



# ALKI-LINE



TAKE ONE, IT'S FREE

The Area 11 A.A. Newsletter Vol. 26 No. 6 Dec. 2017 - Jan. 2018

## Saying Goodbye to Drugs and Alcohol

The road has been so long and arduous that I cannot honestly find any reason to keep this relationship going. We have held hands, shared truth, laid together in bed; yet this never seemed sufficient in keeping us close. An uncompromising friendship, I was convinced it was meant to be, that our paths would remain aligned through thick and thin; I was wrong. And despite the so-called amazing times we thought we had, this deranged justification to stay together has come to a most fiery end.

That subtle first glance in your direction was the day I started running from myself. I was filling this one life with distraction, not truth. My life was filled with self-perpetuating lies that waited mischievously around each and every corner. The very thing I thought was making me happy, making my life whole, it was actually the source of spiraling despair that had enveloped the very essence of my being.

So today I say goodbye for good because I have found something new, something unknown, and something that puts a smile on my face—hope. This hopefulness is filled with positive intent that I am already putting to use every single day. I have begun healing myself, something that I never thought could help me grow. I have started to let go of an ego that told me I was always right, always strong, yet remained desperately blind to a life out of control.

I am expressing emotion, very real emotion for the very first time. It's an honesty I can finally call my own.

So with this new found intention anchored within truth, honesty, and self-respect, I am here to shed the past, and move forward with unabashed persistence, in bliss-filled excitement, so that I can truly live for today.

Good riddance pain and suffering, and without a second thought, drugs and alcohol. We say goodbye, forever.

—A free man

## Sobriety Is An Active Way of Living

My Sobriety date is 9/8/13. Prior to that date I sat on the couch every night, alone, drinking wine, a lot of wine. I was isolated, angry, and alone.

I had not yet started drinking around the clock or even in the mornings yet. I was filled with despair, pity, and shame. I did not have anything earth shattering happen to me to bring me to Alcoholics Anonymous yet. I got sick and tired of being sick and tired.

When I came in I was mad as hell but not exactly sure at whom or why. I hated men, yet I desired and craved their attention in the most unsober way. I sat and listened, I cried and listened and then I listened some more. For the first year of my sobriety, I went to a meeting daily, sometimes two. I needed to learn how to behave and how to better relate to people. I heard someone say I learned to play nicely with others and I thought, "Yup, that's me."

I got a great sponsor who has helped me and continues to help me through the Steps. She helps me get right-sized and helps me relate my actions to the Steps. I grew up in a rage-filled household and was addicted to drama. My sponsor, on the other hand, never reacts and is always on an even keel.

I developed a relationship with a Higher Power and came to rely on that for my everyday existence. While active, I made a whole bunch of really bad decisions that will affect my life for a long, long time. I must rely on my Higher Power to help me get through the consequences of those decisions and do the next right thing in my life now.

I have had many service commitments in AA: coffee maker, greeter, speaker seeker, chairperson, key holder, meeting set up person, GSR, and DCM. I filled my life with AA.

I do not plot revenge in my mind any longer. If I develop a resentment, I pray for that person and hope that it changes me. Anytime I am upset about something, I remember that it is me, not them, not you, me!

Sobriety is an active way of living. Before AA, I drifted through life with no direction. Now that I know where the path is, I simply must choose to follow it.

—Elle B.

## The Way Under the Way

For all that has been written and for all that has been read, we are led to this instant where one of us will speak and one of us will listen. It doesn't matter how we came to this. We may jump into it or come upon it after great pain or a sudden raw feeling that this is all very real. When we meet like this, I may not have the words, so let me say it now. Nothing compares to the sensation of being alive in the company of another. It is God breathing on the embers of our souls.

—Jim S., Waterbury

**How to reach AA:  
866-STEPS12**

## CELEBRACIÓN DE ROMPIENDO FRONTERAS/BREAKING FRONTIERS DE 2017

¡Gracias a todos los que asistieron a nuestra 16ª celebración anual de Rompiendo Fronteras/Breaking Frontiers!

¡Tuvimos una asistencia que rompió record este año: 32 de Al-Anon & Alateen y 104 de AA =136! Años sobriedad: 1344 y 1 mes

Este fue nuestro primer año en nuestro nuevo local; Hamden Plains Methodist Church en Hamden. Tuvimos mucho más espacio este año para esparcirnos y tener los talleres en cuartos distintos.

Los oradores, como siempre fueron estupendos. La comida estuvo muy buena.

Nuestra reunión de cierre se llevó a cabo el 19 de agosto, en donde Craig F. fue elegido como el Coordinador del 2018.

Mi nombre es Andrés, soy alcohólico y vivo en Nueva Jersey.

Gracias a una invitación de mi padrino asistí al evento 100% bilingüe Rompiendo Fronteras/ Breaking Frontiers 2017. Hacía tiempo que no disfrutaba de un evento compartiendo con la comunidad hispana.

La experiencia que tuve este fin de semana fue fenomenal y la ayuda que recibí no tiene límites... desde el comienzo empecé a sentirme de una manera especial...

El apoyo que recibí especialmente en el taller de "Progreso y no la perfección espiritual" fue maravilloso. Poder observar mi conducta diaria y saber que cuento con las herramientas necesarias para mi peregrinar diario, no la esperaba y me llenó más de este inmenso agradecimiento que tengo de nuestro programa de recuperación y sus principios.

Reflexionando sobre las "verdades eternas" de nuestros principios y luego el acto de cierre, con la participación de las compañeras de AlAnon, Alateen y de AA, hicieron de mi viaje de regreso uno corto, placentero y de mucha meditación.

No desmayen en esto, y cuenten siempre con mi apoyo incondicional. De todas formas es a mí que me ayuda.

Reciban un abrazo de mi parte al comité organizador y extiendan ese abrazo de agradecimiento a los compañeros del Área 11 por este maravilloso regalo.

Felices 24 y que Dios los siga bendiciendo...gracias nuevamente.

—Andrés S.

*Entrega respetuosamente, Diane P., Archivist*

### ROMPIENDO FRONTERAS/BREAKING FRONTIERS 2017 CELEBRATION

Thank you to everyone who attended our 16th Annual Rompiendo Fronteras/Breaking Frontiers celebration this past summer. We had a record breaking turnout this year: 32 Al-Anon & Alateen and 104 AAs=136!! Years of sobriety: 1344 and 1 month. This was our first year at Hamden Plains Methodist Church in Hamden. We had so much more room this year to spread out and have workshops in different rooms.

The speakers, as always, were great. The food was out "muy Bueno." Our wrap up meeting was held on Aug.19th, where Craig F. was voted in as Chairperson 2018.

This is a letter of gratitude we received from one of the attendees.

"My name is Andrés,

I am an alcoholic and I live in New Jersey.

Thanks to an invitation from my sponsor I attended the 2017 Rompiendo Fronteras/Breaking Frontiers 100% bilingual event. It has been a long time since I actually enjoyed an event sharing with the Hispanic community.

The experience I had during this weekend was phenomenal and the help that I received has no limits...from the very beginning I started to feel special somehow.

The support I received especially from the workshop "Spiritual Progress Not Spiritual Perfection" was wonderful. Being able to observe my daily conduct and knowing that I can count on the tools necessary for my daily pilgrimage, was something unexpected for me and it filled me with this immense gratitude that I have for our program of recovery and its principles.

Reflecting on the "eternal truths" of our principles and the closing ceremony, along with the participation of the fellow Al-Anon, Alateen, and AA members, made my trip back home really short, pleasant, and filled with meditation.

Don't lose heart on this and always count on my unconditional support. In any case, I am the one being helped.

On my behalf, allow me to send a warm embrace to the organizing committee and may it be extended full of gratefulness to the fellow members in Area 11 for this wonderful gift.

Happy 24 hours and may God continue to bless you...thank you once again."

—Andrés

*Respectfully Submitted by Diane P., Archivist*

### Let Go, Let God

Teams succeed when all players do the best they can in the roles they have accepted. Teams fail when members lose their focus and worry about the performance of others. So it is in life.

My role on the team of humankind is to align with the divine spark within and shine my light onto the world. I own my power and life. I release any temptation to manage those around me or micromanage the world. I let go of how things should be and do my best in every circumstance.

Spirit is expressed through each person and situation. Looking past experience, I behold God in everyone I see. I do my best to respond to all with love. I let go of the expectations and trust God. All is well.

—Jim S., Waterbury

**Para ponerse en contacto con AA, llame:  
855-ESPANCT**

## ADDICTION

I have taken over you,  
Growing slowly through the years.  
I gave you visions of ecstasy  
While I fed upon your fears;  
I made you feel inadequate,  
I crept into your soul;  
I was growing ever stronger  
As your heart was growing cold.  
I let you see only hopelessness,  
The hurting pain and strife.  
I pushed until your will collapsed  
So, I could own your very life.

Now, I am feeling some resistance,  
I can feel your spirit grow.  
I sense somewhere in the distance  
You are searching for your soul.  
My life is slowly ebbing,  
Into darkness I must go;  
But as I lie here sleeping  
I will never cease to grow.  
For I am always in you;  
I will never truly end,  
So, you must keep a constant vigil,  
Or I will own you once again.

I will lie here always  
Creating voices in your mind,  
So, you must keep a constant vigil  
For I am always keeping mine.

-Author Unknown  
Submitted By Gail H.

### **For Immediate Release: Women in Recovery – Save the Date!**

Share the experience, strength and hope of fellow women from all over Connecticut at the 16th Annual Women's Day in Recovery Conference, on Saturday, March 17, 2018 at the Central Connecticut State University Student Center in New Britain. Check-in begins at 8:00 a.m. and the first workshop starts at 9:00 a.m.

Attendees participate in three different workshops throughout the day, followed by a keynote address by a special guest speaker. Popular sessions in the past have included yoga, meditation, writing workshops and various topic discussion groups. Continental breakfast and lunch are included in the registration fee.

Women's Day in Recovery just launched a brand-new website, [www.wdir-ct.org](http://www.wdir-ct.org). This is the place to go for updated information, apply for a scholarship or to volunteer to be part of the day. You can also email [WDIRCT2018@gmail.com](mailto:WDIRCT2018@gmail.com) for information or to apply for a scholarship.

Women's Day in Recovery is sponsored by The Fatal Rebellion Women's Meeting at The Alfred E. Plant Building in West Hartford. Central Connecticut State University is located at 1615 Stanley Street in New Britain; directions are on the website.

For more information about the Women's Day in Recovery 2018 Conference, please email [WDIRCT2018@gmail.com](mailto:WDIRCT2018@gmail.com).



Accessibilities and Public Information literature table at outside event

## **Save The Date**

### **Vietnam Veteran's Meeting 34th Anniversary Celebration**

January 13, 2018  
6:00 pm - 7:00 pm: Food & Fellowship  
7:00 pm - 8:30 pm: Speakers & Raffle  
120 Sigourney Street, Hartford

\*Donations of AA Literature and Homemade & Home-Baked Items for the Raffle are Welcome!

### **Northeast Regional AA Service Assembly**

February 23 - 25, 2018  
Radisson Hotel, 100 Berlin Road, Cromwell  
Registration: [www.neraasa2018.org](http://www.neraasa2018.org)

### **Women's Day in Recovery**

March 17, 2018 — Check-in begins at 8:00 am  
Central Connecticut State University Student Center  
1615 Stanley Street, New Britain

## **We Want To Hear From You!**

Share your stories, essays, articles, poetry, etc... with others through the Alki-Line.

We are accepting submissions of one page or less:

**Email:** [alki-line@ct-aa.org](mailto:alki-line@ct-aa.org)

**Mail:** Alki-Line, 112 E. Main St, Meriden, CT 06450

**Hand** material to a GSR

## **¡Queremos saber más de Usted!**

Mándenos las historias personales, los ensayos, las opiniones, la poesía, etc... y entérenos más de usted en el Alki-Line.

Se puede entregar una página o menos de las historias a una de los siguiente:

**Por el correos electrónicos:** [alki-line@ct-aa.org](mailto:alki-line@ct-aa.org)

**Por el correos:** Alki-Line, 112 E. Main St, Meriden, CT 06450

**O De mano:** a su GSR or Representativo de Alki-Line

## **Alki-Line**

This newsletter is by and for alcoholics; however, we review submissions by all interested in the AA program of recovery. Material may be edited for clarity and length. This newsletter and earlier issues can be downloaded at [www.ct-aa.org](http://www.ct-aa.org).

*This is an honest fellowship; we presume all submissions are original or in the public domain. Following publication all copyright reverts to the owner.*

# Save the Date

## 2017 Holiday Alkathons

For the latest list of Holiday Alkathons: [www.ct-aa.org/new-and-events/alkathons/](http://www.ct-aa.org/new-and-events/alkathons/)

### Christmas

#### **Ansonia**

District 4, Greater Valley  
Sun., December 24 @ 5:00 pm – Mon., December 25 @ 5:00 pm  
Sahara Club, 309 Main Street

#### **Bridgeport**

District 5  
Sun., December 24 @ 6:00 pm – Mon., December 25 @ 6:00 pm  
St. George's Calvary Church, 755 Clinton Avenue

#### **Danbury**

District 9  
Sun., December 24 @ 4:00 pm – Mon., December 25 @ 4:00 pm  
Fellowship Center, 15 Great Pasture Road

#### **Manchester**

District 2  
Sun., December 24 @ 6:00 pm – Mon., December 25 @ 6:00 pm  
Pathfinders' Club, 102 Norman Street

#### **West Hartford**

District 7  
Sun., December 24 @ 6:00 pm – Mon., December 25 @ 6:00 pm  
St. Mark's Church, 467 South Quaker Lane

#### **Branford**

District 4  
Sun., December 24 @ 10:00 am – Mon., December 25 @ 10:00 am  
Italian American Club, 40 Hamre Lane

#### **Cheshire**

District 8  
Sun., December 24 @ Noon – Mon., December 25 @ 2:00 pm  
Cheshire Grange, 44 Wallingford Road

#### **Gales Ferry**

District 1  
Sun., December 24 @ 4:00 pm – Mon., December 25 @ 1:00 pm  
Ledyard Senior Center, 12 Van Tassel Drive

#### **Torrington**

District 3  
Sun., December 24 @ 6:00 pm – Mon., December 25 @ Noon  
St. Peter's/St. Francis School Cafeteria, 360 Prospect Street

### New Year's

#### **Ansonia**

District 4, Greater Valley  
Sun., December 31 @ 5:00 pm – Mon., January 1 @ 5:00 pm  
Sahara Club, 309 Main Street

#### **Cheshire**

District 8  
Sun., December 31 @ Noon – Mon., January 1 @ Noon  
Cheshire Grange, 44 Wallingford Road

#### **East Norwalk**

District 6  
Sun., December 31 @ 6:00 pm – Mon., January 1 @ 6:00 pm  
Christ Church, 2 Emerson Street

#### **New Milford**

District 9  
Sun., December 31 @ 4:00 pm – Mon., January 1 @ 4:00 pm  
United Methodist Church, 68 Danbury Road/Route 7

#### **Torrington**

District 3  
Sun., December 31 @ 6:00 pm – Mon., January 1 @ Noon  
St. Peter's/St. Francis School Cafeteria, 360 Prospect Street

#### **Bridgeport**

District 5  
Sun., December 31 @ 6:00 pm – Mon., January 1 @ 6:00 pm  
St. George's Calvary Church, 755 Clinton Avenue

#### **East Hartford**

District 2  
Sun., December 31 @ 6:00 pm – Mon., January 1 @ 6:00 pm  
New Covenant United Methodist Church, 16 Church Street

#### **Milford**

District 4  
Sun., December 31 @ 7:00 pm – Mon., January 1 @ 6:00 pm  
Mary Taylor Church on the Green, 168 Broad Street

#### **Putnam**

District 1  
Sun., December 31 @ 6:00 pm – Mon., January 1 @ 6:00 pm  
St. Mary's Church, 280 Providence Street

#### **Westerly, Rhode Island**

District 1  
Sun., December 31 @ 4:30 pm – Mon., January 1 @ 4:30 pm  
Westerly Senior Center, 39 State Street

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866-STEPS12**

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