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SPONSOR /  
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AND STEPS

GROUP  
CONTRIBUTIONS



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## STEP 12

Step 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. It's no mistake that Chapter 7 of the Big Book, entirely devoted to Step Twelve, is entitled WORKING WITH OTHERS. The writer states that "...nothing will so much insure immunity from drinking as intensive work with other alcoholics". Sharing our experience and the approach that worked for us is the beginning. The Big Book tells us that after asking the new prospect to read the Book, "he must decide for himself if he wants to go on. He should not be pushed or prodded...If he is to find God, the desire must come from within". The Book says to "Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house". Our job is "to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful".

In the Twelve and Twelve we read that "The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word." This includes practicing all twelve steps and giving of ourselves so that "those about us may find emotional sobriety." Spiritual awakening, being able to "do, feel, and believe that which he could not do before on his unaided strength and resources alone" blooms in one, and they are transformed because they have "laid ahold of a source of strength which in one way or another, he had hitherto denied himself". "What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it." Our happiness is not dependent upon our importance, and humility leads us to "a spirit of love and service". "...we are partners in a common effort, the wellunderstood fact that in God's sight all human beings are important, the certainty that we are no longer isolated and alone in self-constructed prisons...these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material possessions, could possibly be substitutes."

Wilmington Area  
Intergroup Group  
Contributions for the  
Months of September  
/October

Across the River

Beginners and Winners

Carolina/Kure Beach

Complete Abandon

Eustabaphalus

Ez-Duz-It

Fresh Beginnings

How Dry I Am

Just a Meeting

Kiwanis Park Group

Living Sober

New Happiness

New Whiteville

Oak Tree

Ogden Serenity

Pender Benders

Serenity by the Sea

Southport Men's

Sunset Serenity

Topsail

Turning Point

Young People

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5901 Wrightsville Ave.  
Wilmington, NC 28403  
(910) 794-1840



## ALKATHONS

It is with great sadness, and regret that we have to cancel the Alkathons this year, for obvious reasons.

The Alkathons have always been a safe place to go for many of us during a time that can be very difficult.

In early recovery I had a hard time being with my family for many different reasons, especially during the holiday season. The Alkathons were a way to be among people going through issues just like I had. I could go to meetings, volunteer (which for me was very important), eat some good food, and enjoy some great fellowship.

*We are compiling a list of Zoom meetings for Thanksgiving, Christmas, and New Years, that run around the clock, and will be posted on our website.*

The Alkathons have always been a lot of work, but with the help of volunteers, they have always been successful. The reward of seeing a large group of our fellowship stay sober through the holidays, and enjoy themselves, (during a stressful time for a lot of us), is immeasurable.

We are compiling a list of Zoom meetings for Thanksgiving, Christmas, and New Years, that run around the clock, and will be posted on our website. It may not be the same as meeting in person, but it's the best we can do, during these difficult times. I pray that we all stay sober, and get through the holidays unscathed.

*Happy Holidays!*

Ashley F.

We all know how important building a relationship with a sponsor is...

## SPONSOR / SPONSEE ROOM

We all know how important building a relationship with a sponsor is. Whether doing step work, discussing life issues, advice on decisions, etc., a sponsor can help with all of the above.

Sometimes you need a quiet, private place to meet.

Whether it be something as important as a fifth step, or just something you don't feel comfortable talking about at a coffee shop, a diner, etc.

We have created just such a place. Please call the Intergroup Office @ 910-794-1840 to check for availability, and reserve a time.

Looking forward to seeing you.



## NEWCOMER SHARES THOUGHTS ON RECOVERY DURING COVID

As a Newcomer in early recovery I knew that all I knew was just about nothing. I knew where to go when I had hit my rock bottom but had no idea my safe place, the rooms, the people, the stories of experiences, strengths and hopes would change for me overnight.

Life as a mother of 3, wife, daughter, sister, full time worker.....and meetings were basically keeping me breathing. I had just established a relationship with my sponsor as well, joined a home group and was just getting started in our journey through the 12 Steps when quarantine began.

It was a Saturday, I did not know if meetings were going on that day and certainly didn't know what was going on with anything that I knew to be normal.

I had just established a relationship with my sponsor as well, joined a home group and was just getting started in our journey through the 12 Steps when quarantine began.

When you have lived your whole life in a state of panic what do you do in Pandemic?

Pray, Pray and Pray some more for Patience. For Guidance, for anything.

I had AA literature all over my house like confetti and was looking through my Where and When pamphlets for numbers. Thinking to myself, will anyone remember me if I call? Everyone says use the numbers so I did. I would go to small outside meetings against the wishes of my family bc I needed to survive. Apparently a lot of us did. I would think to myself, how cool is this to be in a meeting in nature. Very cool.

Nature became my higher power because that was where I felt comfortable being uncomfortable. I started taking myself, my Big Book and a notebook to the beach. I would write and walk for hours. I started taking myself, my Big Book and a notebook to the beach. I would write and walk for hours. I started Zoom meetings locally which eventually lead me to others home groups in other states. I was in complete shock when I figured out how to actually use Zoom and hit the participants button. I was one out of over 540 participants once and was blown away that there were so many people just like me. My attitude went to Gratitude as I attended more Zoom meetings.

I talked with my Sponsor daily and started to embrace my journey of recovery through quarantine.

I have grown to find some balance in my life with all of you. I have friends that have become family all over the country now that I probably would have never met if not for Covid. Just because the time zone and area codes are different does not mean a thing. We are all in this together. I have found that being kind and doing the right thing (even if it hurts) is a better way to live for me. When they say in meetings, It Works if you work it, I find that to be true for me. As it states in the Promises, You will be amazed before you are halfway though! I find that to be a gift if I just trust the process and let things happen.

As a newcomer in recovery through Covid, is really all I know. I could not be more grateful for the courage Covid brought me to stick with this program. The ability to have an open mind, to use my voice, to identify with others and not be discouraged.

I will, keep coming back just for today, One Day at a Time.

Emily Y.

## TRADITION 12

**Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities, (Short form)**

**And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all. (Long form)**

Twelve Steps and Twelve Traditions tells us that “The spiritual substance of anonymity is sacrifice”. We give up our “personal desires for the common good”.

In the beginning, professional people hiding their alcoholism, and fearful of “... public distrust and contempt”, found groups through trusted friends. With the growing success of the early A.A. program, enthusiasm endangered anonymity. Confidentiality had to be the “first lesson in the practical application of anonymity”.

Alcoholics Anonymous could not remain a secret society. But how should the program be shared while protecting the anonymity of all members? “Everything would depend on how it was channeled. We simply couldn’t afford to take the chance of letting self-appointed members present themselves as messiahs representing A.A. before the whole public.” “Here, principles would have to come before personalities, without exception.” The humility of giving up personal importance in order to protect those in our Fellowship is an “...all-pervading spiritual quality which today keynotes A.A. life everywhere”.

“We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.”

## CALL FOR CONTRIBUTIONS TO ARCHIVES

Wilmington Intergroup Archives is compiling a collection of material related to the Covid-19 Pandemic of 2020. We welcome submissions from all members of the fellowship whether you are a member of long standing or newly arrived.

A.A. Archives Guidelines tell us that “Archives service work is more than mere custodial activity: it is the means by which we collect, preserve, and share the rich and meaningful heritage of our Fellowship. It is by the collection and sharing of these important historical elements that our collective gratitude for Alcoholics Anonymous is deepened”. They further state that “A.A. members have a responsibility to gather and care for the Fellowship’s historical documents and memorabilia. Correspondence, records, minutes, reports, photographs, newspaper and magazine articles from the past and the present should be collected, preserved, and made available for the guidance and research of A.A. members and others (researchers, historians, and scholars from various disciplines)-for now and for generations to come.

There is no doubt about it. We are going through a most challenging time in our history. We have been presented with a task of historic proportions, and we have responded with prompt and creative solutions. The solidity of the program of A.A. and the dedication and flexibility of its diverse members drives the success of our ongoing enterprise.

Please help us in making a lasting record of how our Wilmington Intergroup Area has continued to provide services “Consistent with A.A.’s primary purpose of maintaining our sobriety and helping other alcoholics achieve recovery...” during this time of duress.

Your level of service could be anything from calling with an idea up to assisting with assembling the collection. Writing is not a necessary skill, and all offers of assistance will be appreciated. I welcome all contacts.

## STEP 11

**Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

Our Big Book tells us that Step Eleven suggests prayer and meditation. From a nightly review of the previous day to an awakening consideration of our plans for the day to come, we involve God in directing our thoughts. "Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives." Periods of meditation and prayer guide our "next steps" free of self-will and focused on others. When "agitated" or "doubtful" we can rely on prayer and meditation to inspire "right thought or action". Humility leads us to the realization that we are "no longer running the show" and our byword becomes "Thy will be done".

In Twelve Steps and Twelve Traditions we are told that "Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine." When we skip prayer and meditation we deprive ourselves of spiritual nutrition and inspiration.

The Twelve and Twelve sums up a lengthy discussion by stating, "Perhaps one of the greatest rewards of meditation and prayer is the sense of *belonging* that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless. The moment we catch even a glimpse of God's will, the moment we begin to see truth, justice, and love as the real and eternal things in life, we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in purely human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter."

Carol A.

## TRADITION 11

**Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films. (Short form)**

**Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us. (Long form)**

Twelve Steps and Twelve Traditions tells us to "...exercise self-restraint." Pleased with the changes that the program of Alcoholics Anonymous has made in our lives, we may wish to share them with others through the media, but we are told that it is "...far better to let our friends do this for us". The press does this through publication of our "principles" and "work", but not through its "individual members".

"The Foundation (GSO) wrote letters to practically every news outlet in North America, setting forth our public relations policy of attraction rather than promotion, and emphasizing personal anonymity as A.A.'s greatest protection. Since that time, editors and rewrite men have repeatedly deleted names and pictures of members from A.A. copy; frequently, they have reminded ambitious individuals of A.A.'s anonymity policy."

The Twelve and Twelve tells us, "This tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship".

Carol A.

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