



FOOTWORK
WILMINGTON AREA INTERGROUP NEWSLETTER

Step 7

Were entirely ready to have God remove all these defects of character.

When I think of steps 4 through 9, I can't help but think of them in pairs. 4 goes with 5, 6 with 7 and of course 8 and 9. The first step in each case requires reflection, while the second demands action of some sort.

In step 4, we reflect on our resentments, fears and sex conduct. Then in step five, we take action by telling God ourselves and most importantly another trusted human being.

For step 6, we became entirely willing to have God remove all our remembered defects of character. Once again we take serious actions by asking God to relieve us of all our shortcomings both good and bad.

At last in step 8, we list all the people we have harmed and become willing to make amends to them all. Finally, what in my opinion is the most difficult step of all; taking the action of make direct amends wherever possible.

Somewhere between 3 and 6 months of sobriety, I had done steps 4 and 5 and was preparing to master step 6. Then one night I was attending a meeting of my home group at Union Hill Drop-in-Center in Danville, NJ. Even now I can distinctly remember glancing around the room only to realize that I had the least sober time in the room. At that moment, even though I was 43 years old, the father of two teenage children, held multiple degrees and was the state tax director of a major corporation; I was emotionally a child. As a child, I again saw these various attributes had not prepared me for recovery. My sponsor only had one year of recovery and was loud and obnoxious; plus I didn't yet know how to reach out for help.

This seemed to leave me all on my own to see these people as perfect while I knew in my heart that someone like me could never be; especially when I heard the four absolutes! Absolute purity was beyond my ken so why even try!

Then the miracle happened; John L. who had three years of sobriety shared that his character defects acted like the mole game at the carnival: when he beat one of them down another popped up. He went on to share the solution that he had to be willing to have God remove these defects and that only the first step could be done perfectly.

All I heard was the mole game which was my solution at that time. If someone who had three whole years of sobriety was still struggling with his character defects, then I could do it too. Today each morning, I pray that seventh step prayer and give myself to God; all of me good and bad and then let Him work His magic in my life however that may be.

Bill B.

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

The book *Alcoholics Anonymous* devotes three sentences to Step 8, and it says that we actually made the list when we did Step 4. This was the personal inventory, or as it is more bluntly stated, our grudge list.

It seemed a simple matter for me just to take this list and go about making amends—Step 9.

But good sponsorship intervened between the grudge list and the time to start making amends.

Supplemental reading in *Twelve Steps and Twelve Traditions* suggested I turn back to the list and re-evaluate my twisted relationships. I came to see my part more clearly and to look at my own mistakes. Lo and behold, I discovered that *my* behaviour was the cause of many of *my* grudges. Under better scrutiny, many of those resentments were totally baseless. For example, the man who “fired” me not only did exactly what was appropriate, but also did me a huge favor. It was a case of no harm, no foul by either of us.

There were other similar examples and my Step 8 list became shorter than my Step 4 list.

Through more reading, lo and behold, I started to look at the harm I had done others. The obvious damage was easy to ferret out—lying to the wife, refusing to participate in family activities. The really eroding ones were harder to see. These were subtle to me but far more obvious and damaging to others. What comes to mind is my constant irritability with my children, coldness to my first wife, and general sarcasm with the world. These were the most pernicious.

There were more examples, and my Step 8 swelled some.

Good sponsorship guiding me through the literature allowed my list to evolve. I was ready to make amends.

Stephen L.

A Note from the Chair of Board

A note from the Chair

It's the start of a long, hot summer, and things at Intergroup and your Board of Directors are heating up too. The Strategic Planning Committee, which will be working to develop a long range plan for Intergroup, held its first meeting in June and will start work in earnest in July. Lisa C. from District 3 (Midtown Group) and Kate H. from District 4 (One Day at a Time Group) have agreed to serve on the committee, and we are excited to have their experience with AA and other intergroups as we start this process. Our goal is to have a plan for review by the groups in September, and to vote on the plan at the November Full Council meeting. As always, if you have ideas for the Wilmington Intergroup, please contact Linda H., Ashley F. or anyone on the board.

In addition to the Strategic Planning Committee, we also have a Budget Committee and a Special Events Committee. The Budget Committee, which consists of Board members, regularly meets to monitor the finances which, so far, are looking pretty good. Of course we always welcome donations from groups and individuals so we can continue to provide the services you have come to expect. The Special Events Committee is open to all AA members and works with the office staff to plan events like the Founder's Day Picnic, the 4th of July Picnic and the annual December dinner/dance. This committee meets the first Thursday of every month at the Intergroup office and is always looking for people who want to get involved.

Although it's only July, it's not too early to start thinking about running for a seat on the Board! Six seats will be up for election at the September Full Council meeting. If you have 18 months of sobriety and would like to run for election, please stop by the Intergroup office and fill out an application. It's a short, one-page form that asks for your name, sobriety date and AA service experience. Although it is suggested, you do not have to have been an Intergroup rep or General Service Rep to run for a seat on the Board. Board members serve for two years and are required to attend all monthly Board and Full Council meetings, held the 2nd Thursday of each month at 5:30 in the Intergroup office.

As always, if you have any comments, questions or concerns, please reach out to Linda, Ashley, me or anyone else on the Board.

Yours in service,

Susan P., Board Chair

From the Office

What's Happening from the Intergroup Office,

Hello! First off, we had an awesome 83rd Founder's Day Picnic despite the light rain. Our Ask the Panel was a new addition, and we plan to continue this new tradition. The panel of AA and Al-Anon couples were gracious sharing their experience, strength and hope. The hamburgers (and veggie burgers), hot dogs, and the fixins' were great and the cakes and cobbler were a delicious desert. A huge thank you goes out to all the volunteers for your time and service. We could not do this without you.

Ashley and I will be working on the bookstore inventory in July to get ready for our busier months ahead. If we don't have something you need in stock, we'll be glad to order it for you. We are also updating the Where And When Pamphlets for our next run in July.

Finally, with the help of two amazing volunteers we are in the process of updating the meeting schedules on the website and making it easier to navigate. Please forgive us if we have some hiccups along the way. And, we will be working on adding our meeting schedule to a meeting guide app. This will allow newcomers, visitors, and vacationers to find our meetings much easier.

As always, we need volunteers to answer the phone. Sponsors, this is great service work for your sponsees. The office door is open. Stop by anytime.

In the Spirit of Service,

Linda H. and Ashley F.

Birthday Club

Birthday. Anniversary. Celebration day. Regardless the name, the anniversary of the date we pick up a white chip and join A. A. is an important one.

A very special way to celebrate and give back is to make a donation to Intergroup. One dollar for each year of sobriety makes a small dent in our pockets. But each one of those dollars is a significant amount that Intergroup can put to good use helping carry the message of sobriety.

It is simple to contact the Intergroup Office to find out how to make this important contribution.

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Every group passes the “basket” for members to give a donation. While the baskets are being passed the chairperson has a Self-Support card that reads: The Seventh Tradition states:

“Every A.A. group ought to be fully self-supporting, declining outside contributions.” While contributions cover each group’s rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure their group, and their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose—to help the alcoholic who still suffers.

Some facts:

- Less than 44% of groups contribute to the General Service Office.
- Costs for Services provided by G.S.O. are \$6.32 per member per year.
- A.A. literature sales account for 56% of G.S.O.’s income.

Personal thoughts:

- What is the value of your sobriety?
- Does your group know that contributions may be made online at AA.org?
- Give until it feels good.

“The amount of our contribution is secondary to the spiritual connection that unites all groups around the world.”

The above paragraphs were taken from the Service Material from the General Service Office.

One of the things that can cause problems is MONEY. It is important to distribute contributions to the following: in our town we have a central office or Intergroup, District, Area, and G.S.O.

It is important to have a prudent reserve. Squabbling over uses of too much money can cause a group to lose their unity and the primary purpose of “helping the suffering alcoholics.” It is important that AA remains self-supporting in order for it remain free from any outside influences.

Anonymous

Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

“Throughout the world AAs are twelfth-stepping with thousands of new prospects a month. Almost entirely unorganized, and completely nonprofessional, this mighty spiritual current is now flowing from alcoholics who are well to those who are sick. One alcoholic talking to another; that’s all.” From a Grapevine article dated 1948.

As the word of hope spread throughout the country and world, many alcoholics searched for AA. The first Intergroup offices were formed and manned by volunteers, now there is such a demand for AA; central Intergroup offices have been formed with paid employees to pave the way for Twelve Step work to take place.

Our local Wilmington Area Intergroup Office covers four counties and with our website groups all over the country can place literature orders to be mailed. The Intergroup Office workers make it possible for an alcoholic to hear the message “person to person and face to face.” AA’s Intergroup operates well with volunteers for certain tasks such as our phone services and special events. Our General Service Office in New York was once a tiny office for Bill Wilson (AA’s co-founder) and one secretary.

Today, it is fully staffed with AA and nonalcoholic paid employees. The G.S.O serves AA worldwide, with a huge mailroom and website to keep the lines of communication open throughout AA. With the volume of work to be done at the international level G.S.O. has to operate with paid employees who possess certain business and professional skills. G.S.O. does use volunteers for particular tasks and their services are greatly appreciated. With the mass amount of work that has to be done, it could hardly be accomplished by spare hours here and there given by volunteers. But paid jobs for A.A. are scrutinized. AA’s literature, as an example, has to express the view of the group conscience of AA as a whole. Any new project has to be approved by the Conference. The Literature Committee of the General Service Board keeps watch over the process. An undertaking such as the fore mentioned could not be accomplished unless G.S.O had special workers employed. Tradition Eight makes it clear that no AA member should accept any payment for “carrying the message”, but our service centers could not operate at the levels necessary without paid employees.

We live and let live.

Anonymous

If you have ideas for articles for *Footwork* please let us know. Your involvement will help make *Footwork* a vibrant part of A. A. here in our service area. Regular articles are on the Traditions and on the Steps for the months each issue covers. General interest articles are encouraged, but it is best to run ideas by us first. Deadlines are generally about the 20th of the month before publishing (December 20th for the January/February issue). The word count is best held to around 300, but that is flexible.

Contact editor: dexlequire@gmail.com or the Intergroup Office

Wilmington Area Intergroup, Group Contributions

The Wilmington Area Intergroup Office serves groups in Brunswick, Columbus, Pender, and New Hanover counties to better carry the message of Alcoholics Anonymous to the suffering alcoholic.

Your contributions keep the Intergroup Office functioning.

Group Contributions

We gratefully acknowledge the contributions from the following groups in November and December.

There are 93 groups in the area served by your Intergroup Office.

Across the River	Living Sober
Beginners and Winners	Long Beach Women In
Brain Damage	Recovery
Complete Abandon	Men Living Sober
Cottonmouth	Midday
Easy Duz It	Midtown
Fresh Beginnings	One Day at a Time
Happiest Hour	PTS
Inside/Out	Rule 62
Joe & Charlie	Serenity by the Sea
Just A Meeting	Southport
Keep It Simple	Sunset Park
Kitchen Group	Tuesday Night Men's
Leland	Turning Point

Dates to Remember

NCCYPAA 1st and 3rd Fridays, 8:15 p.m., Fellowship Center
Intergroup Board of Directors, 2nd Thursdays, 5:30 p.m., Intergroup Office
Full Intergroup Council, 2nd Thursdays of odd-numbered months 5:30 p.m., Fellowship Center
CPC/PI 2nd Thursdays, 4:00 p.m., monthly, Port City Java, Barclay Commons, Shipyard Blvd
Events Committee, 1st Thursdays, 6:00 p.m., Intergroup Office, all welcome

Intergroup Board

Get to know your Intergroup Board of Directors

The Intergroup Board of Directors consists of 12 members, 6 of whom are elected each year for a two-year term. New Board members are elected by the Full Council each September, and officers are elected by the Board at the December Board meeting.

Please make an effort to get to know the board, give your input, and let them know how YOU can help the AA community.

The following people will serve on the Board for the 2018-19 term. Term end dates are noted by "T/E".

Barry M. (Topsail Island), Alternate Treasurer (T/E 2019)
 Butch V. (Shalotte) (T/E 2019)
 Camille C. (164 Big Book) (T/E 2018)
 Colin H. (EZ-Duz It) Alternate Secretary (T/E 2019)
 Dara G. (10:45 Group) Treasurer (T/E 2019)
 Donna C. (One Day at a Time) (T/E 2018)
 Monique B. (Joe & Charlie) (T/E 2018)
 Sam R. (Across the River) (T/E 2019)
 Susan P. (Complete Abandon) Chair (T/E 2019)
 Will S. (Jaywalkers) Vice Chair (T/E 2018)
 Greg B. (Beginners & Winners) (T/E 2018)
 Pat N. (One Day at a Time), (T/E 2018)

NCCYPAA

Excitement builds.....

1st Annual Farm Blast, July 28 11:00am-29th, 4:00pm.
 4265 Croombridge Road, Burgaw, NC. 28425

NCCYPAA XXII, September 20-23. Carolina Beach, NC
 register: www.nccypaa2018.com

From the Archives

Greetings from your new Intergroup Archivist. I am so happy and excited to be able to step in for Bill I. as he leaves this position after many years. We are fortunate to have had the knowledge and expertise of both him and Bob H. in establishing our collection. My contact with the Archives has been in assisting Bill I. in producing the collection inventory and in updating some of the early groups' histories through interviews with members of long standing.

Carl Sandburg states "Whenever a society or civilization perishes there is always one condition present; they forgot where they came from." The purpose of the Archive is to carry the message of Alcoholics Anonymous through the collection, preservation, and sharing of the rich and meaningful heritage of our Fellowship. Our collection includes a variety of books and pamphlets, many years of *Grapevines*, group histories on many of the original groups in Districts 3 and 4 and some oral histories from "old timers".

Presently I am exploring cabinets and familiarizing myself with the filing system and organization of our collection. One of my particular interests is in the evolution of groups over time as they grow, branch out and/or absorb other groups. Much of this information is lost over time and the Archives can be a tool in recording and storing group changes.

I intend to be present in the Archive Office located in the back of the Intergroup Office from 9 to 12 on Thursday mornings. Please come by and visit. If groups or individuals have materials they would like to share, please bring them in.

I look forward to hearing the back stories on your documents, books and group histories. Who knows what goodies are laying at the bottom of those storage boxes?

Carol A.

Wilmington Area A. A. Intergroup

The Wilmington Area A. A. Intergroup office serves Districts 03 and 04 and provides the following:

- A large stock of AA books, pamphlets, meeting schedules, medallions, chips, and other items;
- A telephone hotline, with the much-appreciated help of volunteers. This is often the first contact of hope for someone suffering from alcoholism;
- Fellowship activities directly related to AA, such as the Founders' Day Picnic, holiday Alkathons (and meals!), the annual holiday speaker/dance/dinner event, and many others;
- Mailboxes for groups so information is quickly distributed;
- A place for some fellowshiping and perhaps a cup of coffee.

Faithful 5ers

Please consider becoming a Faithful 5er.

Some members of AA make direct monthly contributions to their local Intergroup Office. A typical one is \$5.00 per month. Of course, larger donations are welcome. All go to assure that the office can fulfill its mission to carry the message to the alcoholic. Please contact the office directly to make such arrangements.

A quick and simple way is to direct your bank to send a monthly check directly to Intergroup or to have a credit card payment similarly set up.

Thanks

Of Interest

At the Camel Club

July 6, 6:00 p.m. Sunset Serenity anniversary recognition, speaker will be Rick M. from NY, NY

July 18, 7:00 p.m. Movie Night, "My Name is Bill W."

Upcoming Events

July 19 NC state AA convention

August 24-26 Southeast Woman to Woman Conference, Charleston WV

September 27-30 Fellowship By The Sea, Myrtle Beach SC

From *In the Loop*

Why wait?

Why put up with wrinkled, coffee-stained copies? Why chance not getting a copy at all?

**Be the first kid on your block to have your very own copy of Footwork.
So many options!!!**

- individual by snail mail.....\$6.00
- individual by email.....free*****
- group by snail mail, 10 copies.....\$6.00
- group by mailbox at intergroup.....free*****
- group by mailbox at intergroup, 10 copies.....\$5.00

subscription information individual or group name _____
 mailing address _____

 email address for individual _____

mail or bring this form, along with the correct fee, to Wilmington Area Intergroup.



Wilmington Area Intergroup
 5901 Wrightsville, Ave
 Wilmington, NC 28403

Name _____
 Address _____

