



NEWSLETTER

Volume 2, No. 1 January 2003

FOR YOUR INFORMATION

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Welcome to Volume 2, No. 1 of your newsletter. The first newsletter published in September was received with great enthusiasm. The next will be published in May. Deadline for submitted articles and ideas is the month preceding publication. Remember the articles should be your personal experience, strength and hope as it relates to Alcoholics Anonymous. We want and need your input!!! The Intergroup plans on three editions each year in January, May and September. Please see any Intergroup member for details, or better yet, come join us on the first Saturday of each month at the Aberdeen Wilder Building at 9:00 a.m. for one hour. All are encouraged to attend.

**CFC CONFERENCE
COMING TO SOUTHERN
PINES :FREEDOM FROM
BONDAGE XV**, Area 51's annual Correctional Facilities Committee Conference will be held March 14, 15 and 16 at the Holiday Inn in Southern Pines. Several workshops and panels are planned and many speakers are already scheduled. The planning committee promises some special surprises this year as well as all the fellowship and fun of past conferences. All AA's are invited and family members and Al-ANON's are most welcome, too! The registration fee of \$10.00 may be paid at the door or may be paid in advance. Most groups have already received flyers with registration blanks.

DISTRICT 52 NEWS

District 52 is comprised of five counties: Richmond, Scotland, Lee, Hoke and Moore.

GSR's (General Service Reps.) from AA groups in these counties make up District 52.

Newly installed officers for 2003 are:

DCM: Constance B.
Rockingham

Alt. DCM: Tripp W.
Laurinbug

Secretary: Bob G.
Vass Group

Treasurer: Jim M.
Big Book Group

District 52 Mtg. Schedule
For 2003:

March 8th

June 7th

Sept. 6th

Nov. 15th

All mtgs. 2-5 pm in Wilder
Building. Speakers TBA

**AA
IS A SIMPLE
PROGRAM FOR
COMPLICATED
PEOPLE**

SPOTLIGHT ON OUR GROUPS



THE ABERDEEN GROUP

The Aberdeen Group met Originally on Tues. & Sat. for Speaker Meetings. Our old timer does not recall when the format changed to a discussion on Tuesday.

Slowly meetings grew to the present 15 per week. The first meeting to be added was the Newcomers Mtg. Held on Wed, which was started in June of 1981 by 4 very fresh alcoholics, none of whom were more than ninety days sober. That meeting grew very quickly because the new treatment center in Pinehurst started busing their patients in for the meetings.

The Wilder building is still home to the Aberdeen Group but it is also used for special occasions

pertaining to AA...such as the monthly Intergroup meetings.

Every day of the week there is at least one meeting of AA and Alanon in the Aberdeen Wilder building.

There are two women's mtgs. (a Step mtg., Mon. night and an open discussion on Sat. mornings.), a men's mtg. Mon. evenings, 8 daytime Meetings (which includes the very well attended 11th Step meeting on Sunday at 11am) and open and closed discussion and speaker mtgs.

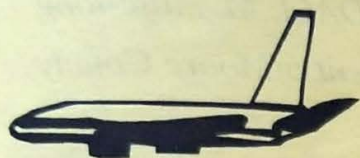
The Aberdeen Group also hosts yearly celebrations on Thanksgiving and Christmas, as well as the Holiday marathon.

THE VILLAGE CHAPEL GROUP

This group is the third oldest formed in Moore County. The format is still to discuss one step a week. Back then when there were fewer meetings it had a large audience. Now, on

any given Thursday night in the Chapel Annex, you will find fifteen to twenty alcoholics discussing the steps.

TRAVELING HIGHLIGHTS



(Bill H. of the West Side Group wrote the following account of his experience with AA while living overseas.)

A friend, who is active in Intergroup, and who knows that I have traveled quite a bit, asked me to share a few words about my experience with AA overseas. Although I have had an opportunity to visit many parts of the world on business, the majority of my sober travels, in recent years, have been to New Zealand, Australia and the South Pacific. Those of us who sobered

up in large cities are surprised when we discover that there may be only two or three meetings a week in some areas. In other parts of the world there may be only one meeting or less per week and on one of my trips I found fewer than that! Raratonga, in the Cook Islands of the South Pacific, lies approximately 1,500 miles north of New Zealand. It is a beautiful place, about 10 miles in circumference, with scenery and sunsets right out of the movies. The inhabitants, numbering 3,000, are primarily Polynesian. Upon arrival there I grabbed the phone book, found a listing for Alcoholics Anonymous and dialed the number. However, there was no answer until finally, on the third day, the voice of a woman answered with "Alcoholics Anonymous, how can I help you?". I identified myself and inquired as to when and where I might find a meeting to attend.

The woman responded, "Oh, I'm so very sorry, he's out of town for a few days" ! "He" being her husband and the only active member of the fellowship living on Raratonga. She was just heading out on a two day boat trip to pick him up and invited me to come along. Unfortunately that wasn't possible but we chatted about AA and Alanon for a few minutes and then she said, "he'll be very sorry he missed you. Cheerio, Bill" (having been raised by Australian nuns), "remember, keep it simple and one day at a time." The hand of AA was certainly there for me and, though I wish I could have had a meeting with those folks, I learned a great lesson about humility and service from them. Besides the accent, which many Americans have come to know through films, i.e. Australian comes out as "strine" and "I've been sober 18 years, my friend" sounds like "eyev been off it eyet-een years maite ...the " Aussies" (pronounced

ozzies) seem to me to be more circumspect about their anonymity than we are currently; but, that is just an impression from a few meetings in Sydney, Melbourne, Adelaide, Perth, Brisbane and Cairns. I got the feeling that public awareness and acceptance of sobriety in AA was somewhat less than in the United States. When I am in New Zealand I make Richmond, Nelson my home group. This group was founded in 1947 by Ian McE, the first person in that part of the world to achieve sobriety through the AA program. *(Editor's note: The next issue of The Sandhills Newsletter will print the fascinating journey of Ian McE as written by Bill H.)*

TEST YOUR AA-IQ!!!



1.) In Aug., 1934, Bill W's friend _____ became sober with the help of the Oxford Group. He was to greatly influence Bill's thinking.
 - 2.) In Dec., 1934, Bill is hospitalized in _____ and has his spiritual experience.
 3.) Dr. _____ treats Bill and encourages him to hold onto his new found feelings.
 4.) Dr. Bob and Bill have their famous first meeting in _____.
 5.) Bill writes the "Big Book" of Alcoholics Anonymous in _____.
 - 6.) The 12 _____ tell us HOW it works.
 - 7.) The 12 _____ tell us WHY it works.
 - 8.) The 3 Legacies of Alcoholics Anonymous are _____.
 9.) The latest printing of the "Big Book" is the _____ edition.
 - 10) Over the years Dr. Bob was to constantly remind Bill of these 3 words: _____
- (ANSWERS FOUND ON LAST PAGE)*

LITTLE KNOWN FACTS OF AA IN THE SANDHILLS



INTERVIEW WITH RANDALL M. ...life-long resident of Moore County

Q. Randall I saw you pick up a 42 year chip last Sunday...Congratulations! Can you tell us what it was like when you started your AA journey?

A. I was in the detox unit of the VA hospital in Fayetteville and Bill Mc and another fella 12th stepped me there. They told me their drinking stories and I couldn't believe that anyone else drank like I did. They carried me to the clubhouse on German St. for my first meeting.

Q. I understand that you were one of the originators of the Aberdeen Group.

A. Yes, we originally met in a room over the old

Aberdeen Fire Station. Then we got permission to use the Wilder Community Building, which was badly in need of repairs. Most of the windows were broken and it had an old coal furnace which we had to stoke up hours ahead to stay warm. The first coffee pot we got, on credit, for \$9.

Q. How many meetings were there in Aberdeen in 1960?

A. We started at two a week, Tues. and Sat. and they were always Speaker Mtgs. (You might say I was raised on Speaker meetings.) I was in charge of getting the once-a-month speakers and they came from far and wide. We would have up to 100 people at those meetings. One time we had a busload from W. Virginia come to an Anniversary meeting and they spent the night with group members .

Q. I seem to remember something about a group of golfers from Canada. What was that about?

A. Oh, yes, that was the gang from the Waterloo Group in Canada. There are about 16 of them and they come down to play golf and to pick up their chips at the Aberdeen meeting. They've been doing this for about 25 years. I guess they don't have the chip system up there.

Q. Is it true that you met Bill Wilson?

A. Yes. Here's how it came about. In 1964 I was working at McCain Hospital in a rehab program for the patients, who were all tubercular cases then, and I received a Marty Mann* scholarship to go to a 2 week course on alcoholism at Columbia University in N Y City. That paid for the trip and the course and the ABC board paid my salary. It was while I was there that I met Bill (at a cocktail party !) and I got his autograph

too. I also went to the first AA clubhouse on West 24th St.

Q. I would imagine you've sponsored many people over the years. Is there anything that you would pass on to the newcomers?

A. Just like it's always said...get a good sponsor, don't drink and go to meetings.

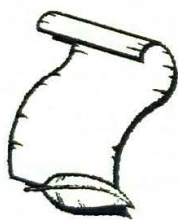
Q. What is the secret of your successful 42 years in AA?

A. When I first came to AA my wife of that time told me to get "fixed" or don't come back home. Well, I didn't go back and 42 years later I'm still working on the fixing part...ONE DAY AT A TIME.

*(Marty Mann was the first woman to become sober in the AA program. She had TB as a young girl and was interested in the rehab program at McCain which combined the treatment of TB and alcoholism. She had about 25 years of sobriety at the time that Randall received his scholarship. She is one of the most influential people in

the 20th century concerning the field of alcoholism, having founded the National Council on Alcoholism. ..now called the National Council on Alcoholism and Drug Dependence. Her vision greatly changed the attitude of Americans toward alcoholism, changing it from a moral issue to one of public health.)

MEMBERS MUSINGS



A message from a young man in the Program:

I am a 17 year old teenager. Today I currently stay at Bethesda Link. Life today being sober is one of the greatest opportunities my Higher Power has chosen for me. My sober life gives me the opportunity to go to college now. I will get to graduate with all my sober

friends. That was something alcohol would not have given me. I go into the meetings and the elderly folks say they are grateful to see the young ones in the rooms and that they wish they could have found the program as early as we have. I feel grateful when they say that. Being in treatment for me at a young age I see as a great opportunity. In treatment they don't just teach me how to live that new way of life, I also learn responsibilities. I could not ask for anything greater than what my Higher Power has given me today. He has given me serenity and love. He has helped me stay clean and sober. That also would not have happened if it weren't for the people of A.A. I want to give a special thanks to all that have encouraged me to learn how to survive from alcoholism.

Thank you, J.L.M.

BOOK REVIEW



We are given many tools with which we may work when trying to get sober. Many types of literature are at our disposal: The "Big Book", "12 & 12", different types of meditation and prayer books, just to name a few.

When I was trying to get sober for the first time in my life, it was such a struggle! Give me a newspaper or "Sports Illustrated" and I would read all day long. However, reading books had never been of interest to me. Upon getting out of a treatment facility I "armed" myself with every publication of AA I could get my hands on. I probably had 15-20 different types. ..from the BB to books on meditation and prayer to the free pamphlets we see at meetings. My alcoholic thinking tells me that more

is always better, right?
Wanting to get this sobriety
thing immediately.

..frustration, confusion and
self-pity set in. The book
that probably helped me the
most was the small yellow
publication called "Living
Sober". It was simple

reading, easy for me to
understand. I turned to that
book often in my early days
of trying to stay away from
that 1st drink and I still read
it today. My recovery is not
that much different today
than in my early days.

Going to meetings, asking
my Higher Power for help
and guidance, talking to my
sponsor on a regular basis,
being in touch with others in

recovery and even some
occasional readings, other
than the sports page ! To
any newcomer in the
program of Alcoholics
Anonymous who struggles
with understanding the "Big
Book" or any other
literature, try reading
"Living Sober". It helped
this alcoholic. . Brad C
Southern Pines (Home
Group, Primary purpose)

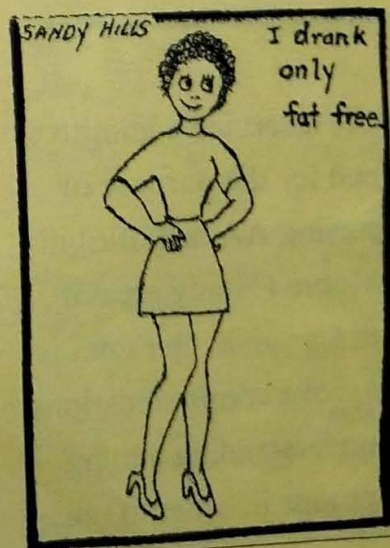
CARRYING THE MESSAGE



AA IN MOORE COUNTY JAIL

We often hear about AA in
the prisons and of the work
of our AA volunteers in the
prisons. Most of us, though,
rarely give much thought to
the men and women
confined in the many
county jails around the
State. About 12 of our
members have been
"Carrying the Message" to
the Moore County Jail for
almost three years. Because
the population in the jail is
constantly changing, the
volunteers have developed
an informational type
meeting rather than trying
to conduct a conventional
meeting such as we have in
our home groups. Working
in teams of 2, they visit the
jail at 7 o'clock every

Wednesday night and provide
the inmates with pamphlets
and meeting schedules. They
tell the inmates what AA is
and how it works. They tell
them how to contact us once
they are released. Sometimes,
one of the volunteers will
share some of his or her
experience. There are both
men and women volunteers
and each team visits once
every six weeks. Women do
not go to the jail alone, there
is always a man paired with a
woman. At the present time,
the volunteers are able to
meet only with male inmates.
It is hoped that the same kind
of meetings can be provided
for women inmates in the
future. Anyone interested in
carrying the message to the
jail can call Daniel W. at
695-1498.



ANSWERS TO QUIZ



-
- 1) Ebby T.
 - 2) Town's Hospital
 - 3) Silkworth
 - 4) Akron, Ohio
 - 5) 1938
 - 6) Steps
 - 7) Traditions
 - 8) Recovery, Unity & Service
 - 9) 4th
 - 10) KEEP IT SIMPLE

WHAT IS INTERGOUP?



We are a service committee formed for the purpose of supporting AA activities in the Moore County area of North Carolina. Our goal is to improve communications, and understanding among AA groups in order to unite

all efforts to better serve the alcoholic who seeks the help of Alcoholics Anonymous. Intergroup is comprised of interested volunteer members, and representatives from the groups in the AA community in Moore County. The ideas and suggestions of the local AA members are welcomed and all are encouraged to attend the monthly meetings at 9AM on the first Saturday of each month at the AA Building on Wilder Avenue in Aberdeen, unless otherwise announced. Sandhills Intergroup is financed by local AA groups. The treasurer presents an annual estimated budget, and with the continued support of the local AA groups, we anticipate continued success. We need volunteer support from the local AA community to help with Intergroups' functions as listed below.

1. Maintain a 24 hour telephone answering

service to:

- a) provide meeting information to callers
- b) answer 12 step calls (the answering service has a list of local AA volunteers who return these calls, and give assistance)
2. Maintain a website with meeting information, directions and Newsletter.
3. Update and distribute meeting lists and AA approved information pamphlets. The public information committee of Intergroup distributes lists and literature to local hotels, motels, hospitals, community buildings, law enforcement, mental health, and medical and professional agencies.

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**SANDHILLS INTERGROUP
P.O. BOX 2513
SOUTHERN PINES, NC 28388**

**WWW.SANDHILLSAA.ORG
1-800-496-1742**