



Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Over the years I've been sober I have had a chance to do several 5th steps. The first one, however, was probably the most difficult for two reasons: first, there were things on my 4th Step that I had promised no one would ever know. Second, how could I trust someone not to reveal what I was about to tell them? I also was more than a bit worried about how "fearless and thorough" my first attempt at a 4th Step had been.

The Twelve Steps and Twelve Traditions provided some guidance on who I might choose to hear my 5th Step and suggested that my sponsor might be the best choice. I could have picked someone I didn't know (doctor, priest, therapist, etc.), but my sponsor had already helped me through the first four steps in such a loving way, that I knew she'd be the best choice. And I was right. As I started through my story, she often added some of her own experiences that made me feel that the things I had done were no worse than what anyone else had done. While I didn't immediately feel closer to God when I was done, I DID feel that a big weight had been lifted.

Since I got sober I have had the opportunity to do several other 5th Steps. I also have had the privilege of listening to many others share theirs. I continue to believe that doing this with a sponsor, with someone you actually see at meetings and to whom you are at least a little bit accountable, is the best idea. It may not be for everyone, but that's what has worked for me.

When I do a 5th Step with a sponsee, I always start with a short prayer to invite God into the room. I even bring a chair into the circle so it's clear that God is with us. Then we start —she talks, I listen, I talk, she listens. At the end, I always ask if they have left anything out. If the person is reluctant to share something, I often share some of the things I wanted to hold back. As a sponsor, it's a wonderful thing to watch someone open up and unblock the things that have kept them stuck in their alcoholism. It has been the same for me too.

Step 5 continues to be a big part of my sobriety, whether as a sponsor or a sponsee. It shows me that I am not alone and never have to be again.

anonymous

Step Six

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

Ah.....Step 6. Of all the steps, this one provides me challenging questions and in-depth reflection and understanding. Much of this results from the excellent (IMO) sixth chapter of *Twelve Steps and Twelve Traditions*. However, as to the actual **taking** of this step, I go directly to the source: page 75 (the last paragraph) and page 76(the first).

After my fourth effort with Step 5 (deemed adequate by my sponsor), I was sent home to spend a quiet hour and read those two paragraphs. Back to my sponsor's kitchen table, I poured coffee and fired up a cigarette. Having done some extracurricular reading (the 12&12), I had dozens of questions about what to do next.

A patient man, he finally held up his hand in the classic "Stop" position. "Read the actual Step 6 as it is on page 59.

I did.

He asked, "What is the implied first word?" "We," I answered.

He smiled. "We were entirely ready..." It is a statement of fact, not a question or instructions for further consideration.

"The fact is, if you are satisfied with your efforts on the first five propositions, then you *are ready* to continue with the remaining steps."

I was sent back home to read the very next paragraph, which is the topic of Step 7 in the next issue of *Footwork*.

Having continued on with the steps, I still return to the sixth chapter of *Twelve Steps and Twelve Traditions*. In it, I find continuing help fine-tuning my understanding of character defects, humility, and so many other aspects of leading a sober life.

anonymous

A Note from the Board Chair

Here are the Board members for 2019 (new members are noted with an asterisk *):

Officers

Chair - Will S. (Term Ends (T/E) 2020)
Vice Chair - Donna C. (T/E 2020)
Treasurer - Dara G. (T/E 2019)
*Alternate Treasurer - LeeAnn P. (T/E 2020)
*Secretary - Cindy W. (T/E 2020)
*Alternate Secretary - Penny C. (T/E 2020)

At-Large Members

Barry M. (T/E 2019)
*Bill T. (T/E 2020)
Butch V. (T/E 2019)
Colin H. (T/E 2019)
Sam R. (T/E 2019)
Susan P. (T/E 2019)

As a reminder, the Special Events Committee meets on the first Thursday of every month at 5:30 in the Intergroup office. All AA member are welcome to come and help plan events!

If you have any comments, questions or concerns, please reach out to the Intergroup office, me or anyone else on the Board.

Yours in service,

Will S., Board Chair

From the Office

Greetings from the office of the Wilmington Area Intergroup Association! The drink machine has fallen victim to vandalism and, as a result, more security cameras have been mounted around the office (donated, of course, and we thank the recovery community for that!).

We are always seeking to improve our service to the alcoholic and are going through a revolution, of sorts, by reviewing and recreating office procedures and policies, with the goal of staying up to date. Our community deserves the best from their Intergroup office and we are striving to meet that expectation. Feel free to stop by and let us know what we are doing right and where we can do even more to be of service.

Keep an eye out for announcements on our community website!

Many new volunteers are signing up at the office to cover the outreach phone and the Night Owl phone. Opportunities for service are always available and the experience of service work invaluable – come by or call the office to sign up and be a part of what the office provides!

Live Easy But Think First

David G.

Office Manager

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 Five

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

We hear in AA that our sobriety comes first. We also learn that we are all individuals with our beliefs and perceptions except when it comes to our responsibilities in carrying the message of recovery to the suffering alcoholic.

Every group is united with its singleness of purpose, leaving outside issues at the door. Experience has shown that AA cannot be all things for all people. AA does not loan money, offer counseling and find someone their dream job.

Tradition Five continues to drive home how important it is that individual members put aside their desires and ambitions to continue as a group carrying the message of recovery to the alcoholic who still suffers.

AA groups have several ways in which they can carry the message, whether it be in a meeting sharing experience, strength and hope or organizing a panel to carry the message in a treatment facility. AA members have an opportunity to meet with newcomers after a meeting and answer any questions and share our stories with them. AA has public information committees and correctional facility meetings. AA members have opportunities to speak with professionals in the medical community to help better serve their patients.

Sometimes it may not be the newcomer that is suffering; it may be an AA member who has been sober for a while.

As AA members we always carry the message of “hope” that no matter what we may be experiencing in life, we can get through it without a drink.

anonymous

Tradition Six

An A. A. group ought never endorse, finance, or lend the A. A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

This seems a straightforward step as it keeps A. A. groups away from alignments with non-A. A. groups, organizations, trends, sects, and so on. (*Alcoholics Anonymous Comes of Age* is good reading material that will illustrate just how this tradition came into being and its importance. Special note should be taken about the Washingtonians.)

Where it gets a little dicey is when good intentioned efforts get clouded in with keeping A. A. uninvolved with an outside “enterprise.”

For example, an old home group of mine met in a church. As part of its community outreach, the church allowed us to meet there once a week. Citing our Tradition Seven, we insisted on paying rent to the church and a happy accord was reached.

After a while, the church was to have a yard sale and asked us to participate and share in the proceeds. Seemed like a good idea until our business meeting to discuss this. After considerable discussion, most of which was favorable to the idea, a couple of the elder statesmen cited Tradition Six and suggested that we not become affiliated with the church. Feelings were hurt on both sides. It was, after all, a good faith offer. But after more discussion, and reliance upon the loving God of Tradition Two, our role was clear—we were not to become affiliated with the church.

anonymous

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

Thank you to all the groups who make contributions in support of your Intergroup. It helps us carry the message.....

March/April

Acceptance	Ogden Serenity
Across the River	Primary Purpose
Brain Damaged	PTS
Breakfast Club	Serenity by the Sea
Complete Abandon	Sisters in Sobriety
Daily Reprieve	Southport
Eustabaphalus	Sunset Serenity
Fresh Beginnings	Turning Point
Hampstead	
Happiest Hour	
Holden Beach	
Just A Meeting	
Keep It Simple	
Men Living Sober	
Midday	
New Promises	
New Whiteville	
Oak Island	

How can I Engage in Service Work?

It's probably not productive to rate one form of service work "better" than another. But one which ranks pretty high is the "Night Owl" phone—the overnight and weekend answering service for the Intergroup Office.

Often, the first contact with A. A. is a telephone call to a local Intergroup. Whether by the active alcoholic in very real need of help, a family member looking for assistance, or by visitors looking for a meeting, each call is important. Callers often need help at times other than usual business hours, so we have 24 hour phone coverage.

After-hours calls are forwarded to a special cell phone. A detailed instruction packet with contact numbers and meeting information accompanies the cell phone. A. A. volunteers handle the phone calls, and give out meeting information, treatment center numbers, and have a list of 12th Step volunteers who can return calls to those needing help.

It is common for a group to volunteer to take the phone for a month, with the phone being passed around members of the group. Other arrangements are possible. Individuals can also take the phone during certain times. Handling the phone is a great way for a sponsor/sponsee to join for service work. Please contact the Intergroup Office for more information

From the Archives

If you are interested in doing service work in the Wilmington Area Intergroup Archives please call or email

Carol A. at the Intergroup offices 910 - 794 - 1840 /
intergroupwilmington@gmail.com.

Pamphlet of the Month for April

The A. A. Group p-16

This pamphlet clarifies the understanding of what constitutes an A. A. group and a meeting.

Check it out along with many, many more.

https://www.aa.org/assets/en_US/aa-literature/

**DON'T
FORGET**

FOUNDER'S DAY PICNIC

SUNDAY, JUNE 9

**COME CELEBRATE
A.A.'S
84TH BIRTHDAY**

fun
food
frivolity

Dates to Remember

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, 5:30 p.m., Intergroup Office, all welcome

If you have recurring events or meetings you want listed here, please contact the editor.

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 fellowshipping and perhaps a cup of coffee.

News Flash

Alkathons are a mainstay for the A. A. community as a help for getting through major holidays when the desire to drink may arise.

This July 4th, the Intergroup will be coordinating, for the first time, a July 4th Alkathon to be followed by the ever-popular picnic!

News from Oak Island

Help Promote the Lighthouse Retreat

Thanks to Sara V. for creating a new webpage for the Oak Island Lighthouse Retreat. The webpage is still under construction with additions of speakers, schedule, and registration. You can help promote the retreat on the internet by searching for "Oak Island Lighthouse Retreat" and clicking on the page. Increasing the number of hits will help move the site up in the search listing.

Pamphlet of the Month for March

Frequently Asked Questions about A. A. P-2

Formerly *44 Questions*, this pamphlet is everyone's source for answers as to just what A. A. is.

Joe Bob says, "Check it out."

Note regarding District 3

I want the hand of AA to always be there and for that I am responsible

The 2019 District 3 budget is projected to fall short by \$2500. The expenses are less than last year. The projected income, based on last year's contributions, will not meet expenses. There are 42 home groups in the District. Only 14 groups donated to the District last year. The District supports recovery in prisons, rehabilitation facilities, and home groups. The District follows the seventh tradition and only accepts contributions from members of AA.

What is your group doing to support District 3?

Notice a more vacant areas in *Footwork* this issue?

I encourage you to fill it up with articles you write about A. A. in general, your experiences in sobriety, your take on the hot topics going around the groups.

As editor, I can help you chose topics or pick your brain for what you want to write about. Let's fill this thing up.

Contact your Intergroup office..

News Flash

Footwork is now available online.

Go to wilmingtonaa.us and follow the easy-to-follow instructions.

News Flash

Also available on-line and free of charge is **Box 459**, the quarterly newsletter from the A.A. General Service Office.

Go to aa.org/pages/en_us/box-4-5-9-news-and-notes-from-gso

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!!!**

Groups

1 copy at intergroup mailbox..... free
10 copies at intergroup mailbox..... \$5.00/year
by U. S. Post, 10 copies \$6.00/year

Individuals

by email free
by U. S. Post, \$6.00/year

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.

Now available online wilmingtonaa.us **Now available online**



Wilmington Area Intergroup

5901 Wrightsville, Ave
Wilmington, NC 28403

Name _____
Address _____
