

**S**andhills  
Intergroup

# NEWSLETTER



Volume 14, Number 1, January 2015

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- FYI
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- Traveling Highlights
- Historical Facts of AA
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- Member's Musings
- Carrying the Message

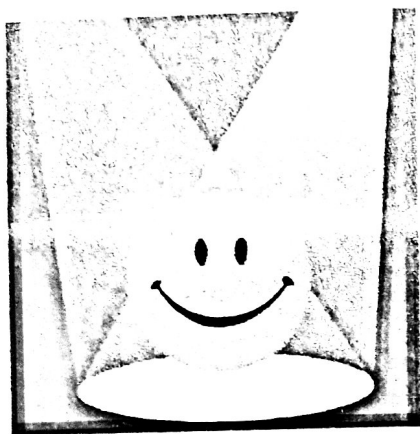
### *\*Enhancing our AA sobriety\**

Have you ever noticed that the happiest and most centered people in AA are ones who are involved in service work? It is a proven fact and it's easier than you might think because there are so many ways to serve in our wonderful fellowship. Here are just a few of them:

- \* Join a Home Group and become a participating & faithful member.
- \* Speak up ... share your experience and hope with your fellow AA's in meetings and one-on-one.
- \* Attend District or Intergroup meetings. Volunteer ideas and be willing to chair positions as needed.
- \* Sign up to lead meetings.
- \* Become a Sponsor.
- \* Always be aware of your fellow AA's needs and be willing to give a ride if needed or merely to listen.
- \* Write about your AA experiences and submit your article to the Newsletter.
- \* Be an active participant in yearly events, such as Unity Day or the Christmas marathon.
- \* ...and, above all, make sure that you welcome the newcomers who are just as scared as you were when you first entered the rooms of AA.

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## SPOTLIGHT ON OUR GROUPS



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### The VASS Group

The Vass Group was founded in 1984 at the invitation of a local minister. He invited 3 AA members living in Vass to start a meeting in his church, the First Baptist Church on Old Rt. 1.

The first meeting was in the sanctuary of the church. 3 men and a prospect that they were 12th Stepping were in attendance. In the following weeks a few members of the AA group in Sanford came to help out.

The original three members signed a note at the local

bank and the old church sanctuary was fixed up with a kitchen and central heating and air conditioning to make it suitable for meetings.

The group originally had 3 meetings a week but has honed it down to a closed discussion meeting every Wednesday night at 8.

Because of their location in the Northern part of Moore County the group has a membership that includes members from Lee and Harnett Counties also.

The all male membership in the 80's has changed considerably and now there is a 50/50 split between male and female.

The Vass group is not huge but a large percentage of members are involved with service work with the Intergroup and the District.

Vass hosts an Anniversary eating meeting once each year in August and it is always filled to capacity. This year they celebrated 30 years and look forward to many more.

## 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

D. E. A. D

Drinking Ends All Dreams

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## TRAVELING HIGHLIGHTS



### East Dorset, Vermont

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

Karen and I have been to the Wilson House in Vt. 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.

The Wilson House is the birthplace of our founder, Bill Wilson. He was born in a room that was a bar at times during the Inn's history, appropriately enough, . The building had been reclaimed from decay by dedicated people who established a foundation to

preserve this historic monument.

The management was provided by Ozzie and Bonnie. (Ozzie, a former member of my home group in Westport, Ct. died in 2006).

During this first trip the restoration was in its early stages and our bedroom had not yet been insulated. At 25 degrees below 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 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 available BTU's. The rest of us 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 fellowship. Meetings by the huge

fireplace, a never-empty coffee pot, the carefully preserved history and the loving welcome of the present provided a warmth no outside 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 and love of those whose lives have been saved by the man born in the house they care for.

Contact information:  
[wilsonhs@adelphia.net](mailto:wilsonhs@adelphia.net)  
tel: 802 362-5524

The Wilson House operates with volunteer help (live in for extended periods, like 6 months) if anyone is interested.

Also, scholars & persons interested in AA history are welcome to study in the Griffith Library (the house where Bill grew up with his grandparents) across from the Wilson House.

AA member Dave C.

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## **Members Musings** **(from the heart ...)**

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### **Keep Coming Back**

I have enough white chips to tile the entire Aberdeen Building from the floor to the ceiling. No, it does not feel good to admit this defeat to myself or for that matter to anyone.

When it comes right down to it, I was not ready nor honest enough to be done. I had no problem telling you or anyone else the truth. Being honest with myself, that's a different story, I remained in my liar's booth for over 27 years trying to break free from these horrid chains.

After all those years my best friends left me empty, but full of broken heart and devastating remains. They told me to keep coming back, and it was harder & harder each time.

It all seemed relentless, I was tired of fighting, I really just wanted to die. I had six years sober but I

relapsed in Sept. 2013. I remember vivid pieces of my last drunk, ambulance sirens, E.M.T.'s stripping me naked, and on my hallway floor there I was left lying. When they finally got my heart resuscitated, I opened my eyes to see my fourteen year old lil girl crying.

After sometime in the hospital it was time to be released. No worries though, it only took me dying to realize alcoholism is actually a disease. So I did what I knew I needed to do ... once again.

Humiliated and defeated, I returned to the rooms I grew up in. It was a Sunday morning, and that meeting was packed. None the less I sucked it up and came back. There I sat on a Sunday morning sober, shattered and broken, but willing to start over.

There they were... those 12 steps still hanging on the wall. After reading them again, I questioned if I had ever paid attention at all. So I got a sponsor and went through three or four.

I concentrated on the meetings and not the clock instead of running out the door.

The Big Book & 12x12, sponsor and meetings became a routine. Now I run to all of them and with my higher power, I feel serene. I listen to the newbies and the old timers, like a sponge trying to take it all in,

Every morning I pray to my higher power for the courage to keep coming back again. No it is not easy putting the broken puzzle pieces back together, but I know with out the program of alcoholics anonymous, I don't have a chance of staying sober ever. Meetings are my lifeline. Without them I wouldn't know what to do.

So to every single alcoholic who enters the room, from the very depths of my heart, I simply just want to say THANK YOU.

Jamie C. Vass group .  
Sobriety date: 5/24/2014

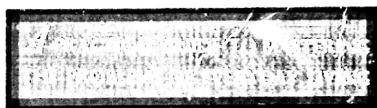
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## CARRYING THE MESSAGE



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In 1952 the Book, "The Power of Positive Thinking" by Norman Vincent Peale was published.



It has become an international best seller and in the final chapter Dr. Peale

writes these words:

"For many years I have been interested in the problem of the alcoholic and in the organization known as Alcoholics Anonymous. One of their basic principles is that before a person can be helped he must recognize that he is an alcoholic and that of himself he can do nothing; that he has no power within himself; that he is defeated. When he accepts this point of view he is in a position to receive help from other alcoholics and from the Higher Power.

Another principle is the willingness to depend upon a Higher Power from whom he derives a strength which he does not himself possess. The working of this power in men's lives is the most moving and thrilling fact in this world. No other manifestation of power of any kind is equal to it.

... there is nothing more difficult to overcome than the problem of alcoholism. It shows conclusively that

if there is a Power able to deliver a person from alcoholism, this same Power can help any other person to overcome any other form of defeat he may face. The Power that can accomplish this difficult feat can, I assure you, help you to overcome your difficulties whatever they may be."

Norman Vincent Peale

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## The "Ain't" prayer

HP...I ain't what I ought to be,

And I ain't what I want to be,

And I ain't what I'm going to be ...

But, HP, I thank you, 'cuz

I ain't what I used to be !!!

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## The HISTORY of the ABERDEEN BUILDING

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*This is an article written by Bill C. six years ago. Bill has since passed on but his entry remains and is as informative as it was then and will be new to many of you. ENJOY.*

*the Editor*

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Anyone who has attended meetings in Aberdeen for any appreciable time has undoubtedly heard stories about the history of the Wilder Ave. building ... some factual and perhaps some enhanced to fit the personality of the tenant.

Most of us know that it is the property of the Town of Aberdeen which leases it to the Aberdeen Group for the purpose of AA meetings and other AA events.

It has been used for these purposes for as long as anyone can remember with

the exception of Randall M Randall remembers when the building was used by the town as a Community Center. However, Randall says it was abandoned for that purpose in the 1950's.

It was the first Aberdeen group, consisting of about six members, who dressed up the building, making repairs and improvements & they had exclusive tenancy of the building in 1959.

It was because of the stand of the Aberdeen group of founding fathers and with the help of the mayor and John D. McLean, the owner of Aberdeen Hardware, that the AA group prevailed and the Wilder facility has been used continuously by AA since 1950.

The construction of the bldg. was a project of the (NYA) National Youth Administration, a part of President Franklin D. Roosevelt's Works Project Administration (WPA), which was created in 1935 to provide part time jobs to high school and college students in need of funds to

continue their educations. On April 28, 1940, the first lady of the U.S., Eleanor Roosevelt, made a brief stop in Aberdeen to inspect the building which was near completion. She was greeted by a crowd of 500 people and it is believed to be the first time that a first lady visited Aberdeen.

One of the well wishers asked her the question in everyone's mind: "Is your old man going to run for a third term?" She quickly replied, "I haven't asked him nor do I intend to." Of course he did run and was reelected.

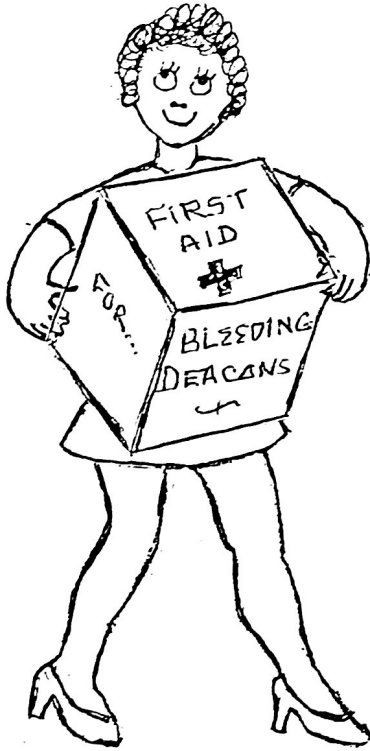
Another story about her visit has survived appropriately. A black limousine, having as passengers Mrs. R. and several secret servicemen, stopped in front of the Post Office and, as a car door opened a bottle of whiskey fell out and rolled down the street.

Could that have been an omen of things to come ??

Submitted by Bill C.  
Newsletter article, 2008

## Resurrecting SANDY HILLS !!

When our Sandhills Newsletter came into existence, over 13 years ago, we had an AA member who created this cute little cartoon figure appropriately named Sandy Hills. We'd love to bring her and her sayings back to our pages. If you are a budding cartoonist and would like to be part of the Newsletter please email us at [postmaster@moorecountyyaa.org](mailto:postmaster@moorecountyyaa.org)



AA First Aid



Footwear for  
trudging the road  
of Happy Destiny



Coffee Angel



Falling off my  
"PINK CLOUD"



Cotton Mouth

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## **DISTRICT 52** **NEWS**

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New District 52 officers  
elected for 2015 & 2016

DCM: Vic L.  
Alt. DCM: Jason W.  
Treasurer: Gloria C.  
Secretary: Rebecca R.

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Wilder R., out-going DCM  
writes:

“Please let me say thank  
you to all who have served  
so well as District officers  
and GSR’s during our  
2013-14 term. It has been  
a privilege to work with  
you and to get to know you  
all. Thank you for letting  
me serve.”

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### **District 52** **Business Meeting**

2 PM, Sunday  
February 1  
Aberdeen Bldg.

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## **WORKSHOP**

### **Emotional Sobriety**

Saturday  
February 7<sup>th</sup>  
Aberdeen Bldg.

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### **GSR’s** **(General Service Reps)** **Critical to AA**

The basic process of keep-  
ing our Home Groups and  
Meetings connected to the  
AA Organization starts  
with our GSR’s and their  
attendance at District 52  
meetings.

District 52 is made up of  
Moore, Hoke, Richmond,  
Lee and Scotland counties  
& meetings of the GSR’s  
from these groups are held  
four times a year.

Additionally, the GSR’s  
and officers attend Area  
(State) assemblies twice a  
year and our DCM attends  
the 2 meetings each year of  
DCM’s and Area officers  
for the state.

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## **Sandhills Intergroup**

A central office established  
to aid all the groups and  
meetings in Moore County  
in the common purpose of  
carrying the AA message to  
the alcoholic who still  
suffers.

We are funded solely by  
the AA groups in our  
county and we need and  
ask for your input.

- 1) 24 hr. Answering Serv.
- 2) A Website
- 3) Moore Co. Meeting List
- 4) Publish a Newsletter
- 5) P. I. Committee

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