

# K.I.T.—KEEP IN TOUCH

## ANNOUNCEMENTS

Welcome to our NEW  
**KEEP IN TOUCH**  
Area 62 State Newsletter

The state website is:

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

Browse through the website and find many interesting areas—KIT, Conventions, Meeting Locations.

### 2004 KIT Topics:

- “Why don’t you choose your own conception of God” - Alcoholics Anonymous Pg 12
- Steps 1, 2 and 3 – How do you do those steps, anyway???
- Acceptance was the answer...
- Your Home Group
- Contempt Prior to Investigation
- Letting Go of Anger
- Quantity vs. Quality
- Participation & Action
- The Traditions

The KIT newsletter will be distributed at each Area Assembly. Deadline for the next issue is May 1, 2004.

Email to: [62kit@area62.org](mailto:62kit@area62.org)

## God’s Plan for Me

God has a plan for me. It’s hidden within me just as the oak is hidden within the acorn or the rose within the bud. As I yield myself more to God, His plan expresses itself through me. I’m aware when I’m in tune with it, for my mind and heart are filled with a deep inner-peace.

This peace fills me with a sense of serenity, with joy and a desire to take the STEPS that are a part of the Plan. God’s Plan is a perfect part of a larger plan. It is designed for the good of all and not for me alone. It is a many sided plan and reaches out through all the people I meet. All the events and people who come into my life are the instruments for the unfolding of His plan. God has chosen those people He wants me to know, love and serve. We are continually being drawn to one another in ways that are not coincidental. I pray that I may become more worthy to receive and give His love to others through His plan.

The real purpose for my life is to find my God within myself and to help my fellow man. I thank this God of love for each experience which helps me surrender my will to His will. For only as I lose myself into His great presence of love and forgiveness, can His plan for me unfold and be fulfilled in the service of others. Thank you God for your tender mercies and grace and for letting me know it’s not about me anymore!

Jill D.

## CALENDAR OF EVENTS

57TH SC STATE CONVENTION  
Join us in the “Sunlight of the Spirit”  
The Embassy Suites, Greenville, SC  
March 18-21, 2004

2004 AREA COMMITTEE MEETINGS  
The Holiday Inn, Coliseum, Columbia  
May 2, 2004  
September 12, 2004

2004 SC AREA ASSEMBLIES  
The Holiday Inn—Coliseum, Columbia  
June 5-6, 2004  
October 2-3, 2004

60TH SE REGIONAL CONFERENCE  
“The Joy of Living”  
Jacksonville, FL  
August 4-8, 2004

SE REGIONAL FORUM  
Louisville, KY  
December 3-5, 2004

58TH SC STATE CONVENTION  
“Rocketed into the 4th Dimension”  
The Sheraton, Columbia, SC  
March 3-6, 2005

2005 INTERNATIONAL CONVENTION  
“I am Responsible”  
Toronto, Canada  
June 30– July 3, 2005

## THE PROMISES...OF ALCOHOL

If we are casual with this phase of our development, we will be drunk before we are halfway through. We are going to know a new imprisonment and a new misery. We will relive the past and won't be able to shut the door on it. We will comprehend the word CONFLICT and we will know PAIN. No matter how far down the scale we have gone, we'll sink even lower. That feeling of uselessness and self-pity will deepen. We will gain interest in selfish things and lose interest in our fellows. Self esteem will slip away. Our whole attitude and outlook upon life will suck. Fear of people, and of economic insecurity will multiply. We will intuitively know how to run from situations which never used to bother us. We will suddenly realize that God would never have done to us what we are doing to ourselves. Are these extravagant promises? We think not! They are being fulfilled among those of us who are still drinking --sometimes quickly, sometimes slowly. They will ALWAYS materialize, IF WE DRINK FOR THEM. Guaranteed.

Paul G.

## TOOLS OF RECOVERY



Tools of Recovery are often discussed in terms of the slogans, sponsorship, or service. To me, these are only available resources and are useful in my recovery if I apply the Tool of Action. Before I got sober, action was "doing," today it implies thoughtful and responsible performance. Through the 12 Steps, I truly did uncover what had

been blocking me from God's grace. The process of exposing those character defects required that I hold myself accountable. I was not encouraged to blindly take the action of writing, chattering with another, or praying by rote. Lovingly, I was taught how to carefully reflect on my past, objectively share my discoveries, and, pray sin-

cerely for others. I also learned how to apply the slogans in my life, have and become a responsible sponsor, and share my journey with others through a commitment to service. I have been given the strength and guidance to use the resources of recovery by applying the Tool of Action.

EI N.

## I AM ONE...

I am part of AA, one among many, but I am one. I need the AA principles for the development of the buried life within me. AA may be human in its organization but it is Divine in its purpose. The purpose is to point me towards God. Participating in the privileges of the move-

ment, I shall share in the responsibilities, taking it upon myself to carry my fair share of the load, not grudgingly, but joyfully. To the extent that I fail in my responsibilities, AA fails. To the extent that I succeed, AA succeeds. I shall not wait to be drafted for service to my fellow men, I shall vol-

unteer. I shall be loyal in my attendance, generous in my giving, kind in my criticism, creative in my suggestions, loving in my attitudes. I shall give to AA my interest, my enthusiasm, my devotion, most of all .....MYSELF .

Iain B

"AA MAY BE HUMAN IN ITS ORGANIZATION BUT IT IS DIVINE IN ITS PURPOSE."

## SERVICE WORK

I was in jail for the 3rd DUI, when I first started with the program. The man who soon became my sponsor told me to read a book that he gave me and asked me to read the first 71 pages in which I would learn about a problem that I did not seem to see. Later we talked a long time about my problem and his. We talked a long time about what alcohol had done to him and could see I had the same problem. So I listened and learned that I was not the only one like me. The next day they had a meeting and he asked if I would like to go, but I backed out of that first meeting. He told me I didn't know what I was missing. So when the next meeting came, I went and we talked more about our

problem. So I went feeling a little out of place at first, but it didn't last too long when strangers who came up and made me feel like I was part of a family, with handshakes and hugs.

These people cared about me. The next meeting, my friend showed me how to make coffee and welcome others for the next two months. I was feeling more and more at ease and at peace. I found a place where I was needed. Next I was asked to clean up and I gladly did; two weeks later my sponsor asked me to get involved and welcome the newcomers. Then my sponsor helped me with the steps—always reminding me to keep reading my book and share what I had learned. I started chairing meetings and sharing what I have

learned with others because my sponsor told me that I would gain by helping others.

I started to understand what he was talking about. When I got out of jail, I started going to Orangeburg meetings when I met up with new friends and became involved with a home group. I became GSR for my home group. I have been asked to help with the Grapevine. But I still love to work with others who want to learn more about a new way of life without alcohol, the way my sponsor did with me.

I came to believe in a spiritual being and to experience a new way of life that I never had before. Thanks to AA and my friend and sponsor.

Robert C.



## CARRYING THE MESSAGE

CPC/PI DISTRICTS 7 & 10

Greenville County AA is taking seriously the General Service Office suggestion to “carry the message” as set out in its program called Cooperating with the Professional Community. Volunteers in Districts 7 and 10 that comprise Greenville County have completed an article writing and literature mailing project that successfully put the AA message before some 800 physician members of the Greenville County Medical Society, virtually every doctor in the county.

Carrying the message to doctors was achieved with exceptional help from the leadership of the medical profession. The executive director of the Greenville County Medical Society cleared the way for two AA members, an emergency room physician and a retired newspaperman, to produce three articles on alcoholism that were published in successive issues of the county medical society’s bi-monthly news journal.

One article was essentially a news story that reported a professional consulting firm’s eye-opening review and findings on alcoholism in Greenville County.

In a second article, the emergency room physician related his frequent on-the-job dealings with alcoholism masked by trauma, and offered insights on the role doctors can play in early diagnosis and treatment of alcoholism as a primary disease.

The third article was a general description of Alcoholics Anonymous in Greenville County, the dynamics of the AA program of recovery, and how physicians can point patients to the more than 100 AA meetings held weekly in Greenville and nearby towns. An editor’s note made clear the views presented were those of the writers and not sanctioned by Alcoholics Anonymous.

Between publication of the second and third articles, a letter by the president of the society to its 800 members encouraged their attention to all substance abuse problems, referenced the two articles published and one upcoming, and invited physician interest in two pieces of AA literature included in each letter. Greenville AA provided the pamphlets at a cost of more than \$300, while the medical society paid the postage.

Additionally, a large group of AA volunteers are taking part in an expansive project to personally visit and share the AA message with the clergy of 226 Greenville County churches. At year’s end the clergy project was more than half completed.

The clergy project resulted from several meetings by District coordinators and CPC volunteers that produced a written plan of logistics for getting the job done. The center piece of the plan was a working list of Greenville County churches – names, addresses and phone numbers -- downloaded from the Internet and divided among six team coordinators of volunteers.

Another important planning document was a page of suggested guidelines for the individual volunteers who would call on five ministers each. The guidelines suggested specifics for scheduling visits, relating the AA message from personal experience, sharing the facts from the consulting firm’s countywide assessment, and leaving AA literature with each minister.

Careful planning for the clergy project has made its execution comparatively simple. The large number of volunteers that were required in order to limit each volunteer’s work load to five clergy visits, has generated a widely shared Twelfth Step experience.

No plans have yet been made to carry the AA message to other professional groups, but the results to date indicate more success is clearly achievable.

Additional information on the Greenville County CPC effort, and copies of the medical society articles and the planning documents for the clergy project, are available from Tom I. by email to [thomasi1@charter.net](mailto:thomasi1@charter.net).

“...THE  
EMERGENCY ROOM  
PHYSICIAN  
RELATED HIS  
FREQUENT ON-THE-  
JOB DEALINGS  
WITH ALCOHOLISM  
MASKED BY  
TRAUMA...”

Tom I.

AREA 62 — SC STATE  
NEWSLETTER

SUBMISSION OF ARTICLES,  
DISTRICT HAPPENINGS OR  
CALENDAR OF EVENTS

Email: [62kit@area62.org](mailto:62kit@area62.org)

Mail: KIT Editor  
113 Rapid River Trail  
Greenville, SC 29615



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 concerned if your story did not appear in this issue of KIT. Your story or article may 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 questions or comments regarding the publication of KIT, please contact a KIT Committee Member. We welcome your feedback.

What events are happening in your district or group between March 2004—May 2004 that you would like published???

Email to: [62kit@area62.org](mailto:62kit@area62.org)

TO PICK A SPONSOR...PICK A WINNER

In my experience with picking a sponsor, I have found that the winners are the best sponsors. To spot a winner, I look for certain things that stand out, such as:

- 1) A winner walks the walk as well as talks the talk.
- 2) A winner greets the newcomer before the meeting and talks to them after.
- 3) When a winner shares in a meeting, both the good and the bad is shared.
- 4) A winner has bad days too, and talks about them.
- 5) A winner gives sugges-

tions, not advice to solving problems.

- 6) A winner is in the middle of the group looking out...not on the outside looking in.
- 7) A winner arrives early and stays late at meetings.

These are but a few of the ways I choose a sponsor and I have had sponsors with more time than I had...and also some with less time. The one key thing they all had is a sobriety that I judged to be better than mine was at the time, and I wanted what they had and was willing to go to any

length to get it.

So in the period of time I have in the program, the one thing I have learned as to picking a sponsor is to look and watch...a winner will show themselves and I pick the one that I feel has the most to offer me because I know that to get what they have, I have to do what they did.

To sum it all up in a simple phrase: a sponsor may or may not be a winner, but a winner will always be a sponsor.

David F.

Overheard at meetings...

It's not old behavior if I'm still doing it.

If you want to quit drinking, you are going to have to quit drinking!

Newcomer: How do I know how many meetings I should attend each week?"

Old-Timer: "Gradually cut back until you drink. Then you'll know."

Resentments are like stray cats...if you don't feed them, they'll go away.

Before I came into AA, I was dead, but I did not know enough to lay down.

If I am not the problem, then there is no solution.

I drank when I was happy, I drank when I was unhappy. Actually, I am a reason to drink.

Need a topic for a meeting? Here is one idea.....

The 2004 Workshop at the General Service Conference in New York is *Our Singleness of Purpose – The Cornerstone of AA*.

1. How is Singleness of Purpose Important to the Individual, Group, District, Area, GSO, and Grapevine Office?

2. How does "Singleness of Purpose" relate to our Third and Fifth Traditions?

3. What can we do to clearly communicate our "Singleness of Purpose" without becoming too rigid?

4. How does AA cooperate but does not affiliate with Media, Treatment Centers, and Court Programs?