

## A Beginners Perspective

Sex in sobriety. When approached a couple of months ago about writing on this topic, I didn't know what to write. Two months later, I still don't know.

With five months of sobriety, I do know that like all my other behaviors, my relationship to sex was no different...unhealthy.

In the beginning of my drinking history, my approach to sex was very casual, kind of like my approach to drinking; it was easier to drink with someone or have sex with someone than to talk to someone and so I did. As my drinking career climbed, cross addiction entered the picture. It helped me get there and stay there. This is where sex for me became more complicated, multifaceted. I used it to relate, to detach, and to negotiate and sometimes there was no reason at all.

*Continued on page 3*

### Intergroup Purpose

Our Intergroup serves as the servant of the member groups to carry the message of Alcoholics Anonymous in ways that are not practical for the groups to do.

### Service Meetings

Intergroup	7:00pm	1st Tuesday
Corrections	7:00pm	2nd Tuesday
Treatment	6:30pm	3rd Thursday
Grapevine	7:15pm	4th Tuesday
PI/PC	6:00pm	3rd Wednesday
District	7:00pm	last Tuesday

\*All meetings are held at 'The Clubhouse' 1501 Eisenhower Dr.

## You Want To What?

She was a member of Alcoholics Anonymous but I met her at an Al-Anon meeting and she seemed like the sisterly type. We shared a lot, went to meetings together and enjoyed each other's company. Since I never had a sister, and she a brother, it was like having a friendship with one's own sibling.

One night as we returned from an AA meeting and I was about to drop her off at her apartment she turned to me and said, "I want to go to bed with you." I turned towards her and without hesitating and in a fairly loud and firm voice said, "NO"!

With that she not only pouted but got angry as well. I walked her to her apartment and began to think about the times I wanted to have sex with my ex-wife and though she wasn't willing, nevertheless did. With that thought in mind I said to my sister, "Well let me meditate about it." So I did what it says in the Big Book in the middle of page 70. I went out on her balcony, sat down and began to pray and meditate "for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing."

I was deep into searching God's will for me when suddenly



the phone rang - in my head. It wasn't God calling but it was my sponsor who said "Sex in this situation is O.K."

I knocked on the door to her bedroom and said that if she was still willing then I was as well. Two weeks later she introduced me to her parents and suddenly had me envisioned as her husband.

Our friendship was never quite the same after that.

Thanks for letting me share.

*Anonymous*

<b>Sunrise Solutions Group</b>		
Richard M.	02/01/2009	2 yrs
Jinny C	02/02/2010	1 yr
Ann C.	02/04/1997	14 yrs
Cyndie P.	02/04/2010	1 yr
Damon J.	02/05/2005	6 yrs
Curtis G	02/13/2009	2 yrs
Dare D	02/15/2003	8 yrs
Mallory.	02/19/2010	1 yr
Bobby F.	02/26/2010	1 yr
<b>Broad Highway Group</b>		
Carson B.		3 yrs
Dale W.		17 yrs
Daniel C.		3 yrs
Erin C.		2 yrs

'Faithful Fivers' are A.A. members who, in gratitude, contribute each month (\$5.00) toward support of the Savannah Intergroup Office.

The 'Faithful Fivers' idea came about by remembering how many of us wasted many times that dollar amount in far less time during our drinking careers. Enrollment is always open!!

Please make your check payable to: Savannah Intergroup Association  
And mail it to: 6205 Abercorn St., Suite 110 Savannah, GA 31405

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

**I would like to donate:**

Monthly: \$ \_\_\_\_\_ Quarterly: \$ \_\_\_\_\_  
Semi-Annually: \$ \_\_\_\_\_ Annually: \$ \_\_\_\_\_

## New Phone Hotline Planned For Savannah

When anyone calls AA in Savannah today, AA has volunteers to answer the phone, either at the Intergroup Office during 9-5 week, or by volunteers provided by various Savannah area Home Groups.

At our Last Intergroup Meeting it was unanimously agreed upon to change over to a call forwarding system. Instead of an actual physical phone (the black backpack) rotating between various groups monthly and passed down to individuals who have volunteered to answer the phone, AA volunteers from any group can sign up to serve as a Phone Volunteer for a set period of time every week using their own cell phone.

Under the new system, calls to AA are forwarded from the office line to the individual signed up to field calls during a certain time segment, for example, 6 -8 PM Wednesday evenings. Anyone calling for AA information would reach this volunteer who could provide the caller with the time and

place for meetings, answer simple questions or provide them with an AA volunteer, a 12 Stepper, to answer their questions about alcohol in depth. At the end of the volunteer's shift, the individual would use their cell phone to forward the phone to the next volunteer signed up to serve on the next shift, say 8 - 10 PM. This system is set up so that only AA phone calls are forwarded, not your personal calls.

"We still need volunteers to serve on overnight shifts but this new system allows individuals to serve for a shorter time frame, i.e., two hours at a time. It also allows us to provide training to volunteers who chose to serve and give them a booklet that has all the key information on meetings, crisis and support centers and 12 Step Volunteers in one place., " Lyn G., Intergroup Phone Committee Chair, said.

The Intergroup Phone Committee is looking for volunteers to serve in one of three positions: Phone Volunteers, Twelve Steppers or as Reserves (Back-Up Support to a Phone Volunteer or 12 Stepper).

The Phone Volunteer position requires 6 months of sobriety and the ability to commit to a minimum two hour service window to answer the phone at the same time and day every week. During the shift the volunteer is dedicated to the phones, without running errands, driving, working, etc. This is a six month commitment.

The Twelve Stepper Volunteer position requires one year of sobriety and the ability and willingness to talk in-depth to a caller wanting more information about drinking. This is a one year commitment.

Reserves (Back-up Support) position requires two years sobriety. These volunteers occasionally fill in when the scheduled volunteers is unable to cover his or her shift. This is a nine month commitment.

If you are interested in volunteering, please sign up with your home group Intergroup Representative or contact:

Lyn. G at (678)522-6009 or at [Lynziegregory@bellsouth.net](mailto:Lynziegregory@bellsouth.net)

## *A Beginners Perspective* Continued

Now, I am getting to know myself. I am changing, trading in old, destructive habits for healthy ones. I am learning to love myself, respect myself, honor myself and as I continue to do that, I am able to offer the same to others. I act on now what I've always known to be true but like so many other things I had forgotten or buried in my drinking, sex is a gift of love. It's not a commodity or a coping skill but a special connection humans are given by a higher power to love one another, not a tool of acquisition or manipulation. So, as I grow, I am learning to honor myself this way and in turn, honor my sobriety and my higher power. To be aware of all of this is yet another gift my sobriety has given me.

How cool is that?

*Anonymous*



“The idea keeps persisting that the instincts are primarily bad and are the roadblocks before which all spirituality falters. I believe that the difference between good and evil is not the difference between spiritual and instinctual man; it is the difference between proper and improper use of the instinctual. Recognition and right channeling of the instinctual are the essence of achieving wholeness.”

*Bill W*

*Letter, 1954*

veterans that have kept their long-term sobriety AND have a good time doing it AND for reaching out and saving an alcoholic like me.

I feel like I have been adopted by a new family that loves me and cares about me and wants me to have what they have without the pressure or bitterness or suspicion we would get elsewhere. AA is the best thing that's happened to me in a long, long time and it has made me feel like a real person again.

I respectfully thank AA for taking me in and never turning me down. AA is truly amazing and it doesn't cost anything but your time and desire to want help.

*I* am responsible. When anyone anywhere reaches out for help, I want the hand AA always to be there.

... And for that *I* am responsible

Find a meeting and I promise you'll like it, you'll love it, and you'll want more of it.

*Soberly yours,  
Danny Boy*

## New Phone Service FAQ

- Q.** Do I use my own phone?  
**A.** Yes, you may use a cell phone or land line phone.
- Q.** How many hours can I do it for?  
**A.** A minimum of 2 hours up to 10 hours in a 24 hour period.
- Q.** How often do I do it for?  
**A.** The same time and day each week for six months
- Q.** How do I get calls?  
**A.** The person answering the phone before you will forward the calls to your phone. When you are finished you forward the calls to the next person.
- Q.** Will my personal calls be forwarded?  
**A.** No, only the calls coming into AA will be forwarded.
- Q.** Will someone show me how to do this?  
**A.** Yes. We will have training sessions before we implement this system.

Any more questions please check with Lyn at 678.522.6009 or [Lynziegregory@bellsouth.net](mailto:Lynziegregory@bellsouth.net)

## Where Credit Is Due

This is for anyone who suffers from alcoholism and wants to find the answers.

My name is Danny and I am an alcoholic. I just recently started going to AA meetings in the Coastal Transitional Center after serving my time and I can't tell you enough about how great it is and how much it means to me.

I've read a lot of books, papers, pamphlets and everything from A to Z but nothing can compare to being at an AA meeting where it all comes alive. And I do mean alive! I've never felt more accepted and loved for who and what I am.

We who are in here are serious about our sobriety and we work hard to get it. No, it's not easy, but you've got to want it! AA meetings don't come in a can or a bottle of pills. You've got to go to a meeting to get your medicine, my friend.

Our AA meetings are so exciting and intense and we always hear a life saving story that we can relate to that may possibly save our lives.

I have so much respect and admiration for all the sponsors and

# A Step Too Far

AA membership does not entail celibacy. I know several couples that met in AA, married, and seem to have happy marriages. I know others who have had relationships which failed. When I first admitted my powerlessness over alcohol I entertained the idea of using romance to replace my drinking. Fortunately, I had been unhappily married for double-digit years at the time, had forgotten everything I ever knew about the courting game, and I was unwilling to cheat. By the time I freed myself from the marriage, I understood that I did not need a quick fix. I needed time to develop emotional and spiritual sobriety.

AA's who haven't worked through their rescue fantasies or are lonely and desperate, may give in to the temptation to take care of a newcomer. Combine that with

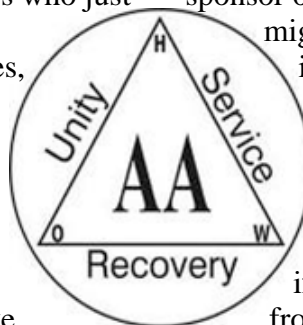
the power of infatuation and sex, and serious difficulties can arise regardless of the good intentions of both parties. This is, 'The Step Too Far', the 13th step, for well-meaning AA's.

They are the predators who just want sexual conquests. They come in both sexes, and are straight, gay or bi. They are often charming and have great, well-practiced lines and approaches, though some are rather crude pervs'. Some have mastered the AA lingo and sound like they know what they are talking about. Newcomers, watch out for them!

AA is a fellowship of men and women. It is not two separate fellowships, one of men and one of women. The idea of "men with men and women with women" is a cop-out because it implies you relate to AA's on the basis

of gender first and only second on the basis of your common problem of alcoholism. I know several AA's with sponsors of the opposite sex who have recovered or are well along in recovery. I personally would not choose a sponsor of the opposite sex. I might have some intimacy issues if I did. Falling in love and stuff like that. But I do have friends of the opposite sex in AA and I do not have the doors to my heart closed if something develops from such a friendship.

Lastly, if you are interacting only with young, physically attractive AA's and ignoring the older, less attractive, ask yourself, "Why am I doing this?" Does it reflect a character defect?



Anonymous



## Self-Support

In the pamphlet *"Self-Support: When Money and Spirituality Mix"* our General Conference suggests that, after your group pays for its expenses, the money left over should be divided as follows in districts where an Intergroup exists:

Intergroup 50%  
General Service Office 30%  
District 10%  
Area 10%

In our district/area consideration is also given to the New Year's Eve gathering and the Georgia Prepaid Convention.

## Intergroup Office Hours

Monday-Friday  
9:00-6:00

## The Promises of Drinking

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 be unable 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 will sink 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 on 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 us who are still drinking - sometimes quickly, sometimes slowly.

***They will always materialize...if we drink for them.***



# My Ideal Sexual Partner

1. A true partner - someone to share equally in the responsibilities of life (neither partner feels or is taken advantage of).

2. An intimate relationship - someone who can see into me, see my dark side and light side. Someone with whom I can take emotional risks and let them in behind the wall I put up and not abandon me (totally accepting of me-good and bad without expectation of change; if change comes it comes from God.)

3. A monogamous relationship - sexually and spiritually where I show reverence and respect of our love and commitment (i.e. I demonstrate that my mate is #1 all the time in my life through honor and cherishment).

4. Someone with whom I am free to be truthful with and not afraid to be honest - both through omission and commission.

5. My lover - open, honest, and a sexual-fantasy realization through caring exploration of our sexual natures. The true goal is pleasure for each other through sexual means to enhance intimacy where two really do become one.

6. Fair play - total commitment to harmony through fair, expedient compromise using the rules to keep our disagreement within bounds and an open commitment to a quick, fair resolution in restoring harmony to our relationship.

7. A safe, loving, nurturing home for parenting, emotionally stable and filled with love and self-sacrifice for the good of the family union.



8. A balanced relationship - work & play balanced, spending & saving balanced, home & travel balanced. Money is not my God - love and family is paramount.

9. A relationship - which nurtures our "couplehood" not just "parenthood" so when the nest is empty our relationship just moves to the next chapter, not starts again...someone to grow old with.

10. Someone to grow with mentally, spiritually and sexually. Non-judgmental support for the betterment of the individuals, which betters the 'couplehood.'

11. Someone who will share in our combined vision of our future - our lives to come. Someone with whom I can strive to reach a mutual goal of serene old age where we look back with happiness in the journey -not a finishing line.

12. My #1 fan, supporter, confidant, best friend, lover, spouse, wife, mother, companion and hero - where we revere each other through sacrifice and love to become one and that the one we become can give back and help others including our kids, program, society and church (Where our lives can be an example of the program which helps others find happiness, fidelity and love.).

*Anonymous*

## SOBER ARITHMETIC

What is my sobriety worth? What is your sobriety worth? Is it less than, the same as, or more than the cost of getting intoxicated? Is it \$1.00 a day? \$2.00 a day?

Consider this: If you took your date to a nice restaurant for a romantic dinner, how much of a tip would you leave for the server who spent a few minutes with you? How much did you spend in an evening getting drunk?



Wouldn't it make sense then, if we got a new life, and spent an hour or so in a meeting getting spiritually fed, to leave a nice tip for the fellowship that gave us something as nutritious as a new life to leave \$1.00 or \$2.00 a day? (If you are new or struggling financially leaving \$.25 helps develop your financial muscle.)

So next time you're at a meeting, and it's the only one you've been to this week, how about leaving \$7.00 or maybe even a \$14.00 tip. Why? Because you're worth it! Come to think of it, so is A.A!



**Feb. 3 - Feb. 6**

*2011 Spacecoast Round-up*  
International Palms Resort  
Cocoa Beach, Florida  
Intergroup@aaspacecoast.org  
Tel: 321.724.2247 or 321.633.0052

**Friday, Feb. 4 - Monday, Feb. 7**

*Gratitude Cruise*  
Sea Majesty of the Seas Ship from Miami  
\$244 up per person  
Tel: 561.702.2312

**Feb. 18, 19 & 20**

*35th Anniversary Oceanfront Conference*  
Virginia Beach, Va.  
Oceanfrontconference@gmail.com

**Saturday, Feb. 26**

*Southeast Cluster Forum*  
In Midway

**March 11-13**

*Unity Weekend on Jekyll Island*  
www.jekyllislandaa.com for information.

**March 11 - 13**

*Freedom from Bondage Workshop*  
North Carolina Area Corrections Committee  
Southern Pines, N.C.  
info @ www.aanorthcaolina.org

## An Educational Variety

I had just entered into my second month of sobriety when my business partner, who was also in AA, suggested we move our office into her bedroom.

Being a happily married man with children, and having never cheated on my wife during our twelve years of marriage, I balked! But it also became increasingly clear that my partner would not take no for an answer and insinuated that I either capitulate or do without her business expertise.

Being two months behind on rent, deeply in debt, and in desperate need of cash, I rationalized and became willing. In the beginning it seemed like a pretty good idea as I began to receive an education of which I'd never known or experienced. I was indeed learning a great deal about sex that was, heretofore, unknown to me.

As my mind began to clear, sober thinking started to take over and I was beginning to sense that I was doing something in violation to my long lost moral values.

Moving into my third month of sobriety I felt a sense of guilt that was not particularly pleasant. Eventually the guilt became horrific. I had given up

alcohol all right, but my failure to replace it with a *Higher Power*, left me vulnerable to whatever negative influence might come along. I had no defense against my waning dollars, or this woman's desires.

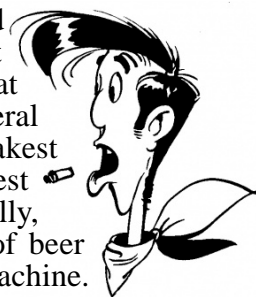
The pain of this encounter was unbearable. Added to my obsession to drink was the desire to commit suicide. And, though still an atheist, I would often scream something like, "God, if you do exist like people say you do, then prove it by killing me."



In my meetings you kept telling me to "keep coming back until the miracle happens." So I did. Every day I was in a meeting. Then I heard "pain is the touchstone of spiritual progress." But this was beyond what I envisioned sobriety to be.

### ALCOHOLIC LOGIC

'Well you see, Norm, it's like this . . . A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine.



I didn't get killed but my business partner, who had 2 years of sobriety, did get drunk and, to my knowledge never regained her sobriety.

After weeks of anguish, I could take no more. I thought to myself "I can't do this anymore. I just can't take it. I am willing to do anything, anything to get out of this pain." Then I looked up and said out loud, "I surrender my life and my will to you, your will be done." And with these words an amazing thing happened. I was set free. I was forgiven for anything I had ever done or failed to do in my life. The obsession to drink or die was completely removed. I felt waves and waves of pure Love pouring in and over me. I was lit up with the presence of God and filled with the cleansing power of His Holy Spirit. I was having

an orgasm unlike anything I had ever experienced before. This was the most magnificent of the **Magnificent**.

And while I was being reborn, I heard these words of Someone new deep down inside of me saying, "I Am The Son of God." So this is what Bill experienced in Towns Hospital!

Now I know why sex is so important for us. It's God's gift and His way of showing us just a little bit of what Heaven is like – not just for an instant or a moment in this physical realm... but for **Always in the Eternal Bliss of His Spiritual Presence**.

Anonymous

## Sex; Before and After

Before I came into AA sex was sort of quiet. I never said much. I just sort of enjoyed it...quietly. Oh, I moved and stuff but I couldn't express how I felt.

But then I got sober and I was amazed and surprised at how loud I was. I verbally would "howl" at the moment of climax. I was finally able to find the freedom to vocalize the feeling of what I was enjoying when it happened. It was great... but it was hard on my girl friend's ears!



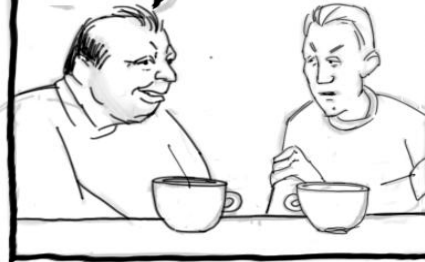
## MO AND SCHLEPP

MY SPONSOR TOLD ME THAT NOW I HAVE BEEN SOBER FOR ONE YEAR... I CAN HAVE SEX!

OH YA?



YA!...SO THE OTHER NIGHT I BOUGHT A BIG BOTTLE OF LUBRICANT AND SOME CONDOMS...



... I LIT A CANDLE AND PUT SOME REALLY SEXY MUSIC ON...



I WENT AT IT LIKE AN ANIMAL



BUT IT WAS OVER REAL QUICK.

SO ARE YOU GOING TO HAVE SEX AGAIN?



YA! EXCEPT THIS TIME I THINK I WILL TRY IT WITH A PARTNER!



## New Tybee Meeting

The Tybee Group now has a new meeting on Saturday @ 6:00p.m. at All Saints Episcopal Church 804 2nd Av. The Weekly topic is Gratitude

## City Smoking Ban

The City of Savannah recently passed an ordinance to clarify the ban on smoking inside public buildings or within 10 feet of such buildings. The Twenty Four Hour Club is one of the buildings effected by the ordinance. Smoking is no longer allowed inside any building at the Clubhouse property at 1501 Eisenhower Drive or within 10 feet of them.

## Smoking Restrictions at Club House

Effective January 1, 2011 the Twenty Four Club has placed additional restrictions on smoking on Club property. Smoking is no longer allowed on the front porch and the outside meeting room. It is still permitted around the picnic tables next to the outside meeting room. These restrictions are intended to provide a more healthful environment for AA/Al-Anon meetings.

## Our Principles

**Step Two:** "Came to believe that a Power greater than ourselves could restore us to sanity."

**Tradition Two:** "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."

**Concept Two:** "The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs."

## Financial Snapshot

December, 2010

Group Contributions:	\$ 440.62
Literature Sales:	1,162.62
Gross Income:	1,603.24

Office	848.07
Literature:	853.60
Total	1,701.67

**Net Income: (101.43)**

*(Editor's note: Because of the way our deadlines fall we will always be reporting this snapshot two months behind.)*



### SIG Newsletter Submissions

If you would like to submit an article for publication in our newsletter please send it to [signewsletter@gmail.com](mailto:signewsletter@gmail.com) by the first day of every month, for inclusion in the following month's issue.

Word count between 400-500 words.

Upcoming themes are:

**March: Special Interest Groups**  
**April: Components of Healthy Sobriety**  
**May: The Other Promises**  
**June: Financial Recovery**

#### DISCLAIMER:

The SIG Newsletter and its staff are not responsible for any opinions, claims or policies expressed herein.

## Interested in Sex?

If you are still really interested in finding out more about sex in sobriety, check out the article in our booklet *Living Sober* **Page 60**. You'll be glad you did!

Note: The *Living Sober* booklet is available in your Intergroup Bookstore

Need A Delivery?  
 Are you in need of literature but cannot get to our office?  
 Why not give us a call during office hours 9-6, M-F, and we'll see what we can arrange.

*"God alone can judge our sex situation. Counsel with persons is often desirable, but we let God be the final judge. We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice."*

Page 69 Big Book