



**Office Address:**

422 N. Main St., Pittston, PA  
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**Office Hours:**

Saturdays 10 AM—2 PM  
2nd Tues./month 5—6:30 PM

**Email:**

nepaintergroup@gmail.com

**Monthly IGR Meeting:**

Meeting held at 7PM the 2nd  
Tuesday of the month at  
Queen of the Apostles School  
bldg.  
715 Hawthorne St, Avoca, PA  
18641

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**Hotline.....570-654-0488 — 800-640-7545**

**Central Office.....570-654-1226**

**Website <https://aaintergroupnepa.org/>**

## NEPAIG — our gateway to service

In October we hold elections for Board positions. This year we seek to fill the three positions;

**Chairperson (President)**

**Vice Chairperson (Vice President)**

**Treasurer**

**Secretary**

So **WHO** can stand for these open positions?

Any AA© member of the NEPAIG geographical area is eligible to stand. **You do not need to be an IGR to stand for any position!** We should have a full slate of people willing to stand. We haven't had candidates compete for an office in many years. A slate willing to stand for office shows health in our fellowship. Our “Third Legacy” procedure is designed to enhance an election and if need be, offers us a chance to let a loving God make the choice. That happens by using the “hat”.

Don't assume these positions are already filled. Sometimes the most unlikely member will provide the most optimal experience. It all comes down to a willingness to serve. AA Service is one of our 3 Legacies, It is vital for our survival and the survival of our fellow-

ship.

Announce these openings and elections at your home group. Seek out persons with a willingness to serve and inform them of these chances to serve AA. Your NEPAIG is desperately in need of people, not just those holding an office but members willing to serve on their committees.

Anonymity is the “spiritual foundation of all our Traditions”.© It's to a willingness to serve based on the freedom sobriety has given each of us.

Mark the date and mark the slate!

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## FROM YOUR EDITOR

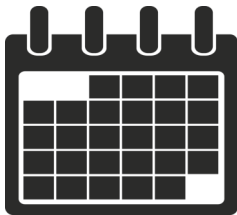


Our Fall Edition of NEPAIG MESSENGER comes to you just ahead of our October elections. Like our elections, taking part in your newsletter is important. The purpose your newsletter is to inform and report on AA service in the NEPAIG area. If an article seems too daunting to write, try submitting short quips on your experiences in AA service. We need to hear them, for others to follow! "Dry Dock Humor" is being re-titled to "Dry Dock". It'll be comprised of sober related humor and slogans. Send input for "Dry Dock and "Only in Service" along with comments or suggestions to our newsletter email. We will also begin publishing **Group Anniversaries**. Provide group anniversary dates via our newsletter email or at the monthly IGR meeting well in advance. Our newsletter is now quarterly so submit in advance to publish ahead of the anniversary. Out of a 7 county area, only 1 response so far!

nepaignewsletter@gmail.com

*bob p*

*Any submitted material will be edited if/as required.*



CHECK OUT OUR WEBSITE FOR UPCOMING EVENTS AT:

<https://aaintergrouppnepa.org/nepaigaaevents>

Eastern PA Area 59 EPGSA released the registration form (English/Spanish) for this years convention. It can be found at :

<https://area59aa.org/calendar/66th-annual-eastern-pennsylvania-general-service-convention-assembly-epgsa/>



## ANNUAL HALLOWEEN COSTUME PARTY

Saturday October 28, 2023

Queen of Apostle Hall (where the IGR Meeting is held)  
715 Hawthorne St, Avoca, PA 18641

6PM to 11PM

DJ

*Dancing*

*Raffle Baskets*

50/50 Raffle

Food

FUN

*Fellowship*

Prizes

*Pizza*

\$15 Adults / \$8 Children

*Ghoul-ish adventures!*



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## **NEPAIG WEBSITE—it's yours to use.**

Have you ever really gone through all the options on our NEPAIG website? For those who have, I am sure you've noticed that it is truly much more than a meeting list or a means to find one. I used to use it somewhat mainly to locate or explore AA meetings in our areas. In the last few months I have become more intimate with its content for a number of reasons. As your chairperson for this newsletter I use it to search for information needed to accurately report on the NEPAIG itself. As an AA member, especially one from NEPAIG it offers so much more..

When we arrive at the Home Page the top bar shows 6 main categories. They are;

### **NEPA AA**

### **MEETINGS**

### **Can't Stop Drinking?**

### **Contact us**

### **Get Involved!**

### **More Information**

The first, **NEPA AA** pens up a host of different links and statements mainly about NEPAIG, what we do, who we are, links and much more.

Next across is **"Meetings"** which opens the most current drop down meeting list. It's searchable and has multiple options to find meetings in our area. It also has a map to show locations.

When you go to the **"Can't Stop Drinking"** button so much is there for a person who might have a problem, a family member or anyone wanting to know about AA and how to contact AA.

Moving over to **"Contact Us"** you'd find information and links to NEPAIG, a form to contact the intergroup, listing of all our current board members, a printable meeting list and a form to make changes to a meeting listing. There are other group forms, Public Information requests and even an Archive form to list the history of your home group.



When you go to the **"Get Involved"** button there are drop down choices being:

### **Bridging the Gap**

### **Corrections forms**

### **Events**

### **Institution Commitments**

### **Intergroup Service Commitments**

### **Newsletter**

### **Text Messaging**

Each of these are a clickable link expanding with information on the title.

Finally there is the **"More Information"** button which is another drop down menu containing;

Anonymity and Online Meetings

Bookstore Pricelist

By Laws

Districts We Serve

Meeting minutes Archive

There is so much information in this section. Take some time and go through our website, explore all the choices. ***I know you'll be surprised with all that's there, I was!***



## A look at Traditions 10, 11, 12

**Tradition 10 - Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.**

1. Do I ever give the impression at a treatment center or other facility that AA has opinions on treatment methods?
2. Can I share my own personal experience honestly without stating that it is the AA opinion?

**Tradition 11 - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.**

1. Do I promote AA so fanatically at times that I make sobriety unattractive?
2. Do I show through my own sobriety that life sober is attractive to a newcomer?

**Tradition 12 - Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.**

1. Do I understand that by practicing the principle of anonymity I am placing the whole of AA's welfare ahead of my own?
2. Can I see the spiritual connection to giving of myself in service to God and others?
3. Do I try to get my home group to conform to my standards other than the groups own?

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## Area 59 EPGSA reports on a local AA Service event.....

### Unity in A.A. – Why it is important?

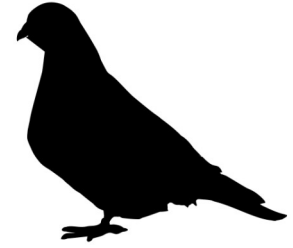
**“Our common welfare should come first; personal recovery depends upon A.A. unity.”**

.....This means that A.A. members should put aside their personal opinions and differences for the sake of preserving the unity of the group and the fellowship as a whole. EPGSA (Eastern Pennsylvania General Service Assembly) participates with many other Service entities within our region to support and embrace A.A. unity. Along with annual Area 59/SEPIA (Southeast Pennsylvania Intergroup Association) Share-a-Day event held early in the year, other workshop/events have included local service entities this year.

At a workshop held in Dallas, PA during this spring, District 40/NEPA AA (Northeast Pennsylvania Area Intergroup), aaintergroupnepa.org co-hosted” Spring into Service”, where District, Intergroup, and Area subcommittee members gave presentations on numerous aspects of their A.A. service work. For me personally (Ted C, District 27 DCM (District Committee Member), Center City Philadelphia), it was nice to see what types of important service work done and types of committees NEPA AA has, being only familiar with SEPIA prior to this event. It was very impressive to see A.A. thriving in Northeast Pennsylvania thanks to NEPA AA and District 40.....

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# A PIGEON OR A SPONSEE?



I was raised in AA being called a pigeon when I was new, not to mention some other choice names! Some bothered me, some didn't. I never really paid much attention to being called a pigeon, it was what it was. I went to our Area Convention at just under a year sober and thought I was at some sort of presidential affair. All the people there amazed me, hundreds of them. I saw this man standing at a table. People were in line to greet him. He must have surely been someone very important I thought. I waited with my gruff old sponsor. He was seasoned in AA service. I walked up when it was my turn. This man was the area delegate and he asked about me saying, "and who is this Rod" to my sponsor. But before I could introduce myself, my sponsor said "a guy with an ego that's going to kill him." I was introduced that way throughout the entire convention. I didn't like it, but in hindsight I see where it was so true. It sounded much worse than pigeon! He often introduced me as his latest "pigeon". I heard tales about how we were called that because like the pigeons I remember as a child, they were housed, fed and let to spread their wings never really doing much for the ones providing the care.

As times changed, people and our friends started to evolve to the term "sponsee". I still to this day believe the term was an offshoot from the treatment scene, but who knows right? Today everything and everyone seems so overly sensitive, but that is a story for another day! Now to me, that term made me nauseous, sponsee I mean. It sounded sort of cuddling, not at all what I was used to. I continued to use the term "pigeon" and to be honest never really had any of my pigeons confront me about it. It seemed to raise some eyebrows at meetings when I would share or even speak and use the term. Sometimes people would snicker or roll their eyes, chuckle or get riled, there always was a collage of reactions. It seemed to me that anyone who protested the term, wasn't a pigeon in the first place!

So one day recently I thought, "why not look into our history and see if I can find out where the term came from and when it came to be. Like much of our history, there are a ton of takes on every topic, this one is no different. I'll share a few that I found. There's tales of Dr. Bob using it to describe newcomers to be much like the carrier pigeons of World War II who took messages off to their destinations, messages maybe of hope? When they sponsored their "pigeons" it's said they compared them to "pigeons" flying on their way and spreading messages of hope to others. Carrying the message of freedom through sobriety to the suffering alcoholic I've read other stories of sponsors not being "official" until they got their "feather", meaning they their first success with a pigeon. I found this article in an old Grapevine online and the AA Grapevine has given us permission to re-print it in its entirety. Flip the page and enjoy it, see if being called a pigeon sounds so bad after all.

# Pigeons

BY: J. P. | JEFFERSON BOROUGH, PENNSYLVANIA

I NEVER CARED for the term "pigeon," as some AA members label a newcomer. Pigeons, to me, always seemed rather ugly, stupid birds. I also related "pigeon" with someone who could be easily conned, and I silently resented the comparison.

After eight months in the program, however, I can glance back over my shoulder at the rocky path I've traveled, and smile a little as I imagine how I must have looked and sounded when I first came in. Very much like a pigeon, I had my beak--nose, that is--to the ground, awkwardly running hither and thither, pecking the dust, trying to find some kernel of sense, some seed of wisdom to explain why I was so miserable, why my life had become unbearable, why I was alcoholic--all the while frantically cooing, "Poor me! Poor me!"

When I finally got my nose out of the dust and looked up, there were the smiling faces of AA members, each holding bags of knowledge of varying size. They gave me bits of their experiences a little at a time. Some, I could relate to and ate hungrily. Others, I couldn't, but these were picked up by my fellow pigeons.

After two months, I was feeling so great, I wanted to remake AA. Why were they hiding all this great joy under a bushel? They should go on nationwide TV so more people could be helped sooner. If I'd had my way, I would have erected a shining white monument to AA in the center of every town from coast to coast--a veritable pigeon's paradise. Only after I had heard many leads, talked to a lot of old-timers, and heard the Traditions over and over, did the words "attraction rather than promotion" really make any sense.

My short time in the program has been sprinkled with some happiness and some disappointments, but my biggest reward is finding a God I can understand, a Higher Power I can talk to on a one-to-one basis, feeling that He is near, gently guiding me. Trouble is, He won't let me do it my way. Every time I take flight in the wrong direction, He pulls a tail-feather or two and quickly brings me back to reality--sometimes with a painful bump.

Despite the admission that "we are not saints," I was convinced that all the people in AA were the closest thing to it--all, that is, except one man, and he nearly put an end to my sobriety. He was a loud, obnoxious, and incessant talker. No one could carry on a conversation when he was around. You couldn't get a word in edgewise. Several times, he brought a tipsy buddy from a nearby bar, who invariably interrupted the meeting. It got so I would avoid my usual round of meetings, because wherever I went, there he was. Later, when I heard he had been hospitalized, I honestly sighed with relief. I couldn't help but wonder what purpose this man had in God's plan.

I recently joined a Step group, and when I came in for the second meeting, there sat the man I had so tried to avoid. As the meeting began and they read, "Came to believe that a Power greater than ourselves could restore us to sanity," I silently prayed that He would protect my sanity. As the meeting progressed and we went around the room, each commenting on what this Step meant to him or to her, I was aware of a feeling of tranquility, as if a Higher Power had joined our group.

When the man I had resented started speaking, I was amazed. Rather than repeating the harsh, sometimes incoherent ramblings I had come to expect, he spoke quietly and simply about his illness, telling how he had struggled, with the help of God and AA, toward the sanity we all speak of so often, but never fully understand. And suddenly, I knew what God's plan had been, for me at least. I hope I never forget that part of the Twelfth Tradition "ever reminding us to place principles before personalities."

This pigeon still has a lot to learn, but this incident and others have made me realize that AA members are *not* all saints; we are a big cross section of humanity with all the courage and the faults of any group. I think the thing that makes us "special" is the love and understanding that surface from our collective consciences. When one member grows weary, there are a dozen others to step in, and the overall effect is that of endless continuity.

The other day, I glanced up and saw a flock of my feathered counterparts winging their way across the blue sky, alternating light and dark as they made their banks and turns in unison. They didn't seem so ugly to me anymore.



## ▼ APPENDIX G:

# THIRD LEGACY PROCEDURE

## PURPOSE

A.A.'s Third Legacy Procedure is a special type of electoral procedure, used primarily for the election of delegates and regional and at-large trustees. It is considered to be unique to A.A., and at first glance, appears to introduce a strong element of chance into a matter that should depend solely on the judgment of the majority. In practice, however, it has proved highly successful in eliminating the influence of factions or parties that seem to thrive on most political scenes. The railroading of a candidate for election is made difficult, if not impossible, since voters have a wide selection of candidates to choose from. More importantly, a second-place candidate who may be extremely well qualified but without early popular support is encouraged to stay in the balloting rather than withdraw.

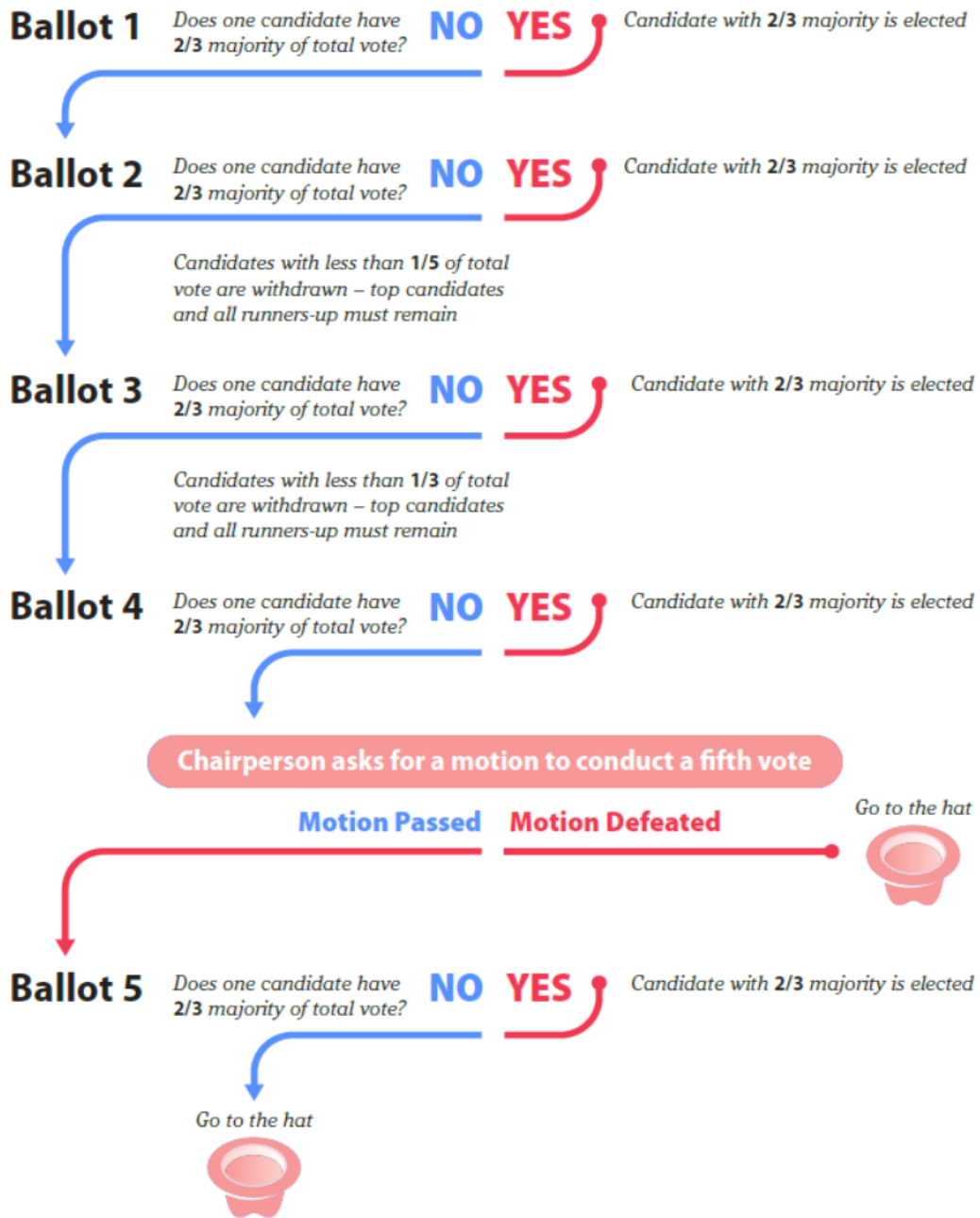
## ▶ PROCEDURE

1. The names of eligible candidates are posted on a board. All voting members (of the area or Conference body) cast written ballots, one choice to a ballot. The tally for each candidate is posted on the board.
  - The first candidate to receive two-thirds of the total vote is elected.
2. Withdrawals start after the second ballot. If any candidate has less than one-fifth of the total vote, his or her name is automatically withdrawn—except that the top two candidates must remain. (In case of ties for second place, the top candidate and all tied runners-up remain as candidates.)
3. After the third ballot, candidates with less than one-third of the total vote will be withdrawn automatically, except the two top candidates remain. (In case there are ties for second place, the top candidate and all tied runners-up remain as candidates.)
4. After the fourth ballot, if no candidate has two-thirds of the total vote, the candidate with the smallest total is automatically withdrawn, except that the top two candidates remain. In case there are ties for second place, the top candidate and all tied second-place candidates remain.
  - At this point, the chairperson asks for a motion, second, and a simple majority of hands on conducting a fifth and final ballot.
  - If this motion is defeated, balloting is over and the choice is made by lot—“going to the hat”—immediately.
  - If the motion carries, a fifth and final ballot is conducted.
5. If after the fifth ballot no election occurs, the chairperson announces that the choice will be made by lot (from the hat). At this point, the top two candidates remain. In case there are ties for first place, all tied first place candidates remain. In case there are no ties for first place, the top candidate and any tied second-place candidates remain.
6. Lots are then drawn by the teller, and the first one “out of the hat” is the delegate (or trustee or other officer).

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Third Legacy voting procedure with a slate of candidates and voting by a general membership. If no 2/3 majority is met, eventually the decision goes to the Higher Power with a name “pulled from the hat”.

### THE THIRD LEGACY PROCEDURE



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## “ Only in Service “

*Cecelia M.*

*Peace and Serenity Group*

So here I was, brand new in recovery once again! This time, working with a sponsor, I was maybe halfway committed to staying sober and working the 12 steps. Of course jumping into another train wreck relationship didn't add to my plan for success either. I had many unused phone lists and dug into them. I found a woman's number I had filed away, someone who had gotten my attention perhaps? I called her and was surprised when she said she'd pick me up and we could go to a meeting. She did just that and when we connected. She rambled on about her hectic career, but seemed nice enough. We arrived at the meeting and as I listened to the speaker, they seemed to speak with so much sanity it was startling.

As it turned out not having a license or vehicle was a blessing. I usually made a bee-line it for the door right after the meeting, but this time it was different. Instead of leaving right away, I went up and spoke to her. She told me I should join that group, and if I was really serious, take a service commitment. In spite of my better judgment (*yeah right*) I took her suggestion. Once I opened my mouth to the group members about wanting some type of service commitment, I was put in charge of chairing the meeting and finding the speakers for that following month. *WOAH, WTH* just happened! I silently thought to myself, “don't they know who I am”. That's a lot of responsibility for a flaky half committed chick. God had other plans!

I continued going through the steps and applying the principles to my daily life. I showed up every week for my new home group and found speakers. That *forced me to use all the numbers on my once unused phone lists*. I began to see myself and the world differently. It was as if I had been given a pair of heavenly lenses. Fast forward a few months. Most all senior home group members began leaving, moving to different states. I began to panic! I thought to myself, “I don't know how to run a meeting, handle the money, throw celebrations and get literature. I thought to myself, “no one will trust me with the key to the church.” How wrong I was. With the help of an amazing “*old timer*” and another group member, “who is now my husband” and of course God, I learned how to manage the groups money, fill commitments, plan celebrations and I was even given the key to the church. I was given the crash course in AA service and met mentors that played a crucial part in my getting and staying sober. I am sober today, coming up on 4 years and will forever be of service in this amazing program in whatever way God sees fit!



# DRY DOCK—Slogans & Humor

In the spirit of  
“Ham on Wry” ©



“If it walks like a duck”.....

“and talks like a duck”.....

“and acts like a duck”.....



My sober friends and I decided to form a band, write our own music and become famous.....but we couldn't get past the first few bars.



Why does it take an alcoholic so long to change a light bulb?

Probably because he's standing there holding it and waiting for the world to revolve around him!



*A WOMAN TOLD ME ONCE THAT THE AA SLOGANS WERE THE RAILINGS TO THE STEPS,*

*SHE SAID “WHEN YOUR FEET CAN'T FIND THE STEPS, HANG ONTO THE RAILINGS!”*



Victor E. & “Ham on Wry”© reprinted with permission of the AA Grapevine