

Where to send your Contributions

YOUR OWN DISTRICT

AREA 28

499 Broadway #225

Bangor, Maine 04401

Down East Intergroup Editor

528 Bucks Mill Rd.

Bucksport, Me. 04416

Central Service Office (CSO)

47 Portland Street

Portland, Maine 041

General Service Office (GSO)

P. O. Box 459

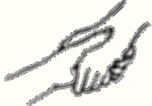
Grand Central Station

New York, New York 10163-0459



I Am Responsible

*"I am responsible . . . When anyone, anywhere,
reaches out for help,
I want the hand of A.A. always to be there. And
for that: I am responsible."*



July 18, 19 & 20 Area Round-Up at Sugarloaf USA

**Aug 3 Area Committee Meeting (ACM) Standing
Committees meet at 9am, ACM starts at 10am – Finished
Waterville Grand Hotel” 375 Main Street, Waterville Maine**

**Sept 7 Area Committee Meeting (ACM) Standing
Committees meet at 9am, ACM starts at 10am – Finished
Waterville Grand Hotel 375 Main Street, Waterville, Maine**

Oct 17, 18 & 19 Fall Assembly Area – District 16, Belfast

Calendar 2015

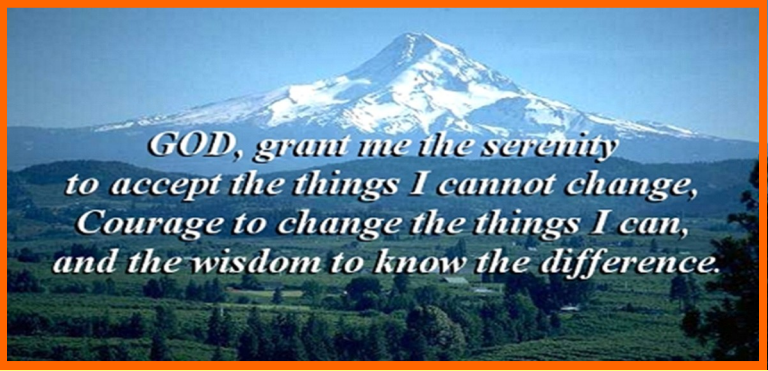
**Jan 4 Area Committee Meeting (ACM) Standing
Committees meet at 9am, ACM starts at 10am – Finished
Waterville Grand Hotel” 375 Main Street, Waterville,
Maine**

**Feb 1 Area Committee Meeting (ACM) Standing
Committees meet at 9am, ACM starts at 10am – Finished**

Seventh Step Prayer

My Creator,
I am now willing that you
should have all of me,
good & bad.
I pray that you now re-
move from me every sin-
gle defect of character
Which stands in the way of
my usefulness to you & my
fellows.
Grant me strength, as I go
out from here to do your
bidding.
Amen

**Area 28
SUMMER ISSUE 2014
BOOMERANG**



AA Two Hatters

In the Guidelines from the General Service Office “For Those Employed In The Field Of Alcoholism” (Formerly Two Hatters), it is suggested for an AA member to “keep it perfectly clear in your own mind which context you are functioning in and stick to one role at a time.” And certainly any AA member may choose to serve AA as a whole in any service position from within the group down to the General Service Board level as long as they “stick to one role at a time.” Does the term “Two Hatters” apply to those individual AA members who choose to serve in more than one capacity within AA?

I chose to take this admonition seriously as more than once I have found myself in conflict when holding two voting positions at once. It was suggested to me that if I found myself in that position, something was wrong within me (likely my ego) as the role of service (charity) is to enhance the “joy of living”. I should pause and reconsider what and why I was choosing to act in such a way. So how do I keep it “perfectly clear” to myself that I should wear only one hat at a time? I remind myself of KISS.

Consider the gift of voting within AA as guaranteed in the Twelfth Concept in the Sixth Warranty. As a home group member I have the privilege of voting on issues and concerns within the group. The GSR carries the group's thinking and vote to the district meetings and area assemblies where the voice and vote are carried down to the delegate who in turn carries the vote and thinking down to the conference and board, and the return back up to the group. At meetings other than my home group I can have a voice but no vote. The same is true when I serve as a committee member where I have a voice and vote within the committee. However, the chair of the committee is the one who carries the thinking and vote of the committee. If I serve as an area officer then my responsibility is to carry the vote and thinking of that position as it functions in the area.

But what happens if I choose to hold more than one voting position. I can only vote once, so what position do I vote . I have placed myself into the position where I could be in a conflict. It is bad enough when the group thinks and feels one way on a concern while the district, committee chair, or area officer position may think and feel what is best for AA as a whole differs from a group or committee. How do I vote?

Since concerns of general service involve policy or the effects of such policy (literature for example), whose voice will I carry? The group which does not see a need? The committee which does see a need? The officer who wants to see a decision reached? The conference which wants to put something into action which best reflects AA as a whole thinking?

So what is the result if I choose to hold more than one voting position? One or more AA entities vote/and sometimes, voice, is not heard or counted as we try to reach consensus. Is that a service to that entity? What happens within AA when a job is vacant? Is it wise to go ahead and fill two or more jobs on the excuse that no one is stepping forward to do this job? Is it wiser to let the position remain vacant? Is it even more wiser to encourage another AA member to risk all and step forward into accepting a job where the rewards of growth and joy more than offset the little amount of time and inconvenience in one's personal life that a AA commitment involves, especially

when weighed against the demands that drinking imposed? Gratitude can be expressed through service where we gain from knowledge of our spiritual thirty-six principles. I often hear the disclaimer that “I sponsor so many people that I do not have time for service.” My thinking goes to the leadership essay in Concept Nine where a statement by Bill W. is made about the quality of good sponsorship. I am also reminded that “the good is often the enemy of the best”.

One other concern arises when considering at what level of service does wearing “two hats” become critical? That level to me is at the district chair or district committee member level. Being responsible for a clutch of groups and expressing their thinking outside of one's own thinking is different from being a general service representative, and is an experience that should not be missed. At the same time, I can not do more than one job well regardless of how I think. The reason holding one job is important is that the district chair and/or district committee member is eligible to serve as an area delegate who has had the benefit to experience and the exposure to the concerns of helping groups to grow and carry the spiritual message of recovery. This is why many areas include the requirement of district committee member experience as the basis for standing and filling other area positions, just as serving as a general service representative exposes me to helping the group.

I will close with a statement I heard many times in early sobriety from an old-timer in the California Northern Interior Area who also served as delegate back in the early '70's. That is: “Gratitude Without Action Is Hypocrisy”. By wearing two hats am I a hypocrite?

Love through Service,
Bob D., Panel 36

Open mindedness

It is an honor and a privilege to write about my experience with open mindedness. I spent so much of my time as an active alcoholic shutting my mind to most everything around me, that practicing open mindedness came after a long time working with a sponsor, attending hundreds and hundreds of meetings and being vigorous in my efforts to let go and let God. Oddly enough, when looking back over my recovery process most of my efforts were spent defying God’s will for me. I know now, most of the time, on most days, that the greatest gift in my recovery is being offered a daily reprieve of active alcoholism allowing for an open mind to new things, new ideas while putting down the defensiveness around who is saying what, and by closing my eyes (sometimes literally and sometimes only figuratively) to allow the principle of the conversation to outweigh the personality of it.

What I have found works best for me, (and more so, the people around me), is that I practice “not having all the answers”. In my attempt to do God’s will, which I believe is to keep me “right sized” I ask for guidance from Him, mostly to keep my mouth shut. It is easier in some instances than in others. I now have a little voice inside (I’m convinced it is God) saying “don’t say a word, nod, and keep quiet”. This gives me an opportunity to consider some alternatives to my rigid ways of thinking, run it by my sponsor and make informed decisions.

The best lesson open mindedness has taught me is that everything doesn’t need my input, a commentary or fixing. I have learned that peace and tranquility come from within and can only be expanded on when I am open minded to new adventures, new friendships, a new way of life.

Thank God, the fellowship of Alcoholics Anonymous and the many faces who live in the rooms, I have learned I am one among many and we all deserve the grace of recovery. As each day passes, the door of my mind, which was slammed and locked tight, is allowed to open and I am afforded the opportunity to experience more of the world of reality.
In Loving Service,

Nikki O.
11th Step Group, Saco
District 20



So I am finally and with some difficulty coming to accept the fact that I am not automatically entitled to succeed in everything, or, indeed, in anything. I am, thank God and AA, no longer a superior individual, but simply a sober individual. My Higher Power and I can take it from there, working together that I may do the best I am able to do and realize what talents I may have.

I have come to know that sobriety, and emotional maturity, and self-respect are not tapes to be broken at the end of a race, not static conditions which I can *attain*. They are simply qualities in which I can *grow*, making progress through action on my part.

There is nothing to look forward to but progress, and I know I can't make progress without trying, and when I try I always face the possibility of failure. Not failure, I pray, in sobriety, but apparent failure in other thing I am trying to do, such as to express my ideas here in writing. But if I should seem to fail, the Serenity Prayer has my answer for that.

When I speak at meetings now I always mention that what I say is just my own opinion, and I also say that it is just my own opinion as of that night. My idea of progress is such that I would hate to think that I had "arrived" at any final conclusion. So I may change my mind somewhat about what I have written here, but it does represent a change in my thinking which has been helpful to me *today*.

Bob R.

Fryeburg, Maine

Twelfth Step Prayer

Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on & give to others,
Both in & out of the Fellowship.
For this opportunity I am grateful.
I pray most humbly to continue walking day by day
On the road of spiritual progress.
I pray for the inner strength & wisdom
To practice the principles of this way of life in all I do &
say.
I need You, my friends, & the program every hour of
every day.
This is a better way to live.

The Unending Pursuit of Humility

During the long days and nights of my drinking career, I was always able to twist facts so that I would look good to myself. I could stand there at the bar at the start of a binge, turn the shot glass in my fingers, and regard my relatively dean and prosperous-looking self in the bar mirror with considerable satisfaction.

"Boy," I'd say to myself, "you look pretty sharp. You certainly lend class to this joint."

Four days or a week later I would look into that or another bar mirror. The man I saw was unshaven dirty, and seedy-looking, but it just didn't register with my ego.

"Boy," I'd say to myself as I concentrated on picking up the beer glass, "you're a pretty tough-looking citizen. There isn't anybody around here who would dare to fool with you."

As my drinking career ran its course, egotism took charge of my life in a subtle way which I am only now, after more than a year's sobriety, beginning to realize. I started off with a few worthwhile abilities of my own, but I began to envy and be jealous of the attainments of others in fields in which I had no abilities whatever.

I'm the guy who, if Lindbergh was mentioned, would think (if I wasn't so far gone as to say it out loud) "Lindbergh? Why, I could have flown the Atlantic without the plane, *if I had wanted to*."

From this pathetic attitude of envy toward the accomplishments of others, I progressed through the liberal application of alcohol to the point of applying the *if I had wanted* to alibi to my own work.

I came to the point where I wouldn't really try to do things of moderate difficulty in which I had some chance of succeeding, because ego couldn't face the chance of failure. I always had to leave myself an out: "I could have done it with a real effort, but"--I didn't feel like it, it wasn't worth my while, it wasn't really my line; or simply and more honestly, because I was too damn rum-sick.

So for a long time while I was drinking I held jobs which demanded so little of me that I was able to do them even while drinking. And all the time I was eaten up by resentments directed toward my employers, because the boss seemed, to my alcoholic way of thinking, stupid and unfair in not recognizing abilities which I was unwilling to try to use in my job! I felt I should be rewarded in terms of the man I thought I was, rather than in terms of the work I was willing to do.

Everyone, I think, has this ideal picture of himself in the back of his mind. The practicing alcoholic tries to sell to the world this unreal picture as though it were the real thing. The alcoholic practicing sobriety tries through the use of the Tenth. Step to bring himself closer to his own ideal of himself, an ideal which can be revealed to him gradually by his Higher Power through the Eleventh Step.

In addition to the Twelve Steps, the biblical parable of the talents has been of great help to me. I had to realize that for me to refuse to speak at a meeting because I couldn't make a moving or persuasive speech was egotism of the worst sort. If I am sober I have something to say, and the very fact that I do not say it eloquently may encourage some other tongue-tied member to take this vital step. If it is not within my talents to be eloquent, that is that--and I must realize and accept it.

I am not required to be anything except myself. What my Higher Power does require of me is that I do my best to use what talents I may have, and work, to perfect these talents.

HONESTY

My name is Helena. I am an accepting, understanding, loving, compassionate, kind person. This is my real truth. However I spent all of my life up until 2 years ago believing differently.

I grew up believing I was trash, less then trash sometimes. It is not my parent's fault they did the best they could with what they had. We were all born into a dysfunctional family full of alcoholics. None of us woke up one morning and consciously decided "Hey I choose to be dysfunctional and alcoholic. That will be the most fun ever." No, they chose to have a Drink and the drink took over before they knew what hit them. Same happened to me and Here I am a recovering alcoholic, a person who has started to grow and mature mentally. And emotionally in just the last 2 years that's my miracle!.

I am 43. Depressing right? Not to me. I have realized That if I had not gone through what I did then I wouldn't be the person I am today. Today I Love myself. I can look in the mirror and smile, knowing I am finally alive in heart, mind and Spirit. I am at peace with myself. I have mental illness as well as physical disabilities and I am An alcoholic AND THAT'S OK!!! I am willing to do whatever it takes to live, REALLY LIVE, in spite of it all. So are my family members. I am finally able to really communicate with my family and them with me with no resentments or anger. They are my biggest supporters. I am Pleasantly surprised and blessed for the love and acceptance they have for me. It was always There. I just couldn't feel or see it as the alcoholic insanity and my inability to seek help were Foremost in my brain Fear ruled my world.

Fear of others finding out I was mentally ill, the Trauma I had gone through and the self-destruction I was living because of it. I thought; "They won't love me anymore if they know. I will always be alone, scared, and miserable. Nobody will truly want me in their life. As for a higher power, it's for others not me, because I am damaged goods and unworthy." I could try to tell you my whole story but it would take Me another 43 years to do so and I prefer to spend my present and future with my family and New found friends living, loving, and laughing I am no longer alone. Then again I never was in Reality Only in my mind.

I am forever grateful for being shown the 12 steps of AA. They have Helped me and my children become a happier SANE family unit I do a 4th step every day to Insure I keep myself honest 100%. I am not however (PERFECT). I never will be. I am Human. AND THAT'S OK. My only goal in life now is; "Do no harm to anyone in any way including myself." Everything else is now an adventure. Bad things still happen in life but I have a choice now to Live in spite of them. I choose to be loving and kind even when I am angry or sad. It isn't an easy thing to do but if it was easy it wouldn't be worth doing. Right? I am unable to put into words just how grateful I am to AA and its members for even existing. I know if this program and the people in it weren't here to help me when I was unable to help myself I would be dead or in prison. Thank you all for being here and thanks for letting me share some of my story with you. May it help someone else as your stories have helped me.

With Tremendous Love and Service,
Helena M.
People Helping People Group, District 2

Self-supporting the Downeast Intergroup Treasury summary For all the groups and individuals that make up the fellowship I will explain how the Downeast Intergroup utilizes your contributions. The major part of our expenditures is literature. The literature Chairperson, Diller balances group requests with a limited budget. Since the group as whole voted not to charge any shipping the Chairperson places orders in bulk quantities which amounts to \$500. Along with books we order pamphlets and display racks for PI-CPC. Beginner’s packets are assembled and given away.

Printed quarterly the Downeast Intergroup meeting list is offered at no charge to all. Every effort is made to keep the page count down, each booklet costs .31cents. Choosing the color of the booklet and assembling the list with volunteers is the most fun of all.

The ever present cellular hotline is paid monthly, available 24 hours a day, 7 days a week. Committee chair, Hamilton, keeps the lights on.

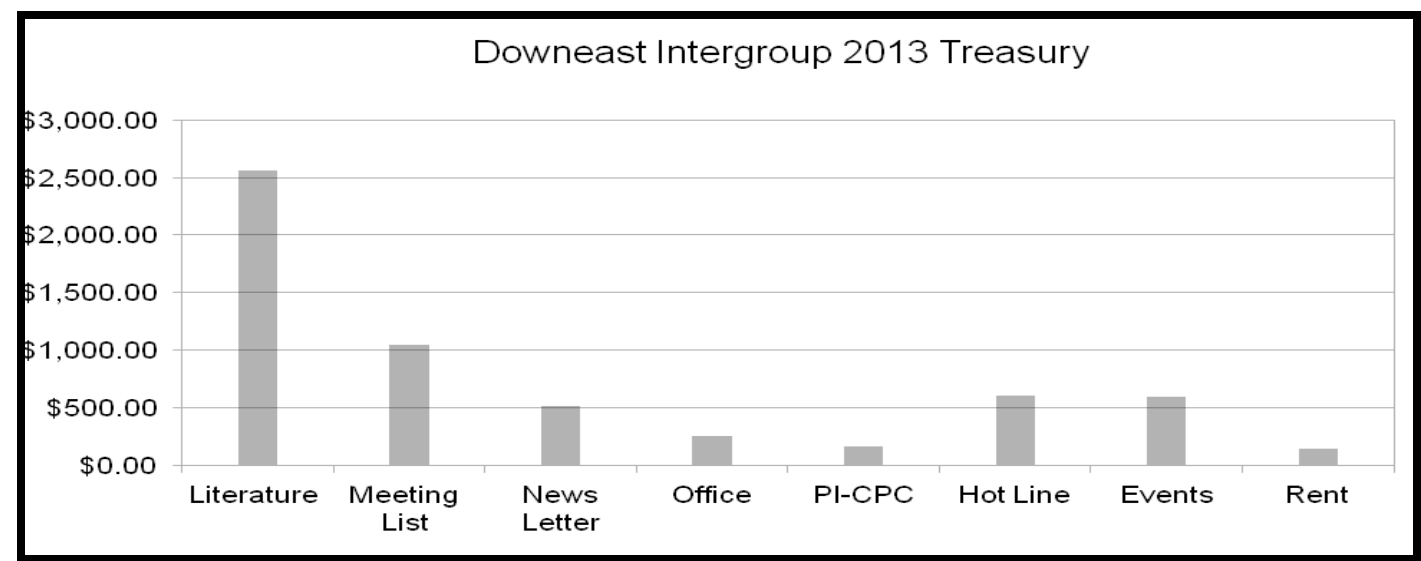
The newsletter Editor, David T., prints and distributes the newsletter by mail and internet to all those groups that request copies. Mailing costs continue to rise

The Functions committee member’s labor tirelessly to provide a connection between groups and districts as well as DEIG planning, budgeting, and communication make for a great time when funds are available.

Then we get to everything else, the structure created by the Chairperson, Secretary, & Treasury. Recent incorporation and legal fees will add to group costs.

The greatest strength of the Intergroup is the lack of overhead, in fact we operate from the cloud. Despite the group being available for only one day a month this problem is overcome by team work and communication.

Downeast Intergroup Treasurer,
Steve P.



Willingness.....sure looks different today than it did in ’83

Back then I did things because my sponsor told me to, because my way wasn’t working, because I figured ‘what the heck, I have nothing to lose’, and because, honestly, I thought it was **my** idea to have an attitude of willingness. I believed that willingness meant I wouldn’t drink-and I didn’t-so there it was. I was willing really. Thought that’s all there was to it.

I lived a very long time like that-just not drinking, praying to my Higher Power to keep me sober for a day, thanking that same Being at night for the day, and doing not one thing else. For years I stayed away from the halls for seventeen years and did not drink, but I lived a life of absolute chaos, heartbreak, and such turmoil that I did more damage to my loved ones during that time than I had ever done while drinking. I was able to return to AA in 2009 and, for the first time in twenty six years, began a true journey of recovery as Bill and Dr. Bob laid it out all those years ago. As my very first sponsor used to say ‘the joy is in the journey, Jan.’

So willingness today is an entirely different occurrence than it was then. The dictionary describes it one way as being in a state of readiness; I like that. And my willingness often happens as a direct result of my **unwillingness**. During these last few years, I have had a several major losses-my job, my house, kids moving on, death, debilitating illness-and yet, for the most part, I have felt hope and trust in the fact that there is something bigger planned and if I can just get out of the way and be a little patient, the plan will be revealed. But in order to get out of the way so that my Higher Power (whom I choose to call God) can do the work, I have to be willing. Ready. Open.

Many days that is a tall order and if I am not careful and mindful, if I am fearful and defiant, it is easy to sign on to the rotten thinking that centers in my mind around the clock and once again, believe the lie. Because I wake up each day with untreated alcoholism, I have to consciously do certain things-pray, meditate, journal, inventory -to buy myself some freedom from my mind. And to do those things-pray, meditate, journal, inventory-I must be willing. A loving sponsor told me that I only had to have willingness the size of a mustard seed. Have you ever seen one? They are miniscule!! I carry mustard seeds with me now and I have them taped into my Big Book so that when I am in doubt and full of distrust, I can look at one and think ‘oh, you know, God, I can probably muster up that much willingness for a little while.’ And then I hear God saying, clear as a bell, ‘you know, Jan, that’s all I ask.’

Jan B.

Women of Faith and Freedom Group, Portland/District 1

The willingness to give up my pride and self-will to a Power greater than myself has proved to be the only ingredient absolutely necessary to solve all of my problems today. Even the smallest amount of willingness, if sincere, is sufficient to allow God to enter and take control over any problem, pain, or obsession. My level of comfort is in direct relation to the degree of willingness I possess at any given moment to give up my self-will, and allow God's will to be manifested in my life. With the key of willingness, my worries and fears are powerfully transformed into serenity.

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A.A. IS SELF SUPPORTING THROUGH IT'S OWN CONTRINUTIONS

1960 \$1.00 1980 \$1.00
1970 \$1.00 1990 \$1.00
2014 STILL \$1.00 MAYBE

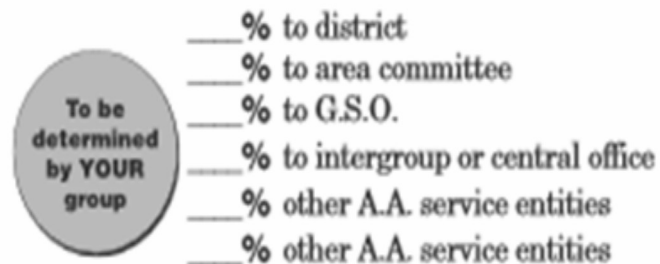
FOR THOSE WHO CAN WELL AFFORD IT WOULD \$2.00
BE TOO MUCH ??

FOR THOSE WHO CANNOT THE IMPORTANT THING IS
TO KEEP COMING BACK !!

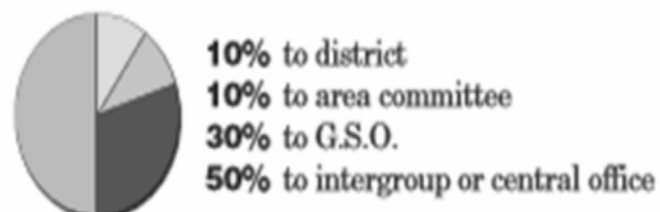
Samples of Group Contributions to A.A. Service Entities

Distribution Plan of _____
(YOUR GROUP NAME)

Your Group Service # _____
(Be sure to write group name and service # on all contributions.)

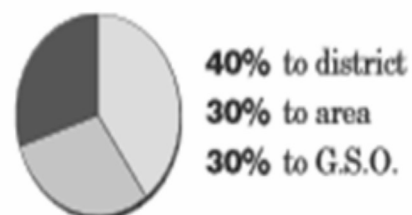


OR



OR

If you have no intergroup/central office.



Q Where should I send contributions?

A For contributions to G.S.O., make checks payable to "General Service Board" and send to:

General Service Office
P.O. Box 459
Grand Central Station
New York, NY 10163



CSO Treasurer



Hi, my name is Jane, I am an alcoholic. I have been trudging the Road of Happy Destiny for the past 7 years and I am truly grateful for my sobriety. Through service work in Alcoholics Anonymous, I have experienced personal growth, a better understanding of A.A., a deeper commitment to my recovery, and a greater desire to be of service to the fellowship and the alcoholic who still suffers. After holding many of the service jobs within my home group, I was given the opportunity to be a Central Service Representative (CSR). Although I had occasionally stopped into the Central Service Office (CSO) for meeting lists or to purchase literature, I didn't realize all the services that the CSO provided until I became a CSR, and later, a member of the Steering Committee. I would like to take this opportunity to share what I have discovered about the CSO and the many functions it supports and services it provides.

One of the primary functions of the CSO is to provide the Hotline. During CSO business hours, the Hotline is staffed by CSO volunteers, who are members of A.A. When the CSO is closed, the Hotline is answered by an answering service. Central Service Office, with the assistance of the districts, provides and periodically updates the list of A.A. members willing to take 12-Step calls. Maintaining this list is essential for the answering service so they can connect those seeking help with a member of A.A.

Another important service provided by the CSO is printing and publishing. Each month, the CSO publishes the BEAM and distributes it to subscribers. The booklet "Meeting in a Pocket" was compiled at CSO. Also available are State Meeting Lists, Beginner Packets and local area meeting lists. Often, the CSO has provided economical bulk printing for Area 28 Assemblies and the Round-Up.

The CSO maintains a Web site (csoaamaine.org). On the site there are meeting listed by districts, current and archived copies of the BEAM and archived audio recording of A.A. members sharing their experience, strength and hope. There is also information about intergroup meetings and special events. The minutes from the recent CSR meeting are available for those groups who were not able to have a CSR present.

The CSO also provides books, pamphlets, CD's and other materials for sale from Alcoholics Anonymous World Service (A.A.W.S.) and from the Grapevine. Orders can be made online, called in by phone, ordered by mail, or can be purchased at Central Service Office.

The Central Service Office is a partner to the various A.A. groups that it serves. CSO offers those services that are best provided at a centralized location, and that would be too costly, or cumbersome for individual groups to manage. The CSO will also assist with contacting the General Service Office (GSO), providing forms for group registration with GSO, and providing information about the Steps, Traditions and Concepts. Ultimately, the Central Service Office exists to aid groups and the fellowship of Area 28 in the common purpose of carrying the A.A. message to the alcoholic that still suffers.

Unfortunately, having a Central Service Office is not free. Rent, electricity, phone and internet service, copier lease and supplies, literature inventory, office supplies, the answering service and the salary of the office manager are among the expenses that must be met if the CSO is to continue providing services. Income is generated at CSO by holding events such as CSO Day at the Lake and Gratitude Night, the sale of A.A. materials printed at the CSO, revenue from bulk printing orders, and through the sale of A.A.W.S. and Grapevine literature and materials. But the majority of CSO’s income comes directly from the fellowship in the form of individual, group and district contributions.

It is my hope that you, who read this, share my desire to support the Central Service Office so that it can continue to serve the fellowship and A.A. groups in Area 28. CSO shares in the mission of Alcoholics Anonymous, which is carrying the A.A. message to the alcoholic who still suffers. I believe that having an active and accessible Central Service Office is one of the ways that A.A.’s Statement of Responsibility is fulfilled. “I am responsible. When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.” *(The Responsibility Declaration was first introduced in July 1965 at the 30th Anniversary International Convention in Toronto, Canada. It was written by Al S. an editor of the AA Grapevine)*

Yours in Service,
You’re CSO Treasurer

Jane D.

Happy Destiny Group District 24



OUR PRIMARY PURPOSE



The more A.A. sticks to its primary purpose, the greater will be its helpful influence everywhere.

A.A. COMES OF AGE, p.109

It is with gratitude that I reflect on the early days of our Fellowship and those wise and loving "foresteppers" who proclaimed that we should not be diverted from our primary purpose, that of carrying the message to the alcoholic who still suffers.

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I Hit Bottom Hard

I AM TWENTY-THREE years old. I am a recovering alcoholic. I am in an institution because of a drinking problem that I never admitted I had until I ended up behind bars. I feel if I hadn't ended up here, I would probably be dead or on the verge of insanity. AA has opened my eyes and helped me see the light. For that I will be forever grateful.

I started drinking heavily when I was seventeen, thinking nothing of it. It was just the in thing to do. Six years ago, things started falling apart. I realized it, but said, "What the hell, I'll get drunk, and it will go away."

Over two years ago, I met a very wonderful woman. We fell in love. She asked me on several occasions to stop drinking, and I told her I would. I even made promises. I kept breaking them. My family life at home was crumbling down around my ears--my mother's boyfriend and I never got along very well. Every time I got drunk, I could feel hatred build up to a point of not being able to control my drinking or my actions. I am basically an easy person to get along with. I love everyone. But alcohol, over a period of just a few years, affected my way of thinking. The last real good drunk almost cost a man his life, and cost me my freedom.

Just before all of this happened, my mother tried to get me to go to AA. I said I would but always got drunk or made an excuse not to go. (She belongs to Al-Anon.)

This is the first time in my life that I have ever gotten in trouble with the law, so I hit bottom hard. Now, because of AA and God, I have found sobriety. This is the best I've felt in years. I owe my life to the AA Fellowship, the people who have helped me get on the right path again.

So if there are a few of you out there in AA who are thinking about taking that next drink--don't!

D.M.

SOUTH WINDHAM MAINE

~*~*~*~*^ Big Book Quote ^*~*~*~*~

"In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while."



Alcoholics Anonymous, 4th Edition, Into Action, pg. 86