



Volume 15, Number 2, May 2016

FOR YOUR INFORMATION

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KUDOS TO OUR DISTRICT 52



Have you seen the meeting schedule that our District supplies? It is a very thorough and easy to read document that lists all the meetings in Moore, Lee, Hoke, Richmond & Scotland counties.

For many years the Intergroup has supplied a list of meetings in Moore County only but it was decided at our last meeting to forego this. We will continue to pay our share but it was redundant to be on both schedules so we have combined forces.

In the future please give all corrections, changes and updates to:

Dave W., Schedule chairperson, District 52

MY FIRST TASTE of the BUBBLY !



I was 17 in 1950 and, believe it or not, I had never tasted alcohol. My folks were not drinkers and it just never seemed like the thing to do. I guess that's why I can remember my first drink so clearly. It was after a tennis game and I was exhausted and sweaty. My partner insisted that a cold beer was just the thing to fix that. This would have sounded ridiculous coming from one of my nerdy schoolmates but my partner was (sigh) a college man and that made it seem sophisticated and daring

We jogged over to his car and he popped the lid off a can of beer that he'd kept in his cooler. He poured it into a mug and handed it to me. I tried to act casual as I put the foaming drink to my mouth but the taste was ATROCIOUS and I spit most of it out ... so much for my "College Man".

Looking back I wish I could say it was the last time that alcohol was part of my life; but that's not true. Nor have I ever

been able to pinpoint when my social drinking became a problem and turned into alcoholism. I was 56 years old before my husband finally faced what I could not. He and my children joined forces and held a family intervention which forced me to take action. That was the start of a long journey that started on June 29th 1989 at a treatment center in Charlotte, NC and continues to this day.

I won't belabor my 28 days there but will say that it was a most frightening (and, finally, exhilarating) month. As some of you might know, most treatment centers rely heavily on the teachings of Alcoholics Anonymous and this was no exception.

I did not, at first, embrace their concepts. I didn't even enjoy going to the meetings and I will always be in awe of those who find AA on their own and make it work for them. However, as my mind cleared and my body healed I found that I was open to a new way of life. I willingly became part of this huge fellowship.

If there is one thing I've learned it's that there is endless love that floats around unclaimed. It may sound corny but, as we all know, that's how it works in AA.

Doctor's, nurse's, lawyers, executives, nuns, dock workers, janitors and even those who are freshly out of jail ...they are all part of this amazing fellowship of love and tolerance. As it says in our Tradition #3 "The only requirement for membership is a desire to stop drinking" and that opens the door to anyone who wants it.

My husband died in 1990. I've often wondered what would have become of me if he hadn't shown the courage to make me face what I couldn't see for myself. Thank you, Richard, you are my hero.

Ginnie D., Vass Group

ATTITUDE

by Charles Swindoll

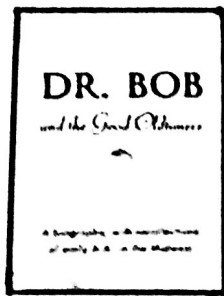
"The longer I live the more I realize the impact of attitude on life.

Attitude to me is more important than facts, than the past, than education, or money or failure or success, than what other people say or do. It is more important than skill, than appearance, or giftedness.

I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you.

**WE ARE ALL IN CHARGE
OF OUR ATTITUDES !"**

BOOK REVIEW



Reflections on: "Dr. Bob and the Good Old Timers"

(Written 12 years ago by the late AA member Penny L.)

Recently I started thinking a lot about our co-founder Dr. Bob Smith. I realized that I really know very little about him. The only Dr. Bob quote I have heard is "remember Bill, let's not louse this thing up. Let's keep it simple". Those were his last words to Bill and I think probably some of the most important ones.

Beginning in early sobriety I learned a lot about Bill Wilson from numerous books filled with his articles, letters and speeches. Perhaps if Dr. Bob had lived longer he would have had an opportunity to write a book about the way he saw things.

Thinking all this I decided to read the book, "Dr. Bob & the Good Oldtimers". I came to

see that it was filled with reflections of early AA in the mid West. I began to realize what I had missed as I gained a new insight into what Dr. Bob was really like. I was awed by his selflessness and the sacrifices that he so willingly made to help other suffering alcoholics.

It was said of his dear wife Anne, that she really loved the alcoholic. Surely that is true because the book tells of how she lovingly & directly helped with the many sick alcoholics as well as their families during those painful and frightening times.

According to co-workers Dr. Bob spent so much time helping alcoholics that his medical practice suffered greatly. He never charged charity patients and sometimes he and Anne could afford only bread & milk for dinner.

Many of the oldtimers said that not only would he go to any length to stay sober himself, but that he was more willing to go to those same lengths to help another suffering alcoholic

I was amazed at how Dr. Bob & Bill Wilson, seemingly so apart in personalities, were able to agree on and bring together their ideas that gave us our life saving program of Alcoholics Anonymous. I have no doubt

that they were divinely led by a "Higher Power".

All through the book are examples of the generosity of the families of the early AA members. The wives of the alcoholics were heavily involved in helping to get their spouses into the program.

From this book I learned of the AA involvement of the Oxford Group and how some of their teachings, aims and requirements were unacceptable to the early AA members. It was not easy to break away from the Oxford Group but I'm so grateful that they found the courage to do so. Our early members realized that they needed to have a group whose "primary purpose is to stay sober & help others to achieve sobriety".

I hope you will find the time to pick up and read this book. It is full of fascinating stories.

I will be eternally grateful for both of our co-founders and all the people who came before me. For it is by their combined efforts that Alcoholics Anonymous is alive and well and that I, if I continue to live by the principles, will continue to be "happy, joyous and free", one day at a time.

Penny L, much missed AA member of the Vass Group

MEMBERS MUSINGS



Those Who Leave are Free to Re-Enter

When I contemplate my difficult path to sobriety, I am ever grateful to the adage I have often heard in Alcoholics Anonymous... 'Those who enter are free to leave and those who leave are free to re-enter.' I have done so...entered, left, and re-entered on so many occasions over the past few years.

It remains remarkable to me that the hands, the arms, the spirit of AA can be so generous. To never exclude me. To never give up on me or send me home. No behavior so awful, so seemingly hopeless resulted in exclusion. Ever.

As you readers know, the Re-Entry Adage ends with the statement 'Those who stay, stay sober.' Today I believe this. I believe it because, finally and at last, I have begun to do the work that comes with truly sitting and staying with the 12 Step Program...the work absolutely requisite to achieving lasting sobriety, at least for this alcoholic.

Today, I do not rest on my laurels, though my laurels, in retrospect, were few. I did manage to avoid intoxication for a number of

years, back in Arizona, when my material world was intact. And by material world, I do not reference only tangible goods like the big house and the new car. I also refer to institutions like marriage and the intact family; professional certifications and licenses; the meaningful career and solid social standing...all the wonderful labels and images I was destined to lose, like wife, mother, neighbor, friend.

In the end, I lost all these things . because I chose intoxication, escape, return to active alcoholic addiction, over the hard work required for sustained sobriety. Apparently I was not ready for a recovery centered life.

Where I really fell down, where I really failed in the Program, is right in Step 3. I can look back and see that I did not surrender to a Higher Power at all. I understand today, from a perspective that I believe is genuinely sober, that I was clinging to my material world and I was relying on my simple human power to remain sober.

Oh yes, I worked the Steps and followed direction and even participated as best I could. On paper, folks thought I looked pretty good. They told me so, and I sometimes believed them. But I was relying on my frantic and misguided human efforts, and I was doomed to fail. I was doomed to drink again., and, in the end I wanted to drink again.

But a couple of miracles took

place. In the first miracle, I continued to ask for help and to place myself in the path of Alcoholics Anonymous. Surely that was God working in my life.

In the second miracle, the hands of AA continued to reach out to me and to offer help. This continued even when I was no longer certain that I wanted help, when I myself had come to believe that I was constitutionally incapable of attaining lasting sobriety. I was still working alone.

For me, this is the most amazing element of Alcoholics Anonymous ...that the gentle people who make up the AA community here and throughout the world continue to provide unwavering support to the still sick and suffering alcoholic simply because he presents himself for help.

In my own case, I presented myself for help over and over again. And I kept getting help. Today, because of AA, I am living a recovery centered life based on the principles of the 12 Steps. I am living a life worth living. I am interested in my own life, and I take an interest in the lives of others.

I am forever indebted to the people who came before me, who showed me the way to this better life. My plan today is to stay ... so I can stay sober.

Thank you.

AA member: Marilyn G.

TRAVELING



HIGHLIGHTS

(Once again we honor one of our AA members who has gone to "the big AA meeting in the sky". The following was written 10 years ago.)

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 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 there. 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 everything. 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 a guy and his wife who looked familiar to me. At the same time we said, "I know you from someplace."

Dan, my long 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 chip ! Since that time Sally and I have had 2 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 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 you in the same boat rowing together.

I have many other tales about the meetings of old friends and 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.

Written by our late AA friend:
Buddy Mc

Alcoholics Anonymous has been called an Upside-down organization because the "final responsibility and ultimate authority for...world services" resides with the groups - rather than with the trustees of the General Service Board or the GSO (General Service Office) in New York.

AA is the one place where the "little guy" has the chance to be heard. Our Home Groups are autonomous and vary greatly but we all have the right to present our views, concerns and suggestions to our District. They, in turn, will relay these concerns through the Area and on up to the General Service Conference.

All of these organizations are self supporting and rely upon the generosity of the Home Groups to keep them going.

Note: The Sandhills Intergroup is not a part of the structure of the Fellowship. We are an organization formed to provide services for the AA community in the county of Moore.

The Intergroup does not act as mediator or make any suggestions or recommendations. We have no voting privileges.

The Sandhills Intergroup provides local services that would be difficult for any one Home Group to handle... such as the answering service, the placement of literature in public places, the publication of this Newsletter, etc.

We rely upon the generosity of our Home Groups and would like to thank each and every one for the support that has been given to us...so that we are able to continue serving you.

STRUCTURE OF THE FELLOWSHIP (as represented in our Sandhills area)

HOME GROUPS

The registered Home Groups in Moore County send an elected GSR (General Service Rep.) to the quarterly District Mtgs. They also elect an alternate GSR to cover when the other is unable to attend. The views and/or concerns of the group are presented at these District meetings.

DISTRICT 52

District 52 is made up of 5 counties: Moore, Richmond, Scotland, Hoke & Lee. GSR's from the Home Groups of these counties make up the membership and representatives are chosen from this group to attend the Area Assemblies. District officers are also elected from this group and serve 2 years. The offices are that of DCM (District Committee Member), an alternate DCM, a secretary and a treasurer.

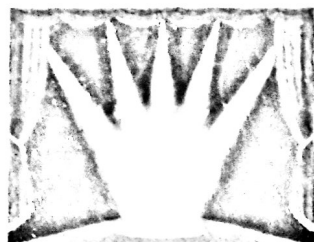
AREA 51

This is the final link between AA in our State and the world services of AA. Basically, the area committee is composed of all district committee members, those from each district whom GSR's have elected to represent them. The officers are elected from this group and also serve on a two year basis. Area Assemblies are held 3 or 4 times a year and a delegate (and alternate) are elected to attend the General Service Conference of that year.

GENERAL SERVICE CONFERENCE

This is a yearly conference made up of word-wide delegates chosen from the Area Assemblies. The concerns and suggestions of local home groups, such as ours in the Sandhills, finally get to be viewed and voted on at the conference. Everyone who is a delegate has a voice and a vote.

SPOTLIGHTS ON OUR GROUPS



The West Side Group

In the summer of 1989 a group of AA members staying in west Southern Pines decided that they should start an AA meeting there. 5 members and one newcomer with a kid started meeting at the Cornerstone Lodge on Gaines Street.

Not long after that they moved the meeting to the Southern Pines H.A. Community Center on Mechanic Street. They registered as a Group with GSO (the General Service Organization of AA) and voted to call it the West Side AA Group.

Soon the Group outgrew that location too and they moved to the First Baptist Church on Gaines Street. Finding they needed an even larger locale they moved to the Douglas Center on Pennsylvania Ave. which is their present location.

The West Side Group is a large

and diversified group who meet every Wednesday night at 8pm. It is an open discussion meeting and the last Wednesday of every month is an open speaker meeting as well as a covered dish eating meeting and group members who are celebrating an anniversary pick up their chips then.



Mrs. Garland Farrell, Mrs. Belle Blue Pleasants and Mrs. Franklin Delano Roosevelt at the dedication of the new Community House in 1941. It was built with W.P.A. Labor and donated by Mrs. Henry Page Jr.

AA member Wayne M. sent this newspaper clipping to us for publication in our Newsletter. It is self explanatory.

The Community House that it refers to is now rented from the town of Aberdeen and houses 24 AA meetings per week, as well as special events and District and Intergroup meetings.

Historical Facts of AA



Jack Alexander's article in the March, 1941 issue of "The Saturday Evening Post" greatly influenced the growth of AA. However, it is his 2nd article, written much later that has become legendary.

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 and their families all over the world.

In 1950, just shy of 15 years after the founding of AA, the "Saturday Evening Post" ran a follow-up article by him called "The Drunkard's Best Friend".

Both of these article are on the Internet and will give the reader a crash course on AA's early days.

DISTRICT 52 NEWS

Officers for DISTRICT 52
DCM: Vic L.
Alt. DCM: Jason W.
Treasurer: Constance P.
Secretary: Rebecca R.

District 52 Business Meeting

June 5th – 2 pm

(before Unity Day starts)

Aberdeen bldg.

SPRING ASSEMBLY

June 11 – 12

at the Hilton North
Raleigh, NC

69th North Carolina STATE CONVENTION

Speakers, Marathon Mtgs.,
Old-Timer's panel
Dance & Workshops

July 28-31
Hilton North Raleigh

UNITY DAY

June 5th
4 to 7 pm

Don't miss this
fun-filled day.

Hamburgers, hot dogs
on the grill.
(bring goodies to fill
out the menu.)

Games for the kiddies

The Play

8 PM AA meeting

A full day of food, fun
&
FELLOWSHIP!

AA GEMS

"If you're wrapped up
in self you make a
very small package"

"The 12 Steps are like
the 12 wrenches ...
they will fit any nut
who walks through
the doors!"

"To keep it we must
give it away."

Sandhills Intergroup

A central office established
to aid groups and meetings in
Moore County in order to
carry the AA message to the
alcoholic who still suffers.
We provide:

- * 24 hr. Answering service
- * Website
- * Newsletter
- * Recorded speakers
- * P. I. Group that distributes
AA schedules and material
- * Adopt-a-Pro packets for
Professionals

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

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PO Box 2513
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1-800-496-1742

www.moorecountyaa.org

E-mail
Postmaster@moorecountyaa.org
