



ALKI-LINE



TAKE ONE, IT'S FREE

The Area 11 A.A. Newsletter

Vol. 30 No. 6

December 2021 - January 2022

Interview: Ms. HiPower



If we were to interview my Higher Power, what would it be like? Join me in just such a fictitious interview. "Rr" is my pet raccoon asking the questions - I did say this was fictitious; "Hp" is Ms. HiPower. (Story line is from my animated video series about alcoholics.)

Rr: Hi, I am Rockie Raccoon, and we will be joined by very highly placed guest. Please welcome my very spiritual guest, HiPower

Hp: *Hi Rockie.*

Rr: Welcome HiPower. Last season on this program many guests spoke about you. Ms. Egoette was especially vocal about your taking over her big office.

Hp: *Rockie, we don't really have offices, and besides, I don't need an office. Her gal is rearranging her life and making room for new adventures. In the process, Ms. Egoette has had her ego deflated a little.*

Rr: Is it true that recovery programs are religious programs and want to take over your life?

Hp: *Wow, where did you hear that? Many recovery programs espouse a spiritual connection, but they are not religious. Many people have faith in a particular religion, but teaching a religion is not part of any program I know.*

Rr: I am confused. Don't I need a religion to have faith or spirituality?

Hp: *Oh goodness, no! Faith and spirituality are very personal. That's where I come in. A person's Higher Power is*

their personal belief which supports their recovery. Faith is a firm belief based upon confidence in the authority of another, rather than upon one's own knowledge. Spirituality is about seeking a meaningful connection with something bigger than yourself.

Rr: What about agnostics and atheists?

Hp: *A higher power can be found in many places and many ways. Higher power is a connection. It can be to a god, to another person or group, or even the bed post.*

Rr: So... you are not religious?

Hp: *There are over 10,000 distinct religions worldwide Rockie. All of them promoting their belief system. The higher power in each person is their personal belief, independent of religion.*

Rr: Wow, this is a lot to take in. In many recovery programs using A.A.'s 12 Steps, they talk about a power greater than themselves restoring them to sanity. What is that all about?

Hp: *It has been proven that the vast majority of alcoholics do recover if they have the capacity to be honest with themselves and realize that they cannot recover on their own.*

Rr: To admit that you are powerless over your drinking alcohol must be a real killer to your ego and intellect.

Hp: *Yes, and many an alcoholic never makes it past that Step. Many have to hit what they call a "bottom" before they can begin recovery.*

Rr: What is this "bottom" you speak of?

Hp: *Most people think of it as such a low point in their life due to drinking that they often contemplate suicide or realize that they need to change.*

Rr: Okay, I got it. And this is when you make your appearance?

Hp: *Rockie I don't magically appear. I am always there within a person. They simply need to become willing to change and that is when I am found.*

Rr: So, let me get this straight. If a person wants to stop drinking, they simply have to be honest with themselves about their alcoholic-fueled life and become willing to make changes?



Hp: *That's right. It sounds simple but it is not. That is why a belief in a power greater than themselves is often necessary to be part of the recovery program.*

Rr: Thanks, HiPower for being here. Do you have any last comments?

Hp: *I would like to add that spirituality and belief in a Higher Power is a recognized path to a life of sobriety. It takes courage, willingness, and an honest appraisal of one's life. A life of sobriety is to live bravely in the face of one's addiction to alcohol.*

– Al Di.

Entrevista con Sra. Poder Superior

Si entrevistáramos a mi Poder Superior, ¿cómo sería? Acompañenme en esta entrevista ficticia. “Rm” es Rockie, mi mapache mascota haciendo las pregunta – sí dije que era ficticia; “PS: es la Sra. Poder Superior. (La trama viene de mi serie de videos animados acerca de alcohólicos.)

Rm: Hola, yo soy Rockie el Mapache y estaremos acompañados por una invitada muy enaltecida. Por favor denle la bienvenida a mi invitada muy espiritual, Poder Superior

PS: *Hola Rockie.*

Rm: Bienvenida Poder Superior. En la temporada pasada de este programa varios invitados hablaron acerca de ti. Doña Egoette fue especialmente franca hablando de cómo te apoderaste de su gran oficina.

PS: *Rockie, realmente no tenemos oficinas, y por cierto, yo no necesito una oficina. Su chica está reorganizando su vida y haciendo espacio para nuevas aventuras. En el proceso, Doña Egoette ha hecho que se desinflara un poquito su ego.*

Rm: ¿Es cierto que los programas de recuperación son programas religiosos y quieren apoderarse de tu vida?

PS: *Vaya, ¿Dónde escuchaste eso? Muchos programas de recuperación apoyan una conexión espiritual, pero no son religiosos. Muchas personas tienen fe en alguna religión en particular, pero enseñar una religión no es parte de ningún programa que conozca.*

Rm: Estoy confundido. ¿A caso no necesito tener una religión para tener fe o espiritualidad?

PS: *Oh cielos, no. La fe y la espiritualidad son muy personales. Ahí es donde yo entro. El Poder Superior de una persona es su creencia personal que ayuda en su recuperación. La fe es una firme creencia basada en la confianza en la autoridad de otro, en lugar de su propio conocimiento. La espiritualidad se trata de buscar una conexión significativa con algo más grande que uno mismo.*

Rm: ¿Qué tal los agnósticos y los ateos?

PS: *Un poder superior se puede encontrar en varios lugares y de varias formas. Poder superior es una conexión. Puede ser*

a un dios, a otra persona o grupo, o hasta el pilar de la cama.

Rm: Entonces, ¿tú no eres religiosa?

PS: *Hay más de 10 mil religiones distintas alrededor del mundo Rockie. Todas ellas promoviendo su sistema de creencia. El poder superior en cada persona es su propia creencia personal, independientemente de la religión.*

Rm: Guau, esto es bastante para asimilar. En muchos programas de recuperación usando los 12 Pasos de A.A., ellos hablan acerca de un Poder superior a ellos mismos que les devuelve el sano juicio. ¿De qué se trata todo eso?

PS: *Se ha comprobado que la gran mayoría de alcohólicos sí se recuperan si tienen la capacidad de ser honestos consigo mismos y se dan cuenta que no se pueden recuperar por sus propios medios.*

Rm: Admitir que eres impotente ante tu bebida alcohólica debe ser matador para tu ego e intelecto.

PS: *Sí, y muchos alcohólicos nunca logran ir más allá de ese Paso. Muchos tienen que tocar lo que le llaman un “fondo” antes de poder comenzar su recuperación.*

Rm: ¿Qué es este “fondo” del que hablas?

PS: *La mayoría de personas piensan que es un punto tan bajo en sus vidas debido a su bebida que muchas veces contemplan el suicidio o se dan cuenta que necesitan cambiar.*

Rm: Bien, entiendo. ¿Y es aquí cuando haces tu aparición?

PS: *Rockie yo no me aparezco mágicamente. Yo siempre estoy ahí dentro de una persona. Simplemente tienen que estar dispuestos a cambiar y entonces es que me encuentran.*

Rm: Entonces, déjame entender bien. ¿Si una persona quiere dejar de beber, simplemente tienen que ser honestos consigo mismos acerca de su vida alimentada por el alcohol y estar dispuestos a hacer cambios?

PS: *Así es. Suena simple, pero no lo es. Es por eso que creer en un poder superior a ellos mismos muchas veces es necesario para poder ser parte del programa de recuperación.*

Rm: Gracias Poder Superior por estar aquí. ¿Tienes algún último comentario?

PS: *Me gustaría añadir que la espiritualidad y creencia en un Poder Superior es un camino reconocido hacia una vida de sobriedad. Requiere valor, disponibilidad y evaluación de la vida de uno mismo. Una vida de sobriedad es vivir valientemente enfrentando uno mismo su adicción al alcohol.*



– Al Di.



All Is Lost

All is lost, can't cope no more
Can't believe where I've been
Can't believe what I've done
Time to surrender, time for Step One

Believe that we believe
It worked for us, it can work for you
I could not handle this alone
Had to consider Step Two

I finally turned it over
Once I did I could breathe
God I offer my self to thee
Why did I resist Step Three?

Can't stop now, it's time to grow
You will know a new freedom that only we know
Dig in deep and prepare to soar
What an experience, to experience Step Four

No more isolation, I've done it for years
The secrets inside can only bring tears
With Step Three we decided that god is a must
Now we combine with someone we trust
We must clean our house if we want to survive
We've been searching for relief, it's found in Step Five

The defects in me have proved to be deadly
All I have to be, is entirely ready
It's all about the courage to change the things that I can
Step Six takes the boy and gives you a man

Honesty, tolerance, and true love is our basis for living
When we strive for humility, god's always giving
The drink is removed but our flaws still exist
Character before comfort has an interesting twist
Of myself I am nothing and I no longer ask why
Seven is a big slice of humility pie

The harms done to us, we must cast aside
This is where fear conspires with pride
When we were new, we wanted Eight and Nine
Even the Big Book has them combined
So we set out to right, the wrongs we have done
We stand on our feet and crawl before no-one

At the end of the day we look at our credits and debts
The pain of failure we turn into assets
Our sobriety heads in a whole new direction
Step Ten is about progress, and not about perfection

Take some time each day to simply sit still
We pray for thy will be done, and the knowledge of god's
will

Through a conscious contact, we put it in god's hands
Ask for guidance in all matters and stop the demands

No matter if your higher power is a group of drunks,
or god in heaven

From despair we find hope, deep in Eleven

We finally know what is meant by a spiritual awakening
Our life is now about giving and no longer about taking
Either in a church basement or behind prison walls
Step Twelve says we must answer whenever A.A. calls
For this a program we love and a program we adore
So when a brother is suffering we say
"it's going to be ok my friend, you're not alone anymore"

– Todd B., *Grateful Recovering Alcoholic*
Written while incarcerated for a DWI

I Belong

I kept silent about my mental/emotional struggles regarding the thought of my upcoming anniversary: 50 years sober. My self-worth took a beating as never before. That special night came and went. My fellows out-did themselves in celebration and I was unable to respond in kind.

Thankfully, I kept going to meetings, "poor-me" and all. As time passed, my nagging insecurity mounted to a breaking point. The Serenity Prayer was overworked, yet still meaningful. Before giving up hope, I believe that I surrendered. I asked myself, "What am I all bunched up about?" Now that I have put my mounting dilemmas in God's hands, inspirations are showing me how I can be of service. As always, the worst thing I can do is think of a drink.

A.A. meetings were, and are, a must. My wellbeing depends on it. For some yet unknown reason, this fifty-year mark is spooking me. The school of A.A. sobriety is ongoing. Not drinking has been easy for me, the benefits keep showing up, and life is good. Why do I feel unworthy? I believe the answer is somewhere deep within me.

A day of reckoning came upon me. I began to share about my inner turmoil at meetings. This was not a leap of faith, rather a timid effort. It was contrary to my self-image and made light of my glaring defects. For me, serious sharing during meetings often ended with a humorous quip. I needed to put aside playacting and be willing to ask for help.

Surely my dilemmas are not unique. Downplaying my struggles is not good A.A. Isn't sharing how we help each other? It only took me 52 years to realize how my ego was leading me astray. Imagine what another 50 will reveal.

– Phillip T.
Congratulations Philip T. on your 50 years of sobriety!
– Alki-Line Committee



A Gathered History of the A.A. Coin*

While not officially a part of Alcoholics Anonymous in any way, the “chip” system is used throughout the country, and throughout the world for that matter, to commemorate special milestones in recovery. Various medallions are used to signify and mark varying lengths of abstinence from alcohol. These special tokens, usually about the size of a poker chip, are often given to those in recovery by their home group, sponsors, special friends, or family members. Their intent is both to celebrate the accomplishment and to remind the recipient of their daily commitment to their personal recovery.

Alcoholics Anonymous was not the first organization to use sobriety chips. Other temperance societies gave medallions to those who swore to stop drinking/using and to track the duration of their sobriety.

The A.A. historical book, *Dr. Bob and the Good Old Timers*, discusses the work of Sister Ignatia, a nun in Akron, Ohio. She was devoted to assisting early members of A.A. and was known for passing out coins to these members. In this book, it states, "Sister Ignatia gave each of her newly released patients a Sacred Heart Medallion, which she asked them to return before they took the first drink. She would occasionally give out St. Christopher and St. George medals as well."

While it is nearly impossible to pinpoint the precise genesis of the “chip” system, it is commonly believed to have begun in 1942. A.A. was brought to Indianapolis in the early 1940's by Doherty S. In a letter to Bill W., Doherty makes reference to giving out "chips" and "tokens." This is thought to have started the sobriety coin tradition within this section of A.A.

In Maine, the Portland Group recorded using colored poker chips to mark people's sobriety around 1942, as well. After the Portland Group began using these types of tokens, many other 12-Step groups followed suit by implementing sobriety tokens into their programs.

As each section of A.A. saw fit, it joined in on the sobriety coin custom. As private companies saw these coins being used, they began to manufacture “A.A.” chips (even though they were not affiliated with A.A.) and sell them. It is believed that the company that made the modern chip as we know it today occurred in Minneapolis in 1965. Wendell's, Inc. from Ramsey, Minnesota, began manufacturing the raised center bronze A.A. Medallion in 1973. The Wendell's medallion is the most common bronze coin given by/to A.A. members.

– Al Di,

* Content gathered from several Internet sources and aggregated into this article.

Sent from my iPhone

Hello it's awesome to be sober with the help of all of you. It takes a network of people praying to my HP and program and it works. Some times are good except when your tool-box 🧰 is locked. And if you forget to hit a meeting pray and ask for help it will not work. So I keep coming and thank you all for being here for me.

– Ed Jr.

AAGRAPEVINE

The International Journal of Alcoholics Anonymous

New from AAGV – Podcasts!

Click to experience! [Grapevine Podcast](#) | [AA Grapevine](#)

New Literature

AA Grapevine has published a new book, called *Prayer and Meditation*. Visit [AA Grapevine Store • Magazines, Books & More](#)

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!

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!

ⓐ ALKI-LINE ⓐ

presents

The Gratitude List.

The Alki-Line is excited to announce a brand-new feature, "The Gratitude List". Members from across the Area share their gratitude by visiting our web page and sending a message directly to your Alki-Line committee.

I am grateful for...

- *The A.A. pioneers, who went through the years of A.A.'s growing pains, who sponsored my sponsor's grand-sponsors. And those home group members who kept the door open and a seat free for me when I finally let my guard down and walked into a meeting! - Jordan L., New Haven*
- *For the opportunity to work with some amazing people - Bill H., Danbury*

Here's your opportunity to be part of this exciting column! You can view the form by visiting the Alki-Line page at: <https://ct-aa.org/alki-line/>.

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](#).

Alcoholics Anonymous®

News and Notes

The following have been provided via communications from our Area 11 Delegate. Have news and notes to share? Contact the Alki-Line committee, alkiline@ct-aa.org.

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](#).

GSO Has a New Mailing Address for Contributions

Starting now, contributions to the General Service Board should be sent to the GSO at: Post Office Box 2407, James A Farley Station, New York, NY 10116-2407. The address is no longer PO Box 459, Grand Central Station (as has been the address for decades). If you send a contribution to the old address, it will get forwarded for now, but please begin using the new address if you are sending in a contribution. To read a memo on the how and why of it from the General Manager, [click here](#).

Revised & Reformatted A.A. Service Manual

Check out the revised and reformatted A.A. Service Manual, as approved by the 71st General Service Conference! It is a smooth read, contains some excellent graphics, and has frequently asked question sections. This is most certainly worth checking out! You can view it at no cost [here](#).

Stay Tuned for the Next General Service Conference

Our Northeast Regional Trustee said that there was a very large number of proposed agenda items that were submitted for the 72nd (2022) General Service Conference. There is a new timeline this year as a result of the 71st G.S.C. Advisory Action pertaining to an Equitable Distribution of Workload. The General Service Board just had their quarterly meeting. Stay tuned!

From the General Manager at the G.S.O.

In case you didn't see this yet, a communication from the new General Manager of the General Service Office can be viewed [here](#).



A.A. Around the World

Did you know that aa.org has an "A.A. Around the World" section, which includes the final report for the most recent World Service Meeting? To check out this section of aa.org, go [here](#).

Gratitude Month Announcement

An announcement was sent out last week by our new General Manager at the General Service Office. Click [here](#).

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

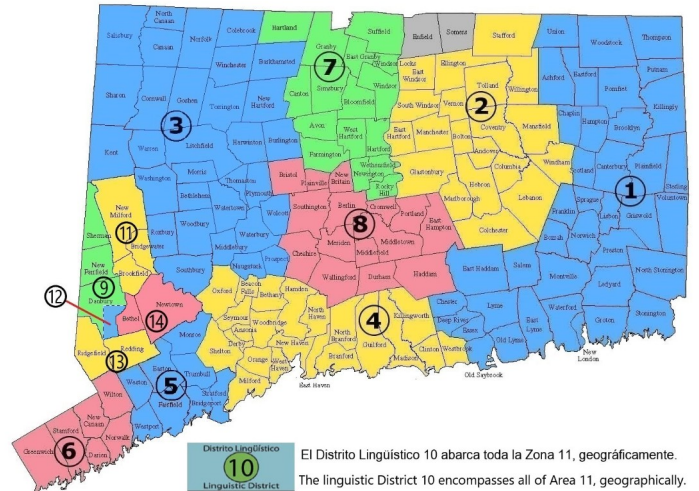
Area 11 maintains standing service committees whose mission is to serve the A.A. community in Connecticut and carry the message of A.A. to the alcoholic who still suffers. Visit the individual service committee pages below to learn more:

- [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](#)

How to reach A.A.: 866-STEPS12

- [Schedules Committee](#)
- [Treatment Center Committee](#)
- [Website Committee](#)

Area 11 Districts



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

Create & Print Meeting Schedules and more on the 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

Para ponerse en contacto con A.A., llame: 855-ESPANCT



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.

Holiday Alkathons and Upcoming Events

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

District 1 38th Annual Christmas Alkathon

Friday December 24 starting at 4:00pm through 12:00pm
Saturday December 25
1606 Hartford New London Tpke Oakdale, CT
[Click here for details and event schedule](#)

District 7 Alkathon

Christmas - Friday December 24 starting at 5:00pm through
5:00pm Saturday December 25
Windsor Recovery Club
118 Palisado Ave. Windsor, CT 06095

Branford Discussion Group 54th Annual Christmas Alkathon / Potluck

Friday December 24 10:00am – 10:00pm
40 Hamre Lane Branford, CT
Contact email: branfordalkathon21@gmail.com

Holiday Alkathons at the Sahara Club

Christmas: December 24 5:00pm - December 25 at 5:00pm
101 Main St. Ansonia, Connecticut
New Year's: December 31 5:00pm – January 1 at 5:00pm
101 Main St. Ansonia, Connecticut

Holiday Zalcathon - That's an Alcathon on Zoom

Friday December 31 1:00pm – January 1 12:00pm
All meetings will be held on the odd hours.
Zoom ID: 846 4682 6412
Password: stay
Sponsored by Day Openers Group

Area 61 / District 7; Area 11 / District 1 26th NYE Alkathon

Friday December 31 6:00pm – 12:01am
Saturday January 1 7:00am – 12:00pm
Westerly Senior Center

WWW.CT-AA.ORG

39 State St. Westerly, RI 02891

Schedule and meal info contact: dcm1.2@ct-aa-d1.org

May we all enjoy sober and serene holidays.



NECYPAA XXXI

Freedom from Fear

December 31, 2021 – January 2, 2022
Sturbridge Host Hotel
366 Main St. Sturbridge, MA 01566
[NECYPAA XXXI – Freedom From Fear – Event & Hotel Info](#)

NERAASA 2022

The weekend of February 25-27, 2022
Pittsburgh, PA
<https://www.neraasa.org/>

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”. The Alki-Line has many service positions open and would benefit greatly from more district representation.

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

Mándenlos 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: alkiline@ct-aa.org

Por el correos: Alki-Line, P.O. Box 7060, Meriden, CT 06450

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

WWW.AA.ORG



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.

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