

# Keep In Touch

February 2003

## Announcements

The Area website address is as follows:

[www.area62.org](http://www.area62.org)  
[southcarolinaaa.org](http://southcarolinaaa.org)

Check out K.I.T. & other committees -  
Please sign the Guest Register!

### 2003 KIT Topics:

Service  
Bridge the Gap "Prison"  
Treatment "Sponsorship"  
Founders Day  
History Theme "Old Timers Panel"  
Crossroads or Turning Points  
Newcomers Corner

**KIT (Keep In Touch)** presents the experience and opinions of members of Alcoholics Anonymous on the disease of alcoholism. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement by Alcoholics Anonymous or the South Carolina Area Assembly.

Please do not be alarmed if your story did not appear in this issue of KIT. Your story or article will be incorporated in a future issue. If for any reason the KIT Committee has decided not to publish an article that has been submitted, we apologize.

The KIT Committee Members would like to thank everyone for taking the time to write an article for this publication. If you have any suggestions or comments regarding the publication of KIT, please contact a KIT Committee Representative. We welcome your feedback.

### SUBMISSION OF ARTICLES, DISTRICT HAPPENINGS, OR CALENDER OF EVENTS

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The next KIT publication will be presented at the next Area Assembly. What events are happening in your district or group between June - Oct. 2003 that you would like published? **Deadlines for submission of articles is May 1st, 2003.**

## Profanity at the Meeting Level

When I first came through the doors of Alcoholics Anonymous, I thought profanity was necessary to make a point.

One day an old-timer came up to me and said something about being thrown out of bars and social gatherings for foul language back in his drinking days. And he told me I didn't need to swear anymore. I didn't need to hide behind my dirty mouth anymore. It was time to express my feelings. Time to talk. Time to learn. We came to A.A. to get well, to recover from alcoholism and take our right place in society. The longer I'm around, the more I see what a crutch swearing can be. It's been necessary for me to learn to express myself without hiding behind profanity. I've had to learn how to feel and to say what I feel, to stay sober, in learning how to communicate! I'm learning about the 12 Traditions, and about our common welfare. A dirty mouth is not about our common welfare. A Program of attraction? Where does profanity fit there?

Once I understood about profanity, I found myself to be responsible for my language. I'm responsible for my language. I'm responsible to take the newcomer aside, let him or her know it's ok to feel, it's ok to vent one on one and let them know about our common welfare (Tradition One).

I was at a meeting recently and someone was on a vulgar tirade - several people walked out, and others have chosen to go to different meetings. What did we tell the newcomer? What are we telling non-AA's who attend open meetings with spouses, or children? Program of attraction?

This we owe to AA's future - To place our common welfare first - To keep our Fellowship united - For on AA unity depend our lives - And the lives of those to come.



Anonymous  
Taken from News & Notes  
JJGS Area 44

## Calendar of Events;

**56th Annual SC State Convention**  
Sheraton Hotel, N. Charleston, SC  
March 6 - 9, 2003  
"The Joy of Living"

**59th SE Regional Conference**  
Memphis, Tennessee  
August 7 - 10, 2003

**57th Annual SC State Convention**  
The Embassy Suites, Greenville, SC  
March 18 - 21, 2004  
"The Sunlight of the Spirit"

**60th SE Regional Conference**  
Jacksonville, Florida  
August 4 - 8, 2004  
"The Joy of Living"

**Next Area Committee Meeting**  
May 4th, 2003 @ 10:00 am  
Subject to change.

**Next Area Assembly**  
June 7th, 2003 @ 10:00 am  
Subject to change.

### Other Recovery Events

**Edisto Round-Up**  
April 11 - 13th

**Orangeburg Round-Up**  
April 25 - 27th

Want to know more about AA Literature?

Margaret P., Area 62 Literature Chair  
is ready & willing to do Lit. Workshops  
ANYtime for ANY District.

Contact her at  
[MPauloweit@aol.com](mailto:MPauloweit@aol.com)  
or see her at the next Area Assy. Mtg.

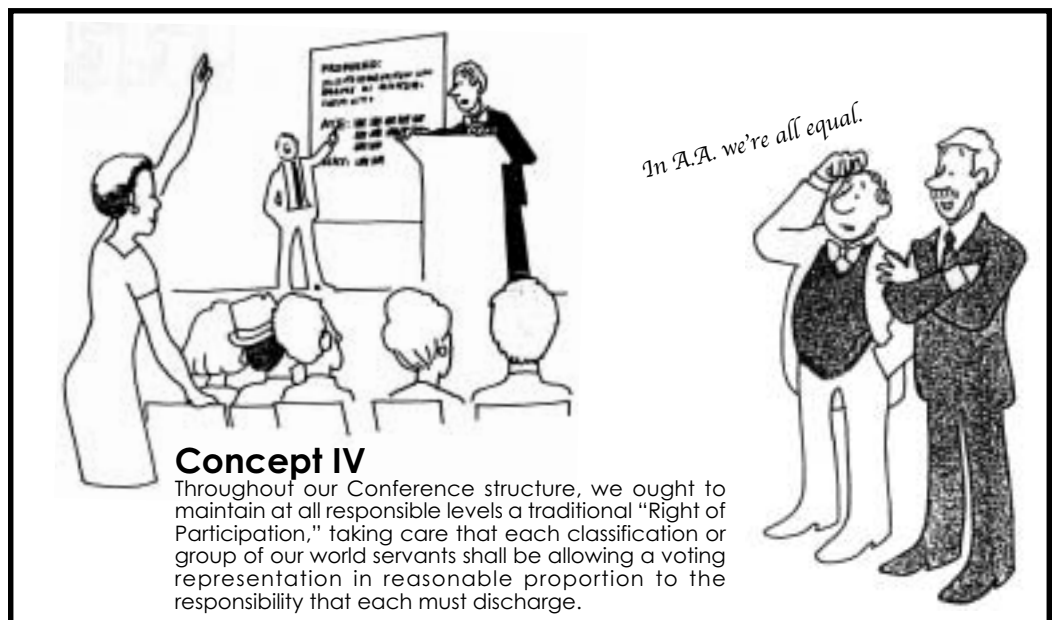
## Delegate's Corner

**Delegate's Report:** Patty T., Area 62 Delegate, read from an email from Dick G., our SE Regional Trustee. His wife of 40 years, Carolyn, has terminal lung cancer. They are accepting the remainder of her life in gratitude for 28 years of recovery together. Thank you for your prayers. Bob M. will be having a bone marrow transplant next month. Ray B. is returning to health. Tom and Patty went to see Darwin recently, and he, too, is recovering slowly from a difficult back operation. Love and prayers do make a difference as we trudge this road of happy destiny. Thanks to Rose (her sponsor) for the great message carried last night. Patty also expressed appreciation to the host committee. She acknowledged new GSRs in attendance today: Chris - How It Works (50), Theresa - Saturday Morning Live (61), Lauren - Walterboro (60), Al - Men's Back to Basics (61), John - Nooners (61), David - Barnwell Speakeasy (30), Nan - God's Grace (73), Ann - May River (61), and a few others (sorry if I missed you). She handed out extra SC tokens that she took to the General Service Conference. Also, in your prayers, please remember Bill K., who spoke at the Myrtle Beach Convention; he has cancer, too. Delegate reports all over the state have been exciting; despite the speeding ticket she got on her way to Lancaster (not in the budget!). If not already involved, Alternate DCMs and GSRs ought to get active and come to Assemblies. Obviously, we never know when something might interfere with our trusted servants' ability to serve. She brought Conference Reports for all groups and copies in Spanish. Do let Bob Miller know if you find any "AA accredited" treatment centers in your phone book. Valerie O'Neill at GSO is receiving essays of 800 words or less for the new "AA in the Armed Services" pamphlet. GSO is accepting '03 General Service Conference agenda items. Several possibilities include an index of the Big Book and changing the new cover. See me if your group would like to submit an item. The next SE Regional Conferences: Memphis, Tennessee, August 7-10, 2003; Jacksonville, Florida, August 4-8, 2004; 2005 in Atlanta. Looking for 54th General Service theme for 2004; give suggestions to Patty. New AA.org website includes Internationalists & Loners page for those who cannot get to meetings; sign up if you want to share with people all over the world. On AA Grapevine.org website you can download a screensaver of the slogans. New GSO employee, Gail S.R., will begin in November. Another position is opening next spring, paperwork available. As of Sept. 20th, the new PSAs have been shown on television 813 times. The AAWS Board approved placing the 4th Edition of the Big Book on the GSO website. Recognizing the possible controversy associated with this decision, they are asking that the 2003 General Service Conference agenda include this item. So, think and talk about this at your groups. If the new Structures & Procedures are approved, the first assembly will be in March so that you can give your Delegate recommendations on agenda items. Living Sober has been translated into Greek; several pamphlets translated into Thai. The video "Carrying the Message Inside These Walls" will be included in Correction packets. Read your Box 459, and then share it with your groups. November is Gratitude month. The theme of the 2005 International Convention in Toronto is "I Am Responsible." Don't write GSO for housing information. More will be revealed. Housing registration forms will be mailed in Sept. 2004. Also, Canadian customs requirements will be forthcoming. Please pre-register for the SE Regional Forum, November 15-18, in Huntsville, Alabama. The Forum is free, but GSO would like to know how many to expect. I am available at home before 10:00 pm to answer questions. If I don't know, I know people who do know the answers. This is an awesome experience. "I am good enough." I love AA and people who love AA.

**Alternate Delegate's Report:** El N. Area 62 Alternate Delegate, welcomed all new attendees at the Assembly. Here we see how it works. Thanks for sending her copies of the minutes of your District meetings. Convention Committee Finance Report: Myrtle Beach returned \$1500 seed money and \$6440.48 additional funds. We are glad when a convention makes money, but it's not necessary. The Committee sent seed money of \$1500 to the Greenville Convention host committee. Convention Committee Balance: \$16,223.71.

By becoming informed and educated through workshops, we embrace the Traditions and carry the message of the Steps. El's article in the new KIT reiterates what she said here. The long form of the 7th Tradition says "...fully supported by the voluntary contributions of their members." What can "I" do

when "I" see money from non-AA sources: Alanon, family members, or well-meaning friends (through obituary notices, etc.): intended for AA? Let your family and friends know about our 7th Tradition. Focus workshops and meetings on this topic; work with PI committees to inform funeral homes and the media. It is not the others' responsibility to know our Traditions, it is our responsibility to inform. El is available for workshops and happy to be in recovery and in service in Alcoholics Anonymous.



## The Serenity Prayer

As a new person to AA the Serenity Prayer went like this for me...

God *What God? Where's God? Who's God?*  
Grant Me *Yes, Gimme, Gimme, Gimme, NOW*  
The Serenity *Peace and Calm? What would that feel like? Feel? Don't go there.*  
To Accept *Accept? Accept?*  
The Things *What Things? some things? Most things? Surely not EVERYTHING!*  
I Cannot Change *Oh, like the weather and the state of the nation. Stuff like that.*  
The Courage To Change The Things I Can *Right On*  
The Wisdom *To Know The Difference Oh, S---!*

A little more time in AA...

God *Don't try to figure out God. Doesn't matter... Doesn't matter... Doesn't matter...*  
Grant Me *Please, Please, Please*  
The Serenity *Yes, Peace, Yes, Calm. Quiet my brain... Please*  
To Accept *Accept? Endure?*  
The Things *OK. People.*  
I Cannot Change *Can't change them. Can't Can't Can't.*  
The Courage To Change The Things I Can *I Can only change me. Me me me*  
The Wisdom To Know The Difference *Yeah, maybe when I am 10 years sober.*

By taking the steps I am learning that I am a worthy and deserving child of a God that wants the best for me. I am coming to know what I deserve, what I want, and what is good for my spiritual growth. What I can and cannot accept is becoming clearer to me. Now when I say the Serenity Prayer...

God, Grant me the serenity to accept the things I can  
*I am clearer now on what I can accept. I might not like it, but I can accept it, so I pray that God help me with acceptance.*

The courage to change the things I can't  
*I am clearer now on what I cannot accept. So I must change it. Change usually brings up a lot of fear for me. I need courage, so I pray that God give me the courage to change what I know needs changing.*

The wisdom to know the difference  
*If I am unsure then I need wisdom. I pray for wisdom and humbly seek counsel from others. If I still struggle I take the steps. It always works for me.*

About 1977, Roger S. had moved to Columbia, SC from Atlanta, GA. He immediately became involved in service work with Peggy B. then the Area Delegate. Roger felt the need for a newsletter for the area. This was discussed at the Area assembly and went forward. Roger purchased an old silkscreen mimeograph machine. Requests went out to the groups for information and mailed back to Roger.

This was put together in a newsletter under the title of "Sober Sayings". The front page reflected the AA slogans, "Easy Does it.", and "Live and Let Live", "But For The Grace of God", and others. This newsletter was printed in Roger's home with the help of his wife Betty and there was no expense to the Area for the first couple of years. After that the Area provided money for postage. The letter was mailed to all GSR's and DCM's.

Roger passed away in 1980 and the newsletter was taken over by Ray M. and Dianne W. and was renamed "The KIT".

Articles reflecting only information about AA sponsored functions, Area Assemblies, District meetings, AA State Conventions and information submitted by groups or individuals pertaining to problems or progress in their areas were printed in the newsletter.



Betty S.

## The Twelve Steps in Plain English

(that even I can understand)



1. Alcohol will kill me.
2. There's a power that wants me to live.
3. Do I want to live or die? (If you want to die, stop here)
4. Write about how I got to where I am.
5. Tell another person all about me (let God listen).
6. Want to change.
7. Ask a power greater than me to help me change.
8. Write down who I've hurt.
9. Fix what I can without hurting anyone else.
10. Accept that I'm human and will screw up. Fix it immediately.
11. Ask a power greater than me to show me how to live.
12. Keep doing 1 through 11 and pass it on...

## ALANO Club - District - Orangeburg, South Carolina

AA came to Orangeburg about 1975. A speaker meeting was held every Wednesday at the Legion Hut on Riverside. That meeting soon moved to St. Andrews Methodist Church on Chestnut. Shortly after that a "12 & 12" was started at the Episcopal Church on Russell St. In 1982, an open discussion meeting was started at the Regional Hospital. By 1990 AA had really blossomed and there were many meetings in different facilities.


There was a desire and a need for a central meeting place. A search committee was established and Orangeburg Alano Inc. was formed. We were able to lease a building from the City for the grand sum of \$1 a year.

Everyone dug deep into their pockets and offer their services. We had to put a new roof on the building and we partitioned the inside to make 3 rooms. This enables Al-Anon to meet here also.

The building we lease is the Farm Woman's Market. It was built during the Depression to enable women to bring their garden produce to Town to sell. It was very active during WWII also.

In accordance with the lease, some woman still come and sell on Saturday mornings.

In 1992 all meetings in Orangeburg - except the one at the hospital - moved into our new facility. Since that time, we have put in central heat and air-made some inside renovations and purchased nice tables and chairs.

 Presently there are 19 meetings a week here and frequent suppers and dances. AA is healthy and thriving in Orangeburg. Come visit us. We would love to see you!



**ALANO Club  
Orangeburg, South Carolina**

### Dec. 28, 2000

When my daughter was little I was away alot, drinking and smoking dope. She was about (4) four when her Mom and I split up. A year later we got a divorce. I lived in my car awhile until I could rent a place. There were times when I didn't have enough money to buy food and pay the rent. I didn't work alot because of the drinking and I got behind in the rent. So I'd go without food to try and pay the rent. There was always a friend who had beer and dope to smoke. But they never offered to pay my rent or buy any food and I was too proud to ask. When my daughter was 19 I was sober and working. She came by to introduce her husband to me. I tried to be a father and a grand father when her daughter was born. But old scars heal slow and this time she walked out of my life. Her daughter is about 8 years old now. I haven't seen her since she was 4. I don't even have a picture of her. I saw a picture of a little girl in the newspaper one day that looked just like her. I read the name just to be sure. It was a stranger but I kept the picture anyway. And I tell everyone who asks, "That's what my grand daughter looks like. They could pass for twins." This went on for a month or so and one day I sat down and wrote a poem about what I was doing with a "Picture of a Stranger."

*"If you have to choose between  
pleasing another person and pleasing your Higher Power,  
choose your HP - he/she is most likely to remember."*



Margaret Paul, Lit. Chair, Area 62

#### PICTURE OF A STRANGER

I KEEP A STRANGER'S PICTURE  
ON MY LOCKER IN FULL VIEW  
AND I TELL ANYONE WHO ASKS  
IT'S SOMEONE THAT I ONCE KNEW.

IT'S A PICTURE OF A LITTLE GIRL  
WITH A SMILE THAT'S BRIGHT AND BOLD  
SHE REMINDS ME OF MY GRAND DAUGHTER  
WHEN SHE WAS FOUR YEARS OLD.

I'VE WRITTEN TO HER MOTHER  
MY DAUGHTER BY MY FIRST WIFE  
BUT SHE SAYS THAT SHE DON'T CARE  
AND DOESN'T WANT ME IN HER LIFE.

I'VE MADE ALOT OF MISTAKES  
OF WHICH I CAN'T DENY  
SHE SAID SHE CAN'T FORGIVE ME  
AND THAT WAS HER LAST REPLY.

SO I'LL KEEP THE STRANGER'S PICTURE  
HER SMILE SO BRIGHT AND BOLD  
TO REMIND ME OF MY GRAND DAUGHTER  
WHEN SHE WAS FOUR YEARS OLD.

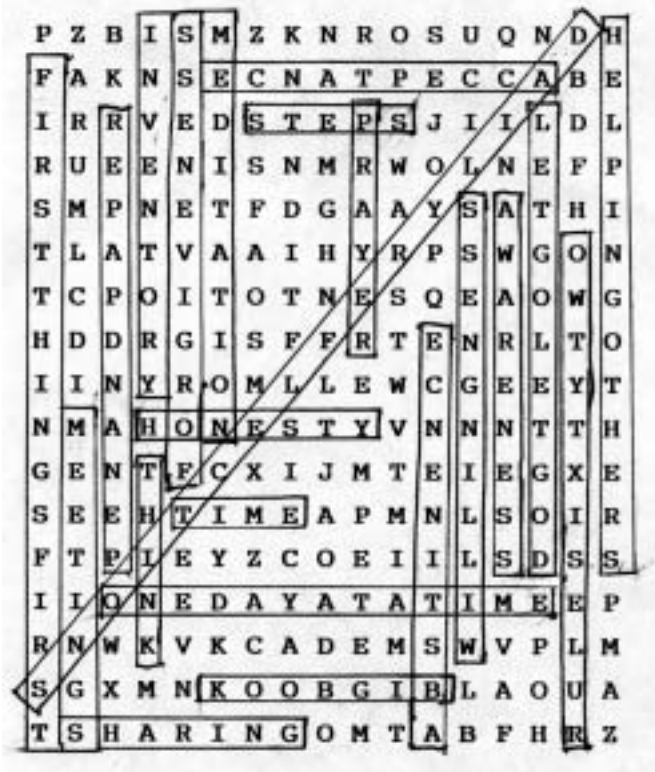
## Freedom, Love and Hope

"I once believed that men were mice  
in God's experiment,  
And He too far dispassionate for  
comfort to be lent.  
To pray or to have faith was just  
the folly of the weak,  
For only in ourselves could we  
find any strength we seek.  
I had all that I needed, I  
could face the world alone;  
I had my mind, my body, had  
my heart, my flesh, my bone.  
For many years there was a darkness  
covering my soul,  
And deep inside where love should live,  
and empty, ragged hole.  
With dead man's eyes I looked out of  
the shell I had become  
And lived inside a bottle, not for joy,  
but to be numb.  
But then I saw that Faith is not a gift  
we give to God,  
And on this Earth I need not fear  
His anger or His rod.  
Faith is just like Love, it is a  
ghost of Heaven's face  
Left upon the world that we may  
Someday know of Grace.  
Grace is such a little word but it could  
change the world,  
Could change the hearts of men and keep  
the flags of warfare furled.  
I know because it lifted me when  
I fell from life's rope  
And raised me up to greet each day  
With Freedom, Love and Hope."



James M.

## Handy Tools Solution....



Did you get them all?

## "AA is a Spirit"

It cannot be touched, nor can it be completely understood,  
It is as wide as the world,  
Yet it is small enough to fit inside the mind of man,

It has brought light to where only darkness dwelt  
It has given Hope to those who yearned in despair  
It has nourished forgiveness in those who knew no pity  
It has given strength to the weak and humility to the strong

It has given greatness to the common  
It has spurred to higher goals those who once strove for nothing  
It has been a home to the destitute  
It has transformed sorrow into a weapon of happiness  
It has given purpose to the reckless and shelter to the lost  
It has taught patience to the hurried and action to the slothful

To the youth it has given	Vision
To the aged it has given	Promise
To the hopeless it has given	Hope
To the restless it has given	Rest
To the sick it has been a	Doctor
To the dying, it has given a desire to	Live
To those who have fallen, it has been a	Helping Hand
To the outcast it has been a	Home
To the childless it has given	Children
To the unwise it has given	Wisdom
To the intolerant it has given	Tolerance
It has no judgement against the	Un-teachable
Yet, it has praise for those who	Learn

For all those who embrace it,  
It has given to them the most precious gift of all  
"Sobriety"

It has also given them another gift  
"The Love for Truth"

with more than enough left over to share with each other.

## Limitations

*Any number of alcoholics are bedeviled  
by the dire conviction that if ever they go near AA  
they will be pressured to conform to some particular brand  
of faith or theology.  
They just don't realize that faith is never a necessity  
for AA membership;  
that sobriety can be achieved  
with an easily acceptable minimum of it,  
and that our concepts of a higher power and God  
as we understand Him  
afford everyone a nearly unlimited choice  
of spiritual belief and action.*



Bill W., April 1961

c. 1988 AA Grapevine, The Language Of The Heart, p. 251  
With permission, The AAGrapevine, Inc.

## Thought to Ponder...

The only limitations I have  
are those I impose upon myself

# Should We Go Easy On The God Stuff?

As an adolescent I had been defiant. My parents had insisted I attend church every Sunday. At about age 14 they finally broke the news to me that I would be going away to boarding school. I was thrilled. Finally free of my parents harsh rules! However, I found myself at an evangelical Christian school in Greenville, SC. They had a boarding school for high school students. This place was, in my opinion, fanatical and it had barb wire around it! The best way I can say is that it was not a pleasant experience for this alcoholic. After surviving this school, I decided that organized religion was not for me. I pretty much turned my back on "God Stuff" at that point.

One of the first things I recall hearing after coming to A.A. was the remark, "A.A. is a spiritual program, not a religious program." I was glad it was not a religious program, but I did not know what a spiritual program was, and I was not about to ask anyone! I looked up spiritual in the dictionary. The description that stood out to me was "Spiritual - Of the dead". I decided to keep my mouth shut and observe because I was also told that this was "The last house on the block for me".

Fortunately I got a sponsor who believed in studying the Big Book. She held my hand as I took the steps. She suggested (strongly) that I study the book and report back to her. I found that the Book was presented in such a way that I could not argue with it. I had a terrible time with the "God Stuff". And she suggested I used her Higher Power until I could find one of my own. I was able to take step two as best I could, but revolted at the idea of step three. I thought if I took that step I would have a life filled with going to AA meetings, selling flowers at the airport, and listening to Debby Boone albums! She lovingly suggested I get to know others in our fellowship that had taken the third step and watch what they did outside of AA meetings. At this time Star Wars was popular and I chose "The Force" to be my Higher Power. Thus, a whole new world has been given to me.

As I studied I found the following information in our Big Book:

**I.** Ebby Thatcher carried the message of hope to Bill Wilson toward the end of November 1934.

At the bottom of page 9 in the Big Book it states: "But he (Ebby) did no ranting. In a matter of fact way he told how two men had appeared in court, persuading the judge to suspend his commitment. They had told him of a simple religious idea and a practical program of action." Ebby had been sober for two months at the time he visited Bill.

In the next paragraph it states "He had come to pass his experience along to me - if I cared to have it. I was shocked, but interested. Certainly I was interested. I had to be, for I was hopeless."

Toward the bottom of page 10 Bill states "I simply had to believe in a Spirit of the Universe, who knew neither time nor limitation." In the next paragraph he states: "With ministers, and the world's religions, I parted right there. When they talked of a God personal to me, who was love, superhuman strength and direction, I became irritated and my mind snapped shut against such a theory." (Boy, that statement hit home to me!)

On page 11, middle paragraph it states, "But my friend (Ebby) sat before me, and he made the point blank declaration that God had done for him what he could not do for himself. His human will had failed. Doctors had pronounced him incurable. Society was about to lock him up. Like myself, he had admitted complete defeat. Then he had, in effect, been raised from the dead, suddenly taken from the scrap heap to a level of life better than the best he had ever known!" On page 12 Bill goes on to state: "Despite the living example of my friend there remained in me the vestiges of my old prejudice. The word God still aroused a certain antipathy. When the thought was expressed that there might be a God personal to me this feeling intensified. I didn't like the idea. I could go for such conceptions as Creative intelligence, Universal Mind or Spirit of Nature, but I resisted the thought of a Czar of the Heavens, however loving His sway might be." Ebby suggested: "Why don't you choose your own conception of God?"

"That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last."

"It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that point. Upon a foundation of complete willingness I might build what I saw in my friend."

At that point Bill (still drinking) attended Oxford Group meetings with Ebby.

**II.** On December 11th or 12th Bill once again went to Town's Hospital where he had his "white light experience".

"There I humbly offered myself to God, as I then understood him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost." From that sentence to the end of page 13 Bill goes over the third through the twelfth step of our program.

Bill summarizes this in the last sentence on page 13: "Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements.

At this point Bill takes what he has learned and his "white light experience" and begins preaching to others. He had no success getting others sober, but he remained sober.

**III.** Bill discussed his theory with Dr. Silkworth and Dr. Silkworth told Bill to hit hard on the disease concept!

In the Doctor's Opinion Dr. Silkworth states: "We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve." Dr. Silkworth goes on to say "In nearly all cases, their ideals must be grounded in a power greater than themselves, if they are to re-create their lives." Later in this chapter he says: "This (the alcoholic's drinking spree) is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery." (Therefore we have the problem: the allergy to alcohol and the solution: a spiritual experience!)

**IV.** On page 16 in the foreword to the Big Book it states: "From this doctor, the broker (Bill) had learned the grave nature of alcoholism.

Though he could not accept all the tenets of the Oxford Groups, he was convinced of the need for moral inventory, confession of personality defects, restitution to those harmed, helpfulness to others, and the necessity of belief in and dependence upon God."

**V.** It states on page 13 of the foreword that: "To show other alcoholics precisely how we have recovered is the main purpose of this book." In researching this topic I also found where on page 45 in the chapter "We Agnostics" it states: "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." From this point on the Big Books focus is on finding this Power.

Dr. Bob is quoted in the last paragraph of Dr. Bob's Nightmare as saying: "If you think you are an atheist, agnostic, a sceptic, or have any other form of intellectual pride which keeps you from accepting what is in this book, I feel sorry for you. If you still think you are strong enough to beat the game alone, that is your affair. But if you really and truly want to quit drinking liquor for good and all, and sincerely feel that you must have some help, we know that we have an answer for you. It never fails, if you go about it with one half the zeal you have been in the habit of showing when you were getting another drink. Your Heavenly Father will never let you down."

I submit to you that the Program of Alcoholics Anonymous is all about "The God Stuff". I will be forever grateful to have been lovingly walked through our 12 steps and found a Power that loves me and wants me to be happy, joyous, and free. All it took was the desperation that only the dying could have.

**May The Force Be With You.**



**Southeast Regional Forum  
November 16, 2002  
Patty T.  
Area 62, Panel 52**

## MY HIGHER POWER SAYS:

**Always remember that we are too blessed to be depressed  
And that depression is merely anger without enthusiasm  
Worry is the darkroom where “negatives” are developed  
And don't fret because God just loves to answer knee mail**



Submitted by Wayne E.

## “I S M” Acronyms

I See Me  
In Search of Myself  
In Search of Me  
I Sponsor Myself  
I Smell Money  
Into Selfish Me  
Insanity Separates & destroys Men & women  
InSane Mannerisms  
I Stay Mean

*Submitted by the 5:30 Beach Group*

I Sponsor Myself  
I, Self, Me  
Insane Self Management  
Incredibly Short Memory  
I Suck Miserably  
Incredible Self Mockery  
Incredible Self Masochism  
Incredibly Stupid Mind  
Incredibly Self Mutilated

*Submitted by the 8:30 pm Aiken Central Group*

Alcohol is a product of amazing versatility,  
It will remove stains from designer clothers.  
It will also remove the clothes off your back.  
If by chance it is used in sufficient quantity,  
Alcohol will remove furniture from the home,  
Rugs from the floor  
Food from the table,  
Lining from the stomach,  
Vision from the eyes,  
And judgement from the mind.

Alcohol will also remove: good reputations, good jobs, good friends,  
happiness from children's hearts, sanity, freedom, spouses,  
relationships, a man's ability to adjust and live with his fellow man,  
and even life itself

As a remover alcohol has no equal. - Author Unknown -

## Using The Telephone

When I was nine months sober I moved from a recovery house to a place in the country with my sponsor. I had no driver license. Three months later my sponsor moved and I was there alone. Fear took a tight hold on me. See, I'm also on disability because of severe health problems and an artificial hip. I never liked talking on the phone or asking for help. But I needed meetings, groceries, and doctors. Those are everyday needs for everyday people. I swallowed my pride and picked up the phone. Today, thirteen months later, I'm happy, joyous and free. In the country. With no driver license. I get to two or more meetings a day. I'm never without what I need. I'm never lonely. I've been to nine A.A. conventions.

Thanks to God and A.A. the joy of good living is only a phone call away!



Sam E.  
Honea Path

## The Miracle

The little Hispanic man inched his way into the Arid Club, making himself as inconspicuous as possible. He was filthy and seemed to be very frightened, and it soon became obvious to everyone that he could not speak English. I looked at him and thought, “There is no way on earth that man can stay sober!”

A couple of the men went up to the newcomer and gave him a hug in spite of the filth and the smell. They sat him down at a table, and seemingly out of the blue a hamburger and drink were set in front of him. He looked around in complete amazement and then ate his food hungrily. One of the men knew Spanish and learned that the newcomer had been working as a janitor and had lost his job and family because of his drinking. Like so many of us, he had no place else to go. I again thought, “There is no way on earth that man can stay sober!”

Three months later, the same man, totally transformed, proudly walked up to the podium to share his story. He was clean and wearing decent clothes, and to my amazement he spoke English - broken English, but English. The look on his face was transcendent. There was no doubt that he had been completely altered by the AA Program and the wonderful people in it.

I finally learned the truth of the saying: “You can go to church to hear about miracles - you can come to AA and see them happen!”



Ginnie L.  
Hartsville Group

A circular fingerprint graphic is positioned behind the text 'KIT'.

KIT