
FELLOWSHIP CENTER NEWS

Vol. 2, Issue 2 18 Great Plain Rd., Danbury, CT / www.danburyfellowshipcenter.org Summer 2012



"You're exactly where you're supposed to be."

For as long as I can remember, I've been unhappy where I was and wished I was somewhere else. In school I always wanted to be in the next grade; at work I wanted a more senior position making more money; when I bought my first home, I quickly wanted one with a pool. When I entered recovery, I brought this same impatience and unhappiness into the rooms with me.

I remember complaining to my sponsor after a few months that things hadn't gotten better, and that I even felt worse. He listened patiently and then said, "You're exactly where you're supposed to be." This didn't make sense to me, and as my life continued to unravel and as I grew more frustrated, irritated and angry, I kept complaining. His answer remained the same, and it took years before I finally understood what he meant.

One of the most important things I've learned in recovery is that accepting where I am physically, emotionally and spiritually is the necessary key to changing it. Once I stop resenting how things are or wishing they were different, I can begin working with God to make them better. But it all begins with acceptance of where I am right now.

www.wisdomoftherooms.com

1. You're Exactly Where You're Supposed to Be & Upcoming Events
2. What is the A.A. Program?
3. The Longer I'm Sober, The Drunker I Was & The Power of Now
4. Higher Power Poem
5. Cartoons
6. Second Saturday Coffeehouse
7. Fellowship Center Meeting Schedule
8. Friendly Reminders
9. 12 Steps to Destruction
10. Open House Donations
11. Listen
12. Golf Tournament

Upcoming Events...

Fellowship Center Members Meetings - first Tuesdays July 10th, Aug. 7th & Sept. 4th at 8:15 pm.

Karaoke Night! Sat., July 7th 8:00-11:00 Live DJ, snacks & refreshments, \$2 members, \$3 non-members

Second Saturday Coffeehouse - July 14th, Aug. 11th & Sept. 8th 8:30 - 11:30 pm (can't wait!)

Movie Night - Saturdays July 21st, Aug. 18th & Sept. 15th at 7:30 (candy & fresh hot popcorn)

The Fellowship Center Picnic Sunday, Aug. 12, 2012 12:00-5:00 p.m. at Bennett Memorial Park Bethel, CT

Golf Tournament, Mon. Sept. 10 Candlewood Valley (Fellowship Center Fundraiser) We need an idea of how many people would like to attend. Please contact Pat Johnston nojunk2101@aol.com or call 203-788-5819.

What is the A.A. Program? It's the 12 Steps!

"WE OF Alcoholics Anonymous believe that the reader will be interested in the medical estimate of the -- *plan of recovery* -- described in this book." ~ pg xvii, Dr.'s Opinion, Alcoholics Anonymous, 3rd Ed.

The Program -- The 12 Steps -- is a Planned Sequence -- of Time-Sensitive -- Serial Actions -- To Produce A Final Result. The 12 Steps (Program) is a Recipe for Recovery. A recipe does not fail.

Illustration: If I were to give you a recipe to bake a cake, (a planned sequence of time-sensitive, serial actions) and your cake fails -- (the Final Result) -- you don't blame the recipe -- you look for the errors that the cook made (you) in following the instructions for the recipe.

- a. Did you follow the *WRITTEN instructions precisely?*
- b. Did you *MEASURE the ingredients accurately?*
- c. Did you use the *RIGHT ingredients? Or, did you make SUBSTITUTIONS?*
- c. Did you *ADD the ingredients in the proper SEQUENCE?*
- d. Did you *PRE-HEAT* the oven to the *SPECIFIC* temperature that was called for?
- e. Did you leave the cake in the oven for the *SPECIFIC TIME* that was instructed? **Or**, did you just *guess on the timing?* Or, did you decide to leave it in the oven for *THE LENGTH OF TIME THAT YOU THOUGHT WAS BEST?*
- f. **Did you consider the RECIPE as simply SUGGESTIONS? And, come up with your own interpretation of suggestions?**
- g. Did you take the cake out of the oven after it burned? Or, did you take it out of the oven, too soon?

The great thing about baking a cake is: It's not fatal if you fail. You can simply just try it again.

The unfortunate thing about the 12 Steps is: If you are an alcoholic -- and you fail in your recovery, *it can be FATAL.*

The most unfortunate thing about failing in your recovery is: If and when you "try it again" -- YOU WILL PROBABLY TRY TO DO IT JUST LIKE YOU DID THE LAST TIME -- THAT FAILED!

Based upon my personal experience and from observing hundreds of alcoholics that failed to recover -- the reason that they didn't recover was: *They were unwilling to let go absolutely of all their PREVIOUS IDEAS ABOUT A.A. and about How A.A. Works!* Each time they returned to A.A. to "try it again" -- **they were unwilling to admit that:**

1. What they did the first time didn't work. And,
2. What they knew about A.A. and Recovery was: Wrong.
3. *Unwilling to change their mind* -- they continued doing the **WRONG THING** *that was not going to work.*

Myself, and those that I observed, that finally did recover learned after they returned to A.A., from previously failed attempts, was: They **ABSOLUTELY HAD TO LET GO OF ALL OF THEIR OLD IDEAS** -- about A.A.

Dallas TX

"The longer I'm sober, the drunker I was."

Denial is an amazing thing. When I first entered the program, I had no intention of staying sober longer than a few months; I just needed to pull things together a little, get myself under control again. I wasn't like the real alcoholics I heard share in meetings, and I was sure I could control my drinking again once I cooled it a bit. After all, it hadn't been that bad I told myself.

As the fog cleared, though, and I began journaling and working the steps, more began to be revealed to me. I especially remember sitting in meetings listening to people share about being arrested for drunk driving and thinking that never happened to me. I was sober over a year before I remembered that when I was seventeen I crashed my car into two parked cars and was arrested for reckless drunk driving. That was a humbling memory...

As I peel back the layers of my past and uncover the truth about my drinking and using history, I'm amazed at how lucky I've been. I've heard that prisons are packed with alcoholics and addicts who never found sobriety, and I now know I could easily have been one of them.

Today my denial is gone and the longer I stay sober, the drunker I realize I was.

www.wisdomoftherooms.com

"United we stand; divided we stagger."

The Power of Now

Bryan H.

Drinking always helped me to escape my present situation, and nothing was ever good enough. What an awful bind! Restless, irritable and discontent. Getting sober allowed me to use my brain again, now that it was no longer hijacked by alcohol.

Concentrate, focus, being in the moment, living in the now, taking it one day at a time, all mean the same thing. Kids and animals know how to do this very well. They take in life completely without trying to control it. They're not constantly preoccupied with worrying, projecting or wondering what to do next. They're in the moment.

Continued...

When I am fully in the moment (and this takes reminding myself), I am really enjoying some music, a beautiful scene, a meeting or a meal. I am really hearing what you say. I enjoy conversations more and know that I have been emotionally present. I've become a better listener.

Meditation helps me to practice this. I like to use the 'Set Aside Prayer' which says "God, help me to set aside all that I think I know of You." Then I am just open to whatever my Higher Power wants to tell me. When I stop thinking and doing then HP has room to get some inspiration into me.

Living Sober, page 7: "First, we try living in the now just in order to stay sober - and it works. Once the idea has become a part of our thinking, we find that living life in 24-hour segments is an effective and satisfying way to handle many other matters as well."

As Bill Sees It, page 284: "The idea of 'twenty-four-hour-living' applies primarily to the emotional life of the individual. Emotionally speaking, we must not live in yesterday, nor in tomorrow."

Twenty-Four Hours a Day, for July 31st: "Anyone can fight the battles of just one day. It is only when you and I add the burden of those two awful entities, yesterday and tomorrow, that we break down. It is not the experience of today that drives us mad. It is the remorse or bitterness for something that happened yesterday or the dread of what tomorrow may bring. Let us therefore do our best to live one day at a time. Am I living one day at a time?"



Higher Power

White beams of purity surround me
Warm waves of peace pour all over me
I have surrendered.

My road is unknown
Homeless, Powerless and Humbled
Your strength is feeding me
I am grateful.

My Higher Power is all around me
I feel you in the swaying chiming Pine Trees
Random acts of kindness flow from friends and strangers
I am hopeful.

You are all encompassing and forgiving.
Today, I can walk and see
My future is in your hands
I am free.

Mary-Margaret



Step Ten

www.recoverycartoons.com



Cancel Reservations

www.recoverycartoons.com

*The optimist says the glass is half full.
The pessimist says the glass is half empty.
The alcoholic says "are you going to finish that?"*



Unbelievable! It's the Second Saturday
Coffeeshouse Live!

Saturday, July 14th from 8:30 – 11:30



Live music, poetry & comedy \$5.00
(\$3.00 members) Free snacks, soda, coffee

Fabulous Raffle Prize!

hermansdorfer@att.net (203) 740-0702

Fellowship Center Meeting Schedule (revised 3/7/12)

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. Closed Step
7:00 p.m. Spiritual Group (BACK ROOM)

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
11:00 a.m. Yoga for Recovery Class
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 or call Bryan 203/940-0702

FRIENDLY REMINDERS

- *The Club Room is for Members only, except during 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.*
- *Last one out, empty the coffee pots and lock both doors.*
- *No pets, except guide dogs, are allowed inside.*





12 Steps to Destruction



1. I believed that I could hold my liquor and was master of my life.
2. Believed I was sane and rational in every respect.
3. Decided to run my own life and be successful in all my undertakings.
4. Made a thorough and searching inventory of my fellow man and found him lacking.
5. Admitted to no one, including God and myself that there was anything wrong with me.
6. Sought through alcohol to remove my shortcomings and responsibilities and to escape the realities of life.
7. Got drunk to remove these shortcomings.
8. Made of list of persons who had harmed me, whether real or imaginary, and swore to get even.
9. Got even whenever possible, except when to do so would further injure me.
10. Continued to find fault with the world and the people in it, and when I was right, promptly admitted it.
11. Sought through lying, cheating and stealing to improve myself materially at the expense of my fellow man, asking only the means to get drunk and stay drunk.
12. After having a complete moral, physical and spiritual breakdown as a result of this kind of living, I tried to drag those who were dear to me down to my level and practiced these reasonings in all my affairs.

"These little studies of A.A.'s Twelve Steps now come to a close. We have been considering so many problems that it may appear that A.A. consists mainly of racking dilemmas and troubleshooting. To a certain extent, that is true. We have been talking about problems because we are problem people who have found a way up and out, and who wish to share our knowledge of that way with all who can use it. For it is only by accepting and solving our problems that we can begin to get right with ourselves and with the world about us, and with Him who presides over us all. Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the joy of good living is the theme of A.A.'s Twelfth Step."

Twelve Steps and Twelve Traditions Pg. 125



We would like to express our appreciation to the following contributors who so generously donated gifts to make our Open House a success:

John Matta, John Fulton Diamond Jewelers
137 Greenwood Ave.
Bethel, CT 06801

Three Brothers
242 White St.
Danbury, CT 06810

New Wave Reflections
67 Newtown Road
Danbury, CT 06810

Caraluzzi's Market
98 Greenwood Ave.
Bethel, CT 06801

Il Bacio Ice Cream
30 Germantown Rd.
Bethel, CT 06801

Biksbees
211 Greenwood Ave.
Bethel, CT 06801

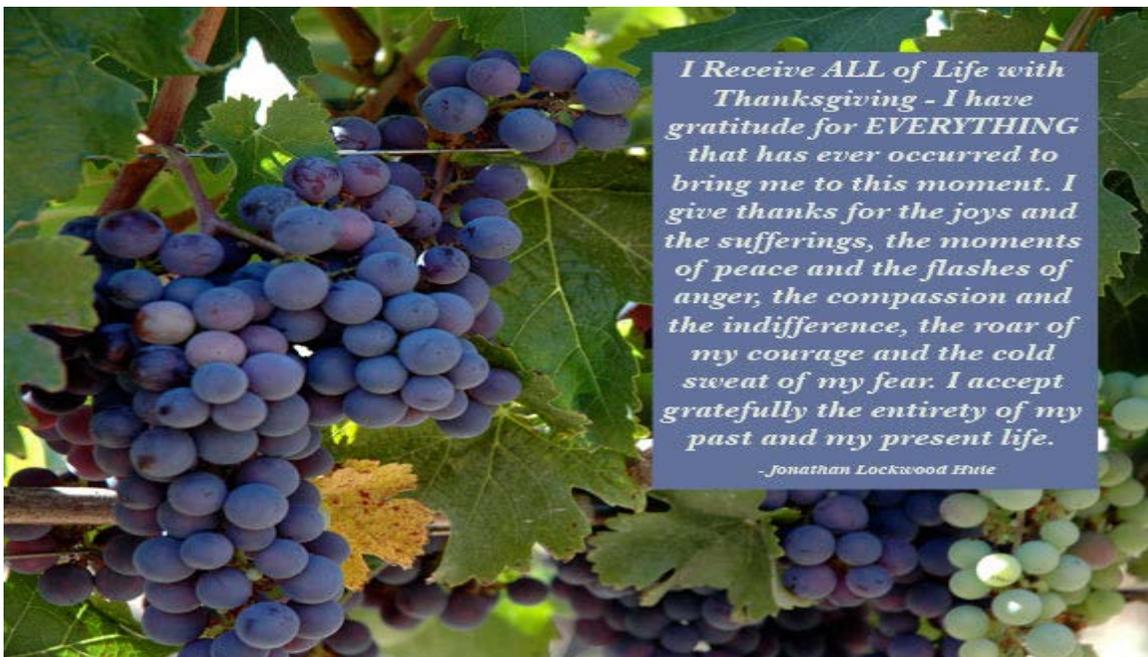
Bill LoRusso, President & General Mgr.
Mohawk Service of Danbury
67 Newtown Rd., Danbury, CT 06810

Shear Impulse Hair Design
40 Padanaram Road #5
Danbury, CT 06811

Double Twister
164 White St.
Danbury, CT 06810

Augie's Restaurant
30 Germantown Rd.
Danbury, CT 06810

Chuck's Steakhouse
20 Segar St.
Danbury, CT 06810





LISTEN

**When I ask you to listen to me and you start giving advice,
you have not done what I asked.**

**When I ask you to listen to me and you begin to tell me why I shouldn't feel that way,
you are trampling on my feelings.**

**When I ask you to listen to me and you feel you have to do something to solve my
problem, you have failed me, strange as that may seem.**

**Listen! All I asked was that you listen to me...
not talk or do – just hear me.**

**Advice is cheap; fifty cents will get you both Dear Abby and Billy Graham in the
same newspaper.**

**And I can do for myself...I am not helpless.
maybe discouraged and faltering, but not helpless.**

**When you do something for me that I can and need to do for myself,
you contribute to my fear and weakness.**

**But, when you accept as a simple fact that I do feel what I feel, no matter how
irrational, then I can quit trying to convince you and get about the
business of understanding what's behind this irrational feeling.**

And when that's clear, the answers are obvious and I don't need advice.

Irrational feelings make sense when we understand what's behind them.

**Perhaps that's why prayer works, sometimes, for some people, because
God is mute, and he doesn't give advice or try to fix things.
"He" just listens and lets you work it out for yourself.**

**So, please listen and just hear me. And, if you want to talk, wait a minute
For your turn; and I'll listen to you.**

- *Anonymous*



FORE THE FELLOWSHIP

1st Annual Golf Tournament for the Fellowship Center

Monday - September 10th, 2012

Candlewood Valley Country Club
401 Danbury Road
New Milford, CT

Registration Opens: 8:00 AM
Tee Time: 9:00 AM

\$100 per person
(includes golf, cart, buffet dinner, beverages on the course)

Space will fill quickly, reserve your player spot today!

Please contact Pat Johnston (203) 788-5819