

Savannah

Office Hours
Monday-Friday 9:00-6:00



Newsletter

Intergroup

July 2010
*“When Your Spiritual
Barometer Is Off”*

Examining Spiritual Pressure

As a relative newcomer to AA, its Steps and its Traditions, I’ve honestly been overwhelmed, and at time even cynical of the program: for instance, the support of a group, nonsense; daily meditation, hocus pocus; renewing a relationship with my “Higher Power”, insane. I’d lived comfortably in my alcoholism for many years without the involvement of God or anyone else. Why on earth did I need these things now? I had managed to keep God at arms length as well as any tangible ramifications from my drinking, why change that now? Years of economic turmoil, emotional and physiological distress asides, I was in charge! And just not drinking was good enough.

It wasn’t until recent months, when befriended by a recovering alcoholic I began to see the errors in my thinking. Through much turmoil and grief, slowly I was beginning to see the dangers of my disease. After some time and considerable soul sharing and searching, I came to face I HAD A PROBLEM. The realization that I wasn’t controlling my drinking, it was controlling me, facing that I was making irrational choices and taking unthinkable risk, was the first step. This set the stage for what was to become the most singularly most difficult

decision I had to make; I asked for help.

As I relinquished my fears and allowed myself to participate, I began to enjoy a sense of peace that I’d never known. My craving for serenity replaced my craving for alcohol; prayer and meditation turned days of sobriety into weeks. My spiritual barometer had begun to form.

As the cravings again returned, either for deeper serenity, or turn back to alcohol, I was reminded to seek the help of my Higher Power, to bring God back into my life. I struggled to pray,

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INTERGROUP NEWS

- SIG Financial Snapshot for May: Contributions = \$699.54 Expenses=\$1,073.80. Itemized sheet available upon request.
- The 11th Step Candlelight Meeting @ Unity Church has now finally become a group!
- Grapevine items available, including “Emotional Sobriety” (see Letters from Bill); “Language of the Heart;” and “A Rabbit Walks into a Bar.”

When Your Spiritual Barometer is Off

When I was asked to write an article regarding my spiritual barometer, I had to chuckle. Progress comes in many forms in AA, even when it doesn’t feel like it. I suppose that having lots of experience of **NOT** being completely spiritually fit, and yet still not having to drink is the true testament of the “Gift” of Alcoholics Anonymous, and just maybe some progress in my own emotional sobriety.

First I must learn what the heck a Spiritual Barometer is? I was told many years ago that I had a belly button barometer. That’s a little voice inside my gut (not my head, ,I repeat not my head) that tells me what the right thing to do is. Barometer is an instrument that measures change, and I do believe that change is the only thing that is constant. When life happens on life’s terms, as it should. And I don’t know what path to choose or my spiritual barometer is off, I do the one thing that has worked 100% every time,

I do AA. Step Eleven in the Big Book says that “it is not probable that we are going to be inspired at all times” and in the 12&12 it says “all of us, without exception, pass through times when we can pray only with the greatest exertion of will”.

What this means in my own experience is that it is OK that my barometer is off. It is suppose to be off at times. It’s not always a question of how, sometimes it is just when. And what I do when it happens is what the good people of Alcoholics Anonymous that came before me and the ones here now to do by their example. I do AA. I take part in my own sobriety. I take action in the program of AA no matter how I feel, and I begin to learn the valued principle of delayed gratification. Actions that include the house cleaning part of our program Step 4-9, praying and meditating, calling my sponsor or spiritual advisor, reading the Big Book, going to a meet-

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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.

July AA Anniversaries

Meldrim Group—July 15th

- Bob J—14 years
- Mary Anne T—23 years

New Women's Group—July 25th

- Gwen W—1 year
- Dot H—1 year
- Tammy M—1 year
- Quincy McM—2 years
- Sandra J—3 years

Ann K—years

- Lisa W—18 years

Under The Bridge—July 25th

- Tony A—11 years

Garden City—July 31st

- David G 1 year
- Connie L—2 years
- Tamara B—3 years
- Karen J—7 years
- Dave E—8 years
- Debra M—15 years

New Horizons—July 25th

- Michael S—1 year
- Wayne K—4 years

Sunrise Solutions—July 31st

- Jordan G—1 year
- Lance L—1 year
- Edward G—1 year
- Rob H—2 years

- James J—2 years
- Alvin—2 years
- Danny R—7 years
- Paul R—12 years
- Julie C—14 years
- Jeff M—15 years
- Rick R—2 years

The Language of The Heart Group That meets at the W. Chatham YMCA on Pooler PKWY is celebrating it's 4th anniversary on July 13. Eating and Speaker Meeting. Eating @ 6:30, Speaker (TBA) @ 7:30. Please bring a covered dish.

Young At Heart AND A Sense of Humor GCYPAA 2010

“We are not a glum lot” was a line from the Big Book that reverberated in this alcoholic's head time and again during this year's GCYPAA held in Buford, Georgia. For those of you living under a rock or are perhaps still in the alcoholic fog, GCYPAA is a mnemonic for Georgia Conference by Young People in AA. The only pseudo-requirement for attendance is that one is young at heart—and a sense of humor, to be sure, is necessary.

The young people of Buford put on an amazing conference full of excellent speakers, panels, and all-night marathon meetings. It would be almost impossible not to be thoroughly grateful for the gift of sobriety when amongst an ocean of laughing, joking, smiling, recovering alcoholics fully enjoying life.

We danced, we shared, we 13th-stepped (just kidding! I *did* mention something earlier in this article about having a sense of humor). Please be sure to make it to next year's GCYPAA, which will be held in Kennesaw (dates are to be announced); this is an event you will not want to miss!

Sacred Service

Service is the natural expression of one who is spiritually awakened. It is not something we do; rather, it is a way of life. Service is the glorious opportunity to participate in the givingness of God to It's Creation.

To serve is not to merely fill a need. Rather, it is to allow the desires of the heart to express. For every need to be filled, there is someone yearning to serve in that particular way. This is a facet of the unity of life – that there is ideal work for everyone and the ideal person to accomplish the work. When we serve solely to fill a need, yet have no love for what we are doing, we are depriving someone else of his or her expression.

In the truest sense of the word, service is an act of giving dictated by the impulsion of the heart. More than action, it is an activity of our consciousness, which brings true fulfillment. Instead of searching the outer environment to determine what needs to be done, we consult our inner environment, the habitat of the soul. In this realm lie our soul desires. Plumbing the depths of this sublime space of divine knowingness, we discern how we truly want to participate in the givingness of life. If there is no outlet for the expression of our desires, we create it. It was probably just waiting for us to show up!





UPCOMING EVENTS

(Call SIG more info)

July 1-4

International AA Convention, San Antonio, TX

July 15th - 18th

Atlanta Roundup, Decatur Conference Plaza
www.atlantaroundup.com

July 30th - August 1st

Georgia Al-Anon/Alateen Convention (with AA participation)

Oct 28th - 31st

Georgia Prepaid Convention Athens, GA aageorgia.org/
prepaid.htm

Does your group have an announcement? Please let us know at SIGnewsletter@gmail.com.

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“Thy will not mine be done,” and to meditate at increasingly longer times. The more I did, the clearer things became, the less I was affected by atmosphere, by pressure. The answers were in front of me, and I began to live the program, one Step at a time, with the help of many new friends, fellow alcoholics.

My sponsor shared with me one sentence that has become the key to my spiritual barometer working: “It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.” Examining this simple philosophy clear it up for me: the problem was ME. And when all else fails, pray more! Meditate MORE!

—Diamond Eric

Freedom In San Antonio This July

July is usually the month when The Grapevine publishes it's meeting in print primarily for the AA prison population, however, since this year's July Grapevine will be devoted to celebrating AA's 75th. Birthday in San Antonio, Texas, the Grapevine is publishing it's special prison edition this month (June). For more info. on the big birthday celebration please check out www.aa.org. For more Grapevine info. check out www.aagrapevine.org

12th Step Phone List

The 12 Step Group Phone is a mobile phone supplied by Intergroup to which all calls are forwarded to when no one is available at the office. This ensures that anyone calling in for help will always have someone to talk to so that they can get the message of AA. Each month a different group is responsible for the phone.

July: Early Bird Group

August: New Pass It on Group

September: Language of the Heart/ Meldrim Groups

October: Broad Highway Group

November: White Bluff Group

December: Savannah Group

Our Principles

7th Step: Humbly asked Him to remove our shortcomings.

7th Tradition: The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

7th Concept: The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. pursue for its final effectiveness.



CONNECT
to AA worldwide

52nd ICYPAA 2010 New York City



Ready to Rock? Under 30 and looking for fun in sobriety? The International Conference of Young People in AA was founded for the purpose of providing a setting for an annual celebration of sobriety in AA. ****OVERFLOW HOTEL IS NEARLY FULL!**** Reserve room now! August 26-29! For more info www.icypaahost.org

AA World Service:

www.aa.org

P.O. Box 459 NYC, NY 10163

Georgia Area 16:

www.aageorgia.org

P.O. Box 7325 Macon, GA 31209

AA Savannah:

www.savannahaa.com

A Magical Essence, And The Promises Come True!

We will know a new freedom and a new happiness, comprehend the word Serenity, we will know peace. Fear of people and of economic security will leave us. We will intuitively know how to handle situations which used to baffle us. It is written all over the promises: If I work these steps and as a result walk closer with My God, all these things will happen for me.

And they have! In my years of sobriety, as I have done the footwork, I have experienced the promises come true for me again and again. What the footwork has ultimately created for me is a relationship with my God that, when I got here, I could not of possibly imagined. Quite honestly, having peace and serenity was not the goals I had set for my life when I walked in the doors of Alcoholics Anonymous. Or maybe was and I just didn't know what to call it. As my relationship with my Higher Power has expanded, I have walked away from life and death situations with a sense of peace that I can't even find the words to describe. My life is serene, most of the time. I am happy with the person I have become and am still evolving into. I love what I see when I look in the mirror. None of this was in the realm of possibility when I got here.

I have tremendous gratitude for that relationship I have with my God today. For lack of a better way of putting it,

it's Magical! But life happens. Sometimes, as I move throughout my day, I can lose my conscious contact with my God. I have friends, family, a job, obligations and at any given moment, one of those things can throw me for a loop – put me in a bad mood or in a situation that I don't feel comfortable in. And like most of us, I can sit in that for a minute, cast blame on others, feel angry, frustrated and sad. This is all part of the human experience. But it is when the suffering sets in, that is when I know for sure that I am "off". My Spiritual Barometer, as I heard it described recently at a meeting, is telling me I have disconnected from that Magical Essence. For us AA folks, we know this to be irritable, restless and discontent.

Thankfully, I have gathered some tools in my journey. It is a blessing to me today to be able to recognize when I am "off" AND to have an idea of what do to about. I suspect that is what Bill meant when he said "intuitively know how to handle situations....". The tools are simple – a deep breath, a prayer, and an attitude of gratitude. If the situation calls for it, then my sponsor gets a call, some step work gets done and meditation also bring great relief. Having had a taste of peace and serenity, more like long savoring bites these days, it usually it doesn't take me long to put one of these tools to use. I am coming to accept though that there will be times when I simply forget, get caught up in the experience and disconnect from my God. It's okay though, because I also learning that I can change that anytime I remember and choose too. The Big Book reminds us "Spiritual Progress, not Spiritual Perfection".—Sober Goddess

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ing, and one of my favorites, intensely working with another alcoholic. No matter what my barometer says, I have a design for living that works in rough going. And I usually find that upon taking action in AA, especially when my barometer is off, I've grown a little closer to the God of my understanding. Thank you AA for helping me stay sober, just for today.
-Anonymous



"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem...

(Read the rest in Grapevine's Book EMOTIONAL SOBRIETY)

Service Meetings

Intergroup - 7:00 pm First Tuesday of the month at The Clubhouse
Conference - Week of April 18th, New York City
Corrections 7:00 pm Second Tuesday of the month at The Clubhouse
Treatment - 6:30 pm Third Thursday of the month (each month) at The Clubhouse
Grapevine - 7:15 pm Last Tuesday of the month at The Clubhouse
PI/CPC - 6:00 pm Third Wednesday of the month at The Clubhouse
District - 7:00 pm Last Tuesday of the month at The Clubhouse
Assemblies - May 14th-16th, Sept 17th-19th, Macon

Contribute your artwork, articles and news to this newsletter!
We ask that all submissions be turned in by the second Saturday of each month.

August's Theme:
"Even when I'm right, I'm Still Wrong.: The Spiritual Axiom"

You can email us at:
signnewsletter@gmail.com