

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



SOBER DAZE

July —Sept 2015 A 12TH District Publication

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Acceptance

Acceptance is a hard thing to swallow sometimes. I think that acceptance comes into play when you have done everything humanly possible to remedy a situation, and finally realize that the outcome is beyond your control. Sometimes there is absolutely nothing you can do to avert a tragedy, even though you see it coming. Over the years that I have been in this Fellowship, I have seen the anguish of parents who have tried everything to help their child, but forget that there is just so much that can be done—the rest is up to their Higher Power. It is human nature to try to manipulate situations—to bring about a good outcome—but that is where Acceptance comes about. It is a testament to the power of this program that parents—recovering alcoholics themselves—can somehow handle the untimely death of their beloved child with grace and dignity. Time and time again I have seen this situation and think, “there but for the grace of God go I.” This is an amazing program and can work wonders to turn lives around, but you cannot force someone who does not want it. Recovery is available for those who seek it, and jump in with both feet. But for people who have reservations, and hang around the fringes, or have an inkling in the back of their minds that “someday they will be able to drink normally” they will find themselves out there over and over. Some people will be introduced to this Program, but for whatever reason that only their God knows, don’t accept the gift. As painful as this may be sometimes all we can do is pray.

Marilyn B – Editor

Your Body On Booze

Alcohol puffs up your skin, throws off your heartbeat, and kills your sperm, among other sobering effects.

1. BRAIN

Scrambled messages lead to problems storing memories, controlling movements, and thinking clearly.

2. SKIN

Broken blood vessels turn your skin and eyes red, while water retention makes your face puffy.

3. MUSCLES

Alcohol hampers your ability to bounce back and build new muscle after a workout.

4. HEART

Just two daily drinks can boost your risk of irregular heartbeats by 17 percent.

5. STOMACH

A few drinks can cause heartburn; a few more can turn your guts inside out.

6. PENIS

Heavy drinking can leave you limp or weaken your libido, and even a moderate intake impairs your swimmers.



Men'sHealth

Faithful Fivers

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

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.

Payment Plan

I agree to pledge, and here is my donation of \$_____ for _____ months.

Name: _____

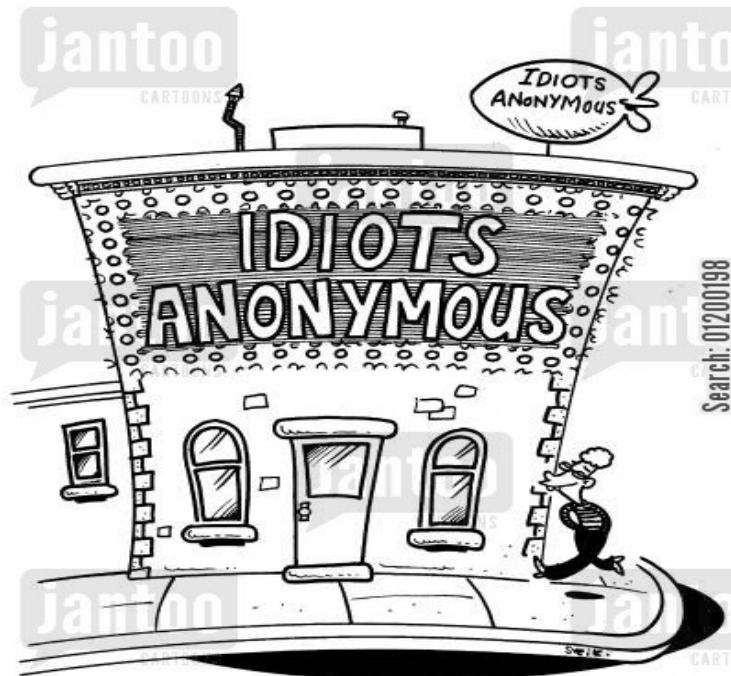
Address: _____

City: _____ **State:** _____ **ZIP:** _____

Phone Number: _____ **Sob. Date:** _____

Make checks payable to:
12th District Central Office
113 Camilla Ave.-Martinez
Augusta, GA 30907
(706) 860-8331

Thank you for your support!!



Highlights of 2015 Events to Look Forward To—for more

information, refer to 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.

40th Atlanta Roundup – July 30th – August 2nd 2015
 “By the Grace of God” - Fun, Fellowship, and Serenity. Workshops and Entertainment. Register at: www.atlantarounup.com.

Fourth Annual Liberty Bell Roundup – August 21, 22, and 23 2015 - The Philadelphia Woodstock of AA. Reserve your room by August 15th at the Clarion. Registration fee - \$35 per person. Visit online for more information and to register: www.libertybellroundup.com

38th Annual Allatoona Roundup
 “See and Share Love”
 August 14, 15, and 16, 2015
 For information and to register visit: www.Allatoonaroundup.org
 All functions will be held at the Hilton Garden Inn, Cartersville, GA.

2015 International Convention Flag Ceremony—Help celebrate AA’s 80th Anniversary in Atlanta. Over the Convention weekend, access to an encrypted, anonymity-protected Internet broadcast of the 2015 Convention Opening Flag Ceremony will be made available through G.S.O.’s website: www.aa.org. Access will begin on Saturday morning, July 4th, through Monday, July 6th (midnight—Eastern Time). No passwords are required.

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

Employment Rights against Discrimination - By Jessica S.

There are fears for many relating to their anonymity in the public sphere, but regardless, there are certain rights under the Americans with Disabilities Act (ADA) that protect those whose anonymity has been broken, even intentionally, that protect addicts and alcoholics in recovery from discrimination in employment. This only applies to those in recovery, not those still active in their addictions. This also, under the law, only applies to businesses that operate with 15 or more employees. This falls under Title VII of the Civil Rights Act and goes through the Employment Equal Opportunity Commission (EEOC) to file complaints. While it may seem inappropriate to fall under a disability act, the disease of alcoholism is considered a mental disorder in this legislation, and as such, receives the same rights of any disabled individual in the work place. This was included when the ADA was amended in 2010. I believe this is important to know. Discrimination can have great effects in regard to employment, including the loss of employment. If you believe you have been discriminated against and can show that this discrimination occurred as a result of your status as a recovering alcoholic, you can submit a claim. Primarily claims include the following situations:

- Employment Hiring (not hired specifically because you are an addict or alcoholic)-
- Employment status (being fired, removed from position)
- Potential promotion or position where it takes place. (discriminately not promoted)

It must be shown that the above discrimination occurred as a direct result of your status as an alcoholic. An example would be an individual who feels they were not hired for the job because they were an alcoholic, and where this discrimination can be shown through actions or even paperwork. Under the recent revision, individuals included in the ADA are now allowed punitive damages and compensation and the right to a trial by jury. It must be shown how the discrimination was a direct result of the organization's operation. Most cases are settled in mediation between the EEOC and the organization, where compensation is awarded to the "protected individual".

Knowing your rights and advising your employer can protect both of you. If you are told your employment status in a direct result of your alcoholism, you can remind your employer that you fall under the American Disability Act and as such are protected from the discrimination.

Further, under the ADA employers are required to make reasonable accommodations for those with disabilities protected under the law. An example is making a ramp for a handicap employee, or relocating their position because of their disability. An employer must prove that the accommodation would seriously impact the organization, and claim undue hardship. Accommodations can include alterations in employment, change of positions (with same level of pay and similar work), shift times, etc. If you feel your position at your employment is jeopardizing, or potentially threatening your sobriety, ask that accommodations be made to work around your disease. The employer not only has to comply, but

My Righteous Resentment

Posted by Bill G.

The big book says that "resentment is the number one offender" and that it is responsible for lots of relapses. But, that didn't seem to apply to this one. I had a damn good reason to be resentful, and I was completely in the right. A couple of years before I quit drinking, I was just crazy about a girlfriend of mine. She was a wonderful person, and she could even keep up with me when I was drinking. The only real problem with our relationship was that she was not as committed to it as I was. In fact, she had another boyfriend. She wasn't sneaking around or anything; I knew about the other boyfriend. Let's call him Fred (though that wasn't his real name).

One evening I went over to her apartment and she was in bad shape. She had black eyes and her lip was busted. She told me, when I pressed her about it, that Fred had gotten upset and beat her up pretty badly. I was enraged. The next night, I went down to the bar where Fred was a bartender and a bouncer; it was a pretty rough place. I got good and drunk and then shot my mouth off at Fred. I belittled him in front of his friends and eventually called him out.

Fred was a pretty big and pretty athletic guy. By the time we were ready to fight, all his friends from the bar were gathered around us. So, to show off, Fred decided to fight me with one hand behind his back. I didn't care; I just wanted to hurt him. But it didn't turn out that way; Fred beat the snot out of me (with one hand behind his back). Now, in addition to my original anger, I was also humiliated.

That's when the resentment grew. It was entirely righteous; I was completely right and he was completely wrong. If there was ever a justified resentment, I had it. I hated Fred; I wanted to hurt him badly or to destroy him. I lost sleep because I would wake up hating Fred and plotting against him. If I met anyone with the name "Fred" I almost immediately disliked him. Anything that reminded me of Fred would make the resentment rise in my throat like bile. What made it worse was that my ignominious defeat was so humiliating that I couldn't even talk about this resentment to anyone.

Time passed. The girlfriend moved to New York. I moved to Chicago. I got sober. I moved to LA and got sober the rest of the way (another story). But the resentment didn't go away. I still dreamed of how I would get back at Fred. One year, I went to New York for a week during the winter. I looked up the old girlfriend, and we had a nice evening together. But at one point, somehow, the subject of Fred came up. I immediately showed my ongoing resentment by cursing about him and carrying on. She stopped me, asking, "Bill are you still angry at him"?

NATIONAL HILLS

First Name Sobriety Date

| | |
|------------|-----------|
| Scott S | 7/1/2011 |
| Traylor J | 7/5/1994 |
| Yulia B | 7/5/2010 |
| Jennifer F | 7/11/2010 |
| James C | 7/11/1990 |
| Angela A | 7/13/2013 |
| Lindsay J | 7/15/2013 |
| Erik G | 7/15/2013 |
| Jay B | 7/22/2013 |
| Edward H | 7/23/2013 |
| Fran N | 8/6/2008 |
| Robert B | 8/7/2004 |
| Marshal B | 8/9/2013 |
| Shane W | 8/16/2011 |
| Brittany D | 8/19/2011 |
| James L | 8/20/2012 |
| Willard D | 8/23/2009 |
| Jessica L | 8/29/2010 |
| Blake L | 8/31/2000 |
| David H | 9/6/1993 |
| Zach W | 9/22/2013 |
| Ben D | 9/22/1981 |
| Taki Z | 9/25/2012 |
| Kellie H | 9/28/2009 |

NEW BEGINNING

First Name Sobriety Date

| | |
|----------|-----------|
| Ashley S | 7/3/1990 |
| Tonya N | 8/14/2012 |
| Liz McK | 8/20/1984 |

NEW PERCEPTIONS

First Name Sobriety Date

| | |
|----------|-----------|
| Sonny S | 7/24/2002 |
| Amanda L | 7/15/2012 |
| David H | 8/2/2011 |
| Chuck S | 8/8/2001 |

| | |
|------------|-----------|
| Tracy M | 8/25/2008 |
| Jennifer S | 8/21/2003 |
| Mike P | 9/3/2011 |
| Amy K | 9/6/2005 |
| Dennis D | 9/15/1991 |
| Colin M | 9/23/2011 |
| Eric K | 9/27/2010 |

NO NIPPING NOONERS

First Name Sobriety Date

| | |
|----------|-----------|
| Kelly O | 7/28/2008 |
| Leon G | 8/22/1988 |
| Jenny F | 8/24/2004 |
| Brenda R | 9/1/2010 |
| Joe G | 9/23/2008 |

SOUTHSIDE

Name Sobriety Date

| | |
|----------|----------|
| Eddie W | 8/8/2008 |
| T.J.G. | 9/1/1979 |
| Brenda R | 9/1/2010 |

SUNLIGHT of THE SPIRIT

First Name Sobriety Date

| | |
|---------|-----------|
| Kelly H | 9/28/2009 |
|---------|-----------|

THOMSON

First Name Sobriety Date

| | |
|----------|-----------|
| Betsy S | 7/5/2013 |
| Trish J | 7/19/2013 |
| Gary F | 7/25/1993 |
| Robert I | 8/10/1985 |
| Ervin E | 8/11/2013 |
| Randy T | 8/16/2011 |
| Bobby A | 8/28/2007 |
| Page C | 9/7/1979 |
| Rodney M | 9/10/1999 |
| Gloria C | 9/11/2006 |

Too SLEEPY to DRINK

First Name Sobriety Date

| | |
|------------|-----------|
| Patrick S | 7/4/2008 |
| Sandy W | 7/6/2008 |
| James B | 7/17/2000 |
| Kevin C | 7/18/2008 |
| Brian S | 8/15/2008 |
| Charles G | 8/23/1988 |
| Michael W | 9/14/2008 |
| Lawrence W | 9/27/2005 |

WASHINGTON

First Name Sobriety Date

| | |
|-------------|-----------|
| Bobby A | 7/9/2003 |
| Obie F | 7/11/2005 |
| Jennifer S. | 8/21/2003 |
| Tangie C | 9/14/2011 |
| Lee T | 9/8/2007 |
| Jeff A | 9/12/1998 |
| Bobby H | 9/15/1994 |
| Rena S | 9/22/1997 |
| Lawrence W | 9/27/2005 |



"Nobody gets a newbie into that zombie state quicker than Phil does when he reads to them from The Big Book"

cannot fire you because of your request. Remind employers that your status as an alcoholic falls under the ADA. Employers will know about the ADA, but might not know sober alcoholics and addicts in recovery are included.

I too recently came across this information in a course I have, and decided to research it further it further. Below is a link to the ADA website for further information and verification of the above information. Again, these rights only apply if you're sober.

**All the above definition information above can be verified on the link below. These definitions came from pages 30-31 and Subpart C is location on page 41 in Title II of the ADA.*

Link to Title II legislation report of ADA

http://www.ada.gov/regs2010/titleII_2010/titleII_2010_regulations.pdf

Link to File a Claim (this does not apply to employers with less than 14 employees)

<http://www.eeoc.gov/employees/charge.cfm>

American Disability Act webpage: www.ADA.gov

AA Quotes

It's not what I know in recovery that keeps me sober. It's what I Do that keeps me sober."

God helps those who help themselves; do nothing and nothing will happen"

A coincidence is when MY will and God's will coincide."

Looking for a relationship in AA is like shopping for a car in a junkyard. "

You don't have to see the whole staircase at once, just the first step, one step at a time."

"Don't leave 5 minutes before the miracle happens!"

Sorrow looks back; Worry looks ahead; Faith looks up!"

HAPPY ANNIVERSARY!!!

ALPHA

| Name | Sobriety Date |
|-----------|---------------|
| Dorothy H | 7/3/92 |
| Greg J | 7/18/08 |
| Patrick R | 9/30/92 |

BAKER AVE

| Name | Sobriety Date |
|----------|---------------|
| Larry N | 7/2/00 |
| Hunter | 7/25/07 |
| Karen K | 8/15/95 |
| Jay | 8/5/09 |
| Susan, N | 8/2/11 |
| Lorna | 9/18/08 |
| Dianne P | 9/29/04 |

EVANS

| First Name | Sobriety Date |
|------------|---------------|
| Brian M | 7/1/2014 |
| Linda D | 07/14/07 |
| Neil T | 07/23/02 |
| David P | 08/13/07 |
| Dennis H | 08/26/14 |
| Eric P | 08/18/14 |
| Paul L | 08/25/74 |
| Raymond H | 10/18/14 |
| Tasha E | 08/03/00 |
| Allen W | 09/04/10 |
| Marilyn B | 09/22/96 |
| Michelle M | 09/04/13 |
| Roger K | 09/02/14 |
| Will W | 09/15/13 |

FOREST HILLS

| First Name | Sobriety Date |
|------------------|---------------|
| Charles H | 07/19/12 |
| Cliff R | 07/07/77 |
| Dick W | 07/19/79 |
| Eddie M | 07/16/12 |
| Frank P | 07/02/05 |
| Herbert T | 07/07/92 |
| Hunter A | 07/22/07 |
| Josh B | 07/11/13 |
| Matt C | 07/19/12 |
| Mike F | 07/10/11 |
| Nancy B | 07/13/13 |
| Nigh D | 07/07/14 |
| Suzanne M | 07/11/10 |
| Bud M | 08/16/08 |
| David H | 08/19/13 |
| Heath S | 08/11/13 |
| Jim M | 8/25/2012 |
| Joey S | 08/29/13 |
| Lisa K | 08/28/04 |
| Mary Elizabeth H | 08/01/10 |
| Paul S | 08/13/11 |
| Rosemary M | 08/06/96 |
| William M | 08/19/13 |
| Alyson B | 09/27/06 |
| Chaya G | 09/06/13 |
| Chuck F | 09/18/06 |
| Dylan R | 09/20/12 |
| Erik D | 09/24/12 |
| George T | 09/02/13 |
| Jay A | 09/21/10 |
| Joey C | 09/20/11 |

| | |
|-------------|----------|
| Judy A | 09/08/94 |
| Julia G | 09/07/10 |
| Kenny R | 09/17/11 |
| Nathaniel W | 09/26/87 |
| Pete C | 09/20/10 |
| Stan C | 09/04/11 |
| Toby I | 09/17/91 |

GRATITUDE

| First Name | Sobriety Date |
|-------------|---------------|
| Brian M | 7/1/2014 |
| Terisa H | 7/1/2014 |
| Mark C | 7/21/2013 |
| Kevin S | 7/22/1982 |
| Sandi G | 7/23/1990 |
| Justin M | 7/23/2011 |
| CJR | 8/1/2011 |
| Stacy S | 8/3/2008 |
| Sylvester H | 8/6/2012 |
| Ed R | 8/7/2012 |
| David A | 8/11/2007 |
| Dana J | 8/25/2014 |
| Paul L | 8/25/1974 |
| Mary Jo P | 9/3/2014 |
| Debbie D | 9/8/2005 |
| Jimmy J | 9/9/2013 |
| John H | 9/17/2014 |
| Bob S | 9/22/2013 |
| Glenn L | 9/24/1987 |

HAPPY HOUR

| First Name | Sobriety Date |
|------------|---------------|
| Chet F | 7/1/1989 |
| Courtney B | 7/3/2010 |

| | |
|------------|-----------|
| Shelly T | 7/11/2011 |
| Rusty C | 7/19/2011 |
| Dawn H | 7/22/2010 |
| John S | 7/23/2011 |
| Isaac E | 7/27/2011 |
| Courtney W | 7/28/2010 |
| Cliff J | 8/1/2007 |
| Margi L | 8/1/2009 |
| Robert B | 8/7/2004 |
| Garrett T | 8/11/2011 |
| Shane W | 8/16/2011 |
| Jessica P | 8/20/2007 |
| Lee P | 8/20/2007 |
| Leon G | 8/22/1988 |
| Bryan W | 8/23/2007 |
| Sarah B | 8/24/2009 |
| Matthew C | 8/27/2011 |
| Timothy D | 9/4/2011 |
| Mark D | 9/7/2011 |
| Megan H | 9/8/2004 |
| Tasia C | 9/8/2011 |
| Deborah G | 9/12/2011 |
| Tony M | 9/15/2011 |
| Ashley E | 9/16/2011 |
| Tricia L | 9/18/2011 |
| Eddie K | 9/23/2007 |

HEPHZIBAH

| First Name | Sobriety Date |
|------------|---------------|
| Roy P | 8/11/1984 |
| George C | 9/1/1989 |

HILL

| First Name | Sobriety Date |
|------------|---------------|
| Patrick S | 7/4/2002 |
| Cathy C | 7/7/1982 |
| Preston S | 7/7/2006 |
| Kevin C | 8/28/2011 |
| Kristian M | 8/14/2011 |
| Brad B | 8/20/2012 |
| Scott J | 8/9/2012 |
| Charlie B | 9/1/2003 |
| Tim C | 9/2/1997 |
| Charlie B | 9/2/2003 |
| Troy M | 9/3/2010 |
| Glenn T | 9/4/2007 |
| John W | 9/5/1993 |
| Randy B | 9/6/1983 |
| John W | 9/8/1993 |
| Corey L | 9/13/2004 |
| David P | 9/18/2010 |
| Dillion R | 9/20/2012 |
| Wesley D | 9/20/2010 |
| Debbie B | 9/26/2006 |

IN STEP

| First Name | Sobriety Date |
|------------|---------------|
| Jimmy H | 9/15/1988 |
| Dan W | 9/12/2004 |

MARTINEZ

| First Name | Sobriety Date |
|------------|---------------|
| Megan H | 8/4/2004 |
| Sonya D | 8/23/2001 |

MID DAY

| First Name | Sobriety Date |
|-------------|---------------|
| Charlotte A | 7/1/2014 |
| Don A | 7/4/1988 |
| Susan H | 7/5/2005 |
| Lisa R | 7/6/2011 |
| Lee L | 7/7/14 |
| Hope W | 7/9/2012 |
| Krish H | 7/12/2011 |
| William H | 7/15/2010 |
| Verna T | 7/17/1996 |
| Rick E | 7/19/2005 |
| Rusty C | 7/19/2011 |
| Diane S | 7/23/1987 |
| Sandi G | 7/23/1990 |
| Lori A | 7/30/1988 |
| Joe I | 7/30/2011 |
| Nan H | 8/8/2000 |
| Laura E | 8/15/2014 |
| Ron E | 8/19/2009 |
| Carson E | 8/22/1982 |
| Marty C | 8/24/2013 |
| Sharon C | 8/24/2013 |
| Kristin D | 8/25/2008 |
| David F | 8/27/2014 |
| Joe W | 8/29/2001 |
| Chris C | 8/27/2008 |
| Bobby H | 8/30/2012 |
| Fred L | 9/6/2004 |
| Joy F | 9/5/2014 |
| Dick B | 9/13/2002 |
| Nathaniel W | 9/28/1987 |
| Donny P | 10/14/1984 |