



ALKI-LINE



TAKE ONE, IT'S FREE

The Area 11 A.A. Newsletter Vol. 26 No. 5 Oct. - Nov. 2017

The Failure to Launch

I was going to be late to the meeting. Problem is I go by boat and there was a Nor'easter honking out there this morning. Compounding the situation, the tide was going out. Wind one way, tide the other way equals high seas. Why is it always like this when I am late? Troubles of my own making as usual.

My boat is a 24-foot Rampage. She is 35 years old and Teal is her name. She rattles and hums like old boats do. Trying to make up time, I was going too fast when I reached "The Gut," which is the body of open water that lies between the North Dumpling and Groton Long Point. It is notoriously funky in wind and tide and so it was no surprise that I launched her fully into the air on the first proper swell we hit. She landed in one of those perfect old boat belly whoppers that disturb everything so completely it feels like an earthquake going through your spine. All the loose screws, at least 5 of them, fell out of their sockets and rattled around in the well beneath my feet. I thought to myself that this was just thy perfect microcosm of my recovery - launching too fast, landing hard and knocking all my screws loose.

By the time I got in my seat, I was 10 minutes late. I hate being late. I am always afraid I'll be mistaken for the newcomer who arrives late, leaves early, says nothing and checks the box. The first words I heard were "spot check inventory". Good, got it. We are in a 10th Step meeting. For some reason, of every 12 and 12 meeting I have been to in my recovery, more than half have been on the 10th Step. I feel like I have been to more 10th Step meetings than any alcoholic in recovery.

One day I finally decided to figure why my HP was so keen for me to be in these meetings in particular. It goes something like this: in the rooms, you have taught me that when I am out of balance it is not so much because of problems with people, places and things but rather with some problem in me. The 10th Step and the spot check inventory give me the ability to pause in a hot moment. They give me the ability to exercise my right to keep my mouth shut while I figure out what is really going on. They give me the right to find my balance, to own my part and to respond like an adult. Most importantly, they prevent me from launching off a wave at high speed, landing hard and knocking all my screws loose again.

—Lyons B., Noank

Falla de lanzamiento

Yo iba a llegar tarde a la reunión. El problema es que yo voy por barco y había amenaza de una tormenta en el noreste alertando esta mañana. Agravando la situación, la marea se estaba bajando. El viento por un dirección, la marea por la otra equivale a alta mar. ¿Por qué siempre es así cuando yo voy tarde? Líos que yo mismo he creado como siempre.

Mi barco es un Rampage de 24 pies. Ella tiene 35 años y Teal es su nombre [que significa color verde azulado]. Ella trueno y zumba como lo hacen los barcos viejos. Tratando de recuperar el tiempo, yo iba demasiado rápido cuando llegué a la parte que le llaman "La Panza," que es la parte del cuerpo de agua que se encuentra entre North Dumpling y Groton Long Point. Es visiblemente feo entre el viento y marea así que no fue gran sorpresa que la lancé completamente en el aire en el primer oleaje fuerte que encontramos. Ella cayó como esos clavados que son puros panzazos que sacude todo tan perfectamente que se siente como un terremoto pasando por toda la espina. Todos los tornillos sueltos, al menos 5 de ellos, se salieron de su cavidad y tintineaban alrededor en el compartimiento debajo de mis pies. Yo pensé en mi mente que ésta era solo un microcosmo perfecto de mi recuperación – lanzándome muy rápido, cayendo duro y aflojando todos mis tornillos.

Para cuando llegué a mi asiento, estaba 10 minutos tarde. Yo odio llegar tarde. Siempre temo que me van a confundir con un principiante que llega tarde, se va temprano, no dice nada y hace una marquita en la cajita entre la lista. Las primeras palabras que escuché fueron "inspección sorpresa del inventario". Bien, lo entendí. Estamos en una reunión del 10° Paso. Por alguna razón, de cada reunión de 12 y 12 en que yo he asistido durante mi recuperación, más de la mitad han sido sobre el 10° Paso. Siento como que yo he ido a más reuniones del 10° Paso que cualquier otro alcohólico en recuperación.

Un día finalmente decidí descifrar por qué mi Poder Superior se ha esmerado tanto para que yo estuviera en estas reuniones en particular. Va algo así: en los cuartos, ustedes me han enseñado que cuando yo estoy fuera de balance no es tanto debido a los problemas con la gente, lugares o cosas, más bien son problemas que llevo dentro. El 10° Paso y la inspección del inventario me dieron la habilidad de hacer una pausa

How to reach AA:
866-STEPS12

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855-ESPANCT

en un momento candente. Me dan la habilidad de ejercer mi derecho a mantener cerrada mi boca mientras comprendo qué es lo que realmente está ocurriendo. Me dan el derecho de encontrar mi balance, para responsabilizarme de lo me corresponde y responder como un adulto. Aún más importante, previenen que me lance de una ola a gran velocidad, que caiga duro y que se aflojen todos mis tornillos otra vez.

—Lyons B., Noank

Blessings of AA

First of all I have to say AA definitely saved my life. I've been around AA since the early '80s and I'm coming up on 20 years of not needing a drink. I owe everything to the people who came before me and my Higher Power whom I call God. Since the day I gave up the fight and stopped blaming everyone else for my wrongdoings, I have not had a desire to drink. Four to five rehabs later and banging my head against the wall, I am finally doing the things that were suggested to me, such as, having a home group, getting a sponsor, doing a 90 in 90 and working the Steps. It's an easy program for difficult people. I don't have any regrets because I've grown from the mistakes I've made and I've become a member of the fellowship.

The program has brought me many blessings. I have been involved in service for more than 19 years. I have met many people. I have seen many places, such as meetings on the beach in Hawaii, the international convention in Toronto in 2005 and the 50th anniversary of "Alcoholics Anonymous Comes of Age" in 2005. I've been involved with Archives for at least 12 years, so I was able to learn a lot about the history of AA. One of my favorite sayings is "It's not the destination, it's the journey".

I could go on and write a book of the blessings AA has given me, such as my family, friends and girlfriend- the best people I would never had met while using and abusing. As my boy Tommy would say "God bless you, me, and AA."

—Mike

Heard in the Rooms...

"Don't borrow trouble."

"I don't want to ruin today by thinking about tomorrow."

"Seven days without a meeting makes one weak."

"The difference between Illness and Wellness is the difference between I and We."

"There is no express elevator to sobriety.
You have to take the steps."

My Voice is One Too

I am an alcoholic. I say that because when I drink any booze at all, I can't control how much or what I do when I'm drunk. I remember the time I woke up, standing in my twin brother's front yard. I was surrounded by police, who wanted to bring me to the psychiatric ward. Do you remember times like that?

My voice is that of an alcoholic. I have been one since I was 12. I drank a shot of whiskey. I didn't need a shot of whiskey, but I drank one anyway. Since that day, the alcohol in everything I drank has altered my life.

I have known other alcoholics. Most don't even talk about their own psychiatric symptoms. It would be too complex. The solution to my drinking problem is anything but complex. "JUST DON'T DRINK!" Wherein this statement seems to be commonsense, it is yet a dubious one for an active drinker or user. "Just don't use" is a somewhat obvious solution. Just not drinking is NOT as easy as it sounds for me.

I had to realize that my mind and its inner workings were not in and of themselves anywhere even remotely capable of holding onto that one simple rule. I had to realize I needed help from a power not me, but greater than me. In time, I became willing to identify that power greater than me.

For a beginning, I only had to realize that alone I will drink again. With a God of my understanding, who is love, guidance, wisdom, I am blessed to walk successfully through today, sober. I did it yesterday. I did it today.

The only other thing I have to say is "Thank you."

—Edward

My Name Is Frank

Hello, I am an alcoholic named Frank. I was born May 21, 1943, that makes me 74 and if it were not for Alcoholics Anonymous I would either be in jail or dead. I had my first drink when I was five years old. I went to an engagement party with my parents and they had two punch bowls one plain and one with alcohol. You know which one I gravitated to. I got tipsy and I even bit the bridegroom in the back. This was the start of my alcoholism, like a slow growing sequoia that takes a long time to mature.

In my dysfunctional family, both of my parents only spoke Hungarian when I was small. So when I started school I didn't know how to speak properly. I felt different, out of place and these feelings stayed with me for a very long time. My father made his own whiskey and my grandfather made his own wine and I drank with them sometimes when I was young. I even ended up in juvenile court for something I had done.

As I got older I found alcohol to be a big ego inflator making me feel I could do anything. When I was in the Navy I was drinking every chance I could, even ending up in the brig because of my attitude and my mouth.

As my dependency slowly grew I was losing more of my life. I lost good jobs because of my drinking. Eventually I worked to pay bills and to get money to drink. Alcohol became the puppet master and I was the puppet.

I was divorced twice. I have two children from the first marriage to whom making amends took a very long time. The second marriage should not have happened because I was co-dependent and was looking for a babysitter. When she asked me to move out, the first thing I did was to reach under the seat of my car and pulled out a bottle. I then had to move back with my parents.

Then in 1988 when I was 45, I was introduced to AA by my mother, who finally got tired of seeing me drunk every night. She found an AA meeting in Ridgefield and my father took me to my first meeting. I did not want to go but went anyway. When I said I am an alcoholic named Frank, I felt the weight was lifted from me and I have been going ever since.

When my father died that same year, I was numb. Alcohol had taken all my feelings from me. I knew I had to go to meetings to learn how to feel love and be a reliable person. I'm still learning.

I found a home group that I attended all the time. When I started to go to a men's meeting on Steps 10, 11 and 12, I realized I had to find a Step 1, 2 and 3 meeting. It's like building a house- you need a proper combination of sand, water, and mortar in order to make a good foundation. After I was in AA for some time I did service work at Fairfield Hills speaking to the residents about addiction. What I gave them I got back two fold! The one thing I learned from 13 to 17-year-olds was how to listen to what they had to say.

My present wife and I had lived together for 18 years before we got married. She has never seen me drunk but she has seen some of my characteristics good and bad. We are there for each other.

By doing the things that were asked of me, I stay sober one day at a time. They say there are no dues or fees for AA membership but we have paid the highest dues and fees to get in the program we thought we would never need. I will be 74 years old and coming up on 29 years in the program I thought I did not need.

—Frank H.

Heard in the Rooms...

“H.O.P.E.
Help Other People Everywhere”

“We cannot control the wind, but we can adjust
our sails.”

“Go out and be yourself, because everyone else is
taken.”

“You can look at the past, but don't stare.”

“Life is a garden. Dig it!”

Service Opportunity: District 1 Christmas Alkathon

The committee welcomes people who want to get involved. If you are interested in helping before, during, or after the Alkathon, please attend a committee meeting. Meetings are held every Tuesday evening at 6:30pm at Flanders Baptist Church, 162 Boston Post Rd, in East Lyme.

Save The Date

The Grape Jam

November 11, 2017 — 6:00pm - 11:00pm
Star Inc., 182 Wolfpit Avenue, Norwalk

Fall Assembly

November 12, 2017 — 9:00am - 4:00pm
VFW Hall, 41 Veterans Drive, New Britain

Connecticut State Conference of Young People in Alcoholics Anonymous (CSCYPAA) XXXII

November 24, 25, and 26, 2017
The Radisson Hotel, 100 Berlin Road, Cromwell

Visit www.ct-aa.org/new-and-events for more info.

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

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 las siguiente:

Por el correo electrónico: alki-line@ct-aa.org

Por el correo: 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.

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Save the Date

2017 Holiday Alkathons

Thanksgiving

Ansonia

District 4, Greater Valley
Wed., November 22 @ 5:00 pm – Thu., November 23 @ 5:00 pm
Sahara Club, 309 Main Street

Clinton

Districts 1 & 4
Wed., November 22 @ 4:00 pm – Thu., November 23 @ 2:00 pm
St. Mary's Church, 54 Grove Street

Naugatuck

District 3
Thu., November 23, 7:30 am – 11:30 am
St. Michael's Church, 210 Church Street

Norwalk

District 6
Wed., November 22 @ 6:00 pm – Thu., November 23 @ Noon
Church of the Good Shepherd, 165 New Canaan Avenue

Bridgeport

District 5
Wed., November 22 @ 6:00 pm – Thu., November 23 @ 6:00 pm
St. George's Calvary Church, 755 Clinton Avenue

Milford

District 4
Wed., November 22 @ 7:00 pm – Thu., November 23 @ 6:00 pm
Mary Taylor Church on the Green, 168 Broad Street

Newtown/Sandy Hook

District 9
Wed., November 22 @ 4:00 pm – Thu., November 23 @ 4:00 pm
United Methodist Church, 92 Church Hill Road

Wallingford

District 8
Wed., November 22, 4:00 pm – 11:00 pm
Thu., November 23, 4:00 pm – 11:00 pm
Renaissance Club, 68 Quinnipiac Street

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

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

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

New Milford

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

Bridgeport

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

Milford

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

For the latest list of Holiday Alkathons: www.ct-aa.org/new-and-events/alkathons/

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866-STEPS12

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