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FOR YOUR INFORMATION

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2009 Holidays.. job well done!

The Steering Committee for Aberdeen AA wants to thank all the Groups and Individuals who made a decision to participate & support all the 2009 Holiday Events.

We have heard nothing but good things about it. There was plenty of food and fellowship. There were good meetings & many new faces that got involved.

The AA Christmas Marathon we think is still one of the most important services we provide year after year. Many folks, new and old, local and from out of town, pass through the doors over the 2 week period.

Sometime in early October we meet again to develop the 2010 committee.

Let's start now thinking about it. It would be great to have all the groups in our area pitch in and work together ... including YOU!

HISTORICAL FACTS OF AA



The OXFORD GROUP

(The following information is copied from the "60th AA Anniversary Album", GSO publication, 1995.)

The origin of AA can be traced to a religious movement then popular in the United States and Europe called the Oxford Group.

A well-to-do Vermonter named Roland H. was able to get sober by attending Oxford Group meetings in New York City. They were held at Calvary Church in New York City under the leadership of the Reverend Sam Shoemaker.

At these meetings Rowland met a friend and fellow Vermonter, Ebby T., also an alcoholic.

Through the Oxford Group they were able to keep from drinking through a

plan of self-inventory, admission of wrongs, making amends, using prayer and meditation and carrying the message to others who still suffered.

One of Ebby's friends was Bill W., also a Vermonter. Ebby sought out his old friend in New York City to carry the message of hope.

Bill had been ruined by chronic alcoholism and was considered helpless.

After Bill heard Ebby's story he once again entered Towns Hospital for treatment. On Dec. 11th, 1935, Ebby visited Bill at Towns Hospital and shared his spiritual journey of recovery.

After Ebby left Bill underwent a powerful spiritual experience.

Although not a religious man, Bill experienced the miracle of freedom from the need to drink. When he asked Dr. Silkworth about the experience the "kindly little Doctor who loved alcoholics" did not scoff but encouraged Bill to

"hang on to it".

Dr. Bob, by coincidence, was also from Vermont, and he too had already sought help from the Oxford Group. When he and Bill first met in Akron, Ohio, Dr. Bob was expecting to hear the rantings of an evangelistic do-gooder ... but, instead, found himself sharing one on one with another alcoholic.

Their common background with the Oxford Group was to highly influence the AA program.

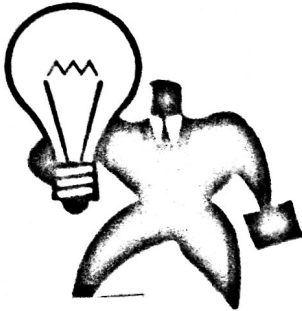
However, it soon became apparent that modifications would have to be made if AA were to become a successful formula for the treatment of alcoholics.

Unlike the Oxford Group, AA concentrates on one thing only ...

THE DESIRE TO STOP DRINKING

It is this singleness of purpose that has succeeded in keeping millions of alcoholics sober.

SPOTLIGHT ON OUR GROUPS !



“KEEPING IT SOBER”

The Aberdeen “Keeping It Sober” group was formed in August of 2004.

That was when some of the members that regularly attended the Tuesday and Saturday night Wilder Building meeting decided to become a Home Group.

The main purpose of the Group is to carry the AA message of recovery to the alcoholic and to provide a structured group as outlined by the GSO.

The Group also wanted to show that getting and staying sober can be fun. At one of the early organizing meetings a member was heard to say “Let’s just keep it sober” and hence the Group got its name.

The Group meets every Tuesday at 8 pm for a Closed Discussion and on Saturdays at 8 pm for an Open Speaker Meeting.

In the beginning some of the members had to hold more than one service position, but over the past five years the Group has grown into one of the largest in Moore County.

The “KISG” is active in many areas of AA service including District 52, Area 51, Sandhills Intergroup, CP/CPI, Treatment and CFC work.

We also sponsor many fun AA activities such as the annual Halloween costume and dance party, golf and picnic outings and our annual Anniversary cook out.

The “Keeping It Sober” group holds their monthly business meetings the last Tuesday of each month at approximately 9:15 pm and all AA’s are welcome to attend.

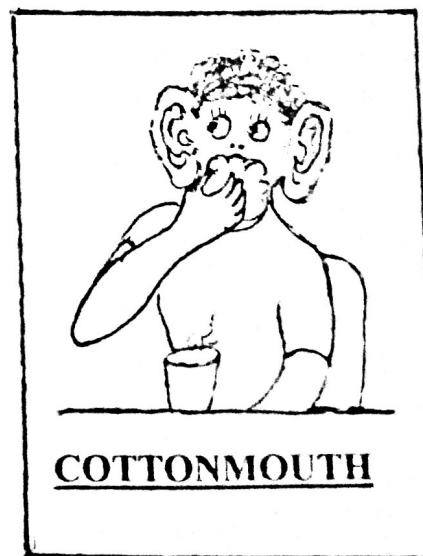
The “Keeping It Sober” members also hold many

positions needed to keep the Aberdeen building running smoothly, such as literature and chip purchases ...as well as supplies and organizing of painting and cleaning day get-togethers.

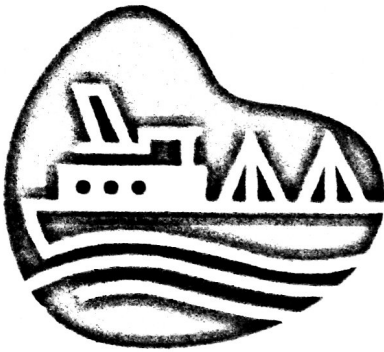
Editors note:

The Aberdeen building is home to a myriad of AA meetings weekly, as well as business meetings for the Intergroup and District 52 and specialty events that have been approved by the Steering Committee.

The “KISG” is to be commended for taking on the huge task of keeping the building stocked with supplies and books and in overseeing the cleanliness and upkeep.)



MEMBERS MUSINGS



TEST OF RECOVERY IN DEEP WATER

I met Christopher & Anne in my 7th year of recovery at the Tuesday night meeting in Aberdeen.

Christopher was an Army doctor stationed at Fort Bragg and was in the process of mustering out of the military to pursue a career as a general practitioner. He and his wife Anne were investigating opportunities mostly in New England where he had grown up.

Anne, a native of Scotland, was a lawyer who served as a translator of legal documents at the United Nations in New York. In addition to English she was fluently conversant in

French, German & Russian (Slavic) and was employed by firms which engaged in international practices requiring competency in these languages.

Anne was not an alcoholic but she was very supportive of Christopher in his efforts to maintain a strong recovery program through membership in AA.

Over a period of several months we became friends and during that time Christopher secured a position with a "country doctor" in a small coastal town in Maine. He was to begin work in about six weeks from the date of their agreement.

During that time they had decided to embark on a sailing trip. Christopher had purchased a sailing yacht which was moored at Annapolis, Md. and the plan was to sail from Annapolis on the Chesapeake Bay into the Atlantic and then northward where they would disembark at Martha's Vineyard.

From there they would go

by car to visit their new home in Maine.

They invited me to accompany them and Christopher explained that the yacht has been built in the 30's for the Roosevelt family & that it had been used by Pres. Roosevelt from time to time while he was in office.

I emphasized to Christopher that I had very limited experience in ocean sailing but he assured me that he and Anne were "tried & true" sailors and were accustomed to maneuvering the craft in "rough seas".

One of my goals in recovery was to actually do some things I had talked about during my times of alcoholic drinking but which had never come to fruition...so I excitedly accepted the invitation.

I met them in Annapolis & we set sail in this beautiful boat on the Chesapeake Bay. It was August and was predictably very hot & humid. Sailing at night was spectacular with the

moon reflecting on the storied waters of the bay.

The sleeping quarters, kitchen & bathrooms were below deck in the hull and on the first day out I observed that the following utilities were not functioning properly ... toilets, air conditioning, hot water heater, cook stove, two way radio, refrigerator (food spoiling and no ice).

Christopher was mortified but I told him it was O.K., that I really wanted to rough it anyway. I don't think he believed me.

The 2nd night out, while we were marveling at the bright lights of Atlantic City from our view on the port side, the wind began to blow in a way that made me think that it was not an ocean breeze.

Suddenly, or it seemed that way, we were in the midst of a storm and the boat was rocking and spinning. My hosts both become sick and retreated to their quarters below ... leaving me to attempt to steer the yacht!

Miraculously when the storm finally subsided we were still afloat and all hands were accounted for.

By that time we were approaching the port of New York and I suggested that we dock, go ashore, rent a room for a few hours in the seediest hotel we could find and take showers, change into dry clothes and go out for a hot meal before proceeding on our Journey.

Everyone agreed.

However, unbeknownst to my companions, I had another plan. After the meal we returned to the Bates Motel to prepare for boarding and I made a call to my office.

The, with an air of great disappointment, I reported to my friends that, in my absence, a very knotty problem has arisen which required my immediate personal attention and, therefore I would have to forego the balance of the voyage.

I then headed for Penn

Station and caught the first train to Baltimore and from there a taxi to Annapolis where my car gratefully was awaiting my return.

On reflection, what did it mean in the great scheme of things?

Perhaps nothing, but maybe there was something spiritual to be gleaned from this possibly fatal experience.

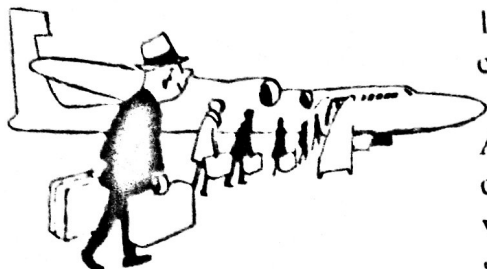
Driving home I prayed sincerely prayers of thanksgiving for my recovery, admitting that I could not have survived this dangerous set of circumstances without the intervention of my Higher Power.

I acknowledged, in my prayers, what the consequences could have been had I not been sober.

Through all of this wind and water and the failure of man-made instruments there was a powerful message for me to contemplate for a long, long time.

AA member
Bill C.

TRAVELING HIGHLIGHTS



AA member Richard A. recalls his memories of meetings away from "home"...

"When I visited Oakland, MD. this past winter, it was refreshing to know that life moves forward for a recovering alcoholic when it comes to meeting events, ... even if they are with Mountain Folk.

I went to a meeting in one of the local Nursing Homes and Robert D., a resident of the Nursing Home, threw the unexpected on the chairperson.

He stated he was due for his Golden chip of 50 years recovery. Whoops ... this wasn't expected !

Who carries fifty year medallions in a nursing home?

Good thing we had two 15yr chips and one 20yr chip to equal 50.

And it was nice to have a copy of the newest Grapevine in my possession to give him since we didn't have a birthday cake.

As a lot of people like me know, family support in the recovery process sure does make it much easier.

Case in point:

My day started at 7:00 am driving to VA to pick up my Mom so she and we could visit her 96 year old Dad in western Maryland.

As we traveled, I tried to calculate the timing to allow a "meeting" when I got to MD. (I'm sure it wasn't because I was in a car with my Mother for 7-8 hours)...

anyway....

We arrived in Oakland

Maryland at 7:45 pm with plenty of time to spare.

I had enough time to either go north to Grandpas' house, & get there by 8:00 pm or go to a "meeting" in the East end of town.

After being in the truck for the last 7-8 hours, I didn't want to "inconvenience" my mom and her comfort and explained the same to her and asked her if she wanted to go straight to Grandpas'.

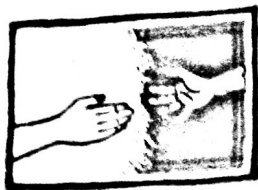
She said, "Nope, I haven't been to the Wal-Mart here in a few months and I'm sure I need to get Grandpa some chocolate anyway.

Take me there and you go to your meeting and we'll go to Grandpa's when we are done."

And that's how AA works ... with the help of our families.

I would like to thank all family members for your unconditional love and support."

CARRYING THE MESSAGE



"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 AA 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 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 that 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.

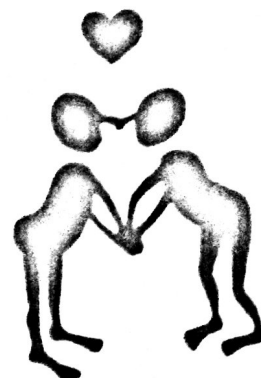
Thank you, Kay C., and all the great AA people in the Sandhills.

(PS: we did no damage to your beautiful building and left it clean as a pin.)

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

(Harold F., a traveling AA friend from Palm Bay, Fl. wrote this in 2006. It has been a long time since we've seen him and hope that he is well.)

An old-timer's warning to the newcomers in AA ...



"If you're looking for a relationship in AA odds are good you'll find one.

BUT BEWARE ...

It often follows that the goods will be odd !



The Bluebird of Happiness is NOT another swallow
