



Newsletter

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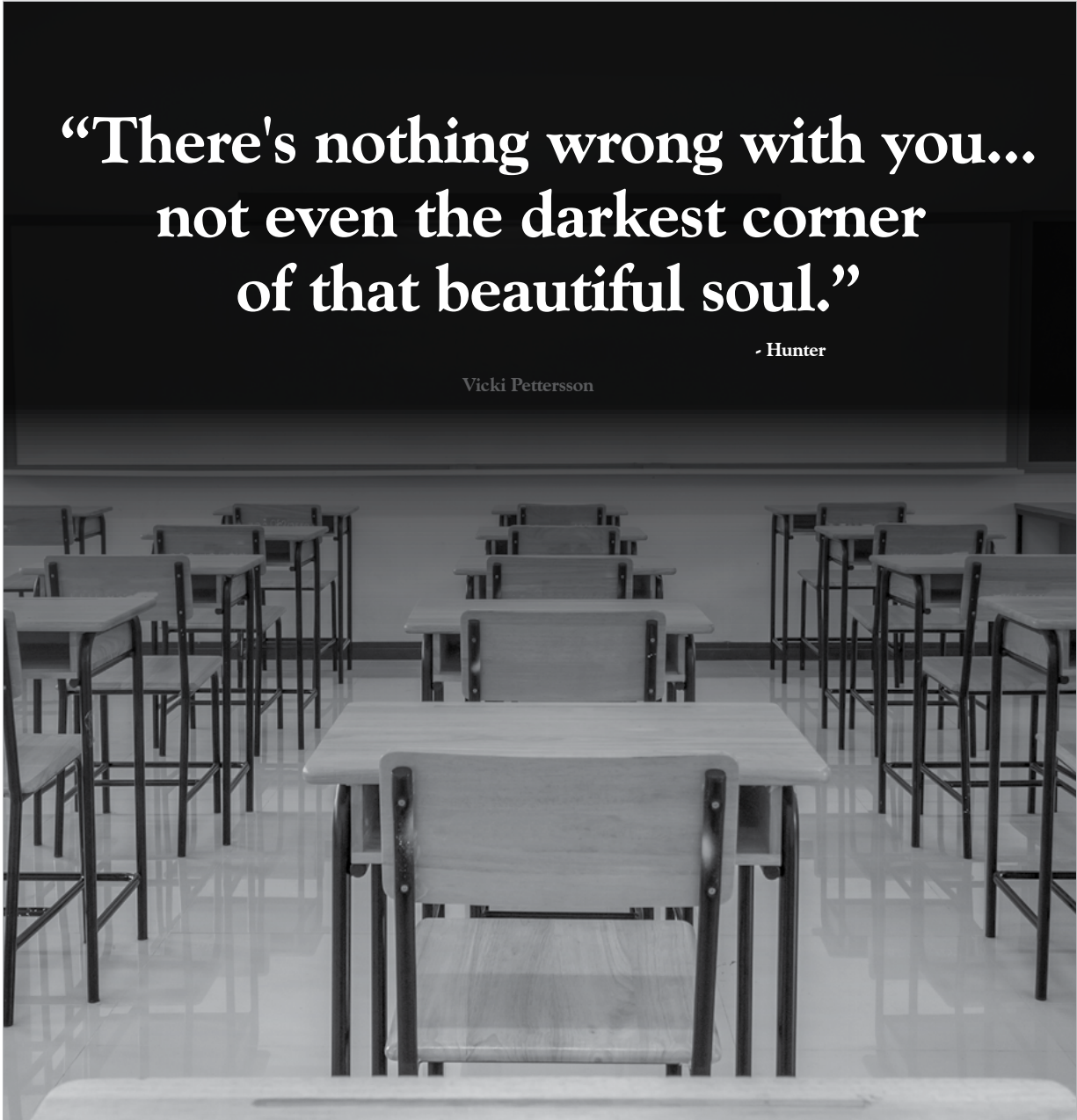
S A N D H I L L S I N T E R G R O U P

The **DIS-EASE** Issue

**“There's nothing wrong with you...
not even the darkest corner
of that beautiful soul.”**

- Hunter

Vicki Pettersson



DIS-EASE | FAQs - THE 12 STEPS

INSPIRATION FROM ROOMS | MY NEW NEW YEAR'S DAY

THANKSGIVING DINNER 2021

HAPPY NEW YEAR

Dis-ease

Hello my friends. My name is Sally and I'm an alcoholic. Recently I decided to use this newsletter as a platform to share some of the things I have learned in my recovery. You may not agree with what is true for me and that's okay. I just encourage you to keep an open mind. Facts change but the truth doesn't. You'll decide what is true for you.

I entered an inpatient program back in Minneapolis, MN in February, 1979. When I walked through the doors of that hospital, I was scared, angry, confused and very ashamed that "this" had happened to me. My mental picture of the alcoholic was the skid row bum, sitting on the curb and clinging to the bottle; I did NOT fit that image! Surely the staff would realize that they had made a mistake in my diagnosis!

As luck would have it, I was assigned to a Counselor who clearly didn't like me and he verbally confirmed this. That was okay because I didn't care for him either. I was the newest member of the group and quickly realized that sooner or later I would be on "the hot seat" and I was NOT looking forward to it. The day came and the Counselor proceeded to point out how heavily defended I was and wouldn't let anyone in. He was right, but I wasn't aware of it. I lived in my head and didn't have a clue what he was talking about. I took everything he said literally. Frequently he would ask me, "how does that make you feel, Sally?" Feel?? My gosh, I didn't have a clue how to identify any feelings. Even though I wasn't consciously aware of it, I'd found my head a safe place to reside.



Although I felt certain God was on my side, I also felt overwhelmed when I considered never drinking again. I told the Counselor I didn't think I could do that for the rest of my life. To my surprise, he said, "Oh, you don't have to; can you just not drink today?" I'm embarrassed to tell you the relief that I felt. I knew I could do it for 'today'. That was much more manageable than the rest of my life. What can I tell you? I wasn't real sharp!

I was in the program for two weeks when he finally broke through my defenses and I began the road to recovery. Things began to make sense and I felt excited (and challenged) to get back in the real world and practice all these new skills.

On the day of my discharge, this Counselor presented me with my 'completion' chip and this 'suggestion': "Sally, you go home and start

stuffing your feelings and you WILL get drunk!" I have never forgotten those words; they are like an 11th Commandment or a 13th Step.

Six years into my recovery, I became an Alcohol/Drug Counselor. Bet you can guess what MY treatment plan entailed: FEELINGS! It wasn't my education, but my experience that taught me that this is a disease of feelings. Sitting in meeting after meeting, I'd hear people talk about their fears, anger, low self-esteem, people pleasing, etc... Seems like practicing alcoholics lack the skills to recognize or acknowledge feelings. An advice columnist once wrote, "when someone steps on your toe, you say 'ouch, that hurt'; when someone steps on your feelings you should say 'ouch, that hurt.' I couldn't do that back then, but I can and do today. I just won't run the risk of stuffing feelings and getting drunk.

I'd like to leave you with a story I heard a long time ago, which solidifies my personal belief in this being a disease of feelings.

A recovering alcoholic was giving his time helping newcomers. One day he stood in front of the group and held up an imaginary test tube and he said, "what do we need to put in this test tube to make an alcoholic?" Person after person called out an ingredient; one said put in some anger, another said add some fear, another added how about shame and on and on until the room fell quiet. The man said, "Is that it?" A voice in the back of the room said, "add some alcohol!"

To this day, that is the best, most definitive description I have ever heard. I can't speak for you, but it certainly was/is an accurate description of THIS alcoholic. Even our slogan H.A.L.T. (Hungry, Angry, Lonely, Tired) backs up the 'feeling' theory.

NOTHING is forever. Forever has been defined as NOW. Now is all there is. My goal for today is not to pick up a drink... no matter what!

God bless the fellowship of Alcoholics Anonymous!

**- Sally S.
Sober Magnolias Group**



I don't care who is doing better
than me. I am doing better than
I was last year.

It's me vs me.

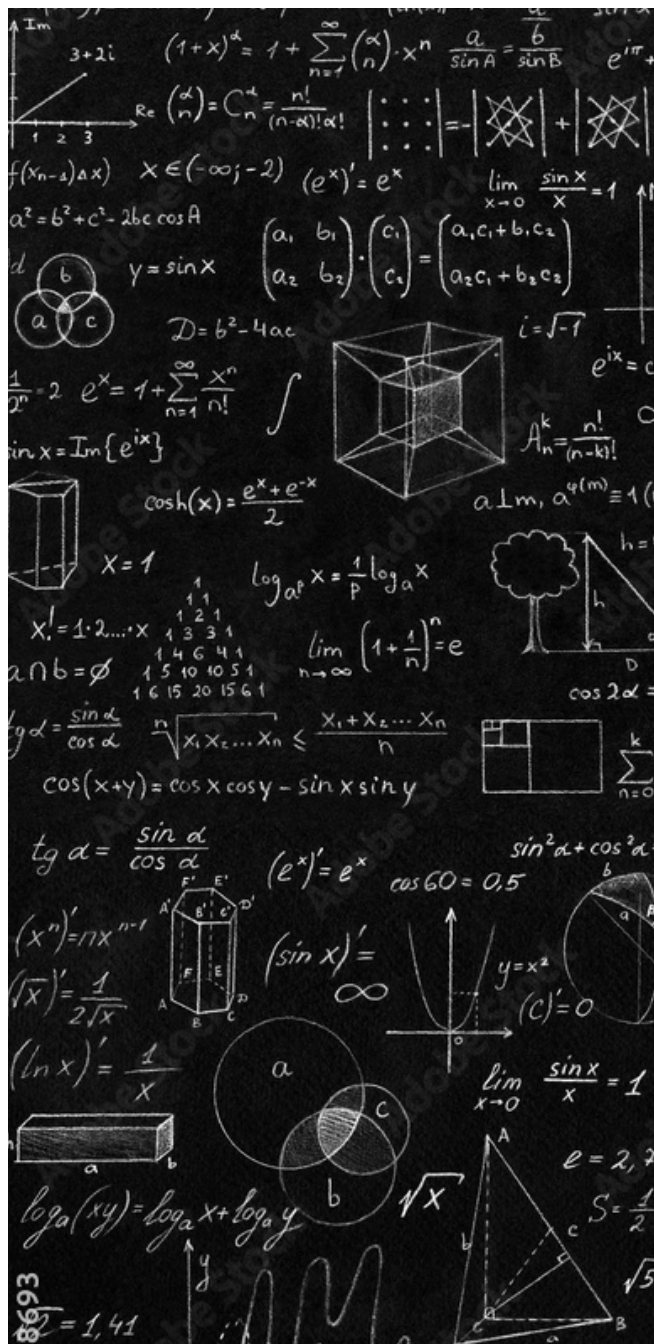
Frequently Asked Questions About AA

What are the 'Twelve Steps'?

The "Twelve Steps" are the core of the A.A. program of personal recovery from alcoholism. They are not abstract theories; they are based on the trial-and-error experience of early members of A.A. They describe the attitudes and activities that these early members believe were important in helping them to achieve sobriety. Acceptance of the "Twelve Steps" is not mandatory in any sense.

Experience suggests, however, that members who make an earnest effort to follow these Steps and to apply them in daily living seem to get far more out of A.A. than do those members who seem to regard the Steps casually. It has been said that it is virtually impossible to follow all the Steps literally, day in and day out. While this may be true, in the sense that the Twelve Steps represent an approach to living that is totally new for most alcoholics, many A.A. members feel that the Steps are a practical necessity if they are to maintain their sobriety. Here is the text of the Twelve Steps, which first appeared in *Alcoholics Anonymous*, the A.A. book of experience:

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



Inspiration From the Rooms

Working the 12 Steps is hard work, especially when there has been so much upheaval in the past due to our alcoholic drinking and the damage we have done to ourselves, our families and others. The writing of the 4th Step can be seen as an overwhelming hurdle to overcome. Here's what some fellow AA'ers have to say about doing the 4th Step, working the 12 Steps and about finding peace in sobriety.

- "The 4th Step is about our resentments and the harm we have done to others. But for me, it was also about learning to forgive myself and how to forgive others."
- "I had to admit that when I was an active alcoholic I was an unfair mother. When I was driving drunk, I was driving a murder weapon."
- "Self pity and self absorption led to my relapse. Thank God I made it back into these rooms."
- "Every drink I had and every relapse was worth it. They have given me the true recovery that I have today."
- "By truly knowing my Higher Power and by truthfully doing my self inventory, I have had the ability to forgive myself. My past is my past."
- "The beauty of this program is Redemption. I'm so grateful for today."
- "As soon as I finished my 4th Step, I immediately started to think of all the things I forgot to include. An Old Timer told me that I had done it to the best of my ability at that time. He said it was time to "move on with my life."
- "As long as we are willing and committed to change our life, we are free to go forward."

- Anonymous

"Life advice: Always be the best person you can be. Be kind even when you're tired. Be understanding even when you're angry. Do more than you're asked, and don't ask for anything in return. Don't silently expect anything either. Listen when someone talks, and really listen too, stop just thinking of how you'll reply. Tell people that you love them and that you appreciate them. Go out of your way to do things for people. Be the greatest person you can possibly be and when you mess up, make up for it in the next moment or minute or day. One thing you should never do? Never spend your time trying to prove to anybody that you're great, your actions will speak for themselves and we only have limited time on this earth, don't waste it. If someone doesn't see your light, don't worry. Like moths, good people are attracted to flame and to light, and they will come."



**True pleasure is
paid for in
advance. False
pleasure is paid
for later.**

My New New Year's Day

One day at a time
Isn't that what they say
That's how I'll face
My new New Year's Day

Keep it simple
Is the message they so often convey
And one I'll remember
My new New Year's Day

Read the Big Book
Page by page, line by line
Invoke my Higher Power
And I'll be just fine

I hear so often
To meditate and pray
Two things I'll be doing
My new New Year's Day

I go to meetings now, in person or by Zoom
Lots of laughter and tears are shared in these rooms
So many new friends have come my way
Forever friends I'll cherish
My new New Year's Day

In the morning with gratitude
To God I will pray
For the new life I have
My new New Year's Day

*- Submitted by a newly sober Daily
Ponderables subscriber (THANKS)*

Thought to Ponder

Life didn't end when I got sober, it started.

End Dis-ease

1. There is a dis-ease.
2. There is a cause to this dis-ease.
3. There is a way to end this dis-ease.
4. Here's how to end the dis-ease. (*see below for details*)

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.
- A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety

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BEING HUMBLE
MEANS RECOGNIZING
THAT WE ARE NOT ON
EARTH TO SEE HOW
IMPORTANT WE CAN
BECOME, BUT TO
SEE HOW MUCH
DIFFERENCE WE CAN
MAKE IN THE LIVES
OF OTHERS.

GORDON B. HINCKLEY

Thanksgiving Dinner 2021

Thanksgiving Dinner at the Wilder Building this year was both fabulous and delicious! Through the contributions of so many AA members there were tables set with linens, china and silverware, as well as a buffet table of turkey, ham, mashed potatoes, and a full range of salads and side dishes. And the dessert table was overflowing with goodies! Kudos to the many chefs in our community.

Best of all, this Thanksgiving was filled with joy, laughter and great community among the 50+ attendees. The Gratitude meeting after the dinner was a sharing of life stories and gratefulness that many are beginning to have, or have felt for many months and years, while walking the road of recovery.



I thank God my name was
on the wake up list.

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 and 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 May 1, 2022.

Send submissions to:
Sandhillsnews@gmail.com

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- ◆ 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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