



NEWSLETTER

Volume 13, Number 3, September 2014

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Here it comes ... that tricky and fearful time for many of us trying to get sober or wanting to hold onto the precious sobriety that we have.

This is the time to take advantage of all that AA has to offer ! Get involved. Up your meetings and, above all, play the old tapes back. You know the ones ... the Christmas morning when you were too hung over to watch the kids open their gifts the 3 am phone call that your Dad remembers, but you don't. The aftermath of the office party, where you lost your dignity as well as your job, Etc., etc.

Just remember, your AA friends are rooting for you. Join the festivities ... and make this the best HOLIDAY SEASON of your life !

MEMBERS MUSINGS

Spiritually soulful folks I have met as I travel the A. A. road of recovery.



Although procedures differ the message is the same ... stay sober one day at a time and help another alcoholic to achieve sobriety. SUIT UP. SHOW UP. SHARE.

Six months sober I attended the AA Southeast Texas Area (SETA) conference in Houston while visiting my recovering brother-in-law Bill K. and Al-anon sister Willie. I listened. I bought speaker tapes & literature. We are not, indeed, a glum lot.

The next year I went to the Masters golf tournament in Augusta with social

drinking friends and while chatting on the 6th hole a stranger sitting next to me asked: "Are you a friend of Bill's?" What was his first clue? What had I said? I was told that a coincidence is when GOD doesn't wish to remain anonymous.

Houma, Louisiana hosted an AA conference with Tom I. as the Keynote speaker and I was invited to meet Sis and Bill K. I was fearful of flying as a result of an emergency landing in Saigon, '70. I had not flown since then & I called Tom I. and asked if I could accompany him on the flight because I trusted his GOD more than mine. When you are traveling with the Keynote Speaker you get royal treatment. (Hard to stay humble.)

My hometown Graham (80 miles North) has a Confederate Statue with the inscription: "Conquered we shall never be whose spirits and whose soles are free." Messages abound.

At my first hometown meeting I was reunited with my 8th grade math

teacher and principal. Who knew?

Before retirement I attended business conventions in Miami and Myrtle Beach. De-boarding a plane in Miami (mechanical glitch) my thought was, "I need a drink". A voice directed, "Will friends of Bill Wilson please meet in the Eastern Airlines Kaleidoscope Lounge." Whew! I call that a "Godsighting".

At a Myrtle Beach convention I checked the message board (pre cell phone days) and a notice read "There is a meeting of Bill Wilson's friends at 6pm in room 407. Awesome !

On Oak Island I went to the Camel Club for a noon meeting and it had moved, but where? I walked to the beach and while strolling along the shore I saw a circular group of chairs & someone reading ...a BIG BOOK ! They welcomed me and offered me a beach towel and water. SAFE again ! (The camel once a day goes to his knees and picks up his load with the

greatest of ease. He walks through the day with his head held high and stays for that day completely dry.)

Six years sober I went to Myrtle Beach to write the memoirs of my childhood that were pleasant. My sponsor suggested that it would be soul-cleansing. While writing on a legal pad in a restaurant a woman approached and asked me if I was a published writer. After I explained my writings she went to her car & returned with a hardcover book entitled *A Bundle of Nebraska Memories*, and autographed it ... "to Joyce, continue your writing journey, Pat." Nothing was said about AA. That night I went to a church where I had never been to pick up my 6 year chip. Pat gave it to me !

Last winter in Florida I attended the Early Risers Group often (8am) and met a jolly fellow Larry whose ex-wife is a Vass Group member. Lots of recovering Bostonians arrived for the Red Sox

training games at Ft. Myers Fenway Park. They teased me about my accent? Once again, not a glum lot.

"nuff of my ramblings. Life is better today and I am humbly grateful to be sober. I know where to go to grow along spiritual lines. You're my "sheeple" The safest sheep are in the middle of the flock and that is where I try to stay, one day at a time.

Joyce M.,
Keeping It Sober Group

Oh, yeah ! While touring the defunct old '69 Mission Control setting at NASA, I met one of us who walked on the moon. WOW !!

A ... a
L... life
C... centered
O... on
H... helping
O... others
L... live
I... in
C... comfort

SPOTLIGHT



ON OUR GROUPS

We were so sorry to see the long time Sunday night West End Group close its doors ...but, as we say in AA "when one door closes another opens".

The Common Cause Group that meets in Carthage on Wednesday nights at 8 pm has added a new meeting to their schedule and they have, once again, provided the northern end of Moore County with a Sunday night meeting.

Both meetings are Open Discussion, non-smoking and the Sunday one meets at 6 pm.

If you are looking for a small informal meeting this could be your choice. See the meeting schedule for directions and be sure to check if the "cookie man" is still providing an array of delectables !

TRAVELING HIGHLIGHTS



During the month of July I visited my family in Ireland. The reason for the visit was to celebrate my sister's 80th Birthday. The last time I visited Ireland was 2006 for my Brothers funeral. At that time I was 8 months in the AA program and did not get to any meetings, however, this visit I intended to change that.

Before leaving for the trip I got on to the AA Web site to find meetings in the area I was going to. I had very mixed feelings about going to an AA meeting in the town I grew up in. I wanted to go to yet I didn't want to go and was getting stressed out about it until my husband finally said, "What does it matter who

you see ? You are all in the same boat." So off I went on a Friday night to a meeting at 8:30 PM .

The meeting was held in the Community Hall of a local church. It was a small group of about 20 and was a Tenth Step meeting. The leader asked if there were any visitors so I introduced myself and said where I was from. Another visitor introduced himself and said he was from London.

During the meeting (which was excellent) out of the corner of my eye I saw this man. I had not seen him come in so I turned and looked and there he was ... my second cousin ! Not much I could do about it and after the meeting he came over and gave me a hug and just said "good to see you."

The next week I went to another meeting, this one was in the local Hospital. Most of the people I had met at the previous mtg. were there, however this time we had a few more women. I must say I was greeted with open arms and I was feeling real good

until one of the men asked if I would lead the meeting and tell them my story, I said are you serious, he said yes.

My first thought was I can't do this, and then I said to myself of course you can, this is what the program is all about, getting over your fears, so I preceded to tell my story.

As I was telling my story I looked around the room and saw many faces I knew growing up in Drogheda including two of the women I went to school with. The only sad feeling I had was I did not see many young people and when I mentioned it I was told its hard to get the young people into the program.

Between the meetings I traveled to Dublin and met old friends and one day went to Belfast to visit the Titanic Museum which is built in the shape of the Titanic and is on the actual site where the ship was built. This is a must see for anyone who is going to Ireland , one could spend a full day going through it.

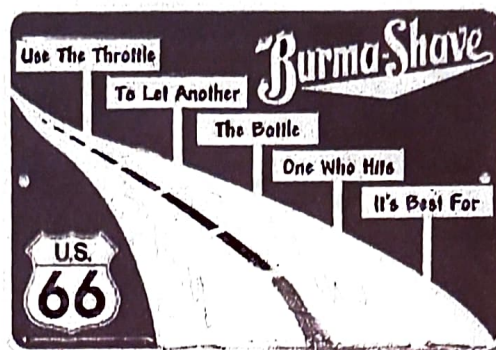
Another day we visited Londonderry the walled city, where the walls are in perfect condition considering they were built in the 1600's. I also spent lots of time with my sister and her husband, sister-in-law and all the nieces & nephews.

As I traveled home on the plane I thought about my trip ...of the wonderful time I had with my family ...how I was able to get to see how AA operated in Ireland and, especially, of my brother Kevin.

As I mentioned Kevin died in 2006 and I have always felt that he never forgave me for drinking. On this trip I was able to bury my white chip at his gravesite and I finally felt at peace.

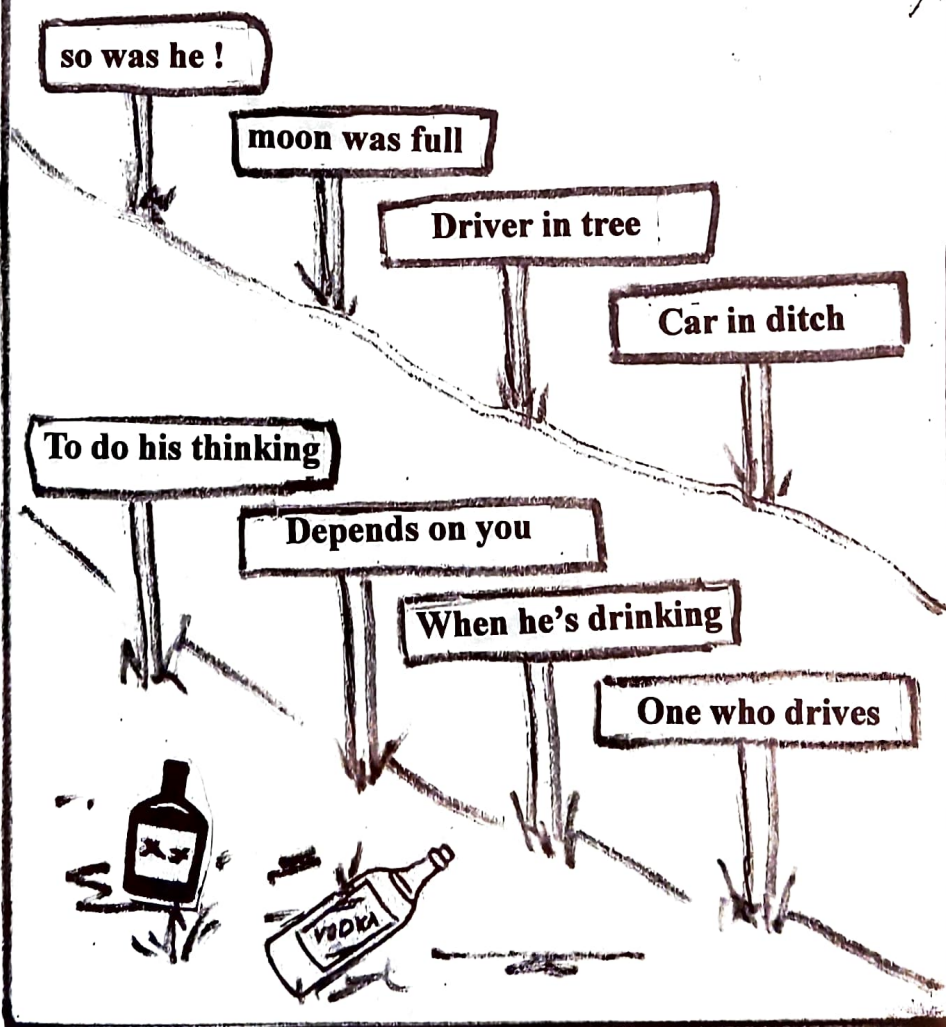
I thank God every day for giving me another chance and for the people in AA who help me daily.

AA member,
Olive B., Vass Group



Are you old enough to remember these road signs? They were an advertising gimmick for the brushless shaving cream "Burma-Shave" and, years ago, their humorous rhyming poems were posted on small sequential signs all over the highways of the U.S.

Here are some other signs that might bring a smile to a recovering alcoholic...



HISTORICAL FACTS of AA

The Big Book *Don't judge a book by its cover*

"Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism" was originally published in 1939. The Big Book, as it is more commonly known, got its name because of the thickness of the paper used in the first edition.

The book, describing how to recover from alcoholism serves as the basic text of AA, . The book was mainly written by *Bill W.*, one of the co-founders of AA, although *Henry Parkhurst* wrote the chapter "To Employers". It is the foundation of the "12 Step method" that is currently used to treat many other addictions as well as alcoholism.

The book is published by Alcoholics Anonymous World Services, Inc. and is one of the best selling

books of all time, having sold 30 million copies. It has had many reprints & revisions as well as being translated into dozens of languages.

In 2011, *Time* magazine placed the book on its list of the 100 best and most influential books written in English since 1923 and in 2012, the Library of Congress designated it as one of 88 "Books that Shaped America."

President Richard Nixon received the millionth copy of the book, while the 25-millionth copy was given to Jill Brown at the International Convention of Alcoholics Anonymous in Toronto, Canada. It was in commemoration of the first prison meeting of AA, taking place at San Quentin in 1941 where Ms. Brown was the warden.

The thirty-millionth copy of the book was presented to the American Medical Association in 2010, which declared alcoholism as an illness in 1956.

The Big Book was well received by most critics,

referred to by one reviewer as "the greatest redemptive force of the twentieth century." A reviewer for the *New York Times* stated that the thesis of the book had a more sound base psychologically than any other book on the subject and other critics called the book extraordinary and stated that it deserved the attention of anyone with a worry about alcoholism.

It was also noted by the *American Association of Psychiatric Social Workers* that contact with members of an A.A. group would increase one's respect for their work.

However, not all reviewers, especially those in the medical field, found merit in the book. The review in the October 1939 volume of the *Journal of the AMA* called the book "*a curious combination of organizing propaganda and religious exhortation...in no sense a scientific book.*"

Similarly, the *Journal of Nervous and Mental Disease* said The Big Book was "*big in words...a rambling sort of camp*

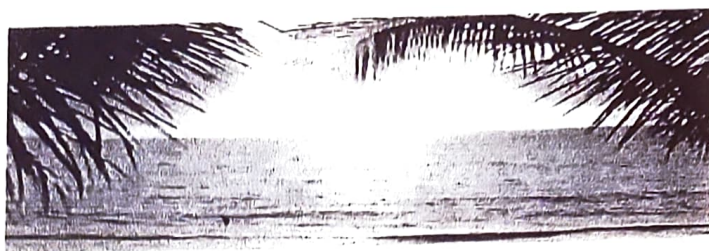
meeting...Of the inner meaning of alcoholism there is hardly a word. It is all on the surface material." This review went on to "degrade" the alcoholic and to criticize the spiritual aspect as religious fervor.

The views about the book and about alcoholism espoused in these two journals was typical of how alcoholics and other addicts were viewed by many in the psychiatric field during the middle of the 20th century.

The increase in scientific knowledge in the early 20th century led to many questions about this view of alcoholics, but sad to say that remained the view for the first 30 years of the century.

The publication of The Big Book and the founding of Alcoholics Anonymous began a decisive turn from this degrading view of the suffering alcoholic to the current understanding of the Disease of Alcoholism.

Written by Marilyn R.
History of AA editor



In the Beginning ... Step One

Full of fear and desperation she walked through the door,
She couldn't look anyone in the eyes, she looked down at the floor.

After finding an empty seat near the back she sat down with a sigh,
Her hope was gone. She couldn't stop and she didn't know why.

Time after time she tried to stop and stay stopped but always picked up again.
She started losing time, how did she get home, where had she been?

The job was gone, her family barely intact and she had no friend.
This room with all the happy people, this seat was the end.

The meeting began and as people shared she began to identify.
People were talking about things they had done, she had done, and she wanted to cry.

Suddenly she felt something she couldn't deny, it was too strong.
These were her people and this was where she would always belong.

AA member Rebecca R, Vass Group

DISTRICT 52 **NEWS**

UNITY DAY

September 13th
4 - 9 pm
Aberdeen Bldg.

Bring the kids,
Games
lots of food
a play
speaker at 8 pm

District 52
Business meeting

*** Elections of officers ***

for 2015 - 2016

DCM
alternate DCM
Treasurer
Secretary

October 5
2 pm
Aberdeen Building

District 52 **WORKSHOP**

Emotional Sobriety

October 23
1:30 to 3:30 pm

Aberdeen Bldg.

District 52 **Business Meeting**

Party

December 7th
2pm
At the COLONY

If you have any ideas for
a workshop you'd like
please contact our DCM .

Wilder R. **District 52 DCM**
910-639-0000



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

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