

BOOMERANG



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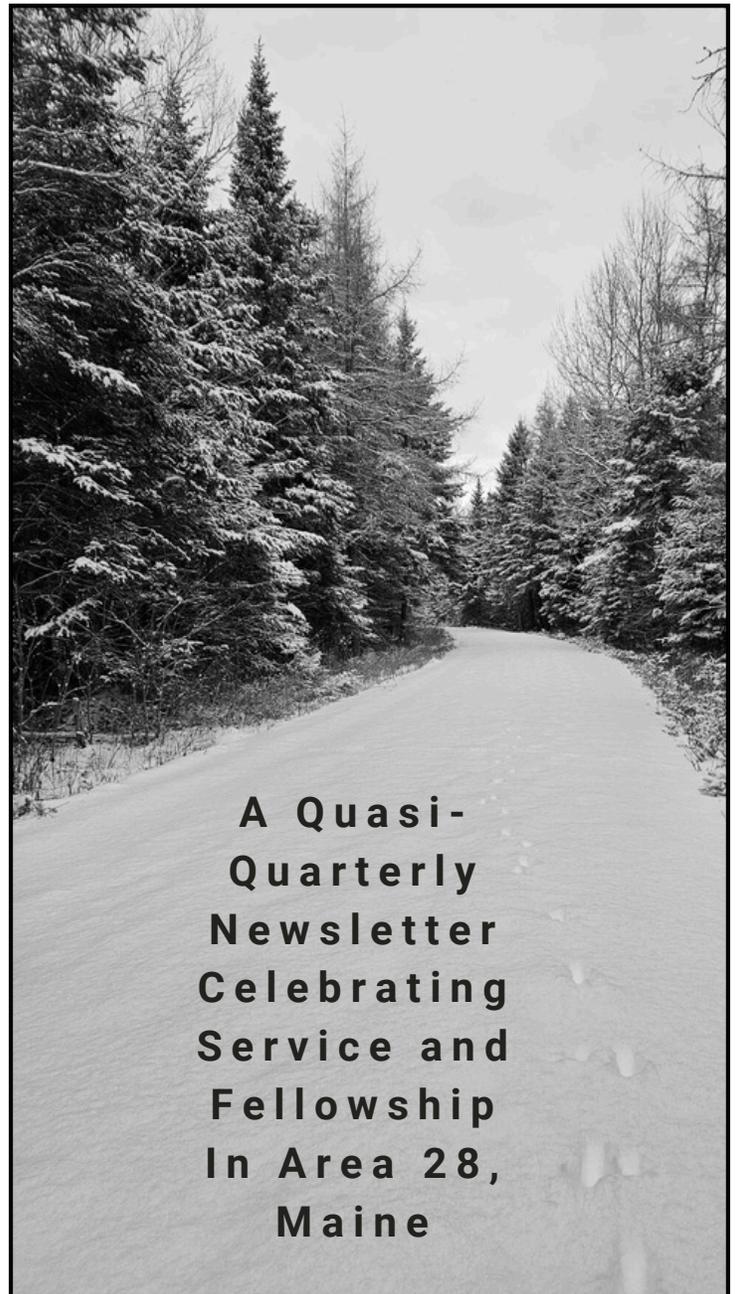
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**A Quasi-
Quarterly
Newsletter
Celebrating
Service and
Fellowship
In Area 28,
Maine**



THE 12 Concepts

S E R I E S P T . 1

I This is my attempt to describe my experience with **Concept I** as Area 28's Panel 74 Chair. Concept I states "The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."

Interestingly, nowhere in that sentence is the word "Drew". Throughout considering, standing for, and serving as the Area Chair, I was sponsored to include the World Service Manual, Area 28 Workbook (now Guidelines Handbook), and others' experience. Our founders, the creation of the Alcoholic Foundation (now General Service Board) and Trustees, and the General Service Conference with Delegates representing groups' consciences and service workers, were to become more fluent ideas.

What the heck did all that mean?

Well, initially it meant to ask for help with this decision and give it as holistic consideration as possible, including a combination of learning through role modeling, osmosis, etc., and sometimes banging my head, which unfortunately included harming self, others, and A.A. as a whole. This sobriety learning curve, with the Steps and Traditions, was all about growing towards being right sized, just another bozo on the bus.

Forming, storming, norming, and

performing were comprehensive and ongoing.

Being Chair meant trying to integrate all of this into my practices. Sounds complicated, right? And there have been bumps. Like being pulled aside during an Assembly and told I had cut someone off, thereby influencing the Area's decision making process. Whoops! And THANK YOU! Back to the Steps, Traditions, prayer, meditation and asking for help – AGAIN! Did I forget I was not the Be All and End All? Yup, but y'all helped me get back on track!

When I remembered to be a servant, a representative, one elected to perform duties under the united direction and support of the fellowship, all went well. I tried to always bring with me the joy and enthusiasm of a newcomer awakening to this miracle. That one has to give it away to keep it, sobriety is a triangle of service, recovery and unity through conscious involvement with HP and the circle of the fellowship was and remains my privilege.

Remember: FILL THE CAR!!!

-Drew S. Chair, Area 28, Panel 74

REMINDER

March 1, 2026

Pre-Conference Forum

Sebasticook Valley Elks Lodge

140 Middle St., Pittsfield, ME 04967

9:00 AM - 12:00 PM

Il **Concept II** was born out of the need to delegate responsibility and authority over Alcoholics Anonymous from its founders to ultimately the Groups through the General Service Conference (GSC), the decision-making body for all of AA.

Bill and Bob wanted to ensure the success of our program. They put in place a framework that would do that, but to maintain that framework, the Groups must be responsible for participating. The most important responsibility is to have a General Service Representative (GSR) as the voice of that Group, which they then



Cookies and Photograph by **Adreth B.**



need to take to their Area. They are tasked with electing a Delegate from their Area, to be a voice to the GSC. Area Delegates need to know the Conscience of the Groups in their Area in all matters put before them at the Conference as a representative cross-section of our entire fellowship.

Each Group has a voice in what is put before the Conference and voted on if they have a GSR who responsibly represents them. All Groups need to be informed about the decisions that will determine the future of our program. That can only be done if the framework put in place remains strong.

Our Founders stepped back into a strictly advisory role, so too must I, as a past delegate, to ensure the health and sustainability of our program.

- **Mary Lou T. Delegate, Area 28, Panel 64**

Photograph by **Marissa May C.**

THE 7th Tradition

*Thank you to the following Groups, Individuals, and Districts
for their recent contributions*

Groups

- Willingness Group - Waterville, ME
- Fryberg Step Sisters Group - Lovell, ME
- The Serenity Group - Brunswick, ME
- Do It Sober Group - Fairfield, ME
- Ogonquit By the Sea Group - Ogonquit, ME
- Tuesday Night Happy Hour - Belfast, ME
- Camden 12 Step Group - Camden, ME
- Pass It On group - Belfast, ME
- Willingness Group - Waterville, ME
- Right Track Group - Fairfield, ME
- Noon Timers Group - Millinocket, ME
- A Good Start Group - Portland, ME

Individuals

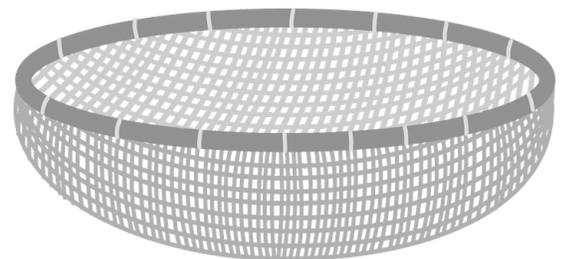
- Cathrine P. - Augusta, ME
- Kenneth G. - Saco, ME
- Lee K. - Biddeford, ME

Districts

- District 5 - Lewiston, ME
- District 13 - Springvale, ME
- District 16 - Belfast, ME

REMINDER
March 27-29
Spring Assembly

You, or your group or district, can make contributions online to Area 28. Use the basket link or QR code below



Experience, Strength and Hope in Area 28

“Trust and Faith”

I was in a relationship with an ex-husband prior to getting sober. Surprisingly, it was going well, and we decided to build “another” home together. We purchased land on the Gulf of Mexico and the new journey began. As expected there were bumps along the way. I was dealing with the unexpected and frustration fairly well, at first. As time progressed many more obstacles appeared, and one of them was the ex-husband! He was a normie (but I tend to think not), and he was drinking more and becoming less than desirable to be around. I was beginning to think this new house and partnership were doomed. I wasn't sure how to resolve my reservations. I began praying more and attending more meetings. This kept me grounded, and I knew my higher power was in control.

After many issues with the HOA, EPA, and the county where we decided to build on the water, there was more trouble than we wanted to deal with. We both decided to sell the property. Fortunately, we were able to sell without a loss of money (only sweat and labor :-). This was the opening I had been praying for. We had been looking in Maine for a summer rental and/or purchase. I decided to purchase a home in Maine, and he was supposed to find a place in Florida. (No JOINT ownership). I purchased my home, but he did not follow through on his half. Over the course of a year and a half, the long distance relationship fizzled.

When moving to Maine, I did not know

anybody except my realtor! I felt confident that once getting acquainted with the AA community, I would make friends. My confidence was spot on, and Belfast has an amazing AA community. My trust and faith in my higher power and AA is stronger today due to seeing and feeling the miracle of getting and staying sober.

In Service,
-Debby M.



Photograph by **Marissa May C.**

“Visions of Leprechauns Dancing in Their Heads”

Crystal, the District 16 Chair, was working with Drew, the past Area 28 Chair, and the intuitively creative Stacy, on the double-sided rotating poster board for their fun-filled **St. Patrick's Day event on March 14, 2026, 4:30-7:00 p.m., at the Baptist Church in Belfast.**

They were working in a garage in below freezing weather as they realized the instructions were misplaced. They "googled" them with cold fingers only to find to their frustration that every video and photo had a person standing in front of the rotating poster.

By this time they were growing colder, and



out of their sheer determination, bit by bit, these women kept working on the rotating St. Patrick's Day Event poster.

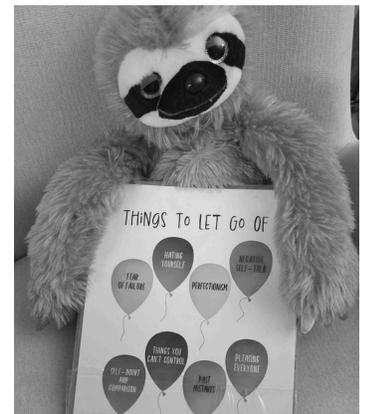
After three hours passed and no sign of defeat, the District Sixteen women envisioned leprechauns looking at their feet. What to their wondering eyes did appear hiding under a shoe the poster instructions were under there. In this moment proving they're not a "glum lot," the garage filled with laughter as they stood in freezing air, knowing they'd finish the job, right from the start.

The poster was completed, and fun was had by all. Another testimony to the AA saying, progress, not perfection.

-Submitted by AAR ♡

Things to let go of...

- (On the balloons)
- Fear of Failure
- Hating Yourself
- Perfectionism
- Negative Self-Talk
- Self-Doubt and Comparison
- Things You Can't Control
- Past Mistakes
- Pleasing Everyone



-Photograph by Adreth B.

“Learning to Leap”

“Service before self” has kept me sober since my first month in Alcoholics Anonymous — with loving encouragement from my beautiful sponsor.

When I became the new Area Literature Chair, I was both honored and terrified. As I stepped into this unfamiliar role, doubt crept in. What if I ordered the wrong books or pamphlets? What if I couldn't handle the social side of the position? I am, after all, an introvert.

But I've learned to suit up, show up, and say yes. So I leapt.

This commitment was completely outside my comfort zone which is exactly where growth lives. If my Higher Power placed this opportunity in my path, who was I to question it?

I started with the basics: creating informational bulletin boards, developing price lists from the catalog, purchasing and replenishing stock. Then came assemblies, Book Day at our local recovery center, and plans to sell literature at this year's Sugarloaf Roundup. With each event, my confidence ...

(cont'd...) grew. Somewhere along the way, fear gave way to ease. I realized I didn't have to control everything. I simply had to get out of my own way and allow my Higher Power to guide me. It always works out. Today, I feel like I'm standing in the center of the coin — surrounded by fellowship, responsibility, and connection. I've met fellow Literature Chairs, longtimers buying books for their groups and sponsees, and newcomers just beginning their journeys. I've discovered the quiet power of a pamphlet placed in the right hands. Accessibility matters. Literature carries hope.

This position has become one more unexpected gift of recovery — at least for the next two years. Recently, I asked my predecessor if I might serve in this position again someday. She smiled and gently asked, "Don't you want someone else to have the same opportunity for growth and belonging?"

Yes. I do.

- Susan T., District 3

“District 15 Cooking Up ‘AA Unity’”

Unity, Tradition 1.

From the 1970 International Conference.

“This we owe to AA's future: To place
our common welfare first,
To keep our Fellowship united.
For on A.A. Unity depend our lives,
And the lives of those to come.”

At the February Area Committee Meeting in Fairfield, District 15 AA's cooked up Unity among themselves. As they were setting up the food AA's were enjoying the homemade muffins, bacon and fresh coffee. An AA from one District met an AA from another and had the opportunity to ask for advice about her new service position. The AA replied, “Back in the day, I chaired it for our District then for another 2 years for Area 28.” Soon enough the new Chair-Person felt good with a belly full of fruit, a problem solved, and a soul filled with joy from the unexpected kindness of another

AA. The simplicity of the solution to what had seemed like something larger than life was easily solved through the unity of one alcoholic to another solving their common problem.

The ACM plays an important role for everyone when the “experience, strength and HOPE” of each person at an ACM can be passed on to another. AA's at the ACM hear what's going on in the local Districts and how each Area Committee is progressing to reach their goals to help people throughout Maine, to get and stay sober, and to be the example of a sober person who found joy in recovery. When hearing the committee reports, others decide, I'm going to stand for that position. AA Unity is always present as strangers meet and help each other with their AA service commitments like the one time breakfast commitment made by D15. Whilst putting out the food and beverages, D15 AA's were meeting and networking with others from every corner of Maine. “Cooking up” is what the District 15 AA's who took on the one time commitment to bring an assortment of breakfast items similar to a “Continental Breakfast Spread” to the February Area 28 ACM. Everyone enjoyed it. Some took a moment to chat with other AA's they'd never had the opportunity to meet.

Tradition 1 is Unity: “Our common welfare should come first.” This keeps AA worldwide active and growing.

Your District may want the opportunity to provide breakfast at an ACM meeting, where they're sure to find joy while giving others a great way to start their day. A newcomer feels the warmth and energy within the room, smiles, and has many reasons to “keep coming back”.

Thank you District 15 for the yummy breakfast! @AAR♥

READY FOR THE Round Up!

The 47th Maine Area 28 Round Up will be held at beautiful Sugarloaf in Carrabassett Valley the weekend of June 26, 27, and 28, 2026. AA and Al-Anon members from across the area will come together for a full weekend of meetings, workshops, and shared experience, strength, and hope. From early-morning meetings and afternoon workshops to evening speakers and entertainment, there will be plenty of opportunities to deepen your recovery and connect with others on this path.

Registration for the 2026 Round Up is now open, and members are encouraged to sign up early and spread the word to their home groups and friends in the fellowship. Information, forms, and updates are available on the Round Up website at aaroundup.me, where you can learn more about the schedule, venue, and how to get involved as a volunteer.

Sugarloaf offers a peaceful mountain setting that has become a special meeting place for our AA and Al-Anon community, a place where many of us have found renewed hope and a stronger connection with a Power greater than ourselves.

This year, our theme "Fully Rely On God" is lovingly represented by the F.R.O.G., a simple reminder to let go, trust the process, and allow our Higher Power to guide us one day at a time. In the spirit of the Steps, we come together not as perfect people, but as people who are willing to rely more deeply on God and on each other as we trudge the road of happy destiny. Whether this is your first Round Up or your forty-seventh, we invite you to join us, bring a newcomer, and help carry the message that no one has to do this alone.

- **Bobbi S. Round Up Chair**

Scan the QR
code or click the
Frog
to Register



Boomerang is looking forward to the stories, art, NERAASA musings, or photography, that any Area 28 alcoholic can submit to share their joys, progress, and frustrations as they "trudge the road of happy destiny" (Alcoholics Anonymous, 164).

**Please submit
for the Spring
Boomerang
by May 10**
[Boomerang@
maineaa.org](mailto:Boomerang@maineaa.org)