



NEWSLETTER

Volume 13, Number 1, January, 2014

FOR YOUR INFORMATION

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Have you heard the news ??? Our website: www.moorecountyyaa.org continues to grow.

When you click on to the front page you will now see a Current Events tab that features upcoming events of interest to A.A.'s in our area. You will be able to list your Group's events. Just E-mail postmaster@moorecountyyaa.org with your information.

We update our speaker's list weekly & hope you will visit often.

TRAVELING HIGHLIGHTS



Our good friend and AA member Richard P. left us in 2011. His death, at age 55, left us saddened but his words remain in the wonderful article that he wrote for the Newsletter after his return from the 2010 International AA Convention. Here are some highlights:

“Our fellowship’s biggest celebration, the International Convention, held once every 5 years is ‘an experience you must not miss’ (Alcoholics Anonymous, pg. 89)

I recently had the privilege of attending my 2nd International Convention held in San Antonio, Tx July 1 through 4. I learned thru good sponsorship to arrive a day early and leave one day after the event (kind of like showing early for a meeting and staying after.)

The flight from Dallas to San Antonio was filled almost exclusively with members of AA. It was fun traveling with a group to a common destination for a common purpose.

My first tour was through the Archives Display containing many pictures and descriptions of AA & even a copy of the original manuscript of the Big Book. What a powerful & emotional experience !

The highlights of an International are the ‘Big Meetings’ where everyone comes together at once. Wow! This included the opening Flag Ceremony where all countries present have the opportunity to walk a flag across the stage.

For me it was one of the most powerful experiences of the International to see how far the ‘hand of AA’ has reached.

Saturday night was an Old Timer’s Meeting where all 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 Count Down. All AA members stood and then, beginning with one year we were asked to sit down year by year. The last guy standing had 63 years of sobriety.

Sunday morning we closed with 3 powerful speakers. All speakers, meeting chairs & panel participants are selected from AA members pre-registered to attend and no expenses are paid for them.

I would encourage all AA members to have this amazing experience. The 2015 International Convention will be in Atlanta so it’s well within driving distance.

SEE YOU IN ATLANTA!

Richard P,
Primary Purpose Group”

Thanks, Richard, you will be with us in spirit !

Carrying the message



With my license plate

Whenever possible I like to spread the word of AA and one way that I do that is with my license plate, ERND OF BW.

I've had many fun encounters due to my plate but this one tops them all! I was at a Stop sign in Carthage waiting for a large vehicle on the main road to turn into the street I was on.

I felt like it didn't have enough maneuvering room so (without

looking in my rear view mirror) I backed up. BAM! I'd hit something and when I got out to look I was aghast to see that it was a Sheriff's car.

You can Imagine how I felt but the Sheriff's deputy turned out to be a really nice guy. He had seen that I was trying to give the other driver a little more room, and, since there was no damage, he didn't charge me with anything. "Just be sure to look in your mirror next time", he said

I was getting back in to my car when he added, "By the way, I'm curious. What does your license plate mean?"

When I told him he said that he was a great fan of AA. "I've seen many of the driver's that

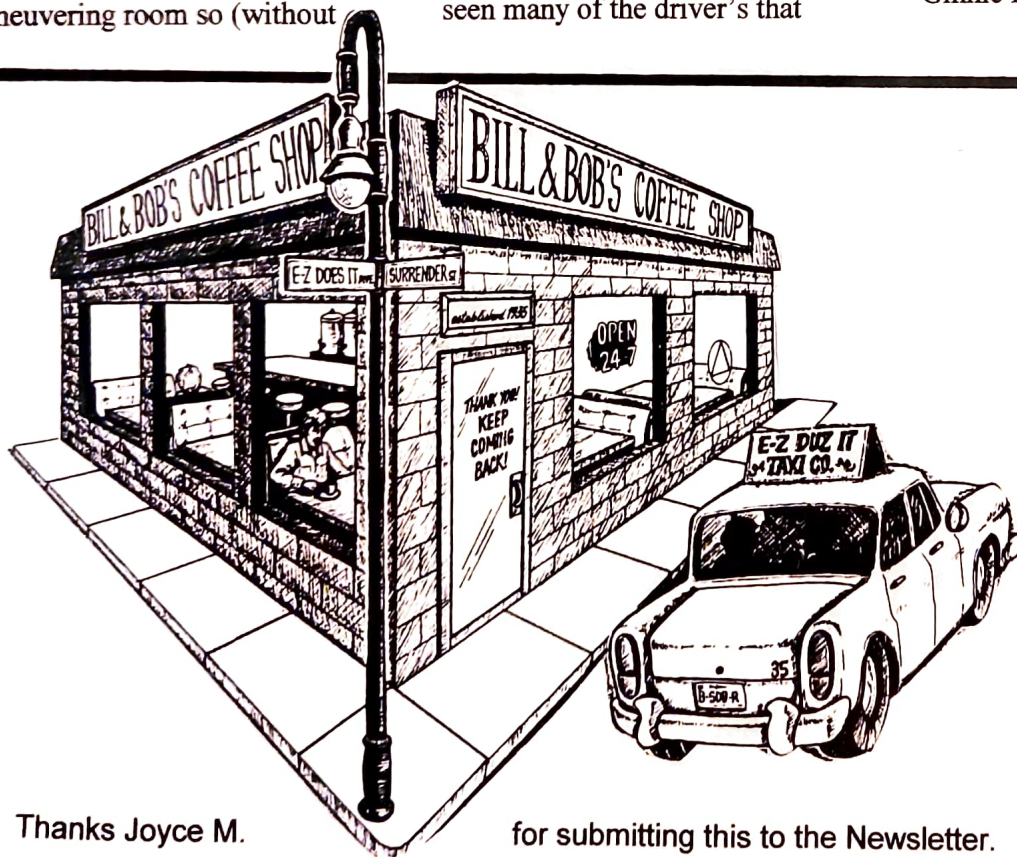
I've stopped turn their lives around" he said. Then he proceeded to chuckle and he asked me if I'd been aware of what I hit when I backed into his car.

I didn't so he pointed to the front grille and to the sign that was affixed to it. The placard read...

**BOOZE IT
& LOSE IT.**

"Now you'll have a good story to tell the next time that you go to one of those meetings", said the deputy and I agreed. I've told it often and it never fails to get a big laugh.

Ginnie D., Vass Group



Thanks Joyce M.

for submitting this to the Newsletter.

MEMBER MUSING



On August 10th, 1977, I finally surrendered to my alcoholism.

I woke up for probably the 3rd or 4th time at near 9 in the morning and called my office to say that I was sick .. and was I ever !! I had spent most of the night trying to get beer down to settle my nerves, only to head back to the bathroom and lose it all.

I found I had no capacity left & could no longer hold the beer down. There was so much liquor in my system that I was constantly high. I remember looking the mirror and not believing what I saw. My face was flushed, my eyes were swollen and bright red. I am 6'3" tall but my weight had dropped to 145 lbs. There was nothing more to deny.

I was consumed with guilt, remorse and fear. I knew that I was going to die ... just like my father did. I headed for the kitchen and a beer.

My wife was in the kitchen and she was crying. "Why are you

doing this to yourself?", she asked. I didn't have an answer, nor did I have any beer left. I knew I was about to go into convulsions. I was afraid to drive and I pleaded with my wife to go to the store and get me a beer. I promised that if she would do that I would do something about my drinking.

I will never forget what she said when she returned ... "You had a look in your face that I have never seen. I was afraid not to go."

Her comment was the turning point for me. I finished 3 cans of beer and told my wife I was going to lie down. I also asked her to find out where I could get help. When I awoke she informed me that there was an AA meeting in one hour, about 5 minutes from the house !

So, off I went to my very first meeting of Alcoholics Anonymous. The meeting was at a place called the Del Ray Club in Bethesda, MD. This club occupies the entire first floor of a 50 story apartment building. I remember walking in the door and not believing what I saw.

There must have been 100 people standing around with coffee and soft drinks in their hands. Some were in business suits and others in jeans. It looked like a cocktail party and there was a lot of laughter.

The meeting was about to start

so I took a seat in what I thought would be a very good place to hide...the very back row. Some guy was at the podium and I have no idea what he said. All I remember is that, after some brief comments, a wireless microphone was handed to the first person in the front row for comment and then passed to the next person.



I quickly calculated that I was safe. No way could that mike get to me before the meeting ended in an hour. I thought I didn't have to say anything but I miscalculated ! So here comes the mike down my row. I immediately begin to prepare my speech...something brilliant that would show that I was unique and not really one of these drunks.

When I got the mike in my hands they were shaking so badly that I could barely hold it. I forgot my fine words and managed to blurt out "My name is Bud, this is my 1st meeting & I am scared".

The lady to whom I passed the mike said, "Isn't it wonderful that a grown man can admit that he is scared. You, Bud, are the most important person in this room tonight." ...So much for the back row.

Now I am a celebrity drunk & I need a drink fast. But the meeting ended quickly and I was surrounded by sober people who wanted to help me. People who I immediately liked and who I might have enjoyed a drink with in better times.

They quickly put me at ease, telling me about their first meeting and how it was for them. And to this day I remember almost everyone of those people who came up to talk to me. I got a lot of phone #'s and they pleaded with me to come back the next day. They told me that the club opened at 10am and there would always be someone to talk to.



Most important was that they told me to go home and get rid of all the alcohol in my house. I did that. I went home and found 3 cans of beer. I sat down in the den with my wife to tell her about my first meeting and I got rid of the beer. I DRANK IT !

As crazy as all this sounds I knew that those 3 beers would be my last ...and they were.

I woke up the next morning, called the office to tell them I was taking my 3 weeks accrued vacation and off I went, back to

the Del Ray Club & the security of my new found friends. I went back to the club every day and night for the next 3 weeks. Then my vacation time was up but I continued to go to the Club for the next 90 days.

At first I could not identify with some of the horror stories. I'd never been in jail, hospitalized, lost my family or job...killed an innocent person with my car ... none of that, But when I made that point to my new friends the answer was always, "Not Yet".

Quickly I learned that there was nothing unique with my pattern of drinking or my problems and best of all I was no longer alone. All of the support I would ever need to quit drinking and to lead a comfortable life was in these rooms.

I remember thinking (as I went to my first meetings) that there would be no life left for me after booze. I thought I would be a miserable SOB for the rest of my life but it would be better than dying ...just barely.

Well, all I can say is that I have been on an incredible journey for the last 36 years ...'I have found a new freedom and happiness. I do not regret the past, nor wish to shut the door on it. I have experienced serenity and I have found peace. My whole attitude and outlook on life has changed' ...and I will be eternally grateful that AA has done for me what I could

not do for myself.

Today I can't imagine a life without Alcoholics Anonymous. I have hundreds of friends from every walk of life and from every age group. They are there for me when I need them.



If they every invent that pill that would allow me to drink normally... Guess what ?
I WOULD NOT TAKE IT.
Do you know why?

Because I would no longer be able to go to my meetings !!

Written and submitted by:
AA member Bud P.

I just read
Bud's article...



Maybe there's help for me !



The KISG Group

The Aberdeen Keeping It Sober Group was formed in Aug. of 2004. That was when some of the members that regularly attended the Tuesday and Saturday night Wilder bldg. meeting decided to become a Home Group.

The main purpose of the group is to carry the AA message of recovery to the alcoholic and to provide a structured group following the outline set by GSO.

The group also wanted to show that getting and staying sober can be fun.

At an early organizational meeting a member was heard to say "let's just keep it sober", hence the group got it's name.

The group meets every Tuesday at 8 pm for a Closed Discussion and on Saturdays at 8 PM for an Open Speaker Meeting.

In the beginning some of the members had to hold more than one service position but over the years the group has grown to be one of the largest in Moore County and now we can rotate the service spots as needed.

The K.I.S.G is active in many areas of AA service including District 52, Area 51, Sandhills Intergroup, CPC/CPI, Treatment and CFC work.

K.I.S.G. also sponsors many fun AA activities such as the annual Halloween costume and dance party, golf & picnic outings and their yearly Anniversary cook out.

The "Keeping It Sober Group" holds their monthly business meeting the last Tuesday of each month at 6:30 PM and all AA's are welcome to attend.

The group also helps to keep the Aberdeen Bldg. running smoothly by purchasing chips & books as well as supplies and sponsoring get-togethers to clean & paint as needed.

The Keeping It Sober Group (KISG) has continued to spread the message of recovery by starting a Newcomer Orientation Meeting held quarterly for anyone new to the area and the AA program.

The Newcomer Orientation Committee was recently set into place due to the interest and need in spreading the message of how the KISG is active in the fellowship. The committee shares with anyone interested how to get involved in service, become a member and discuss the importance of the three Legacies of Alcoholics Anonymous.

The meeting is generally followed by food and fellowship. For our last meeting in October, we invited all to join us for chili and decorating of the Aberdeen Building for our Halloween Dance/Party.

Our membership grows as we continue to be of service by spreading the message of Alcoholics Anonymous.

HISTORY of AA



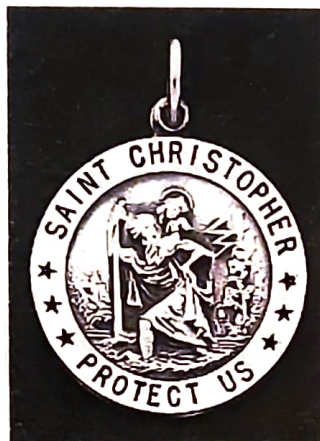
A Chip a Day Keeps the Booze Away !

Referred to as coins, medallions or tokens, the practice of giving chips to mark a period of sobriety actually predates A.A.

Before A.A. began, organizations such as the temperance societies, gave out medallions or coins to people who pledged to quit drinking or for marking periods of sobriety. This custom was adopted by individual A.A. group's as each group saw fit.

In the A.A. history book, *Dr. Bob and the Good Old Timers* it states that Sister Ignatia in Akron (a nun who helped early AA members) gave out medallions. "Sister Ignatia gave each of her newly released patients a Sacred

Heart Medallion. which she asked them to return before they took the first drink. She would occasionally give out St. Christopher medals as well."



According to the AA.org website, Nell Wing (Bill W's secretary) wrote...
"The chip system might have begun in Indianapolis..there was a reference made in a letter from Doherty to the start of giving out "chips" and "tokens." This was in 1942. I imagine this would be about right, because most of the early groups started in 1940 and it would take about a couple years to think of anniversaries and marking any time of sobriety.

I asked Bill about this and

his memory is that the system started in Indianapolis."

There is some evidence that early in A.A. history, some members carried personal mementos to remind themselves of the importance of their sobriety.

The word "chip" is often used because many groups use inexpensive colored poker chips to mark periods of sobriety. Private companies began making "A.A." chips and selling them to individual groups in 1965 and history points to a fellow in Minneapolis as originating the modern AA chip.

There is no codified system for giving out chips in A.A. What is given out, how it is done and for what lengths of sobriety differs from place to place and even from group to group.

The manufacturer determines the period of sobriety stamped on the chip. In most cases the chips given out in A.A. are made by these private

companies, which often have no affiliation with A.A.

“The A.A. Grapevine” has had articles about the chip system and it’s history. Reading through some of these articles you quickly discover that the “chip system” really does vary from group to group and that there are small differences in the language used while giving chips out and even how they are handed out.

Regardless of the differences surrounding this tradition the reason behind this practice remains the same. Chips represent the will and desire to quit drinking and the continued commitment to our sobriety.

Submitted by: Marilyn R.,
Vass Home Group member
AA Newsletter Historian

Note: If anyone has any interesting or unusual stories about the history of AA please contact Marilyn and she will include them in up-coming Newsletters.

DISTRICT 52 **NEWS**

District 52 **Business Meeting**

Jan. 19, 2014
2 pm
Aberdeen Building

Traditions Workshop **and** **Business Meeting**

Feb. 2, 2014
2 pm

The Colony
Richmond County

Workshop Leader

Jennifer V.
Chair, Area 51

Information:
DCM Wilder R.
910-639-0000

If you have any ideas for a workshop you’d like contact our DCM also.

Sandhills Intergroup

A central office established to aid all the groups and meetings in Moore County in the common purpose of carrying the AA message to the alcoholic who still suffers.

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

- 1) 24 hr. Answering Serv.
- 2) A Website
- 3) Moore Co. Meeting List
- 4) Publish a Newsletter
- 5) P. I. Committee

Published & distributed by

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