

BOOMERANG

PANEL
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SPRING
2025

A Quasi-Quarterly Newsletter Celebrating Service and Fellowship In Area 28



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GROWTH

Dylan B, District 9 treasurer, has been active in service for several years and has some keen insight into its many benefits and challenges.

I started in service with a bang. The old opener left a meeting I'd been attending, and though I'd agreed to carry the torch I found quickly that the opener here was really the everything-er. At first I felt a bit like the fella that Tom had swindled into whitewashing his fence, but I really wanted to keep the light on in case someone needed a meeting the way I had when I first came in. I also had a lot of free time on my hands, and it was the first time I'd felt needed, so it really gave my self-esteem a boost. It also astounded me that anyone would trust an alcoholic just a few months sober with the key to this giant, expensive church that tourists loved so much.

During COVID the church closed, and I started hosting meetings at the nearby park in the summer, which was a real vibe, and I got to experiment with the format a bit. Lots of new people showed up, because in-person meetings were scarce. It made me feel reassured though, to know that no matter where I was, If I wanted I could have a meeting whether one existed yet or not.

Eventually I got tired of going it alone, and joined a group with business meetings, which was a real novelty to me. I got to learn there how to work with others, which had never been my strong suit. I also learned the beauty of the group conscience, and felt heard by others whether I had as much time as them or not. I ended up becoming the GSR for another group and saw how things worked at the District level, which taught me a little more about structure, unity, and being patient when big personalities collided.

In all of these positions I had the freedom to try new things, to step out of my comfort zone, and solve new problems. Most of all, it got me feeling connected, and through that connection I started to feel filled.

Dylan B

SERVICE BUG

Our Reporter Marie A. is passionate about service work. She interviewed three AA's with lengthy sobriety to learn more about how service work can impact our lives. Here's her report.

Since attending my 1st assembly a year ago, I've been bitten by the service bug! It has certainly helped my sobriety in several ways. When I first came into AA, I heard this repeatedly: Go to meetings, ask for help, get a home group, get a job in that home group, get a sponsor, work the steps with a sponsor, and pass it on to another alcoholic. I started to wonder how service work played a part in the lives of AA's with long-term, continuous sobriety. I spoke with 3 people, each with 30+ yrs living sober. This is what I learned.

Service work can be at several levels. The 1st interviewee has done service work at the district group level. She said when she came into AA she didn't have much in the way of social skills. As she participated in service work she learned not only about how AA works on a broader level and Robert's Rules of Order, but also "How to be social and interact with others—I didn't learn that growing up."

Another AA said he's always been involved in service work at the group level. He's always had a home group and had a job in that home group. He's swept floors, emptied ashtrays, made coffee, greeted people, gone on commitments—just about everything. He said doing service at the group level has definitely had an impact on his sobriety. He pointed out that having a job in a home group makes you more accountable. Others are depending on you to do what you agreed to. Because of that he would go to the meeting even if he didn't feel like it. He also talked about making real friendships in AA because of sponsorship. He worked with a sponsor and in turn has now been sponsoring men. Being in service at the group level is where his strengths are. He also pointed out that even sharing at a meeting is service work -- you're helping carry the message.

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The last AA I spoke with about service was also very active at the group level. He has sponsored many, many men. He founded a group when he lived in Los Angeles called "The Higher Powered Hikers". On weekends they would hike in the mountains near L.A. in Southern California. Enjoying sobriety was essential to him. When he first came into AA people immediately got him involved in service work. They would go for coffee, breakfast or lunch after meetings. They would go to movies or bowling. He said if he couldn't have fun in sobriety he wouldn't have stayed. The hiking group was his way of both giving back and carrying the message forward so newcomers could see that indeed "we are not a glum lot".

I can attest to what these three AA's have said. I'm still learning about Robert's Rules of Order, but I am committed to doing my part in service to AA so that the message of achieving sobriety can continue to be passed on.

Marie A

Editor's Note

Another spring has sprung! It's hard to believe it has been a year since I stepped into the job as Boomerang Editor. What a joy and a challenge it has been so far. I do love the written word and I am always grateful for the chance to put restraint of tongue and pen into practice. Much thanks to our contributors this season, and thank you to our readers as well. If these words have reached you and meant something to you, drop us a line, boomerang@maineaa.org.

Sean M

POST-CON FORUM

The 75th A.A. General Service Conference was held in New York at the end of April. Our Delegate Allen S. attended the conference and gave us a comprehensive report at the Post-Con forum in May. Here are some highlights.

- Consider request to update the book Living Sober
Motion Passes 94 Yes vs. 37 No
- Consider request to include the Twelve Concepts in The Twelve Steps and Twelve Traditions
Motion Fails 61 Yes vs. 71 No
- Expand Article Three in the Conference Charter to protect the founders' writings
Decline to Consider
- Consider request to remove the word 'woman' from the Concept IV essay
Motion Fails
- Consider request to rescind or revise The Plain Language Big Book
Motion Fails 120 Yes vs. 11 No
- Floor Action: Request to change The A.A. Preamble
Decline to Consider

"Our primary purpose is to help the sick and suffering alcoholic in and out of these rooms. We need to find ways to get them into these rooms. If they don't come into service we don't receive their experience. Reach out. That's what it's about"
Allen S.

**Next Year's Theme is:
Humility In Action**

ROUND UP

The 46th Annual Maine AA Round Up
is this weekend, June 12th-15th at
Sugarloaf Mountain!

This isn't your typical AA meeting. This
is THREE DAYS of pure, sober celebration
with hundreds of people who know how to
have a blast without a drink or drug in
sight. You spent years thinking you needed
substances to have fun. You were wrong.

Some of the most joyful, hilarious,
heartwarming, and genuinely fun moments of
your life are waiting for you on that
mountain.

Online registration is closed but if
you missed your chance to pre-
register you can register in-person
at the mountain starting Friday from
1pm to 7pm and again on Saturday
from 8am to 5pm.

A limited amount of swag will be
available to purchase but goes fast
so get there early!

