



Volume 5, Number 1, January 2006

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## FOR YOUR INFORMATION

### GSO SURVEY PROFILES TODAY'S AA MEMBER

"One of the questions most often asked by professionals about AA is "How effective is AA?"...while many outside of AA have conducted research into that question, the only statistical information available from AA itself are anonymous surveys of the AA fellowship which have been conducted by it's General Service Office every three years since 1968.

The 2004 questionnaires were distributed last summer to 714 AA groups in the US and Canada. More than 7500 members, old & young, participated in the survey. A full 50% of respondents had been sober more than 5 years (up from 48% in '01); 24% 1-5 years and 26% less than one year.

Over 8% of the respondents were under 30 years old, with 1.5% under 20; 4.8% of the membership is over 70 years of age. The average member is 48 years, has been sober more than

eight years and attends about two meetings a week.

Survey findings reveal that professionals play a key role in steering active alcoholics to AA. 39% of the respondents said they had been referred by a health-care professional. 64% said that before joining the program they had received some type of treatment or counseling, e.g., medical, psychological, spiritual; and 74% of those same members said it had played an important part in guiding them to AA. Moreover, some 65% said they had received some type of treatment or counseling after coming to AA; and 84% of those said it played an important role in their recoveries.

In citing the factors most responsible for their coming to AA, members cited: a treatment facility 31%, an AA member, 31%, family influence 23%, court order 11%, counseling agency 8%, health-care provider, 8%.

(article continued on Page 2)

(GSO SURVEY continued...)

Other survey results confirm the staying power of some positive & interesting trends tracked over the past decade: The percentage of women in AA, which has climbed from 22% in 1968 to 35% in '89, then dipped to 33% in '96, has held steady in the mid 30 percentile and presently stands at 35%.

Members' occupations continue to cover a broad spectrum and reflect statistically insignificant changes from the last survey: retired, 14%; self-employed, 11%; manager-administrator, 10%, professional/technical, 10%, skilled trade, 9%; laborer, 6%; health professional, 6%, sales worker, 5%; service worker, educator, clerical worker, student, all 3%, homemaker & transportation workers, each 2%, craft workers, 1% and disabled & unemployed, both 6%.

Published findings of the 2004 Membership Survey are available online in the AA Fact File at [www.aa.org](http://www.aa.org) and in an updated version of the leaflet "Alcoholics Anonymous Membership Survey" (M-13). To order, write to the General Service Office, Box 459, Grand Central Station, NY, NY 10163"

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## MEMBERS MUSINGS

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### How We Observed 90 days of Continuous Sobriety in New Jersey...

Many AA's in the Sandhills area got sober in another state. I was fortunate enough to get sober in NJ where the first 164 pages of the Big Book were written.

Most of the NJ AA groups do not give out chips to their members to commemorate various lengths of sobriety. The groups do, however, have a method for observing the members milestone of 90 days of continuous sobriety.

The idea and design of an AA pin was dreamed up by a NJ member (Jack F., a jeweler in Irvington) who had 100 run off by hand and presented them to friends in the movement and to all sincere incoming members of the group. The pin was shaped in a triangle with a "G" on the top, a small dot in the middle and AA on the bottom. This was about 1945. The pin supply eventually ran out, but the idea of an AA pin intrigued

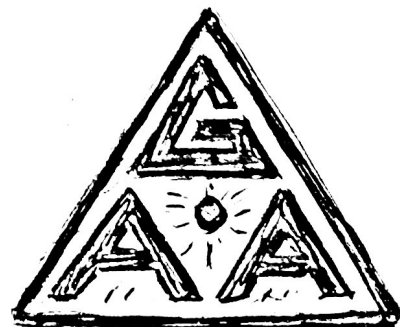
members everywhere and the demand for more persisted.

So, the design was copyrighted and distribution of the pins was undertaken by the Alanon Association, 384 Seventh Ave., Newark, NJ, which is comprised exclusively of members of AA in good standing in their respective groups.

Next, a custom was started among many groups of presenting a pin to each member as he or she achieved three months of continuous sobriety. In a little ceremony, the group chairman (or more often the sponsor) makes the presentation at the end of the meeting.

The 90 day celebrant is told about the significance of the pin..." The "G." on the top signifies God, or your Higher Power. The little dot in the middle represents you and the AA on the bottom stands for Alcoholic Anonymous. Keep yourself between AA and your Higher Power and you will stay sober."

Submitted by:  
John K., Sandford, NC



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## TRAVELING HIGHLIGHTS



Never has it been so cold  
& so warm at the same  
time.

Karen & I have been to the  
Wilson House in Vermont a  
number of times; but,  
memories of the first visit  
still stand out for several  
reasons. It was Super Bowl  
Sunday, 1992, and the start  
of a SUPER time for us.

We were in Vermont for  
cross country skiing and  
shopping at the outlet  
stores in Manchester.  
We anticipated cold  
weather while skiing but  
we did not expect to be as  
cold indoors as well.

The Wilson House is the  
birthplace of our founder,  
Bill W. He was born in a  
room that, appropriately  
enough, was a bar at times  
during the Inn's history.

The building had been re-  
claimed from decay by  
dedicated people who  
established a foundation to  
preserve this historic mon-  
ument.

The management was  
provided by Ozzie &  
Bonnie. (Ozzie, a former  
member of my home group  
in Westport, Ct. died last  
month.)

During this first trip the  
restoration was in it's early  
stages and our bedroom  
had not yet been insulated.  
At 25 degrees below 0 out-  
side there was a great deal  
of transference to our  
room.

In order to stay occupied I  
helped Ozzie tend to a goat  
that was having trouble  
after giving birth that day.  
There were not enough  
animals in the barn to  
provide any meaningful  
heat, so the goat was under  
a lamp absorbing all avail-  
able BTUs. We froze!

The kid was happy in the  
house by the fire and had  
visitation rights to Mom  
for feedings. But, as often  
happens within the arms of

AA, the cold of our room  
and the barn was offset by  
the warmth of the fellow-  
ship.

Meetings by the huge fire-  
place, a never-empty coffee  
pot, the carefully preserved  
history and the loving  
welcome of the present  
provided a warmth no out-  
side temperature could  
cool.

Ozzie and Bonnie have  
done a wonderful service  
to our members, aided by  
volunteers who spend days,  
weekends, and months on  
end at the House. All have  
the natural warmth & love  
of those whose lives have  
been saved by the man  
born in the house they care  
for.

Dave C., Vass Group

\*\*\*\*\*

The Griffith Library is now  
open. It is located across  
from the Wilson House in  
East Dorset, Vt. in the  
house where Bill grew up  
with his grandparents, the  
Griffiths.

Scholars & persons inter-  
ested in AA history are  
welcome to come & study.

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## SPOTLIGHT ON OUR GROUPS



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### "Keeping It Sober" group

The "Keeping It Sober Group" originated as the "Aberdeen Group" on February 14, 1959. The meeting moved from the old Aberdeen Fire Station to its present Wilder Building meeting place six months later.

The Home Group was reformed in 2004 and was renamed the "Keeping It Sober Group." As a Home Group, a closed discussion meeting is held at 8:00 p.m. on Tuesday, and the open Speaker Meeting Saturday at 8 p.m. is sometimes a humorous reminder of similar experiences that occurred in our lives before we became sober.

For a most enjoyable group history lesson, go early Saturday and seek out our lovable Randall in the front left corner seat. He has the last word on the original

Aberdeen Group. HE WAS THERE !

The "Keeping It Sober" Home group members are enthusiastically turning the Tuesday discussion meeting into a real AA experience. The group is always seeking and welcoming new members whether they are newcomers, stodgy "old timers", returnees, or just solid AA members giving of their time and living soberly, one day at a time with ever lengthening periods of serenity.

Each last Tuesday of every month, the group holds a group conscience meeting to discuss business, and seek from each other ways to make the Tuesday meeting flow while sharing a topic from a selected volunteer or group member. The chief aim of the group is to make all alcoholics welcome, and to keep the meeting on topic, where new and old alike have a chance to share.

The group also is a fun loving bunch, organizing several dances, parties, and holiday dinners. The Halloween costume party was a smash hit with many imaginative get-ups. Everyone enjoyed the wonderful speaker, abundant spread of food and dancing into the night.

Thanksgiving was a catered

feast but still a lot of work, and the Christmas Eve dinner was an enjoyable moment to stuff the body with wonderful tasty turkey, ham, and you name it. And, of course, all Saturday events have a speaker sharing their experience, strength and hope.

The Keeping it Sober home group wants everyone to know that living, not just talking the program of Alcoholic Anonymous is very rewarding, and the AA way puts fun in our lives without us taking a drink.

So, anyone with a "desire to stop drinking," even mothers and fathers that must attend with a child, or those members with other medical problems are welcome at the meetings of the "Keeping It Sober Group" on Tuesday and Saturday every week.

Dick D.,

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### I AM RESPONSIBLE

"When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there."



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**TEST YOUR  
AA-IQ!!!**

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1. "Our Meeting in Print" is the slogan for \_\_\_\_\_, printed and distributed by AA monthly.

2. H.A.L.T. stands for: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_.  
(Four things we need to avoid.)

3. Many beginners find the yellow AA book, "\_\_\_\_\_" to be of great help.

4. The primary purpose of each group is to: \_\_\_\_\_

5. In AA we have the right to choose a God \_\_\_\_\_

6. The first AA group was formed in the year \_\_\_\_\_

7. We, in AA, have a daily reprieve contingent on the maintenance of our: \_\_\_\_\_

8. Page 449 (acceptance) in the first three editions of Alcoholics Anonymous is now on page \_\_\_\_\_ in the 4<sup>th</sup> edition.

9. Our AA principles are guides to progress. We claim progress rather than \_\_\_\_\_

10. The ONLY requirement for membership in AA is: \_\_\_\_\_

(Answers to Quiz on Pg. 7)

\*\*\*\*\*  
Car in Ditch, Driver in tree,  
The Moon was full...and  
so was he !

The one who drives when  
he's been drinking :  
Depends on you to do his  
thinking !

The Midnight ride of Paul  
for beer...led to a warmer  
hemisphere !

(Old Burma Shave signs)  
\*\*\*\*\*

**HAVE YOU SEEN THE  
NEW A. A. MEETING  
SCHEDULE ???**

Our District 52 has done a great service and produced a new five country meeting list.

This is in addition to the regular Moore County list that has been available for many years.

Now we AA members can easily find active meetings in Hoke, Lee, Richmond & Scotland counties...as well as Moore.

A variety of meetings (both Open and Closed) are listed... Discussion, Step, Speaker, Big Book, and Traditions. Many of the buildings are handicap accessible and smoking or non-smoking are listed.

Our dear, departed Lucy W. used to always say; "There are no strangers in AA, only friends that we have not met yet." This is a great opportunity for all of us to get out and meet some "new friends" in our surrounding counties.

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## LITTLE KNOWN FACTS OF AA ....



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**Cameron, NC is the final resting place for one of AA's original 40!!**

In 1938, Clarence Snyder sought out Dr. Bob in Akron, Ohio. After a rocky start he was able to get, & stay sober for 46 years.

He originated Cleveland's Group #3 and is credited with being the first to use the name "AA Group". His story, "Home Brewmeister" is in the 1<sup>st</sup> three editions of the Big Book.

Clarence married Grace Sniper Moore of Cameron, NC in 1971. They resided in Florida until his death in 1983. They shipped his body to Cameron where a memorial service was held at the Presbyterian Church and he was buried there in the Snipes family plot.

His gravestone is easy to find and proudly states: "He Led the Way in AA".

Clarence was a colorful & often controversial member of AA. Mitchell K., who spent many years with the Snyders, has written a very informative biography of him which you can read on the internet.

He states, in the book, that Nell Wing, Bill W's loyal secretary commented that Clarence was "probably the one man responsible for Sponsorship as we know it today."

Thanks, Clarence.

Ginnie D, Vass Group

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**The following poem, submitted to the Newsletter, was written in 1944 by a 19 year old girl from New England.**

### **LINES ON A WHISKEY BOTTLE AT THE BOTTOM OF A BROOK**

Oh, whiskey bottle, gunked  
in goo  
How many lips have tasted  
you?  
Steeped now in the stygian  
gloom

What sad souls hast thou  
led to doom?  
They beguiling amber  
shade  
Tempted a drunken, reeling  
Jade...  
When last thou gurgled  
down her gullet  
She grew as fish-eyed as a  
mullet.  
When thou dropp'st from  
her quivering hand  
Thou sank unnoticed in the  
sand.  
Her noggin slipped beneath  
the wave  
And there she found her  
watery grave.  
And THOU liest now on  
thy mossy pillow  
Safe and serene 'neath the  
bounding billow.  
No thought now for the  
wretched girl.  
'Twas thou that made her  
poor brain whirl!  
'Twas thou that choked her  
foul breath.  
'Twas thou that caused her  
gruesome death.  
Oh, fiend, why should  
peace come to thee?  
Would that my heart could  
find the key  
To the eternal question that  
thou poses...  
Thou empty bottle of "Four  
Roses".  
(The end.)



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## CARRYING THE MESSAGE

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### "The Break In"

"Shortly after I retired I was traveling through Aberdeen with my camper. I love to play golf and travel in the summer time. What could be better?

Golf, travel and going to meetings wherever I go are all gifts of the program. I was looking for the meeting in Aberdeen around noon on a Monday.

I found the Aberdeen bldg. and a lady was there and we were soon joined by another lady who was one week sober and really in need of a meeting...but the Aberdeen building was closed.

The first lady I met knew a way to get in so we "broke in" to the building and had our meeting.

The discussion was about "needing a meeting" & the new lady cried through most of it...one of my most memorable meetings.

I later got to know Kay C and told her the story. She knew the right people and took responsibility of making sure there would be a meeting every noon.

I stop here every spring on my way home from Florida and in the Fall on my way home. I love this area and the Aberdeen noon mtgs.

Thank you, Kay C, and all the great AA people. (PS: we did no damage to your beautiful building and left it as clean as a pin.)

My name is Harold and I am so grateful I am an alcoholic."

Harold F, Palm Bay, Fl.

(Editor's note:  
The Aberdeen building now hosts a noon time meeting 6 days of the week. Travelers and the regulars make up the attendance which averages 15-20 per meeting.)

## AA-IQ ANSWERS

1. "The Grapevine"
2. Hungry, Angry, Lonely & Tired
3. "Living Sober"
4. Carry it's message to the alcoholic who still suffers.
5. "as we understand him".
6. 1935
7. Spiritual condition.
8. 417
9. Spiritual perfection.
10. A desire to stop drinking.

\*\*\*\*\*

The discussion topic was "Half measures avail us nothing" and one member was listing reservations he had about the AA program and sobriety.

An "old-timer" piped up & said "with that many reservations you are bound to take a flight!"

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## District 52 News

District 52 is comprised of five counties:

Richmond  
Moore  
Lee  
Hoke  
Scotland

G.S.R.'s (General Service Representatives) from AA groups in these 5 counties make up District 52.

Officers are:

DCM: Rick M.  
Rockingham

Alt. DCM: Jim M.  
Moore

Secretary: Paige L  
Moore

Treasurer: Cynthia C  
Moore

JOIN US IN SERVICE;  
District 52's CPC/PI and  
CFC Committees are up &  
running. They meet on the  
last Saturday of each  
month at 9am in the Aber-  
deen building. All AA  
members in these districts  
are encouraged to attend.

**\*\*NEW\*\***

Be sure to pick up the new  
5 county meeting schedule  
published by the District.



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## **WHAT IS INTERGROUP?**



We are a service committee  
formed for the purpose of  
supporting AA activities in  
Moore County.

Our goal is to improve  
communication and under-  
standing among our AA  
groups.

The Sandhills Intergroup is  
comprised of interested  
volunteer members and  
representatives from the  
AA groups in Moore Co.

The ideas and suggestions  
of local AA's are welcome  
and all are encouraged to  
attend the monthly meet-  
ings at 9AM on the first  
Saturday of each month at  
the AA building on Wilder  
Ave. in Aberdeen.

The Sandhills Intergroup is  
financed solely by local  
AA groups.

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