



# The Boomerang

Area 28, Panel 72 “Fall 2022” Edition

Welcome to the “Fall 2022 Edition of the Boomerang. Below is Mark F’s, our area chairs, perspective of attending the NERAASA in Pittsburg earlier this year. The short NERAASA info at the bottom of this page is from our Francis G., our Northeast Regional Trustee, and is info that is on the NERAASA website. Please visit [www.neraasa.org](http://www.neraasa.org) for information on the 2023 NERAASA to be held in Albany, NY in February and read about it here in the Maine Area “Boomerang” newsletter.

As the editor I hope the information in our newsletter is helpful in generating healthy conversations about AA services in the Maine Area. If you submitted to the Boomerang I say thank you! The Boomerang is our area newsletter and please do consider yourself invited to submit an article for publication.

My name is Mark F. and I am an Alcoholic! My position is Area 28 Chair. I was fortunate to have attended NERRASA this past February in Pittsburg. I’m grateful for the experience to meet a lot of the Trusted servants from the NE Region. I attended the Workshops for the Area Chair’s with Bill N as our Moderator. Our discussions consisted of how Districts were handling the status of meetings going back to live or converting to Hybrid or just staying Virtual. We also discussed how some Areas have members become Delegates first then move onto Area Chairs. Discussion of Areas not having the servants to hold officers positions is an issue. Thank you to our Maine servants doing hard work and keeping the faith of serving at the Area level. We need to be there for each other as well as those who have yet to come.

It was wonderful to experience the discussions of Agenda items that our Delgates brought back to the body for representation of our Areas. It was great to see the passion of all who spoke up and voiced their opinions. Imagine that!!!!

Special thanks to the Chair of the Conference, Yevette and those who had conversations with her to set up a trip to Dr. Bobs home in Akron, Ohio.

Loved the whole experience and Grateful for our members of Area 28, Panel 72 who attended NERASSA as well. We all shared in the experience together.

God Bless  
Mark F.  
Area 28 Chair

Dear Friends,

We hope that you enjoyed your time with us this year in Pittsburgh! If that was your first NERAASA, we hope our event was informative, interactive and inspiring. As you return to your Areas, Intergroups/Central Offices and Home Groups, we trust that you apply what you've learned, share what you experienced, and invite others to join us - in February 2023 - in Northeast New York, Area 48.

If you've been to so many NERAASAs that you've lost count, we hope that you are excited at the prospect of renewing friendships, participating in e-roundtables, and sharing your views on General Service Conference Agenda items with the potential to impact AA as a whole.

If you would like additional information, please email the Planning Committee at: [info@nerassa.org](mailto:info@nerassa.org) .

Together we can,  
Francis G.

## **From one of our past delegates:**

I was only a few years sober attending my first NERAASA as my home groups GSR. 7<sup>th</sup> traditions funds from my home group supported my travel with Ted S and Dan B to Area 60 Western Pennsylvania. The furthest you can travel in the NE Region ha-ha of course. We left at 10 pm Thursday and drove all night to get there, having a little rest before the schedule started Friday evening. Looking back, my preparation was to show up and attend and take in all that was offered. After a long day already of meetings and panels, the round tables that happened at 10pm each night were something I planned to opt out of. I did attend reluctantly after a strong suggestion, thank you Ted! They ended up being the thing I enjoyed the most, meeting with GSRs from all over the NE region! The sharing was eye opening to issues in remote areas, and to the other extreme with issues dealt with in large cities. Also realizing the similarities with problems we all have regardless of where you come from geographically.

I so looked forward to attending the following night to hear the continued sharing, knowing now too that there was an ice cream social happening around that time! Seriously, unbeknownst to me I really started to get an appreciation early on about being open minded when others share, appreciating our differences, and similarities.

Another NERAASA I remember when filling out the registration form Ted telling me to “check the box”. “Would you be interested in participating in a panel presentation or moderate/record a round table session?” I did it not knowing what it really meant and ended up being asked to present 7 minutes as part of a 3-panel presentation at that NERAASA. Elated and fearful all at the same time when I got the call. Another wonderful experience which if left to my own devices I would have not experienced and am happy I did not miss!

In love and service,  
Linda Thompson

## **From another past delegates:**

### **The NERAASA Vibe**

There's something happening at this particular service assembly that is unlike any other. I felt it the first time I attended a NERAASA. At that time, it was extremely difficult to identify. To set the scene; It was my first NERAASA, it was 2010 (or maybe 2011), Spencer R. was the Delegate and we (a bus full of AA's) had just spent several hours traveling down to Terrytown, NY. At first, I thought it was internal, like anxiety or panic (I live with Clinical PTSD and crowds of any size are work for me) but "it" remained year after year, and "it" continued for the entire weekend. Today I can identify it as "the NERASSA Vibe"!

It's the electricity in the air when 1,000 people from the Northeast Region who are all passionate about the service work they are doing in Alcoholics Anonymous get together and share their experience with all the other people who are passionate about the service work they are doing in Alcoholics Anonymous. Committees gather and talk about all the cool stuff that's working in their particular Area's or maybe get some help with the stuff that's not working so well. It's a buzz like no other! I love traveling with someone who is about to experience their first NERAASA. At some point along the journey to ... wherever we're going, I will try to have the "let me attempt to prepare you for the vibe here" conversation, but they always do the same thing ... nod and smile and talk about their particular service connection to AA. Then after being separated, doing are own thing, they always return to the room at the end of the day in the same mode; overdrive. Talking to fast, expressing too much, pacing the room like a caged cat, and making almost no sense at all.

Today I've learned to just let them go on until either they're exhausted, or I am and then I simply reply; "Welcome to NERASSA".

In Love & Service  
Robin Gasparino  
Past Delegate

## **From the Central Service Office:**

I'd like to take this opportunity to introduce myself. I'm Dave Bulger and I'm an Alcoholic, and as of September 1st, 2022, the new Director of YOUR Central Service Office. Some of you may already know me, and I certainly already know some of you. I have held various service positions in my home group, district, and our area as well. On September 6th, 1992 my 30-year love affair started with our wonderful fellowship. So, when your CSO Steering Committee offered me the opportunity to serve as the Director of CSO, I was quite honored with this awesome privilege.

So, what can your CSO do for you? Well, we manage the statewide/area wide meeting list for print, as well as on our website. We answer hotline calls, and some turn into 12-step calls. We stock a wide array of conference approved literature, for in-store sales, as well as shipping out throughout our area and beyond.

Our new web consultant, Wayne P. has been a huge help! He's been teaching me how to make regular meeting changes and postings on our site. If there is a new meeting to be added, a meeting removed, or updated, between Wayne and I, we'll generally have it done within 24-hours; often it's accomplished in a couple of hours!

For the time being have new operating hours, Mondays: 9 AM – 3 PM, Tuesdays and Thursdays: 1 PM – 7 PM, Wednesdays: 11 AM – 5 PM, Fridays: 9 AM – 2 PM, and on the 4th Saturday of the Month: 8 AM – Noon.

I am looking forward to working more with the districts and groups throughout the area, and one of my major goals is to make it so we can be all inclusive via zoom CSR, and Steering Committee meetings by using ZOOM technology and having these committee meetings turn into hybrid.

If you would like me to come to your group, district or committee meeting, I'm happy to oblige.

Yours in Love and in Service,

Dave B.

## **From the AA Grapevine:**

### **Memory Lane**

Three woman friends were sitting around the kitchen table doing what they enjoyed—drinking beer by the case.

One woman said, "I wonder if all this beer is affecting my memory. This afternoon I saw an open jar of mayonnaise on the counter and I couldn't remember if I had finished a sandwich and hadn't put the jar away, or if it was out because I was going to make a sandwich."

"I know what you mean," the second woman said. "Yesterday, I found myself in the middle of the stairs and couldn't remember if I was going up or down."

"Well, I've had as much beer as either of you," the third woman said, "and I've never had any memory problems. And I hope I never will."

With that, she reached over and quickly knocked on the wooden table three times. "Oh, 'she exclaimed, "somebody's at the door. I'll get it."

*Dusty B.*

*Hancock, Maine*

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## **The only Constant in life is Change**

Our Area Workbook is a list of guidelines and suggestions – no laws or rules. This has been a repeated theme of mine every time we seem to get hung up on what we are supposed to be doing at the Area level. Keeping our primary purpose always at the top of our considerations, that is, sharing our solution to alcoholism, we should be able to make informed decisions.

I found myself being disturbed by the discussion at the last Area Committee Meeting. It was all about whether or not we should put an item of Area business on the agenda for the Fall Assembly. The workbook guidelines were used to argue why we could not prepare for Area business. My first question was “where is it written that we cannot add Area agenda items during our September ACM?” In all the time I served at the Area level, we never were concerned or constrained with that question. That was what our ACM’s were for. At our last ACM the argument was, ‘the workbook says, under Area Chair I.2 that the assembly agenda should (not must) be out six weeks before the assembly date, to DCM’s and Committee Chairs. The reasoning behind this is so these people can get the word out and members and groups can have feedback on the agenda items for voting at the assembly. In order to facilitate this timeline, it is suggested that District meetings be held the second week of the month.

Now a little history needs to be remembered. There was a time in our Area when *everything* communicated to our groups and members went through the US postal system and all reports and minutes of the Area’s meetings were written up and sent to the Area secretary or written and submitted to the secretary to be included in what was sent out to members by the post. The timeline suggested in our workbook comes from that time in our history. I might add that it was also at a time when the submission deadline for Conference Agenda Items was January 15<sup>th</sup>.

Today with email, cutting and pasting, copying not to mention recording and zoom meetings and conference calls, our communications are faster and can be more accessible and inclusive than ever. Do we seriously want to impede our ability to be of service and help the alcoholic because we are bowing to *suggestions* we have turned into commandments written in stone?

We need to be flexible – able to adapt. We did it during the pandemic and even the General Service Conference and GSO have had times due to circumstances where they have changed scheduling. Where is the service of participating in Area functions such as ACM’s and pre and post Conference Forums where communication is so critical?

Area 28 will face decisions on how best to bring more accessibility to our fellowship and it will involve all the changes that are constantly happening in our world today. Do you want to be part of the solution or part of the problem? My opinion from my experience, strength and hope,

Mary Lou Q.T.

## **District 9 Love & Service Event Recap**

**Harriett W., D9 DCMC**

On September 17, District 9 hosted a Love and Service Event at St. Patrick's Church in Newcastle. Attendees were given raffle tickets for raffles that occurred throughout the event. Prizes were the winner's choice of Literature or a Grapevine Subscription.

The event kicked off with Spencer R. sharing the AA Service Structure and how business gets conducted in AA using a compelling example from the experience of Area 28.

Nikki O and Spencer R then shared about service at the group level. There was an engaging discussion about how to attract people into service.

As usual at AA events, the food was bountiful. We mixed it up with game called "Find the Helpers" to help people get to know each other and the service work and AA related travels they had experienced. The winner was awarded their choice of a Grapevine Subscription or a Book from the Literature Display and Grapevine Display that were on hand. In addition, to the Literature and Grapevine Displays, Accessibility also had a display.

Following lunch Spencer R moderated a panel including Nikki O., Deb T., Dave T., Kelsey K. and Harriett W.

The event concluded with entertainment from the "We are Not a Glum Lot Players" followed by a song written for the occasion by Barb G. The 7<sup>th</sup> Tradition and final raffle rounded up the event. We closed with the Responsibility Pledge. District 9 thanks the great show of support from Area 28 and other Districts. Thank you to all who attended.

## From our immediate past delegate:

My name is Nikki and I am an alcoholic. I attended the in person 2022 NERAASA in Pittsburg. This was the first NERAASA in many years that I didn't hold a panel position. It was certainly different to have no Area responsibility. So many things at NERAASA have been a positive experience for my sobriety. At the 2022 NERAASA I spent time with my NERD buddies and friends from the Area. I facilitated the GV round tables on Friday and Saturday. And took a remarkable bus ride to get a tour of Dr Bobs. Each time I attend a regional or larger event, I am reminded how I am just one grain of sand on the big beach of AA. There have been times when I have forgotten that AA extends beyond my little world. I can get wrapped up in only living what I can see. NERAASA puts hundreds of other people with the same common goal (sobriety) in a room and we are each a part of carrying our voices down the triangle. I've heard things and likely said things that seem wacky only to hear more about it and from many different views to a profound change of mind. I love AA, I love our region and I love being a part of something much bigger than I. It seems like a dose of Higher Power that allows for some humility, fellowship and reminders that we are all just alcoholics with the best for AA in mind.

Nikki O., Panel 70 Delegate

I have previously introduced Drew's "Maine Area Piggy Bank". It shows the account balances in our area bank accounts. As you can see, our checkbook has a high balance. We traditionally look at this during our assemblies, and from time to time, in the spirit of the long form of Tradition 7, make decisions to support our annual budget and send excess monies to the General Service Office in New York. Drew will, I am sure provide quality information that will help us provide budget guidelines for our trusted servants and make a sound recommendation on how much to carry forward in our bank accounts into 2023.



Primary checking	29,003
Prudent Reserve	7,001
Round Up	3,051

John D.  
Editor



Area 28 Archives  
Presents

# DISTRICT 5 SPEAKER MEETING

CHRISTIAN COMMUNITY CHURCH  
425 TURNER CTR. RD. TURNER, ME 04282

October 16, 2022,  
Noon - 5:00pm

Join us in celebrating District 5  
Long timers as we record their stories

**Enjoy Coffee and Fellowship**



### *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.*