

# Northeastern Maryland Intergroup of Alcoholics Anonymous

28 Centennial Lane  
Aberdeen, MD 21001-2498  
410-272-4150 [office@nemdaa.org](mailto:office@nemdaa.org)  
[www.nemdaa.org](http://www.nemdaa.org)

Office Hours: Tuesday-thru-Thursday 10:00 am-3:00 pm.  
Friday 10:00am – 5:00pm, Saturday 10:00am – 2:00pm

**January 26-February 1, 2020**

## RIGHTEOUS INDIGNATION:

"When we harbored grudges and planned revenge for defeats, we were really beating ourselves with the club of anger we had intended to use on others. We learned that if we were seriously disturbed, our very first need was to quiet that disturbance, regardless of who or what we thought caused it." *Reprinted from "As Bill Sees It", p. 58 with permission from AA World Services.*

## INTERGROUP NOTES

**Did you know?** . . . there is "Bingo Night" coming? **February 15, 2020** at the **Level Firehouse**, 3633 Level Village Road, Havre de Grace, MD. **TICKETS** are **AVAILABLE** at the Office, \$15/each.

**Website Updates** –If you have any questions, suggestions, or problems accessing the site, please e-mail [NEMDIntergroupChair@gmail.com](mailto:NEMDIntergroupChair@gmail.com).

## DISTRICT NOTES

**District 11** meets the first Friday of every month. The next meeting will be on **Friday, February 7th at 6:30 at the Bethel Lutheran Church** on Rte 40 next to the McDonalds in North East MD 21901. All AAs and GSRs are invited for fun and service opportunities.

**Back to Basics meetings** will start on **January 22<sup>nd</sup> at 7 pm at Bel Air United Methodist Church** (McComas Hall) in room 202. "Here are the steps we took..." in **four one-hour sessions on Wednesdays Jan. 22<sup>nd</sup> – Feb. 12<sup>th</sup>**. Sponsored by **District 28** and hosted by **Bel Air Big Book**. Please bring your **Big Book** and join us on a journey in recovery.

## GROUP NOTES

A new **open discussion** meeting has begun called **It's a New Day, Wednesdays at noon at Nesbitt Hall, 101 North Main St., Port Deposit**. Please come and show your support!

The North East 12 & 12 Group **WILL NOT MEET** on **February 5th** due to church activities.

On **February 5th**, the **Wednesday Night North East Big Book meeting** will be held at **7pm at Wesley United Methodist Church, 41 Justice Way in Elkton**.

## Upcoming Events and Dates to Remember:

District 11 Meeting - February 7th.  
District 30 Meeting - February 12th  
Bingo Night – February 15<sup>th</sup>, 7 pm  
MGS Committee Meeting – February 15<sup>th</sup>  
District 28 Meeting - February 19th  
Spaghetti Dinner/Puppet Show – March 14<sup>th</sup>  
MGS Assembly Meeting – March 21<sup>st</sup>  
Spring Appreciation Breakfast – April 5<sup>th</sup>

## ANSWERING SERVICE: Jan. 26-Feb.9th, 2020

Chairperson: *Jeff L.* @ [office@nemdaa.org](mailto:office@nemdaa.org)

January 26-----Living the Steps  
January 27-February 2-----Happy Hour  
February 3-9-----Three Pertinent Ideas

## INSTITUTIONS COMMITTEE: Jan.26-Feb 8, '20

Chairperson: *Alex B.* @ [office@nemdaa.org](mailto:office@nemdaa.org)

26 Jan **Emmorton Beginners**------(HMH)  
**Matt S.**------(Union Hospital)  
**New Beginnings**------(PP Rehab #22)  
27 Jan **Good News**------(Pp Rehab #22)  
28 Jan **Good News**------(HCDC-Men)  
**Rising Sun Monday**------(PP Rehab #22)  
30 Jan **Young and the Restless**------(HC Homeless Shelter)  
31 Jan **Just for Today**------(PP Rehab #22)  
**Bel Air Wednesday**------(HCDC-Men)  
1 Feb **Eric B.**------(HCDC-Men)  
**Caring and Sharing**------(PP Rehab #22)  
**Williams Street Sunday**------(HMH)  
2 Feb **Providence**------(HMH)  
**Emmorton Group**------(Union Hospital)  
**By the Book**------(PP Rehab #22)

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## **January 26-February 1, 2020**

3 Feb	<b>North East Friday Night</b> ---(Perry Point Rehab #22)	4 Feb	<b>Jim O.</b>	Third Tradition	<b>21</b> years
4 Feb	<b>Don I.</b> ------(HCDC-Men)	5 Feb	<b>Pete D.</b>	Providence	<b>4</b> years
	<b>Jarrettsville 12 Step</b> ------(PP Rehab #22)		<b>Will G.</b>	Bel Air Wednesday	<b>12</b> years
6 Feb	<b>Delta Big Book</b> ------(HC Homeless Shelter)	6 Feb	<b>Al R.</b>	Any Lengths	<b>8</b> years
7 Feb	<b>Beware the Four Horsemen</b> ------(PP Rehab #22)		<b>Meg F.</b>	Came to Believe	<b>19</b> years
	<b>Good News Group</b> ------(HCDC-Men)	7 Feb	<b>Jeff R.</b>	Happy Hour	<b>9</b> years
8 Feb	<b>Howard Z./Dan D.</b> ------(HCDC-Men)	8 Feb	<b>Jack M.</b>	New Beginnings	<b>2</b> years
	<b>12 Step Group (William St. Tuesday)</b> ------(HMH)		<b>Stephanie D.</b>	Women for Sobriety	<b>2</b> years
	<b>Silvia V.</b> ------(PP Rehab #22)		<b>John B.</b>	As Bill Sees It	<b>30</b> years

### **ANNIVERSARIES: Jan.26-Feb 8, '20**

The following anniversaries represent a total of ??? years of continuous sobriety and ongoing recovery.

26 Jan	<b>JJ D.</b>	Port in a Storm	<b>8</b> years
	<b>Frank P.</b>	Sunday Morning Now	<b>3</b> years
27 Jan	<b>Valerie A.</b>	Monday Night Raw	<b>1</b> year
	<b>Al K.</b>	Aberdeen Monday Night	<b>19</b> years
28 Jan	<b>Jim V.</b>	Third Tradition	<b>16</b> years
	<b>Rich G.</b>	By the Book	<b>24</b> years
	<b>Jeff P.</b>	North Street	<b>35</b> years
	<b>Bill H.</b>	North Street	<b>32</b> years
29 Jan	<b>Lindsay C.</b>	Elkton Beginners	<b>1</b> year
	<b>Joe F.</b>	Joppa 12 Step	<b>19</b> years
	<b>Matthew S.</b>	North East Big Book.	<b>2</b> years
	<b>Matt B.</b>	Providence	<b>3</b> years
	<b>Ray F.</b>	Bel Air Wednesday	<b>5</b> years
	<b>Dani K.</b>	Keep It Simple	<b>2</b> years
30 Jan	<b>Lore N.</b>	Came to Believe	<b>6</b> years
	<b>Heidi K.</b>	Any Lengths	<b>2</b> years
31 Jan	<b>Hanson M.</b>	Daily Reflections	<b>1</b> year
	<b>Hamilton S.</b>	North East Friday Night	<b>21</b> years
1 Feb	<b>Jill K.</b>	Women for Sobriety	<b>6</b> years
	<b>Bob C.</b>	Hickory 12 Step	<b>29</b> years
2 Feb	<b>Sara P.</b>	Delta Big Book	<b>30</b> years
	<b>Shannon M.</b>	Sunday Morning Now	<b>1</b> year
3 Feb	<b>Mike M.</b>	Emmorton Beginners	<b>1</b> year

The next bulletin cutoff is Wednesday, **January 29th** for group notes and anniversaries occurring from **February 2-15th.**

### **A FINAL THOUGHT**

An anagram for **HOPE.....Hang On Pain Ends.**