



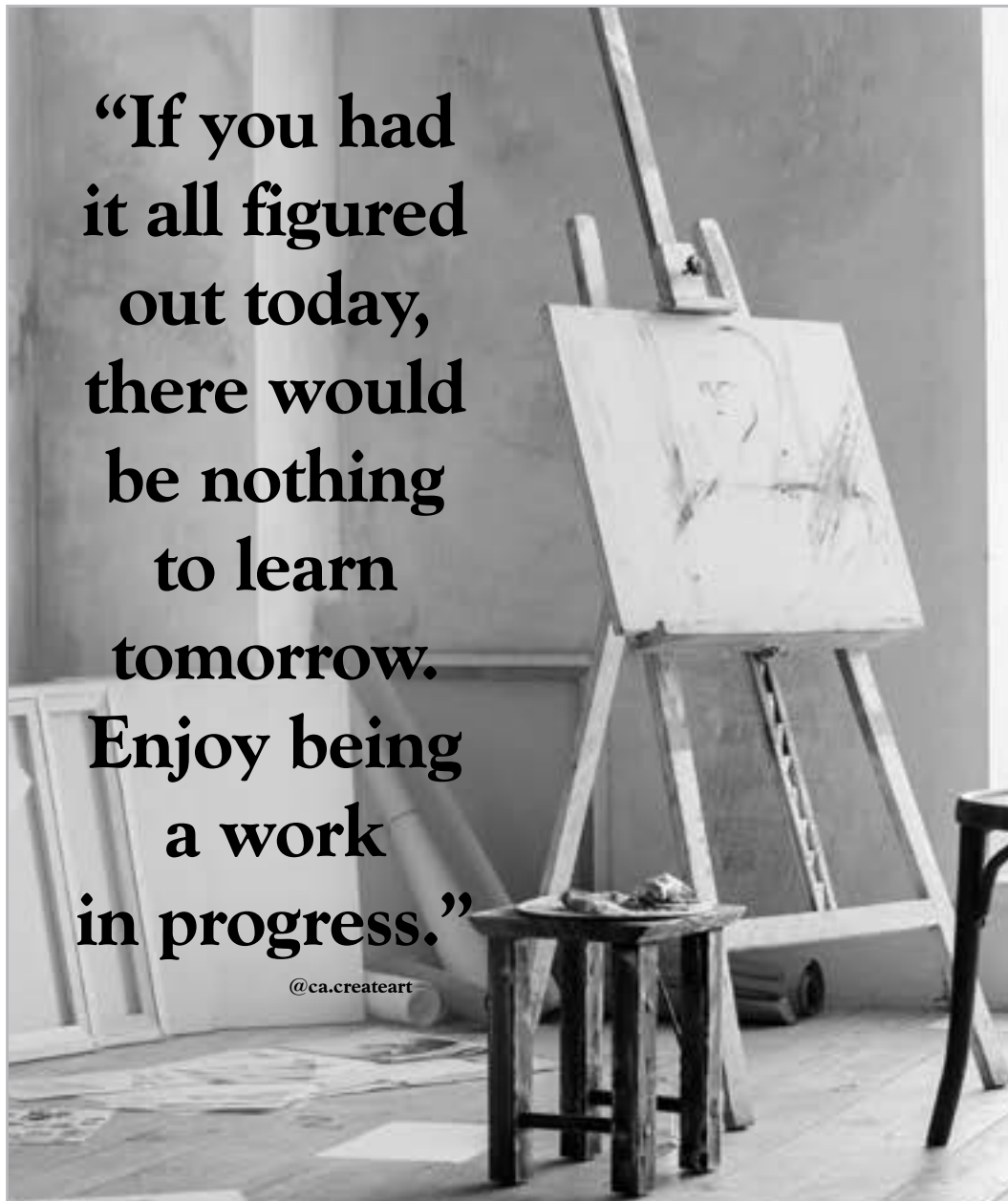
Newsletter

**ONLINE & PHONE
MEETINGS
AVAILABLE**
Visit MOORECOUNTYAA.ORG

Vol.5 No.1 January 2021

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

The **PROGRESS** Issue



**“If you had
it all figured
out today,
there would
be nothing
to learn
tomorrow.
Enjoy being
a work
in progress.”**

@ca.createart

I AM AN ALCOHOLIC | ENHANCE YOUR AA SOBRIETY
HOW ARE YOU DONG WITH YOUR SOBRIETY?
IT'S ALCOHOLISM NOT ALCOHOL-WASM | GOD SAID NO
MEETING SPOTLIGHT: PRIMARY PURPOSE

I am an alcoholic.

I am also one of those fortunate alcoholics who came into AA and stopped drinking and have not had anything to drink since. It has been more than thirty-five years since that first meeting. I, like many people on my arrival, was in pretty bad shape physically, mentally and spiritually.

I had been badly beaten up during my last drunk/black out. I had just been tried for my second DWI, I was supporting myself by walking the roads and dumpster diving for aluminum cans to recycle. I would have been homeless but there was a run down house at the back of the family property that I was allowed to stay in. The least of my problems was that I was an atheist.

In any case in those early days I did not entertain the idea that I would find sobriety. I was simply too sick to keep drinking and thought at some point it was inevitable that I would resume drinking. I was going to eight or ten meetings a week and was open to suggestions. I became aware that people I admired were people that talked about working the steps of the program. In my own faltering way I decided to do that. On arrival at AA (and for some time prior) I knew I was powerless over alcohol and my life was unmanageable. When I was exactly six months sober I was sitting in a meeting when the steps were being read and I had an epiphany that a power greater than myself (the members and program of AA) could restore me to sanity (if I narrowly defined it as stopping drinking, as my brain was still mush).

I started trying to get a sponsor. I had several failures at this, only one of which was over a religious issue. I did find a wonderful sponsor who guided me through Steps four, five, six and

seven. Unfortunately he died shortly after that.

So why did I decide to write this? Nineteen years in my career as a psychiatric nurse was spent doing mental health/substance abuse evaluations, primarily in the emergency room setting. Hundreds of times I interviewed people who would clearly benefit from attendance at Alcoholics Anonymous, but when I suggested it they would respond that they could not go to AA because they did not believe in God and/or were atheist or agnostic. I believe AA could have helped these people as it helped me. Hopefully some of them eventually found their way to AA.

Secondly I rarely hear anyone in a meeting talking about sobriety as an atheist, agnostic or free thinker. How many atheist, agnostic or free thinkers do we lose because they don't hear anyone talking about the things they believe?

I would note there have been modest improvements in the literature available. When I came in the Appendix 11, "Spiritual Experience" was the only part of the Big Book that remotely reflected what I believed spiritually, and I found it by accident. Everything else Bill W. wrote about atheists and agnostics is (to me) patronizing and a "turn off".

I am not an evangelical atheist. I am not out to convert you from your beliefs. I just want the newcomer with similar beliefs to mine to have the

same chance for sobriety that I found here. I will continue to talk about being sober and an atheist. If you are of a like mind please consider joining in.

Postscript:
Wayne M. recommends the Grapevine book *One Big Tent* which contains articles by AA atheists/agnostics. It's a great book.

A... a

L... life

C... centered

O... on

H... helping

O... others

L... live

I... in

C... comfort.

Wayne M.

Enhancing our AA sobriety

Have you ever noticed that the happiest and most centered people in AA are involved in service work? It is a proven fact and it's easier than you might think because there are so many ways to serve in our wonderful fellowship. ***Here are just a few of them:***

- Join a home group and become a participating and faithful member.
- Speak up and share your experience and hope with your fellow AAers in Zoom or physical meetings.
- Volunteer to lead Zoom meetings or physical meetings.
- Become a sponsor.
- Always be aware of your fellow AAers needs and be willing to listen.
- Offer or give rides to a fellow AAers who can't drive because of a DWI or other issues.
- Write about your AA experience and submit your article to the newsletter (email to: Sandhillsnews@gmail.com)
- Be an active participant in yearly events, such as the Christmas marathon.
- ... And above all, make sure that you encourage newcomers who are just as scared as you were when you first found the rooms/virtual rooms of AA.



We don't inspire anyone by being perfect. We inspire by how we deal with our imperfections.

How are you doing with your sobriety? Do you ever wonder if you could be doing more?

This exercise is a possible way to assess your progress.

Score

Individual items - **Put an "x" where it applies**

1 = Weak

2 = Need work on the Steps/meetings/sponsorship

3 = In fit spiritual condition but continue meetings

SPIRITUAL SCORECARD

9th STEP PROMISES

	1	2	3	
1. We will know a new freedom and a new happiness.		x		<i>example</i>
2. We will not regret the past nor wish to shut the door on it.				
3. We will comprehend the word serenity and we will know peace.				
4. We will see how our experience can benefit others.				
5. That feeling of uselessness and self pity will disappear.				
6. We will lose interest in selfish things and gain interest in our fellows.				
7. Self seeking will slip away.				
8. Our whole attitude and outlook upon life will change.				
9. Fear of people and of economic insecurity will leave us.				
10. We will intuitively know how to handle situations which used to baffle us.				
11. We will suddenly realize that God is doing for us what we could not do for ourselves.				

10th STEP PROMISES

1. We have ceased fighting anything or anybody-even alcohol.			
2. Sanity will have returned.			
3. We will seldom be interested in alcohol-will recoil from it as from a hot flame.			
4. We react sanely and normally and find this has happened automatically.			
5. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes.			
6. We are not fighting it, neither are we avoiding temptation.			
7. We feel as though we have been placed in a position of neutrality-safe and protected.			
8. We have not even sworn off. Instead the problem has been removed.			
9. We are neither cocky, nor are we afraid. That is our experience.			

Add the Xes in each column, then add the 3 scores for your total score :

			Total
			<div style="border: 1px solid black; width: 60px; height: 40px; margin: 0 auto;"></div>

Contributed by Barry H.

SCORECARD Results: 0-10 Call sponsor, go to meetings, more Step work.
11-25 Increase meetings, more prayer.
26 + Doing good, don't rest on laurels.

It's Alcoholism not Alcohol-wasm

The first time I heard that saying in a meeting of AA I thought I'd heard it incorrectly.

After the meeting I approached the speaker and he assured me that I'd heard it right. I was too new in the program to truly understand the full impact of those words.

Now, after 30 years sober, I've come to not only understand that saying but to firmly believe it. Time and again I've seen people hit rock bottom. They come into the rooms of AA sick, bedraggled and desperate. They "will do anything" to stay sober.

But, more often than not they are "well" in a matter of months. They've regained their appetites, they're starting to look and feel good and recovery goes out the window.

"Alcoholic?" they say, "Not me. I can take it or leave it. I've proved that by not drinking for X amount of days."

I feel bad as I watch them go. They've caught the dreaded "**alcoholwasm**" syndrome and all we can do is leave the doors open for them and hope that they will be lucky enough to find their way back in before it's too late for them, or, sadly too often, for others.

The first thing I had to have drummed into me when I started my AA journey was that stopping drinking is actually the easiest part of recovery. It's facing the "ism" that's hard. The "isms" are the psychological and personality issues that crop up and that we couldn't get through before without drinking. We need to face them and put them behind us.

The process of changing how we deal with life and all of its problems is a critical part of recovery and I work on it daily. The results are well worth the effort ... and it's really not that hard once I set my mind to the fact that I have alcoholism, not "alcoholwasm."

As a dear friend in AA puts it:

"Getting and staying sober is a cinch. All you have to do is don't drink, go to meetings, and change your whole damn life".

Ginnie D., Vass Group



Where's my Sponsor?

Contributed by Barry P.

INSTEAD OF:

EMOTIONS ARE
"GOOD" OR "BAD"

TRY THIS:

EMOTIONS ARE
NEUTRAL MESSENGERS

xo @heyAmberRae

God Said No!

I asked God to take away my habit.

God said, No. It is not for me to take away but for you to give up.

I asked God to make my handicapped child whole.

God said, No. His spirit is whole, his body is only temporary.

I asked God to grant me patience.

God said, No. Patience is a byproduct of tribulations; it isn't granted it is learned.

I asked God to give me happiness.

God said, No. I give you blessings; happiness is up to you.

I asked God to spare me pain.

God said, No. Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow.

God said, No. You must grow on your own, but I will prune you to make you fruitful.

I asked God for all things that I might enjoy life.

God said, No. I will give you life so that you may enjoy all things.

I asked God to help me LOVE others as much as he/she loves me.

God said... Ahhhh, finally you have the idea.

Life

gives you

plenty of time

to do what ever

you want to do

if you stay in the

present moment.



Primary Purpose Perseverance

2020 has been a difficult year for all segments of society. Many Alcoholics Anonymous groups were forced to discontinue meeting at physical locations to carry the message to the suffering alcoholic. Some of these groups reorganized and solved the problem by attending online with Zoom and other forms of virtual meetings, but other groups unfortunately withered on the vine.

The Primary Purpose Group was blessed to have the First Baptist Church in Southern Pines, its congregation, and Dr. Tom Allen grant us permission to continue meeting as long as we followed strict protocols. After a Group Conscience discussion, the Primary Purpose Group decided that it was important to continue meeting in person, but that incorporating Zoom into the meeting would ensure the best of both worlds. A plan of action was adopted that could be considered a hybrid solution.

Monday meetings revolve around discussion topics focused on the newcomer. All attendees must wear masks inside the church! Total attendance is divided by 10 people, and that determines how many rooms are needed. For example, if 40 people show up, then four rooms with ten chairs appropriately spaced are set up. Each room addresses the same topic, with separate leaders, readings, and chip givers. Zoom attendees have access to the main room discussion.

Thursday meetings are speaker meetings, and as on Monday, the number of rooms needed is determined by total attendees. Most of our speakers come to share their experience, strength, and hope in person. Their stories are heard in all rooms and on Zoom.

The Primary Purpose Group meets Mondays and Thursdays at 7:00 p.m. at the First Baptist Church in Southern Pines, 200 East New York Avenue. Hope to see you there, or on Zoom! (You can find the link to our online meetings at the Moore County A.A. website: <https://moorecountyaa.org>.)

John S. - Primary Purpose Group

First Baptist Church

200 E New York Ave
Southern Pines, NC 28387

Monday & Thursday: 7-8 pm
Hybrid Zoom meetings available,
visit moorecountyaa.org for more
information.



Send us your meeting history, news and announcements and we'll feature it in an upcoming newsletter.

Please send to:
SandhillsNews@gmail.com

**If ever you
lose love don't
go out looking
for it. Reach
inside you and
recreate what
you think you
lost. You are
love. You can't
lose you.**

**HYBRID
Meetings
Available
at Primary
Purpose!**

—
Visit
www.MooreCountyAA.org

Connect TODAY :)

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!

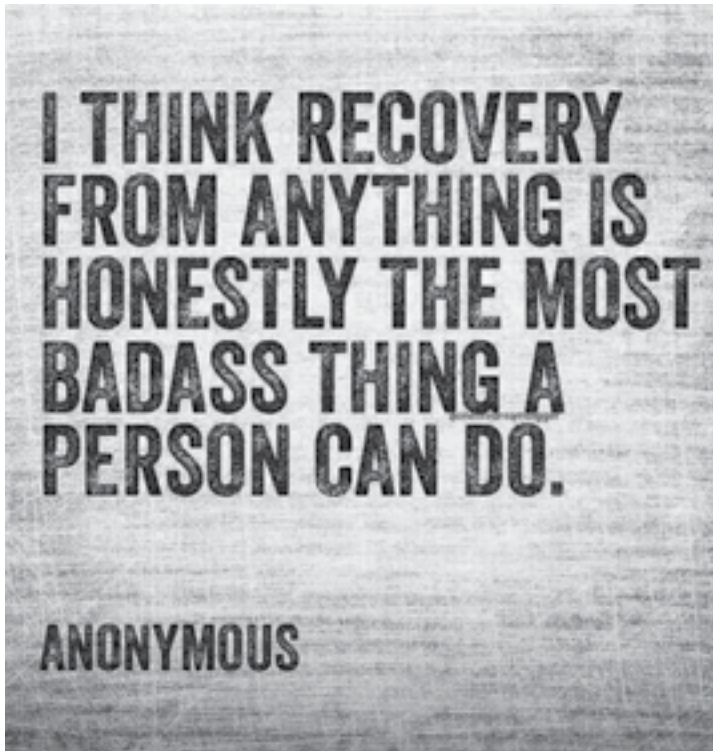
Recorded Speakers

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 via Zoom.us

All AA'ers Welcome!

EMAIL

moorecountyaa@gmail.com

ONLINE & PHONE MEETINGS AVAILABLE



—
Visit
www.MooreCountyAA.org

AA District 52

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

Published & Distributed by

Sandhills Intergroup | PO Box 2513 | Southern Pines, NC 28388 | (910) 420-0575