



Newsletter

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

The **TRANSFORMATION** Issue

**“Not all
transformations
are visible.”**

- Anonymous



THIRD CO-FOUNDER? | SELF-PITY & ME

SPECIAL NOTICE | THE HISTORY OF THE AA ABERDEEN BUILDING

THIS IS A PINEAPPLE BLOOM

DID YOU GROW UP WITH A PROBLEM DRINKER?

Third Co-founder?

I always heard about "The Founder's Day" in Akron, OH. The Celebration of AA's birthday and Dr. Bob's AA Anniversary. So I'm in the big room the J.A.R. (Basket Ball Arena) and I look up to the stage and I see Three giant posters. One is Bill W. another is Dr. Bob and the third - A Catholic Nun? I begin to learn that in the Akron/Cleveland area the members do very much consider Sister Ignatia Gavin, a Sister of Charity of St. Augustine, a co-founder of AA.

So one of the reasons I came to Akron, OH on Founders Day was to take the "tour" of all the Historic AA sites in Akron. I stop by the Archives/Intergroup and pick up a little tour map with the locations of the main sites. The first and closest stop is right down the street at St. Thomas hospital. I go in and up to the second floor where the chapel is and wow there is the plaque on the wall that Bill W. mentions in AA Comes of Age. In 1949 the local groups gave a thank you to The Sisters of Charity of St. Austine (The owners of the Hospital).

In the stories section of the Big Book in Italics in Dr. Bob's story (DOCTOR BOB'S NIGHTMARE) it states "... he carried the AA message to more than 5,000 alcoholics" "In this prodigy of service, he was well assisted by Sister Ignatia at St. Thomas Hospital in Akron, Ohio, one of the greatest friends our Fellowship will ever know".

Up to 1939 Dr. Bob was doing his work and carrying the message at Akron City Hospital. For some reason, Dr. Bob was asked to take his work with alcoholics elsewhere. In a talk by sister Ignatia (that can be listened to in the chapel), she told the story of how the great partnership between her and Dr. Bob began. She said Dr. Bob was there at the hospital and looked rather down. She said what's the matter, Dr. Bob? He said I might as well tell you that I came in contact with a NY broker who had a drinking problem. We got together and tried to work out something that will help alcoholics. He said "we tried a few hospitals and rest

farms - Sister would not admit one of these alcoholics? So on August 16, 1939, their first alcoholic was admitted, Walter B. ("The Back-Slider" story in 1st edition of the Big Book).

Sister Ignatia worked with Dr. Bob up until he died in 1950. She stayed on until 1952; then dioceses of Cleveland transferred her to St. Vincents Charity Hospital. She started a ward for alcoholics there at the hospital in Cleveland.

She opened it on May 7, 1952, and named it Rosary Hall. She wanted to do something in remembrance of Dr. Bob whose initials were RHS. She extended the name to Rosary Hall Solarium then she had his initials RHS. Sister Ignatia worked with another 5,000 alcoholics in Cleveland up to the time of her death April 1, 1966.



So, yes, Sister Ignatia Gavin CSA is very much considered a co-founder at Akron's Founders Day Celebration.

- Greg W., Fayetteville, NC

Self-Pity & Me

“Self-pity is one of the most unhappy and consuming defects that we know. It is a bar to all spiritual progress and can cut off all effective communication with our fellows because of its inordinate demands for attention and sympathy. It is a maudlin form of martyrdom, which we can ill afford.”

- As Bill Sees It, p. 238

When I think back to my days in active alcoholism, self-pity is the character defect that defined me. Why me? Why can't my husband find another job? Why can't we go back to the life we used to have? Why is my boss such a *itch? Why don't my kids call me more? Why do I never have time to myself? Why am I so tired all the time? And so on, and so on... Why was I so unhappy? At least I had my nightly bottle of wine to help me cope. Or maybe even some vodka to “kick start” my relaxation. Why not start drinking on the way home from work? Poor me, pour me another drink. My alcoholic brain was in full gear!

I knew alcohol was poison to me. But it helped the days go by easily and I could pass out in my bed at the end of the night (or even before). My husband was just as happy to have me drink, even though I had been struggling for years and even had several periods of therapy/treatment/sobriety. When I drank, at least I wasn't ragging on him (except for those occasional times when I would get violently angry and scream mean words....). My alcoholic brain was in full gear! So the years passed and I continued to drink and feel sorry for myself. I withdrew. I isolated myself. My 3 kids grew frustrated and angry. They couldn't understand the magnetic pull I had to the bottle. It was the only survival tool I had. My life raft, so to speak. My Savior.

Then I lost a job. Got another job but didn't do my best. Had major foot surgery and was in a cast for 2 months. Stuck at home and couldn't drive (cast was on the right foot). It was a long hot summer and I willed myself not to drink, due to the circumstances. As soon as the cast was removed I was up and running... to the liquor store! Then the DUI happened. BANG! I'll never forget the look of “pity” on the policemen and on my husband's faces. And they were probably thinking, “What the Hell is wrong with this woman???”

So my journey of treatment, AA meetings and readings, and spiritual discovery started. CLICK! The self-pity was fading. I had to “pull myself together” was what I started thinking. I started listening to other people. I realized I had the disease of alcoholism. Most importantly, I surrendered. I began to see the Truth in the 12 Steps. I began to understand that God had a plan

for me and that I was not the one in charge. Alcohol is NOT my savior, God is my Savior. And the program is truly working; my life is pretty good now. I laugh and feel good about myself. My family loves me. God loves me. AA loves me. I am so lucky.



Betsy Y.

Special Notice: Wilder Building Repair Fund

Many of Us across Moore County consider The Wilder Building our AA Home. We count on it to be open and available to us for meetings, events and other recovery activities. Well, right now, The Wilder Building needs our help...

The Steering Committee manages the finances of The Building and ensures that the structure is safe and sound. It has been noted for some time that the Basement has been plagued by problems. The floor leaks constantly, the lighting is grossly inadequate, and the stairs and railing are simply dangerous. There is an urgent need to repair these problems. The Steering Committee has initiated a Repair Fund to address these issues.

Since COVID, Seventh Tradition collections have fallen. The number of meetings and the attendance at meetings have been dramatically reduced. In-House Funds are now insufficient to cover this large expense.

Please Help. Contributions to the Repair Fund can be made in person at The Wilder Building with cash or by check, or through Venmo at Wilder Aberdeen.



Online contributions via Venmo -

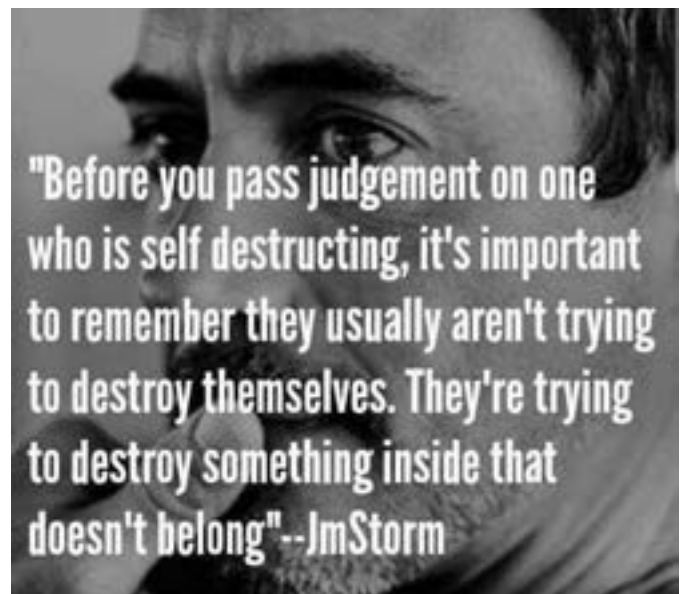
Venmo name and email:

Wilder Aberdeen

wilderaberdeem@gmail.com

"We are self-supporting through our own contributions... However since covid we are not receiving enough money in our contributions basket to cover our monthly expenses."

*Thank you for any and
all contributions.*



The History of the AA Aberdeen Building

Thanks to Randall M, one of our first Aberdeen AA members, and Moore County friends Robert N Page III, Tony Parker, Iris Keith and Margaret Macleod for their contributions to this article, originally printed in 1989.

Anyone who has attended meetings in Aberdeen for any appreciable time has undoubtedly heard stories about the history of the Wilder Avenue building ... some factual and perhaps some enhanced to fit the personality of the tenant.

Most of us know that it is the property of the Town of Aberdeen, which leases it to the Aberdeen group for the purpose of AA meetings and other AA events.

It has been used for these purposes for as long as anyone can remember, with the exception of Randall M.

Randall remembers when the building was used by the town as a Community Center. However, Randall says it was abandoned for that purpose in the 1950's.

It was the first Aberdeen group, consisting of about six members, who dressed up the building, making repairs and improvements and they began to have exclusive tenancy of the building in 1959.

Randall also recalls that after it was restored to an attractive facility some of the town commissioners attempted to reclaim the property for it's originally intended use.


It was because of the heroic stand of the Aberdeen group of founding fathers, and with the aid of the mayor and John D. McLean, the owner of Aberdeen Hardware, that the AA group prevailed and the Wilder Avenue facility has been used continuously by AA since 1959.

The construction of the building was a project of the National Youth Administration (NYA), a part of President Franklin Roosevelt's Works Progress Administration (WPA); "Which was created in 1935 to provide part time jobs to high school and college students in need of funds to continue with their educations."

On April 28, 1940, the first lady of the United States, Eleanor Roosevelt, made a brief stop in Aberdeen to inspect the building which was near completion. She was greeted by a crowd of 500 people and it is believed to be the first time that a first lady visited Aberdeen.

One of the well wishers asked Mrs. Roosevelt the question on everyone's mind: "Is your old man going to run for a third term?" She quickly replied, "I haven't asked him, nor do I intend to." Of course Mr. Roosevelt did run and was reelected.

Another story about her visit has survived appropriately. A black limousine, having as passengers Mrs. Roosevelt and several secret servicemen, stopped in front of the Post Office and, as a car door opened, a bottle of whiskey fell out and rolled down the street. Could that have been an omen of things to come???



A happy person is not a person who's always in a good situation, but rather a person who always has a good attitude in every situation.
- marcandangel

Memories of Alcohol

I drank for happiness and became unhappy.

I drank for joy and became miserable.

I drank for sociability and became argumentative.

I drank for sophistication and became obnoxious.

I drank for friendship and made enemies.

I drank for sleep and woke up tired.

I drank for strength and felt weak.

I drank for relaxation and got the shakes.

I drank for courage and became afraid.

I drank for confidence and became doubtful.

I drank to make conversation easier and slurred my speech.

I drank to feel heavenly and ended up feeling like hell.

12:10

10:27 AM

85%

This is a Pineapple Bloom



Contributed by Jay F. 678 days after planting the pineapple top! It bloomed on March 12, 2021.

This is a pineapple bloom. I planted the top of a store bought pineapple on May 4, 2019. I walked into the Wilder Bldg for the first time at 11am, Sunday May 5th, 2019. I took care of this plant because in some weird way it represented my sobriety. I made sure it survived two winters. Gave it sunlight. Gave it the right amount of clean water and food. Made it a strange priority in my journey. Today, it bloomed. Incremental progress adds up. Love you guys.

J



Text message



**Give this
world good
energy.**



Spring

Sometimes

Renewal

comes in

Surrender.

-Rob Bell

Did You Grow Up With A Problem Drinker?

- Do you constantly seek approval and affirmation?
- Do you fail to recognize your accomplishments?
- Do you fear criticism?
- Do you overextend yourself?
- Have you had problems with your own compulsive behavior?
- Do you have a need for perfection?
- Do you feel more alive in the midst of a crisis?
- Do you feel responsible for others as you did for the problem drinker in your life?
- Do you care for others easily, yet find it difficult to care for yourself?
- Do you isolate yourself from other people?

And there are 10 more questions to ask yourself...

Is Al-Anon right for you? Is Al-Anon right for your family members?

Many AA'ers attend both meetings.

Check their website at: al-anon.org

One local meeting still being held in these Covid times:

Courage To Change AFG

Monday 7:00 PM, First Baptist Church (Upper level, room 216)

200 E New York Ave, Southern Pines

**HYBRID
Meetings
Available
at Primary
Purpose!**

—
Visit
www.MooreCountyAA.org

Connect TODAY :)

**SELF LOVE. IT DOESN'T
MEAN THAT EVERYONE
WILL TREAT YOU THE WAY
YOU DESERVE TO BE
TREATED. IT MEANS THAT
YOU WON'T LET THEM
CHANGE THE WAY YOU
SEE YOURSELF; NOR WILL
YOU STICK AROUND FOR
THEM TO DESTROY YOU.**

- TONY A. GASKINS JR.

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!

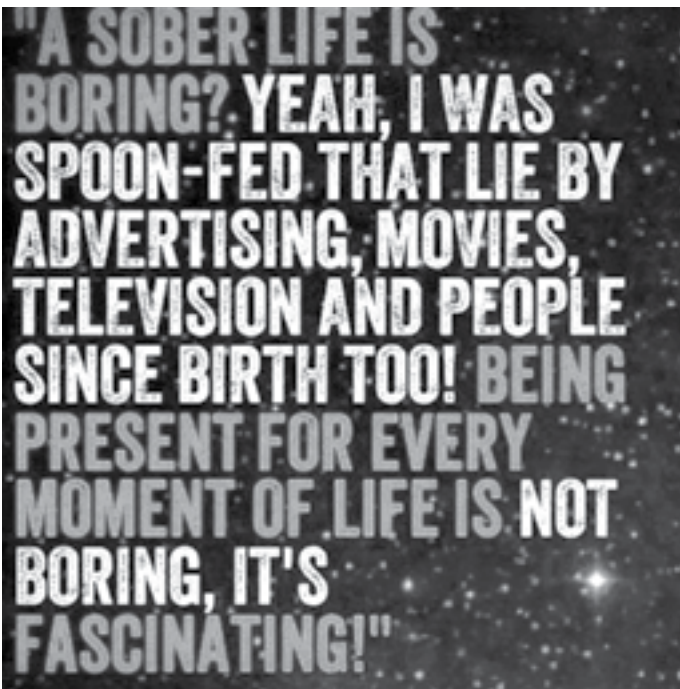
Recorded Speakers

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



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Visit
www.MooreCountyAA.org

AA District 52

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

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