

12th District Central Office
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Inside
Page 1
Spiritual Experience

Page 2
The Promises

Page 3
Calendar of Events

Pages 4
AA Quotes

Page 5
Recovery 1996

Pages 6, 7, and 8
Birthdays

Page 9
- Tips for Sobriety

Page 10
The Twelve Steps of Alcohol

Page 11
Faithful Fivers

SOBER DAZE

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Spiritual Experience

I have been a member of AA for a while and have heard many stories of spiritual experiences that resulted in admitting defeat and finally coming into this Fellowship. Some of these accounts are quite dramatic, which leads some people to question whether or not they have done something wrong or if they are as “spiritual” as others. I am here to say that we all have some sort of spiritual experience that gets us into AA, even if it is not of the “white light” variety. After continually promising myself that I would stop drinking when the bottle was empty, I would watch the liquor level get less and less, all the while thinking, “Wow, what am I going to do when it runs out.” I had good intentions initially when I made that vow, but I knew that I would replenish my supply and start the game again. I had decided to get sober the year before, even writing the Intergroup number on a small yellow sticky note and pasting it to my cubicle wall at work. But somehow I never made the call. My spiritual experience was very undramatic compared to some people, but it was monumental to me. After spending the evening drinking alone because my husband was away (after 5, because I didn’t want to be an alcoholic) I ran out of my stash. Oh, how could I have misjudged—what to do? I checked the fridge and saw beer that I don’t even like, but it was too late to go to the store and I was desperate. I finished the bottles and started in on the wine. At that point, I thought I’d call my running buddy and we’d go for a run. He agreed, came over, and out we went. While I was running, a sense of self-loathing engulfed me and all I could think was, “I hate you. I hate you. I hate you.” The next day, I woke up very shaky, not even able to eat, but something remarkable happened. Unlike some people who say they were in total denial about their alcoholism, I had always accepted it but figured I was “not like the average alcoholic” because I was a “well controlled alcoholic.” Didn’t I go to work every day and even get promotions? But I did something different that day—something other than spending the day nursing my hangover. I stood in front of the mirror, pointed to myself, and said out loud, “YOU ARE AN ALCOHOLIC.” Those words, finally uttered to myself, were very powerful and affirmed what I had known since I was a teenager. My “spiritual experience” started the night before and I have absolutely no doubt that it was Divine intervention that brought me to my knees. I went to a meeting the next day and have never looked back in regret.

I invite others to write to Sober Daze and tell me about their personal spiritual experiences that brought you into this Fellowship. We are all different and our experiences are different, but do not compare yours with others—it is your own and it is just as powerful as Bill Wilson’s or anyone else’s. It is your own personal miracle.

- Marilyn B—Editor

The Promises

I thank my Higher Power and AA for my sobriety. It was a long time coming. It's probably the greatest blessing in my life. Without it, I might be dead.

I saw how distraught, how ruined, a fellow AA, who was drunk at a meeting, and had previously had some sobriety, looked. It was hard for me to be compassionate, but it was hard not to be. I was of mixed emotions, probably more mad than sad. But today in prayer and meditation, I remembered how hard it was, how long it took, to stop drinking. I remembered that it was divine intervention. I struggled for so long. I wanted to stop but couldn't. When I remembered these things I thought, but for the grace of God go I.

I remembered or realized that going back to drinking is like going back to Hell. It's going back to a certain slavery, which is sheer torture and definite pain. I'm glad I was a witness to what I saw, not because I wish my friend hardship, but because the anguish I felt watching her, listening to her, reminded me of how it was for me.

A drink, however pleasant it started out, almost always led to a bereavement of some kind, in spirit, mind or body. I'm freed from that today. I need not be afraid if I don't take that first drink. I was afraid when I saw my friend in that state. The fear told me that can happen to me. My experience, strength and hope told me it doesn't have to happen.

I can remain in sobriety if I remain in AA, coming to meetings, working the steps, keeping my mind and heart open to the promptings of my Higher Power and by loving. Loving the still sick and suffering, not being afraid of them, but embracing them in my thoughts and prayers, and doing 12 step work to the best of my ability.

God Bless the still sick and suffering inside and outside of AA.

Joanne D, Old Time AA



Faithful Fivers

Charles A	Georgia A	Mony M
Jim & Billie B	Jimmy H/Tammra N	Linda S
Cathy C	David J	Baker Ave Group
Bruce/Kathy D	Pat J	Gene/Judy T
Ted/Michael E	Traylor J	Kathy M
Carson E	Rosemary M	Frank W
Lisa K	Tony B	Edith E
Rosanne G	Moselle P	Kathryn Z
	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.

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Augusta, GA 30907
(706) 860-8331

Thank you for your support!!

The Twelve Steps of Alcohol That Helped Me to Destroy My Life

1. I decided I could handle any emotional problem, if other people would just quit trying to run my life.
2. I firmly believe that there is no greater power than myself, and anyone who says differently is insane.
3. I made a decision to remove my will and my life from God, who didn't understand me anyway.
4. I made a searching and thorough moral inventory of everyone I know, so they couldn't fool me and take advantage of my nature.
5. I sought these people out and tried to get them to admit to me, by God, the exact nature of their wrongs.
6. I became willing to help those people, and to remove their shortcomings.
7. I was humble enough to ask these people to remove their shortcomings.
8. I kept a list of all the people who had harmed me, and waited patiently for a chance to get even with them.
9. I got even with these people whenever possible, except when to do so would get me into trouble.
10. I continued to take everyone's inventory and when they were wrong, which was most of the time, I promptly made them admit it.
11. Sought through the concentration of my will power to get God, who didn't understand me anyway, to see that my ideas were best and he ought to give me the power to carry them out.
12. Having developed my neuroses, as a result of these steps, I continued to degrade myself and hurt the people I loved while giving proof to my enemies that my demise would be well earned, by practicing these principles in all my affairs.

Highlights of 2016 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 articles, jokes, or favorite upcoming event. Get published in Sober Daze.

Southwest (Area 16) Cluster Forum
– Saturday, March 26, 2016. Location: Albany, GA – Liberty Baptist Church (1109 Liberty Expressway SE).

West Central Cluster Forum – Date and location to be announced.

Northeast Cluster Forum – Date and location to be announced.

Metro Atlanta Cluster Forum – Date and location to be announced.

Georgia State Service Assembly

The Georgia State Service Assembly is conducted 3 times a year, scheduled around the third Saturday in the months of January, May and September. The Assembly runs for 3 days starting Friday with an Open Discussion Meeting. Saturday morning at 9:00 AM. This event is held at the Marriott Hotel in Macon. The first one will be January 15—17. To receive group rate, your reservation must be submitted by Dec 16th. Specify "GSSA" when making reservation. **Contact the Macon Marriott City Center Hotel (478-621-5300 for information.**

soberdaze12th@gmail.com

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

Alcoholics Anonymous Quotes

“I have found that the process of discovering who I really am begins with knowing who I really don't want to be.”

– [Alcoholics Anonymous](#)

“I have come to believe that hard times are not just meaningless suffering and that something good might turn up at any moment. That's a big change for someone who used to come to in the morning feeling sentenced to another day of life. When I wake up today, there are lots of possibilities. I can hardly wait to see what's going to happen next.”

– [Alcoholics Anonymous](#)

“We sometimes hurt those we love because they need to be “taught a lesson,” when we really want to punish. We were depressed and complained we felt bad, when in fact we were mainly asking for sympathy and attention. This odd trait of mind and emotion, this perverse wish to hide a bad motive underneath a good one, permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought. Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.”

– [Alcoholics Anonymous](#), [Twelve Steps and Twelve Traditions](#)

“The feeling of having shared in a common peril is one element in the powerful cement which binds us.”

– [Alcoholics Anonymous](#), [Alcoholics Anonymous - Big Book](#)

Tips for Sobriety and Serenity – Tips 11 through 20

In the prior issue I noted that I had a list of 100 tips for staying sober. I will list 10 in each issue. Here are the next 10 Tips. It is a good reminder that we have just this one day.

11. Get plenty of rest
12. Do first things first
13. Fend off loneliness
14. Watch out for anger and resentments
15. Be good to yourself
16. Look out for over-elation
17. Easy does it
18. Be grateful
19. Remember your last drunk
20. Avoid all chemical mood-changers

From: Daily Reflections – January 13

IT DOESN'T HAPPEN OVERNIGHT – *We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.*

The most common alcoholic fantasy seems to be: “If I just don't drink, everything will be all right.” Once the fog cleared for me, I saw—for the first time—the mess my life had become. I had family, work, financial and legal problems; I was hung up on old religious ideas; there were sides of my character to which I was inclined to stay blind because they easily could have convinced me that I was hopeless and pushed me toward escape again. The Big Book guided me in resolving all of my problems. But it didn't happen overnight—and certainly not automatically—with no effort on my part. I need always to recognize God's mercy and blessings that shine through any problem I have to face.

SUNLIGHT of THE SPIRIT

First Name	Sobriety Date
Sharron W	2/2/1985
Fred B	3/6/2003

THOMSON

First Name	Sobriety Date
Chuck B	3/2/2009

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 was looking through my old writings and found something I had written back in 1996, when I first came into AA. It was full of hope about sobriety and I think it still holds true today.

RECOVERY - 1996

After all the books I wrote in my heyday, I decided to write something positive about what's going on in my life now.

I finally decided to go to AA because I did not want another "drunk". I felt that I could handle the booze, but evidently I could not—at least not all the time. And even when I supposedly could, I really didn't do too well because it was always a struggle. I believe that God made me look at myself honestly and realize that this crap could not continue forever. I knew that if I called AA bright and early on Monday morning, I would be able to do it, and I wouldn't chicken out, as I've done before. Back in 1979 I considered calling AA, that's how far back I considered myself a problem drinker. But, of course, since I didn't drink every day I always found an excuse not to call and to drink again.

Tomorrow, October 13th, will be three weeks (21 days) since I drank. It's ironic that my first AA meeting was on Yom Kippur (September 23, 1996). It has been incredible! There is such a feeling of hope and love in these meetings. I truly believe that God sent me. A year ago, after a very embarrassing incident in the bar, I was determined to call AA. I was so remorseful and sick of myself, but somehow I didn't call and I started to drink again on the weekends.

I'm not going to go into details about the terrible things I would do while under the influence, I just wanted to acknowledge that I'm getting better, and I owe it all to AA and God. I want to simply enjoy the weekend for the fact that it is the weekend and not just because I am allowing myself to drink. I want to get back to feeling about the weekend the way I did as a child. I loved it because I had time to do things I liked and didn't have to go to school. Now I don't have to go to work, so I should and do intend to start having more fun for fun's sake, and not just because I can drink.

I am going to get a sponsor. I am determined and proud of myself for my strength.

One more thing, I had take-out Chinese food last night and my fortune cookie read, "Do not give up, the beginning is always the hardest". Now that's Karma!

- Marilyn B.

HAPPY ANNIVERSARY!!!

BAKER AVE

Name	Sobriety Date
Joe F	1/5/2004
Andy S	2/22/2015
Cat C	2/23/2015
Elizabeth H	3/1/2000
Mary D	3/14/2009

EVANS

First Name	Sobriety Date
Charlene G	01/26/12
Ginnie	01/28/09
Larry G	01/28/02
Michael E	01/23/80
Rob E	01/03/03
Gerry M	02/03/86
Daren F	03/17/13
Jessica	03/21/13
Pat F	03/21/93
Ronald G	03/17/00

FOREST HILLS

First Name	Sobriety Date
Martha R	1/2/1988
Angie T	1/2/2010
Mike D	1/3/2015
Brett B	1/23/2015
John M	1/29/2009
Joan V	2/1/2013
Brandon W	2/9/2015
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
Jay S	2/25/2005
John D	2/27/1995
Chris H	3/1/2014
Angie H	3/2/2003
Jerry H	3/6/2000
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
Todd M	3/26/2015
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
Bob Godt	1/11/2015
Manis D	1/20/2004
Charlene	1/21/2011
Ginnie F	1/28/2009
Sam S	2/15/2006

Mark W	2/3/2009
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	3/17/1989
Dave	3/17/2008
Sue D	3/26/2014
Larry M	3/28/1994
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

HEPHZIBAH

First Name	Sobriety Date
George W	1/1/1973
Edith E	1/14/1999
Jim B	1/8/1980

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

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
Ann S	1/27/2012
Sara R	2/9/2009
Muriel D	2/14/1999
Al B	2/23/2006
Steve T	2/26/1994

Tim W	2/29/2008
Catherine R	3/1/2015
Beth A	3/4/1984
James W	3/16/2015
Gil W	3/16/1988
Les B	3/25/2011
Susan S	3/26/2008

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
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

First 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
Dustin W	1/1/2004
Curt M	1/3/2014
Mary K	1/5/2013
Jeff M	1/7/2013
Stacey F	1/7/2008
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
George R	2/1/1991
Sharon W	2/12/1985
Elise A	2/22/2014
Jack B	3/1/1991
Mike M	3/15/2011
Ben D	3/28/2008
Tammy M	3/29/2012

NO NIPPING NOONERS

First 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

SOUTHSIDE

Name	Sobriety Date
Elight F	2/27/2009