



Newsletter

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S A N D H I L L S I N T E R G R O U P

The **ACTION** Issue



**“The thing that is
really hard, and really
amazing, is giving up
on being perfect and
beginning the work of
becoming yourself.”**

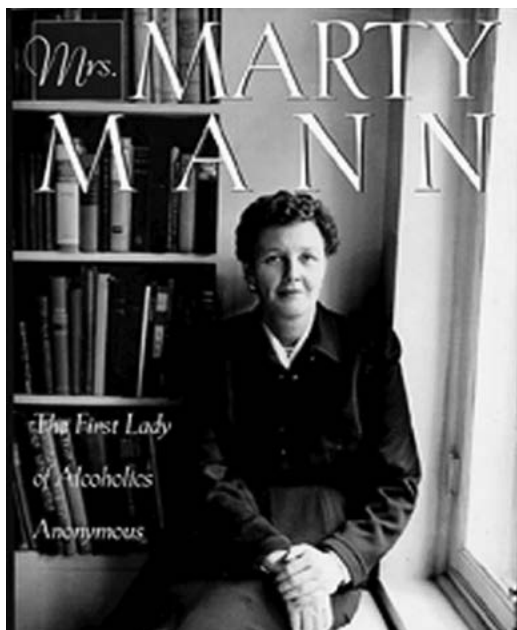
— Anna Quindlen

MARTY MANN - THE FIRST LADY OF AA | 20TH ANNIVERSARY

FRONT ROW OR BALCONY | THOUGHT TO PONDER | INSPIRATION FROM THE ROOMS

CARRYING THE MESSAGE | THE ROAD YET TRAVELED

Marty Mann - “The First Lady of AA”



Few people realize that Mary Mann was one of the most influential female members of A. A. She authored the chapter “Women Suffer Too” in the second through fourth editions of the Big Book and was, at one point, sponsored by Bill W. himself.

Marty Mann got sober in 1940, and although she relapsed several times, she became a leader in the movement of educating the public on Alcoholism and its acceptance as a disease.

Through Mary Mann's efforts, the National Council of Alcoholism was founded, where she became director. By all accounts, she was one of the most spellbinding speakers the American public has ever seen. Even audiences initially skeptical of her message (that an alcoholic is a sick person who can be helped) ended up enthusiastically supporting her. For most of her 24 years as director of NCA, she maintained a speaking schedule of over 200 talks annually.

Marty Mann lived until 1980. Her last A.A. talk was at an International A.A. Convention in New Orleans. She passed away two weeks later from a stroke at 75.

Advocacy continues to this day, working to gain parity in health care for those with alcohol and substance use disorder, advocacy that Marty Mann began in 1945.

Daily Reflections September 1

WILLINGNESS TO GROW

If more gifts are to be received, our awakening has to go on.
-As Bill Sees It, p.8

Sobriety fills the painful “hole in the soul” that my alcoholism created. Often I feel so physically well that I believe my work is done. However, joy is not just the absence of pain; it is the gift of continued spiritual awakening. Joy comes from ongoing and active study, as well as application of the principles of recovery in my everyday life, and from sharing that experience with others. My Higher Power presents many opportunities for deeper spiritual awakening. I need only to bring into my recovery the willingness to grow. Today I am ready to grow.

You will receive many gifts from people in the program: gifts of help, time, energy and knowledge. You will never be able to pay them back. You are not obligated to pay them back. You are obligated to pay them forward by giving away what you have when you can.



Moore County Intergroup Newsletter Celebrates 20 Years!

In 1989, when I joined AA, the Intergroup of Moore County was just being formed. (FYI: Intergroups are not an actual part of the AA program, and many small or isolated AA groups don't need them. However, when an area starts to grow and there are many AA groups in an area, such as we have here in Moore County, it is extremely helpful to have an Intergroup that handles a myriad of services not covered by AA alone.) It was so much fun to sit in on those formative meetings and to watch how a bunch of sober alcoholics of all types could finally make it work. I liked being part of the Intergroup and finally in 2001 the members decided to start an AA Bulletin to be published 3 times a year and I was given the privilege to be the editor. The first **NEWSLETTER** came out in **January of 2002** and it's hard to believe that we are celebrating the 20th anniversary this year! I loved working and producing the Newsletters, but they were very amateurish to what you see here now. In 2017 Sherri S. took the reins as the editor. She is a professional graphic designer, and it shows. Thanks so much, Sherri and **HAPPY 20th to the AA Newsletter!**

Ginnie D., Vass Group

Thank you, Ginnie, for your 15 years as the founding editor of the Sandhills newsletter! You set a high precedent, and I am grateful you entrusted me to continue the service! **I am thrilled to share that every newsletter issue for the last twenty years can be accessed at www.MooreCountyAA.org.** Visit our website to read heartfelt anecdotes from Moore County AA members, interesting sober travel stories and much more! Please consider contributing your story to the newsletter because each story offers experience, strength and hope to others and those working the AA program.

Sherri S.

Please send newsletter submissions to: SandhillsNews@gmail.com



Hi: I am Ginnie and I am a long time member of the Vass AA Group. Due to the pandemic, and being 6 months shy of 90, I have not been to any Aberdeen meetings in a long time so I was surprised to hear that the slate shingle that I painted years ago is still on display there. I'll bet it has been there for at least 20 years! Thanks to all my AA friends in Moore County who have made it an amazing journey.

Front Row or Balcony

Life has been compared to a theater. As I've aged, I find myself in agreement with that analogy. Life is NOT a dress rehearsal and not everyone is healthy enough to sit in the front row of my life. There are people in my life who need to be loved from a distance. The following story illustrates this.

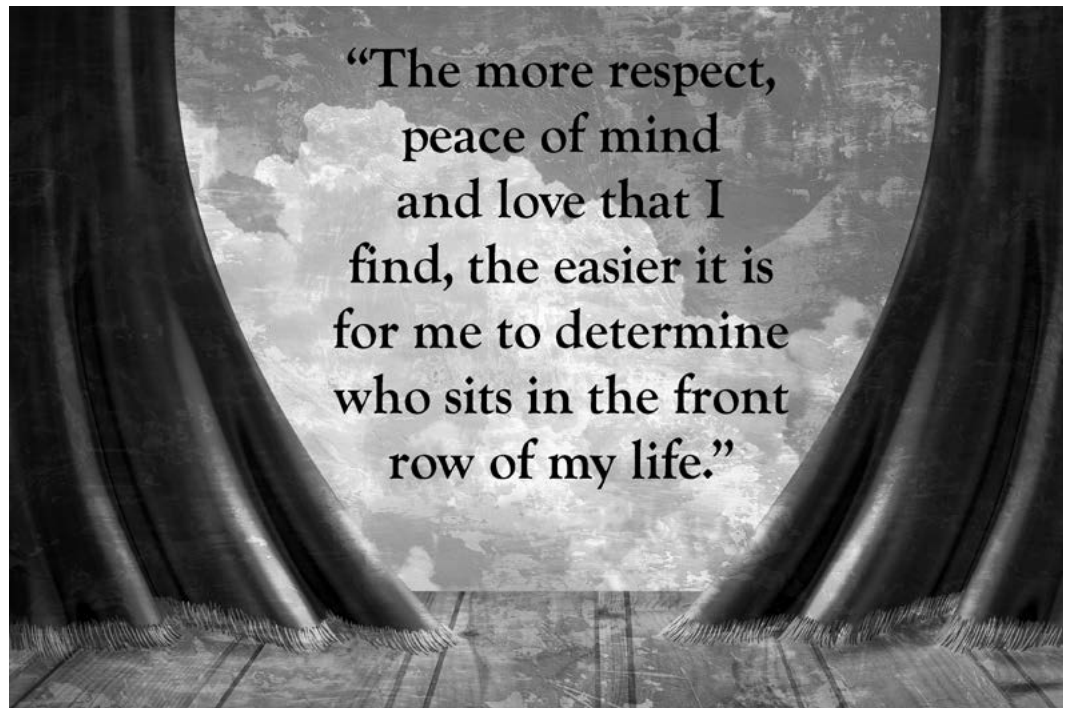
There was a blind girl who hated herself because she was blind. She hated everyone except for her loving boyfriend; he was always there for her. She told her boyfriend she would marry him if only she could see the world.

The day came when the girl became the recipient of a pair of donated eyes. Following surgery, the day the bandages came off, her boyfriend asked if she would now marry him. She looked at her boyfriend and realized that HE was blind. She refused to marry him because she just couldn't stand the thought of looking at those closed lids for the rest of her life. Several days later she received a note from him saying, "My dear, take good care of your eyes, for before they were yours, they were mine."

I need to pay close attention to the relationships around me. Which ones 'lift me up' and which ones tend to be a 'downer'? Decide which ones are frequently full of drama and which ones truly

appreciate me. The choice is mine, however, I can't complain about the things that I permit.

The more respect, peace of mind and love that I find, the easier it is for me to determine who sits in the front row of my life. It's also good to remember that I am in that group of people whom others will be wondering where they want me to sit in their theater of life. If you want to be in the front row of your life, I need to get rid of my complaining and arguing and focus on all for which I'm grateful.



Solution: If I can't change the people around me, then I need to change the people I'm around.

Sally S., Sober Magnolias

Each time you break your own boundaries in order to ensure that someone else likes you, you like yourself a little less.

WANTED!
YOUR STORY

The Sandhills Intergroup Newsletter wants to hear from

YOU!

*Send submissions to:
SandhillsNews@gmail.com*

Thought to Ponder

"Never confuse movement with action."

- Ernest Hemingway

What does that mean?

This quote was related in the book by Marlene Dietrich, who added "In those five words he gave me a whole philosophy." Let's start with movement. Movement can be anything which causes a change in the situation, whether it's the deck chairs on the Titanic, or the hierarchy in a political party. Now for action. It's what the director calls for to get a scene started when filming a movie. It is movement, yes, but with a purpose. In the case of a movie, it's telling a story. The quote asks us not to confuse mere movement for actual action. It doesn't want us to presume that because there are things happening, that anything will actually change.

Why is action important?

We can move things around in our lives, but without action, does anything useful actually take place? I would say no, things will not change. Not from simple movement. To make an actual change, there has to be meaning or purpose to the movement. Only then does motion become action.

Inspiration From the Rooms

On the subject of how they stay sober, Moore County AA'ers offered these comments:

- "It's a simple program for complicated people. You just need to reach out to others."
- "I need to surrender myself each and every day. This helps me to get through even the hardest days."
- "We have a disease. It's not a moral issue."
- "I wake up with the untreated disease of alcoholism every day. And every day I have to treat it."
- "Meetings keep me sober."
- "I was dead inside when I came to this program. Now I feel free, and even happy, in my own skin."
- "Nobody knows me like another alcoholic. Nobody else knows what I'm thinking, what I'm experiencing, and what I'm planning."
- "Coming to AA meetings must be a top priority in my life. Because even if I have 1 drink, my wonderful life will disappear."
- "I've learned to make gratitude my attitude."
- "I used to wake up madder than hell that I was alive. No more. Now I wake up grateful for each new day. It's all because of you guys in this room."

- Anonymous

Promises Fulfilled

We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. ***Are these extravagant promises?*** We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly.

They will always materialize if we work for them.

- Alcoholics Anonymous, (Into Action) p. 84

Carrying the Message

I am an alcoholic. I am also one of those fortunate alcoholics who came into AA and stopped drinking and have not had anything to drink since. It has been more than thirty-five years since that first meeting. I, like many people on my arrival, was in pretty bad shape physically, mentally and spiritually. I had been badly beaten up during my last drunk/black out.

I had just been tried for my second DWI, I was supporting myself by walking the roads and dumpster diving for aluminum cans to recycle. I would have been homeless but there was a rundown house at the back of the family property that I was allowed to stay in. The least of my problems was that I was an atheist.

In any case in those early days, I did not entertain the idea that I would find sobriety. I was simply too sick to keep drinking and thought at some point it was inevitable that I would resume drinking. I was going to eight or ten meetings a week and was open to suggestions. I became aware that people I admired were people that talked about working the steps of the program. In my own faltering way, I decided to do that. On arrival at AA (and for some time prior) I knew I was powerless over alcohol and my life was unmanageable. When I was exactly six months sober, I was sitting in a meeting when the steps were being read and I had an epiphany that a power greater than myself (the members and program of AA) could restore me to sanity (if I narrowly defined it as stopping drinking, as my brain was still mush).

I started trying to get a sponsor. I had several failures at this, only one of which was over a religious issue. I did find a wonderful sponsor who guided me through steps four, five, six and seven. Unfortunately, he died shortly after that.

So why did I decide to write this? Nineteen years in my career as a psychiatric nurse was spent doing mental health/substance abuse evaluations, primarily in the emergency room setting. Hundreds of times I interviewed people who would clearly benefit from attendance at Alcoholics Anonymous, but when I suggested it they would respond that they could not go to AA because they did not believe in God and/or were atheist or agnostic. I believe AA could have helped these people as it helped me. Hopefully some of them eventually found their way to AA.

Secondly, I rarely hear anyone in a meeting talking about sobriety as an atheist, agnostic or free thinker. How many atheist, agnostic or free thinkers do we lose because they can't hear anyone talking about the things they believe?

I would note there have been modest improvements in the literature available. When I came in the Appendix 11, "Spiritual Experience" was the only part of the Big Book that remotely reflected what I believed spiritually, and I found it by accident. Everything else Bill W. wrote about atheists and agnostics is (to me) patronizing and a "tun off".

I am not an evangelical atheist. I am not out to convert you from your beliefs. I just want the newcomer with similar beliefs to mine to have the same chance for sobriety that I found here. I will continue to talk about being sober and an atheist. If you are of a like mind, please consider joining in.

- Wayne M.



The Road Yet Traveled

by Brandee D.

If I am to grow
let me grow unimpeded
by the constraints
of past deeds.

If I am to thrive
let me thrive and learn
In my own way—
In my own time.

If I am to heal
let me heal in a place
free from turmoil
and endless discord.

If I am to trust
let me trust in the kindness
of those who wish me no harm—
those that do not harm me.

If I am to believe
let me believe and walk
by the faith I feel
in a direction I cannot see.

If I am to love
let me first love myself
for all that I am—
for all that I am not.

If I am to be whole
let me be whole in the clarity
of knowing and being
my true self.

If I am to be rich
let me be rich in body, mind, and spirit
that I may share these riches with passersby
along the road where we meet—

Along all of the roads we have yet to travel.



Prayer of St. Francis

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the
spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort,
than to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.

Sandhills Intergroup

The Sandhills Intergroup is a central office established to aid groups and meetings in Moore County carry the AA message to alcoholics who still suffer.

We provide:

Answering service **(910) 420-0575** - General AA questions and meeting information are provided. In case of an emergency please dial 911.

Website - **www.MooreCountyAA.org**

Newsletter

Visit our website and subscribe for FREE!

Recorded Speakers

Visit our website and hear inspiring stories from AA members!

We are funded solely by the AA groups in our county and we **NEED, ASK** and **THANK YOU** for your contributions and input.

Visit our website for the current **MEETING SCHEDULE**
www.MooreCountyAA.org

Have a question? Answers are a phone call away (910) 420-0575

WANTED! YOUR STORY

The Sandhills Intergroup Newsletter wants to hear from
YOU!

We want to hear your stories,
inspirational messages and words of wisdom.
Your experience, strength and hope is needed
to build a better newsletter for all AA'ers.
Our next issue will be published January 2023.

Send submissions to:
SandhillsNews@gmail.com

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We meet at 9am the first Saturday of each month via Zoom or in person at
504 Wilder Ave, Aberdeen.

All AA'ers Welcome!

EMAIL
moorecountyaa@gmail.com

ONLINE & PHONE MEETINGS AVAILABLE



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Visit
www.MooreCountyAA.org

AA District 52

AA District 52 comprises Moore, Hoke, Richmond, Lee and Scotland Counties. Visit their website: www.aanc52.org

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