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# FELLOWSHIP CENTER NEWS

Vol. 2, Issue 3 18 Great Plain Rd., Danbury, CT / [www.danburyfellowshipcenter.org](http://www.danburyfellowshipcenter.org) Fall 2012

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## A God defined - is a God confined

Long before recovery, and even many years into it, I had a need to understand who and what God was. I was sure that if I was "good" and acted the way I thought God wanted me to act, then I could control Him, and ultimately I would get what I wanted. I didn't know it then, but what I was trying to do was impose my will on God and make it seem like it was His will.

As you can imagine, this never worked out. The harder I tried to control people, places and things, presuming God's will was in alignment with mine, the more uncontrollable my life became, and the more I began to resent others, myself and God. It took many years for me to truly surrender my will and my life to God, but once I did I discovered a faith that went beyond understanding.

Today my faith confirms that God's will is infinitely better for me and others than I could ever imagine. By constantly affirming, "**Thy will, not mine be done,**" I enjoy the freedom that comes from surrendering to the power and love of God. Today God is no longer confined by my need to define Him, and as a result I get to be a witness to His miracles as they unfold around me.

[www.wisdomoftherooms.com](http://www.wisdomoftherooms.com)

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**Halloween Party Saturday, October 20<sup>th</sup>** 8:00 pm (Music by DJ Rave-n), \$5 members, \$7 non-members

**Karaoke Night! Sat. Nov. 3<sup>rd</sup>, Dec. 1st**, 8:00-11:00 DJ, snacks & refreshments, \$2 members, \$3 non-members

**Fellowship Center Members Meetings - first Tuesdays November 6<sup>th</sup> & December 4<sup>th</sup>** at 8:15 pm.

**Coffeehouse/Open Mic. - Sat. Oct. 13<sup>th</sup>, Nov. 10<sup>th</sup> & Dec. 8<sup>th</sup>** 8:30 - 11:00 pm, \$3 members, \$5 non-members

**Movie Night - Saturdays November 17<sup>th</sup> & December 15<sup>th</sup>** at 7:30 (candy & fresh popcorn)

**Thanksgiving Alkathon, 4 pm Wednesday, Nov. 21<sup>st</sup> to 4 pm Thursday, November 22<sup>nd</sup>**

**Christmas Party with Santa, Sunday, December 16<sup>th</sup>** at 1:30 (Be sure to sign up your child for a free gift!)

**Christmas Alkathon, 4 pm Monday, Dec. 24<sup>th</sup> to 4 pm Tuesday, December 25<sup>th</sup>**

**New Year's Alkathon, 4 pm Monday, Dec. 31<sup>st</sup> to 4 pm Tuesday, January 1<sup>st</sup>**

## Dr. Bob's Prescription for a Miracle, 1937:

R. H. SMITH, M. D.  
2ND NATIONAL BLDG. AKRON, OHIO  
TELEPHONE: HE-8523 REG. NO. \_\_\_\_\_  
FOR alcoholics  
ADDRESS \_\_\_\_\_ DATE Feb 1937  
*Always remember it*  
1. Trust God  
2. Clean house  
3. Help others  
NR 1 2 3 INF. \_\_\_\_\_ M. D.

**"We found we couldn't help ourselves, but we could help each other."**

Before recovery I did everything I could think of to get better on my own. I'd try to stop drinking during the week; then on Mondays through Thursdays. I'd join a gym and exercise a while, or I'd go on a healthy diet. I went into therapy to work on myself, and I started journaling. At the end of all of this, though, I'd find myself alone, depressed and drunk.

When I entered the program, I thought I might finally learn how to help myself. Instead, I was given direction that made no sense. "Wash the coffee cups after the meeting," I was told. "Get a commitment to get to a meeting early and set the chairs up." "Become a greeter and ask other people how they are doing." What about me? I thought. How am I going to get better if I'm focused on helping others rather than myself? Even though I didn't understand it, I was desperate, so I followed your direction.

And that's when the miracle took place. Over time I came to see that alone I couldn't, but together we could recover. I learned that the solution began when I got out of myself and helped you. That when two alcoholics got together, that's when the power of God flowed and healed us both. Ultimately I learned that when I was helping you, you were helping me and that was the solution I could never find by myself.

*Today I know that while I can't help myself, I can always help you - and together, we can help each other.*

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"Hit bottom yet? Me neither!"

[www.aagrapevine.org](http://www.aagrapevine.org)



"You may want what I have and be willing to go to any lengths to get it, but I am still going to run this past my sponsor."



We would like to acknowledge our appreciation to the following contributors who so generously sponsored the Fellowship Center Golf Event:

Ingersoll Auto of Danbury  
84 Federal Road  
Danbury, CT 06810  
(203) 885-1712

Land Hoe Maintenance  
149 Westville Ave.  
Danbury, CT 06811  
(203) 791-8418

B-Klean Office Cleaning  
25 ½ Starr Ave.  
Danbury, CT 06810

Kimchuk Inc.  
1 Corporate Drive  
Danbury, CT 06810  
(203) 790-7800

Southbury Printing Centre  
385 Main St. South, Ste 107  
Southbury, CT 06488

Green Grove Real Estate  
23 Indian Head Road  
Danbury, CT 06811

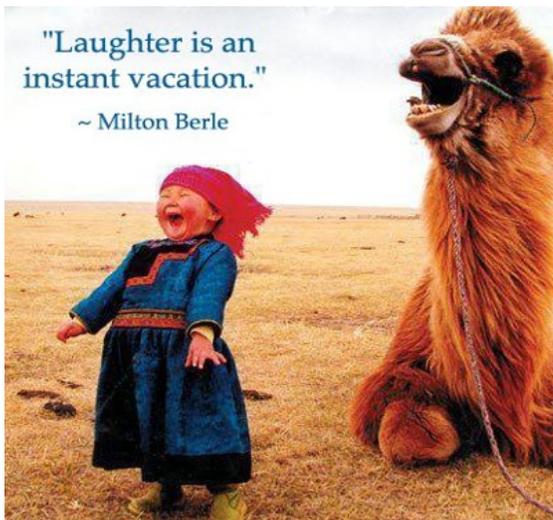
Earthmovers, Inc.  
93 Triangle Street  
Danbury, CT 06810  
(203) 743-5385

North American Power  
20 Glover Ave.  
Norwalk, CT 06851

Land Hoe Maintenance  
149 Westville Ave.  
Danbury, CT 06811  
(203) 791-8418

E.F.S. & Associates  
1044 Main Street  
Watertown, CT 06795  
(860) 274-0656

DR & Associates  
42 Lake Ave. Ext.  
Suite 111  
Danbury, CT 06811



## Those who laugh - LAST

I remember hearing the phrase, "We are not a glum lot" when I was new in recovery - I didn't believe it. I mean, here I was sentenced to attending meetings, prohibited from partying, and forced to believe in God. Things looked pretty glum to me. If it wasn't for the laughter I heard in the rooms, I may not have stuck around.

At first I couldn't understand what they found so funny. People would share embarrassing, demoralizing and even tragic experiences, and the room would burst into laughter. "I don't get it," I said to my sponsor. "Those who can laugh at themselves tend to last," he told me. Boy did I find that to be true.

One of the most valuable lessons I've learned in recovery is not to take myself so seriously. I allow myself to make mistakes today, and if I step on someone's toes I'm quick to make amends. Because of this my life is lighter today, and I find it easy to laugh at myself. This not only makes the journey more enjoyable, but it's what's made it last so long, too.

*Today I know that those who laugh - last.*

[www.wisdomoftherooms.com](http://www.wisdomoftherooms.com)

### **"When I get the flu, I forget I was ever healthy."**

I've heard that the "ism" in alcoholism can stand for many things, but my favorite is "incredibly short memory." In sobriety, this presents a double problem. First, having a disease that is constantly telling me I don't have it is hard enough, but because of its incredibly short memory, I often forget how bad things were. The trouble, the demoralization, the hopelessness are all forgotten when my memories are painted with the brush of alcoholism.

Second, my incredibly short memory also quickly forgets the good times I've had in sobriety and the possibilities and hope I felt even a few hours ago. An event, a mood, getting a cold, nearly anything can trigger my alcoholism and the color of my life quickly drains, leaving me in a black and barren place. With no hope, and no memory of the bad times, alcoholism has me right where it wants me.

This is why I go to meetings. In meetings I get the outside reminder of what it was like, what happened, and what it's like now. I get to hear my story come out of your mouth and suddenly my memory returns - it was bad, and I belong here. I also get reminded of the hope and possibilities I have as I see and participate in the miracles of your lives. And that's when the miracle of recovery happens for me, too. Once again I am safe, I have recovery, and my memory is working perfectly.

[www.thewisdomoftherooms.com](http://www.thewisdomoftherooms.com)

## It Works If You Work It

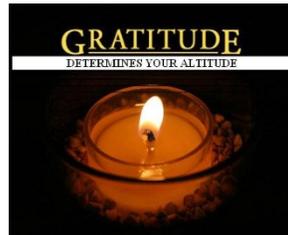
It happens every time - when I get too busy, or too stressed, or too tired, I slow down on the things that make me feel better and, before long, I'm a little bit irritable, slightly discontented, and I feel a growing restlessness with all areas of my life. It's at times like these that I go back to basics.

Lately, I've begun my days by reading pages 86, 87 and 88 of the Big Book. I sit down, take a few deep breaths, and I ask God to come into my life. I then pray and ask my Higher Power to direct my thinking, reminding myself that it is His will that will guide my decisions today. I end my meditation asking to be shown throughout the day what my next thoughts or actions are to be.

And it works, it really does. Without exception, my days are measurably better when I begin them by working the program and asking for the guidance and support of my Higher Power. While this is simple, it is also easy to forget, especially when I get busy. Thank God I don't have to start my entire program over (by going out) to remember how to feel better.

*All I have to do is work the program I have, because it always works when I work it.*

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Research shows that making a gratitude list every day for just 7 days increases happiness for more than a month. Developing gratitude is one simple key to happiness that anyone can access at any time. Yet many of us find that it is difficult to count our blessings when we are sad, or depressed, or frustrated about life. We take our gifts for granted and cannot recall what they are when we need them most. You can overcome this problem with a Thanksgiving Inventory.

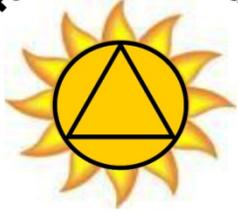
Use the attached check list to help you think of items you are grateful for. These are just suggestions.

- 1) People
- 2) Health and Physical Attributes
- 3) Skills, talents and knowledge
- 4) Things you Have or own
- 5) Things you Have Access To
- 6) Things that are fun
- 7) Things that Give You Hope
- 8) Things that give you security
- 9) Things you are passionate about
- 10) Peak Experiences You Have Had
- 11) Lucky Experiences
- 12) Other

- a) Being forgiven; b) Being loved; c) Being in power or empowered; d) Being optimistic;  
e) Being happy; f) Being accepted as you are; g) Getting a second chance

*We feel gratitude whenever we appreciate something we are, or have, or know, or do, or receive. To live in gratitude is to live in a state of grace. Count your blessings regularly for a happy life!*

Fellowship Center



# MEETING SCHEDULE

FELLOWSHIP CENTER 18 Great Plain Road Danbury, CT 06810-5022

Website: [danburyfellowshipcenter.org](http://danburyfellowshipcenter.org) "Like" us on Facebook REVISED: 07-28-12

## MONDAY

- 7:15 a.m. Morning Watch Group
- 12:00 p.m. Speaker Discussion
- 5:30 p.m. Dual Diagnosis (BACK ROOM)
- 7:00 p.m. Beginner's Meeting 1, 2, 3
- 7:30 p.m. Back Door Group – Big Book Study (BACK ROOM)
- 8:15 p.m. We're All In – Beginners/Speaker

## TUESDAY

- 7:15 a.m. Morning Watch Group
- 12:00 p.m. Living Sober Meeting
- 7:00 p.m. A Way Out (Big Book)

## WEDNESDAY

- 7:15 a.m. Morning Watch Group
- 12:00 p.m. Big Book Study
- 7:00 p.m. Marching In Step – Closed Step
- 7:00 p.m. Treasure Trove Group - Spiritual (BACK ROOM)
- 8:15 p.m. Joe & Charlie Big Book Comes Alive

## THURSDAY

- 7:15 a.m. Morning Watch Group
- 12:00 p.m. 20 Questions Discussion (Are you an Alcoholic)
- 7:00 p.m. First Things First Step Speaker/Discussion
- 8:30 p.m. Complete Abandon Group

## FRIDAY

- 7:15 a.m. Morning Watch Group
- 12:00 p.m. Grapevine Meeting
- 7:00 p.m. Meeting Makers Make it – Beginners
- 8:15 p.m. A Way Out – Beginners

## SATURDAY

- 7:15 a.m. Morning Watch Group
- 6:00 p.m. A Power Greater Than Ourselves (Spiritual)

## SUNDAY

- 9:00 a.m. The Promises – Morning Watch Group
- 11:00 a.m. Narcotics Anonymous Literature Study Group 1½ hrs.
- 6:00 p.m. 24 Hour Book





***The Fellowship Center News needs you!***

Articles about personal experiences, favorite sayings/books, event ideas:  
[hermansdorfer@att.net](mailto:hermansdorfer@att.net) or call Bryan 203/940-0702

#### FRIENDLY REMINDERS

- **The Club Room is for Paid Members only, except for open house events.**
- **Smoking is outside in the back, not in the front.**
- **All children must be accompanied by an adult at all times for personal safety and insurance reasons.** We need each of the event Chairpersons and all meetings to make sure that children at the Fellowship Center are inside the building with an adult to supervise them. They cannot be left alone in a room nor supervised by another child.
- **Last one out: please empty the coffee pots, turn off TV and lock both doors.**
- **No pets, except guide dogs allowed inside.**

***Enjoy the Journey:***

