



Newsletter

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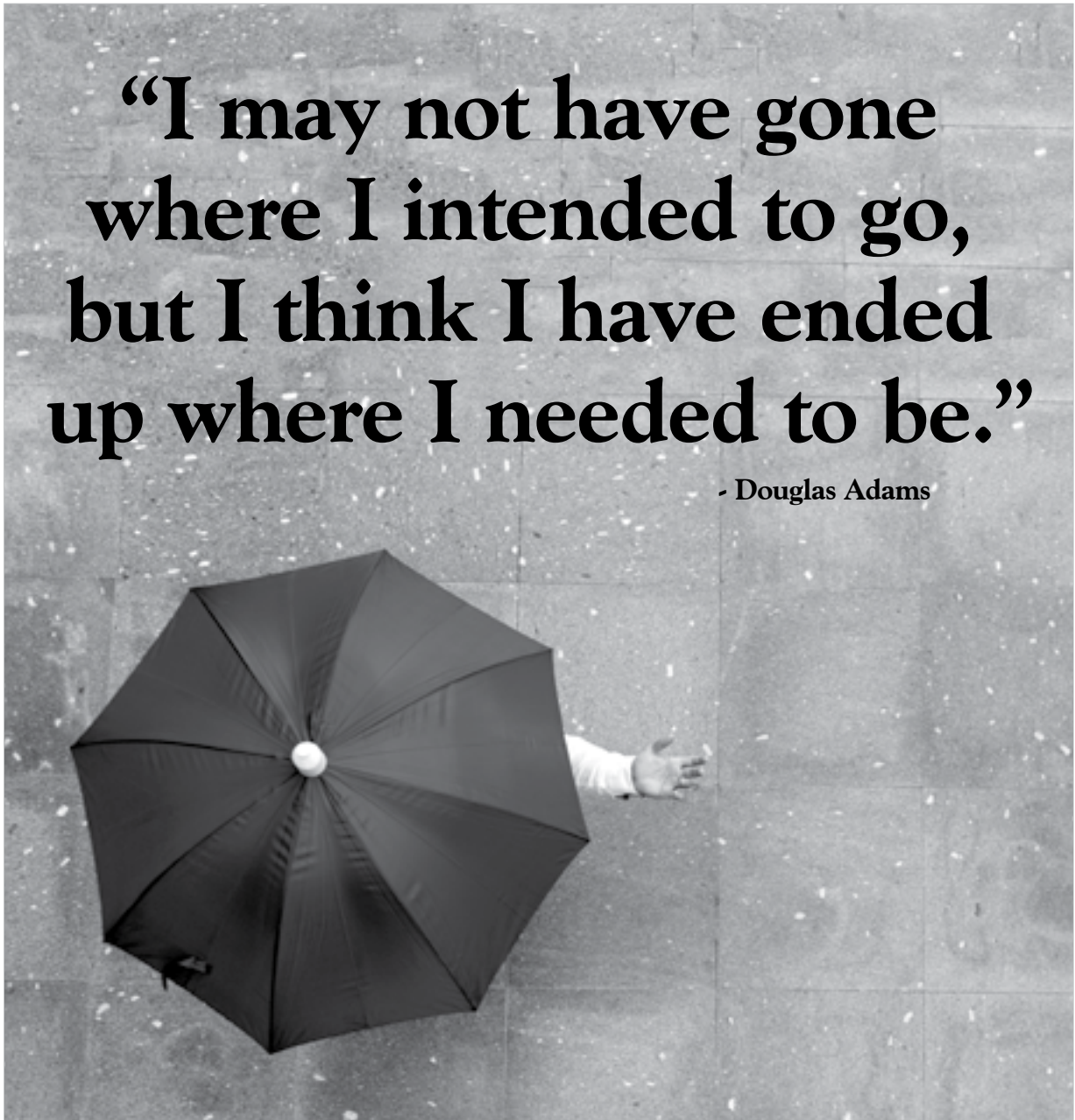
Vol.5 No.3 September 2021

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

The **ACCEPTANCE** Issue

**“I may not have gone
where I intended to go,
but I think I have ended
up where I needed to be.”**

- Douglas Adams



LEANING IN ON LIFE'S TERMS

A SPECIAL THANK YOU | MEETING SPOTLIGHT

INSPIRATION FROM “IN THE ROOMS” | UNTIL WE MEET AGAIN...

DON'T JUST | SANDHILLS INTERGROUP IS HERE FOR YOU

Leaning in on Life's Terms

I say this all the time in the rooms, but for this alcoholic learning to lean in on the steps, the God of my understanding and this powerful fellowship has taught me valuable lessons that I never even knew I needed to learn and in turn, continues to save my life on a daily basis.

For me, "getting sober" was never really the difficult part. Just put down the wine Dana and slowly walk out of the closet. Right? The real difficulty for me came when I had to start really living sober recovery, or what people in the rooms were calling, "Life on Life's terms."

In the beginning of this "living sober" on life's terms I walked into this building a messed up, scared, confused and unhappy recently single mother who couldn't seem to find any peace or contentment in her life anywhere anymore. My former higher power had once and for all crushed me both emotionally and physically for the last time which left me a newly divorcee, looking to build a new version of home for my young child, an affordable mode of transportation, some sort of gainful employment after five years as a stay-at-home mom and any recognizable part of the woman she had somehow lost along the way.

And here's where learning to lean in really started for me. This clearly much wiser and beautifully tan broad, who had also herself been a messed up, scared, confused and unhappy woman suggested that I try to start accepting life on life's terms.

She had discovered the power of acceptance that some how had transformed her into the serene, wise, contented strong woman she now was sitting right there before my eyes. I wanted a piece of what she had and so I decided to do my best to listen to her by opening my heart and mind to some of her experience, strength and hope.

I literally hated acceptance until I learned what it was.

Then I hated it less. I still hate it. I use to think that I had to like everything and never say anything about awful things going on around me or the awful people in the world, but it doesn't.

Acceptance today for me just means that I strive to face the reality of everything and say to myself, "it is what it is". I change the bad to good when and if I can, I see what may take longer to improve on and I try; I see what is beyond my human ability to change for the better, and I can rest my head at night knowing that I did all I could for that day.

I wish that I could tell you that I've been instantly transformed into a calm and happy woman who practices acceptance every day, but all jokes aside, that would be a long way from the truth. What happened was that the seeds of acceptance have started to verrrry slowly germinate in my life and maybe a little shy of four years later in these rooms I sometimes can see something that resembles fruit.

Truthfully, some days I am still stuck and stubborn striving for something other than life on life's terms. Talking myself into believing that I would be able to accept life as it is once I am thin enough/serene enough/

"Accepting 'what is,' is not a passive state for me. Instead it's one of the most powerful places I can find myself in when I choose to do it."



financially stable enough/in love enough/fit enough/just enough, blah, blah, blah. See where I'm going with this?

I was putting the cart before the horse by telling myself that acceptance was a state of mind reserved for when life was perfect, rather than the amazingly freeing ability to see the imperfect perfection in life everyday JUST AS IT IS.....

Does it mean I like everything that happens in this world, um no, of course not. Hello 2020. But why should I? Like who put me in charge of life anyways, right?

Today I know more than ever before that I'm not in control of what's happening "out there" and that acceptance is the only true way to be free going forward and that all I've ever really been in control of is how I respond to life and in what manner I carry myself when doing so.

Accepting 'what is,' is not a passive state for me. Instead it's one of the most powerful places I can find myself in when I choose to do it. Today I can choose not to waste my effort and energy on thinking something should not have happened this way or that, but rather accept that it has happened and then decide how to respond to it.

Sometimes it means I do nothing,

Sometimes that means I have to change,

Sometimes I have to wait,

Sometimes I have to walk away,

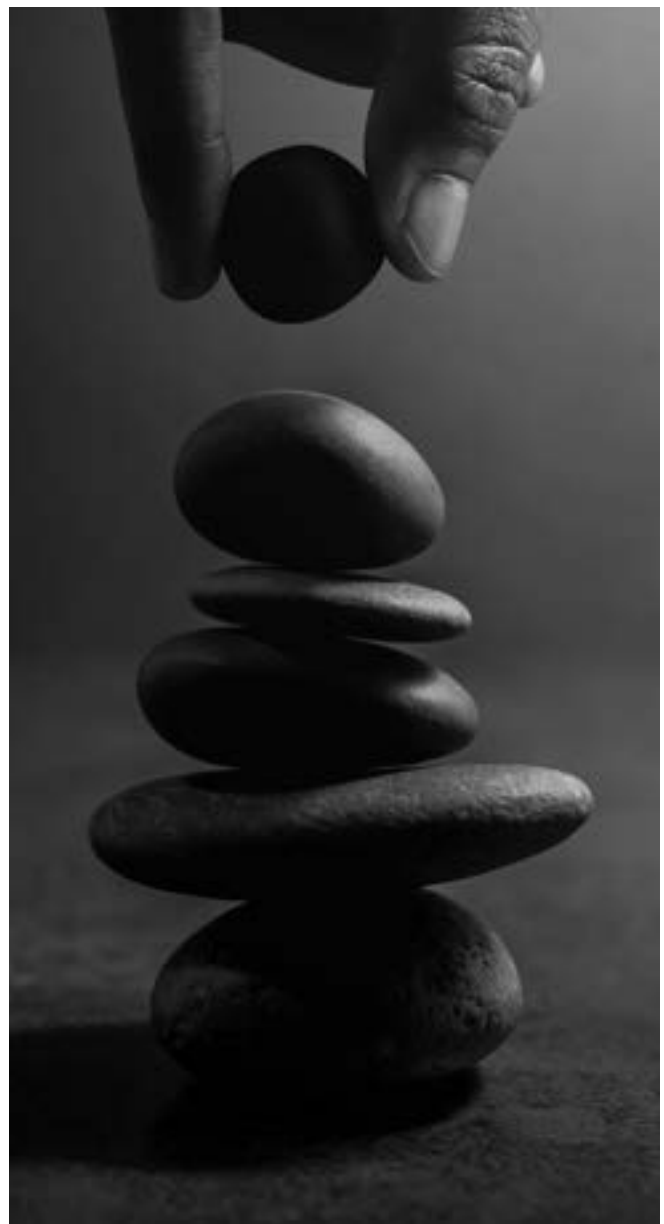
Sometimes I have to even ask for help,

And sometimes I just need to stop and watch in wonder at what is happening.

It's called living in the moment. Being here, in the right now. It's life on life's terms with all the human labels of 'beauty,' 'goodness,' 'badness,' 'ugliness,' 'rightness' and 'wrongness' we stick on it.

It's Life just busy being Life and accepting that Life, as it unfolds, connects you fully and deeply to the heart of yourself and your true human experience.

- Dana T.



One of the hardest lessons
in life is letting go.
Whether it's guilt, anger,
love, loss or betrayal.
Change is never easy. We
fight to hold on and we
fight to let go.

A Special Thank You!

Since the outbreak of the coronavirus in early 2020, the Wilder Building has had to face many challenges. But even through two months of closure, several months of limited access and a general decline in attendance due to Covid concern, our AA community has responded to our ever increasing financial needs.

Due to the largesse of our membership, our treasury balance has gradually increased and through our building repair campaign, we have established a separate fund to help us maintain and improve our home.

We look forward to continue to be of service and from the bottom of our hearts, we thank you for helping us provide a comfortable, clean and safe haven for us to gather together in recovery.

May God Bless each and every one of you for your contributions and continued support.

***- Humbly,
The Steering Committee, Kirk & Staff***



Meeting Spotlight

Highnooner's Fellowship weekly meetings: 12pm - 1pm, Monday through Saturday.

504 Wilder Ave, Aberdeen

MONDAY - DAILY REFLECTIONS

Since the topic is already chosen for the day, the discussion leader begins by sharing their personal experience before opening the floor for discussion. The readings have been gathered from a large variety of AA publications, therefore there is an opportunity to perhaps hear something new or forgotten.

TUESDAY & SATURDAY - AS BILL SEES IT

The Book, *As Bill Sees It*, contains 332 short essays written by Bill W. in which, as he noted in his Foreword, hoped would aid individual meditation and stimulate group discussion. The discussion leader shares their experience on the topic of their choice for discussion. This book covers a huge realm of topics and often each page in this book will have excerpts from multiple essays to cover the topic at hand.

WEDNESDAY - STEPS 1, 2, 3

The discussion leader will choose something from the first three steps - either selecting a single step and reading from the 12 and 12 or a combination of any of these steps. As always, the leader will share their personal experience on the topic to open the discussion. Often, if there is a newcomer, the topic will be focused on Step 1 and the group will share how they came into the rooms of AA.

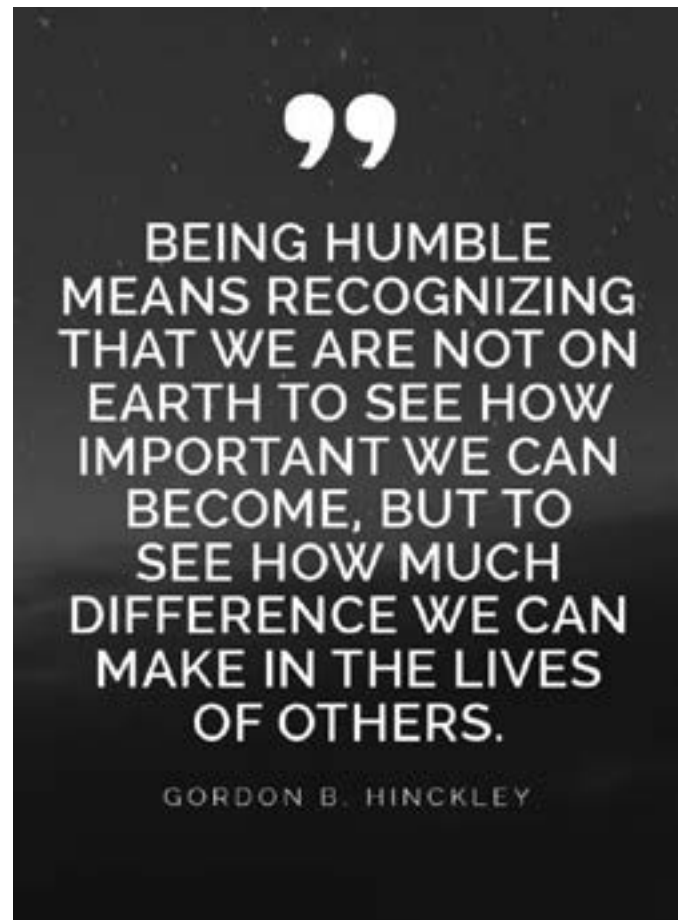
THURSDAY - LIVING SOBER

While selecting the topic for discussion, the leader should be mindful of time available for sharing. Some chapters have sub-topics and others take several pages, so selecting speaking points in advance is helpful. Living Sober is such an important book for every AA member to have because it is a guide for daily life! Most groups purchase Living Sober books and give them to newcomers, usually with a brief explanation on how to use the book.

FRIDAY - BIG BOOK/SPEAKER (Last Friday of each month)

The format for the Big Book meeting changes weekly with the last Friday of the month being reserved for a speaker. One week a chapter from the first 164 pages is read. However, if the chapter is longer than 12 pages, the reading will continue the next week. If a speaker is scheduled for the next Friday, then the chapter will be finished two weeks later. There is a designated chairperson Big Book, and it is noted there where the reading left off and in a weekly log sheet in the meeting binder. When a chapter has been completed, a story from the back of the Big Book will be next. The same rules apply for the number of pages being read.

- Alice S.



Inspiration “From the Rooms”

A sampling of wise words by our traveling Newsletter reporter.

ON ACCEPTANCE

- “Resentment is living in the past. Fear is living in the past. Acceptance and peace is living **today**.”
- “God gives us blessings and lessons to learn. Accepting Life on Life’s terms is not giving up, it is trusting in God’s plan for us.”
- “Surrender to win!”

ON SERENITY

- “Peace, calm, tranquility. That’s what I get here.”

ON PERSONAL CHOICE

- “The best choice I ever made was to come to AA.”

ON SPIRITUAL CONDITION

- “As long as my spiritual condition is solid, I can work through anything.”

FOR THE NEWCOMER

- “Don’t drink, don’t think, go to meetings.”

- Betsy Y.

Until We Meet Again...

On Friday, August 27th, I begin a new chapter in my life. Of course, a new chapter requires an old chapter must close. Closing the chapter of my life named "My Moore County Family" brings overwhelming feelings of gratitude, appreciation and sadness. However, there will forever be a bookmark in this chapter to remind me to come back and visit as often as possible. I know I will always be welcome. In fact, I have already made a promise to friends to be back in December!

I moved here in January 2010 only one month sober and found the Evergreen Group that met on Tuesday nights in Southern Pines, which became my Homegroup for many years. I also attended the Keep It Simple Beginner's Group on Fridays and Sundays back when the group met at the hospital clinic. I became an Alternate GSR and GSR for the group and attended several AA Conventions in Raleigh. I am still a member of the group although we only meet on Sunday now at the Wilder Building. I also attended the Twelve Steps & Twelve Traditions meeting on Thursday night at the Village Chapel in Pinehurst. It was there, at 8 months sober, I was handed the key to the church and the responsibility for taking care of that meeting...for the next 8 years. I truly believe that having the accountability to open the doors of that meeting was vital to the first 2 years of my sobriety!

In January 2020 I had to stop working due to health conditions relating to side-effects from chemotherapy and radiation in 2014. In March I started attending the Highnooner's meetings at the Wilder Building, I have been attending these meetings faithfully ever since. I was feeling quite depressed because I wasn't able to work any longer. Doctor's appointments, testing and traveling back and forth to Duke was bringing me down. I am so grateful for the Highnooner's Fellowship!! Old friends, new friends, a variety of meetings, new service work - it was the BEST medicine I could have hoped for!

I will miss being in the Wilder Building 7 days a week. There isn't anything like it where I'm going, but I promise you this - there WILL BE!

My Moore County Family has been there for me through so much, has helped me stay sober through very hard times. When I was diagnosed with lung cancer in 2014, I never felt alone or afraid - everyone was praying, calling, sending cards, gifts, food, etc. Y'all have been with me through divorce, my new and improved, wonderful Husband, my two beautiful Grandchildren. Y'all ARE my Family.

***In Grateful Love and Service,
- Alice S.***



Don't Just

Don't just learn, experience.
Don't just read, absorb.
Don't just change, transform.
Don't just relate, advocate.
Don't just promise, prove.
Don't just criticize, encourage.
Don't just think, ponder.
Don't just take, give.
Don't just see, feel.
Don't just dream, do.
Don't just hear, listen.
Don't just talk, act.
Don't just tell, show.
Don't just exist, live."

— Roy T. Bennett

Sandhills Intergroup is Here for You

And you can be there for Sandhills Intergroup!

According to the A.A. Guidelines published by the General Service Office, an Intergroup office "involves partnership among groups in a community, established to carry out certain functions common to all the groups, and maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers."

Your Sandhills Intergroup does just that ... But we can't do it well without your participation. As with everything in the past year and a half, Intergroup faced a range of challenges stemming from the pandemic. Like many meetings in our area and elsewhere, we had to discover and explore the wonderful world of Zoom. We met online during the shutdown, continued to deliver services as best we could, and began meeting in person again as conditions improved this summer.

As some of our members have taken on other responsibilities in A.A. and some have moved away from the Sandhills, we want to remind you of the support that Intergroup provides ... **and invite you to join us in one of these rewarding service opportunities.**

Moore County A.A. Website: In addition to providing other resources for recovery, we maintain the schedule of groups and meetings in the area – especially crucial during the pandemic as groups have gone online, temporarily closed, re-opened, or returned to in-person meetings. <https://moorecountyyaa.org/>

Sandhills Intergroup Newsletter: You're reading it right now! And you can keep this publication informative and entertaining by contributing your stories of experience, strength and hope – or anything else for the good of A.A.

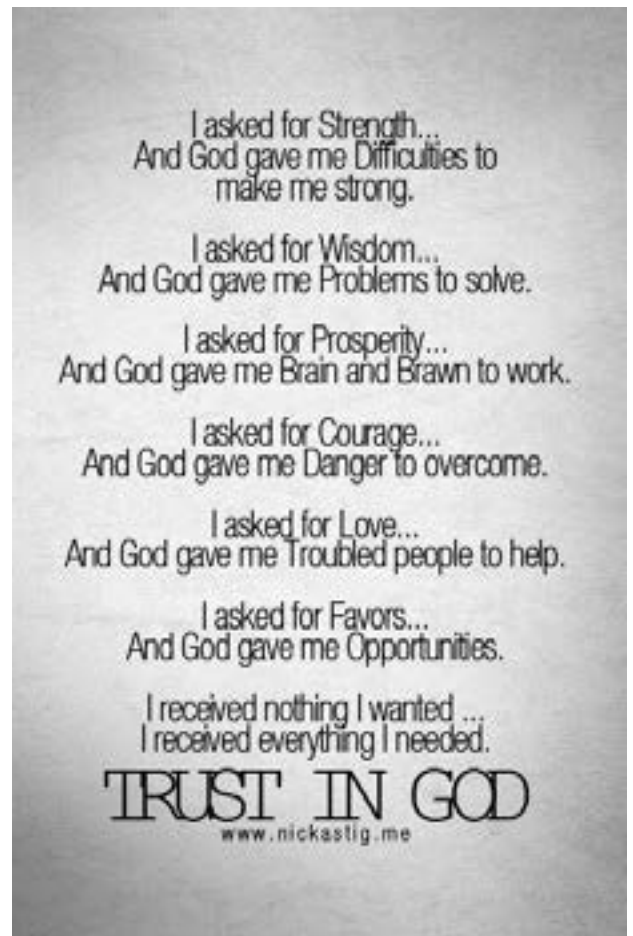
Answering Service / A.A. Hotline: When someone reaches out to A.A. by dialing 910-420- 0575, our Google Voice system forwards the call to one of the folks who have asked to be on the list of responders. We answer basic questions about A.A., inform the caller about upcoming meetings, and offer referrals to additional sources of help.

A.A. Email Account: Here's another source for those seeking various kinds of information about A.A. – perhaps with less urgency than a phone call. We check our Inbox at least once a day, and respond according to the nature of the request. Email us at: moorecountyyaa@gmail.com

Speaker Recordings: Some Intergroup members gather recordings of speakers at meetings in our area (with permission, of course!), and others upload them to our YouTube channel. (Go to YouTube and search for Sandhills Intergroup.) This has been a particularly valuable resource for recovering alcoholics unable to get to meetings during the pandemic.

It's not necessary to volunteer for a service role to enjoy Intergroup's A.A. fellowship and see what we're doing. We meet at 9:00 a.m. on the first Saturday of every month at 504 Wilder Avenue in Aberdeen (The Wilder Building). Please come join us! For questions or for more information, email us at: moorecountyyaa@gmail.com.

- Bob H.



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

WANTED! YOUR STORY

The Sandhills Intergroup Newsletter wants to hear from
YOU!

We want to hear your stories,
inspirational messages, & words of wisdom.

Your experience, strength and hope is needed
to build a better newsletter for all AA'ers.

Our next issue will be published January 1, 2022.

Send submissions to:
Sandhillsnews@gmail.com

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 or in person at 504 Wilder Ave, Aberdeen.

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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