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

The **LIMINAL** Issue



After Jasper Johns, *Target with Four Faces*, 1955

WHAT IS SPONSORSHIP? | THE SUGGESTED 12 STEPS OF AA
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What is Sponsorship?

Alcoholics Anonymous began with sponsorship. When Bill W., only a few months sober, was stricken with a powerful urge to drink, this thought came to him: “You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!”

He found Dr. Bob, who had been trying desperately and unsuccessfully to stop drinking, and out of their common need A.A. was born. The word “sponsor” was not used then; the Twelve Steps had not been written; but Bill carried the message to Dr. Bob, who in turn safeguarded his own sobriety by sponsoring countless other alcoholics. Through sharing, both of our co-founders discovered, their own sober lives could be enriched beyond measure.

What does A.A. mean by sponsorship? To join some organizations, you must have a sponsor — a person who vouches for you, presents you as being suitable for membership. This is definitely not the case with A.A. Anyone who has a desire to stop drinking is welcome to join us!

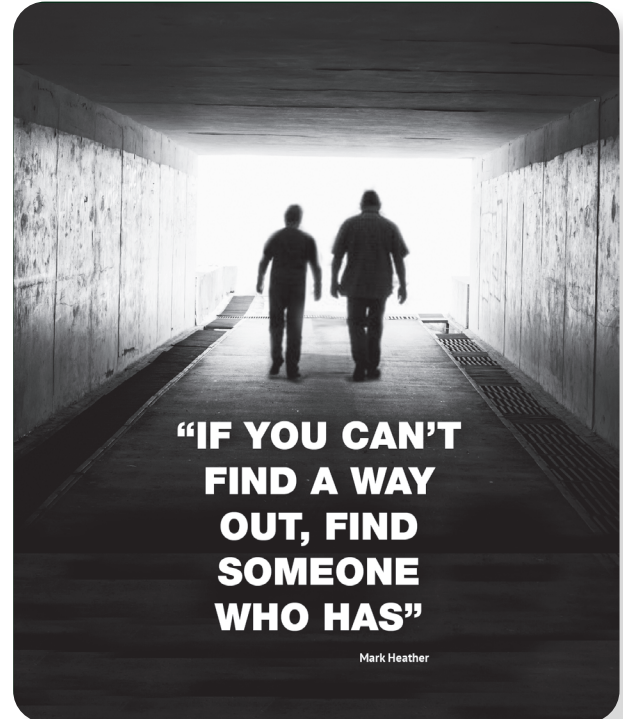
In A.A., sponsor and sponsored meet as equals, just as Bill and Dr. Bob did. Essentially, the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A.

When we first begin to attend A.A. meetings, we may feel confused and sick and apprehensive. Although people at meetings respond to our questions willingly, that alone isn’t enough. Many other questions occur to us between meetings; we find that we need constant, close support as we begin learning how to “live sober.”

So we select an A.A. member with whom we can feel comfortable, someone with whom we can talk freely and confidentially, and we ask that person to be our sponsor.

Whether you are a newcomer who is hesitant about “bothering” anyone, or a member who has been around for some time trying to go it alone, sponsorship is yours for the asking. We urge you: Do not delay. Alcoholics recovered in A.A. want to share what they have learned with other alcoholics. We know from experience that our own sobriety is greatly strengthened when we give it away!

Sponsorship can also mean the responsibility the group as a whole has for helping the newcomer. Today, more and more alcoholics arriving at their first A.A. meeting have had no prior contact with A.A. They have not telephoned a local A.A. intergroup or central office; no member has made a “Twelfth Step call” on them. So, especially for such newcomers, groups are recognizing the need to provide some form of sponsorship help. In many successful groups, sponsorship is one of the most important planned activities of the members.



Sponsorship responsibility is unwritten and informal, but it is a basic part of the A.A. approach to recovery from alcoholism through the Twelve Steps. Sponsorship can be a long- term relationship.

We hope that this [pamphlet] will provide answers to some of the often-asked questions about the rewarding two-way street called sponsorship — for people who may be seeking sponsors; for A.A. members who want to share their sobriety through sponsorship; and for groups that wish to develop sponsorship activity (see What procedures can a group set up to sponsor new members? page 23).

Questions & Answers on Sponsorship, Copyright © 2017 by Alcoholics Anonymous World Services, Inc.

The “SUGGESTED” 12 Steps of AA

I remember my sponsor’s answer when I told him that the Steps were “suggested.” He replied that they are “suggested” in the same way that, if you were to jump out of an airplane with a parachute, it is “suggested” that you pull the ripcord to save your life. He pointed out that it was “suggested” I practice the Twelve Steps, if I wanted to save my life.

So I try to remember daily that I have a whole program of Recovery available to me that is based on all 12 of the “suggested” Steps.

~ Michael



There Was Nothing Left for Us to Do

On page 25 of The Big Book, it states, “*There was nothing left for us to do except pick up the simple kit of spiritual tools laid at our feet*”.

Many Moore County AA Members have shared what’s in their kit of spiritual tools.

- Sponsorship
- Watching out for TERMINAL uniqueness
- Making meetings regularly
- Prayer - The Serenity Prayer, The 3rd Step Prayer, The Lord’s Prayer
- Get out of self by reaching out to serve others
- Use a calendar to chart progress, sober days
- Pause into this: “is it true?, Necessary?, Kind?” Before speaking
- Honest sharing with another member or sponsor
- Honoring the gift of desperation
- Leaning in the program of action
- Hanging out in the “right” barbershops to get the “right” haircut
- Don’t take the 1st drink
- Surrender to the AA program
- Working the 12 Steps
- Asking your HP every morning - Where do you want me to love today?
- Take it One Day at a Time - use the slogans
- Clean your bathroom
- Find a Higher Power you can trust and rely upon
- Practice gratitude as an attitude and an action
- Remember where you came from - don’t forget the desperation
- Have fun! Go to a movie, play a game, relax. Remember what brought you joy before drinking
- Practice the HOW: Honesty, Open-mindedness and Willingness
- Get a homegroup and get involved
- Stuck? Call someone and ask them to help you make a sober plan.
- Bake brownies for someone
- Practice Rule 62 - don’t take yourself so seriously

And remember - It’s progress, not perfection!



The ego hates losing
– even to God.

Richard Rohr

My Sponsor's Sponsor's Sponsor

My sponsor's sponsor's sponsor - who had a picture of herself on the wall with Bill Wilson - once stated that living one day at a time was one of the most difficult things for her to practice. Upon hearing this, I immediately felt relieved - phew!

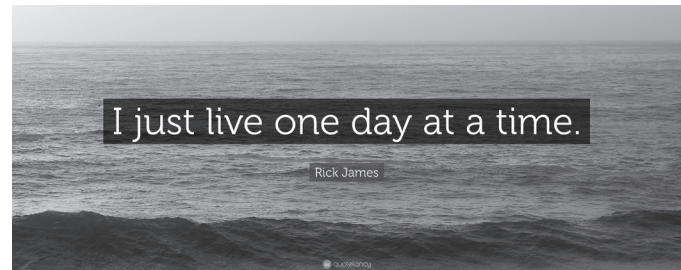
It's only a practice after all.

For the month of January, please join us in practicing this practical tool of **Living One Day at a Time** from our AA toolbox.

Reflection Questions:

1. What helped me live in today?
2. Did I drift into the *past* or *future*?
3. What tools helped bring me back?

Contributed by Bridget F.



Diving Into Liminal Spaces

In the journey of recovery, individuals often find themselves navigating through a unique and transformative state known as the “liminal space.” Derived from the Latin word “limen,” meaning threshold, this concept describes the transitional period between what was and what is yet to come. Embracing this space can be particularly profound for those on the path to overcoming alcoholism (alcohol use disorder).

Alcohol use disorder, a formidable adversary, often leaves individuals at a crossroads where they must confront their past while forging a new and healthier future. The liminal space becomes a crucial arena for self-discovery, healing, and growth. It's a mental and emotional realm where one sheds the old patterns of addiction and begins to construct a fresh narrative of resilience and recovery.

While the liminal space may evoke feelings of uncertainty and vulnerability, it is precisely these qualities that foster personal growth. Learning to embrace discomfort, face challenges head-on, and navigate the unknown are invaluable skills that transcend the recovery journey.

As we delve into the depths of the liminal space, let us recognize it not only as a passage but as a place of empowerment. It's where the roots of addiction are exposed, and the seeds of recovery are planted. By embracing this transformative space, individuals can not only conquer addiction but also thrive in all aspects of life.



What Does a Sponsor Do and Not Do?

- A sponsor does everything possible, within the limits of personal experience and knowledge, to help the newcomer get sober and stay sober through the A.A. program.
- Shows by present example and drinking history what A.A. has meant in the sponsor's life.
- Encourages and helps the newcomer to attend a variety of A.A. meetings — to get a number of viewpoints and interpretations of the A.A. program.
- Suggests keeping an open mind about A.A. if the newcomer isn't sure at first whether he or she is an alcoholic.
- Introduces the newcomer to other members.
- Sees that the newcomer is aware of A.A. literature, in particular the Big Book, Twelve Steps and Twelve Traditions, Grapevine, As Bill Sees It, Living Sober and suitable pamphlets.
- Is available to the newcomer when the latter has special problems.
- Goes over the meaning of the Twelve Steps, and emphasizes their importance.
- Urges the newcomer to join in group activities as soon as possible.
- Impresses upon the newcomer the importance of all our Traditions.
- Emphasizes the relevance and spiritual value of anonymity, both on a person-to-person basis, as well as at the public level, including social media. (For more information see the pamphlet, "Understanding Anonymity.")
- Tries to give the newcomer some picture of the scope of A.A., beyond the group, and directs attention to A.A. literature about the history of the Fellowship, the Three Legacies, the service structure, and the worldwide availability of A.A. — wherever the newcomer may go.
- Explains the program to relatives of the alcoholic, if this appears to be useful, and tells them about Al-Anon Family Groups and Alateen.
- Quickly admits, "I don't know" when that is the case, and helps the newcomer find a good source of information.
- The sponsor encourages the newcomer to work with other alcoholics as soon as possible, and sometimes begins by taking the newcomer along on Twelfth Step calls.
- Never takes the newcomer's inventory except when asked.
- Never tries to impose personal views on the newcomer. A good sponsor who is an atheist does not try to persuade a religious newcomer to abandon faith, nor does a religious sponsor argue theological matters with an agnostic newcomer.
- Does not pretend to know all the answers, and does not keep up a pretense of being right all the time.
- An A.A. sponsor does not offer professional services such as those provided by counselors, the legal, medical or social work communities, but may sometimes help the newcomer to access professional help if assistance outside the scope of A.A. is needed.
- Stresses the importance of A.A. being a safe place for all members and encourages members to become familiar with service material available from the General Service Office such as "Safety in A.A. — Our Common Welfare."

The sponsor underscores the fact that it is the A.A. recovery program — not the sponsor's personality or position — that is important. Thus, the newcomer learns to rely on the A.A. program, not on the sponsor. A sponsor well-grounded in the A.A. program will not be offended if the newcomer goes to other A.A. members for additional guidance or even decides to change sponsors.

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Tradition II - Social Media Anonymity Statement

"When using social media, AA members are responsible for their own anonymity and of others. When we text, post or blog we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others."

Joyous

Sobriety is **My Single Greatest Achievement**. The credits belong to those who helped me achieve it, those who help me maintain it and the God of my understanding who was responsible for my going to my first meeting of Alcoholics Anonymous. **"God, Help me."** I took a drink. I drove a drunk car. Alcohol will do to me today what it always did — took me where it wanted me to go... to the gates of a living hell. Alcohol is cunning, baffling and powerful. Without help it is too much for me. AA had the key to release me from the bondage of Joyce. Today you can call me Joyous. I am recovering my self-respect the wisdom of my sponsors and the messengers in the rooms of AA are appreciated. My enormous gratitude cup is overflowing **"one day at a time."**

Joyce M. 8/21/89

There comes a day when
you realise turning the
page is the best feeling in
the world, because you
realise there's so much
more to the book than the
page you were stuck on.

— ZAYN MALIK

Contributed by Boo N.

JOIN SANDHILLS INTERGROUP!

The Sandhills Intergroup functions as an essential A.A. service entity that fosters collaboration among local groups to enhance their collective impact. Our common purpose is clear: to extend a helping hand to those who still suffer from alcoholism. Currently, we have several positions open within the Intergroup, presenting a unique opportunity for service that aligns with the very principles that underpin our recovery. We invite individuals to consider taking on chair positions and co-chair positions, contributing their time and talents to further the cause of carrying the A.A. message.

Service to others is a cornerstone of the AA guiding principle, and volunteering for a position within the Intergroup is a tangible way to embody this principle. By stepping into these roles, you become an integral part of the larger effort to carry the message of hope and recovery. Whether you're a seasoned member or newly on the path of sobriety, your willingness to serve is a powerful testament to the transformative nature of the program. Joining the Sandhills Intergroup is not just an opportunity to give back; it's a chance to carry the message and strengthen the bonds of fellowship that make our recovery community a source of inspiration and support. **Please JOIN US at 9am the first Saturday of each month at 504 Wilder Ave, Aberdeen, NC (The Wilder Building). All AA'ers welcome!**

SANDHILLS INTERGROUP

**WE
NEED
VOLUNTEERS!**

CALL (910) 420-0575
FOR MORE INFORMATION.

	Chairperson	Co-Chairperson
Meeting Chair	Travis D.	OPEN
Secretary	Karen C.	OPEN
Treasurer	Jack B.	OPEN
Newsletter	OPEN	OPEN
Website	OPEN	Bob H.
Meeting Schedule	Mary Sue F.	OPEN
Hotline	OPEN	OPEN
Recorded Speakers	OPEN	OPEN

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

Please Share 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.

Send submissions to:
SandhillsNews@gmail.com

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We meet at 9am the first
Saturday of each month at
504 Wilder Ave, Aberdeen., NC

All AA'ers Welcome!

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Visit
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AA District 52

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

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