



Newsletter

Vol.3 No.3 Sept 2019

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

The **FEAR** Issue



JOYCE'S MUSINGS | A PRINCIPLE | AA HISTORY - THE EARLY DAYS
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MEETING SPOTLIGHT: THE EVERGREEN GROUP

Joyce's Musings

On my 30th-year sobriety date, my spirit will step out from the shadows of my sorrowful childhood into the sunlight. The tears of my youth have dried, yet I will remember always that I cried. It took every tear to cleanse my soul. AA provides my soul food and the messages in our fellowship are the servers. My gratitude cup is overflowing.

With every drink of alcohol I was drowning my soul and my sorrows emerged. Why was I not happy? What was wrong with me? Why did my busy world and I never agree? Why did I blame others? With an invisible soul I was an empty shell – a spiritual void engulfed me.

ET advised, "Turn on your heart light." Today, I don't douse it with alcohol. I feed the flames of my spirit with love and honesty. As Whitney sang, "Learning to love yourself is the greatest love of all." I pray for understanding of my greatest need.

"LOVE IS ALL YOU NEED." – *John Lennon*

Today I feel it.

Joyce M.



LOVE
Is All You Need.
John Lennon

"Learning to love yourself is
the greatest love of all."

Whitney Houston



"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance ... that principle is contempt prior to investigation."



Herbert Spencer - ALCOHOLICS ANONYMOUS,
Appendix II "Spiritual Experience"

AA HISTORY - The Early Days

Jack Alexander's article entitled "*Alcoholics Anonymous*" in the March 1941 issue of *THE SATURDAY EVENING POST* greatly influenced the growth of AA..

Alexander was not an instant believer and it wasn't until he "could feel AA in the very marrow of his bones" that he could write the story that would rock drunks and their families all over the world. In 1950 The POST published a follow-up article by Alexander entitled "The Drunkard's Best Friend." Both of these articles are on the Internet and can give the reader a crash course on AA's early days.



The Dark Sky

The sky was dark as could be
I look above and what do I see
All of the beautiful stars above me
Shining so brightly in that big sky
So many they have seemed to multiply

As I look at that one larger star
It just seemed so far

As I stared and wished for my dream
My eyes would sparkle with gleam

My dream seems indefinite
Being sober is what I meant

Soon the sun was upon my face
The world was such a wonderful place

I'm not ready to die
As I look in that bright sky

In my heart and in my soul
It's the disease that had control

The sky may be dark or bright
I am going to put up a fight

God made many beautiful things too

I'm glad I am here
I'm glad I am me

Colleen G.



Artwork by Madison S.



A miracle is a
shift in
perception
from
FEAR
to
LOVE.

Made a decision to turn our will and our lives over to the care of God as we understood Him.

-The Third Step, of Alcoholics Anonymous

So, the third step is two-fold: we make a decision to turn our will over to the care of God, as we understand him. Also, we make a decision to turn our lives over to the care of God, as we understand him.

Many a newcomer gets hung up on the concept of God. Chapter Four in the Book, “We Agnostics,” addresses this topic, which is often very controversial, like most matters concerning religion and God. Until we realize that our higher power, or “God,” can depend on our understanding, it is not likely that the spiritual awakening needed for recovery will take place.

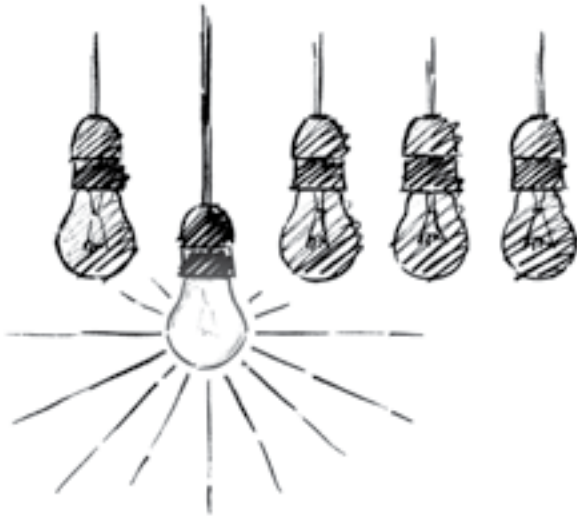
What Makes Step Three Different From the First Two? The first two steps require a great deal of reflection and acceptance. Whereas, the third step is the first “action step.” The Twelve & Twelve states that the third step requires “affirmative action... for it is only by action that we can cut away the self-will which has always blocked the entry of God.”

There is a more detailed description of the third step in the AA Twelve Steps and Twelve Traditions book;

“... Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and how earnestly we have tried to come to a decision to turn our will and our lives over to the care of God as we understood Him.”– *Twelve Steps and Twelve Traditions*, p. 40. The third step is intended to relieve you from the bondage of self, which blocks you from being useful to your higher power and others.

retrieved from: <https://www.pbminstitute.com/blog/behind-the-third-step-making-a-decision/>

The Third Step Prayer



God, I offer myself the Thee,
to build we me and do with me as thy will.
Release me from this bondage of self,
that I may better do Thy will.
Take from me my difficulties,
that victory over them would bear witness to
those I would help of Thy Power,
Thy Love and Thy Way of life.
May I do Thy will always!

“The Power of Positive Thinking”

In 1952 the book “**The Power of Positive Thinking**” by Norman Vincent Peale was published. In the last chapter Dr. Peale writes:

“For many years I have been interested in the problem of the alcoholic & in the organization known as Alcoholics Anonymous. One of their basic principles is that before a person can be helped he must recognize that he is an alcoholic and that of himself he can do nothing; that he has no power within himself, that he is defeated. When he accepts this point of view he is in a position to receive help from other alcoholics and from the Higher Power - God.

Another principle is the willingness to depend upon the Higher Power from whom he derives a strength which he does not himself possess. The working of this power in men’s lives is the most moving and thrilling fact in this world. No other manifestation of power of any kind is equal to it.

...to show conclusively that if there is a Power able to deliver a person from alcoholism, this same Power can help any other person to overcome any form of defeat he may face. There is nothing more difficult to overcome than the problem of alcoholism. The Power that can accomplish this difficult feat can, I assure you, help you to overcome your difficulties whatever that may be.”

The Evergreen Group

As with most A.A. groups in the Sandhills and elsewhere, over the years we've experienced changes in location, meeting time, and format. Some 35 years after the first recorded A.A. meeting in Moore County (the Southern Pines Group in 1947) what began life as the Big Book Group held its first meeting in 1982 at St. Anthony's Catholic Church. We believe it was sometime in May, because home group member Jim M. recalls that he spoke at our 20th Anniversary meeting in May of 2002.

By 1983, though, the Big Book Group had moved to Brownson Memorial Presbyterian Church, where it would grow and evolve for more than 30 years. During that period, members recognized a need to extend our welcome to those who were interested in learning more about the Alcoholics Anonymous program of recovery and fellowship (while perhaps exploring their own relationship to alcohol). To complement the closed Big Book study that had been the original focus, additional formats were tried at various times in response to the interests of the members at any given period: an open Beginners meeting, a closed Discussion meeting, a Step meeting focused on Twelve Steps and Twelve Traditions, and others.

David S. notes that for a while the meeting began at 7:45 p.m. for opening readings,

announcements, and presentation of chips, to ensure that there would be a full hour remaining once the sub-groups moved to separate rooms. (That unusual starting time was eventually abandoned in favor of the more standard 8:00 p.m.) Our meeting underwent another kind of evolution well known in A.A., when a number of members decided to found the Primary

Purpose Group, which held its first meeting in June of 1997 at the First Baptist Church in Southern Pines.

Sue W. recounts one episode from our history – which Jim M. and Karen C. also recall – that well captures the spirit of A.A. and affirms the importance of the local meeting (rather than any bureaucratic organization) as the essence of the program: That evening was the end-of-the-month Speaker meeting, and the group

was gathered in the basement of Brownson Presbyterian. A woman from Raleigh had come down as the guest speaker, and during the course of her story a driving rainstorm blew in, making it a challenge for her even to be heard. "The fabulous part," remembers Sue, "was that we lost power! She paused ever so briefly, then resumed talking as we sat there in the dark and continued to listen. I'm not sure today exactly what she said, but I still remember how poised she was as she continued her talk, and how inspirational that was for all of us."

**The Evergreen Discussion
Group meets every Tuesday at
7:30 pm, at the Southern Pines
United Methodist Church. The
format on most Tuesdays is open
discussion, but on the last Tuesday
of each month we celebrate the
anniversaries of home group
members with an open Speaker
meeting ... not to mention cake
and ice cream!**

Sometime around 2010, the open Discussion meeting became known as the Evergreen Group. That name reflects an awareness of the particular needs and interests of newcomers to A.A., as well as the importance of “keeping it green” for all recovering alcoholics by maintaining focus on the fellowship’s fundamental principles. But several years later, for whatever combination of reasons, the Big Book and Evergreen Groups experienced gradually declining membership – to the point that on some evenings the Big Book study group chose to remain with the Evergreen group rather than split off. Even so, our combined number was sometimes only five or six people.

The faithful core continued meeting as the Evergreen Group, retaining the open discussion format. Then in the spring of 2017, we learned that Brownson Presbyterian would be needing our regular meeting space for their own programs, and we were fortunate enough to find our current home at the Methodist church. Beginning with the first meeting here on the Fourth of July of that year, we took advantage of the change in venue to make another adjustment that we’d been considering for a while: moving our starting time to 7:30 p.m.

The past couple of years has seen steady growth in our weekly attendance, and the Evergreen Group now encompasses men and women of all ages – a healthy mix of Newcomers, Old Timers, and everything in between. A typical Tuesday will find between 25 and 30 people sharing their experience, strength and hope with one another, so that we may solve our common problem and help others to recover from alcoholism. We hope that you’ll visit us soon and come back often. And don’t forget about that cake and ice cream!

Submitted by Bob H.



Southern Pines United Methodist Church, 175 Midland Road, Southern Pines, NC 28387



Send us your meeting history, news and announcements and we'll feature it in an up coming newsletter. Please send to: SandhillsNews@gmail.com

Happiness
is the new rich.

Inner peace
is the new success.

Health
is the new wealth.

Kindness
is the new cool.

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**

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.

Visit our website for the current **MEETING SCHEDULE**
www.MooreCountyAA.org

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



JOIN SANDHILLS INTERGROUP

Opportunities for Everyone!
Meet people and learn new skills:

- Web Design & Email
- Telephone Support
- Public Outreach
- Recorded Speakers

We meet at 9am the first Saturday of each month at 504 Wilder Ave, Aberdeen.

All AA'ers Welcome!

EMAIL

moorecountyyaa@gmail.com

Events

Fall 2019 Committee and Assembly Meeting

October 25, 2019 - October 27, 2019

Hilton Raleigh North Hills

3415 Wake Forest Rd

Raleigh, NC 27609

Spring Into Action Conference

February 1, 2020 - 10am - 6pm

New Hope Baptist Church

3007 Beechtree Drive, Sanford, NC 27330

AA District 52

AA District 52 comprises Moore, Hoke, Richmond, Lee and Scotland Counties. Visit their website: www.aanc52.org

District 52 business meeting schedule:

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

December 1, 2019 - 2-4 pm 504 Wilder Ave, Aberdeen

February 2, 2020 - 2-4 pm 504 Wilder Ave, Aberdeen

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