



Volume 9, Number 3, Sept. 2010

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FYI ...

Updating the 12th Step Answering Service list

It's September and time for our yearly update of the 12th Step Answering Service List. If you are currently on the list your name will remain active unless you tell us otherwise.

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.

We receive fewer calls now than we used to get ... due to the advent of our website ... but it is still critical that we have an active & dedicated list of volunteers on hand to take the calls.

Please contact the Intergroup Ans. Sv. Chairperson, Deirdre, or any member of the Intergroup, if you are interested in joining.

FYI ...

Planning the upcoming Holidays & the Marathon

The 2010 Holiday Season is fast approaching and the support of ALL the groups and meetings is needed to make this a success.

Early in October a meeting will be held at the Aberdeen building to form a committee responsible for the 2010 Thanksgiving and Christmas suppers as well as the Marathon & the decorating of the building.

BE PART OF THE FUN - ATTEND THE MEETING, SIGN UP TO SERVE, AND YOU'LL MAKE IT THE BEST HOLIDAY SEASON EVER !!

CARRYING the MESSAGE



PEARLS

AA member Julie S.
carries a small note-
book with her at all
times.

Cost of the notebook?

Pennies

Value of the notebook?

Priceless !

Why? Because it's
filled with pearls of
wisdom that she's
heard in AA.

Here are some of the
"pearls" ...one's that
she gathered at the 75th
AA Convention in San
Antonio this year.

*I walked on the back of
"Giants" who came
before me to stay sober
and for that ...I salute
you.*

STEPS:

Solutions

To

Every

Problem

Sober

*I am as grateful as I
know how to be.*

*My power is in my
experience !!*

*Courage is fear that
has said it's prayers.*

Love and Service

Prayer:

"Show me the way"

Prayer:

*"Help me to want what
I have ... the good and
the bad."*

*My God is bigger than
that ...*

*Willingness without
action is fantasy !*

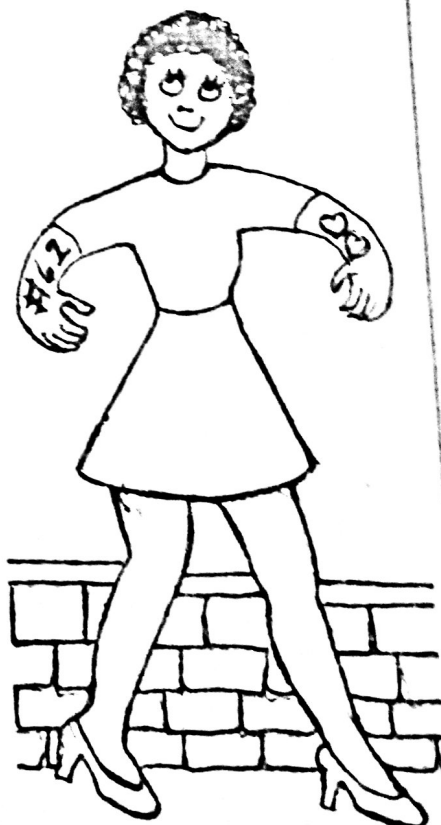
*How you pay AA back
is through:
#1 7th Tradition basket
#2 Service !*

*It's not the fall that
hurts you ... it's the
landing !*

Love others.

If any of you readers
have "pearls" we'd
love to include them in
our Newsletter. Just
pass them along to any
member of Intergroup.

SANDY HILLS



**My latest Tattoo
Rule #62**

HISTORICAL FACTS OF AA ... Rule #62

Rule 62..... has been around the halls of AA since 1946. But, where did it originate?

Believe it or not the whole story is in your copy of the "Twelve Steps and Twelve Traditions" in the Tradition #4 chapter "Each group should be autonomous except in matters affecting other groups or AA as a whole". Here is a portion of how it reads:

When AA was still young lots of eager groups were forming. In a town we call Middleton, a real crackerjack had started up. The townspeople were as hot as firecrackers about it...they figured the town needed a great big alcoholic center, a kind of pilot plant that AA groups could duplicate everywhere.

Beginning on the ground floor there would be a club; in the second story they would sober up drunks and hand them currency for their back debts, the third deck would house an education project...in imagination the gleaming center was to go up several stories more, but three would do for a start.

Of course there was a promoter in the deal...(and he) organized three corporations and became president of them all. Soon things began to hum. To insure fool-proof continuous operation, sixty one rules and regulations were adopted. But, alas, this bright scene was not long in darkening and confusion replaced serenity. It was a beehive of activity, all right, but, unlike a beehive, it was confusion compounded.

An AA group, as such, simply couldn't handle this sort of project. All too late that was discovered ... and then came the inevitable explosion. A chill chokedamp of fear and frustration fell over the group.

When that had lifted a wonderful thing happened. The head promoter wrote the Foundation office (GSO today) and said he wished he'd paid some attention to AA experience. Then he did something that was to become an AA classic. It all went on a little card about golf-score size. The cover read: "Middleton Group #1. Rule #62". Once the card was unfolded a single sentence leaped to the eye:

DON'T TAKE YOURSELF TOO DAMN SERIOUSLY

TRAVELING HIGHLIGHTS



2010 International Convention of Alcoholics Anonymous

(How to do 2015 in
Atlanta for only fifty cents
per day !)

Our fellowship's biggest celebration, the International Convention, held once every five years is "an experience you must not miss" (Alcoholics Anonymous, pg 89)

I recently had the privilege of attending my second International Convention. It was held in San Antonio, Tx, July 1 thru July 4, 2010. What a powerful experience!

I learned through good sponsorship to arrive one day earlier and leave one day after the event. (kind of like showing up 20 minutes before the meeting and staying 20 after.)

I traveled Wed., June 30 with several people from the Primary Purpose Group as well as others from the local AA community.

Along the way airplanes filled up with AA members from other states. The flight from Dallas to San Antonio was almost exclusively members of Alcoholics Anonymous. It was fun traveling with a group to a common destination for a common purpose.

After checking into the hotel Wed., we walked across the street to the Convention Center, a huge building which housed the registration, displays, literature and many of the meetings. Imagine a building the size of a mall in Raleigh full of AA's.

While a lot of people were already there the full crowd (and the full effect) would not arrive until Thursday. Our activity Wednesday was limited to getting our badges and a little time to check out some of the booths.

I took my first tour through the Archives Display which contained many pictures and descriptions of early events, old newspaper articles about AA and even a copy of the original manuscript of the Big Book. What a powerful spiritual and emotional experience ! I spent most of my first tour

(and my second and third tours) through the Archives with tears of gratitude in my eyes.

The International Convention didn't kick-off until Thursday night so time was available during the day to explore the city and fellowship with friends. San Antonio is a beautiful city, with miles of "river-walk" that includes many shops, hotels, restaurants and even a mall. As the day progressed the city began to fill with people.

By dinner time Thursday approximately 65,000 people filled hotels, streets, the Convention Center and restaurants. Alcoholics Anonymous literally "took over" the city!

Thursday evening we planned dinner with about 20 North Carolina AA members and family. We ate in a restaurant that revolved on top of a 750 foot tower, giving us tremendous views of the entire city. Wow!

Thursday night several AA dances were available for partying and marathon meetings began at midnight.

The International was in full swing Friday. In

addition to the marathon meetings, the Convention Center housed about 25 different meetings to choose from every 1 ½ hours. These meetings varied from regional "meet your neighbors" to foreign language meetings to General Service meetings and everything in between.

These meetings were occupied by hundreds of people and some, even thousands of people. They continued all day Friday and Saturday. There was an entire hotel devoted to Al-anon and Alateen meetings.

The highlights of an International are the "Big Meetings: where everyone comes together at once. Wow! In San Antonio these were conducted in the Alamodome. The opening ceremony on Friday night included an introduction of the Chairman of the General Service Board of AA (Rev. Ward Ewing, non-alcoholic trustee) as well as the rest of the 21 Trustees of Alcoholics Anonymous (7 Class A non-alcoholic and 14 Class B alcoholics.)

Friday night also included the Flag Ceremony. All countries present have the opportunity to walk a flag

across the stage. AA currently exists in about 180 countries worldwide. About 90 of these were represented at the Flag Ceremony, including Iran, Afghanistan and the Peoples Republic of China.

For me it is was one of the most powerful experiences of the International to witness how far the "hand of AA" has reached.

The Flag Ceremony was followed by 3 diverse 20 minute speakers. This was followed by someone, anonymously (without any introduction, we don't know who she was) singing "Amazing Grace". Many of our group walked back to the hotel with tears of gratitude in our eyes.

Saturday was another day full of meetings and/or sight seeing opportunities. On Saturday morning our Delegate, Deborah A., spoke and did a great job.

That night the "Big Meeting" was an Oldtimer's Meeting where AA members with over 40 years are given special seating together. There were approximately 750 of them. They put their names in a hat and 12 were drawn from the hat to speak.

Saturday night also included a Sobriety Countdown. All AA members stood and then, beginning with one year we were asked to sit down year by year. The last guy standing has 63 years of sobriety!

Sunday morning we closed the Convention with 3 powerful speakers. All speakers, meeting chairs and panel participants are selected from AA members pre-registered to attend and no expenses are paid for them. It is very powerful to be surrounded by so many people sharing a common problem, bound together by a common solution. It was a powerful spiritual experience for me.

I would encourage all AA members to have this experience. The 2015 International Convention will be in Atlanta, well within driving distance.

Here's how all of our AA members can afford to go to Atlanta in 2015. *Share a ride, put 2 or 3 in a hotel room and just save fifty cents per day (less the cost of one soft drink) from now until 2015*

SEE YOU IN ATLANTA!

Richard P,
Primary Purpose Group

SPOTLIGHT ON OUR GROUPS !



GREAT START TO A NEW DAY

Those of us who travel a lot on business usually find one good thing about the cities we go to ... an early morning AA meeting that gets a day out of town started right.

A few of us started talking about why there was no early meeting in the Sandhills. There were certainly plenty of recovering alcoholics. There were probably a lot of people who would like to have a meeting early in the day.

The building was here. It's in a terrific accessible location, nobody uses the facility first thing in the morning, so why not start a meeting?

What we've heard many times in AA is "All it takes to start a meeting is 2 alcoholics & a "BigBook"

and the first "Early Risers Group" 7:30 AM meeting at the Wilder Building didn't have 2 people ... it had 7.

From that morning 'til now the "Early Risers Group" has grown a little every day with somewhere between 9 and 15 regulars, and others stopping by whenever they can. It's about the best way we recovering alcoholics can start the day.

"Early Risers Group" is a closed discussion meeting. The group conscience defined the mtg's purpose as follows:

The "Early Risers Group" values the presence of every one and believes that each of us sharing our experience, strength & hope is important to helping everybody. Whether we have days, weeks or months of sobriety, or many years, our experience will always be a tremendous source of strength and hope for others. We encourage everyone to contribute.

Everyone with a desire to stop drinking is welcome. The "Early Risers Group" regulars represent a broad sobriety cross section ... ranging from newcomers with weeks and months to

those with many years, and the group thrives on the sharing of our individual experience.

The group conscience has also agreed that early in the morning sometimes presents special scheduling demands and that coming late, or having to leave at a little after 8 to make an 8:30 work schedule is perfectly OK and requires no apology. Everybody is glad you're here whenever you can make it.

Come when you can...
7:30 AM every day.'

THE SUN WILL SHINE
JUST A LITTLE BETTER

Submitted by AA member
Howard R.



MEMBERS MUSINGS



Many long time AA members in Moore County will remember Arnold Garner.

He passed away on May 7th of this year & his niece memorialized him with this lovely eulogy:

"My name is Nancy C. Arnold was my uncle.

I am quite sure that everyone here today knew Arnold as the ultimate jokester. I never knew, "Is he serious, Is he joking?"

Most of the time he was setting up a joke to be on me or on whoever else might be his target at the time.

Nevertheless, in 1984 I came to know a very different side of Arnold. You see, I had come to a crossroad in my life. And when I was ready to talk about it Arnold was the one I knew I could safely call.

He listened to me carefully

and then responded quietly, "You've just taken the First Step". Six simple words. I had no way of knowing how important those words would prove to be.

After that time I developed a pet peeve when it came to Arnold. He would turn off the radio anytime we were in the car. To Arnold the radio was not important, but conversation definitely was.

Arnold was always available when anyone needed help or asked for his advice. Many times people felt comfortable confiding things to him that they would not think of sharing with anyone else. He had a way of helping others to see the light even when they may have felt only desperate hopelessness at the time.

This gift went beyond family, beyond friends. We all know that Arnold never met a stranger. In fact, when someone he did not know called upon him he was even more determined to make himself available. And he did!

I will always be grateful for the special bond that I shared with Arnold. It was in that context that he

introduced me to a prayer that I had heard many times before.

But with Arnold it was not something to be heard. It was a prayer that he lived by and passed along to others whenever he got the opportunity.

I think that Arnold would be smiling upon us if we prayed for a moment the prayer that meant so much to him and his fellows...

GOD, grant us the serenity to accept the things we cannot change; the courage to change the things we can; and the wisdom to know the difference.

*Living one day at a time.
Enjoying one moment at a time.*

Accepting hardships as the pathway to peace;

Taking, as He did, this sinful world as it is, not as we would have it.

*Trusting that You will make all things right if we surrender to Your will;
Trusting that we may be reasonably happy in this life...*

And supremely happy with You forever in the next.

Amen

Nancy C, Vass member