

# NEPAIG MESSENGER



WINTER 2023



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## NEPAIG — our gateway to service

As we approach the end of the year it's a period where when we reflect on the year with deep gratitude for our sobriety. The 12th month is a good time to practice Anonymity as the true spiritual foundation of not only our Tradition but also of our personal sobriety. I read a Conference report and the keynote speaker describe Anonymity as the "Spirit of Sacrifice". That changed my outlook on Anonymity in my person sobriety. I carry that Conference Report stored on my phone, so maybe it's a bit of a **smart phone!**



**WISHING EVERYONE A HAPPY HOLIDAY SEASON  
AND A PEACEFUL, SOBER NEW YEAR!**

**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

**OUR ELECTIONS HAVE LEFT US WITH 2 OPEN POSITIONS, READY TO BE  
FILLED BY SOMEONE WILLING TO SERVE. HOW ABOUT YOU!**

**Vice Chairperson**  
**Secretary**

**\*NOT FILLED\***  
**\*NOT FILLED\***

**Table of Contents**

NEPAIG	1
Editorial & Events	
Chairpersons	3
Traditions & Anniv.	4
BTG & Marathon	5
Unity & NERAASA	6
12 Tips for sobriety	7
Our 3 Legacies	8
Only in Service	9
Dry Dock	10

### NEPA intergroup Corrections Committee—BOOK DRIVE

Please help by donating any "SOFT COVER" AA book through member or group donations, a single book or a case. There is a basket at the Office for donations during our operating hours.

If you can't get to the office contact **Rich E. @ (201) 259-4695** or any NEPAIG Committee member to make a donation.



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## FROM YOUR EDITOR



nepaignewsletter@gmail.com

Ron S. from the Peace & Serenity group is now onboard with our newsletter and his experience is much appreciated. We have room for more, so join us. The holidays are approaching and our need to be of service to others comes with it. Are you doing your part for the whole of AA? Everyone can be of service in carrying our message of hope to those who want it.

Tell other AA members you know this newsletter is available on our NEPAIG website at:

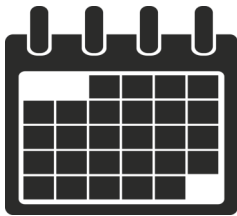
<https://aaintergrouppnepsa.org/forms-and-information-about-intergroup/newsletter/>

On that note I would like to wish all of you a very Merry Christmas and a Happy New Year! It is truly a pleasure to be your chairperson for this newsletter.

*Any submitted material may be edited if/as required, send to:*

nepaignewsletter@gmail.com

**bob p.**



CHECK OUT OUR WEBSITE FOR UPCOMING EVENTS AT:

<https://aaintergrouppnepsa.org/nepaigaaevents>

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**H to H Dinner Dance**

**April 13th**

*More info to come at the future IGR meetings*

**Wilkes Barre**



**Holiday Inn**

## *A FAREWELL MESSAGE FROM CHAIRPERSON TATE S.*

Let me start out by saying thank you to everyone for allowing me the privilege to serve as the chair of NEPAIG for the last two years. I hope that my tender as chair was a productive one and benefited all of the groups in our area. When I take a commitment, my intention is to leave the position better than when I found it. I want to thank the other board members and subcommittee chairs for their hard work and support. They have made my job very easy.



The final thought I would like to leave you with is that the success and growth of NEPAIG is 100% dependent on our groups. The board and subcommittee chairs are simply home group members willing to serve and carry the message of Alcoholics Anonymous. Please continue to carry the reports and inform your groups the way you have been doing. Try to inspire, educate, and promote the benefit of service work in your recovery. We need new people coming in. When they experience what we have, Alcoholics Anonymous will always reach the still sick and suffering alcoholics in our area.

*THANK YOU, IN LOVING SERVICE –TATE S*

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## *A WELCOME MESSAGE FROM INCOMING CHAIRPERSON ANNIE H.*

Alcoholics Anonymous saved my life in July of 2009. I was 24 years old, with very little left of my mind, body, and soul. I had experienced feelings I never thought imaginable. Now fast-forward to today. I'm a two-time college graduate and a self-employed professional woman. I've kept a human alive for over four years and I am a daughter, sister, and friend. Without AA, which led me to a relationship with God, I would have never been able to accomplish any of these things.



Just as they say, "AA ruins your drinking", for me, getting a taste of service work has provided me with a new undeniable purpose. Once I was given the privilege to see how AA works beyond the level of my home group, I knew I had to do what would help ensure the longevity of the program that saved my life. My commitment to Intergroup is genuine, honest, and pure. My enthusiasm for sobriety is the bright spot of my life. I am capable, willing, and excited for the next chapter of my life in terms of service work by helping others to know what I know, feel what I feel, and to experience what I've experienced.

Tate S. told me to get used to saying, "I don't know. I'm sorry. I can find out." So, I'll leave you with this: I'm sorry, I don't know and I can find out.

*IN LOVE AND GRATITUDE – ANNIE H.*



## A look at Traditions 1, 2, 3

**Tradition 1 - Our common welfare should come first, personal recovery depends on AA unity.**

1. Am I informed about intergroup as a whole? Do I support in every way I can?
2. Am I considerate of intergroup members as I want them to be of me?
3. Am I a peacemaker or do I plunge into argument just for the sake of it?

**Tradition 2 - For our group purpose there is but one ultimate authority—a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

1. Do I criticize or do I support our intergroup officers and chairpersons? Newcomers? Old Timers?
2. Do I look for credit or acknowledgement for doing an AA job?
3. Do I sound off about matters which I have no experience or little knowledge?

**Tradition 3 - The only requirement for AA membership is a desire to stop drinking.**

1. Do I prejudge new members as losers?
2. Are there types of AA members I do not want in our intergroup?
3. Do I judge if others are sincere or phony?

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## GROUP ANNIVERSARIES:

### Upcoming

**LCC Candle Light Group — 50 Years, March 31, 2024—Last Sunday,**

*Luzerne Community College*

*1333 Prospect Street, Nanticoke*

### Previous

**Moscow Mountain Group — 44 years was held in October**

**Conyngham Group— 33 years was held on December 6th**



*If your group is celebrating an anniversary and you would like it posted, please forward the information to: [nepaigmessage@gmail.com](mailto:nepaigmessage@gmail.com)*

*We need the info the quarter prior to the anniversary date.*

## Bridging the Gap



Scan the QR Code to Volunteer Today!



**Bridging the Gap** is a program creating a temporary partnership between a treatment program and A.A. members. Bridging the Gap is designed to help an alcoholic in a treatment program make that transition.

One of the more “slippery” places in the journey to sobriety is between the door of the facility and the nearest A.A. group. A.A. members have volunteered to be temporary contacts and introduce newcomers to Alcoholics Anonymous

**Request Services:** <https://aaintergroupnepa.org/bridging-the-gap-member-signup>

**Become A Volunteer:** <https://aaintergroupnepa.org/bridging-the-gap-volunteer-sign-up>

**Comments or Questions:** [NepaBTG@gmail.com](mailto:NepaBTG@gmail.com)

## *MARATHON MEETINGS FOR CHRISTMAS AND NEW YEARS*

*(locations are listed on the “Meeting Guide” APP)*



### **DISTRICT 39**

***The Hall, 415 North 8<sup>th</sup> Avenue, Scranton, PA***

Sunday	December 24	6PM, 8PM
Monday	December 25	8AM, 10AM, 12PM, 3PM, 7PM
Sunday	December 31	6PM, 8PM
Monday	January 1	8AM, 10AM, 12PM, 3PM, 7PM

### **DISTRICT 40**

***St. Elizabeth Ann Seton Church, 116 Hughes St, Swoyersville, PA***

Monday	December 25	8AM, 10AM, 12PM, 2PM, 4PM, 6PM, 8PM
Monday	January 1	8AM, 10AM, 12PM, 2PM, 4PM, 6PM, 8PM

### **DISTRICT 49**

***Last Chance Group***

***Lehighton Recreation Center, 243 South 8th Street, Lehighton, PA 18235***

December 24—25      6PM thru 6PM

December 31—January 1      6PM thru 6PM

AA groups will chair for 3 hour blocks, Meetings run the top of each hour, speaker/discussion 45 minutes with 15 minute break

## AN AA GROUP OR A MEETING AND WHY IS THAT?



DAVE A. UNITY CHAIRPERSON

What makes an AA group a group? We are fortunate to live in an area with lots of AA meetings daily. BUT, are each one an AA group? At first I tried explaining the difference as a feeling, like one you get when you see somebody who has had a spiritual awakening. The AA group and its members just sort of glow, you can just tell. Our GSO has literature on nearly every topic, so I don't have to just make this stuff up! The difference between an AA group and a meeting is a small but important one. Any meeting can become a group simply by participation.

After looking through some AA pamphlets and literature I had at the house, I searched online for what AA had to say. I found one definition given in the pamphlet "The AA Group," which says, "The main difference between a meeting and group is that AA groups generally continue to exist outside the prescribed meeting hours, ready to provide 12<sup>th</sup> step help when needed." If we take a look at the inverted triangle of AA, at the top is the largest, most important part of the service structure, the AA group. Are the meetings you go to part of the service structure, or are they missing from AA's Triangle? AA needs the participation of every member in order to survive, the same way we need AA to survive. A meeting becomes a group simply by participation, the same way an alcoholic becomes a member of AA. By getting involved a meeting becomes a group.

When I came to Alcoholics Anonymous I was looking for Recovery. I found it by working through the Twelve Steps with my sponsor and practicing a program by which I can live by. But beyond the Legacy of Recovery there are also two other Legacies Unity and Service. I was told that my recovery was possible because those who came before me practiced all Three Legacies. In order to help future alcoholics, I had to get involved, also. The next step was to participate in AA as a member. To do that I had to get involved with my group. Once I did the entire Fellowship of AA opened up to me. Without that I do not know where I would be today.

Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Our common welfare comes first, but individual welfare follows close afterwards. The long form of Tradition 1 says that each member is part of a whole, and on this whole of AA depend our lives. We read the Declaration of Unity at the beginning of every Intergroup meeting, and it shares similar sentiments. AA was there for us when all else had failed and it was there by active participation of members of AA groups. Those who shared practice of these principles kept the message alive for us to hear. The future of AA depends on our efforts to carry the message and this can only be done by continuing to share our experience, strength, and hope. Contacting GSO to register as an AA group will open up a means of communication so the group can continue to carry the AA message. It also allows AA as a whole to continue to help the alcoholic who still suffers. Our very lives depend on it!

### **NERASSA**— NORTH EAST REGIONAL ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY FEBRUARY 22 THRU 25, HERSHEY, PA

What is the purpose of NERAASA?

The purpose of the Northeast Regional Alcoholics Anonymous Service Assembly (NERAASA) is for GSRs, DCMs, Area Committee Members and Intergroup and Central Office Representatives of the Northeast Region to discuss General Service Conference related issues and concerns affecting AA as a whole, as well as pertinent aspects of recovery, unity and service common to the Areas of the Northeast Region.

What happens at NERAASA?

NERAASA is a weekend of Panel Presentations and Floor Discussions on Issues Affecting A.A. Today; the Northeast Regional Trustee's Report; Saturday Dinner followed by an A.A. Speaker Meeting. In addition, there are several Round Table Sharing Sessions throughout the weekend. They include (but are not limited too); General Service Representatives (GSR's), District Committee Members (DCM's), Archives, Cooperation With The Professional Community (CPC), Public Information (PI), Correctional & Treatment Facilities (CTF), Grapevine, Area/Panel Officers, Central Office/Intergroup, Website, Alternate & Area Delegates.

ALL A.A. MEMBERS ARE WELCOME AND ENCOURAGED TO ATTEND! Reprinted with permission of 2018-2023 NERAASA ©



# REMEMBER, SOMETIMES OLD ADVICE IS GOOD ADVICE

## STAY SOBER THIS HOLIDAY SEASON AND THE REST OF THE YEAR!

### Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** *Line up extra A.A. activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** *Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** *Find out about the special holiday parties, meetings, or other celebrations*

given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6** *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



**7** *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



**8** *Worship in your own way.*



**9** *Don't sit around brooding.* Catch up on those books, museums, walks, and letters.



**10** *Don't start now getting worked up about all those holiday temptations.* Remember—"one day at a time."



**11** *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts—but this year, you can give love.



**12** *"Having had a . . ."* No need to spell out the Twelfth Step here, since you already know it.

# *“Our Three Legacies”*



## **Recovery**

Although I am not an expert on the three legacies of AA, I have learned a lot since re-dedicating myself to AA. Recovery can be a slow process when done correctly. The 12 steps are outlined in the first 164 pages of the big book, reading them doesn't take long at all. However, working them well is a whole different ball game. If we are to do twelve step work, we must ensure our own house is in order first.

Extreme caution must be exercised in our self-examination before we attempt or even think we are equipped to help others. Helping another alcoholic can be a very rewarding experience. It gets us out of our selfish ways of thinking. Joining an AA group, sharing at meetings, taking speaking commitments and just getting involved are all ways the alcoholic can work on recovery.

More than ever, I hear how help is needed in all areas and at every level of our program. Recovery depends on all of us doing our part. If you have received the gift of sobriety and feel even the slightest nudge to give something back then just do it. It won't be wasted time, I promise.

## **Unity**

The legacy of unity is outlined for us in our Twelve Traditions. The short version of the 12 Traditions is read at almost every AA meeting. To truly understand them we need to take a deep dive into their meaning by reading the book called “The 12 Steps and 12 Traditions”. These traditions are the glue that binds us together. AA groups can easily go astray if they are not properly grounded in them. An informed group conscience and business meetings should always reference the Traditions before making a rash decision, one that they may come to regret. The informed group conscience is always aligned with the 12 Traditions. AA's survival is credited with sticking to our Traditions because they work.

## **Service**

The legacy of service is brought to us through Step 12 which reads, “Having had a spiritual awakening as the result of these steps we try to carry this message to other alcoholics and to practice these principles in all our affairs”. Helping another alcoholic is rewarding not only to the newcomer but also to the person offering the help. How often we hear an alcoholic say to another alcoholic “you're helping me as much as I'm helping you”. The real beauty of this comes because we expect nothing in return. We give freely to anyone who reaches out for help. In writing this I am reminded of the story of how Bill W. was almost tempted to commercialize our program. He could have made millions and died a wealthy man had he followed that temptation. Instead, he followed his heart knowing that what he had been given was a gift and to keep it he must give it away. When you get to where you're going don't forget to turn back around, help the next one in line, and always stay humble and kind.

***In Service, Ron S.***



## *“ Only in Service “*

*Tate S.  
Light My Way Group*

In September 2011, I attended my first AA business meeting. I was a member of the Valley Group, Wilkes Barre. At that meeting I was asked if I'd be willing to be the group's IGR. I gave a thousand reasons why I couldn't. I was unfamiliar with the area, didn't have a car, didn't know anyone, blah, blah, blah. My home group members dismissed my excuses. They offered transportation and shared their knowledge with me. I reluctantly said "yes". In many attempts at sobriety I always rejected sponsorship and service sponsorship. It was suggested to me that maybe I needed to try something different, so this time I did.

After attending my first IGR meeting in Pittston, I was fortunate to find transportation to future meetings from the intergroup chair. Over the next year and a half he introduced me to many other service activities outside of intergroup. One of the more memorable events was my first trip to the EPGSA, (Eastern Pennsylvania General Service Assembly). It was a voting year and I went to help count votes. I had no clue what the event was even about, I wasn't even clear as to who the votes were for. However, it was a long ride and he explained it to me the best he could.

The following November I attended EPGSA as a GSR for my home group. On the Saturday night of the convention, the current delegate drew my name randomly to come on stage. I was asked to share how I was inspired to get into service work and also how it has benefited my sobriety. I was literally shaking in my boots, I had no idea this was coming. I mustered up as much confidence as I could, then went on-stage and shared the best I could. I remember thanking the people that had guided me up to that point in service

It was one of the most amazing and surreal experiences I've ever had in sobriety. Little did I know, this was just the tip of the iceberg! I rotated into the ADCM position for district 40. During my second year as ADCM, I wound up in the hospital. I was driven there by one of my "pigeons" because I was too sick to drive. To make a long story short, I was rushed into the OR at 2:30am with a 20% chance of survival. I had surgery to remove a flesh-eating bacterial infection. I would spend many months recovering in the ICU and then at home. The day I woke up from the surgery, there were two tray tables sitting by my hospital bed. One was filled with cards and flowers from my family. The other was filled with Car & Driver magazines, Yankees fitted hats, and AA literature from my AA family.

The nurses had lots of questions about the people that were visiting. They knew who my family was but couldn't figure out who this other group of people who were so interested in my well-being. Every day that I was in the hospital someone from the fellowship that I had met as a result of my service was there to see me. They helped me stay sober when I couldn't even get out of the hospital bed! After I recovered from my health issues, I rotated into the DCM position for the district and have continued to serve AA to this day. I had no idea that my willingness to try something different and another way in September 2011 would've end up saving my life three and a half years later.

The people that I've met and relationships I've fostered in service to Alcoholics Anonymous are priceless. These relationships the last 12 years have been there through good and bad times. These people are my friends and have seen me grow through my recovery. We have attended funerals for loved ones, each other's weddings, and celebrated holidays together. Service has saved and tremendously enhanced my life. I would suggest to anyone who is on the fence about getting involved in service to AA to step up and do it. You just might help save someone else's life or even your own!

# DRY DOCK—Slogans & Humor

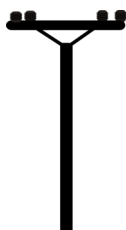
In the spirit of  
"Ham on Wry" ©



My sponsor told me when I started hearing strange noise it would be time to make my amends. I asked him, "what kind of strange noises?" He said, knocking on doors, dialing the phone, withdrawing money from my savings account.....



A sober alcoholic went to his dentist to have a tooth pulled, The dentist held up a mask and said to him, "breathe deeply." The alcoholic, wary of any medications asked, "will this affect my sobriety at all?" The dentist grinned and said, "no it won't, but when you scream you'll sound funny as hell!"



Two cops were standing next to their car, watching this man atop the telephone poles walking across the wires like a circus performer. A pedestrian asked them what the man doing up there? Well he passed his sobriety test, so we figure he's just showing off!



A GUY WALKED INTO A BAR AND OFFERED ANYONE THERE WHO COULD DRINK 15 MUGS OF BEER IN 5 MINUTES \$100.

LOTS OF PEOPLE LOOKED AT EACH OTHER AND ONE GUY RAN OUT THE DOOR, BUT NOBODY ACCEPTED, HE WAS ABOUT TO LEAVE WHEN THE MAN WHO LEFT RE- ENTERED AND SAID, "I'LL TAKE THAT OFFER!"

THE GUY SAID, "DIDN'T YOU JUST LEAVE WHEN I MADE THE OFFER" THE MAN THEN SAID, "YES I DID, BUT I HAD TO GO TO THE BAR DOWN THE STREET FIRST AND TRY IT TO SEE IF I COULD DO IT FIRST!"



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