



The Boomerang

Area 28, Panel 72 Edition 6

Winter 2023

2023 Conference Agenda Items

It may seem like there's nothing going on, but we're sitting on a geyser that's about to blow. The General Service Board of AA met in Brooklyn last weekend, to pore over 180-some proposed agenda items, and reach a consensus on what should go to the Conference in April. Those decisions have been made, but the Delegates have not been told yet. Staffers at the General Service Office are now scrambling to finalize the background and translate it into French and Spanish. Last year, the background was around 1,200 pages. They will try to reduce it this year, and I hope they succeed!

It used to be, that the background came out in English in mid-February, in Spanish in early March, and in French in late March. You can imagine how difficult this was for the folks in Quebec, having to get the information out, get the groups to discuss it, and listen to their feedback, in less than a month. This inequitable time crunch was a big issue at our last Conference; this issue has been brewing for years. After much debate, we decided that the only way to get it to everyone fairly and in good time was to release all languages at once. This puts English speakers at risk of getting the background later—just like Spanish and French speakers have. English speakers have had an unfair advantage, and they had to yield it for the common welfare. The Board was dubious, but the staff said, “We can do this.”

So, I'm hoping the background will be posted online in the middle of February. I will have two sets printed, one for me and one for Allen, the Alternate. We'll go to NERAASA a week later, our heads spinning, and everyone will talk about agenda items all weekend. Then Allen and I will have a week or so to organize the topics for the Pre-Conference Forum. Come to that if you can! The District Chairs will take it back to their GSRs, and I will hear back from the Area at the Spring Assembly, and go to New York informed. At least, that's how it is supposed to work, and it mostly does. . . . It's a complex machine with a lot of moving parts, greased by goodwill and love for A

Peter B
Delegate

Welcome to the “Winter 2023” edition of the Boomerang newsletter. It is my hope readers will appreciate the “NERAASA Vibe” in this edition. Past Delegates Robin G. and Mary Lou Q. are Boomerang committee members and submitted articles that surround area committee news. Good stuff, read all about it here!

People ask from time to time how our area supports groups to become informed about the business of the General Service Conference (GSC). There will be a healthy presence from the Maine Area at NERAASA later this month and we will be passing on what we learn at every opportunity. This year's service calendar is included in this newsletter; please consider attending area meetings; they are planned with the hope to support groups to become informed regarding group, district, area and GSC related decisions

The flyer for the Spring Assembly is on the back of the newsletter. Please consider joining us, or perhaps supporting your AA group to join us in Bangor March 31st, April 1st and 2nd for the opportunity to inform our delegate how our groups think about the agenda of the upcoming GSC in April.

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 NERAASA Vibe"!

It's the electricity in the air when 1000 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 Far Southern Reaches of the Northeast Region

I attended my first NERAASA on a snowy February weekend in Niagra, New York. A snow storm had dumped multiple inches on central Pennsylvania and New York state, which forced us to drive out to Pittsburgh from Maryland and then up along the lake Erie coast, eventually reaching Niagara and enjoyed a great weekend of fellowship and learning more about ways to help the still suffering Alcoholic.

That for me was the start of numerous trips to NERAASA as I worked my way down the inverted triangle of service. Over the years I have learned so much about how to be an effective trusted servant and the variety of ways which A.A. carries this life saving message throughout the Northeast region.

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I have also made some lifelong friendships with my fellow A.A.s who have a passion for service. Some of these friends I may only see annually at NERAASA and many more I stay in close contact with. NERAASA has really enriched my sobriety and kept my service experience fresh. I look forward to each years event and always come away recharged and looking forward to how I can be a better trusted servant in my area.

NERAASA has also provided me with some truly rewarding service opportunities as well, in that I have been a panel presenter and monitor, I was part of the host committee when we had NERAASA in Maryland, I was also able to serve as the website manager for a couple of years and now I am on an ad-hoc committee looking at archive options for NERAASA.

This Service assembly really does a lot to bring A.A. members in the Northeast region together and provide numerous ways to expand our service

Yours In Service

Terry P. Alternate Delegate, A29 (Maryland)

More NERAASA Vibe



February of 1993 was my introduction to the Northeast Region Service Assembly of Alcoholics Anonymous, (NERAASA). The event was held in Wilmington Delaware that year and I recall a long drive with Craig from the Portland area. We shared a hotel room and I appreciate that experience as Craig passed not to long after. He was a very gentle man and an awesome traveling companion, great company!

The Grapevine committee was my area of interest at the time so I attended a meeting specifically for this committee. Two of the participants were recent contributors to the magazine and it was my first introduction to Grapevine contributors. They were both from New Jersey and I had the opportunity to experience fellowship with both. The Grapevine magazine always had five subscriptions on our head table at the Rumford Mexico group when I was a new AA member and I have encouraged this practice at AA groups whenever I have the chance since.

The Northeast Region Class B trustee in 1993 was Jake H., from Winthrop, Maine. Jake was an enthusiastic learner and teacher of AA's Concepts for Service and the weekend was peppered with workshops on the 12 concepts. It was my initial in depth introduction to our service concepts and seeing and hearing leadership at that NERAASA made an impression that has been lasting. It has been really cool in recent years to attend online AA meetings that have some of the long-timers that I was listening to in 1993, they continue to impress.

Living in the northernmost area of the Northeast Region has afforded me the opportunity to attend NERAASA several times since 1993. We have hosted this service assembly twice in Area 28 and, more recently, in 2019 it was hosted by Area 43 in New Hampshire. My service position in 2019 was Area 28 Treasurer and attending NERAASA in New Hampshire provided valuable networking opportunities with other treasurers from around the Northeast Region; we have received direct guidance, support and direction from having the Area 29 Treasurer agree to be my regional service sponsor. Folks from Maryland attend AA meetings in Maine from developing friendships from NERAASA.

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I am excited about NERAASA 2023. The Maine Area had a “Sponsormobile” (a six passenger van) travel from Belfast to Pittsburg last year and some of the same, slightly rowdy crowd will be on the road to Area 48 in Albany, New York on February, 23. I am excited that some new faces from Maine that will be at NERAASA for the first time; it is my hope they find and feel the same love and service that I experienced 30 years ago.

In Love & Service

John D. Boomerang Editor

The Spirit of Rotation

The very spirit of rotation and the way we do business may be one of the most bizarre mysteries to the outside world. In the corporate world we're taught, 'the more you know the higher up you go'. In Alcoholics Anonymous that ego building pattern may be the very thing that kills us. For this Alcoholic justification is the slipperiest slope. "I'm doing a great job.", "There isn't anyone else available" and "If I don't do it no one will", are the very statements that harm both the old-timer as well as the newcomer (though he usually doesn't think so). Some of us have witnessed the power of the empty seat. In our service structure, as soon as you begin to understand what you are doing we have you rotate into another new position. When you finally reach the very bottom rung of the service ladder, we ask you to simply please be quiet unless we need your knowledge and wisdom (wink).

It is that very spiritual nature that keeps Alcoholics Anonymous and its members practicing a genuine humility. I can always tell when it's about time to rotate out of a service position ... I start knowing what I'm doing. Now it's time to step aside and let someone who, just like me, is shaking in their boots, on the verge of throwing up and painfully wondering how this happened. To allow someone to experience just how to 'feel the fear and do it anyway'; is how God began to move me toward actual adulthood, how he began to show me the art of being smaller, and how to be a voice and not the voice. I never would have imagined that this was really about the softening of my heart. I try hard today not to rob anyone of experiencing this unique style of growth. It's the very life blood and beauty of this program.

This isn't always an easy task for me; using my mind less and my heart more, learning to suit up and show up even when I'm terrified and to stop talking when I'm certain I'm right. Knowing I have the answer should come with a large caution light. The very moment I begin to think "look what I've done, I have already ruined the gift. "May our great blessings never spoil us", is more of a warning than a statement of gratitude. Ego is as subtle a foe as Alcohol ever was. It's my sober Alcoholism alive and well.

No need for me to worry though. I have a loving God with an interesting sense of humor who has a way of making use of my weaknesses, accentuating my strengths and keeping me rightsized even if that transformation is a bit painful. So this Alcoholic, at least for these 24 hours, will remain grateful for that 'One who presides over us all'. The words of Byron B. seem appropriate as a closing; "Thank you all for my life today".

Robin G.

Bill W. On AA Service

"The AA groups today hold the ultimate responsibility and final authority for our world services – those special elements of overall service activity which make it possible for our Society to function as a whole. The groups assumed that responsibility at the St. Louis International Convention of 1955. There, on behalf of Dr. Bob, the Trustees and the AA's old-time leaders, I made the transfer of world service responsibility to our entire Fellowship."

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Area Standing Committees in Action at Our 2022 Fall Assembly

At the Fall Assembly AA members were able to participate in the Area Standing Committee meetings. For many it was their first experience with how AA works through service in carrying the message of hope to those suffering from alcoholism. Our standing committees are mirrors of committees at the General Service Conference level in New York, and help communication continue up and down our service triangle.

Sitting in on the Accessibility Committee, I was reminded how this one committee has morphed into such a broad and interconnecting committee. In the past it was known as ‘Special Needs’ and concentrated on barriers such as deafness, blindness and lack of mobility that kept people out of the program. Remote Communities, with their own difficulties to attending AA, joined this committee. It has now become ‘Accessibilities’ to encompass anything that may get in the way of a person finding and participating in our program of sobriety.

At the assembly this fall several areas of concern were discussed with suggestions on how those concerns could be addressed. Transportation to and from meetings, possible childcare needs, updating meeting lists to more accurately determine the accessibility of meetings to include bathroom access with wheelchairs as well as just getting into the meetings, were all part of the discussion. How current technology could be used to overcome some barriers led to a motion that was passed by the assembly to make the Area Committee Meetings hybrid. Each group can identify and see how best to address accessibility concerns.

One of the ways in which the committees interact is through sharing resources. A main resource is our AA Literature. The ‘Accessibility’ committee went to literature to order a new pamphlet ‘Access to AA’ (P-83). This new pamphlet helps bring a new perspective to access to AA and will be a great help to the groups.

The literature committee is one of the most important links to bringing our AA message to others, whether to professionals, prisoners, those in treatment, remote communities or the newcomer. Our literature helps explain and train us in how we can be of service to others and remain sober.

It was great to see new GSR’s who attended our standing committee meetings, get excited to get their groups involved in more service. They brought back to their group information about our AA history, The Grapevine resources, AA literature, Bridging the Gap, Corrections and all manner of services that we can share with others. There is a whole, great sober world to be enjoyed if each of us is willing to do our part. Don’t be afraid to get your feet wet in the great lake of service in the fellowship!

In Service,
Mary Lou Q.T. panel 64 past delegate

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.

Hanging out in Archives

The Old-timers told me to 'stay in the middle of the program so I wouldn't slide off the edge when my life started to whirl'. I love sitting in the middle of Archives. It's a natural fit for this recovering Alcoholic. With the Archive Committees help and guidance, I've been working on a couple protects. As with most Archive material, one topic lends support and-necessity to the next and that's what happened here.

While working on reinforcing our Area 28 Group History Book, I tripped over a rather large amount of District 5 photographs. This brought on a sense of grieving for some of the D5 Oldtimers that were no longer with us. The original idea was to record a few people that came to mind immediately ... but rather quickly became developing Long-Timer Speaker recording sessions.

We now have a transferable precedence that can be used in other Districts. The first session was held on Oct 19th in Turner. We were able to record 7 Speakers in under 5 hours. The Turner Twilight Group, Hosted; they set up and cleaned up and ensured the coffee was on. D5 agreed to match the 7th tradition that was passed mid-way through the session, which was used as a donation to the Church for the use of their hall and Nikki O designed a Flyer & did the recording. It went so well that Archives did a second recording on January 14th at the same location. Archives has also recorded 7 speakers at District 14 at the Pleasant Street Methodist Church in Waterville on January 21st. If you have any questions about how to record the Long timers in your District, please contact me.

*Time Magazine (in their Millennium Coffee Table Book) referred to Alcoholics Anonymous as "*The Greatest Spiritual Movement of all Time*". I feel extremely blessed to be a part of this.

Thank You,
Robin G.
(207)739-9069

Tradition 7, Long Form

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. 18. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.



Primary checking	18,477
Prudent Reserve	7,000
Round Up	3,029

Area 28 Calendar 2023

Jan 8th

Area Committee Meeting (ACM) Standing
Committees meet at 9am, ACM starts at 10am – Finished
Best Western 375 Maine Street, Waterville, ME 04901

Feb 5th

Area Committee Meeting (ACM) Standing
Committees meet at 9am, ACM starts at 10am – Finished
Best Western 375 Maine Street, Waterville, ME 04901

Feb 24, 25 & 26th NERAASA – (North East Regional AA Service Assembly)
660 Albany-Shaker Road, Albany, New York.

Mar 5th Pre conference Forum- Delegate presents General Service Conference Agenda for Round Table Discussion starting at 9am,
Best Western 375 Maine Street, Waterville, ME 04901

March 10-12th NERD (Northeast Regional Delegates) - Delaware

March 31-April 2nd, Spring Assembly District 3

April 23rd-29th General Service Conference

May 7th Post Conference Forum – District 16

July 21 22 & 23rd Area Round-Up at Sugarloaf USA

Aug 6th Area Committee Meeting (ACM) Standing
Committees meet at 9am, ACM starts at 10am – Finished
Best Western 375 Maine Street, Waterville, ME 04901

Sep 10 Area Committee Meeting (ACM) Standing
Committees meet at 9am, ACM starts at 10am – Finished
Best Western 375 Maine Street, Waterville, ME 04901

Oct 27-29th Fall Assembly Area (East) – TBD

IMPORTANT ADDRESSES

Maine Area 28
499 Broadway #225
Bangor, ME 04401

The Boomerang
499 Broadway #225
Bangor, ME 04401

General Service Office
P.O. Box 459
New York, NY 10163-0459

Central Service Office
47 Portland Street
Portland, ME 04101

Downeast Intergroup
P.O. Box 1633
Bucksport, ME 04416

DISTRICT 3 PRESENTS



Area 28



Spring Assembly

March 31st - April 2nd, 2023

**BREWER COMMUNITY SCHOOL
92 PENDLETON STREET
BREWER, ME 04412**

SCHEDULE

FRIDAY

5PM Registration opens
5 - 6PM Dinner
6:30 - 8:30PM Welcoming commencement

SATURDAY

7AM Registration resumes
7 - 8:30AM Breakfast
9 - 11:45AM Assembly
12 - 1PM Lunch
1:15 - 4:30PM Assembly
5 - 6PM Dinner

SUNDAY

7:30 - 8:30AM Breakfast
9AM - 12PM Assembly wrap-up

LODGING CONSIDERATIONS

VACATIONLAND INN: (207)989- 5450 \$80
BREWER MOTOR INN: (207)989-4476 \$85
FIRESIDE INN: (207)942-1234 \$95
HOLLYWOOD CASINO: (877)779-7771 \$115
RESIDENCE INN: (207)433-0800 \$260
AIRBNB OPTIONS AVAILABLE

**MEAL TICKETS
\$35/PERSON**

DONATIONS WELCOMED

- PREREGISTRATION AVAILABLE ONLINE AT MAINEAA.ORG/AREA-28-SPRING-ASSEMBLY
- SEND CHECKS PAYABLE TO:
DISTRICT 3
P.O. BOX 2023
BANGOR, ME 04402
- CASH PAYMENT ACCEPTED AT REGISTRATION

FRIDAY POTLUCK DINNER:
BRING A DISH TO SHARE
& A CROCKPOT TO KEEP IT WARM!

SATURDAY BREAKFAST:
CEREAL
MUFFINS
FRESH FRUIT
JUICE, MILK, COFFEE, TEA, WATER

SATURDAY LUNCH:
SANDWICH STATION FEATURING COLD CUTS &
CHEESES, EGG SALAD, WHITE AND WHEAT
SANDWICH ROLLS, LETTUCE & TOMATOES,
CONDIMENTS
PICKLES & POTATO CHIPS
ASSORTED COOKIES
COFFEE, TEA, WATER

SATURDAY DINNER:
SPAGHETTI WITH MEAT & MEATLESS SAUCE
GARDEN SALAD
GARLIC BREAD STICKS
BROWNIES & SWEET TREATS
COFFEE, TEA, WATER

SUNDAY BREAKFAST:
CEREAL
CINNAMON ROLLS & SCONES
FRESH FRUIT
JUICE, MILK, COFFEE, TEA, WATER

FMI contact Cara O.
District 3 Chair
(207)478-4097
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