



# The Boomerang

SPRING EDITION

AREA 28, PANEL 72, EDITION II

Welcome to the Spring Assembly edition of the *Boomerang*. Our Area 28 Spring Assembly is upon us and being hosted by District 14 at VFW in Winslow. This will be our first in person area assembly in 2 1/2 years and we can be thankful to the AA members in district 14 for their efforts to plan and support this area function. Tim C., District Chair from district 14 provided the following the report below at the January Area Committee meeting. Tim's report makes the strong connection from service to recovery and I hope folks appreciate the front page attention it deserves.

As we move forward, and I become more proficient, I hope we reach a wide variety of contributors to the *Boomerang* with experience, strength and hope that reflect recovery, unity and service. The three sides of our triangle are related life saving principles and I hope this newsletter reflects these principles.

The reprint from the Boomerang is a submission from Warren, Maine from several years ago. It is a powerful message of how one man received recovery behind the walls and learned how to give it away. An excellent example of learning how to thrive, in spite of significant the challenges life throws our way.

Please feel welcome to contact me with ideas or suggestions for the *Boomerang*. This continues to be a learning curve for me and I appreciate everyone's patience as we continue to "trudge the road of happy destiny".

The members of district 14 look forward to participating in our Maine area. I am also looking forward to working with district 14. This is a forward-looking report for this first area meeting of 2022. It'll be a fast forward report also since the devil is in the details.

The Right track Group in dist 14 sponsored a thanksgiving alcathon and a New Year's Eve meeting, dinner/dance and midnight meeting. Dist 14 sponsored a Christmas Alcathon and day in the park on Labor Day. Our dist 14 outgoing love and service chair has been greatly supportive and instrumental and has been involved in all group and dist 14 events. Thank you for your service in this leadership role.

Our district spans from Jackman to China or China to Jackman whichever direction you're heading to or from.

District 14 has a great group of people who have stepped away from the bar and stepped up to the plate to do service work in our district and our groups. Some of our members have also taken Area positions. The trend towards service seems to be increasing including newer members of our fellowship. Hashtag "service" is getting trendy.

We AA members of dist 14 will share our journey in Area 28 as we trudge the road to happy destiny.

## One last thing!

It's happened before but this stood out. I got to see a person that attended their first meeting just a few days ago. She shared at the very end of the meeting that she had gogled AA, found the hotline number and called. I sensed the rawness of the unhealed wounds of alcoholism in her voice and physical presence as she continued to share. It was a powerful moment. The next day I saw her come in to another meeting and she sat with two people who had given her their phone numbers the day before at her first meeting. Across the room a volunteer from the hotline got up from her chair, crossed the room and sat next to her. Seeing the hotline volunteer with that newcomer on her second day of sobriety, It was a an even more powerful moment.

For the newcomer  
In service  
Tim DCMC dist 14  
Details



At Wit's End

**Many returns** A drunk walked into a bar and swallowed a Boomerang. The bartender threw him out—47 times.

## From the North:

**The Annual Old timers Meeting** is set for Saturday April 30th at the Mattawamkeag Church - 289 Main Street (take Medway Exit off I-95 head east 10 miles.. Doors open at 11 AM, potluck lunch is at noon and the Speakers start-up at 1. FMI: John 746-7119

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### UPCOMING IN-PERSON ANNIVERSARIES:

**NB- MELANIE M. 1 YEAR- TUESDAY April 5th - New Denmark, NB @ 8 PM (ATL)**  
**NB- ANNE C. 4 YEARS - SATURDAY APRIL 9TH- ST. LUKES, WOODSTOCK @ 7 PM (ATL)**  
**NB- CATHERINE D. 8 YEARS -FRIDAY APRIL 15TH - ST GERTRUDES, WOODSTOCK @ 8 PM (ATL)**  
**ME- MOSES - 17 YEARS - FRIDAY APRIL 15TH - ST LOUIS CHURCH, FORT KENT, 7 PM (US)**

### **\*SPECIAL LOCAL EVENT\***

**NB- FLORENCEVILLE.** Dr Chris Ashton. Center Stage- Thursday, April 28 at 8 PM. Guest Speaker Format.=====

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### LOCAL ZOOM

#### MEETING CONNECTION INFO: AROOSTOOK

TUESDAY 12 N (US) Big Book Stories Read Open, Id- 865 0337 9351, Pw- 664451 TUESDAY 7 PM (ATL) WOODSTOCK, NB. Zoom meeting ID: 851 402 2351 passcode: bigbook FRIDAY 12 N (US) Womens Meeting, Id- **345 432 023** ,Pw- (ASK A MEMBER)

SUNDAY 6 PM (US) 12&12 Open Meeting, Id- **595 159 550** Pw- 912412 SUNDAY 7 PM (ATL) - WOODSTOCK, NB. Zoom meeting ID: 851 402 2351 passcode: bigbook

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*RELAXED (RAPID) COVID TESTING PAPERWORK AT THE BORDER IS NOW ACCEPTED. YOU STILL NEED TO FILL OUT THE ARRIVECAN DOCS FOR EVERY "VISIT".*

*WALGREENS PHARMACY (MAINE) INVITES ALL TO MAKE AN APPOINTMENT ONLINE FOR THEIR FREE "RAPID" TEST DRIVETHRU. THE RAPID TEST HAS A SHELF LIFE OF 24 HOURS AND IS GOOD FOR ONE CROSSING INTO CANADA ONLY. THE PCR TEST STILL IS WELCOME- BUT TAKES 48 HOURS TO GET THE RESULTS BACK. EVERY REQUIREMENT EXCEPT THE "ARRIVECAN" SUBMISSION PER TRIP SHOULD EXPIRE MARCH 31ST, 2022*

Our Area 28 Boomerang Team would like to have ONGOING written contributions from the AA Recovery Community in Northern Maine/Western New Brunswick to publish. Please visit: <https://maineaa.org/boomerang/>- to learn more. If you'd like to "BOOM" for the County"...let our D7 Chair (marstonrichard@gmail.co) know. So many NEW faces in our region these days...let's reach out!

### **Richard C.**

The image to the right was art work from the Boulduc Correctional Facility in Warren Maine and was displayed at the "Freedom From Bondage" conference in Southern Pines, North Carolina in 2017.

AA members in this prison have been attending our meetings online this year; they appreciate being with us and we appreciate their presence.

Classic, well done, artwork! It has been in the Boomerang before and I hope you enjoy it again!!

Corrections committees give us an opportunity to seek ways to support AA in prisons!!!



**"There was an AA meeting my first night back."**

In July 2007 I shared my experience, strength and hope which was published as the cover story for Grapevine, called "Outside Freedomville." It was written during my first five years of sobriety while in prison. I was sentenced to serve 11½ years for drunk driving.

In December 2009, after many years of work on the Steps with an "outside" volunteer sponsor and intensive work with other alcoholics I was granted an early release with 12 months to serve on the Supervised Community Confinement Program. I was released on Feb. 22, 2010 to a half-way house which was recommended to me over 26 years ago. That's another indicator that I've needed help with this disease for many years.

On my second day of release my probation office said, "There has been an error in your sentence and you will need to be returned to the custody of the Department of Corrections." To say I went into shock would be an understatement as I had worked so hard to establish a transition program.

It's been a month since my return to prison, and I am here to continue to share my experience, strength and hope. I have not had the desire to drink over this, though this has been a devastating blow. Thanks to God and the Twelve Steps, I have a solid solution that works and I am sticking to it.

There was an AA meeting my first night back, and a volunteer stated, "You must have more work to do here." He's right, because after the meeting an inmate who I have been working with came up and said, "Randy, this may sound crazy but I am so glad your back as I really need your help with the rest of my Fourth Step."

All the plans I had arranged outside with those in my fellowship family (including my son, Randy Jr., who I have not seen in over 17 years—another miracle within itself) has all been postponed. But I have no doubt that nothing happens in God's world by mistake. The inmate who came to me confirmed that. I went to work immediately with that man and he is now on his Eighth Step.

I know for a fact that nothing will so much as insure immunity from me drinking as intensive work with another Alcoholic. I need to continue to work these Steps to grow and to remain recovered. My Sponsor of eight years continues to confirm this as he has come *back* into prison for more than 12 years to carry this message and he has remained sober for many more. I thank God daily, as I am now one of the fellowship who passes it on.

My new release date had now been changed, which is good news. I now know that just going to meetings as I did for over three decades does not keep me sober—that's only one part of the solution, along with Steps and service work. I can sit in a garage for two years and I am sure that I won't turn into a car. That took this alcoholic man years to accept.

For those who think there is no booze in prison, that's not true. If I had the desire, I could probably obtain just about anything I wanted. The fact is, I no longer have the desire, and for that I thank God and those in this fellowship who continue to carry this message.

*Randy H., Warren, Maine*

*Reprinted with Permission, AA Grapevine Inc.*

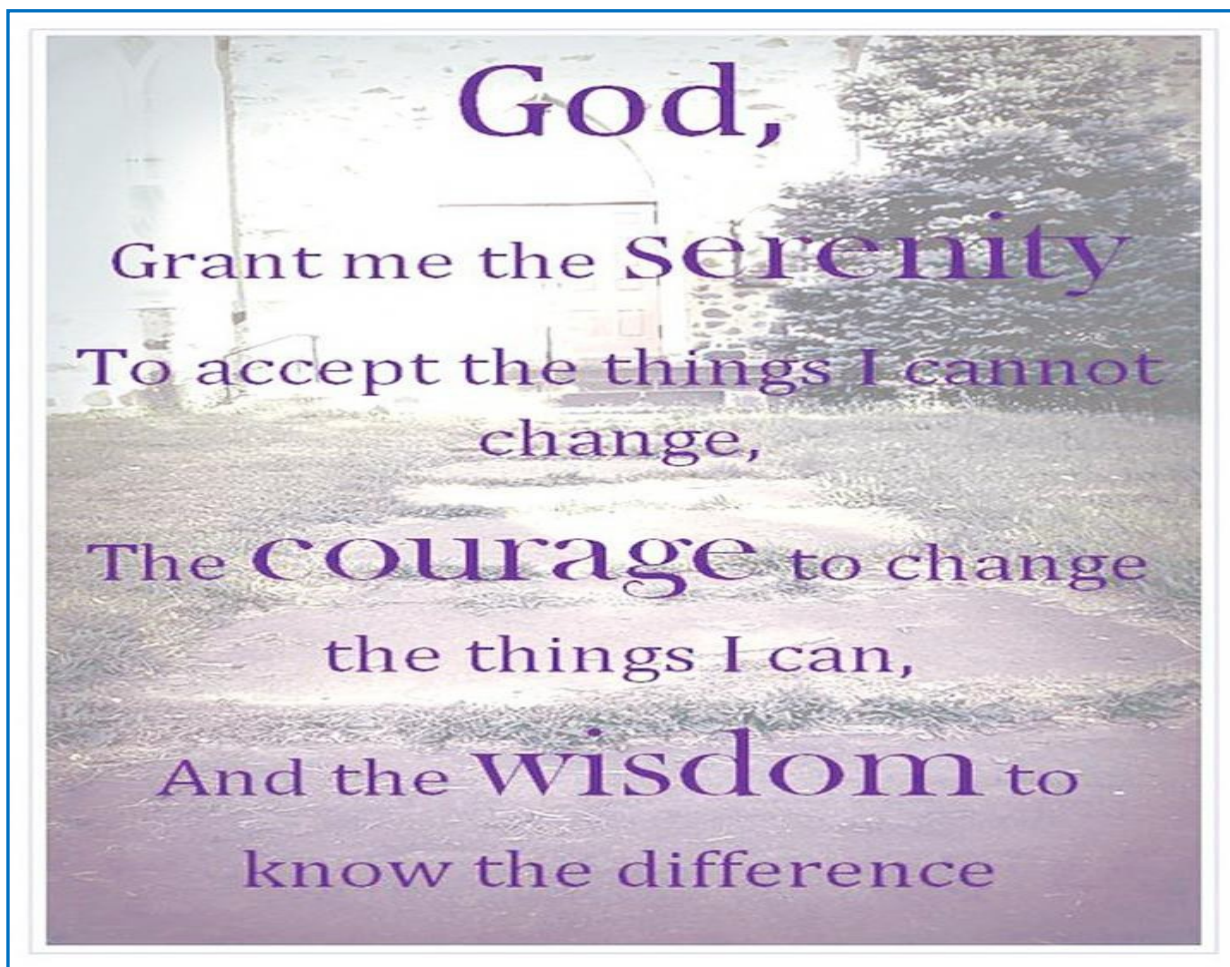
## News from the East

Life in AA is coming back slowly in this part of the state, which didn't have the resources and connections to instigate virtual meetings. Those that could, have tried to stay in touch. Some meetings may never be reactivated, and that is very sad. Those meetings in person are much smaller than they were before the pandemic. The bright spot, at least for those in rural or remote places, is that we have the program of AA already established and we can experience what those in the beginning of our program did – meeting around the table, face to face, sharing our experience, strength and above all, hope.

Having lived in a rural place in the early 2000's with an inactive district and small meetings – each meeting having the same people, I was thirsting for more. A small act of reaching out for help with a spiritual meeting at the Spring Assembly 2005, started the ball rolling bringing service opportunities to this part of Maine. At the 2005 Fall Assembly, district 25 was created with a handful of willing people with little or no service experience. We all wanted to do more to reach the still suffering alcoholic. Now, seventeen years later, we need to reach out again and rebuild our district. There are people who want more in their sobriety and service is a way of getting that extra to make life happy, joyous and free. All any of us need is the willingness to do a little more to make this work. At this writing districts 10 and 11 are inactive and I haven't heard much from district 8.

The Downeast is struggling to get back into active service. We are very few and spread out geographically, so accessibility is a contributing factor to our difficulties. We need the in person social contact that energizes all of us in the fellowship.

Mary Lou Q.T.



## How to involve members in Service

The easy answer would be “put them in the car,” and “if you’re going alone you’re doing it wrong!” Two statements of wisdom from fellow alcoholics.

I love history and this program so what I have to offer on this topic is my experience and enthusiasm with and for service. When I first came to AA I would constantly hear that to keep this sobriety I had to give it away or pass it on. It was how Bill W. stayed sober. I wanted desperately to belong somewhere and I needed to be needed. At my first meeting I was encouraged, by a poke in the ribs, to raise my hand when they asked for help cleaning up after the meeting. Coming in contact with one other AA member by bringing ashtrays to the kitchen to be cleaned, was barely within my skill set, as a shaking wreck of an individual. Being teased about doing a good job by being asked if I did windows as well, put me in the clouds – People needed me, and I could be there for them and me. Going back to a crummy, empty apartment was not something I looked forward to, but being at meetings with something to do helped keep me off the pity pot, sober, and learning how to build relationships and trust in others – one person at a time!

When we would pile into a car to go on a commitment – which at three months I had no clue about – it was always a wonderful, intensely emotional journey with meetings on the way to and from. I also got a chance to ask questions that I could not ask in a room full of people. I’d sometimes be pulled out of the hat to speak with no idea what was coming out of my mouth; but what I found out later was that something in my heart called gratitude, came out. Asking for help, and asked to help, kept me sober and I started to enjoy the fellowship, no longer feeling like the ugly duckling or someone on the outside looking in. It seemed that I had been feeling that way all my life, so it was a tremendous change for me.

My first decision after getting sober that would firmly plant me on a road of service was picking a home group, not an easy thing for a drunk who tended to avoid commitments at all costs. It was pointed out to me, lovingly, that I was still thinking as a drunk. Once I had a home group that I attended faithfully and did whatever job I was asked to do, I got a sponsor and became involved in more than just meetings. The door was opened and loving hands welcomed me to a splendid banquet of service riches! All I had to do was reach out, in return, and grab a hand to increase a chain of loving service. It has been said that every new job in service that you undertake, widens your circle of friendship, fellowship and growth opportunities.

I believe every member struggles with the fear of being inadequate to the tasks that are taken on; I know I always do. However, I have found that the wonderful support I have always received – that love that I didn’t have for myself – and the confidence in me that I didn’t have in me, has always been there and allowed me to bloom. It has given me the opportunity to give back and away only a small portion of what I have received through the program of Alcoholics Anonymous. It is a priceless gift! That love and confidence that came through others was not only from showing me the way by their actions but by their invitation to me to walk *beside* them in service.

As a member already in service, lovingly invite other members to join you in your service. Share the rewards and your enthusiasm with others. Encourage them to reach beyond their comfort zone with the assurance that the support of the fellowship is right there with them.

Sometimes it only takes an encouraging word, “you’ll make a great delegate” when a member has just begun a service journey; or a call for help to touch another and help them move from that dark corner table with crackers and water to the main banquet table loaded with rich appetizers, entrees, side dishes and desserts. They can start with anything and begin to increase their appetite for more. We can use some of those alcoholic characteristics to our advantage! – A desire for more.

As Dr. Bob said in his last talk: “None of us would be here today if somebody hadn’t taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we’re not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.”

I am very fortunate to have been on a rich service diet for some time now and I can’t imagine going without. However, during my time in the program, I have learned that a steady diet of service without the basic recovery food groups can lead to a nutritional imbalance. Service cannot replace recovery and recovery needs service – two of our legacies. It is in uniting recovery and service that we have a circle of love and fellowship and our triangle of three stable legs of sobriety that we call our legacies. It has been a challenging 2 years to keep sobriety and service at the forefront. We need to get back to one alcoholic to another, face to face. As a member of Alcoholics Anonymous reach out literally, your hand to another, hold on tight and enjoy the ride of a lifetime!

Mary Lou Q.T.

### Twelfth Tradition

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him that presides over us all.

## *Spending time with Archives*

Many of us may be used to going through our recovery without giving too much thought to Archives. Who goes to an Area function and thinks “Wow, I’m actually part of the future of Alcoholics Anonymous’ History?” If you’re anything like me, you attend Business meetings, whether it’s at the Group, District or Area level out of a sense of responsibility. We want to ensure that Alcoholic Anonymous remains nice and healthy for the still sick and suffering Alcoholic who has yet to make their way through our doors. As Ozzie L. (founder of The Wilson House) used to say ‘Wonderful’ ... at least your attending Business meetings. “You’re off to great places! Today is you’re day! Your mountain is waiting ... So get on your way”, Dr. Zeus. If you happen to be new, we are not affiliated with Dr. Zeus. It’s just an oddly appropriate quote when we're discussing the Archives of Alcoholics Anonymous.

Maybe my Archives beginning was something like yours. I met a couple old timers that seemed to love to talk about AA History. Lee N and Gordon M come to mind. Lee and I attended some of the same meetings in (the former) D19. He was this delightfully pleasant old Hippie transplanted into Maine from NY, who had the best stories about Alcoholics Anonymous. He could talk for hours about the history of AA. I met Gordon at my first Area 28 Round Up in 2002. Being a bit overwhelmed ( I was around 4 months sober) at the 1000 (it looked like much more) recovering Alcoholics who had taken over Sugarloaf, I wandered into the Archives exhibit. After a couple hours I left with Gordon’s contact information and an introduction to Archives. I would get to know the next two Archivists, Peter T. and Bruce B., through Area service, commitments and one particular motion to revise the Archivist position to include sitting as the Area 28 Archives Committee Chair.

So how did I come to find myself, (Past Delegate from Panel 68 who should be trying hard to just be quiet and wait to be called on) involved with Archives? Well ... the COVID-19 Pandemic has been interesting if nothing else and continues to give me much more than it takes; and so it is with how I found myself sitting at an Archives Roundtable during an Area Committee Meeting. I currently reside in District 14 and prior to the pandemic, called the Belgrade Lakes Group “Home”. The decision to attend zoom meetings more often than live meetings would find me doing service for one of my old favorites, The Auburn Attitude Adjustment Group (on zoom and also live in D5). So with a new Home Group and service position in District 5, that put me at the Archives Roundtable for ACM discussion and is how I would begin to get to know our current Archivist Mike S.

God is good!  
(Continued on Page 7)



### I Am Responsible

When anyone, anywhere, reaches out for help, I want the had of AA to always be there,  
and for that I am responsible.



(Continued from Page 6)

So I now have a mission at NERASSA 2022 in Pittsburgh, PA ... to sit in on the Regional Round Table for Archives; sixteen other North East Region Archive enthusiasts had the same mission. We seemed to cover everything; the use of digital work, how to use the displays (or archives as a whole ) to carry the message? The pandemic affects; 2 years of pandemic taking its toll. Gathering Group and Pandemic history's & using Area websites to make this easier. An abundance of discussion regarding general restoration work, climate control issues, verbal and power point presentation, a mission to collect old meeting lists and creating walking tours. We talked about what should and shouldn't be archived and keeping group history binders by the District ... so many cool ways to collect and preserve our history.

Someone used a great KJV (Luke 10:2) quote, "The harvest is plentiful but the laborer's are few" (again, we are not affiliated with any particular religion) but 'we are quick to see where religious people were right and make use of what they have to offer', (BB 87). So when you see Mike S. ask him about Archive workdays, monthly committee meetings, Archive display visitations or or maybe attending your workshop or a days of sharing session.

If you would like to learn more about the national work of Archives in AA you could check out the Archives virtual workshop website at [www.nationalaaaws.org](http://www.nationalaaaws.org).

Thanks for allowing me a few minutes of your time.

In Love & Service

Robin G.

Area 28

Panel 68

Trustees / Nominating Committee

Change is in the air! Loose change is in your pocket. Cha...cha...change is a song! And as they say, the only thing certain in life is.....CHANGE!

That is true in our sobriety and in AA. Over the year's I've been sober, I have experienced change every year. Some it is on a positive note and yes, there have been those years that it has been less positive! What I've learned is that matter what, if I don't drink, I'll survive the change.

Accepting the fact that change is inevitable has been my best asset in dealing with change. I anticipate that in the next year or two, as we emerge from the Covid-19 drama that has changed AA across the board, we will continue to undergo change. Meetings will close, meetings will split, new meetings will emerge and our service needs will be vastly different than ever before. Remember....change is not bad, it is just different! Let's acknowledge that, let's embrace that and work together as we move forward to the new world 'post Covid-19'.

Yes, change is in the air and I personally, am as excited as ever to see what lies ahead!

Spencer R.



43<sup>rd</sup> Maine Area Round Up



In A Time Of Change

## In-Person Once Again!

The 43rd Maine Area Round-Up Committee welcomes you to join us July 15th thru 17th, 2022 at the Sugarloaf Mountain Resort in Carrabassett Maine. After a 2-year hiatus, we plan to meet in-person once again to celebrate our program of recovery. We are working hard to put together a full weekend of dynamic speakers, workshops, entertainment and plenty of fellowship.

Please pass the word to your districts, groups, A.A. and Al-Anon friends that the Round-Up is back. We look forward to seeing you at the mountain.

CONTACT SUGARLOAF at 1-800-THE LOAF (843-5623) beginning April 1st, 2022

## Self-Supporting

The Maine Area Round Up will be serving coffee this year for \$1 per 12 oz cup. Tickets will be available for sale throughout the weekend. Purchase individual tickets or buy 6 tickets for \$5. The sale of coffee is our effort to keep expenses manageable as we gather once again. We encourage you to bring your favorite travel mug for the weekend.

## Register

The Maine Area Round Up registration will be \$30.00 for the entire weekend of fun, fellowship, and recovery.

We are excited to offer the option to pre-purchase your T-Shirt or Hoodie at a \$5.00 discount. There will be a limited number of shirts available at the Round Up. Please consider purchasing your T-Shirt or Hoodie when you register.

The Maine Area Round Up will kick off with a 3 pm local speaker.

Friday evening speaker will begin at 7pm and we will end the evening with dancing to DJ Corey and fellowshiping.

Saturday will offer a morning workshop, Al-anon Speaker, Long timers meeting, afternoon workshops and break out meetings. Saturday evening we will meet again in the King Pine room for an evening speaker followed by the live band The Root Notes

## Questions?

Access [www.maineroundup.org](http://www.maineroundup.org)

with *our QR code*

*MaineRoundupinfo@gmail.com*

July 15, 16 & 17, 2022



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