

INCLUDED THIS  
ISSUE:

CALL FOR  
CONTRIBUTIONS  
TO ARCHIVES

SPONSOR /  
SPONSEE ROOM

TRADITIONS  
AND STEPS

GROUP  
CONTRIBUTIONS



this issue

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## STEP 1

We admitted we were powerless over alcohol – that our lives had become unmanageable. Who wants to admit that we had finally lost control of reality, of daily living and the only thing we thought about was where, when, and how we were going to get that next drink? I know for years I always thought that I had complete control or could regulate my drinking. But after years of trying to do it my way by trying to control my drinking to make people happy...my wife, children, parents, friends, co-workers, and bosses, of my rear end, to make them happy again, I would always return to that pit of misery. When I finally admitted my way wasn't working and I finally hit my bottom, I figured I would give AA a chance and put 100% of everything into it. I was willing to go to any lengths not to be in the pain that I was putting myself and everyone around me in. That's when I read the 1<sup>st</sup> Step Prayer..."God...Creative Intelligence...Universal Mind...Spirit of the Universe...my name is Mike H, and I need your help today." By doing Step One 100%, my journey of sobriety started that day, December 18, 2018. Thank you, God.

## STEP 2

I had known for a long time that I had a "drinking problem", but it wasn't until the last 2 years of my drinking that I realized I was drinking even when I really didn't want to. I had to drink, to stop the shakes, to be able to work, to be able to function normally. Not having any known alcoholics in my family, it never occurred to me that I was an alcoholic. I just knew I needed to drink to live, all the while also knowing I was killing myself. I had no doubt I would die drunk.

After I woke up in detox, I knew if I ever drank again it would kill me. I was terrified and confused. How on earth do I not ever drink again? I knew willpower wasn't the answer, I had tried that. On my second day in detox I went to my first meeting of Alcoholics Anonymous. When they read the 12 Steps, and read Step 2 "Came to believe that a Power greater than ourselves could restore us to sanity"...well then. Coming from a family that went to Church every Sunday, I knew God was my Higher Power, but restore us to sanity? I wasn't insane, I was a drunk! But I knew my own efforts could not stop my drinking, so I prayed that God would help me. It was the most sincere prayer I'd ever prayed.

NOV + DEC  
GROUP  
CONTRIBUTIONS

Across the River  
Back to Basics  
Big Book 164  
Big Book Near the Beach  
Burgaw  
Cape Fear  
Complete Abandon  
Conscious Contact  
District 04

First things First  
Fresh Beginnings  
Jaywalkers  
Just A Meeting  
Keep It Simple  
Kiwanis Park Group  
Midday  
Mixed Nuts  
New Promises  
New Whiteville

Oak Tree  
Only Today  
Rule 62  
Serenity by the Sea  
Southport  
Southport Mens  
Topsail  
Turning Point  
Women Rooted in Sobriety



STEP 2 *continued*

After getting out of detox I found a home group and a Sponsor. I knew AA was the only option if I wanted to stay sober. My Sponsor and I started working the steps. Step 1 was easy, I admitted I was powerless over alcohol and my life was definitely unmanageable. Step 2, that was trickier since I wasn't insane! Then I read how the Big Book described the insanity of Alcoholism. The Jaywalker story clearly described how I drank, no matter how much I hurt myself or told myself I didn't want to drink, the mental obsession to drink always won. Once I took that first drink, the physical allergy came and I had no control over the next drink. Now I was able to ask God to help me with the root of my drinking problem, which was the mental obsession to drink, "the utter inability to leave it alone, no matter how great the necessity or the wish" (Big Book page 34). I knew that no person could do that for me. Only a Higher Power can restore me to sanity, to be able to not drink. Once I came to believe that, the obsession left me. I continue to pray for that daily reprieve, one day at a time.



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.



## A NOTE FROM THE BOARD CHAIR

2020 has certainly been a literal year of virtual fellowship. Thank goodness our fellowship has thrived and kept reaching out and carrying the message with virtual meetings. Our AA Community has remained unified. I am looking forward to 2021 as the Intergroup's Chair with the opportunities it may bring to continue to be of service. We have new Intergroup BOD members and officers that I would like to share with the community. Thank you for your support, Cindy W. BOD Chair

Here are the Intergroup Board Of Directors for 2021

### Officers

Chair – Cindy W. (Term Ends T/E 2022) Ashley F. Intergroup Manager  
Vice Chair - Penny C. (T/E 2022) David G. Financial Staff  
Secretary- Lucy P. (T/E 2022) Intergroup's Staff can be reached with any  
Alt. Secretary - LeeAnn P. (T/E 2022) questions you may have by dialing -  
Treasurer - George W. (T/E 2021) Wilmington Intergroup - [910-794-1840](tel:910-794-1840) or  
Alt. Treasurer - Kenneth C. (T/E 2022) Email - [intergroupwilmington@gmail.com](mailto:intergroupwilmington@gmail.com)

### At Large BOD Members

Bob D. - (T/E 2021) Chuck H. - (T/E 2022)  
Eileen T. - (T/E 2021) Hap P. - (T/E 2021)  
Robert V. - (T/E 2021) Travis S. - (T/E 2021)  
Donna C. - Ex Officio (T/E 2021)

## TRADITION 1

**Our common welfare should come first; personal recovery depends upon A.A. unity.**

There is a paradox in Tradition One. The individual alcoholic has the right to think, talk, and act as he wishes. The fellowship cannot compel any individual to do anything or punish or expel him or her. The Steps are suggestions. This seeming anarchy appears to compromise "our common welfare". The key to this paradox is that the A.A. member chooses to conform to the principles of recovery. The consequence of deviating is that he sickens and dies. "He is but a small part of a great whole". "The clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not." (Twelve Steps and Twelve Traditions p.130)

In The Language of the Heart Bill W. states, "Our whole AA program is securely founded on the principle of humility-that is to say, perspective". (p.76) He continues, "Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action". "We do suggest, but we don't discipline. Instead compliance or noncompliance with any principle of AA is a matter for the conscience of the individual; he is the judge of his own conduct". "The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain...that he is dead wrong."

"We cooperate because we really wish to; we see that without substantial unity there can be no AA, and that without AA there can be little lasting recovery for anyone."



## TRADITION 2

**For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

The Twelve and Twelve refers to the “elder statesman, the one who sees the wisdom of the group’s decision, who holds no resentment over his reduced status, whose judgment, fortified by considerable experience, is sound, and who is willing to sit quietly on the sidelines patiently awaiting developments.” Theirs is “the real and permanent leadership of A.A., the quiet opinion, the sure knowledge and humble example that resolve a crisis. They do not drive by mandate; they lead by example.”

Bill W. discusses development of AA groups in The Language of the Heart (pp. 77-78). He states that “Every AA group has a conscience. It is the collective conscience of its own membership. The group begins to recognize its own defects of character, and one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produces group experience, and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into AA Tradition. The Greater Power is then working through a clear group conscience.”

Bill sums it up saying, “We humbly hope and believe that our growing AA Tradition will prove to be the will of God for us”.

## 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.

## OUR THIRD LEGACY

The three legacies, or gifts, that Alcoholics Anonymous has given to the fellowship are the Twelve Steps of Recovery, the Twelve Traditions, and the General Services of AA. According to Bill W. in The Language of the Heart "By the Twelve Steps we have recovered from alcoholism; by the Twelve Traditions we are achieving a fine unity". Knowing that he and Dr. Bob would someday be unavailable to run AA, they developed a plan to preserve the general services Headquarters services of Alcoholics Anonymous, including the principal services which are the Alcoholic Foundation, the AA Book, the AA Grapevine, and the AA General Office.

Twelve years before Bill and Bob had established a Headquarters, and then transferred control to a board of trustees, the Alcoholic Foundation. During the next 12 years the fellowship grew from about fifty to 120,000 or more. Bill and Dr. Bob could not last forever. AA had grown up and was ready to assume direct responsibility for its own headquarters. In 1950 Bill W. and Dr. Bob proposed turning responsibility over to elected delegates from the states and provinces of the United States and Canada. In 1951 these delegates commenced to work with the trustees and General Services staff members.

In 1955, the 20<sup>th</sup> anniversary of AA, the "old-timers" delivered the affairs of the organization into the permanent keeping of its members. The foundations, having been set down, were delivered into the keeping of the membership. The Third Legacy of Alcoholics Anonymous, its General Headquarters Services, had been handed forward.

*Carol A.*

## HOLIDAYS FOR THIS ALCOHOLIC

When I first got sober, I found it difficult to be around my family. For whatever reason, I just didn't feel comfortable around them. Looking back I realize that it was all in my own head. I thought that some were ashamed of me, resentful towards me, disappointed in me, etc.

When asked to attend family gatherings, I declined. Saying That I had to work the Alkathons, Pic-nics, or other functions. This year however, due to the pandemic, I was not able to use that excuse. I went to my brother's for Thanksgiving, and realized that I'd been a fool for the last few years. There were about ten, or twelve of us, fabulous food, great company, a lot of reminiscing, and a good time was had by all. My brother reminded me that my great nephews, who are twins, and nine years old, will be grown before we know it. He said that I better spend some time with them before they're gone off to college, which will be "a blink of an eye". I'm so glad he reminded me of that! I'm so thankful for AA, and all it's taught me!

That I may now spend holidays with my family, and have a wonderful time without alcohol, and all the baggage that goes with it. If I do the same thing everyday that I did the day before, I believe I'll stay sober, and lead a better life.

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