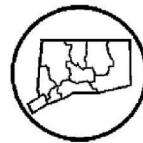




# ALKI-LINE



TAKE ONE, IT'S FREE

The Area 11 A.A. Newsletter

Vol. 32 No. 3

June – July 2023

## **Cringey: The Bonus Category**

Sometimes the categories listed in the Big Book's Fourth and Tenth Step inventories don't work for me. Sometimes all I know is that I feel kind of cringey, kind of tense, kind of uncomfortable, but I don't know why and I can't identify the feeling as fear or anger or whatever to slot it into the proper A.A. approved box. If you're like me – not so great at identifying your emotions – here's what I do.

The cringe category works great with the Fourth Step. After I have completed writing out my resentment, fear, and sex inventories, I write down anything else that popped up during the process, anything cringey from my life that didn't seem to fit into the formal categories. It seems like there's always something that I think isn't a resentment, isn't something I'm afraid of, isn't about sex, but the memory rises up and stares at me. Should I include it? If I'm asking the question, the answer is always yes. Once I write it down, then I can discuss it with my sponsor and get clarity.

Cringe-identification is also great for spot-check inventories and the Tenth Step. When I'm feeling cringey after a stressful day at work, have a weird conversation with a family member, the news is all sad, or all of the above plus a doctor's appointment, I free write about what happened during my day. I get down the thoughts that have been bouncing around in my brain without any goal of categorization. The process of writing turns that soup of discomfort into specific words that show me what's actually going on inside of me.

Most often I'm afraid, sometimes I'm angry, but I can't see it until I've gone through the process. Sometimes I discover I've been stoking a resentment for days (or longer) without even realizing it! But after I write, I can better see what is making me cringe. Then I can use the tools of the program to get some guidance and relief.

The cringey category helps me stay sober and sane. I hope it might help you, too.

– JJ, West Hartford

## **The Unnatural Condition**

At a recent A.A. meeting, one member mentioned that being sober, for an alcoholic, was an unnatural condition. *Wow*, I thought. After noodling it around, I discovered that it made perfect sense to me. I remember how I struggled with my compulsion to drink. The inner twist of the intellect and the corporeal body. My "natural" predilection for a life fueled on alcohol. Does that mean I can now excuse my selfishness and shameless acts for the past sixty years? I think not.

Herein was the problem, and the solution for me. My body is built with an inherent flaw. How it developed is uncertain. Perhaps genetics from my mother's side of the family who were "heavy" drinkers. The "Doctor's Opinion" in the Big Book said it was an allergy. Others say it is a disease. I have lived with the effects of this flaw for most of my life. How am I to repair the mind and body that is thusly affected?

Ding-dong, A.A. is here! At my first A.A. meeting, I wanted what I saw in the room. The enthusiasm and openness. After trying other programs, A.A. was my last stop. I was so excited that when the basket was passed, I put in a \$20 bill. The excitement lasted until I got home and celebrated with a drink. This ushered in two years of bouncing in and out of the rooms of A.A., drunk or dry-drunk. In time, I was introduced to the Twelve Steps. In time, the grace of God, my Higher Power, revealed itself to me. It wasn't easy. I fought this thing called Higher Power. My attendance at

meetings continued until – guess what? The miracle happened.

Why was I so reluctant to accept that another life, a life of sobriety, existed? I was so entrenched in my previous life that it felt normal. To live my unnatural life, I had to choose to make sobriety my priority. The power to sustain this sober life comes through my embracing, no, not only embracing, but absorbing Steps One, Two, and Three. Daily, I affirm my Higher Power to sustain my unnatural condition of sobriety – one day at a time.

– *Al Di.*

## Steps, Traditions, and Concepts Six & Seven

**Step Six:** “Were entirely ready to have God remove all these defects of character.”

**Tradition Six:** “An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

**Concept Six:** “The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.”

\*

**Step Seven:** “Humbly asked Him to remove our shortcomings.”

**Tradition Seven:** “Every A.A. group ought to be fully self-supporting, declining outside contributions.”

**Concept Seven:** “The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.”

## Northeast Regional Forum

**June 2 - 4**

Boston Marriott Burlington  
1 Burlington Mall Road  
Burlington, MA, 01803

Regional and Local Forums provide unique opportunities for A.A. members across the U.S. and Canada to connect with

people throughout the A.A. service structure. At forums, members can exchange information with representatives of the General Service Board, A.A.W.S., AA Grapevine and GSO.

Register [here](#) for the Northeast Regional Forum!

## 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](http://www.ct-aa.org)

## “What’s New” on [www.aa.org](http://www.aa.org)

Did you know that [www.aa.org](http://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](http://www.ct-aa.org) in English and Spanish. [Click here for quick access.](#)

# AAGRAPEVINE

The International Journal of Alcoholics Anonymous

### AAGV – Podcasts

Visit [www.aagrapevine.org/podcast](http://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](http://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](mailto: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](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.*

## The Gratitude List.

Visit the Alki-Line page at: <https://ct-aa.org/alki-line/> to tell us something you are grateful for.



# AREA 11 SOBERFEST 2023 REGISTRATION

## JUNE 9, 10 AND 11, 2023

STARTING AT 4 PM ON FRIDAY AND ENDING AT 12:00 PM ON SUNDAY  
Odetah Camping Resort, 38 Bozrah Street, Bozrah, CT

A family-friendly weekend of AA fellowship, speakers,  
marathon meetings, entertainment and fun!!

IT IS NOT REQUIRED TO CAMP AT ODETAH TO ATTEND SOBERFEST

**\*\* REGISTRATION FEE \*\***

**Adults: \$15.00 for the weekend**

**Children (17 and under): FREE**

[CLICK HERE TO REGISTER OR USE QR CODE](#) ⇒



To mail registration and payment (checks only), complete the form and send to:

Area 11 Treasurer  
PO Box 7060  
Meriden, CT 06450

**CHECKS SHOULD BE MADE PAYABLE TO SOBERFEST**

Name : \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ # of adults: \_\_\_\_\_ Total Payment: \_\_\_\_\_

Names of additional adults: \_\_\_\_\_

**DO YOU WANT TO ORDER A  
T-SHIRT OR OTHER MERCHANDISE?**

**VISIT THE SOBERFEST 2023 BY CLICKING [POP-UP STORE!!](#) ⇒**



**\*\* THIS COST COVERS THE SOBERFEST EVENT AND  
DOES NOT INCLUDE FEES FOR CAMPING OR CAMPGROUND DAY PASSES.  
MANY CAMPGROUND AMENITIES INCLUDED; SOME WITH AN ADDITIONAL COST**