

The ***** NORTHERN LIGHT

NEWSLETTER FOR THE NORTHERN ASSEMBLY

Issue #4

April 1, 1983

COMING EVENTS

Apr. 16

Zim 3rd Anniversay
Open A.A. meeting
McDavitt Town Hall
Zim, Minnesota

Sat. 6:30 p.m.-Iron Range
Get-Together
Picnicing Committee

8:00 -Open meeting

Speakers:

A.A.-Chuck R. Plymouth, MN
Al-Anon-Gay W. Fertile, MN

Lunch will follow open meeting.

Apr. 22, 23, 24,

27 Annual Nebraska
Panhandle A.A. Jamboree
VFW Hall
Scottsbluff/Gering Highway
Scottsbluff, Nebraska

Speakers and fellowship, hamburger
fry, and dance.

A.A./Al-Anon-\$15.00
Al-Ateen-\$5.00

Apr. 29, 30 May 1st

13th Annual Iron Range
Get Together
"A Vision for You"
Rainbow Inn
Grand Rapids, MN

Iron Range Get Together (cont.)

Fri. 8:00 - Dottie H.-Lakewood,
CA, A.A.
- Jack K.-Lubbock, TX,
A.A.
Sat. 10:00 - Canadian Panel
1:30 - Alateen, to be
announced
- Pat K.-Lubbock, TX,
Al-Anon
7:00 - Harvey S.-Winnipeg
A.A.
- Tom G.-Winnipeg, A.A.
9:30 til
1:00 - Dance
Sun. 9:30 - Johnny H.-Lakewood,
CA, A.A.

For more information, write:

Iron Range Get Together
P.O. Box
Grand Rapids, MN 55744

June 3, 4, 5

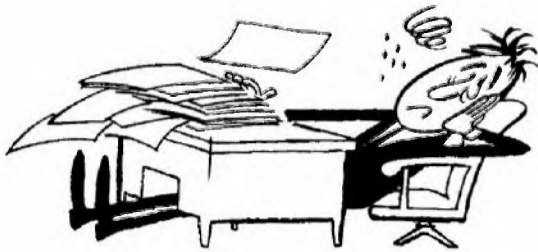
Nebraska State Reunion
Kearney Holiday Inn
Kearney, Nebraska

June 10, 11, 12

Superior Wisconsin
38th Annual Round-up
Wessman Arena
Superior, WI

Oct. 14, 15, 16

South Dakota Fall A.A. Conference
Howard Johnson's Motor Lodge
Rapid City, SD



From the Editor

This is our fourth issue of the Newsletter and it is gratifying to note that with each issue the response of the membership continues to grow.

We now mail our newsletter on an exchange basis with other groups all over the country. A mailing list of other newsletters was provided by G.S.O. It is truly a labor of love to work on the newsletter and the contributions from members are welcome.

Many of you will be reading this at the SPRING ASSEMBLY. I want to comment you for giving of your time and money so that you can serve the fellowship. Service can be all sorts of things; from setting up chairs at your local meeting to attending gatherings of the assembly. Mostly, service is serving our fellow man by giving and caring about others rather than ourselves. Once I heard someone put it this way, "Service is putting "them" first and "us" last."

If you are attending the Spring Assembly in a representative capacity, remember that you have a duty to speak on behalf of those who sent you. You are their voice; the only voice they will have in the Assembly. Maybe you are confused as to what the group conscience is on a particular matter. If you haven't been given instructions to the contrary, you are your group's conscience at the Assembly. If you don't understand something get to your feet and ask the question; If you don't agree on something that's happening, stand up and sound off; if you are confused and don't know what to do jump up and ask for more discussion before a vote is called.

Everyone active in service in the Assembly is doing so on a volunteer basis because they love AA and being sober. Our work is above all else, a labor of love and when we labor with a good heart on behalf of AA, I am convinced that we can do no wrong. So, STAND UP, BE COUNTED AND MAKE YOUR VIEWS AND IDEAS KNOWN!

A Grateful Member

Yesterday, looked at honestly and used wisely-
can lead to today's growth.

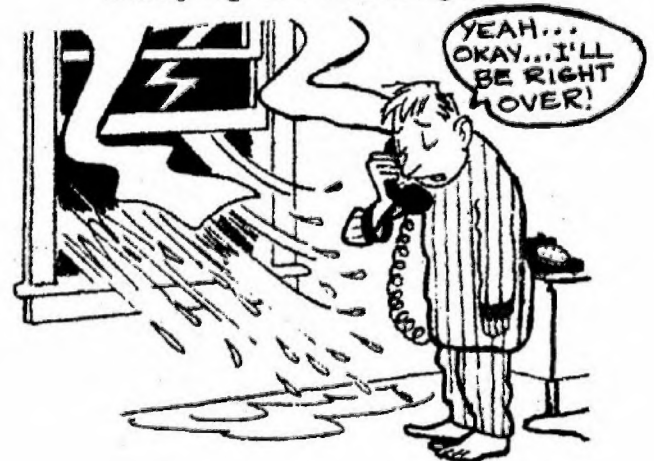
Tomorrow, not worried about-
can help me concentrate on today.

I cannot change yesterday,
I may not be here tomorrow.

But I have today, I can listen,
I can learn, I can share a part of me with someone else and I can grow. God has given me all of this through you in A.A.

Grateful in Pike Sandy

Carrying the message...



I am responsible...

When anyone, anywhere,
reaches out for help,
I want the hand of AA,
always to be there.

"...and for that, I am responsible."

REALITY: A SHOVEL OR HAMMER

When I became old enough to realize just what people meant by a person having responsibility in life, I was already to a point where I really did not care. To me reality was a thing I avoided from the start. I hid from it in my own world and in my books. In discovering alcohol at a very young age, reality became a shovel of fear. Fear ruled my life. Fear of being "different" from my friends, fear of failing or succeeding, fear of God's wrath. I had a great fear of people and of being "crazy."

Slowly, with my shovel of fear, I began to dig a hole. As I became older, and my mind more soaked with alcohol, reality demanded more of me. I felt as if the people around me, my family especially, wanted more than I could give. Not trying anything became a way out of my reality. Drinking and digging, digging deeper and deeper into my own world. I'd tell myself, "everything is all right. You'll grow out of this stage, sooner or later". I did. Everything got worse. Friends disappeared and problems came.

People tried to help me. My parents found me a psychologist. My school counselors found me drug and alcohol counselors, and the drug counselors got me to treatment. Finally, a break in my digging. I put down my shovel and tried to climb out of the hole I had dug. Again people tried to help, but I wanted to do it alone. I didn't need anyone!

As you may have guessed, fear struck again and I picked up my shovel. I started to dig again, this time faster and faster. The break I had taken only made me want to catch up for lost time. There was a difference now, though, I knew where I would end up at. The people in Alcoholics Anonymous had told me. The thought

that in some way I would be the exception, that things would turn out different than A.A. predicted, kept me going double-time.

Suddenly it happened; rock bottom. I had reached the end, just as A.A. had said I would. I couldn't dig anymore. At the very bottom of the hole I had dug myself into, I sat in utter despair. As the walls started to crumble, I gave up all hope. I wanted to be buried in my self-dug grave. I had nothing left.

Then came the light, and the hand of A.A. I grasped it with both hands and held on. It led me to a staircase of 12 steps. Steps that would lead me into a new Reality; one of hope, not of despair, one of self-respect, not self-condemnation.

In working the 12 steps of Alcoholics Anonymous, each day, to the best of my ability, and practicing the principles of A.A. in all my affairs, I now have a reality that is hope; a hammer. Now I can build a new life for myself with my Architect, my Higher Power, and with my assistants, the A.A. fellowship, to help me. I can build this new, wonderful, sober, real life. ONE DAY AT A TIME.

Lisa V.
Hibbing, MN

We want to hear from you

Write: Editor
Northern Light
Box
Moorhead, MN 56560



Cambridge Community Group Report

Cambridge Community Group reporting. Not much change in activity since our last missive. The Thursday Nite Closed-Mixed group is holding its own nicely, albeit the Saturday Nite Open-Mixed 12 Step Group has dropped off considerably in attendance these past weeks. The Thursday Nite meetings are sponsored mostly by members who take their turns in speaking, with an outside group from time to time. Now and then the speaker uses a lead article from the current Grapevine, which always makes for a good meeting and stimulates awareness of an interest in the Grapevine.

Last Sunday, February the 6th, the first District #6 meeting for 1983 was held at the Cambridge facilities. A fair number of groups sent representatives and the meeting turned out to be good and satisfactory.

In closing, just a statement made by a member recently by a member concerning the matter of WORRY. The person thought that worry was a complete waste of time and energy, and that the less we worry about the things of tomorrow, the more strength and energy we will have left over to cope with what we are worrying about, today.

Bill H. - Secretary
Cambridge Community Group

NORTHERN MINNESOTA ASSEMBLY Financial Report for period ending Feb. 13, 1983

EXPENSES

1982 Treasurer's Reports	\$ 42.69
Louie Hall (expenses - So. Minn. Workshop)	60.00
Bob Picard (expenses - So. Minn. Workshop)	80.88
TOTAL EXPENSES	\$ 183.57

CURRENT BALANCE	\$ <u>2,788.05</u>
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INCOME

Beginning Balance	\$ 2,154.13
Group Contributions (23 groups)	712.49
Duluth Roundup	105.00
TOTAL INCOME	\$ 2,971.62