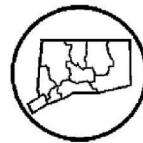




ALKI-LINE



TAKE ONE, IT'S FREE

The Area 11 A.A. Newsletter

Vol. 32 No. 1

February – March 2023

Another Sober Morning

Waking up,
A bed of thoughts,
Unwinding down
Through coffee drops.
Abrasive memories,
Itches the skin
Soothed by voices,
Heard in frequencies,
Now understood;
Begins this day,
With pleas of hope
Salved with promise,
And love and healing;
Encouraged to stretch,
To look up,
And smile.

– Lisa M.

My Ex-Girlfriend

It seems that the A.A. rooms are full of people who have an ex-something – wives, husbands, friends. At a recent meeting, a woman spoke of her drinking as an abusive boyfriend. He was nice for a while, but the next morning he was not (hangover). My mind quickly formed the image of my ex-girlfriend Ms. Boozette – the bottle of one hundred-proof whisky.

Oh, we would have so much fun together – or so I thought. We would watch TV together in the evenings. Funny, though, I don't seem to remember how the movies ended. We would go to bed together, cuddled in each other's arms. When I rolled over and saw her perched on my nightstand, I would be disgusted. She was not the beauty I remembered from the night before.

As you could have guessed, later in the day we would reconcile. I would give her sweet kisses and offer my undying love. Little did I realize that I was offering – 'till death do us part. On nice days I would put the top down on my little Miata, and we would take a drive together. What fun it was to reach speeds of a hundred miles per hour on the open highways. Sanity was a rare commodity in my life. There were mornings when I wondered who had scraped my fender.

Before we went out for the evening, she and I would spend time together just smooching on the living room couch. Those evenings I had to leave her at home because I would be hanging out with her cousins. She was not the jealous type. She knew I would come home - she would be waiting. She was the one that would always take me to slumberland. Every morning though, I would experience her displeasure with me. Why I put up with it I don't remember. Her first kisses were always so wonderful. Later I would often fade into oblivion.

Darkness invades me. People in white coats gather around me. Voices sound distant and muddled.

I have a new girlfriend now. Flesh and blood. My old girlfriend is a painful memory. How had I allowed my problems and emotions to get so mixed up with that crazy and abusive girlfriend? My friends warned me about her, but no, I chose not to listen. All the years I spent with her are lost, down the drain – time travels backward for no person.

Gratitude. Sobriety. Sanity. Fellowship. My life is now one of partnership with my Higher Power. Experience I have gained through my pain and self-destruction. Wisdom I heard in the rooms of A.A. Knowledge learned from the Big Book and the Twelve Steps. I recognize that I am here today only through the grace of God. The gift of a new life. A gift I live – One Day at a Time.

– Al Di.

Help

I've been very fortunate for the years that I've been in Alcoholics Anonymous. My first sponsor told me I would not have a problem with this program. The first people I met in Alcoholics Anonymous told me to get in with both feet, and get into service work at the group, the district, or the area level. I continue to keep both feet in this program and continue to do the work that I need to do to stay sober with help from all of you. So, please give it some thought about doing some service work, whether it be at the group, the district, or the area level. It will brighten your sobriety. Thank you.

– Ed D. Jr.

Out of the Abyss

I just celebrated seven years sober, barely. I am reminded of Steps One, Two, and Three. I knew I was an alcoholic. I knew I was insane, and I knew I had a higher power. I was going to meetings. I was talking to women. I had gotten a new sponsor and sponsee, and I was doing step work. The Big Book says, "Follow these clear cut directions laid before your feet". So what happened? Why did I feel like I was in the abyss? Was I in the mental block that precedes the first drink? Then as I worked Step Three, my Higher Power pulled me out of the abyss and reminded me that nothing happened I'm still an alcoholic.

– Celina B.

Round-Up 2023

"General Service - Our Mighty Purpose and Rhythm"

Saturday, March 18, 2023

Hybrid Event

Wooster Middle School, 2725 Main Street, Stratford, CT

Registration Online is coming at:

<https://ct-aa.org/Event>

The Round-Up is an annual day event whose primary purpose is to encourage and educate the members of Alcoholics Anonymous of Area 11 about the General Service

Structure while fostering the joy and fun of practicing the Third Legacy of Service in our fellowship.

Through presentations and workshops associated with the General Service Structure, our goal is to support members in carrying the message of recovery and hope to others and to engage members to become involved in service through attraction.

In keeping with our primary purpose of encouraging and educating the membership, our theme will mirror the 73rd General Service Conference theme: "**General Service - Our Mighty Purpose and Rhythm.**"

There will be fun and learning through a panel conducted by GSRs, DCMs, and Service Committee Chairs discussing "**Our Common Perils and Common Solutions**" in our respective service positions.

Come browse through our literature displays and join in the discussion of "**Using A.A.'s Literature in Carrying the Message.**"

Sit back and enjoy our keynote speaker, Northeast Regional Trustee, Francis G., as he describes "**Fostering a Thriving Three Legacy Culture.**"

As planning continues, we are continually looking for ways to have the Traditions of A.A. come alive while understanding how the Concepts direct our service work!

Please continue to check the Area 11 website for more information as we get confirmation on the virtual details.

Thanks in advance for your support! Looking forward to seeing everyone!

– Cathy H., Round-Up Secretary

SAVE THE DATE

NERAASA 2023

Northeast Regional A.A. Service Assembly

February 23-26, 2023, The Desmond Hotel, Albany, NY

Visit 2023 NERAASA for information and registration.

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 critical 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 crucial 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

“What’s New” on www.aa.org

Did you know that www.aa.org has a “What’s New” section linked directly off the home page? (Scroll to the bottom of the landing page and click on “What’s New”)

You can find up to date announcements, activities, and more, along with notices from the past few months. Access info on a F.A.Q. for the 2025 International Convention, Special Forums, Press Releases, Requests to the Fellowship, PSA Announcements, Quarterly Reports, and more!

[Click here and check it out!](#)

News and Notes

Box 4-5-9 Fall 2022

Newsletter from the General Service Office: [Box 459 | Alcoholics Anonymous \(aa.org\)](#). Scan the QR code below!



Delegate’s Reports

Monthly Delegate’s Reports are available on www.ct-aa.org in English and Spanish. [Click here for quick access.](#)

WWW.CT-AA.ORG

AAGRAPEVINE

The International Journal of Alcoholics Anonymous

AAGV – Podcasts

Visit www.aagrapevine.org/podcast for a new podcast each week! Tune in for the Ask-it Basket, trivia, recovery-related jokes, & more

Subscriptions and Literature

Visit store.aa.grapevine.org for magazines, books, & more!

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!

We Want To Hear From You!

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.”

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

Hand: your material to your GSR

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

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



HELP WANTED

JOIN THE ALKI-LINE

Join Area 11's Alki-Line
Committee! We are looking for
a co-chair, distribution officer,
secretary, graphic designer,
and a cartoonist. Email
alkiline@ct-aa.org to join!

