

12th District Central Office  
113 Camilla Ave- Martinez  
Augusta, GA 30907-3406



# SOBER DAZE

January—March 2015 A 12TH District Publication

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We Are the Lucky Ones – Grateful Alcoholic

I recently saw an article online about an actress, who died October 14, at 55. I remember her in several memorable roles, most notably in Lone Star. Of course when someone dies fairly young, you just assume they died of some illness such as cancer. At first the reports said that the cause was “unknown”. However, the next day, the cause of her death was revealed—cirrhosis of the liver, cardiopulmonary arrest, cardiogenic shock, and acute gastrointestinal bleeding. Apparently many people were shocked and surprised by this revelation because she kept this a secret—but I’m sure nobody who knew her well and loved her was surprised. Dying of alcoholism is a preventable death, yet in a report released last year, the CDC says that among adults between ages 20 and 64, the most common cause of death is due to excessive alcohol consumption. Many of us were masters at disguising our excessive drinking, considering ourselves “functional”, while we slowly destroyed our liver. Although I was saddened to see yet another person die of this disease (and YES, it is a deadly disease), I couldn’t help but feel how lucky I am. It used to annoy me when someone in the rooms identified themselves as “a grateful alcoholic.” But I totally understand what they mean now. I am also a “grateful alcoholic” because I was blessed to find a solution and have been spared an alcoholic death, as long as I continue on this path. Yet, there are so many suffering alcoholics who never get this simple program—simple if you commit to work it. So, those of us who have found the rooms are the lucky ones.

Marilyn B. – Evans Group (Sober Daze Editor)

My Moving Story . . .

A few weeks ago, I was sitting in a discussion meeting beside Marilyn, our new Sober Daze editor. The topic was moving, suggested by a fairly new member who was planning to move to another state, and was worried about it. When called upon to speak, I shared my experience, strength and hope about moving, and afterwards Marilyn asked me to share it again for Sober Daze. So here is my story about moving that I shared that day:

A number of years ago, I was a new member of AA living in another state. One day my husband, who was not in AA, told me that he had found himself a new job in Augusta, GA. I was very unhappy to hear that news! I had an AA clubhouse, called "The Yellow House," within easy walking distance of my home. Thanks to that lucky coincidence, I was able to easily get to a meeting at any time of the day on any day of the week. Also I had found a wonderful home group and a wonderful sponsor, and was just starting to feel comfortable with my new sober life in AA. The members of my home group were happy for me when they heard my news—they thought Augusta sounded like a great place to live (especially the golf fans), and several had actually lived in the CSRA, or at least had visited the area. But I had no interest in golf and absolutely no interest in moving.

I did do what I had been taught. I shared my fears about moving with my sponsor and also in meetings. At one of those meetings, when I was in tears over it all, a new woman was sitting next to me, and she spoke up and said that she had just moved to town, and that AA meetings were everywhere, and that I would be just fine as long as I stuck close to AA. By the end of the meeting, I was still teary-eyed, and still dreading this move. The new woman turned to me and asked, kindly, "Where is it you are moving to?" The way I was acting, she probably thought I would say, "Siberia!" When instead I said, "Augusta," she laughed and said, "I used to live there! You won't have any problem. There are lots of great meetings there, and I will make sure that my sister and my sponsor and my friends there know you are coming."

She kept her word to me. The next day, she showed up at the meeting with an address book filled with names and phone numbers of Augusta AA contacts for me. And soon after that my home phone rang. It was her sister, calling to let me know that she would take me to a meeting whenever I arrived.

I am often moved to tears when I share that story, especially the ending. The losses that I so feared in leaving were real, but the move also turned out to be the beginning of a great new chapter in my life. I loved that other city and the Yellow House and the AA meetings and the people there who helped me get sober, and I will be forever grateful for them all. But I have also come to love Augusta and the AA meetings and all the people that I've found here who've helped me stay sober. And through it all, I've found faith in a Higher Power who is with me in the midst of any move, one day at a time.

Ruth M.—Midday Group

# Faithful Fivers

- |                 |                    |                 |
|-----------------|--------------------|-----------------|
| Charles A       | Rosanne G          | Lisa S          |
| Jim & Billie B  | David J            | Linda S         |
| Tony B          | Pat J              | Gene & Judy T   |
| Cathy C         | Traylor J          | Neal T          |
| Bruce & Kathy D | Rosemary M         | Frank W         |
| Carson E        | Jimmy H & Tammra N | Kathryn Z       |
| Edith E         | Moselle P          | Ted & Michael E |
| Ronnie P        | Ed R               |                 |

## Enroll in the Faithful Fivers

“Faithful Fivers” are A.A. members who, in gratitude, contribute five dollars a month toward supporting the 12th District Central Office. With this support, the Central Office pays for the printing of this publication and, when you enroll, will make sure it is delivered to your home when the issue comes out.

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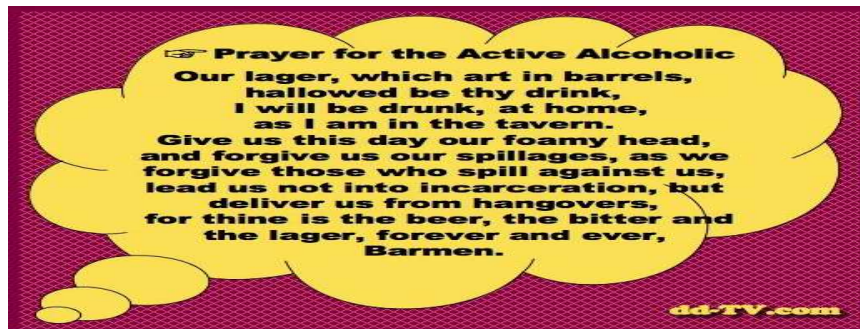
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Make checks payable to:  
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113 Camilla Ave.-Martinez  
Augusta, GA 30907  
(706) 860-8331

***Thank you for your support!!***

## Let Gratitude be Your Attitude

Every day of your life is a gift from God. Don't squander it. Don't waste it by being angry with anyone. Don't let it slip away by feeling sorry for yourself. Be grateful for this precious gift of life and spend it by being as happy and as thankful as you possibly can. Let your mind dwell on the good things that have happened to you. Let gratitude be your attitude. Think of your assets and don't let anyone spoil your day for you. Enjoy every day of your life to the fullest. Realize that you can add to the joy of each day by making someone else happy. The kind of prayer that helps you get into a peaceful attitude of gratitude may go something like this: Heavenly Father, help me to be grateful for being alive right now. Help me to realize that no matter what my problems may be, where there is life, there is hope. Help me to think positively and realize that thousands of miracles are happening every day. Help me to pray and help me to remember the times when prayer brought me peace. Let me be a better listener and not be self-centered. Help me to realize that if I keep my mind occupied, by helping and cheering people up, I will be healthier than if I were always checking my own pulse. Help me look for the good in everyone I meet. Help me realize that I cannot change anybody's way of thinking. Only by doing the best I can and setting a good example may I influence someone to change their behavior. Help me to understand that other people have as much right to their opinions as I do mine. Let me love myself as I am. Help me realize that when I am not proud of myself, I am letting you, my creator, down. I must be proud of the body that you have given me, and realize that there is a purpose for every person being different. Let me realize that you, my Father, are always with me, to guide and comfort me. Let me open my heart and my pores and let Your love flow in. Let me accept the peace that you can bring and help me to understand that You have a plan and purpose for everything that happens.



## 2015 Events to Look Forward To:

Every year they come—your area and state (or out-of-state) AA events that really get you fired up for sobriety - making you fall in love with the program all over again. Submit your favorite upcoming events to Sober Daze  
Service work available for all events listed below!!!

### **G.A.L.S.**

Grateful Alcoholics Living Sober  
3<sup>rd</sup> Annual Weekend Convention

March 13<sup>th</sup>, 14<sup>th</sup>, & 15<sup>th</sup> 2015

Camp Mitchell Conference Center  
237 Camp Mikell Court

### **Winter Workshop**

February 21, 2015 9 am—1 pm  
Registration 8 am

**Evans Baptist Church**  
**515 N. Belair Road**  
**Evans, GA**

### **2015 Hilton Head Mid-Winter Conference**

AA and AI-Anon Fellowship  
January 30 – February 1, 2015

The Westin Hilton Head Resort  
2 Grass Lawn Avenue

Hilton Head, SC 29928  
(888) 627-8551/(843) 681-4000

Limited to 900 Registrations, Pre-Registration \$30.00  
Tickets are \$35.00 at the door.

Area 16, Georgia, and our International Convention  
Host Committee look forward to welcoming AA members from around the world to Atlanta, Georgia, July 2-5, 2015.

Our volunteer Kick-off Meeting will be held on  
January 10, 2015 from 1:00pm – 4:00pm and volunteer training will occur on May 17, 2015, 2:00pm at the World Congress Center in Atlanta.

Submit your Stuff!  
Jokes, Stories, Events, Poems, Quotes, etc.  
Get published in SoberDaze!

**soberdaze12th@gmail.com**

OR

The Central Office  
113 Camilla Avenue  
Augusta, GA 30907

Office Hours: Mon.—Thurs. 9:00 a.m. - 9:00 p.m./Friday 9:00 a.m.—5:00 p.m.  
706-860-8331



"YOU DON'T WANT TO GO TO THE PICTURES, YOU DON'T WANT TO GO TO THE WHISTDRIVE — WHAT DO YOU WANT TO DO?"

I have some good news and some bad news. The good news is, the judge ruled court orderd AA is inhumane. The bad news is, he reduced your sentence to waterboarding.



### Choices

We can be happy or we can be sad. We can be gloomy or we can be glad. We can be good or we can be bad. We can walk towards our goals, or go around and around. God gives us choices—what path will we take? Will we take the right path or just procrastinate? The choices we make will certainly tell where we spend eternity, in heaven or hell. A merry-go-round or procrastination—neither of which has a true destination. To be successful in life, we must use life's best tools, The Ten Commandments and the Golden Rule. When friends say, "It's OK—it's cool" if we listen to our heart, we will never be fooled. God made us all, and he wants us to be a lighthouse for him.....for others to see. We can never look forward to a better past, or fix our mistakes, like an old broken glass. A gift from our father, from Kings and to peasants, this gift is today and it is called our Present. Each day God gives us is a gift indeed and it gives us a chance to be the best we can be. If we knew that tomorrow was our very last day, would we do the same things that we did today? All our lives we have been told, everything that glitters is not always gold. So be true to yourself and you will be that very special person that you were born to be when facing life's struggles, problems and grief. If we will look inside our heart, we will always see the truth is the only thing that can set our soul free. When we find ourselves lonely, afraid, and confused, and we can't understand why we feel so abused, we can sit and cry with our face in our hands, or we can ask God to show us his plan. God does have a plan for each one of us, we just have to ask then have faith and trust. We can chance our lives, and all it takes is to ask God what He wants, then we can make our choices.

Submitted by James W. (Jim)



### Too SLEEPY to DRINK

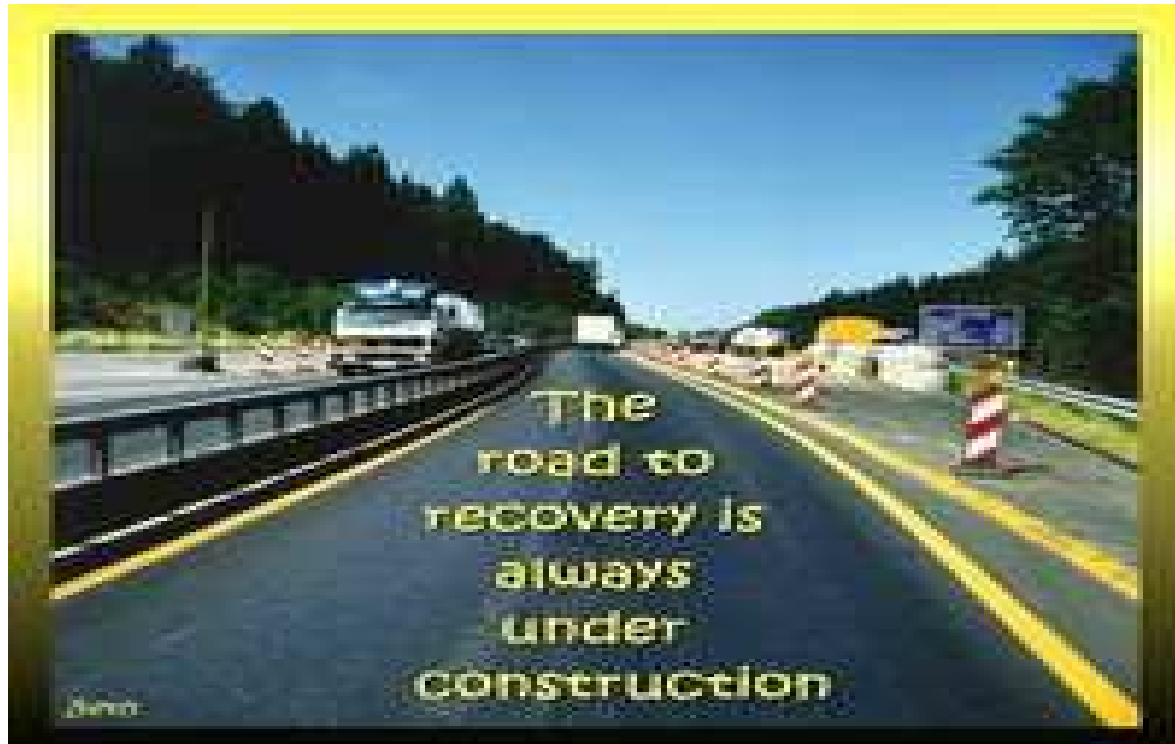
First Name	Sobriety Date
James G	1/1/2008
Jamie B	1/9/2008
Debbie T	2/1/2008

### WASHINGTON

First Name	Sobriety Date
Charlie B	1/1/1995
Byron C	1/3/2011
Brent B	1/4/2011
Freddie G.	1/5/1999
David R.	1/25/1986
Jerry W	2/22/2009



"I had a layover in Omaha ... which led to a hangover in Des Moines."



### AA Quotes

"We have good news and bad news here. The good news is you never have to drink again even if you want to. The bad news is that we're your new friends."

"I don't thank God for opening the gates of Heaven and letting me in, I thank God for opening the gates of Hell and letting me out"

"I am the black sheep of the family. I came to Alcoholics Anonymous and found the rest of the herd."

"Minds are like parachutes. They only function when they are open. "

"Remember, don't run so fast that your guardian angel can't keep up"

"The longer I'm sober, the drunker I was."

"We can no longer be content with just getting by."

"I spent a lifetime in hell and it only took me twelve steps to get to heaven."

"Would you like to be right or happy?"

"When I came to recovery I realized that being a child for 28 years nearly killed me"

"We came to these rooms not because we drank a lot, but because we drank too much."

"Serenity is not the absence of conflict, but the ability to cope with it."

# HAPPY ANNIVERSARY!!!

## BAKER AVE

Name	Sobriety Date
Joe F	1/5/2004
Patricia R	1/19/2011
Clint P	1/23/2011
Larisa W	1/24/2012
Michael D	1/31/2012
Mike L	2/8/1991
Will K	2/5/2008
Dave B	2/14/1983
Barry A	2/13/2012
Michael R	3/2/1983
Tina M	3/7/2012
Mary D	3/14/2009
Jack M	3/15/1986
Mike Y	3/20/2012
Steve S	3/20/2012
Orice T	3/22/2011
Tommy S	3/29/2012

## EVANS

First Name	Sobriety Date
Rob E	1/3/2003
Michael E	1/23/1980
Charlene G	1/26/2012
Ginnie	1/28/2009
Larry G	1/28/2002
Gerry M	2/3/1986
David G	2/10/2014
Daren F	3/17/2013
Jessica	3/21/2013
Pat F	3/21/1993
Ronald G	3/17/2000
Gary R	3/21/2014
Heather E	3/30/2014

## FOREST HILLS

First Name	Sobriety Date
Martha R	1/2/1988
Angie T	1/2/2010
Brandon P	1/4/2013
Matt S	1/4/2013
Richard F	1/21/2010
Joan V	2/1/2013
Josh W	2/7/2012
Tom M	2/11/1977
Jimmy Y	2/11/2012
Carla N	2/12/2013
Richard P	2/13/2012
Stephen G	2/14/2014
Tyler L	2/18/2011
Amanda C	2/19/2010
Brice C	2/20/2012
Jordan L	2/21/2012
Susanna H	2/23/2006
Jay S	2/25/2005
John D	2/27/1995
Chris H	3/1/2014
Angie H	3/2/2003
Brad C	3/2/2012
Jerry H	3/6/2000
Hunter R	3/6/2012
Karen H	3/6/2012
Tommy C	3/7/2010
Michael A	3/7/2012
Jennifer E	3/8/2008
Christina G	3/10/2010
Brian L	3/11/2008
Jean H	3/12/2005
Doug C	3/13/2014
Chris B	3/15/2007

Adam C	3/16/2012
Kirk T	3/17/2010
Harison T	3/20/2014
Maggie C	3/20/2011
Kerry G	3/27/2013
Joe T	3/29/2006
Regan R	3/29/2010

## GRATITUDE

First Name	Sobriety Date
Linda S	1/9/2002
Manis D	1/20/2004
Charlene	1/21/2011
Ginnie F	1/22/2009
Vernon H	2/10/2011
Sam S	2/15/2006
Susan S	2/15/2010
Mac	3/00/80
Debbie K	3/6/2003
Michael	3/6/2011
Donna T	3/9/1980
Chuck M	3/17/1990
Dave	3/17/2008
Rob A	3/31/2008

## HAPPY HOUR

First Name	Sobriety Date
Judy W	1/2/1998
Justyn K	1/6/2010
Bill G	1/9/2010
Shelton S	1/25/2005
Mark H	1/25/2011
Jeff S	1/27/2009
Ashley R	2/14/2009
Tina R	3/16/2009
Rob B	3/17/2008
Keith McN	3/27/2006

## HILL

First Name	Sobriety Date
George W	1/1/1973
Edith E	1/14/1999
Jim B	1/8/1980
Joe W	1/20/1985
Jim H	1/21/1999
Jeff S	1/30/2008
Clarence D	2/1/1993
Dorothy T	2/17/1971
Drew H	2/14/2001
Ken A	2/23/1973
Bubba L	2/25/2011
Cory J	3/13/2000
Jack McN	3/15/1986
Piney H	3/17/1989
Chris O	3/24/2010
Keith V	3/30/1991

## IN STEP

First Name	Sobriety Date
David B	2/3/1994

## MARTINEZ

First Name	Sobriety Date
Chris M	1/9/2008
Curtis K	1/10/2005
Chuck L	2/21/1993
Don B	3/3/1986
Anita S	3/15/2007
Chuck M	3/17/1990

## MID DAY

First Name	Sobriety Date
Paul G	1/18/2013
Jack J	1/20/2014
Anne B	1/27/2012
Terrence	1/25/1991

Sharon G	2/20/2014
Muriel D	2/14/1999
Sara R	2/9/2009
Ron H	2/23/2011
Al B	2/22/2006
Mark H	2/23/2009
Tim W	2/29/2008
Marc B	3/26/2006
Louis B	3/29/2009
David C	3/4/2014
Susan S	3/26/2008
Britt W	3/18/2012
Cam R	3/4/2012
Ward B	3/22/2014
Les B	3/25/2011

## NATIONAL HILLS

First Name	Sobriety Date
Adam B	1/19/2012
Hayden W	1/20/2011
Drew H	2/4/2013
Hoke B	2/17/2009
Amanda W	2/17/2013
Terri B	2/19/1996
Jamie M	2/24/2007
Caleb S	2/25/2009
Alan F	3/1/1995
Ron P	3/3/1999
Max S	3/4/2011
Lynn K	3/5/2010
Robert K	3/5/2010
Lauren W	3/5/2008
David B	3/12/2013
Zach G	3/16/2011
Chris R	3/30/2010

## NEW BEGINNING

Name	Sobriety Date
Frank W	1/9/2005
Thom B	1/13/2003
Elizabeth H	3/1/2000
Ben D	3/28/2008

## NEW PERCEPTIONS

First Name	Sobriety Date
Mary K	1/5/2013
Jeff M	1/7/2013

Linda S	1/9/2002
Johan J	1/13/2012
Rob M	1/13/2000
Mark S	1/15/2013
Jan G	1/17/1982
Sharon W	2/12/1985
Jack B	3/1/1991
Ben D	3/28/2008

## NO NIPPING NOONERS

Name	Sobriety Date
Kym M	1/10/2009
Rachel M	1/18/2008
Scott B	1/19/2009
Matt H	1/20/2008
Amanda C	1/21/1996
Debby T	2/1/2008
Brendan A	3/2/1987

## THOMSON

First Name	Sobriety Date
Jason H	2/15/2014
Chuck B	3/2/2009
Joey A	3/25/2007