

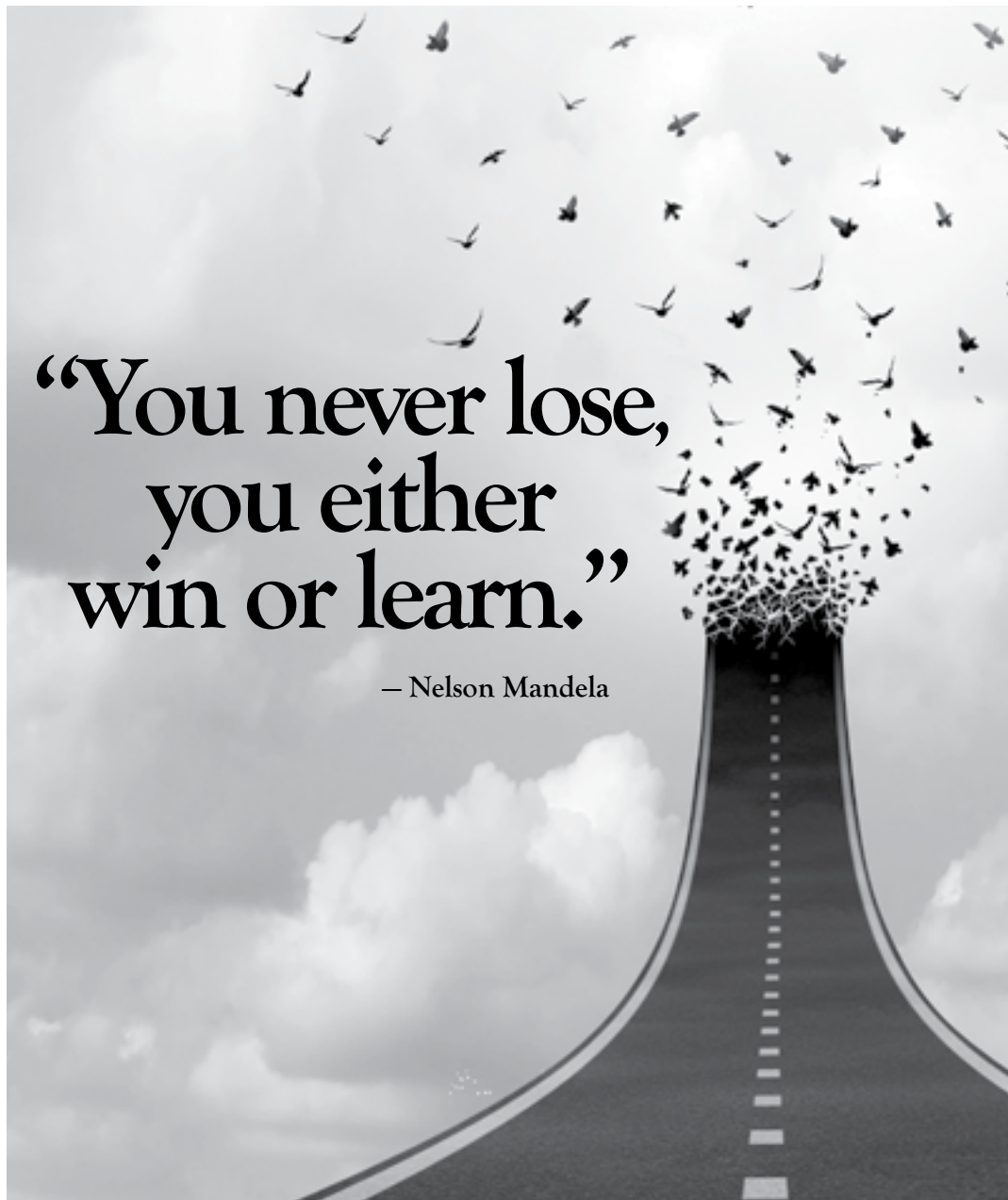


# Newsletter

Vol.3 No.2 May 2019

S A N D H I L L S I N T E R G R O U P

The **FAITH** Issue



“You never lose,  
you either  
win or learn.”

— Nelson Mandela

STAY | OUR GREAT RESPONSIBILITY

WHAT GOD IS TO ME TODAY | ON AUGUST 10TH, 1977...

**MEETING SPOTLIGHT:** THE PINEHURST VILLAGE GROUP

CARRYING THE MESSAGE...WITH MY LICENSE PLATE

THE SAINT FRANCIS PRAYER

# Stay

I recently visited my daughter in Henderson, Nevada and as with every trip away from home I enjoy attending AA meetings around the country.

As is my custom I like to go to early morning meetings and found one that met at 7 AM. When I walked in I was handed half of a raffle ticket.

I was welcomed by the greeter who announced that I was visiting, lots of handshakes and welcomes.

The meeting was opened with the usual readings and the topic was dictated by the Daily reflections book. The chairperson announced that the group offers the opportunity for all visitors to share first and so I did and was reminded that I keep it to three minutes or less (I think Frank O. may have been here prior to my visit). Then the next to speak was chosen by the raffle ticket number – interesting twist.

At the end of the meeting we all circled up for the Lords Prayer. I was expecting that after the prayer the usual “keep coming back etc” was next. Instead they all said **“STAY”** and that ended the meeting.

***I write this to say that the word STAY was in my mind for the next week or so and lots of one liners came to mind:***

Those who **STAY – STAY** sober.

**STAY** a little sick it's healthier for your recovery.

**STAY** in the seat for the next drunk walking in the door – he may need your help.

Trouble with the God concept? **STAY** in the seat, you'll be contacted.

**STAY** the course!

Growth gives you **STAYing** power!

**STAY** with the winners!

**STAY** teachable!

**STAY** in your own hoola hoop – (mind your own business)!

And then I had another thought –

**STAY** in the embrace of the miracle that is Alcoholics Anonymous.

***Fred M.***

# Our Great Responsibility: Rediscovered Wisdom from A.A.'s Co-Founder

During the course of 20 General Service Conferences, Bill W. gave more than 33 talks, 16 of which are now gathered in the new book

Our Great Responsibility: A Selection

of Bill W.'s General Service Conference

Talks, 1951–1970, which is scheduled

for publication in early May 2019. Not

only does Our Great Responsibility

represent the first time these talks

have been made available in print form

to the general reader, but it is also

the first original book from Alcoholics

Anonymous in over 30 years. “The talks

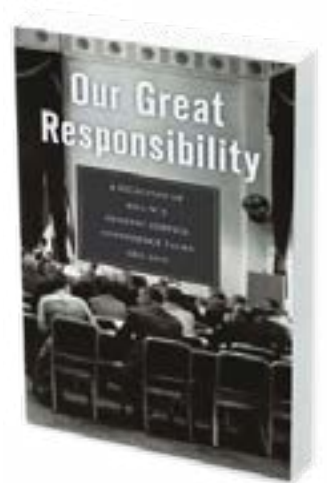
included in Our Great Responsibility capture a clear picture of Bill's

vision for the future of A.A. and pose questions that are still quite

relevant today,” says Greg T., G.S.O. general manager. “They also

give fresh insights into A.A. history and the enduring purpose of the

General Service Conference.”



Excerpt taken from: Box 459 News and Notes from the General Service Office of A.A. ® - Vol. 65, No. 1/Spring 2019

# What God is to me Today:

Now my sense of my Higher Power has completely changed. God is a part of my life. My faith manifests itself in several ways. As to my Catholic religion I very much enjoy the concept of Religion. It makes me happy to attend Sunday mass. I believe in the teachings of the church, but I am also aware of the fact that religion is man made..God is not man made, I accept the fact that "God IS." I also believe that religion is a very personal issue and we as individuals use our religion to address the issue of faith. Because in reality there is no scientific proof that God exists.

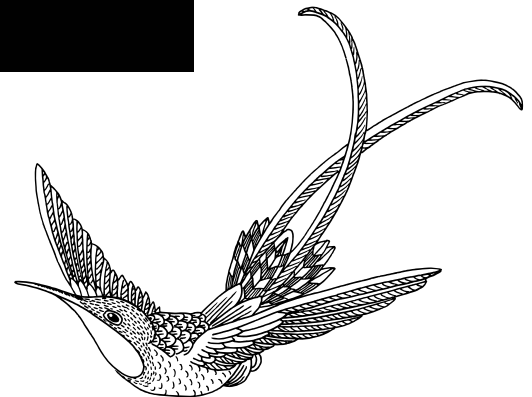
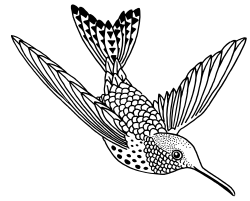
Religion is a matter of faith. As individuals we believe or do not believe... it is personal. They way I feel now, the concept of a higher power in AA is perfectly natural. I believe that without God's help I could not stay sober. The idea of getting and staying sober can only be achieved with His help. I believe that He is a loving God who made us in his image and likeness. He wants us to be happy and love our neighbor as we love ourselves.

Therefore, I want to live my life with love and compassion for others. It makes me very happy when I can help others be happy... **LIFE IS GOOD.**

*Dave B.*

**Good things come to  
those who wait.  
Better things come  
to those who don't  
give up and the best  
things come to those  
who believe.**

— Hope



**"God moves  
mountains, but bring  
along a pick and  
shovel just in case."**

 *Brent G.*

# On August 10th, 1977, I finally surrendered to my alcoholism.

I woke up for probably the 3rd or 4th time at about 9 in the morning. Immediately I called my office to say that I was sick... and was I ever! I had spent most of the night trying to get beer down to settle my nerves... only to head back to the bathroom & lose it all.

I found I had no capacity left & could no longer hold the beer down. There was so much liquor in my system that I was constantly high. I remember looking in the mirror and not believing what I saw. My face was flushed, my eyes were swollen & bright red. I am 6' 3" tall but my wt. had dropped to 145 lbs. There was nothing more to deny.

I was consumed with guilt, remorse and fear. I knew that I was going to die ... just like my father did. I headed for the kitchen and got a beer.

My wife was in the kitchen and she was crying. 'Why are you doing this to yourself?' she asked. I didn't have an answer...nor did I have any beer left. I knew I was about

to go into convulsions. I was afraid to drive, and I pleaded with my wife to go to the store and get me a beer. I promised that if she would do that, I would do something about my drinking.

I will never forget what she said when she returned ... 'you had a look on your face that I have never seen. I was afraid not to go.'

Her comment was the turning point for me. I finished 3 cans of beer and told my wife I was going to lie down. I also asked her to find out where I could get help. When I awoke, she informed me that there was an AA meeting in one hour, about five minutes from the house.

So, of I went to my very first meeting of Alcoholics Anonymous. That meeting was at a place called the Del Ray Club in Bethesda, Md. This club occupies the entire first floor of a 50-story apartment building. I remember walking in the door and not believing what I saw.

There must have been 100 people standing around with coffee and soft drinks in their hands. Some were in business suits and others in jeans. It looked like a cocktail party and there was a lot of laughter.

The meeting was about to start so I took a seat in what I thought

would be a good place to hide ... the very back row. Some guy was at the podium and I have no idea what he said. All I remember is that, after some brief comments, a wireless microphone was handed to the first person in the front row for comment and then passed to the next person.

I quickly calculated that I was safe. No way could that mike get to me before the meeting ended in an hour. I thought I didn't have to say anything, but I miscalculated! So here comes the mike down my row. I immediately begin to prepare my speech ... something brilliant that would show that I was unique and not really one of these drunks.

When I got the mike in my hands, they were shaking so badly that I could barely hold it. I forgot my fine words and managed to blurt out, 'My name is Bud, this is my 1st meeting and I am scared.'

The lady to whom I passed the mike said, 'Isn't it wonderful that a grown man can admit that his is scared. You, Bud, are the most important person in the room tonight.'

So much for the back row. Now I am a celebrity drunk & I need a drink fast. But the meeting ended quickly, and I was surrounded by sober people who wanted to help me. People who I immediately liked and who I might have enjoyed a drink with in better times. They quickly put me at ease, telling me about their first meeting and how it was for them. And to this day I remember almost every one of those people who came up to talk to me. I got a lot of phone #s & they pleaded with me to come back the next day. They told me that the club opened at 10am and there was always someone to talk to.

Most important was that they told me to go home & get rid of all the alcohol in my house. I did that. I went home and found three cans of beer. I sat down in the den with my wife to tell her all about my first meeting and I got rid of the beer. I DRANK IT!!

As crazy as this all sounds, I knew that those 3 beers would be my last ... and they were.

I woke up the next morning, called the office to tell them I was taking my three weeks of accrued vacation and off I went ... back to the Del Ray Club and the security of my new found friends. I went back to the club

**"I was consumed with guilt, remorse and fear. I knew that I was going to die ... just like my father did. I headed for the kitchen and got a beer."**

every day and night for the next 3 weeks. Then my vacation time was up but I continued to go to the Club every night for the next 90 days.

At first, I could not identify with some of the horror stories. I had never been in jail, been hospitalized, lost my family or job ... killed an innocent person with my car ... none of that. But when I made that point to my more sober friends the answer was always the same ... 'NOT YET ... Just keep on drinking and see what happens!!' So I decided to hang in there.

Quickly I learned that there was nothing unique about my drinking pattern or my problems and, maybe the best part of all, I was no longer alone. All the support I would ever need to quit drinking and to lead a comfortable life was in those rooms.

I remember thinking (as I went to my first meetings) that there would be no life left for me after booze. I thought I would be a miserable SOB for the rest of my life, but it would be better than dying ... just barely.

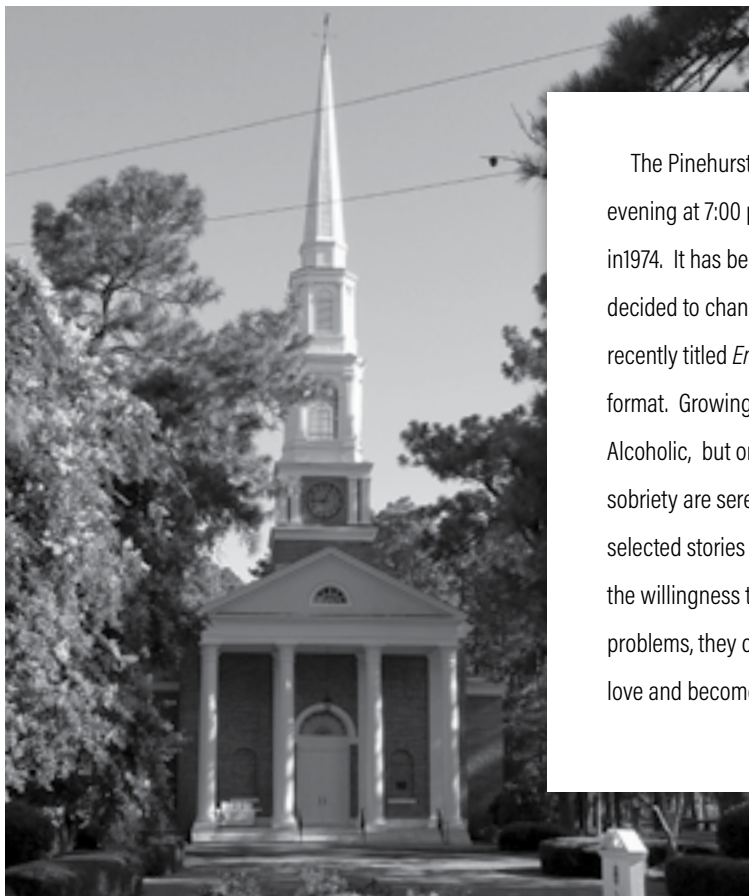
Well, all I can say is that I have been on an incredible journey for the last thirty years. 'I have found a new freedom and happiness. I do not regret the past, nor do I wish to shut the door on it. I have experienced serenity and I have found peace. My whole attitude and outlook on life has changed ... and I will be eternally grateful that AA has done for me what I could not do for myself.'

Today I can't imagine a life without Alcoholics Anonymous. I have hundreds of friends from every walk of life and from every age group. They are there for me when I need them. If they ever invent that pill that would allow me to drink normally, I WOULD NOT TAKE IT. Do you know why? Because I would no longer be able to go to my meetings!!

*Written and submitted by AA member Bud P. in 2009*

## MEETING SPOTLIGHT

# The Pinehurst Village Group



The Pinehurst Village Group meets in the Pinehurst Chapel every Thursday evening at 7:00 pm. It is the third oldest group in Moore County founded in 1974. It has been, for the longest time a step meeting. Just recently the group decided to change the format. The Grapevine Magazine has published a book recently titled *Emotional Sobriety* and this is the source for the meeting's new format. Growing up in sobriety means different things to each recovering Alcoholic, but one idea seems to be true: The rewards for reaching emotional sobriety are serenity, emotional balance and an increased joy for living. These selected stories from the AA Grapevine show that when people in recovery have the willingness to work the Program to find solutions rather than stay stuck in problems, they can let go of fear, put aside selfish demands, practice outgoing love and become more connected to their Higher Power, family and friends.

The Village Chapel  
10 Azalea Road, Pinehurst, NC 28374



# Carrying the message ... with my license plate

Whenever possible I like to spread the word of AA and one way that I do that is with my license plate ... **FRNDOFBW**.

Of course I get the usual horn honks and lots of upraised thumbs but I've also had a few unforgettable adventures. One of those was when I was on Long Island, in a tremendous bottleneck and totally lost. Traffic was moving very slowly and I noticed a big white truck that had been behind me had edged up to be parallel with my car. The driver motioned for me to roll down my window and when I did he proceeded to tell me that he was in the program and how it had changed his life. When he found out that I was lost he said, "Just get behind me and keep following. I will take you to your destination." And he did !

Another adventure of note was when I was at a Stop sign waiting for a large vehicle on the main road to turn into the street I was on. I felt like it didn't have enough maneuvering room so (without looking in my rear view mirror) I backed up. BAM ! I'd hit something and when I got out to look I was aghast to see that it was a Sheriff's car. You can imagine how I felt!

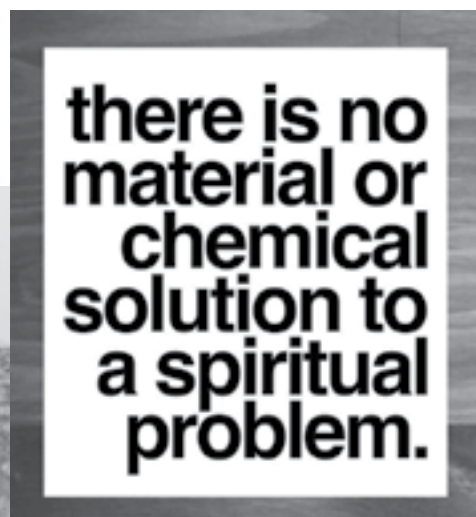
The Sheriff's deputy turned out to be a really nice guy. He had seen that I was trying to give the other driver a little more room, and, since there was no damage, he didn't charge me with anything. "Just be sure to look in your mirror next time," he said. I was getting back in to my car when he added, "By the way I'm curious. What does your license plate mean?" When I told him he said that he was a great fan of AA. "I've seen many of the driver's that I've stopped turn their lives around with the aid of that organization," he said.

Then he proceeded to chuckle and he asked me if I'd been aware of what I hit when I backed into his car? I guess I looked bewildered because he pointed to the front grille and to the sign that was affixed to it. The placard read, "**BOOZE IT & LOSE IT**"



Now you'll have a good story to tell the next time that you go to one of those meetings," said the deputy and I agreed. I've told it often and it never fails to get a big laugh.

*Ginnie D. Vass Group*



# Lord Make Me a Channel of Thy Peace

## The 11th Step Prayer of Saint Francis of Assisi

Lord, make me a channel of thy peace;

that where there is hatred, I may bring love;

that where there is wrong, I may bring the spirit of forgiveness;

that where there is discord, I may bring harmony;

that where there is error, I may bring truth;

that where there is doubt, I may bring faith;

that where there is despair, I may bring hope;

that where there are shadows, I may bring light;

that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted;

to understand, than to be understood;

to love, than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying that one awakens to eternal life.



*Artwork contributed by Barry P.*



**Have a question? Answers are  
a phone call away.  
(910) 420-0575**

General AA questions and meeting information are provided. In case of an emergency please dial 911

# News

## Visit the Newly Redesigned Moore County AA Website! [>>>>>](http://www.MooreCountyAA.org)

Search for current meetings powered by **MEETING GUIDE**. Meeting information is updated twice daily. Visit our site to stay connected with the most relevant information.

Our new **"Facilities Page"** allows you to search meetings by location with just a single click of a button! The page includes pictures of each facility and details about where to enter the building upon arrival.



Visit our **"Newsletter Page"** to read past issues and sign up to have the newsletter delivered to your inbox. **Have a story to share? Submit it online!**

**Curious about AA?** Visit our **"FAQ Page"** and learn more about what AA can do for you and your family. Or call (910) 420-0575 and someone will help you with meeting questions and general AA information.

**Need inspiration?** Visit our **"Speaker Page"** and listen to AA members share their experience, strength and hope. Remember, **WE DO RECOVER!**

Change is possible and AA can lead you on a path to wellness. It's a free resource available to all, and it has changed and saved lives for over 80 years! **Ask yourself, "Is this my year?" We believe it is!**

Come see us at the AA Community Building located at 504 Wilder Ave in Aberdeen. There are 24 meetings per week at this location, a time slot to accommodate everyone! Pick up a meeting schedule and get some phone numbers of like-minded people that can help you help yourself!

Can't get to the Community Building, there are 10 meeting facilities in Moore County, visit our website and find the best match for you! Live in an adjacent county, no problem, we've listed meetings available in Hoke, Richmond, Lee and Scotland counties as well.

***Hope to see you at a meeting soon!***

# Events

Unity Day @ Aberdeen Community Building - 504 Wilder Ave, Aberdeen

**Jun 9 @ 4:00 pm – 7:00 pm**

Dinner at 4 pm, Skit at 5 pm & Speaker at 6 pm

Please bring a dessert or side to share, hamburgers and hot dogs will be provided.

## Sandhills Intergroup

The Sandhills Intergroup is a central office established to aid groups and meetings in Moore County carry the AA message to alcoholics who still suffer.

***We provide:***

Answering service **(910) 420-0575** - General AA questions and meeting information are provided. In case of an emergency please dial 911.

Website - **[www.MooreCountyAA.org](http://www.MooreCountyAA.org)**

### Newsletter

*Visit our website and subscribe for **FREE!***

### Recorded Speakers

*Visit our website and hear inspiring stories from AA members!*

We are funded solely by the AA groups in our county and we **NEED, ASK** and **THANK YOU** for your contributions and input.

Questions or comments email us at:

**[moorecountyyaa@gmail.com](mailto:moorecountyyaa@gmail.com)**

## Area 51 | District 52

***Area 51 represents North Carolina.***

***District 52 comprises Moore, Hoke, Richmond, Lee and Scotland Counties.***

***District 52 website:*** [www.aanc52.org](http://www.aanc52.org)

### ***District 52 business meeting schedule:***

June 2, 2019 - 2-4 pm 504 Wilder Ave, Aberdeen

August 4, 2019 - 2-4 pm 504 Wilder Ave, Aberdeen

October 6, 2019 - 2-4 pm 504 Wilder Ave, Aberdeen

**[www.MooreCountyAA.org](http://www.MooreCountyAA.org) | (910) 420-0575**

***Visit our website for current MEETING SCHEDULE***

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