

Sandhills
Intergroup

NEWSLETTER

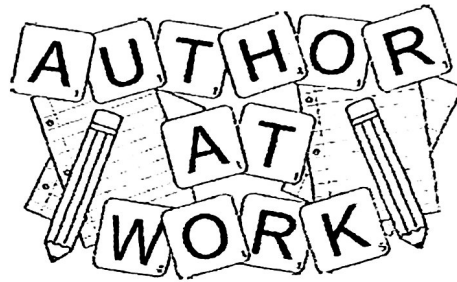


Volume 15, Number 3, September 2016

FEATURES:

- FYI
- Spotlight on
Our Groups
- Traveling
Highlights
- Little known
Facts of AA
- District 52
- Member's
Musings
- Carrying the
Message

FOR YOUR INFORMATION



Once again we welcome our readers and encourage you to become contributors.

The Newsletter is published three times a year. ...Jan 1st, May 1st, Sept. 1st ... and we thank you for your kind comments as to content. However, this is due solely to the articles that are submitted and written by YOU, the AA members in our community.

The Sandhills Intergroup is responsible for assembling & printing the publication but we rely solely on you to furnish us with informative and interesting articles.

Please see any Intergroup member for details, or, better yet, come join us on the first Saturday of each month at 9 am in the coffee room of the Aberdeen building.

Putting the spotlight on our morning meetings !



Eleven years ago a few men got together and formed the 7:30 Am "Sunrise Group" at the Aberdeen Building. The following article was written by one of those men at that time:

"As the early morning rays of sunlight flickered through the windows of the meeting room the leader opened the first gathering of the Sunday Sunrise Group with the Serenity Prayer.

It was a perfect sunrise on the threshold of the winter season. It was as if the hand of God had placed the sun and the window exactly where they belonged for the start of the new group.

Only five AA members were present, but, not surprisingly, the group conscience was at peace with the diminutive number of attendees seated around the kitchen table.

Today, despite some crowding, the Sunrise Group still meets in the kitchen, yet everyone always feels comfortable.

The discussion is grounded in the Big Book and the 12 Steps. The topic is presented in the form of a

question. Each participant answers the question with his or her personal experience.

Not unusual is the laughter and good cheer as both newcomers and old-timers share their stories. Quite appropriately the stories portray the solution to the question of recovery rather than languishing in the problem of alcoholism. The Sunrise Group is a comfort to sober alcoholics who dwell with God.

The Sunrise Group is a closed discussion meeting and meets at 7:30 AM Sundays at the Aberdeen Building.

**With the advent of
"The Early Risers Group"
we now have morning meetings
every day of the week !**

If you are an early riser this is the meeting for you. Ever since it began the "Early Risers Group" has been host to a large group of AA members needing a good head start to the day. The format is a closed discussion and the group conscience defined the meeting's purpose as:

"The Early Risers Group values the presence of everyone and believes that each of us sharing our experience, strength and hope is important to 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."

Anyone with a desire to stop drinking is welcome. The "Early Risers Group" regulars represent a broad cross section of sobriety, ranging from newcomers to those with many years and the group thrives on the sharing of their individual experience.

Early morning can present some scheduling demands for the working alcoholic so coming late or having to leave early to honor work hours is OK and requires no apology.

We meet at the Aberdeen building at 7:30 am, Monday through Saturday and look forward to meeting and getting to know you

Sandy Hills



Footwear for "trudging"

CARRYING THE MESSAGE



MORE PROMISES

Our "Big Book" contains many more promises than those listed on Pgs 83-84.

My first sponsor believed that if you don't give an alcoholic a decision to make he will flounder. Thus we rarely ended a discussion without him giving me a task of some sort and I had to decide whether or not I would perform it. Over the years I learned he was much more interested in my willingness than in the quality of my performance.

One such task was to read the Big Book in its entirety, over the next two weeks (there was always a dead-line !) and list all the promises which I found.

I have always been grateful for this kind of sponsorship and trust that these "other" promises will bring you the

serenity & courage which they've brought to me.

"I have seen hundreds of families set their feet in the path that really goes somewhere; have seen the most impossible, domestic situations righted: feuds & bitterness of all sorts wiped out. I have seen men come out of asylums & resume a vital place in the lives of their families & communities. Business and professional men have regained their standing. There is scarcely any form of trouble and misery which has not been overcome among us."

"All sorts of things followed. We had a new Employer ... Being all powerful, He provided what we needed if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans & designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn."

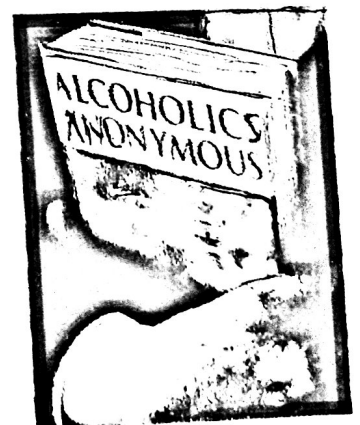
"If you persist remarkable things will happen. When we look back we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances."

"Yes, there is a substitute and it is vastly more than that. It is the fellowship of

Alcoholics Anonymous

There you will find release from care, boredom & worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead."

Written in 2005 by:
AA member, Bill H.



MEMBERS



MUSINGS

As I watched the news today it was reported that a famous, talented musician had died. The subsequent autopsy report revealed that his death allegedly was caused by an overdose of a powerful painkiller.

Until this time the musician had had a successful and long musical career and, during my adolescent years and on you could say that I was a big fan.

I don't know when or how long this musical genius had been taking this particular painkiller. I do know that my adolescent years is when I started taking my painkiller.

Mine started innocently

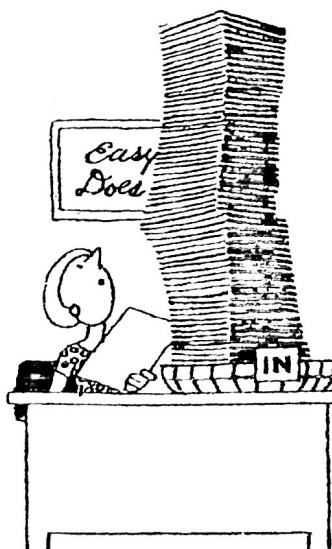
enough with alcohol, which led to my life becoming unmanageable. It was, and is, only by the Grace of God and the AA program that I am not dead today.

Today I know that the disease of alcoholism has no economic or social distinctions.

I don't know if this musical genius knew about AA and the other Anonymous programs. Maybe he did.

I do know what the "Steps" of the AA program say and following them has made all the difference for me ... TODAY .

Written by AA member:
Torin P.



KEEP IT SIMPLE

IN PRAISE OF A.A.

NO MATTER WHAT
HAPPENS IN MY LIFE
AA
IS HERE FOR ME.

GOOD TIMES, HAPPY
TIMES, DIFFICULT TIMES.
LOW POINTS, SEARCHING,
FINDING, HIDING...
THERE ARE THOSE I'M
CLOSEST TO IN
AA

LOVING ME, BELIEVING IN
ME, CHEERING FOR ME.
SUPPORTING ME,
HELPING ME.
GETTING ME THROUGH
EACH EVENT,
LARGE or SMALL.

THE GREATEST GIFT OF
ALL IS THAT I GET TO
GIVE
THESE THINGS MY
AA FAMILY
HAS GIVEN TO ME
BACK TO OTHERS !

THE KEY TO ALL THIS
RECEIVING AND GIVING
IS
WILLINGNESS.

I AM STILL LEARNING
TO RECEIVE
BECAUSE WITHOUT THAT
I CAN'T POSSIBLY KNOW
HOW TO GIVE.

A.A. member,
Rebecca R.

TRAVELING HIGHLIGHTS



An opportunity to work the Super Bowl 50 at Levi Stadium in Santa Clara, Ca. !?! This California 49ers fan was in, with secret hopes her team would be participating. We can all dream, can't we? I entered the contest in October and would find out in December.

Then it came. The email I was waiting for with SB 50 in the subject line. "This is to confirm that your application is complete and going to the NFL for processing and FBI background check." Hmmm, were my years in college going to catch up to me and keep me from going? No, it was expunged and I was confirmed in January. I would be selling programs at SB 50 & able to see the Panthers vs the Broncos. Oh my, what an amazing opportunity !

Then it hit me ...I was going to the biggest beer sponsored event in the U.S. Super Bowl was once synonymous with the Bud Bowl. How did I feel about this? Time to talk to my sponsor. With a plan we agreed I could do this. She had more confidence in me than I did. I was a sneaky drunk...if no

one saw me it didn't happen. I'm glad I came to the realization that all it took was for God and me to know. As February drew near we continued to talk about the plan... admitting I was an alcoholic going to the biggest excuse to drink on a Sunday needed to be in the forefront of my mind.

Finally the time had arrived, my adventure to my favorite city and birthplace would be happening. I was able to take a few days to tour San Francisco before training for the event. The weather was perfect for sight seeing and I stuck to the plan. I started each day as I do here, prayers & meditation ... reach out to another alcoholic and my sponsor on a daily basis and end each day with gratitude for another 24 and prayers.

Then the day before the big event we were trained. Not only did AA and my sponsor have a plan but the NFL had one too. The fastest way to be relieved of my duties would be to drink while in uniform and while wearing credentials. I REALLY wanted to see the SB 50, those credentials got me anywhere in the stadium & I wasn't going to lose them! Then Super Bowl Sunday !! It started with a bus trip to the stadium at 4 am followed by standing in line with thousands of other SB workers, program sellers to private bar tenders, media to concierge. At 6 am we were shuttled from one security check at Avaya Stadium thru 3 more at Levi Stadium, dogs and tanks included.

The calm before the opening of the gates is one of my favorite parts. Watching the players of both teams come out in regular clothes to check it out, security checking, checking & checking & media setting up but letting the athletes be. To have a hot chocolate in the first row on the 50 yard line and another in the highest seat up, best Swiss Miss ever !!! To leisurely stroll around the stadium knowing that the biggest football event in history was preparing to take place. I didn't notice it at the time but I wasn't thinking about drinking. I was there in the moment soaking up every bit of experience.

Then the gates opened, crowds rushed in & the noise elevated. Energy was building, seas of orange & light blue flooding. Trying to sell out programs before Lady GaGa went on stage, getting caught up with the excitement, a little tingle of claustrophobia.

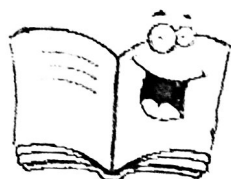
I could go on and on about my experience of a lifetime. The amazing part? I was able to fully, 100% enjoy, engage and feel and remember the event. I was open and present to whatever it brought...

I HAD NO DESIRE TO DRINK

I think people were drinking while I ventured around but that's not what I noticed. I did notice that a Bud cost \$12 because that was plastered everywhere!

Written by:
AA Member

AA



AA Humor

One of the things that often amazes a newcomer to the halls of Alcoholics Anonymous is the amount of laughter that is present. It is definitely true ... **we are not a glum lot !**

We know we are fighting a deadly disease ... one that will kill us if we are not diligent. However, laughter is our saving grace. It allows us to laugh at ourselves, to face our fears and our misdeeds and to put our lives into perspective. A type of "gallows humor" you might say.

For the uninitiated here are some of the funny quips and jokes that abound in AA:

"I would rather go through life sober, believing I am an alcoholic, than go through life drunk ... trying to convince myself that I am not."

"The bluebird of happiness is not another swallow."

(Overheard at the funeral of a young man who drank himself to death): **"Poor boy, he tried everything to get sober but it never worked !" "Did he try AA?" "Oh, my, NO ... he never got that bad."**

"The 12 Steps of AA are like 12 wrenches ... they will fit any nut that walks through the door."

"If you are wrapped up in yourself you make a very small package."

(The discussion topic was "half measures avail us nothing" and one member was listing all the reservations he had about the AA program...when another member piped up, saying):

"with that many reservations you are bound to take a flight someday soon."

"A warning to newcomers in AA... if you are looking for a relationship in AA odds are that you will find one. But, beware ... it often follows that the goods will be odd."

"An alcoholic is an individual who takes the most simple program and works on it until he has eventually reduced it to its most complicated form"

"We didn't get to AA by singing in church !"

KEEP IT SIMPLE

"Keeping it Simple" is not easy for the newcomer in AA. This is especially true when he or she comes in contact with the many paradoxical phrases that are heard in the rooms.

Here is a list of some of those phrases. Can you think of others?

"SURRENDER to WIN"

"LET GO ... HOLD ON"

"TAKE IT EASY ...but, DO IT"

"STRENGTH arising out of complete DEFEAT"

"To KEEP the gift of sobriety you must GIVE IT AWAY"

"The more we DEPEND on a Higher Power the more INDEPENDENT we become"

"Keep EXPECTATIONS LOW ...and the SKY'S THE LIMIT"

HISTORICAL FACTS

of A.A.



Bill W. & The Oxford Group

Thanks to the "60th AA Anniversary Album" for this article.

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

A well-to-do Vermonter named Rowland H. was able to get sober by attending Oxford Group meetings in New York City. They were held at the Calvary Church under the leader-

ship of the Reverend Sam Shoemaker.

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 suffer.

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

Bill had been ruined by chronic alcoholism and was considered helpless. After he 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 religious, 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 a Vermonter also and had already sought help from the Oxford Group.

When Bill and Dr. Bob first met in Akron, Ohio, the doctor expected to hear the rantings of an evangelistic do-gooder but instead he 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 were needed if AA were to become a successful formula for the treatment of alcoholics.

Unlike the Oxford Group AA has just one purpose, the desire to stop drinking. It is this Singleness of Purpose that has helped to keep millions of alcoholics sober.



DISTRICT 52
NEWS

Don't miss the next
District 52
Business meeting

Oct. 2nd at 2 pm
Aberdeen Building

**** Election of Officers ****
for
2017 - 2018

Open positions are:

DCM .
Alternate DCM
Treasurer
Secretary
Correction Facilities
Coordinator
CP/CPI
Treatment Rep.
Grapevine Rep.

ADDED BONUS

Workshop, skit and
Covered dish dinner

at the Oct. 2nd
Business meeting !

GSR's
(General Service Reps)

Critical to AA

The basic process of keeping our Home Groups and Meetings connected to the A A Organization starts with our GSRs and their attendance at District 52 meetings.

District 52 is made up of Moore, Hoke, Richmond, Lee and Scotland counties & meetings of the GSRs from these groups are held four times a year. They also attend Area (State) assemblies twice a year.

Last District 52 meeting of the year will be Dec. 2nd
2 pm at the Aberdeen Bldg.

“A Walk through the 12 Steps” workshop ... hosted by East Rockingham Group to be held at Samaritan Colony Oct. 8th 9am to 5pm (Light breakfast and pizza lunch will be served.)

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.

Published & distributed by:
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