
FELLOWSHIP CENTER NEWS

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Summer 2011



To Thine Own Self Be True

Scott W.

You see this on the back of some of our coins. This might have different meanings to some people, but for me it means that I have to be honest with myself first and foremost. If I am honest with myself, being honest with others comes naturally.

I stopped drinking in June of 1983. I learned many things in this fellowship over the years. After not drinking for about 20 years I pulled away from AA. I started to go to only 1 meeting a month. Then I went to a meeting every 3 or 4 months, and finally only once a year. A little over 3 years ago I started to drink non-alcoholic beer. I did this for a few months, then I found myself in a restaurant bar in Park City Utah ordering a real beer. I drank 3 beers that night. I knew then that I had crossed a line. I wouldn't be able fool myself anymore. I know now that I crossed that line when I took that first non-alcoholic beer. I could stop and talk about denial here, perhaps another time. I was lucky in that I realized that I didn't want to become a drunk again. But I could have come home from Utah and not told anyone. After all, there was no damage done, no wrecked car, no DUI. But my ego would know and have to accept the truth, that after 25 years of not drinking I had taken a drink. I knew that for myself to move forward, I had to be true to myself. This August I will receive a new 3 year coin. On the back it will say "To thine own self be true".

INSIDE THIS ISSUE

- 1 To Thine Own Self Be True
- 2 Move a Muscle and Change a Thought
- 3 Second Saturday Coffeehouse
- 4 Cell Phones in Meetings
- 5 Kayak Club & Support Group
- 6 Trip to the Bronx Zoo
- 7 Fellowship Center Contributors & Matching Corporate Gifts
- 8 Humor?
Friendly Reminders

Upcoming Events...

Second Saturday Coffeehouse 2nd Saturday of every month, 8:00 - 11:00pm

Bronx Zoo Trip on Sunday, September 18th

Halloween Dance with DJ on Saturday, October 22nd (8:00 - midnight) - details coming

Trip to A.A.'s General Service Office on Friday, November 11th - details coming

Membership Meetings are now held on the 1st Tuesday of every month at 8:15 pm

Move a Muscle and Change a Thought

Scott W.

I have come to learn that I have to work on my serenity and peace of mind. There was a time when I thought that I could find peace in a bottle, that drinking until I passed out was serenity. As I look back I realize how wrong my thinking was. I've also learned that cable TV does not have a serenity channel. I've heard it said many times in meetings "move a muscle change a thought" and also change my state of mind.

Most people who know me know that I like to hike in the woods with my dogs. There is a small waterfall that I visit about a mile off the road. It takes 15 to 20 minutes to hike there. Halfway there the noises from the cars and trucks have faded away, and I find myself surrounded by the peaceful stillness of nature. As I come across animal tracks of deer or chipmunk, after the first snowfall, I feel the noise in my head fading, the world blanketed in white stillness. When spring comes, and the first woodland flowers begin to bloom, I'm filled with awe over nature's annual renewal. The feeling of hope is brought on by the seasonal change and growth. Today the days are long the sun shines hot. The freshness of spring has given way to summer's lazy laid-back calmness. I go to the waterfall to hear the constant soft sounds of water cascading over rocks and splashing into small pools. Those sounds are always gentle and bring me much peace and serenity. Today the sounds of splash and spray are not there. I find the waterfall somewhere between a trickle and a drip. Just enough to see ripples in the small pools. I'm surrounded by a quiet stillness that I usually don't find there. I can hear the gentle rustling of leaves on the tree branches over head. I sit, I meditate, I pray with my higher power. I become filled with peace, serenity, and joy. My dogs are ready to go now. I come home knowing that I have worked on my sobriety. I have moved a muscle and changed a thought!

Where does my \$15 monthly membership money go?

Your dues help to provide a safe environment for meetings, events and activities that benefit the entire recovery community, especially the newcomer!

This is an opportunity to "Pay it forward"

Our monthly expenses include:

- *Building rental and utilities
- *Cleaning and maintenance
- *Supplies/coffee/paper products/etc...
- *Security and pass cards
- *Books and fliers
- *Newsletter

A "Sparkling" clubroom complete with:

- *Flat screen television
- *Wifi
- *Comfy seating
- *A safe environment

Members are entitled to discounts on events.

Help make this our club!

We could not continue to operate without the financial and time donations of our members.

Thank you for your continued interest and support.

Fellowship Center



SECOND SATURDAY COFFEEHOUSE

When is it? ... The 2nd Saturday of Every Month of course! 8:00 - 11:00

Live Musical Entertainment by Members and Guests

\$5.00 (\$3 for Members) includes raffle, coffee and snacks

Anyone with musical talent to share is welcome to perform. Microphones and PA will be set up.

For further information please contact Bryan at hermansdorfer@att.net or call 203/940-0702

Visit www.danburyfellowshipcenter.org for directions to 18 Great Plain Rd., Danbury, CT



Cell Phones in Meetings: The Recovering Alcoholic's New Obsession

Lester O. in Florida

Do you:

- 1. Keep your cell phone on during the meeting?**
- 2. Put it on vibrate, but when you get a call pick it up and say "I'm in a meeting"?**
- 3. When someone calls, you open the phone, jump up during the meeting and start talking as you are walking to the back of the meeting or outside?**
- 4. Do you, text or e-mail from your phone during the meeting?**
- 5. Do you keep your blue tooth or ear piece on during the meeting?**
- 6. Do you listen/ read your messages during the meeting?**
- 7. Do you become defensive and respond negatively when someone pulls you up for your phone use during the meeting?**
- 8. Keep your cell phone in your hand as if it was attached to your arm?**

The question is WHY? Addicts are becoming bold, blatant and ostentatious with their cell phone behavior in meetings. Our literature states that money, PROPERTY (the phone) and prestige can divert us from our primary purpose. When did the cell phone become so important during the meeting? When I was new, I had a pager. I was told by an experienced member that I should turn the pager off and focus on the meeting. For 90 minutes, nothing else was more important.

I tried to rationalize that I had a young son that I had to monitor and I had to keep it on, "Just in case". Then when I got a job and was stealing time, I felt my supervisor might call. What justifications I had. The truth is that the disease of addiction will utilize anything to divert us from listening in meetings. I was told that there is a difference between going to a meeting and making a meeting. Going to a meeting requires simple attendance but making a meeting means that I am emotionally and mentally involved, that I am listening with my ears, my heart and my spirit. I am totally enthralled in the process with all of my faculties tuned into the moment. The job of the disease is to make everything else, priority and minimize the art or gift of listening. Another point is this, we respect places of worship, jobs, classrooms, court rooms much more than we respect our meetings. The place that has kept us clean, we dishonor by using the phone while something is being read or shared.

You say that you are not obsessed with the phone, well here is how you can tell: make a decision to turn your phone completely off before coming to the meeting and don't touch it until the meeting is over (no going outside during the GSR's report to check it either). If you feel uncomfortable or experience some anxiety, then you know that there is something wrong. Monitor your feelings when you decide to turn your phone off during the meeting. The other thing to consider is modeling behavior to the newcomer. Is it okay to talk on the phone during the meeting? I guarantee that 99.9% of the time, no call is important enough to disrupt what is happening in the meeting. Getting up to answer the phone is rude, shows a level of arrogance and possibly makes one feel important to others. We know that the call is not even that important! You may feel that it's okay to do what you do with your phone in meetings, but take a good look at it: complacency begins when other things become more important than the meeting.

Kayak Club



Anyone interested in seeing what a good time we have kayaking is welcome to join us. We meet at the Fellowship Center on most Sunday mornings at 10:00 (after the early bird meeting) and car pool from there.

We may go on the Housatonic River and leisurely float south for a few hours, or we may put in at White Hills Park in Litchfield and paddle down to Bantam Lake, or visit Lake Lillinonah.

John (AKA Kayak Jack) has graciously offered a two-seater kayak with life vests to one or two people who would like to check it out. It doesn't cost a thing - it's good exercise and fellowship. For the latest update contact John Savage: (203) 525-0100

"Success Residential Homes, Inc. and the Fellowship Center have no affiliation with this group or event."

Support Group

Bryan H.

According to dictionary.com, the word support means: to keep from weakening or failing, to strengthen, endure, tolerate, to give aid or courage to, to give approval to, to give strength to.

Listening to others in the rooms without interruptions or harsh judgments is a gift that everyone, even the newcomer is able to give. I don't know of any other place where this happens. A.A. is a support group. We all need to be heard and supported.

Sometimes it takes patience to listen to another alcoholic's share. It may be the mood that I'm in. The speaker might be nervous and unsure of what they're trying to say, or they may be talking too long and not leaving time for others to share. I still want to be able to tolerate and support that person. Love is acceptance. We all know what it feels like to be judged, and it doesn't feel like love.

Some of us are more egocentric than others, but we all need support. A.A. meetings are where we get our strength to stay sober another day. Our primary purpose is to stay sober, and to help other alcoholics to achieve sobriety. Let's keep the spirit of tolerance alive for all of us. Surely, each one of us has our days when we need the grace of other's tolerance, encouragement and prayers.

Trip to da Bronx Zoo



Anyone who loves to visit the zoo is welcome to join us in late September for a Fellowship Center road trip to the Bronx Zoo. Adult general admission is \$19. Children (ages 3-12) is \$12. We can all chip in for gas and all day parking which is just \$13.



Special Rides & Attractions

- **Congo Gorilla Forest \$5.00**
 - **Children's Zoo \$4.00**
 - **Jungle World \$4.00**
 - **Monorail \$4.00**
 - **Camel Rides \$6.00**

Contact Bryan for details: (203) 940-0702 / hermansdorfer@att.net

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The Fellowship Center would like to thank the following generous contributors:

Bethel Food Market
98 Greenwood Avenue
Bethel, CT 06801-2596
\$25.00 gift card

Il Bacio Ice Cream
30 Germantown Road
Danbury, CT 06810-5033
2 - \$10.00 gift certificates

Rue De Sean
12 Depot Place
Bethel, CT 06801-2521
1 Master haircut

CL King Studio of Hair Design
153 Greenwood Avenue
Bethel, CT 06801-2559
1 Master haircut

Biksbees
211 Greenwood Avenue – Suite #8
Bethel, CT 06801-2131
\$20.00 gift certificate

Bill LoRusso
President & General Manager.
Mohawk Service of Danbury
67 Newtown Road
Danbury Ct 06810
2 alignments @\$99.00ea
2 oil changes @\$35.00 ea.
cash value \$268.00

Numero Uno Pizza
30 Germantown Road
Danbury CT 06810
\$25.00 gift card

Bill O'Keefe
Redding Roasters Coffee Company
81 Greenwood Avenue – Suite #1
Bethel, CT 06801-2523
Coffee

Ned and Fortunata
Belardinelli Services
21 Roberts Drive
Bethel, CT 06801-1625
10 yard dumpster

Kilometers
590 Danbury Road
Ridgefield, CT. 06877-2722
\$50. Gift certificate

Corporate Matching Gifts

Ralph E. Jones

The Fellowship Center was pleased to accept two donations this month as a result of Corporate Matching Gift Programs from companies that employ spouses of our members. As you may know, the Fellowship Center falls under the auspices of Success Residential Homes, a recognized charitable organization and has an IRS 501C(3) designation.

In our case, the spouses of our members had such programs as Corporate policy and they filed the proper paperwork to their Company's committee and both were approved. It certainly helps the Center's financial position when such donations are awarded. If you or your spouse work for a business that has this type of program, we urge you to pursue an award for the Fellowship Center. Contact our treasurer, Ralph Jones at efsmgt@aol.com or (860) 355-4861 for a copy of the IRS letter or other pertinent information that may be required for your Company's matching gift program.



The Fellowship Center offers room rentals to celebrate anniversaries or other events. The \$20 rental fee includes all coffee and paper products, not usually supplied by organizations. Contact a board member to schedule.

Have Something to Share? (1 page more or less)
We need fun event ideas, tips for staying sober, recommended books, personal experiences, A.A. history, etc. Email your article to:
hermansdorfer@att.net or 203/940-0702

FRIENDLY REMINDERS

- *The Club Room is for Members Only.*
- *Smoking is outside the kitchen door only - not in the front. Kindly use the butt cans and not our parking lot. Let's keep it clean.*
- *All children must be accompanied by an adult at all times for personal safety and insurance considerations.*