

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



# SOBER DAZE

April—June 2015 A 12TH District Publication

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## What I have learned in AA

When I first came into AA, all those sayings such as, “Live and Let Live”, “Think, Think, Think”, “One day at a time” seemed so ridiculous to me. But, over the years I have come to understand and appreciate the slogans. The more I stay in AA, the more I am grateful for all this Fellowship has done for me. It is not just a program to stop drinking (I could go to a rehab for that). It is a program to teach us how to live life on life’s terms and thrive, not merely survive. This is not easy for people who are used to using alcohol as a way to cope with everything life dishes out. AA is a blueprint for successfully navigating the choppy waters of what is thrown our way—be it everyday little annoyances or tragic events. The beauty of AA is that you don’t have to go it alone, you can utilize the knowledge and wisdom of those who have been there. The things that have kept me sober throughout my sometimes tumultuous journey have been sponsorship, going to meetings, speaking to people, sharing in meetings, speaking out when I am uncomfortable or hurting (even when I think people are tired of hearing me), and telling on myself, especially in early sobriety when I wanted to drink with every fiber of my being—not just stuffing it. I recognize when I am feeling “off” and, after all these years, have “stinking thinking.” I know that no matter how much time someone has, they still always have just this one day and they are not immune to relapse. I know that this disease is cunning and baffling and will bring me back into the trenches if I don’t recognize the subtle signs that precede that first drink. I must be ever vigilant and not complacent. But most of all I know that I will never graduate from this Program until I breathe my last breath on this Earth.

Marilyn B.— Evans Group (Editor)

The following is an excerpt of a letter from Bill R. about the passing of his son, Jason, from this terrible disease. Bill has graciously agreed for me to print this so that his son's life and death would not be in vain.

**Excerpt: Jason R. Tribute from Bill R (Martinez Group)**

My friends, it is VERY HARD to explain the pain we went through with Jason (Jay) and his passing at home on January 8, 2015 at 9:11 pm. Jay, according to the lead physician in the ICU, was not expected to live through the night. But he did! He was unconscious for the first week. He had tubes coming and going from every opening in his body, including numerous tubes in his abdomen. It was not a good site to see your son in. After a week he started to come around and all we could do was fill him with hope, love, and prayers at his bedside. Jay had failing kidneys and liver as a result of alcohol. We had hopes of recovery now and then, but that all subsided on January 4<sup>th</sup> when the physician finally said there was no hope for recovery. THIS HIT HOME VERY HARD! In short, he was released and brought home on January 5<sup>th</sup> and was under hospice care. We stayed at his bedside and prayed with him until he passed.

To watch one of your children suffer as we witnessed is not an easy thing to experience. Ah yes, we all cried—me too! Upon his passing I closed his eyelids. It was bitter sweet to watch him go to the Lord, but also knowing that he was NOT suffering anymore. Jason was praying to God/Jesus on a daily basis when he could, so I am sure he is in Heaven to meet when our time comes.

I am asking all concerned to pass the word on that alcohol abuse can and will take your life. Although Jason was not a violent drinker, as he was always very peaceful, alcohol used in excess can and will produce a violent and painful death, as so with Jason. Jason was a very artistic person who loved to oil paint various country scenes on canvas, but alcohol robbed him of that serenity in his later days. None of us will probably ever know why some of us continue to use alcohol to the bitter end. And there is that question—why is there a phenomenon of craving in the body beyond all mental and human endeavors? Nobody wants their resume to say, “alcoholic” but Jason was one. He gave his life to illustrate that alcohol can and will cause death to some of us. But Jason does not drink anymore. He is at peace. He is no longer in pain.

Thanks to all of you for your kind words. We love all of you.

# Faithful Fivers

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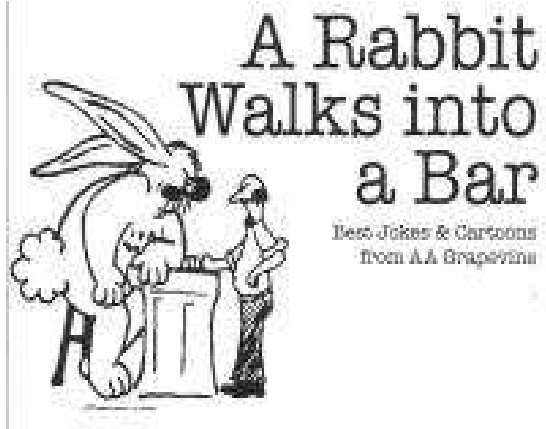
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***Thank you for your support!!***



**“My definition of balance is being able to obsess equally in all areas of my life.”**

**Highlights of 2015 Events to Look Forward To**—for more

information, refer to [aageorgia.org](http://aageorgia.org) (Area 16 Website)

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.

**Founders' Day Herald**  
80th Anniversary of AA  
June 12, 13, and 14th 2015  
Akron, OH— Birthplace of AA

**Area 16 Georgia State Service Assembly May 15—17 2015**  
To receive the group rate, your reservation must be made by the cut off date (4/15/15) and remember to specify "GSSA" to get the Assembly's block room rate. Contact Macon Marriott City Center Hotel – 478-621-5300. For more information visit: [www.aageorgia.org](http://www.aageorgia.org)

2015 East Central Cluster Forum—Sponsored by Districts 8,9, & 12.  
**Augusta, GA—June 6, 2015**  
**Lewis Memorial United Methodist Church**  
**5555 Hereford Farm Rd, Evans, GA 30809** (At the corner of Hereford Farm and Columbia Road).  
Registration: 8 am  
Program: 9:30—1:30  
**Information:** Call Don B— (706) 414-3902, or Jimmy H.—(706) 790-5985

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](mailto: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

**The following is a letter sent to Sober Daze from an inmate at Racine Correctional Facility:**

**Cover letter:** Attached is a letter I'd like posted. It's my only hope it could be used to deter someone from picking up that next drink. Alcoholism is a dangerous disease. We need one another in order to get, and stay sober—definitely a group effort. I wouldn't trade one day locked up sober for a day free drunk.

**Main Letter**

Friends, my name is Don H., and I am an alcoholic; 13 years sober, behind prison walls. Under the influence of drugs and alcohol I created this incredible obstacle, a humiliating mountain. As I wrote my plea for legal help, I knew my story needed to be shared. In no way am I asking for your help.

Back in 1974 – 1977, my father would take my brother and I to Friday night Speaker meetings. As a kid, this was exciting. 511 North Carrol Clubhouse was always packed, shaking hands, hugs, lots of smiles. No clue to what it meant to be an alcoholic, but I figured it was a door to an exciting adventure. Kicking back listening to speakers talk of hard times, police chases, women, wild places, to living the good life of sobriety; I wanted in. No kidding, probably the only time I prayed as a kid was “God I'd like to be an alcoholic just like my Dad.” Well, God was listening—as they say, “be careful what you pray for.” In a few short years alcohol and drugs entered my life.

I don't recall most of my teen years. Once that first can of beer was downed, and a smoke, there was no looking back. Absent from school, lots of fights, theft, sex, overall out of control. By age 15, detox, by 16 DUI, by 17 armed robbery (faced 20 years). During those years, I woke up in hospitals, with tubes in my nose, arms, and the staff telling me that I was a chronic alcoholic, and I needed to quit or I'd die. I didn't care, didn't want to live, or feel the pain of life.

We all have that story of hopelessness. The point is regardless of who has fallen further, alcohol and drugs took over, creating a personal hell. For me, it was hell being sober and then drunk; an insane revolving door. I was stuck like a rabbit getting shot at.

Who plans on doing or saying foolish things prior to using? Not once did I plan on hurting a loved one's feelings, having dangerous unprotected sex, embarrassing my friends, losing a job, being arrested, waking up in detox, or a host of other regrets. I simply drank and drugged to escape and numb my life.

What a vicious cycle addiction creates and how many victims are impacted? Pretty much anyone within our reach, typically those who love us, are the most hurt greatly. In retrospect, those feelings and negative memories were passed along due to my intoxicated behaviors, creating victims.

Prison is filled with crimes related to drugs and alcohol; some so heinous full truths are not revealed to the public. Murder, rape, child molestation, battery, robbery, and DUI, are common intoxicated themes. Imagine waking up scratching your head trying to recall where you parked your car, and clues to the previous nights adventures, then remembering a crime. Well, prison is filled with good men and women who've experienced just that nightmare. I certainly never thought I'd become a lifer due to a crime committed while drunk, and drugged, yet here I sit, close to 15 years on a 61 year sentence.

**Drunk Dreams**

During the last couple of weeks, I have had a couple of drunk dreams. This may not seem like much, but it has been a long time now since I have had any drunk-dreams. They have been really frightening. In one of them I “remembered” that I had been secretly drinking and that I really had only been sober for about a week. The other one involved me actively making the decision to drink. Both times, when I woke up, I had a moment of uncertainty — not sure if it was a dream. Very scary stuff for me. Of course, I know that having a drunk dream doesn't necessarily mean that you want to take a drink, but recently my dreams have been communicating to me pretty well, and I was sure they must mean something.

Then, the other night at a meeting, I figured it out. I remembered something I said at a meeting a couple of weeks earlier (right before the dreams began). The topic had been “the importance of going to meetings.” I've never too much liked this topic as I figure that the people who really need to hear it aren't at the meeting. So I was being somewhat snotty, as I listened. Everyone was talking about how much they needed meetings and how meetings were the thing that kept them sober.

When it came my turn, I explained that I had been sober quite a while now, and I didn't really know if I needed meetings anymore. I figured that I might be able to stay sober without them. I then went on to say though that meetings were very important to me because they were part of my spiritual program. I explained that I am a miserable SOB without a spiritual program even if I am not drinking, so meetings were important to me. I was trying to make the point that meetings were important and were spiritual and so on.

When I looked back on it, I saw that what I had actually done was to make myself different (and superior) to the other people in the room who still “needed” meetings, and I put myself in the position of somehow not needing AA for alcoholism but only for spiritual growth. Total arrogant BS! And apparently I scared my subconscious enough that it began screaming back at me while I was asleep.

The fact is that I don't really know how long I could go without meetings and not take a drink. I do know that there have been long periods of time, when I have been overseas, when I have attended very few meetings.

What I really know, however, is that although I tried hard, I was unable to stop drinking on my own, and that I have not had a drink since I first began attending Alcoholics Anonymous meetings. I got sober when I attended meetings and I have stayed sober as I have continued to attend them to the best of my ability. I also know that, in profound ways, they have become a home for me. Of course, I get frustrated or annoyed with meetings at times, but they are a place where I fundamentally connect with something that I need to sustain myself. They are not a good place for me to go and display how special I am. - **Author unknown**

**THOMSON**

First Name	Sobriety Date
Jim R	4/8/2013
Seymour C	4/27/1998
Thomas B	5/15/2011
Reggie H	5/27/2013
Jeff L	6/16/2009
Ronnie I	6/16/2009

**Too SLEEPY to DRINK**

First Name	Sobriety Date
Michael W	5/9/2003
Rick R	5/18/2003
Joe G	6/18/2008

**WASHINGTON**

First Name	Sobriety Date
Charles D.	4/1/2003
Eric A	4/1/2008
Martin B	4/10/2011
Blakey B.	4/13/1989
Dennis P.	5/2/1987
Tom H.	6/7/1978
Will A	6/10/2012

**In Memorium**

Hector G.  
August 15, 1971 – December 17, 2014

Tom B. (Gratitude Group) - Long time volunteer at Central Office.  
Passed away on March 11, 2015

**The Fire Keeps Burning**

So, here's the way it looks to me. You're out in the woods and it's dark and the wolves are on your track and they are howling and tracking you down. They are coming closer and closer and the end is obviously near.

Then it happens, you stumble onto a group of people who are sitting around a large fire. They welcome you and let you join their circle. It's safe here; the wolves can't get you as long as you stay with these people and stay around this fire. The wolves wouldn't dare come this close to the fire. But for you, the fire is warmth, and light, and security.

After a while, you can almost forget about the wolves. It is so good to be around the fire with these people. You start telling stories and drinking coffee. If you had hot dogs or marshmallows, you would be roasting them. It is wonderful to be here, having fun and fellowship.

But, every once in a while someone new stumbles in out of the dark with the wolves on his heels. And then you remember how you got here and why. And then you feel gratitude.

The unthinkable happens every single day in an addict's life; pushing that "get sober date" another day may cost you more pain than detoxing. The moments we want to escape from life's troubles with a drink, smoke, snort, or fix, seems second nature—nothing bad will happen. Using is the same as gambling; eventually that second nature behavior will cost you more than you bargained for. There are thousands of men and women in prison to back my claim.

I was sober for years and life was pretty good. Then it seemed everything began to fall apart—divorce, money issues, depression, unresolved issues of childhood abuses (physically, sexually). All these problems overwhelmed me in a short span of time. For a better part of 1.5 years I used extremely hard, had public intoxicated arrests, 4 DUIs, employment problems, etc. I tried to check into a motel to kill myself. Eight days, 24/7, using drugs and alcohol, no food, losing my mind. I was in and out of bushes, eating out of garbage cans, and a host of other insane behaviors. Eventually I broke into a bar to rob, and hurt a female bartender, and pretty much woke up in prison from a nightmare. It's one thing to hurt oneself, but to wake out of a drunken blur to recall a victim is beyond description.

If I would have done what works, getting outside of my problems, this daily pain would have been avoided. There's no trick, its action, it takes strength, and a will to overcome defeat. Turn off the mind, let action take over, give a smile, cut an elderly person's grass, read to the blind, buy a kid an ice cream cone, feed the poor, pick up trash along a street; anything that produces good. Then don't share these acts to others—reduce pride issues. The world owes us nothing—we owe the world. Fight the good fight. Life is attitude and good perspective. If you could see through my eyes, well I'd imagine you'd feel a whole lot better.

--- Don H. – Racine Correctional

**AA Quotes**

"Tequila—who needs self esteem."

"Alcohol is like a credit card – drink now and pay later"

"Alcoholic drinking's three stages: impulsive, compulsive, repulsive. "

"There is a GOD and I am not it."

"If I don't go to meetings, I don't hear what God wants me to hear!"

"The person who forgets is doomed to repeat. "

"Anger is the wind that blows out the candle of the mind"

# HAPPY ANNIVERSARY!!!

## BAKER AVE

Name	Sobriety Date
Mel S	4/1/1987
Sandy H	4/18/2011
Scott F	4/30/2009
Conway R	5/10/2007
Tommy R	5/15/2012
George C	5/15/1998
Amy R	5/28/2001
Gina M	5/29/2012
Zack S	6/2/1978
Pam H	6/4/2001
John G	6/14/1997
George B	6/23/2008
Kim S	6/25/2007
Melissa H	6/28/1993

## EVANS

First Name	Sobriety Date
Francina J	04/15/14
Julia B	04/20/14
Wayne F	04/06/93
Eileen L	06/08/87
John H	06/06/01

## FOREST HILLS

First Name	Sobriety Date
Blanche P	4/15/2012
Brian S	4/16/2013
Bubba P	4/14/2005
Charles S	4/5/2011
Courtney H	4/13/2012
Danny M	4/11/1996
Donald L	4/10/2010
Doug M	4/12/2012

<b>Gavin S</b>	<b>4/7/2012</b>
<b>Guy C</b>	<b>4/27/2012</b>
<b>Hector G</b>	<b>4/12/2011</b>
<b>Jeni H</b>	<b>4/15/2006</b>
<b>Jimmy C</b>	<b>4/15/2007</b>
<b>Mike D</b>	<b>4/21/2007</b>
<b>Nic H</b>	<b>4/24/2012</b>
<b>Samantha B</b>	<b>4/27/2009</b>
<b>Sonny R</b>	<b>4/29/2008</b>
<b>Tom B</b>	<b>4/9/2013</b>
<b>Allan C</b>	<b>5/3/2008</b>
<b>Arthur T</b>	<b>5/16/2007</b>
<b>Barbara W</b>	<b>5/3/2013</b>
<b>Brian S</b>	<b>5/3/2005</b>
<b>Carl S</b>	<b>5/25/2009</b>
<b>Dennia W</b>	<b>5/16/2006</b>
<b>Jake M</b>	<b>5/20/2013</b>
<b>Janet S</b>	<b>5/15/2012</b>
<b>Jared P</b>	<b>5/11/2009</b>
<b>Jeffrey H</b>	<b>5/7/2011</b>
<b>Jeremy H</b>	<b>5/2/2013</b>
<b>Karl S</b>	<b>5/20/2010</b>
<b>Louisa D</b>	<b>5/10/2007</b>
<b>Mike C</b>	<b>5/13/2011</b>
<b>Rick P</b>	<b>5/18/2012</b>
<b>Sarah F</b>	<b>5/5/2008</b>
<b>Terrance B</b>	<b>5/13/2014</b>
<b>Abby H</b>	<b>6/1/2012</b>
<b>Elizabeth C</b>	<b>6/25/1998</b>
<b>Joan V</b>	<b>6/7/2006</b>
<b>Joy C</b>	<b>6/11/2012</b>
<b>Lisa W</b>	<b>6/10/2000</b>
<b>Med G</b>	<b>6/1/2006</b>
<b>Michael M</b>	<b>6/23/2011</b>

Rachel M	6/3/2009
Ron W	6/22/2013
Rosanne G	6/12/1987
Ryan W	6/1/2006
Stacey D	6/14/2009
Steven B	6/6/2013
Taylor B	6/24/2013
Tracy C	6/12/2013

## GRATITUDE

First Name	Sobriety Date
Bill L	4/5/2007
Bubba P	4/14/2005
Tricia B	4/16/2006
Kim M	4/21/2005
Amy	5/26/2011
Theresa F	6/1/2011
Tom B	6/15/2006
Wayne H	6/23/2011
Steve D	6/29/2009

## HAPPY HOUR

First Name	Sobriety Date
Mike K	4/1/2007
Patti K	4/1/2007
Dawn R	4/7/2006
Diane P	4/15/2009
Todd T	4/30/2007
Jennifer H	5/1/2009
Bonita H	5/5/2008
Kevin C	5/8/2007
Joe T	5/9/2001
Patrick C	5/11/2011
David H	5/28/2008
Jim G	6/3/1998

Karen W	6/8/2008
Katie N	6/9/1994
Steve W	6/18/2007
Mark H	6/18/2010
Rick G	6/23/2011

## HILL

First Name	Sobriety Date
Charles H	4/1/1982
Jake C.	4/9/2005
Donald E	4/12/2010
James J	4/12/1989
Vickie W	5/9/1993
Kelly D	5/30/2011
Jacob C	6/4/2005
Gene T	6/27/1986
Dick L	6/17/1985

## IN STEP

First Name	Sobriety Date
Matt E	5/2/1994
Lay B	5/15/1994
James G	6/19/1991

## MARTINEZ

First Name	Sobriety Date
Bill C	5/28/2003
Bob W	5/29/1995
Sheri L	6/27/1990

## MID DAY

First Name	Sobriety Date
Don L	4/6/1965
Wayne G	4/10/2001
Dean H	4/13/09
Larry S	4/9/96

Mel S	4/1/87
Tricia D	4/16/06
Roxanne M	4/15/87
Larry P	5/12/08
Bill C	5/28/03
Les B	5/29/11
Stephen H	5/4/10
Gene P	5/10/86
George C	5/15/98
Syl B	5/2/14
John R	5/27/00
Ruth M	5/4/12
Sharon G	5/20/14
Cavin M	6/8/08
Russell F	6/9/14
Melissa H	6/28/93
Ron W	6/26/13
Rachel M	6/26/13

## NATIONAL HILLS

First Name	Sobriety Date
Sarah W	4/1/2012
Roy F	4/2/2012
Daryl S	4/2/2001
Leah W	4/6/2007
Michael C	4/9/2012
Greg M	4/10/2005
Michael F	4/18/2005
Brittany H	5/6/2012
Joe F	5/7/2009
Brad T	5/13/2013
Paige N	5/15/2013
John S	5/16/2007
Harrison H	5/18/2011
Sean F	5/24/2010
Gilbert Y	6/1/1993

Riley W	6/1/2013
Jason R	6/1/2013
Josh R	6/3/2013
Greg W	6/8/2011

## NEW BEGINNING

First Name	Sobriety Date
Mynette B	4/6/1996
Jerry S	4/23/1995
Larry J	4/23/1989
Ronnie S	5/13/1990
Anne S	5/15/1990
David W	6/10/2003

## NEW PERCEPTIONS

First Name	Sobriety Date
Denney B	4/3/1987
Gregg D	4/24/2005
Max H	4/26/1985
Katrina G	5/3/2012
Holly P	5/10/2010
Raven H	6/28/2012
Millie M	6/14/1990

## NO NIPPING NOONERS

First Name	Sobriety Date
Martha M	5/10/1986
Cindy J	5/13/2008

## SOUTHSIDE

Name	Sobriety Date
Martha M	5/10/1986
Cindy J	5/13/2008

## SUNLIGHT of

First Name	Sobriety Date
Seymour C	4/27/1998
Michelle B	4/28/2002