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FOR YOUR INFORMATION

WHAT IS SANDHILLS

INTERGROUP ?

The Sandhills Intergroup is made up of dedicated members from the AA community of Moore County. It has been formed to act as a SERVICE organization providing those services that the AA groups or meetings cannot handle individually.

The services provided by the Sandhills Intergroup are funded solely by donations from Moore County Groups and the Steering Committee of Aberdeen. These functions are:

- 1.) Maintain a 24 hr answering service to...
 - A.) provide mtg. information to callers
 - B.) answer 12th Step calls & pair up the caller with an AA member who volunteered to be on the call list that is updated and maintained by the Intergroup.

- 2.) Maintain a website that

provides meeting information and directions for Moore County as well as for the 5 counties of our District 52.

- 3.) Maintain a Moore County meeting list that is updated & revised 3 times a year.

- 4.) Publish a Newsletter 3 times a year with articles submitted by AA members.

- 5.) Public Information Comm. to distribute AA information to the Moore County community.

- 6.) A Special Events Committee that hosts celebrations at the Aberdeen Building on specific Holidays, as well as the Thanksgiving and Christmas dinners. ... plus coordinating the traditional Holiday Marathon.

The Sandhills Intergroup needs YOUR support for all these functions. We meet the first Saturday of each Month at 9 am in the Aberdeen building and encourage all members of AA in Moore County to join us.

CARRYING THE MESSAGE



The following two articles were written by the same person ...the young son of one of our members. The first was written in 2005 when he was 11 years old and his Dad was newly sober. The 2nd article was written last month.

#1) "Hi, my name is Travis ... ever since me and my dad started routing together to get into this program the only thing that I have been wondering is how he did it. I believe I understand that a lot better than before now and I'm thankful for that.

All these meetings have actually taught me that I should not follow the same path that my dad did. It is also telling my dad that one of the reasons that he started is because of me. Just to know that my dad cares that much about me is very pleasing. To have a dad that has had this disease for so long and for him to give that addiction up for me is very happy for me.

I would just like to say to any beginners out there that once you have gotten your white chip and you have a few of these glorious meetings under your belt that you will be just fine. This has helped my dad a whole lot and for you to start it means a lot to the AA members."

#2) AA's Power "One thing that has especially become clearer over the years is my dad's burning desire to do the right thing. His outlook on how to deal with things he does not like has changed dramatically. Before, my dad wasn't very effective in his decisions. In most cases he would take immediate action and not think about how it would affect him and others. Now, however, my dad evaluates the problem, makes possible solutions and chooses the one that is both responsible and effective.

I personally like to think of this program in a growing sense. My dad's growth, for example, has changed from a sort of self-centered, less caring person to a dad who is trying to do the best for his son. Also, my father is really trying to give back what he has and is receiving from this program. However my dad understands that he will never be able to repay the debt AA has given him, because it has given him so much.

This program has truly given us hope, faith and, of course, his sobriety. I have so much to be thankful for today. AA has given me my father who is responsible, caring, loving and honest today.

So, I would like to end with a question. What has AA done for you?" Travis H.

TRAVELING HIGHLIGHTS



The JOYS of SOBRIETY

Never did I realize what I was getting into when I picked up that white surrender chip so long ago. If I had made a list of the things I wanted or expected out of not drinking I would have missed all the good parts because I had no idea about the joys of sobriety.

The joys of sobriety are so numerous and far reaching that I am only going to talk about the one that has meant so much to me—the joy of knowing that I am never alone.

Nothing so much proves this as when Sally and I take our annual Western trip. We have spent a great deal of time in Wyoming, Montana and the many states between North

Carolina and the west coast. Going to meetings and getting to know other alcoholics are one of the highlights of our trip.

Several years ago while in Cheyenne, Wyoming for a week, I went to several different meetings to get a flavor of what AA was like in Cheyenne. Sally and I started our meetings off at a clubhouse meeting downtown with a sign on the wall saying “ZERO TOLERANCE FOR FIGHTING”.

If you hang around AA long enough, you can see just about anything. Even though the meeting was okay I knew that there must be other meetings in Cheyenne that stressed the spiritual aspect of AA and would be much more to my liking than did the clubhouse meeting.

After several other meetings I ended up one night in a church meeting that I found through the intergroup. As I went in the meeting I saw there a guy and his wife who looked familiar to me. At the same

time we both said “I know you from someplace”.

Dan, my lost friend, remembered me before I could place him. I was at his first ever AA meeting in Wilmington NC 20 years ago when he picked up his white surrender chip. Since that time Sally and I have had two more vacations in Cheyenne and getting up with Dan is one of the highlights of our vacation. Even though we had not seen each other in 20 years and had spent very little time together, we knew each other as few people outside of AA get to know each other. We knew each other through sobriety, prayer and having that common condition that puts us in that same boat rowing together.

I have many other tales about the meetings of old friends & the development of new friends in my journeys across the United States. Taking with me my sobriety and the principles of AA, I am afforded this great joy that I never have to be alone again.

Knowing that the key to my sobriety is my association with other alcoholics through the fellowship of Alcoholics Anonymous, as well as having faith that all the tools needed to stay sober are with me as I travel the roads of happy destiny is an experience that I am so glad that I found.

I wish you all the same joy.

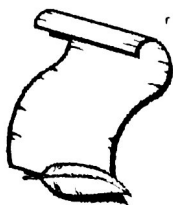
AA member: Buddy Mc

SANDY HILLS



Falling off my
"PINK CLOUD"

MEMBERS MUSINGS



"On August 10th, 1977, I finally surrendered to my alcoholism.

I woke up for probably the 3rd or 4th time at about 9 in the morning. Immediately I called my office to say that I was sick... and was I ever! I had spent most of the night trying to get beer down to settle my nerves... only to head back to the bathroom & lose it all.

I found I had no capacity left & could no longer hold the beer down. There was so much liquor in my system that I was constantly high. I remember looking in the mirror and not believing what I saw. My face was flushed, my eyes were swollen & bright red. I am 6' 3" tall but my wt. had dropped to 145 lbs. There was nothing more to deny.

I was consumed with guilt,

remorse and fear. I knew that I was going to die ... just like my father did. I headed for the kitchen and a beer.

My wife was in the kitchen and she was crying. 'Why are you doing this to yourself?', she asked. I didn't have an answer...nor did I have any beer left. I knew I was about to go into convulsions. I was afraid to drive and I pleaded with my wife to go to the store and get me a beer. I promised that if she would do that I would do something about my drinking.

I will never forget what she said when she returned... 'you had a look on your face that I have never seen. I was afraid not to go.'

Her comment was the turning point for me. I finished 3 cans of beer and told my wife I was going to lie down. I also asked her to find out where I could get help. When I awoke she informed me that there was an AA meeting in one hour, about five minutes from the house.

So, off I went to my very first meeting of Alcoholics Anonymous. That meeting was at a place called the Del Ray Club in Bethesda, Md. This club occupies the entire first floor of a 50 story apartment building. I remember walking in the door and not believing what I saw.

There must have been 100 people standing around with coffee and soft drinks in their hands. Some were in business suits and others in jeans. It looked like a cocktail party and there was a lot of laughter.

The meeting was about to start so I took a seat in what I thought would be a good place to hide...the very back row. Some guy was at the podium and I have no idea what he said. All I remember is that, after some brief comments, a wireless microphone was handed to the first person in the front row for comment and then passed to the next person.

I quickly calculated that I was safe. No way could that mike get to me before

the meeting ended in an hour. I thought I didn't have to say anything but I miscalculated! So here comes the mike down my row. I immediately begin to prepare my speech ... something brilliant that would show that I was unique and not really one of these drunks.

When I got the mike in my hands they were shaking so badly that I could barely hold it. I forgot my fine words and managed to blurt out, 'My name is Bud, this is my 1st meeting and I am scared.'

The lady to whom I passed the mike said, 'Isn't it wonderful that a grown man can admit that his is scared. You, Bud, are the most important person in the room tonight.'

So much for the back row. Now I am a celebrity drunk & I need a drink fast. But the meeting ended quickly and I was surrounded by sober people who wanted to help me. People who I immediately liked and who I might have enjoyed a drink with in better times.

They quickly put me at ease, telling me about their first meeting and how it was for them. And to this day I remember almost everyone of those people who came up to talk to me. I got a lot of phone #'s & they pleaded with me to come back the next day. They told me that the club opened at 10am and there was always someone to talk to.

Most important was that they told me to go home & get rid of all the alcohol in my house. I did that. I went home and found three cans of beer. I sat down in the den with my wife to tell her all about my first meeting and I got rid of the beer. I DRANK IT !!

As crazy as this all sounds I knew that those 3 beers would be my last...and they were.

I woke up the next morning, called the office to tell them I was taking my three weeks of accrued vacation and off I went...back to the Del Ray Club and the security of my new found friends. I went back to the

club every day and night for the next 3 weeks. Then my vacation time was up but I continued to go to the Club every night for the next 90 days.

At first I could not identify with some of the horror stories. I had never been in jail, been hospitalized, lost my family or job...killed an innocent person with my car...none of that. But, when I made that point to my more sober friends the answer was always the same ... 'NOT YET ... Just keep on drinking and see what happens!!' So I decided to hang in there.

Quickly I learned that there was nothing unique about my drinking pattern or my problems and, maybe the best part of all, I was no longer alone. All of the support I would ever need to quite drinking and to lead a comfortable life was in those rooms.

I remember thinking (as I went to my first meetings) that there would be no life left for me after booze. I thought I would be a miserable SOB for the rest

of my life but it would be better than dying ... just barely.

Well, all I can say is that I have been on an incredible journey for the last thirty years. 'I have found a new freedom and happiness. I do not regret the past, nor do I wish to shut the door on it. I have experienced serenity and I have found peace. My whole attitude and outlook on life has changed ... and I will be eternally grateful that AA has done for me what I could not do for myself.'

Today I can't imagine a life without Alcoholics Anonymous. I have hundreds of friends from every walk of life and from every age group. They are there for me when I need them.

If they ever invent that pill that would allow me to drink normally, I WOULD NOT TAKE IT. Do you know why? Because I would no longer be able to go to my meetings !!

Written and submitted by:
AA member Bud P.

SPOTLIGHT ON OUR GROUPS



PRIMARY PURPOSE GROUP

AA is often described as a group of alcoholics in ACTION. With this in mind a group of AA members in Moore Co. formed the Primary Purpose Group. We felt that a new group was needed that emphasized ACTION.

An exploratory meeting was held in March of 1977 where the basic planning for the group was accomplished. We would endeavor to have a job available for every one that would want to participate.

In order to achieve this it was decided to estab-

lish service committees, as well as the usual officers that are found in most groups.

These committees are: Cooperation with the Professional Community (CPC), Public Information (PI), Correctional Facilities, Treatment Facilities, Newcomers, Literature & a Program Planning Committee & a Newsletter. Strangely there were exactly the same number of jobs as members, so our job provisional goal was met.

The first group meeting was held June 2, 1997 & was a huge success. On Mondays the group breaks into 3 smaller groups. These include a Closed, pre-selected topic discussion and a Newcomer meeting that is Open.

Thursdays there is an

Open speaker meeting with speakers from inside & outside our community.

The service hours expended by the Group to Detox, Rehab Centers & Correctional Facilities are impressive, and this does not include the countless hours spent with the professional community, public information & all other aspects of the AA service structure.

Each quarter the Group has an "outing" which is an excuse to share a good meal and AA fellowship. We, in Primary Purpose, want to help assure that the next person who comes to AA for help gets as good an opportunity to recover as was so freely given to us.

PRIMARY PURPOSE is not just our name it is our job description!

HISTORICAL FACTS OF AA



Jack Alexander's article in the March, 1941 issue of "The Saturday Evening Post" greatly influenced the growth of AA.

Alexander was not an instant believer & it wasn't until he "could feel AA in the marrow of his bones" that he could write the story that would rock drunks & their families all over the world.

In 1950, just shy of 15 years after the founding of AA, the "Post" ran a follow-up article by him called "The Drunkard's Best Friend". Both of these articles are on the Internet and will give the reader a crash course on AA's early days.

DISTRICT 52 NEWS

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

District meetings of the GSR's (General Service Representatives) from these 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 of keeping your Home Groups and Meetings connected to the World-wide AA Organization.

SPRING ASSEMBLY

"Spring into Action"

**May 15 - 17
Hilton North Raleigh**

The next
DISTRICT MEETING
is
UNITY DAY

Unity/Service/Recovery

Guest speaker Jennifer D.
Alt. delegate of Area 51

Aberdeen Building
2 pm ... July 11

DATES TO REMEMBER

NC State Convention
July 16 - 19

District 52 meeting
Sept. 12, Aberdeen Bldg.

Fall Assembly
Oct. 9 - 11

District 52 now has 20 groups with GSR's to represent them, and that participate in the AA service structure.

If your group has chosen not to participate we hope you will reconsider .

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 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 every month at the AA building on Wilder Avenue in Aberdeen. The Sandhills Intergroup is financed solely by the local AA groups.

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