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INTERGROUP ASSOCIATION OF FAIRFIELD COUNTY NEWSLETTER

JANUARY 2019

You Don't Need a New Year's Resolutions in Recovery

Recovery Is About Progress Not Perfection

Twelve Step recovery is not about setting goals. It's just about getting through the day without our drug or addictive activity of choice, and trying to be a better person at the same time, with the help of a Higher Power.

The operative phrase, or slogan, for many in Twelve Step fellowship is "just for today." So instead of saying, "This whole year, I will (or I won't) ..." You might say, "Just for today, I'm going to eat in a healthy manner." Or "I won't spend money I don't have." Or maybe "I'll do the best I can."

Getting Through the Moment

In Twelve Step programs, we rely on these slogans that can help you get through a moment. These seemingly simple mantras are in fact full of wisdom and can help even us old-timers get through any given day. Some of my favorites include:

- **"Turn it over"**: whatever you're going through—and ask your Higher Power for help.
- **"Think"**: don't just operate on automatic pilot.
- **"First things first"**: do what you need to do, and only then do what you want to do.
- **"Live and let live"**: quit trying to control everyone around you, and go enjoy your own life.
- **"But for the grace of God"**: just think of where your life would be if you hadn't cleaned up.
- **"Easy does it"**: but do it!

Three more "mantras" or "rules" that help us simplify or categorize the "why" behind each of the Twelve Steps are "Trust God. Clean House. Help Others." All Twelve Steps fit into one of those three rules, so it really can be that simple. I'm definitely not saying it's easy, but it is simple.

So here's my suggestion for New Year's resolutions: don't make any.

Excerpted from an article on hazeldenbettyford.org by "Michael Graubart", author of *Step Up: Unpacking Steps One, Two, and Three with Someone Who's Been There*. He writes under a pseudonym to maintain his anonymity and speak frankly about his experiences in Twelve Step recovery.

JANUARY CELEBRANTS

One Day At A Time Adds Up!

New Life

Patty S. 35 Yrs
 Steve Go. 10 Yrs
 Chris N. 6 Yrs
 Kitty G. 4 Yrs
 Abigail D. 3 Yrs
 Rachel S. 2 Yrs
 JoEllen K. 8 Yrs
 T.C. 1 Yr

Alive Again

Anthony A. 33 Yrs
 Freddy B. 30 Yrs
 Dave W. 14 Yrs
 Robert R. 13 Yrs
 Michele C. 3 Yrs

Common Solution

Rob N. 31 Yrs
 Christophe B. 19 Yrs
 Harold W. 10 Yrs
 Robin D. 10 Yrs
 Sebastian C. 9 Yrs
 Ernest F. 7 Yrs
 Felix E. 6 Yrs
 Cristina S. 5 Yrs
 Gary P. 1 Yr
 Lynne M. 1 Yr

Recovery

Unlimited

Jim M. 35 Yrs
 Jim C. 4 Yrs
 James C. 2 Yrs
 Rick R. 1 Yr

Club 12

Richard B. 32 Yrs
 Thomas K. 12 Yrs

Steps to Recovery

Carolyn H. 38 Yrs
 Ellen B. 13 Yrs
 Jeff Z. 5 Yrs
 Tom A. 5 Yrs
 Michael K. 2 Yrs
 John F. 1 Yr



Congratulations!
 "It works if you work it!"

Want to see your group celebrants in the newsletter? Please send your group anniversary list by the 15th of each month to:

newsletter@iafc-aa.org

Get an anniversary card from Intergroup!

Email : anniversary@iafc-aa.org

NERAASA 2019



February 22-24
28th Annual
Northeast Region
Alcoholics Anonymous
Service Assembly
Hunt Valley, MD



What is the purpose of NERAASA?

The purpose of NERAASA is for General Service Representatives (GSR's), District Committee Members (DCM's), Area Officers, Area Committee Members, District Committee Members, and Intergroup/Central Office Representatives of the Northeast Region to discuss General Service Conference related issues and concerns affecting A.A. as a whole, as well as pertinent aspects of recovery, unity and service common to the areas of the Northeast Region.

When and where is NERAASA held?

NERAASA is scheduled for the last full weekend of February each year, rotating throughout the different Delegate Area's of the Northeast Region.

Who should attend NERAASA?

ALL A.A. MEMBERS ARE WELCOME AND ENCOURAGED TO ATTEND!

Info and registration at: www.neraasa.org

HELP MAKE GREAT EVENTS HAPPEN!

Soberfest Committee Meeting

Sunday, January 6, 12:00-2:00 pm
Area Office, First Baptist Church, 581 Meriden Ave.,
Southington, CT 06489

Area 11 Convention Committee Meeting

Sunday, January 20, 12:00-2:00 pm
Area Office, First Baptist Church, 581 Meriden Ave.,
Southington, CT 06489

CSCYPAA Committee Meeting

Sunday, January 27, 11am-1:00 pm
Radisson Hotel Cromwell, 100 Berlin Blvd.,
Cromwell, CT 06416

➔ **SPEAKER EXCHANGE** ➔

Bring some new speakers, new voices, and new stories to your group.

Wednesday, February 6 at 8:00 p.m. at STAR, 182 Wolfpit Avenue
Norwalk, CT 06851

Things happen quickly! You may even want to come a little earlier before everyone else's speaker rosters are full!

Please consider giving a little time to help the next sick and suffering alcoholic. You might even save someone's life.

Phone Shift Orientation to Answer Helplines

Takes only about 10-15 minutes.

Orientation is required. It is held on the 3rd Monday of every month from 7-10 PM at 83 East Ave., Norwalk. Suite 211.

Next one: Monday, January 21st



INTERGROUP NEEDS YOU!

OPEN POSITIONS

2 year sobriety requirement

Internal Publications: Creates and prints the monthly newsletter and all IAFC printed matter

Group Liaison: Attends meetings in the Fairfield County area, and informs about IAFC

What a great way to share your talents and skills with other AA's!
These are jobs that take less time than a daily coffee commitment!

Please see page 6 for details to come to the IAFC Board Meeting and stand for one of these important roles.

12th STEP CALL REGISTRATION FORM

I am Responsible . . .

When anyone, anywhere
reaches out for help

I want the hand of AA to be there,

And for that,

. . . I Am Responsible

DO YOU ENJOY 12th STEP WORK?

DO YOU HAVE ONE YEAR OF SOBRIETY?

Snap a picture of this form and send to the contact below or tear this form off and give it to your group's Intergroup Representative

ALL INFORMATION WILL BE CONFIDENTIAL

First Name: _____ Last Initial: _____

City: _____ County: _____

Phone Number: _____ Age: _____ Gender: M F

Sobriety Date (Month/Year) _____

Mark days and times available below:

Sunday	10am-4pm	4pm-10pm	10pm-10am	
Monday	10am-4pm	4pm-10pm	10pm-10am	
Tuesday	10am-4pm	4pm-10pm	10pm-10am	
Wednesday	10am-4pm	4pm-10pm	10pm-10am	
Thursday	10am-4pm	4pm-10pm	10pm-10am	
Friday	10am-4pm	4pm-10pm	10pm-10am	
Saturday	10am-4pm	4pm-10pm	10pm-10am	

By filling out this form, you agree to be contacted for 12th step calls by the answering service or office volunteers. The 12th step contact number is given to you. **Your phone number will not be given out.**

Contact: Dan K. 203-247-5451

Email: office@iafc-aa.org

**INTERGROUP ASSOCIATION OF
FAIRFIELD COUNTY**

**Answering Service Office:
83 East Avenue
Norwalk, CT 06851
Suite 211**

**IAFC Board & IAFC Rep Meeting:
1st Wednesday of the month 7:30 pm
182 Wolfpit Avenue
Norwalk, CT 06851**

**Send donations to IAFC Mailing Address:
IAFC POB 1605
Darien, CT 06820**

Helpline # 1: 1-203-855-0075

Helpline # 2: 1-877-855-0075

IAFC is an A.A. service office that involves partnership among groups in the Fairfield County area, just as A.A. groups themselves are partners with individuals. Established to carry out certain functions common to all the groups, these functions are best handled by a centralized office. We are maintained, supervised, and supported by these groups in their general interest. We exist to aid the AA groups in our area with their common purpose of carrying the AA message to the alcoholic who still suffers.

Serving - Districts 5 & 6

FROM THE IAFC BOARD—HOW TO:

Join Intergroup: Elect a Rep. from your group or send a group member to the open Intergroup Rep Meeting held the 1st Wednesday of the month 7:30PM at Star, 182 Wolfpit Ave., Norwalk. The Representative Trustee who leads the meeting will give you a packet with everything you need to know.

Join Intergroup & other groups in carrying the message to the sick & suffering!

Answer Phones: Ask your Rep how to sign-up for a phone shift. You must have 90 days in order to answer phones. Orientation is also required. It is held on the 3rd Monday of every month from 7-10PM at 83 East Ave., Norwalk. Suite 211.

“The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree...”

Donate to Intergroup: Your group doesn't have to join Intergroup to support the services it provides. Send donations to P.O Box 1605 Darien, CT. There are guidelines on what to give Intergroup from both Area & in the Treasurer's kit. IAFC Treasurer reports available upon request.

We maintain a secure office that houses the AA hotline for Districts 5&6, including an answering service to take calls when there aren't alcoholics there. This is a vital service to our Districts, & gives groups & individuals the opportunity to do 12th step work.