

Sandhills
Intergroup

NEWSLETTER



Volume 7, # 1, January 2008

FOR YOUR INFORMATION

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"Can I take printed schedules, Newsletters and Wallet Cards for my Home Group?" YES !

The Sandhills Intergroup is the service organization for AA in Moore County. We are solely financed by contributions from groups in the county. These funds go toward a Website and a 24 hr. Answering Service.

In addition to these services the Intergroup provides Schedule Lists and a Newsletter, both of them updated three times a year, the first of January, May and September.

Other printed materials include the popular wallet sized fold-up that includes the Steps, the Promises, a few of the Prayers and a place for members to put their names and phone numbers.

**** THESE PRINTED **
MATERIALS ARE FOR YOU
& WE HOPE YOU WILL
FEEL FREE TO SUPPLY
YOUR GROUP WITH THE
UPDATED VERSIONS.**

This material is on display in the lobby of the Aberdeen Bldg. and extras are in the drawers of the cabinet. Please take what you need for your group from the drawers. If we run low we will be happy to print more.

When you get the new Meeting Schedules please throw out the old ones. Because we only do the revisions three times a year there are almost always changes and it is important that the Schedules that are in circulation are current.

The District also displays a 5 County Meeting List and they want you to take what you need.

Note: The Pamphlets that are on display are set out by the Aberdeen Steering Committee and are Free to individuals. They are not available in bulk like the Intergroup Material.

was very much at ease. I also noticed that she was sharing some photos and I was shocked when I saw them. They showed the devastation of a house in complete ruins, and I realized that she had been a victim of the horrendous hurricane, Katrina .

She had literally lost everything except her will to survive and she and a daughter came north to stay with a friend who lives in Pinehurst.

AA had become a basis for her life and she had been assured that we had a good AA community here in Moore County.

From the first minute that we all met we were amazed at her positive attitude and her thankfulness at being a survivor. She never complained and, within a few weeks, was able to find a place to live.

She fit right into the AA way of life and attended three meetings a week faithfully, (Tues. Noon and Thurs. 10 am at the Emmanuel Episcopal

Church and the 11 AM 12th Step meeting every Sunday in Aberdeen.)

Before long she decided to do some volunteering and became a valuable member of the Red Cross organization in town. She even spoke to local groups...reliving her Katrina experience for their edification.

Her cheerful and humble persona was a great addition to our AA meetings and our lives were enriched by her presence. It never occurred to us that this wouldn't continue for years ... and then the unthinkable happened. Her cancer, which none of us knew she had, came out of remission.

The first half of her 2nd year was spent with radiation and chemo treatments and she became bald as a cue ball. She still attended her 3 meetings per week however, and never once complained.

Our little day-to-day misfortunes seemed to fade away in comparison as we

watched her bravely face each hurdle.

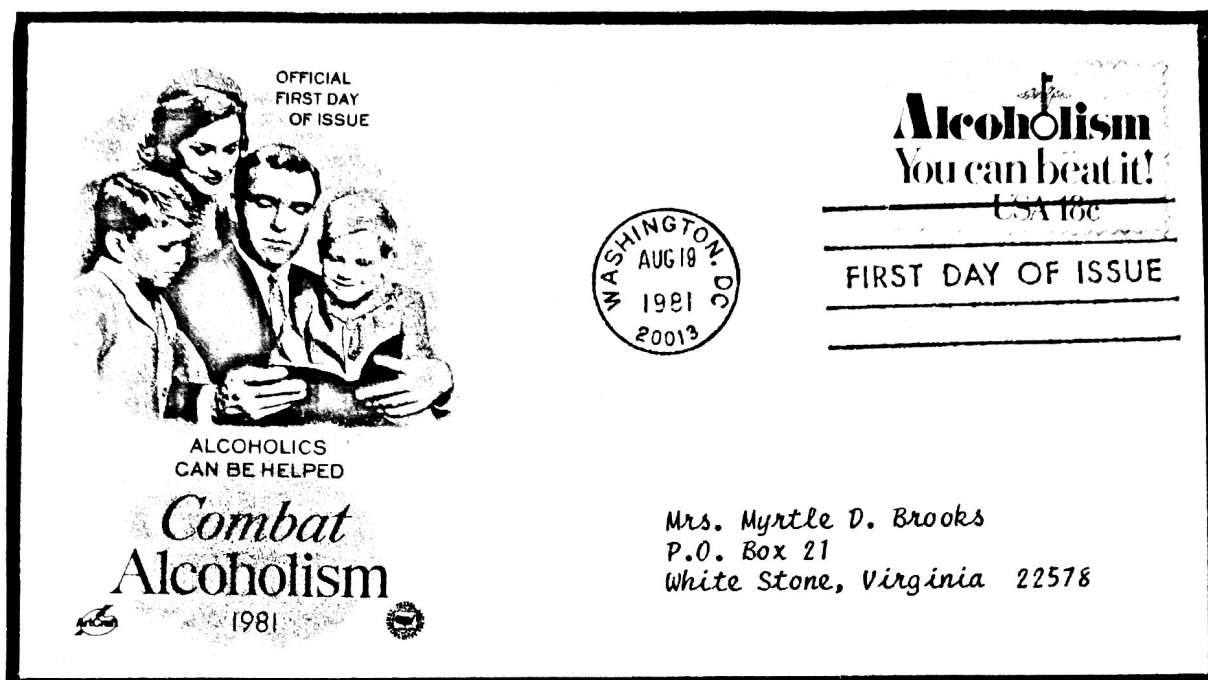
Then, miraculously, she revived and her beautiful hair grew back, soft as silk and a lovely dark brown. She was our brave and beautiful AA Angel and even had the strength to attend her daughter's graduation from College and to chair meetings.

Then...with brutal force the cancer attacked again. She became extremely fatigued and short of breath, but she insisted on making her meetings and, barely 24 hours after her last meeting, she quietly passed away.

Louise had literally blown into our lives and she taught us acceptance, humility and an abiding love. Those of us who were lucky enough to have known her will be forever blessed.

We will never forget you, Louise.

Submitted by:
Ginnie D.
Vass Group



HISTORICAL FACTS OF AA... In 1981 Nancy Reagan became the First Lady of the United States. Her major contribution during her husband's reign was to champion the movement to fight the use of recreational drugs and alcohol. This prevention program was called "JUST SAY NO". The effectiveness of this campaign is doubtful but at least she tried.

It was also in 1981 that 1st class postage in the US was raised from 15 to 18 cents and a new stamp, "Alcoholism, You Can Beat It", was introduced. The picture above is of an envelope stamped on the first day of issue, August 18, 1981. It shows a united family studiously reading from a "big" book. (I wonder how many non-alcoholics would realize that it is actually the "Big Book of Alcoholics Anonymous".)

CARRYING THE MESSAGE

PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics!... [Big Book. page 89, line 1]

LIFE will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives. [Big Book. page 89, line 15]

SPOTLIGHT ON OUR GROUPS



The Southern Pines BIG BOOK GROUP

Do you want to learn more about the Big Book? Are you looking for a Home Group that is friendly and enthusiastic? If so, the Southern Pines Big Book Group may be the answer.

This group was started in 1982 by those who felt there was a need for a group which concentrated on reading and studying the Big Book of Alcoholics Anonymous.

They meet every Tuesday night at 8 and are located in the Brownson Memorial Presbyterian Church in Southern Pines.

The format of the group is to separate into two sections...one to discuss the Big Book and the other directed to newcomers. AA topics are taken from

AA literature and led by home group members.

The last Tuesday of each month is a Speakers Meeting and a celebration of the members picking up their yearly chips.

It has become tradition for the member who is picking up his or her chip for the longest length of sobriety to choose the speaker for the evening. It is a festive event with a celebratory cake and ice cream being served.

The Big Book Group also sponsors an AA meeting at the Hoke Correctional all-male medium custody prison. Two of the group members carry the message every Wednesday evening.

If you are new to the area, or have never attended the Big Book Group, you'll find the Brownson Memorial Church on the corner of May and Indiana Streets in Southern Pines.

The Big Book Group is non smoking and has both open and closed segments. All are welcome.

AA ACRONYMS

T. I. M. E.

Things I Must Earn

E. G. O.

Edging God Out

F. E. A. R.

Face Everything And Recover

H. A. L. T.

Hungry, Angry, Lonely, Tired

H. O. P. E.

Happy Our Program Exists

I. S. M.

I. Self, Me

N. U. T. S.

Not Using The Steps

S. L. I. P.

Sobriety Loses It's Priority

**A man who speaks
four languages is not
as smart as the man
who knows when not
to speak !**

TRAVELING HIGHLIGHTS



AA in NASHVILLE

Hi everybody, I'm Leslie and I'm an alcoholic. I belong to the "Veterinarian Hospital Practice Manager Association" and go to one of their conferences once a year which requires traveling out of state.

Veterinarian hospitals normally only have one practice manager, so that means going by yourself to this conference. Therefore, even though I go to fun places, it normally isn't fun and you don't do the things you would want to because your friends aren't with you.

Quite frankly, it is totally out of my comfort zone and what one would think should be exciting and fun has been dreaded and a

lonely experience.

However, this was the first year I've been sober and what a different experience it was !

I had been in the program long enough to have a bit of my mind back and learned a few tools to help me. I had listened for 7 months to how others live being sober.

I had several months to think about this conference because being a recovering alcoholic meant I had to do things a little differently. First of all, because of AA, instead of a feeling of dread, I had changed my way of thinking.

I decided to look at this as an adventure with no time constraints, knowing that I was safe and I wasn't alone...I had my Higher Power! I looked forward to this time!

I'd heard from time to time other members talking about traveling and visiting other AA meetings and I had met other people visiting our Home Groups,

so I had looked up the closest AA meeting to where I was staying and guess what?? It was 1.2 miles from the hotel. A coincidence? I THINK NOT...my Higher Power had handled everything.

I gave myself plenty of time getting to the airport and when I got there I didn't find the bar for a glass of wine. Instead I found an electrical outlet and plugged in my lap top and wrote an email to my sponsor...no drink.

Then I boarded the plane and didn't order a glass of wine, I read the Big Book. ...no drink.

When I arrived at the hotel the elevator was directly next to the bar and I remember thinking how lonely I'd be if I was sitting there in that bar. It felt good to be sober.

I checked into my room and shortly thereafter I called a cab and went to an AA meeting.

Everything about the entire experience was wonderful.

The cab driver was so nice. He dropped me off at a beautiful home-like building in the middle of downtown Nashville and I think he put two and two together and he said, "would you like me to pick you up in an hour?", and he was there as promised.

The building had two stories and I thought perhaps AA had a designated room but I discovered that the whole building was AA. On the first floor were a few meeting rooms and a large coffee bar with a covered area with tables and chairs for the members to visit & wait on meetings ... Very nice.

Out of character, I walked in as though I were a cousin they'd never met before from out of town with high expectations, and they didn't let me down. I felt very "at home".

One thing about going to a meeting when you are on vacation or business, you get to meet the locals and get to experience the flavor of the people. I was in the heart of Nashville and most

of the members were musicians and I enjoyed listening to them talk about their lives.

When the meeting was about over the discussion leader turned to me and asked, since I was a visitor, would I like to share. I did and it felt good. I wonder if people coming to our golf resort area pick up that flavor?

Normally when I go to these conferences I'm pleasant but don't really interact with people unless it's after the meeting over alcohol.

This year I met a fellow practice manager from Colorado and we shared some management ideas and became friends and have stayed in touch since the meeting. That would never have happened in my old ways. You know?

LIFE IS GOOD !!

Thanks for letting me share.

Submitted by AA member
Les, Vass Group

Sandy-Hills



I use the "F" word,
Sure I do...
And the "SH" word too.
"SH"UCKS !!
No more Barley Corn,
No more flip the bird,
"F"REEDOM
is my word.

Our little cartoon character Sandy Hills has been part of the Newsletter since it's inception in Sept., 2002.

If you have any ideas, or suggestions for "Sandy" for upcoming Newsletters please see Myrna J.

DISTRICT 52 NEWS

District 52 is the AA Service entity made up of Moore, Hoke, Richmond, Lee and Scotland Counties.

District meetings of the (GSR's) General Service Representatives from our groups are held four times a year.

Additionally, our officers and GSR's attend Area (State) Assemblies twice a year and our DCM (chairperson) attends the two meetings each year of DCM's and Area officers for the state.

This is the basic process keeping your Home Groups and Meetings connected to the world-wide AA organization.

District 52 has published a 5-county meeting schedule and they are available at the Aberdeen building in the foyer.

If the schedules are not on display, or if the supply has been depleted please call

Dave C. (910-295-0999) and he will get them to you.

In addition the 5-county meeting list is posted on the Internet at the Sandhills Intergroup website.

District 52 has also been responsible for PSA's, (Public Service Announcements) on radio stations serving the 5 county area.

DISTRICT OFFICERS

DCM; Jim M, Pinehurst

Alt DCM: Roy B, Hamlet

Treas: Cynthia C, S Pines

Sec: Karen P, Vass

DISTRICT MEETING

The next District meeting will be on January 12th at the Aberdeen Building. It is open to all AA members and we hope that your group will be represented.

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 understanding 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 meetings 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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