connecting with CSO to share information. This will include reaching out to meetings and AA's in our District to get contact information so that we can continue to be actively involved in supporting those AA's in need who turn to the hotline for support. More information available on district six website and at the business meeting.

MEETING LIST

This position is a two-year commitment to maintain a list of all meetings, times and locations in the district and to share said list with district secretary and webmaster so that it may be printed and distributed in the district. This position also updates this information with CSO. Further information can be found at the business meeting and on the district six website.

COMMITTEE MEMBERS

Many of these positions are held with the intention of working with a larger committee. Current chairs seeking committee members include: The Website, The Grapevine and The Newsletter. If interested in pursuing more work in service at the district level this might be an excellent way to dive in without the commitment of a chair position. Please seek more information at the district business meeting.



Aly,
Newsletter Reporter



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#### **IF YOU DON'T DRIINK YOU CANT GET DRUNK**



### In The Zoom Room

I read in the May 29 issue of the Portland Press Herald a story about someone with 26 years of sobriety whose custom was to attend two meetings a day, presumably to maintain his sobriety. The story, which kept the AA's anonymity, quoted the alcoholic as depicting the on line meetings using Zoom as being plagued by outsiders who were disruptive.

That may be his experience but it has not been mine; my Zoom meetings have been conducted as close as possible in the same manner as in person meetings. I cannot contact the person depicted in the article but, if I could, I would say that there are many Zoom meetings and that they should try a different meeting just as should be the case if there were a problem at a normal meeting.

I am puzzled about the claim of disruptive outsiders since I have been told by different sources that the Zoom meeting host can easily throw out anyone who is disruptive.

Steve , Newsletter Reporter



### DISTRICT FINANCES

**Beginning balance: 2,271.66\$**

Deposits:

Seventh Tradition: 0.00\$

Anonymous: 150.00\$

The Bath Group: 110.00\$

**Total: 260.00\$**

Expenses:

**Newsletter: 9.24\$**

**District Chair reimbursement: 214.95\$**

**Total: 224.19\$**

Ending Balance: 2,307.47\$

Prudent reserve: 1100.00\$

**Surplus: 1207.47\$**



Aly, Newsletter Reporter

### CNT FR PG 3

many interpretations of the Lord's Prayer other than the one offered by Dr. Fox. If his is in some way inadequate for you, continue searching until you find one that resonates.

The beginning of Chapter Six in the Big Book, makes a compelling case for some of the words in the Lord's Prayer:

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning

up energy foolishly as we did when we were trying to arrange life to suit ourselves."

Once pride and self-will have been put in their proper place, we can say: "Thy will be done, not mine" . . . And mean it.

### GETTING SOBER THE NEW NORM?

Hi, I am Terry I am a 58-year-old alcoholic from Harpswell Maine. I was asked by Steve T to share my impressions of my introduction to A.A. on only the zoom format. I am 60 plus days sober and have never been to an actual A.A. meeting that is organized in a church with actual people. So my opinion is only because I have not seen the difference between the two. March 22nd 2020 my wife called me out on my drinking. I have known for the last few months that I had a problem with it but I was functioning and didn't know what to do until it started affecting my relationship with my family that I adore and that was the last thing I wanted to do. I had no idea where to turn so I called Todd S from the Bath group. (Todd and I have known each other our entire lives.) who called the A.R.C. A.R.C. scheduled an appointment that afternoon. This led to my attending a meeting via Zoom.

I am a commercial fisherman, and have been an appointee to a fisheries management council over the last 8 years. I am used to the complete online meeting thing because that's all I have known since I started my AA journey during the covid-19 situation. Prior to that, I traveled a lot and spend lots of time in hotel rooms alone so I always ate my meals at the bar in whatever town I am in. I spent most of my time doing that. This background is for the reader to understand where I am coming from.

Just a few points I have as a newbie in the program under the social distancing rules:

1. Though I know the difference now I didn't know before I came in how people in the program would react to some strange guy walking into a meeting? Let me just say everyone has been awesome to me and I am happy I am here and am looking forward to in person meetings.

2. I am not sure I actually would have walked into a room if it would have been the other way. So an online presence may be a good thing for folks like me who are very nervous about admitting defeat by something as small as a quart of vodka.

3. In all the zoom meetings I have joined in the last 60 plus days I have seen many people from Maine, and away, who were there to be a part of the conversation or maybe just listen.

I think that's a positive.



# Zoom Room



Requested by  
Steve Newsletter Reporter