

Sandhills
Intergroup



NEWSLETTER

Volume 2, Number 3, September 2003

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FOR YOUR INFORMATION

UPDATING THE 12TH STEP ANSWERING SERVICE LIST

September will be the time that we update and revise our 12th step Answering Service List.

Anyone who is a member of AA in Moore County with one year or more of sobriety is eligible, and **ENCOURAGED** to be on the list.

The Answering Service works like this: the caller dials 1-800-495-1742 and will be in contact with an operator who provides meeting information, including directions.

If the caller is in distress the operator will explain that she is not an AA member but will contact one of us on the list and that we will call them back as soon as possible.

The operator will take the caller's first name only and their

phone number.

The operator then refers to our 12th step Calling List and will keep trying to make contact until successful.

The operator, at no time, gives out our names or phone numbers. We thus retain our anonymity.

It is then up to the AA 12th Stepper to return the call & to share his or her experience, strength and hope with the caller. This often results in the newcomer being picked up for a meeting or being directed to one.

But, often it is just the contact with another alcoholic that will be of help to the caller.

Here is an opportunity for you to give back to AA. If you miss the update, which will be mid September, just contact any member of the Intergroup to be sure you are included.

DISTRICT 52 NEWS... CPC & PI Committees

Many members of AA are unaware of what the CPC (Cooperation with the Professional Community) and PI (Public Information) committees do & that these committees are taking root in our district.

Our service committee can bring the AA message to professionals and to students at professional schools in our community, helping them to understand how & why AA works.

AA has always valued friends in all professional fields. These associations have been mutually beneficial and completely in keeping with the AA Traditions.

The service committee of District 52, through it's CPC, (Cooperation with the Professional Community) committee delivers the AA message to these groups and helps them to understand how and why AA works.

We are an action oriented committee whose primary purpose is to carry the message to all alcoholics who still suffer. There are no prerequisites for joining and anyone interested is welcome.

CPC is actively separate from Public Information, treatment or corrections work. Members of

CPC committees inform professionals and future professionals about AA...what we are, what we can do and what we cannot do. They attempt to establish communication and to find simple, effective ways of cooperating without affiliating.

Cooperating with nonalcoholic professionals is an effective way to carry the message to the sick alcoholic. These could be a family doctor or other health professional, a member of the clergy, a law enforcement or court official, an educator, a social worker, an alcoholism or other counselor, or anyone who deals with problem drinkers in the course of their work.

A look at our history shows clearly that cooperation with professionals has been an integral part of the fellowship since our beginning. AA might never have gotten off the ground, or progress would have been much slower without the help of non-alcoholics such as Dr Silkworth, Sister Ignatia or the Rev. Sam Shoemaker.

The District 52 CPC committee meets from 9 to 11 am on pre-determined Saturdays in the Aberdeen building on Wilder St., Aberdeen. We consist of members from the counties of Moore, Richmond, Hoke, Lee and Scotland. Contact Bob G (910-949-3483) or Mark N. (910-692-3403) for information.

The AA Service Manual, "AA's Legacy of Service" pg S1 states:

"Our Twelfth Step..carrying the message..is the basic service the AA fellowship gives; this is our principle aim and the main reason for our existence.

Therefore, AA is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die"

PUZZLE

Unscramble the words and find what Dr. Bob said to Bill the last time they spoke.

SMIPK

— — —

TURSIM

 — —

DEELU

 — —

PIENO

— —

"Remember, Bill...try to

— — — — —
— — — — —"

LITTLE KNOWN FACTS OF AA



WHO IS CAPTAIN JACK ?

Have you ever wondered what it would be like to have no AA meetings available ...or to be physically incapable of getting to one?

Even in this day and age of the computers there are recovering alcoholics who have no access to AA meetings.

Thanks to Captain Jack S, however, they do have access to a bimonthly, confidential, bulletin called the "Loners-internationalists Meeting" (LIM), distributed by the General Service Office of AA.

LIM began through the efforts of Captain Jack, a sailor who found sobriety in AA & understood that to maintain this he needed to reach out to other members through correspondence.

In March, 1946 he wrote a letter to GSO requesting information on AA contacts because he was ... "still at sea on an oil tanker and I have few contacts ashore with AA and have to rely on the Book and the Guy upstairs".

A GSO staff member provided Captain Jack with the name of AA contacts and encouraged him to write to them, which he did.

Two years later, in 1948, he wrote a 3 part article for the "AA Grapevine" based on this correspondence and entitled "A Loner at Sea". Letters poured in and he decided to respond by starting a "Round Robin Meeting" via letters. This was to become the bimonthly bulletin LIM

If you want to get involved, here's how it works today. A GSO staff member coordinates the Loners, Homers and Internationalists correspondence service, which is open to AA members in one of the categories listed below:

LONER....member unable to attend meetings regularly due to no AA meetings in the vicinity where he or she lives.

HOMER...member who is unable to attend AA meetings due to a physical incapacity.

INTERNATIONALIST... an AA member working on a sea-going vessel for long periods.

PORT CONTACT...member willing to serve as a contact for Internationalists when in port.

LONER SPONSOR...member active in AA meetings who shares his or her experiences & group activities with LIM ... (a Loner Sponsor is not a "Loner" or a "sponsor" in the traditional AA sense.)

To participate, an AA member must: 1) read & write English, 2.) provide a permanent mailing address and 3) be willing to share experience, strength and hope through correspondence.

Interested AA members who fit a LIM category may contact the Loners Assignment, c/o GSO, PO Bx 459, Grand Central Sta., New York, NY 10163 or e-mail Lim@aa.org.

Some of AA's phenomenal growth is attributed in part to Captain Jack and hundreds of Internationalists like him who, sailing the seven seas, carried the message wherever they dropped anchor.

Captain Jack retired to Portland, Maine, where he continued to answer the many letters he received... and he died there in Dec. 1988 at the age of 91.

Captain Jack S had celebrated his 42nd AA birthday just months before his death.

Ginnie D.
Vass Group

Overheard at a funeral service:

"Poor boy. He tried everything but he couldn't stop drinking."
"Did he ever try AA?"
"Oh, my, no...he never got that bad!"

TEST YOUR AA-IQ!!!



1: The Appendix II in the Big Book of Alcoholics Anonymous addresses the _____.

2: The "only requirement for membership in AA is _____."

3: "_____ is the Number One offender", according to the Big Book, pg 64-65..

4: Bill's wife _____ is credited with setting the example for the Alanon program.

5: The first copy of Alcoholics Anonymous was published in the year _____.

6: The first AA group was formed in the year _____.

7: H.O.W are the "essentials of recovery." The initials stand for: _____
_____ & _____

8: "Alcoholic's Anonymous" is now in it's _____ printing.

9: The AA program has been introduced into approximately _____ countries.

10: The forward to the first edition of the Big Book stated. "We of Alcoholics Anonymous are more than _____ men & women who have recovered from a seemingly hopeless state of mind & body." This was in 1939.

TRAVELING HIGHLIGHTS



TRAVELIN' LIGHT, wsp

We begin our travels in the early morning hours of April 19, 2003 at approximately 4:45 am. We were on a road trip for what was to be one of two incredible weekends of live music.

We left town and headed to Philadelphia to go and see our favorite band "Widespread Panic", good southern rock & roll. The show was at a venue that seated approx. 2,000 people which is a rarity for this band.

We were truly blessed for the seats that we got for the show. We had front row & center seats

& we could literally put our water on the stage with the band. This is the closest we had ever been to the band.

We got into town at about 1:30 in the afternoon & got checked into the hotel room. Next we proceeded to get on the phone & start calling friends that we knew were going to the show.

The neat thing about this is that many of the concerts that we go to have sober groups at the shows for those who need it. That is how we had phone numbers to get in touch with people from all over coming to the show.

We also called to get directions to AA meetings in the Philly area in case we needed to get to a meeting. So our friends that we met through Gateway, the sober fans of "Widespread Panic", got together & hung out for the rest of the afternoon.

We had a wonderful time talking sobriety and enjoying good cheese steak sandwiches while walking through downtown Philadelphia. It was a great experience to talk of past lives & especially the new ones that we are building while staying sober.

Then it was time for the show. At most shows, but not all, there is a table set up exclusively for the Gateway people. Before the show started I went to look for

the table and maybe meet someone, like me, that I had not met before. Unfortunately there was no one attending the table. However, the band was selling autographed copies of their new release so we each picked up a copy.

The show was incredible and I (Jimmy) comprehended the word serenity during one of the songs. This has only occurred a few times in the 2 years that I have been sober. I can only describe it vaguely, but I can tell you that it felt like the rush that I had during my years of drinking. The Higher Powered void that I had for so many years was temporarily filled completely.

We woke up Easter morning with no plans for the day. It was truly amazing to me how quiet a major city could be. It seemed like we were the only people awake. After a quick bite to eat from one of Philly's finest street vendors, we decided we had enough time, if we left right away, to go see a major league baseball game at Camden Yards in Baltimore

So, back on 1-95 we went, heading south. We arrived at the stadium in the middle of the second inning. What a beautiful day, 72 degrees & not a cloud in the sky !! Words cannot explain the gratitude we had to be sober & to enjoy all aspects of a day

at the park. When the public address announcer said "Please don't drive if you've had too much to drink", we both looked at each other & just laughed. We don't have to worry about things like that today. We were truly blessed with this opportunity.

The following weekend was time for the band to start the southern swing of the Spring tour. This began in Raleigh for 2 nights and a 3rd in Charlotte. Again Darryl & I made the road trip and spoke of recovery and certain aspects of our lives to help each other along and encourage each other in our sobriety.

This time we met up with a friend who stayed with us at our hotel. This weekend, however, did in fact have people manning the Gateway table at the shows. It was a dear friend of mine that I met when I lived in Raleigh. They did have mtgs at the set breaks.

We had really close seats once again, fourth row. The reason we did so well this time is due to Darryl sending away the mail order form in a timely manner. This is something that I could not have done during my days of drinking, and that is a fact. Both Raleigh nights were wonderful fun. Sunday Apr 27 was the show in Charlotte, NC. This was also very special because we knew that Darryl would have

back stage passes for the first time ever. Well, my Higher Power was smiling on me that day... I too got a backstage pass.

This was truly a gift that I was grateful for. That was the closest I have been to any of the band. I even got to say Hi in passing to all the band members. Darryl talked with the Bass player & the lead Guitarist and came back with goose bumps the size of Mt Saint Helena. We did get a picture or two with some of the band members.

You know it is comforting to know that we can have more fun now than we ever had when we were drinking, and remember all of it. Today we are happy, joyous & free, as it says in the Big Book. We have no worries because, if we do the work, our Higher Power always takes care of us

If you go to see some live music look for the yellow balloon. That is generally a good sign that sober people are around. This symbol was started a long time ago with bands like the Grateful Dead & has come into future generations of similar music genres

Thanks to Anthony & Cynthia who took care of our commitments while we were Travelin Light.

Darryl W & Jimmy B

SPOTLIGHT ON OUR GROUPS



Meetings ! Meetings !

I was looking at our AA meeting schedule, as distributed by the Sandhills Inter-group. It seems that for our area, and the few hundred members (whatever that number may be), we are blessed with enough meetings to accommodate most anyone.

There are 29 meetings weekly. Breakdown as follows:

Open discussion: 11 mtgs

Closed discussion 10 mtgs

Closed Big Book 3 mtgs

Closed Step 4 mtgs

Speaker 4 mtgs
(plus 2 more on monthly basis)

2 women's meetings.
1 men's meeting

Timewise:

10:00 am Thurs

10:30 am..... Saturday

11:00 am..... Sunday

Noon..... Mon thru Sat

2:00 pm..... Sunday

7:00 pm..... Sunday

7:30 pm..... Sunday

8:00 pm... Mon thru Sat

Smokers can indulge on 4 evenings (Wed, Thur, Fri & Sun at Aberdeen & Wed at Carthage.)

An early morning meeting some time ago didn't make it off the ground...maybe later !

There's a possibility of an AA History Group being formed in the near future. I'd like to see it happen

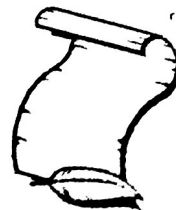
"Your roving AA"

(Editor's note:

In this article, written by an anonymous AA member, all AA gatherings are referred to as "meetings". In the next Newsletter we will try to have an article that will clarify the differences between a "group" and a "meeting".

No matter what the name, the intent is similar...and our primary purpose it to be there for the suffering alcoholic.)

MEMBERS MUSINGS



AA member Julie S writes:

"All I knew when I came to the fellowship of Alcoholics Anonymous was that I drank too much. I had no idea what God and this program had in store for me.

AA helps me to maintain my sobriety one day at a time. AA helps me to deal with life on life's terms without taking a drink. It gives directions on how to deal with people and relationships inside, and outside the rooms. It's my road map on living life with some peace of mind and freedom from self.

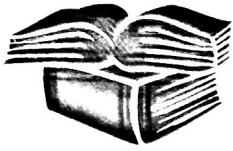
AA doesn't need me ! I need AA ! I hope I will ALWAYS remember that !!

I'm not sure where I would be today without the program of Alcoholics Anonymous. I can only imagine a very dark and lonely place.

The grace I have received since coming to this program overwhelms me. I'm just grateful I didn't get what I deserved.

What I believe today is that life, this program, & sobriety are all gifts from God....and for that I am truly grateful."

BOOK REVIEW



Learning About Conference Approved Literature.....

In my first year of Alcoholics Anonymous, in another state, my home group was a Step & Traditions meeting. We held Group Conscience meetings when a problem arose.

One of the problems solved by vote was the mixing of Conference Approved literature with Hazelden and other recovery material on our literature table at meetings. We voted unanimously to keep these on separate tables with a clarifying marker on each table.

We also voted to place a can for donations for medallions on the other table, since medallions are not sold by GSO, and thus not an official part of AA. We decided they should not be paid for by the money in the basket. When I had an anniversary coming up I contributed two dollars for a medallion, as others did...honor system.

From that group, and from my sponsor, I soon learned what

was Conference Approved and what was not, because I was given the service job of ordering literature.

My first surprise was that the "Twenty Four Hour Book", used by so many groups to open a meeting, is not Conference Approved. It had to go on the other table.

I learned that, since each group is autonomous, each is free to decide by Group Conscience what literature to use...as long as it does not affect other groups or AA as a whole.

A list of Conference Approved literature is available from GSO.

The Small yellow paperback "Living Sober" lists all AA books beginning on page 74. "The Grapevine" is sanctioned by the Conference Advisory Action as printed on Page 1 of each issue.

I now belong to the Saturday Morning Women's group in the Aberdeen building which voted, in a Group Conscience, to use only Conference Approved literature for discussion. If someone is unaware of this decision she is gently informed when other members notice.

One way of getting around this is to avoid using any book and to launch into a topic right from the heart. When this happens it can lead to an AA topic.

Often there is a wise "old timer" who speaks first and is able to relate it to the principles in AA approved literature, since these principles come from the hearts of the founders, as did the Group Conscience option.

I find it wise to honor group autonomy and to have an open mind about how each group keeps the Traditions. Pg 98 of the "Twelve and Twelve" states: "The world's libraries and places of worship are a treasure trove for all seekers". This sentence reveals the open mindedness of our founders for spiritual literature which we are encouraged to seek out & use.

I feel in no way limited to reading only AA literature, but if I am to feel grounded in the Traditions I avoid, in meetings, outside issues that turn up in my reading. Experienced AA members have helped me to find solutions in AA literature, while enjoying a wide range of other readings as well.

Myrna J

ANSWER to

"Word Scramble" Puzzle

"Remember Bill....try to

KEEP IT SIMPLE"

ANSWERS TO QUIZ

1. Spiritual Experience
2. a desire to stop drinking.
3. resentment
4. Lois
5. 1939
6. 1935
7. Honesty, Open-Mindedness, & Willingness.
8. 4th
9. 150
10. one hundred

SANDY HILLS



Anyone for a hug?

Ideas for the Sandy Hills cartoon? See Myrna J.

WHAT IS INTERGROUP?



We are a service committee formed for the purpose of supporting AA activities in the Moore County area of North Carolina.

Our goal is to improve communication and understanding among our AA groups in order to unite all efforts to better serve the alcoholic who seeks the help of Alcoholics Anonymous.

The Sandhills Intergroup is comprised of interested volunteer members and representatives from the AA groups in Moore County.

The ideas and suggestions of the local AA members are welcome and all are encouraged to attend the monthly meetings at 9 AM on the first Saturday of each month at the AA building on Wilder Ave. in Aberdeen.

Sandhills Intergroup is financed by local AA groups. The treasurer presents an annual estimated budget and, with the continued support of the AA groups we anticipate continued success.

The Public Information Committee of Intergroup distributes

lists and literature to local hotels, motels, hospitals, comm. buildings, law enforcement, mental health and medical and professional agencies

Volunteer support from the Moore County AA community is needed to help with Intergroup functions as listed below:

1. Maintain a 24 hour answering service to:
 - A) provide meeting information to callers.
 - B) answer 12 step calls. (The answering service has a list of AA volunteers who return these calls and give assistance)
- 2) Maintain a website with meeting information, News letter and directions.
- 3) Update and distribute meeting lists and AA approved information Pamphlets

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