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# FELLOWSHIP CENTER NEWS

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## Finding Quiet Space

*B.F.*

Meditation is not just finding quiet time, it is starting to find a quiet mind.

### The Problem:

1. We really are way too busy.
2. We think we can't find quiet time.
3. It's not a quick fix – this does take time.
4. No end, we like an ending we like to graduate.

Focus on one thing at a time.

When I'm at a meeting I'm focused and after the meeting I feel better.

When I'm in the now and focused I always feel better.

### Meditation

I like to start my meditation in a quiet place. Have a place you can go to in your home or outside. A space that lets you know this is a special time, a quiet time. When you sit down you know it's about meditation, quiet. "Be still and know that I am God". Yes it's easy for some of us with no kids and more time, but don't let that stop you.

Sometimes I feel full in everything, complete in everything. I know every time I have a meditation that seems to work I feel great. I had no idea that I would ever be able to sit still and enjoy it ...

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### Upcoming Events...

**Fellowship Center Membership Meeting - Tuesday, Dec. 6th** at 8:15 pm and every 1st Tuesday of every the month (come and have your say).

**A.A. General Service Office Trip - Friday, December 9th** (meeting, tour, lunch).

**Second Saturday Coffeehouses - Dec. 10th, Jan. 14th, Feb. 11th** 8:30 - 11:00pm.

**Christmas Party with Santa - Sunday, December 11th from 1:30-4:30** (sign your child up now).

**Christmas Alkathon - Saturday, December 24th from 4:00pm - 4:00pm Christmas Day** (food donations are gratefully accepted).

**New Year's Alkation - Saturday, December 31st from 4:00pm - 4:00pm New Year's Day.** (food donations are gratefully accepted).

... Just sit with your back straight and your feet on the floor flat. If you can, take off your shoes. Close your eyes and just rest. Breathe in and out softly. Just think "quiet and still, quiet and still".

After a time you should begin to get to a place that is just quiet and still, not just thinking about it. Keep in mind that everyone is different. You may not like what I do and you may want to try your own ideas, but they should always include being quiet and still.

What happens to me in most of my meditations is an in-mind visual show. When this first happened I tried to push it away, but in reading I found one person that talked about seeing the same thing and saying this was good to stay with it. Most often I see a complete dark area then a small area of something less dark, just a little so I focus everything on this spot and what happens is the spot gets stronger with more contrast from the background. Some times the color changes and I may have a deep purple background with the spot in a soft blue. The next thing you know the small spot gets larger and larger until it consumes the background and then it goes behind me and I see just the background again. In a 10<sup>th</sup> of second the spot appears again and begins to get larger and larger and goes through the same thing again. This can go on for a long time. When I'm really in a deep meditation sometimes the spot comes from behind me and gets smaller and smaller until it's gone and then comes from behind me again. This is the most interesting because when I think about it I have no way of knowing if or when it will happen it just does and that is beautiful. At other times I can see shapes that are moving from left to right and then from top to bottom. At other times I don't see anything just quiet.

Without planning it I may go into what is called contemplation meditation which is seeing a subject in your mind and contemplating on that subject for a period of time. Most often for me it is compassion, love or Christ or all three. When this happens it seems I'm not thinking about it, I'm just with it with nothing is being said. I just feel the fullness of it.

Be grateful - be mindful - be still.

## EASY DOES IT

*Scott W.*

I remember seeing EASY DOES IT bumper stickers in San Antonio on cars and trucks before I got sober. I thought that their meaning was for me to slow down, or like the bumper stickers on so many Texas trucks showing Yosemite Sam with two 6-guns at the ready shouting BACK OFF! After I got sober I heard "Easy Does It" all the time, and learned that the Easy Does It bumper stickers belonged to friends of Bill. While the bumper sticker still reminds me that tailgating is not a nice way to drive, I try to take my life a little easier. It remains as my favorite AA slogan.



### The Dance

*Oriah Mountain Dreamer:*

*What if the question is not  
"Why am I so infrequently the person  
I really want to be?"*

*But -*

*"Why do I so infrequently want to be  
the person I really am?"*

**TRIP TO A.A.'s GENERAL SERVICE OFFICE (G.S.O.)**

**New York, NY**

**Friday, December 9th, 2011**

**Meeting at 8:30 at the Fellowship Center**

18 Great Plain Rd., Danbury, CT and carpooling to New York.

Call Steve D. (203) 246-5931



**DISTRICT 9 CHRISTMAS & NEW YEAR'S ALKATHONS**

At the Fellowship Center 18 Great Plain Rd., Danbury, CT

**4 P.M. SATURDAY, DECEMBER 24, 2011 THRU**

**4 P.M. SUNDAY, DECEMBER 25, 2011**

AND

**4 P.M. SATURDAY, DECEMBER 31, 2011 THRU**

**4 P.M. SUNDAY, JANUARY 1, 2012**

**CONTINUOUS MEETINGS  
FOOD DONATIONS ARE NEEDED**

Call Pam B. for time slots available for your groups at  
email [pballas528@msn.com](mailto:pballas528@msn.com) or cell (203) 482-3442



**Every Second Saturday Coffeehouse!**  
**Saturday, Dec. 10th, Jan. 14th & Feb. 11th from**  
**8:30 – 11:00**

**Live musical entertainment by members and guests of the  
Fellowship Center**

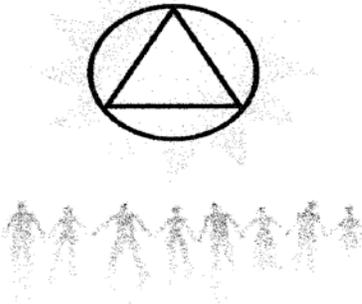
PA, microphones and amplifiers will be set up.

*Food donations are welcomed.*

**\$5.00 (\$3.00 members) includes:  
snacks, coffee, tea and 10:00 Raffle Prize**



Fellowship Center



# CHRISTMAS PARTY with SANTA

At the Fellowship Center

18 Great Plain Road, Danbury, CT

**ADULTS & CHILDREN WELCOMED**  
**SIGN YOUR CHILD UP FOR A FREE TOY**  
**FROM SANTA**

(SIGN UP SHEET AT THE FELLOWSHIP CENTER OR  
CONTACT JIM LYNCH 203-770-1144  
OR JEFF BRUNO 203-994-1727)

**SUNDAY, DECEMBER 11, 2011**

**1:30 p.m. to 4:30 p.m.**

**LIVE MUSIC, FOOD, AND**  
**SANTA GIVING OUT PRESENTS**

**CONTACTS: Jim Lynch (203) 770-1144 or Jeff Bruno (203) 994-1727**

## How to Love Yourself

1. **STOP ALL CRITICISM!** Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.
2. **DON'T SCARE YOURSELF.** Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure and immediately switch your scary thought to a pleasure thought.
3. **BE GENTLE AND KIND AND PATIENT.** Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn new ways of thinking. Treat yourself as you would someone you really love.
4. **BE KIND TO YOUR MIND.** Self hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change your thoughts.
5. **PRAISE YOURSELF.** Criticism breaks down the inner spirit, praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.
6. **SUPPORT YOURSELF.** Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.
7. **BE LOVING TO YOUR NEGATIVES.** Acknowledge that you created them to fulfill a need. Now you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.
8. **TAKE CARE OF YOUR BODY.** Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise can you enjoy?
9. **MIRROR WORK.** Look into your eyes often. Express this growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them too. At least once a day say, 'I LOVE YOU. I REALLY LOVE YOU!'
10. **LOVE YOURSELF.** Begin it now. Do the best you can.

## The Ninth Step Promises

*Copyright © Alcoholics Anonymous World Services, Inc.*

Do we want more of what brought us to AA ...

We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people—was not a basic solution of these *bedevilements* more important..?

*3rd ed. Big Book pg. 52*

... or do we want what practicing the principles of AA promises?

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear.  
We will lose interest in selfish things and gain interest in our fellows.  
Self-seeking will slip away.  
Our whole attitude and outlook upon life will change.  
Fear of people and of economic insecurity will leave us.  
We will intuitively know how to handle situations which used to baffle us.  
We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

*3rd ed. Big Book pg. 83 & 84*

The choice is ours...

### **Fellowship Center Meeting Schedule** (revised 11/15/11)

#### **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)

#### **TUESDAY**

7:15 a.m. Morning Watch Group  
12:00 p.m. Living Sober Meeting  
7:00 p.m. A Way Out

#### **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  
12:00 p.m. Yoga for Recovery Class  
6:00 p.m. A Power Greater Than Ourselves

#### **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  
7:15 p.m. Men's Big Book Study



en.rian.ru/images & aagrapevine.org



"Is this anyone's first AA meeting?"

***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](mailto:hermansdorfer@att.net) or call Bryan H: 203/940-0702

**FRIENDLY REMINDERS**

- *The Club Room is for Members only, except during open house events.*
- *Smoking is outside the kitchen door only - not in the front. Please use the butt can. Let's keep it clean.*
- *All children must be accompanied by an adult at all times for personal safety and insurance reasons.*

A police officer stops an erratic driver and asks very nicely if he could see her license. She replied in a huff, "I wish you guys would get your act together. Just yesterday you took away my license and then today you expect me to show it to you!" ... : )