

FOOTWORK

WILMINGTON AREA INTERGROUP

GROUPS THAT CONTRIBUTED for NOV / DEC 2022

- 1602 CLUB
- Across the River
- Back to Basics
- Camel Club
- Carolina/Kure Beach
- Coastal
- Complete Abandon
- Complete Abandon Zoom
- Early Risers
- Ez-Duz-It
- Fresh Beginnings
- Leland Morning Edition
- Living Sober
- Men Living Sober
- Midday
- Mixed Nutz
- New Happiness
- New Whiteville
- Oak Island



this issue

STEPS and TRADITIONS 1 & 2

GROUP CONTRIBUTIONS

A Message from The Intergroup
Office Manager

STEP 1

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

What does this step mean to me in my heart? What is my personal connection to the liberation from the alcoholism that has framed most of my adult life? What must I do daily to nurture this wonderful gift that has been given me? How should I conduct my life to express my gratitude for having been given this awesome opportunity to fully participate in sobriety?

I remember how many times I quit drinking only to break my promise to myself and continue the self-destructive behavior that had plagued me for years. I was totally unable to stop and full of self-hatred. The intellectual knowledge of what I was doing was not enough, and when I finally hit bottom I was totally deconstructed. Apparently this was necessary for me to finally turn to a place I had previously denied my need for. I was directed by an acquaintance who attended Al-Anon to the rooms of Alcoholics Anonymous. I was humiliated by my behavior and only with the onset of sobriety did I have the clarity to examine the wrong I had done to myself and others. I was horrified by what I had done and realized that the only way forward was to embrace the program as fully as I could. I wanted to be rid of the guilt and shame of my behavior. I was fully willing to admit complete defeat. I was powerless and ready to listen to people in the rooms who had done what I was not able.

Over time my daily behavior changed and improved under the influence of other sober alcoholics in the rooms, studying, discussing, and sharing the AA steps and principles. My true nature as a thoughtful and compassionate person was nurtured and grown in the fellowship, and my self-hatred ebbed away. I was, with the help of other alcoholics, finding freedom and liberation I had not experienced for many years. I realized that daily prayer and meditation, attention to the practice of my AA program, and service to the fellowship were the natural result of my deep gratitude.

- OAK TREE

- Ogden Serenity

- One Day At A Time

- Pender Benders

- Rule 62

- Serenity by the Sea

- Sister In Sobriety

- Southport Mens

- Tuesday Night Mens

- Turning Point

- Wharf Rats



STEP 2

"Came to believe that a Power greater than ourselves could restore us to sanity."

I spent many months in AA meetings listening to the Steps being read and felt great puzzlement with Step 2. I had never had this kind of Power evidence itself in my life, so I was waiting for something which I could not put a name to or define. All this contemplation created a sort of openness, readiness, and willingness. Other members of the fellowship were willing to describe their experience and I was gathering evidence for what it might be like for me. In the meantime, I used the Power of other's Higher Powers as a placeholder until my own revealed itself.

My behavior improved as result of not drinking and spending lots of time in the rooms of AA. My true basic nature started to reveal itself, and I began to see within myself the intrinsic kindness and basic goodness that had been there all along. I actually did have an "aha" moment and realized that my Higher Power, the one greater than myself that would restore me to sanity was indeed this Basic Goodness. I also recognize this Basic Goodness within all other humans. I no longer have to fear others and can see in them the common feelings and experiences that connect us. I can reach out for help when I need it and reach out to comfort when others need me.

Step 2 provides me groundwork for sanity in daily life. When things go crazy, I have my Higher Power to turn to, knowing I have support and resources. It allows me to be open to others in relationship. I listen to others and respond respectfully and kindly, knowing that my Higher Power provides me with clarity and emotional connection. Finding Higher Power has been one of the greatest gifts of sobriety. Thanks to the members of the AA fellowship for their support and patience.

TRADITION 1

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

I get to be whoever I want to be in AA as long as I follow our spiritual principles. Individual liberty at the personal level depends upon adherence to our guidelines for common welfare. We may personally think and feel differently but mutual respect asks that we listen and express ourselves thoughtfully. The open mind of the group supports each individual's rights. The survival and sobriety of the individual depends on the unity of the group. We certainly are bound together by our desire to maintain sobriety. Isn't that what AA is all about? Mindfulness of others and an understanding that in AA there is room for broad diversity of individual belief and expression is basic to finding common acceptance and agreement on core values.

Ideally, we rise above pettiness and personal disagreements acknowledging that our ability to stand strong in support of one another is far more valuable than having our particular opinion win out. As we practice together our groups get stronger as we learn the honest but respectful give and take of discourse with others with whom we may disagree. The self-discipline of restraint in responding to others is cultivated by continued practice.

We want our groups to be welcoming and inviting to both established members and newcomers. Feeling valued and appreciated is a basic human need that we can fill by standing together as one in support of our sobriety.

GRAPEVINE CAPTION CONTEST

Below is the winner of last month's caption contest. Visit our website at www.aagrapevine.org to see previous winners or to submit a caption!



"As Sharon's drinking progressed, she failed to notice the quality of her dates was diminishing at an alarming rate."

-VINNIE D., Salem, Mass.

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."

Bill W. tells us, "We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs this conscience. 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." (p. 78 The Language of the Heart)

"With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide for group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence we can safely dispense with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service can be truly rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect we may be, to a large degree, unique." (p. 78 The Language of the Heart)

Message from Cindy at the Intergroup

Happy New Year everyone!

Our Alkathons were a big success over the holidays. All meetings were well attended and it is comforting to know that the Recovery Community of AA is alive and well. We had great Volunteers for the Dinners that were served with much good food. One thing about non-drinkers is our taste buds come back and we like to enjoy good food and fellowship. I wanted to especially thank the Special Events Committee members who do an excellent job in planning and executing our Alkathons/Dinners. I want to send a big thank you to the volunteers that have been giving their time to help in the Intergroup. This service work is vital in aiding in the success of the Intergroup. The Night Owl Phone is covered thru the month of March. If any groups wish to take the Night Owl Phone please call the Intergroup at 910-794-1840 and we can get you signed up.

Intergroup has a well stocked book store and we have some gift packs of the Best of the Grapevine that will make nice gifts for sponsors/sponsees. We have some new jewelry and medallion key tag holders.

Come by and visit from 9am-3pm Tuesday thru Fridays and 9am to 12:00pm.

Thank you for your support,
Cindy Williams at Intergroup

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