



ALKI-LINE



TAKE ONE, IT'S FREE

The Area 11 A.A. Newsletter Vol. 30 No. 5 October 2021 - November 2021

Funny That I Had to Look This Up

My perspective this morning is completely filled with gratitude. Sixteen years ago, I made the most important decision of my life. It wasn't really that difficult. I don't understand why it was that easy at the time. However, it is safe for me to assume there is something out there much larger than you or me. With me, you can call it whatever you like. I don't care what religion, nationality, race, creed, faith, or whatever you are.

I'm a really slow learner, like really slow. It takes me a lot longer than most to figure out parts of life. So, bear with me, for sharing this moment and some of my inexperience of how the world works. I recently looked up the meaning of "spirituality" and I have a hard time getting it, talking about it, and certainly articulating my thoughts about it too. I wish my friend Kit C. could help me with the thoughts in my head this morning. Anyway, here is what I found:

Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature.

Funny that I had to look this up. But most importantly, this is a view that I 100% would NOT have had if it weren't for that "easy" decision I made sixteen years ago to remove alcohol from my life. Thanks to all my friends and family who have been part of my journey, life just keeps getting better. And it's not my doing, I'm just trying to listen and do the next right thing.

— Rick S.



WWW.CT-AA.ORG



Gracioso Que Tuve Que Buscar Esto

Mi perspectiva esta mañana está completamente llena de gratitud. Dieciséis años atrás, tomé la decisión más importante de mi vida. No fue realmente tan difícil. No entiendo por qué fue tan fácil en aquel momento. Sin embargo, puedo suponer casi con seguridad que hay algo allá afuera mucho más grande que tú o que yo. Conmigo, puedes llamarlo como sea que gustes. No me importa qué religión, nacionalidad, raza, credo, fe o lo que sea que eres.

Yo soy muy lento para aprender, es decir bastante lento. Me lleva mucho más tiempo que la mayoría de los demás descifrar las partes de la vida, así es que ténganme paciencia al compartir este momento y un poco de mi inexperience de cómo funciona el mundo. Recientemente busqué el significado de "espiritualidad" y me cuesta trabajo captarlo, hablar de ello, y ciertamente articular mis pensamientos sobre eso también. Desearía que mi amigo Kit C. me pudiera ayudar con los pensamientos en mi cabeza esta mañana. Como sea, aquí está lo que encontré:

La espiritualidad envuelve el reconocimiento del sentimiento o sentido o creencia de que hay algo superior a mí, algo más a ser humano que la experiencia sensorial, y que el gran todo del cual somos una parte es cósmico o divino en naturaleza.

Gracioso que tuve que buscar esto. Pero lo más importante, esta es una perspectiva que yo al 100% NO hubiese tenido de no haber sido por aquella decisión "fácil" que tomé hace dieciséis años atrás de eliminar el alcohol de mi vida. Gracias a todos mis amigos y familiares que han sido parte de mi jornada, la vida simplemente sigue mejorando. Y no es logro mío, sólo estoy tratando de escuchar y hacer lo correcto.

— Rick S.

Alcoholics Anonymous®

WWW.AA.ORG

Am I a Butterfly?

"Am I a man dreaming he is a butterfly, or am I a butterfly dreaming he is a man?" (Zhuang Zhou, circa 500BC)

This phrase has been tumbling around in my brain. I started comparing it to my journey in sobriety. My metamorphosis has been no less transformative than that of the butterfly emerging from the cocoon into a new world. Allow me to draw some thoughts together. The caterpillar is earth bound, sees things only at ground level and has to climb a tree to eat leaves . . . oh, and has a very limited view of the sky.

In my life as a drinking alcoholic, I too was earthbound and had a very limited view of my life. Alcohol was the tree I climbed each day. While I didn't eat leaves, my diet consisted of chewing on my problems and living in the past. Unlike the caterpillar who had an internal biological clock for its transformation, my transformation had to come from the without . . . and with premeditation.

Did the caterpillar dream of being a butterfly? Perhaps no more than I dreamed I would ever stop drinking. Did the caterpillar want to be a butterfly? It didn't have a choice. Well, I did have a choice to remain a caterpillar and keep all the joy of crawling around on the ground, or I could choose to be a butterfly and be reborn into something different.

Now the butterfly does not emerge from the cocoon easily as one may have seen in a nature movie. It struggles and pulls itself free from the cocoon, and then has to spread its wings to dry in order to fly. Well, there you have it. I struggled to get into the rooms of A.A., and by that, I mean the number of times I ended up in the ER, car accidents, and Intensive Outpatient Programs. If the butterfly just hung out with the cocoon, some bird would have had a meal. If I continue this analogy, then I needed not only to emerge from the cocoon, but I had to get my arse in gear and fly. I had to put my new life into action.

My life in sobriety is no longer limited to the alcohol tree but is now free to fly and explore . . . or not. The A.A. Program was my metamorphosis and gave me the opportunity to see my life from a different vantage point. Getting sober was just the beginning. As I began to explore my new reality through sober eyes, I began to grow. The Steps, taken in order and with sincerity of heart, helped me envision a new life. I wonder what the butterfly felt when it first experienced the profound gift of flight and a new life?

The gift of a new life in sobriety for me has been no less profound. After just three years in the program, I have seen what my life is and its potential for becoming something wonderful. Unlike the butterfly I can choose to crawl back

into that cocoon of alcohol, or loft myself on colorful wings and explore the world of sobriety . . . One Day at a Time.

– Al Di.



AAGRAPEVINE
The International Journal of Alcoholics Anonymous

2021 Carry the Message Project

Want to help another alcoholic? Grapevine and La Viña are Great Twelfth Step Tools!

Give a gift subscription to an alcoholic who needs it. Great for: Sponsees * Newcomers * Prisons * Detoxes * Doctor's Offices * Group Celebrations * District and Area Events * Giveaways.

Go to <https://www.aagrapevine.org/carry-the-message> to get started. Carry the Message, it's easy!



The Power of the State Convention

HOME GROUP CELEBRATION 2021

The 62nd Annual Area 11 Convention, *Nothing Changes if Nothing Changes*, was held September 25. Participation came from across CT and beyond our borders, including our Northeast Regional Trustee and G.S.O. staff.

Your home groups were celebrated with banners and an essay on virtual display throughout the event. Thank you for your participation!

Home at Last

My original sponsor made it clear that I should have a home group. I was advised that in the [unlikely] event that my ass fell off, I was to put it in a bag, and take it to a meeting. That meeting, I was told, should be my home group.

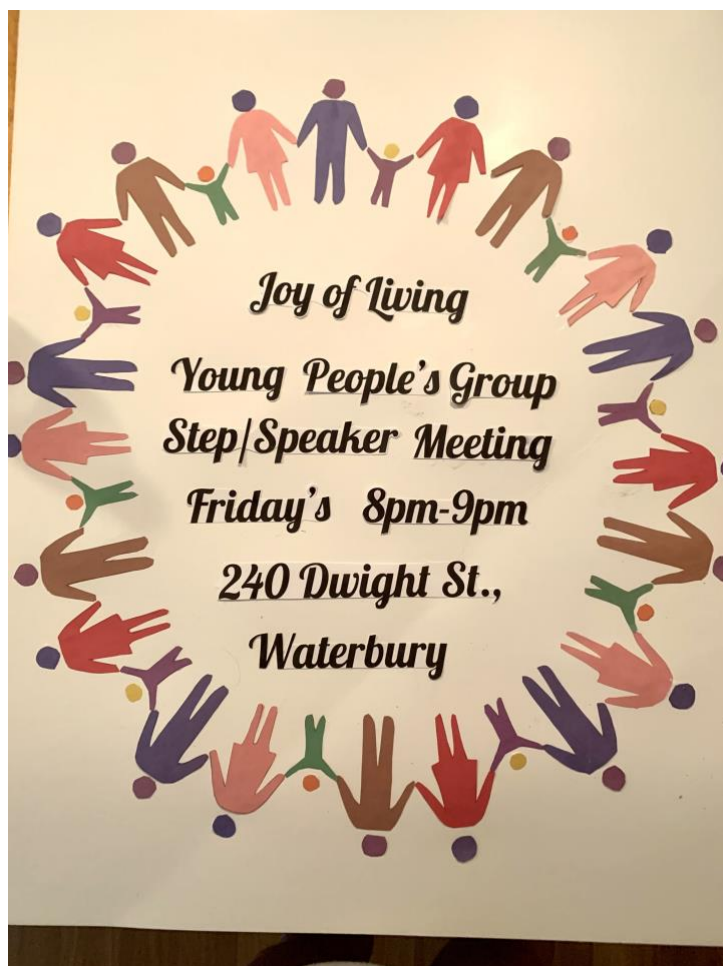
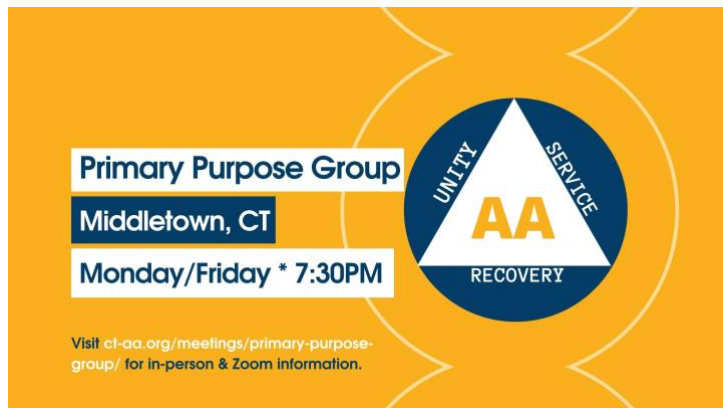
Through the life of my sobriety, I have had several home groups. One died of attrition. My home group for 22 years, although it faithfully read the traditions routinely, studying them every 13 weeks, failed to heed the cautionary tales contained therein, and became a meeting where I was no longer welcome.

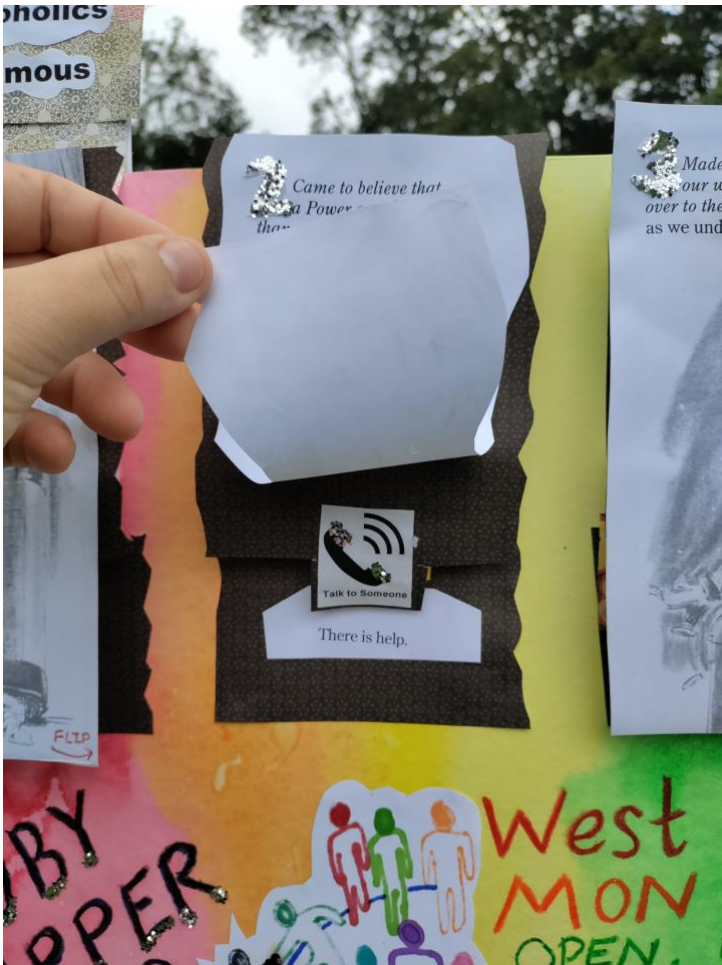
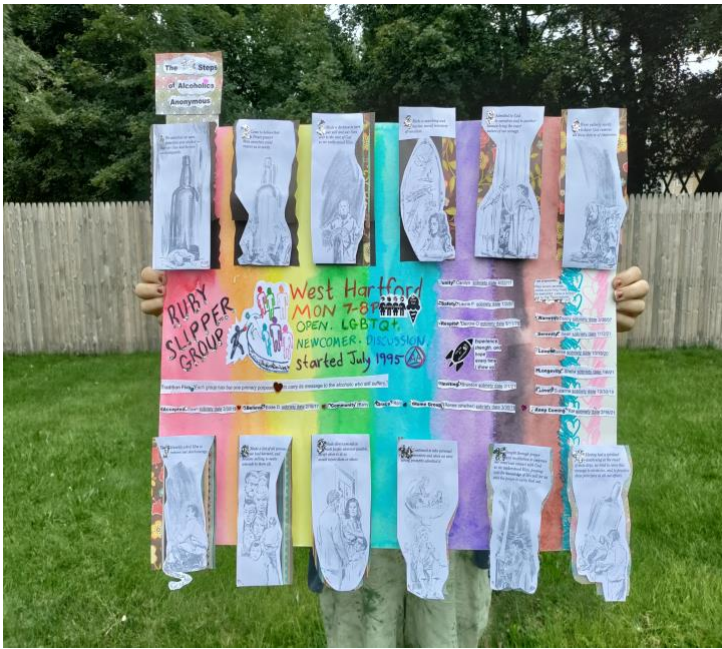
That welcome is why I need a home group. It is where I am recognized. A lifeline of genuine care is thrown out to the "foundering vessel [I] have become." In my home groups, I became known. Before I even knew myself, the members of my home group knew me. They could tell when I was staggering on the beam, ready to tip.

My sponsor added that a home group should be the meeting that I went to without fail, every week, no matter what. Whether I had a broken leg or a broken heart, my attendance was expected. I learned that consistency is a strong foundation for continuous sobriety. The power and pleasure of a routine was impressive. I saw what happened to people over the long run; those who stayed, and those who left.

Currently, my home group is one which I would never have been to but for the pandemic. I met my fellow members on the screen, by accident, looking for a meeting in a time slot that worked. Later, when the meeting became hybrid, I walked into the room and embraced the alcoholics I had come to know in two dimensions over a long, dismal winter. They were real. They still knew me better than I knew myself. They gave me the welcome I craved. Though this meeting is over an hour away from the town I live in, I try to attend as often as I can. The reason is simple enough. When I am in my home group, I am just that: home. I have been struggling toward that destination since I came in, more than 30 years ago. At last, I'm here.

– Amy G., *We Came To Believe*-Ridgefield, CT





**STEP IN THE RIGHT DIRECTION
BRIDGEWATER, CONNECTICUT**

Fall is a beautiful time of year to drive to Bridgewater on a Friday evening to participate in an inspiring Step and Tradition meeting

We meet every Friday at 7pm

In person:
Bridgewater Congregational Church-Friendship Hall; Clapboard Road

and Virtually via Zoom:
Meeting ID: 378 758 147 - Password: 118919

Please join us!

Planning for the 63rd Annual Area 11 Convention will begin in January 2022. The committee meets the third Sunday of each month at noon.
Contact area11conventionoutreach@gmail.com for questions and to become involved. **(IT'S TERRIFIC FUN** and a great way to be of service!)



Amends

Meetings are a living amends to all I have harmed. I feel my list is inadequate because after many years in the program, I still recall folks, situations, and issues that need attention. My mother was an add-on. By the time I recognized that she deserved to be in first place, I was already doing it, behavior-wise. As time went on, I began to recognize her as my greatest supporter instead of my overbearing nemesis. She was a red-headed Irish lassie, orphaned at 10 years old, pursued a college degree and became a teacher. I was a troubled kid, determined to have my way. Mother, thankfully, refused to back off. We were a match! I believe my Higher Power arranged it that way.

– Philip T.

Updated and New Literature on Safety in A.A.

Safety is an important issue in A.A. – one that all groups and members can address to develop workable solutions and help keep our meetings safe based on the fundamental principles of the Fellowship.

“Each member of Alcoholic Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward”. -Tradition One (Long Form)

- The "Safety: Our Common Welfare" Service Piece has been revised/updated and can be viewed [here](#).
- The safety card service piece has been revised/updated and can be viewed [here](#).
- *New* Safety and A.A. Flyer (Service Piece) can be viewed [here](#).

From Take Me to Your Sponsor – Best Jokes and Cartoons from AA Grapevine

“Crash Landing” p.48

Sponsee: “I think I’ve been catapulted into the fourth dimension.”

Sponsor: “No, you’ve just had too much coffee.”

“Heard at a Meeting” p. 2

My friend Barb shares that she still goes to meetings after 20-some years because she’s yet to see a newcomer walk by the couch in her living room.

Public Service Announcement

Would you like to get involved in service at the district level?

A District Committee Member (DCM), special committee representative, or your group’s General Service Representative (GSR) could provide you with information and guidance. You could also attend a district/GSR meeting.

Don’t know when your district meeting is?

Or perhaps you don’t even know what district is yours? [The District Map](#) will help you determine your district. Once you know your district number, go to the [Area 11 Service Calendar](#) to find out the district meeting details – or ask a GSR.

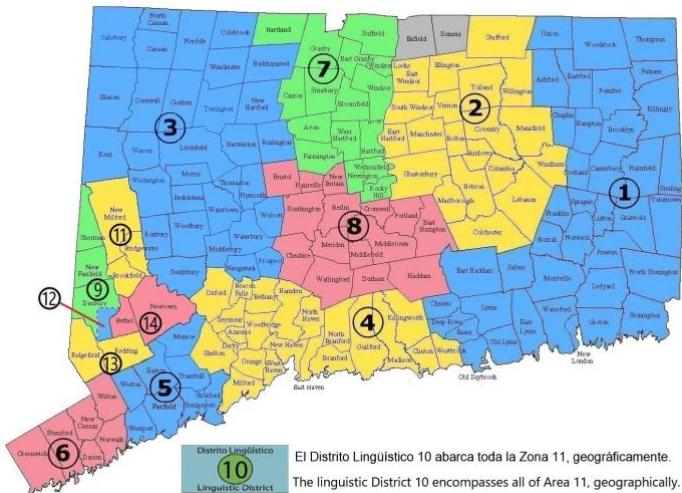
Service Committees

Area 11 maintains standing service committees whose mission is to serve the A.A. community in Connecticut and carry the message of A.A. to the alcoholic who still suffers. Visit the individual service committee pages below to learn more:

- [Accessibilities Committee](#)
- [Alki-Line Committee](#)
- [Answering Service Committee](#)
- [Archives Committee](#)
- [Cooperation with the Professional Community \(CPC\) Committee](#)
- [Corrections Committee](#)
- [Grapevine Committee](#)
- [Public Information \(PI\) Committee](#)
- [Schedules Committee](#)
- [Treatment Center Committee](#)
- [Website Committee](#)



Area 11 Districts



Learn about the Area 11 Districts [here](#).

Area 11 Website

Our Area 11 Website continues to evolve and be a central source of information and communication. This resource is even more important during these times of limitations with in-person interaction. Some, but not all, of recent enhancements / additions include:

- ****Create & Print meeting schedules****
- Landing page links to key information & events
- Meeting finder tool
- Contact information for the Area 11 Officers
- District maps and information
- From the events calendar, links to events outside of Area 11

Visit www.ct-aa.org

Being Responsible as A.A. Members

With the increased availability of in-person meetings and while A.A. has no rules, compliance with local/state guidelines and protocols for meeting spaces are important. Let us remember to honor our Traditions, not taking actions affecting other groups or A.A. as a whole, and not being drawn into public controversy.



Area 11 Round Up

Sunday October 17, 2021 (virtual)
9:00am – 2:00pm

[Click here for info & registration](#)

District 5 Service Night

Tuesday October 17, 2021 (virtual)
7:00pm – 9:30pm

[Click here for details](#)

Area 11 Fall Assembly

Sunday November 14, 2021 (virtual)
8:30am – 2:00pm

[Click here for details and PLEASE PRE-REGISTER](#)

District 1 38th Annual Christmas Alkathon

Friday December 24 starting at 4:00pm through 12:00pm
Saturday December 25

[Click here for details](#)

NERAASA 2022

The weekend of February 25-27, 2022
Pittsburgh, PA

<https://www.neraasa.org/>

Please refer to www.ct-aa.org for information regarding state-wide recovery events and meeting information.

Holiday Alkathons and Upcoming Events

For publication in the December/January edition of the *Alki-Line*, please submit the information by November 12 to alkiline@ct-aa.org



Vision Beyond Today

Vision is, I think, the ability to make good estimates, both for the immediate and for the most distant future. Some might feel this sort of striving to be heresy against "One day at a time." But that valuable principle really refers to our mental and emotional lives and means chiefly that we are not foolishly to repine over the past nor wishfully to daydream about the future.

As individuals and as a fellowship, we shall surely suffer if we cast the whole job of planning for tomorrow onto a fatuous idea of providence. God's real providence has endowed us human beings with a considerable capability for foresight, and He evidently expects us to use it. Of course, we shall often miscalculate the future in whole or in part, but that is better than to refuse to think at all.

-As Bill Sees It, p.317 (Twelve Concepts p. 40)

A.A. World Services Preamble Service Piece Revised

This change was implemented some months ago, but in case you have not seen it, the A.A. World Services piece containing the A.A. Preamble was revised to reflect the change that was approved at the 71st General Service Conference. The revised version can be viewed [here](#). Moreover, a service piece setting forth the history of the A.A. Preamble was updated and can be viewed [here](#).

Visit AA.org

So much content and resources on the Alcoholics Anonymous website! From the latest editions of *Box 4-5-9* and *Sharing from Behind the Walls*, to American Sign Language on the A.A.W.S YouTube Channel, Regional Form videos and a variety of reports, it's all a click away!

Explore! [Visit AA.org](#)

Responsibility Pledge

I am responsible. When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there.

And for that, I am responsible!

**Alcoholics
Anonymous®**

WWW.CT-AA.ORG



Introducing the Gratitude List

The Alki-Line is excited to announce a brand-new feature, "The Gratitude List". Members from across the Area can share their gratitude by visiting our web page and sending a message directly to your Alki-Line committee. Future issues of your bi-monthly newsletter will feature excerpts from the submissions. Here's your opportunity to be part of the launch of this exciting column!

You can view the form by visiting the Alki-Line page at: <https://ct-aa.org/alki-line/>.

The Alki-Line

The Alki-Line is a bi-monthly publication by the Area 11 Alki-Line Committee, a dedicated team of trusted servants, whose primary purpose is to offer current events, articles, and information that foster experience, strength, and hope in recovery, in the spirit of the Traditions of Alcoholics Anonymous and in particular "to stay sober and help other alcoholics to achieve sobriety".

Help Make the Alki-Line Possible

The Alki-Line has many service positions open and would benefit greatly from more district representation. We now have open positions in D1, D3, D5, D6, D7, D10, D11, D12, D13, and D14.

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: alkiline@ct-aa.org

Mail: Alki-Line, P.O. Box 7060, Meriden, CT 06450

Or hand your material to your GSR or Alki-Line Representative

¡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: alkiline@ct-aa.org

Por el correo: Alki-Line, P.O. Box 7060, 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 A.A. program of recovery. Material may be edited for clarity and length. This newsletter and earlier issues can be downloaded at 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.

WWW.AA.ORG