

12th District Central Office
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SOBER DAZE

April — June 2016 A 12TH District Publication

How Do You Know You're an Alcoholic?

How do you know you're an alcoholic? A friend of mine asked me that question a few months ago. Since alcoholism comes in many forms and everyone's experiences are different, it is very hard to explain. It is often a self-diagnosed disease or sometimes it is so obvious that there is a family intervention. But often the signs and symptoms are very subtle at first and can be overlooked by the family or even the individual themselves as occasionally having "too much to drink" and acting foolish.

Years ago, I always thought that the definition of an alcoholic was somebody who drank 24/7, could not work, was dirty, did not go to school, lived in the gutter or on the bowery, and in general, was a non-functioning human being. Unfortunately, I think that in this day and age, many people still have that misconception. It is so easy to deny that you may be an alcoholic when you use that criterion. You can say, "Well, I must not be an alcoholic because I have a job, I have a house, I am a respectable member of society. I have a family, car, house, pets, marriage—everything that one would attribute to a successful person. I was one of those people who suspected that I had a problem with alcohol for years, starting when I was a teenager of only 16. Alcohol gave me liquid courage, made me prettier, smarter, and more successful then when I was not drinking. It made me feel "normal" the way others seemed to feel—that I had discovered the magic elixir to all my insecurities. I also spent lots of time trying to prove that I was NOT an alcoholic because I was sometimes able to "control" it. But, if you have to think about "control", odds are you are probably an alcoholic. All these factors contributed to my admittance that I was an alcoholic but the unpredictability factor—never really knowing when I would go on a tear, even when that was not my intention—is what made me get honest and stop the denial. Unfortunately, many people will not admit to the problem, even when all evidence points to their inability to consume alcohol successfully. That is the real tragedy because they will continue to chase the high into their grave.

- Marilyn B.—Editor

10 Signs of Alcohol Abuse: When Drinking Becomes a Problem

- 1. Temporary memory loss and blackouts - If you consume so much alcohol that you continually black out or can't remember pieces of your night, it could indicate a drinking problem, especially if it happens on a regular basis.
- 2. Drinking to cheer up - If you rely on alcohol to boost your mood, this signifies an unhealthy dependence.
- 3. You've Tried to Quit Drinking But Can't - If you've tried reducing the amount that you drink multiple times, or if you've tried to quit altogether and can't seem to kick the habit, it may be an indication that you have a drinking problem.
- 4. You Drink to be "Normal" or "Fit In" - If you don't feel comfortable in social settings unless you have a drink in your hand, it can be an early warning sign of a potential problem. Worse, it could lead to an increase in your drinking over time; after all, nobody can avoid social situations for very long.
- 5. Flushed Skin/Broken Capillaries on the Face - One of the physical signs of chronic alcoholism is flushed skin and broken capillaries on the face.
- 6. Trembling Hands - Trembling hands are one of the most common symptoms of alcohol abuse. If you're experiencing shakiness in your hands after a day or night of drinking, it's because the nerves in your body have been damaged due to excess alcohol intake.
- 7. Problems with Family Members as a Result of Drinking - If you're having recurrent arguments with friends and family members in regards to your drinking habits, this may be a clear indication that your habits are more serious than you think.
- 8. Drinking in Secret or Lying About Your Alcohol Intake - If you feel the need to drink in secret or lie to family and friends about how much alcohol you consume, it's safe to say there's something wrong.
- 9. Anxiety, Insomnia, Nausea When You Stop Drinking - Sure, many of us experience anxiety, insomnia, and nausea after a night of drinking—these symptoms are normal parts of a hangover. However, if you experience these symptoms for days after you've tried to stop drinking, it's could be because you are physically addicted to alcohol.
- 10. Drinking in the Morning - If you've started drinking first thing in the morning, you almost certainly have a problem with alcohol. There's no reason to be drinking in the morning, unless your body is so addicted that you feel as though you can't start your day without a drink.

Faithful Fivers

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Ted/Michael E	Traylor J	Kathy M
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Lisa K	Tony B	Edith E
Rosanne G	Moselle P	Kathryn Z
	Ronnie P	Lisa S

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"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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Thank you for your support!!

Dr. Bob's farewell talk

My good friends in AA and of AA. I feel I would be very remiss if I didn't take this opportunity to welcome you here to Cleveland not only to this meeting but those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you - not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your [visit](#) here has been both enjoyable and profitable.

I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago, played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my [strength](#) hasn't returned as I would like, so my remarks of necessity will be very brief.

But there are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis; one is the simplicity of our [Program](#). Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual AA work. Our 12 [Steps](#), when simmered down to the last, resolve [themselves](#) into the words love and service. We understand what love is and we understand what service is. So let's bear those two things in mind.

Let us also remember to guard that erring member - the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing; none of us would be here [today](#) if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate [brothers](#).

Thank you very much.

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).
Founders Day—Saturday, June 4, 2016—Clark Hill, SC
http://www.augustaaa.org/aa_events_calendar.html

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.comThe 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 21 through 30**

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.

- 21. Eliminate self-pity
- 22. Seek professional help
- 23. Steer clear of emotional entanglements
- 24. Get out of the “if” trap (“what if” or “If only”)
- 25. Be wary of drinking occasions
- 26. Let go of old ideas
- 27. Read the AA message
- 28. Go to AA Meetings
- 29. Try the twelve steps
- 30. Find your own way

The following is from the Daily Reflections book--the reading for January 30th. It really resonated with me because stopping drinking gave me freedom. It gave me the freedom of choice, freedom to feel gratitude, and freedom from guilt, shame, and remorse. It gave me the freedom to choose a God of my understanding and to relive life with a different mindset.

FREEDOM FROM . . . FREEDOM TO

We are going to know a new freedom. . . .

— ALCOHOLICS ANONYMOUS, p. 83

Freedom for me is both freedom from and freedom to. The first freedom I enjoy is freedom from the slavery of alcohol. What a relief! Then I begin to experience freedom from fear — fear of people, of economic insecurity, of commitment, of failure, of rejection. Then I begin to enjoy freedom to — freedom to choose sobriety for today, freedom to be myself, freedom to express my opinion, to experience peace of mind, to love and be loved, and freedom to grow spiritually. But how can I achieve these freedoms? The Big Book clearly says that before I am halfway through making amends, I will begin to know a "new" freedom; not the old freedom of doing what I pleased, without regard to others, but the new freedom that allows fulfillment of the promises in my life. What a joy to be free!

NEW PERCEPTIONS

First Name	Sobriety Date
Denney B.	04/03/87
Ann Marie F.	04/21/13
Gregg D.	04/24/05
Max H.	04/26/85
Scott F.	04/30/09
Katrina G.	05/03/12
Paul R.	05/09/88
Holly M.	05/10/10
Jason M.	05/25/12
Millie M.	06/14/90
Sam M.	06/23/12
Jared F.	06/24/09

NO NIPPING NOONERS

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

SOUTHSIDE

Name	Sobriety Date
Charles W	5/25/2008

SUNLIGHT of THE SPIRIT

First Name	Sobriety Date
Jodi B	6/7/1987

THOMSON

First Name	Sobriety Date
Jim R	4/8/2013
Seymour C	4/27/1998
Thomas B	5/15/2011
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

The God Box

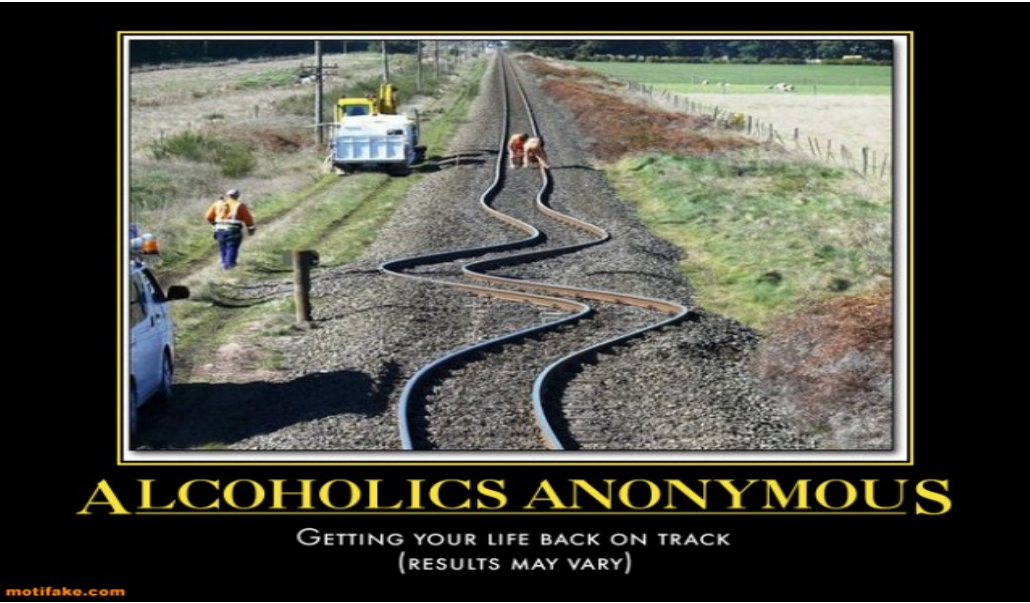
A number of years ago I was dealing with my yearly problem of what to get my wife for our wedding anniversary. After much thought, I got her a beautiful Gucci watch. It was expensive and I was quite proud of myself. The day came and I gave her the watch, she liked it very much. She gave me a wooden box. It was decorated and kind of pretty. Being kind of a selfish jerk I thought, “I gave her a Gucci watch and I got a box”. Knowing better than to complain I said, “Thank you so much I love it”.

The next year I was at an AA Round Up in Germany. One of the speakers was a man from England who had a very interesting story. While telling his story he spoke of his son Julian. Julian was a very troubled young man and his father had done all he could to help him but had poor success. He reached a point where he no longer knew what to do for his son. He said he would write Julian’s name on a piece of paper and put it in his “God Box”. Every six months he would look in the box to see how God was doing with Julian.

I have never found out what happened to Julian but this process seemed to help the man deal with a problem that bothered him so. While I listened to him the thought came to me, “That is what my wooden box was”. I asked my wife if she meant my box as a God Box. She said, “I don’t know what you are talking about but the box can be anything you want it to be”.

I still have that box and use it just as the man from England used his. It works great sometimes and is one of the best gifts I have ever received. Who would of thought?

Charlie J



HAPPY ANNIVERSARY!!!

BAKER AVE	
Name	Sobriety Date
Laurie H	4/19/09
Linda G	5/29/1988
John G	6/14/1997
George B	6/23/2008
Wade H	6/24/2015
Kim S	6/25/2007

EVANS	
First Name	Sobriety Date
Dennis H	04/11/15
Julia B	04/20/14
Jessica K	05/15/15
Jim R	05/25/15
Eileen L	06/08/87
John H	06/06/01

FOREST HILLS	
First Name	Sobriety Date
Charles S	04/05/11
Gavin S	04/07/12
Tom B	04/09/13
Donald L	04/10/10
Danny M	04/11/96
Doug M	04/12/12
Hector G	04/12/11
Cortney H	04/13/12
Bubba P	04/14/05
Blanche P	04/15/12
Jeni H	04/15/06
Jimmy C	04/15/07
Brian S	04/16/13
Mike D	04/21/07
Nic H	04/24/12

Guy C	04/27/12
Samanda B	04/27/09
Sonny R	04/29/08
Jeremy H	05/02/13
Allan C	05/03/08
Barbara W	05/03/13
Bryan S	05/03/05
Sarah F	05/05/08
Jeffrey H	05/07/11
Louisa D	05/10/07
Jared P	05/11/09
Mike C	05/13/11
Terrance B	05/13/14
Dennis W	05/15/06
Janet S	05/15/12
Arthur T	05/16/07
Rick P	05/18/12
Jake M	05/20/13
Kari S	05/20/10
Carl S	05/25/09
Harison T	05/29/13
Abby H	06/01/12
Med G	06/01/06
Ryan W	06/01/06
Rachel M	06/03/09
Steven B	06/06/13
Joan V	06/07/06
Lisa W	06/10/00
Joy C	06/11/12
Rosanne G	06/12/87
Tracy C	06/12/13
Stacey D	06/14/09
Ron W	06/22/13

Michael M	06/23/11
Taylor B	06/24/13
Elizabeth C	06/25/98
GRATITUDE	
First Name	Sobriety Date
Cheryl L	4/1/2014
Bill L	4/5/2007
Bubba P	4/14/2005
Tricia B	4/16/2006
Kim M	4/21/2005
Dennis V	4/29/1983
Charles H	5/10/1986
Johnny H	5/10/2013
Tracie H	5/16/2013
Amy	5/26/2011
Theresa F	6/1/2011
Angie S	6/11/2014
Wayne H	6/23/2011
Melanie B	6/27/2014
Joe W	6/28/2014
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
Roxanne	4/15/1987
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
Wayne G	4/16/2001
Dean H	4/13/2009
Jesse	4/30/2014
Tricia D	4/16/2006
Roxanne M	4/15/1987
Rachel L	4/6/2015

Missy	?
Mel Story	4/1/1987
Bill C	5/28/2003
Les B	5/29/2011
Gene P	5/16/1986
George C	5/15/1998
Syl B	5/2/2014
John R	5/27/2000
Ruth M	5/4/2012
Karen F	5/4/2012

Ron H	5/21/2015
Bob S	5/3/2015
Allison B	5/1/2015
Kelly O	6/6/2000
Calvin Mc	6/8/2008
Russell F	6/9/2014
Rachel M	6/26/2013
Gene T	6/27/1986
Nicole H	6/29/2015

NEW BEGINNING	
First Name	Sobriety Date
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

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
Ken C	6/12/1974
Delphine B	6/13/2010
Billy N	6/15/2013
Ben S	6/21/2009

NEW BEGINNING	
First Name	Sobriety Date
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