



FEATURES:

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FOR YOUR INFORMATION

In the past nine years the Sandhills Intergroup has been able to provide AA information & the views of it's members via the NEWSLETTER.

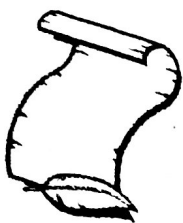
We couldn't do it without you and would like to thank all of you who have participated & hope that many more will do so in the future.

Have you been to meetings while traveling? Have you had experiences about AA that you want to share? Perhaps you've unearthed some AA history that would astound us.

Whatever it is we'd love to have you submit it to us for publication. Any Intergroup member will be happy to receive your entry and .. THANKS !!

Happy 10th birthday to the NEWSLETTER

MEMBERS MUSINGS



Surrender

Spiritually speaking, surrender means that we trust God (or whatever you call your higher power) and that His plan for us will be good, even if that plan isn't exactly what we asked or hoped for.

Avoidance of our present day challenge is not the answer to spiritual growth. By surrendering to the perfect plan that is unfolding, we will be open to receive the valuable lesson that is being given.

Things we may not understand at the time, are being worked out in us, and in the people around us. Because we are unable to identify

the lesson does not mean that it is not important. If we will only trust that God is good and He cannot create anything that is not good.

It is difficult to surrender when we are feeling frightened, ashamed or needy. At times like that we want to 'take control' because we think the answer lies in controlling people, places, or things. We couldn't be more wrong.

Control is an illusion. Neither people nor things can make us happy. I truly believe that happiness is a bi-product of surrendering.

When we surrender our need to control the circumstances in our lives, and accept that the perfect plan is unfolding 'right on schedule,' we will know an inner peace and happiness that cannot be taken from us.

I can speak personally on this issue because there was a long period in my life (before I knew better) when I tried to orchestrate the outcome of just about everything. It was exhausting as well as depressing.

It would be impossible to pinpoint when I made the decision to surrender my will and my life to God, but I can say this ... about that ... surrendering to Him really empowered me.

It may sound like a paradox, but it has turned out to be a great truth for me. I think there comes a time in our lives when we finally 'get it.' When we listen to that voice inside our head that cries out- ENOUGH!

Enough struggling to make everything turn out the way WE think it should be. We stop complaining and blaming. We become 'teachable.'

Acceptance is the key to surrendering. We can rest assured that whatever is happening at any particular time in our lives, is *exactly as it is supposed to be*. Accept that, and feel grateful for the opportunity to grow.

If you find acceptance challenging, you are probably living in the atmosphere of self pity and when you are filled with self pity you are about as empty as you can be.

Trust that if God brought you to it He will bring you through it. Once we surrender, all we have to do is the footwork – we leave the results to Him.

I'll close with this sound advice that came from someone much wiser than I...

Work like you don't need the money

Love like you've never been hurt.

Dance like nobody's watching.

Sing like nobody's listening, and...

Live like it's heaven on earth .

I believe we will truly know heaven on earth...when we surrender our lives to Him.

Contributed by AA member: Sally S.

TEST YOUR AA IQ



1. "Our Meeting in Print" is the slogan for _____,
Printed and distributed by AA monthly.

2. In AA we have the right to choose a God _____.

3. H.A.L.T. stands for _____, _____,
_____ & _____.
4 things we need to try to avoid.

4. The Primary Purpose of each AA group is to _____

5. We, in AA, have a daily reprieve from our alcoholism contingent on the maintenance of our _____

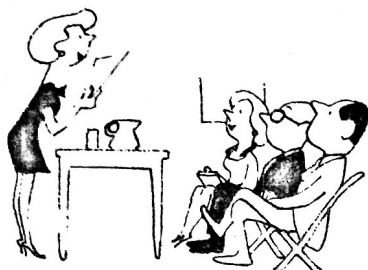
6. AA newcomers are amazed when they hear _____ in the meetings.

7. Our AA principles are guides to progress. We claim spiritual progress rather than _____

8. Tradition 3 states that the only requirement for membership is _____

(See Page 7 for answers to the quiz)

HISTORICAL FACTS of AA



Important Women in AA History

Two women who stand as contributing factors of AA's success were Marty Mann and Sylvia K.

Both these women suffered from the disease as well as other ailments that were over-come through strength, perseverance, and the AA way of life.

They also contributed to the expansion of AA and educating the public about alcoholism as a public health concern and not a moral disability.

Marty Mann was born in 1904 into a wealthy family. She suffered from TB as a teenager, and by 17 was a drinking party girl whose ability to drink copious amounts was envied. (She would later learn that her

early tolerance to alcohol was indeed a sign that she had the disease of alcoholism.)

Her life had become unmanageable and she was admitted to several hospitals. This was at a time when there was no comprehensive treatment for alcoholism and drying out was the only known treatment.

Fortunately her Psychiatrist gave her a manuscript of "Alcoholics Anonymous."

She attended her first AA meeting in 1939 and was the only woman at the meeting.

After several relapses she became sober in 1940 and remained so until another relapse in 1960. She then became sober again until her death in 1980.

She was pivotal in raising awareness that alcoholism was not a moral issue, but a public health concern.

She was a charismatic speaker and influenced many women to join AA.

Marty Mann's nationwide educational efforts led to creation of the National Council on Alcoholism and Drug Dependence.

Although separate from AA the NCADD has been an important educational and referral source for alcoholics.

Another early contributing woman to AA's success was Sylvia K.

Sylvia was a product of the post prohibition era of the roaring 20's and was a divorcee at the age of 23.

By 25 she was a full blown active alcoholic. Until she was 30 she desperately tried to find a way to beat the disease and was in and out of sanitariums, once in a 10 day coma which nearly claimed her life.

Sylvia had reached the point of not being able to live and not being able to die ... which is what she wanted. Eventually she moved to Chicago thinking a change of environment would help.

Finally, she was introduced to the book "Alcoholics Anonymous" by one of her doctors. He encouraged her to go to Akron and meet other Alcoholic's who had success with AA. She stayed with Clarence and Dorothy S. in Cleveland.

She had wanted to move to Akron, but her presence

was not welcomed by the wives of the men who were members of the Akron group. This was a common reaction then.

Sylvia was a beautiful rich divorcee who said the men of AA "were only too willing to talk with her after they saw her."

Her presence threatened to disrupt the whole group and she was encouraged to go back to Chicago in order to help other alcoholics there.

Once back in Chicago she threw her self into AA and service work.

She established the first intergroup there, & saw the membership of AA grow from six to six thousand.

Later in a Grapevine article Sylvia would say that her constant contact with other alcoholics and her service work were what literally saved her life.

Unlike Marty, Sylvia never had a relapse and so she is credited with being the first woman to achieve enduring sobriety.

Article by AA member:
Derek R.,
Early Riser's Group

TRAVELING HIGHLIGHTS



BELLA FIRENZE AA !!

I attended AA meetings in Florence, Italy in 2001 and 2003. I had dreamed of visiting that city for many years and finding the AA meetings there was an added bonus.

In 2001 we visited the Intergroup office and they told us that the English speaking meetings were held in the back room of a bar (!) while repairs were made on the church where they were usually held.

Our new found friend from the Intergroup took us there where he led us past the bar & through the kitchen to a back room where 5 or 6 others were gathered.

This whole procedure seemed almost clandestine but it turned out to be a great and meaningful meeting.

In 2003 the "American

Church" on Via Bernardo Rucellai was repaired and, once again, hosting the meetings.

A small side door led us into an unlit hallway and an iron, spiral staircase that wound it's way to the basement. The meetings were held in a child's classroom with miniscule chairs.

Typically the meetings drew 15 to 20 people and it was such a comfort to be there and to see all the usual AA paraphernalia.

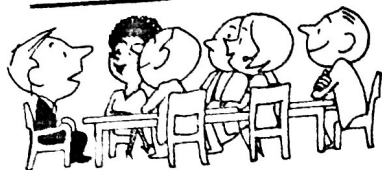
They opened the meetings with, "We welcome all visitors and hope that you will share with us but PLEASE stick to the topic and tell us about your trip AFTER the meeting".

I also liked it when they said, "We welcome everyone here who has a desire to stop drinking, but if you have had a drug or a drink in the past 24 hours please do not share during the meeting."

It's wonderful to be able to travel to any part of the world and find AA friends. As the saying goes: "There are no strangers in AA. Just friends that we haven't met yet".

Ginnie D., Vass Group

CARRYING
THE MESSAGE



My Gratitude for AA

My AA friends were always there to love and support me with phone calls, letters and flowers during the darkest period of my life. This period included the deaths of my mother, my aunt and my husband within a 6 week period.

Auntie was like a sister to me ... always there for me. Auntie had a heart attack and was gone so quickly.

My dearest husband who stood by me through the good and the bad, (my alcoholism and endured my sobriety), kept the family together through all the stormy weather during all my

drinking years (may he rest in peace ... knowing that no matter what his wife will be sober and will not drink just for today.)

He will rest in peace knowing that as long as I stay close to the heart of AA I will be OK. He always supported my AA. In the end he loved me taking him to mtgs. AA friends were so kind & loving to him & he just loved it.

AA gave my mother the daughter she deserved and my husband the wife he deserved. AA allowed me to care for my husband in his declining health, as well as the 22 years of supervision for my mother in the last years of her life.

Some days I felt I just could not go any more but a drink would have fixed nothing, ... only compounded the worst in my life.

With friends like Cynthia at Bethany House extending an open invitation to come over, share meals and time with the residents, my loneliness lessened and I always had some place to go & be with AA friends.

My friend, Dedi, was always by my side encouraging me that it was going to be OK. She had a similar situation and was assuring me that it was going to be alright.

All of my AA friends and AA family were carrying me when I could hardly stand by myself during this dismal part of my life. With their support I was able to withstand these trials.

This is a note to the newcomer in AA ... Meetings hold the key to sobriety. We stand strong & hold on to the strength AA gives us.

Respectfully submitted
 Kay C., Westside Gr.

SPOTLIGHT ON OUR GROUPS



According to our latest Schedule we now have 38 Groups & Meetings per week in Moore County...a variety to satisfy even the pickiest AA member.

If you're an early riser there is a meeting just for you ... and by the same name too! It convenes at 7:30...6 days a week. Also, on Sunday, at the same time, we have the Sunrise Group.

One of the oldest meetings in our area is held Thursdays at 10am in Southern Pines and then we have daily noon time meetings in the Aberdeen building, as well as a smaller meeting in Southern Pines at the same hour.

For those who prefer a gender meeting we have the Monday night Men's Meeting at 8 pm in Aberdeen. Then, for the fairer sex we have the Saturday morning Women's Meeting at 10:30 am.

Also for the women is the 7:30 pm Monday "Women in Recovery" meeting at Aberdeen. They are actively looking for new members and would welcome your input and support.

There is a 6 pm meeting on Tuesday at the Aberdeen bldg. and a few of the long-time Groups now begin at 7 pm.

Lastly, we have the usual 8pm Meetings & Home Groups every night. The newcomer is encouraged to visit them all until he or she feels comfortable with their choice.

Check the new/revised 1/11 schedule for times and directions.

ANSWERS TO IQ QUIZ

1. "The Grapevine"
2. "as we understand Him"
3. Hungry, angry, lonely & tired.
4. Carry it's message to the alcoholic who still suffers
5. Spiritual condition
6. Laughter
7. Spiritual perfection
8. A desire to stop drinking

