

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



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SOBER DAZE

July through Sept 2016 A 12TH District Publication

Telling on Yourself

When I first came into AA, I went to meetings in Manhattan during the week, but white-knuckled it on the weekends. I finally found a meeting in NJ at the One Step Beyond Club, which met at 7 pm Saturday night. Since this was a newcomers' meeting it was customary to go around the room, say our name and also our sobriety date. Then the chairperson would always ask, "Did anyone want to drink today?" I will always remember how almost nobody would raise their hand, which would baffle me since these were people very early in sobriety. One of the things I did, which I believe has helped me stay sober all these years, is to raise my hand and say, "Yes, I wanted to drink!" I was honest and I would tell on myself and I really didn't care what others thought. I suspect most of us did want to drink, but maybe were too proud or embarrassed to admit it. I only knew that if I stuffed it and pretended that somehow Tinker Bell had sprinkled fairy dust on me to remove my obsession to drink, I would indeed drink again. If you fast forward to present day, I still believe that being honest with yourself and admitting you are even thinking of drinking, is the key to long-term sobriety. I am here to say that just because you have been sober for many years does not offer you immunity from relapse. There are many subtle signs preceding a relapse that people who have been in AA for a while will recognize. Recently all those signals were there for me, and rather than stuff it, I chose to share it at a meeting. I was feeling annoyed, irritated and disconnected from AA for a while and I started to pull away, beginning to think that I didn't want to go to meetings. I've been around long enough to see that I was in that slow slide toward relapse. I think it happens to everyone at some point, but recognizing this state of mind and sharing it with either the group or your sponsor can halt the progression and get you back on a good path. Recognizing this mental state of mind, but doing nothing, and just wallowing in it, will lead you right back to the bottle, no matter how much time you have. My opinion is that a "slip" starts long before that first drink is ingested, and just like those old cartoons, where there is a devil and angel on each shoulder, you struggle. Choosing to share this internal upheaval can tip the scales whereby the angel wins out. Not telling on yourself and pretending that you are working a "great program" when you know in your heart that sobriety is no longer a priority will lead you back down to a place where you may never come back.

- Marilyn B. (Editor)

Your Fifth Tradition Central Office

The Fifth Tradition is straightforward—"Each group has but one primary purpose to carry its message to the alcoholic who still suffers." Carrying our message is the most important thing we do through our Group. And notice that the tradition states "its" message. Each Group is different and has a different path to sobriety, which works because each alcoholic is different and has their own path.

So how does your Central Office support the Fifth Tradition? Through decades of Group support and volunteer efforts your Central Office is able to provide our Groups with many resources. Let's begin with the Big Book.

The Big Book is where the written program of Alcoholics Anonymous is found. After the program, the stories share hope with the still suffering alcoholic. My experience is that a Big Book is the foundation of long-term sobriety.

The Central Office recently reviewed every State Office, Intergroup and Central Office in the country that sells AAWS materials and had their prices listed on their web site. The survey also included national booksellers. Prices from 98 different locations were found.

What were the results? The Augusta 12th District Central Office has the lowest Big Book price in the country.

And this is on purpose. Through prudent use of contribution dollars, sales of other materials, and volunteer efforts, your Central Office helps its Groups carry the message to more alcoholics. Some places in the country sell the Big Book for almost twice the price of our office. That means they carry the message only half as far.

Finding \$7.50 plus tax when you are living in a car is tough. It's tougher to find \$12.85 plus tax. I remember reading AA materials while eating Raman Noodles with peanut butter. You can get sober being broke but it's really tough without a Big Book.

So, a heartfelt thanks to all those who contribute money and time to the Central Office. Your support of the Fifth Tradition is changing lives and saving lives.

David J

Faithful Fivers

Charles A	Georgia A	Mony M
Jim & Billie B	Jimmy H/Tammra N	Linda S
Cathy C	David J	Last Call 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
Cleveland J	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:** _____

Thank you for your support!!

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

Quotes from Alcoholics Anonymous – Big Book
Words to live by

“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation "some fact of my life" unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.”

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

“We should be sensible, tactful, considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone.”

— [Alcoholics Anonymous](#)

“We cannot subscribe to the belief that this life is a vale of tears, though it once was just that for many of us. But it is clear that we make our own misery.”

— [Alcoholics Anonymous](#)

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.”

— [Alcoholics Anonymous](#), [Alcoholics Anonymous, 4th Edition](#)



—“As Sharon's drinking progressed, she failed to notice the quality of her dates was diminishing at an alarming rate.”—
Vinnie D., Salem, Mass.

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.

Serenity In the Scenic City 2016
August 19—21, 2016

Chattanooga Choo Choo
1400 Market Street
Chattanooga, TN 37421
Call (423) 266 5000 or email at:
sschostcommittee@gmail.com
Room Rates: \$93 per night
Reserve by July 29, 2016

Georgia AA Service Assembly

When:
Sep 16 – 18, 2016

Where:
Macon Marriott City Center, 240 Coliseum Dr, Macon, GA 31217, United States

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

What AA Has Taught Me

I was nervous about going to my first AA meeting as most people are. I was not feeling good about myself and certainly did not know what was wrong with me and why I felt the way I did. I drank with whoever was around but toward the end it was just me. I still thought that was ok. Well I went to my first AA meeting and I saw I was not alone in the world. I found people that were like me and I said to myself, "I want some of this."

There are many colorful characters around the rooms of AA and that has taught me humility. I can share and laugh at the stupid things that I used to do. This has helped me stay sober not just from alcohol, but from the other life transgressions. I view living life completely different because of AA. I can openly talk to people not just in The Rooms but out in the world. I can be Me and express myself as a positive clearly thinking person. For this I am grateful and thank my sponsor and the members of my home group.

David G (Evans, GA)

Regrets and Resentments

From Middy: Recently in a meeting someone made the following simple but profound statement. "Stop looking in the rear view mirror and start looking into the windshield." So true—This is about resentments and regrets. If you spend all your energy looking back at your life and regretting things you have done or things that others have done to you, you will never move forward. If you want to ever be successful in AA or life in general, put aside the If Onlys, What ifs?, or Should've done. The bottom line is that you cannot go back and correct mistakes so the best thing to do is own up to your errors, no matter how egregious, accept them, make restitution where necessary, and move past it into the current world. Continually rehashing your mistakes by saying, If Only I did, or If only I hadn't done, will only lead you back to the bottle. I think regrets are just as dangerous as resentments if you continually harp on them. You can't change the past but you can make up for it by being the best person you can be NOW.

Marilyn B

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.

31. Replace old habits with new sober habits
32. Keep an open mind
33. Use your common sense
34. Live in the now
35. Avoid major decisions in early sobriety
36. Try not to test your willpower
37. Try to do a good mental housecleaning
38. Salute the daily progress you make
39. Cherish your recovery
40. Develop the habit of gratitude

Quotes from AA

Expectations are resentments waiting to happen. So you have to tell people who are living in your space what you expect from them. Otherwise, they will never know and then you will be resentful when they don't meet your expectations:

So, here's a quote from Middy meeting: "You failed to meet my unexpressed expectations." Enough said.

"We're all here because we're not all there" - Susan, Middy

"If only I weren't an alcoholic, then I could drink as much as I want" (A quote from me to myself early in sobriety. When I stopped and thought about how ridiculous that sounded, I had to laugh).— Marilyn B.

NEW PERCEPTIONS

First Name	Sobriety Date
Chuck F	Jul-86
Sonny S	7/24/2002
Angela H	7/27/2012
Chuck S	8/8/2001
Jennifer S	8/21/2003
Tracy M	8/25/2008
Lynn B	9/7/1981
Randy M	9/14/2013
Dennis D	9/15/1991

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

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

YOUR CENTRAL OFFICE

The 12th District Central Office has been serving members of Alcoholics Anonymous for more than twenty years. The office is located at 113 Camilla Ave. in Martinez, Georgia. The office operates a bookstore, manages the local AA Website (augustaaa.org), answers phone calls on the AA Hotline and publishes Sober Daze.

Your office manager has contact with managers of the large Central Offices (i.e. Atlanta, Chicago, Minneapolis etc.). These managers always ask how many AA Groups are served by the Augusta office. When they are told "about forty groups" they say it is impossible to succeed financially with so few groups. They are told that we have been doing the impossible in Augusta for more than twenty years. The reason for this is the fact that we are all volunteers—no one is paid a salary for the service they provide.

It is a constant struggle to keep the office functioning because it takes a lot of people doing service work. Occasionally someone will say, "We don't need a Central Office". Consider the things that would change if the office we have become so used to were no longer open. The 12th District would have to form an active Intergroup. A Website Committee would have to be formed to manage augustaaa.org. We would need a system to answer phone calls to the AA Hotline. Groups would need to order literature, chips, etc. themselves. Costs would be higher and the convenience of charge accounts would be gone. Who would print Meeting Schedules, Newcomer Packets etc.? Would AA die? Of course not, the groups would continue but we would miss some of the things we have become used to.

Doctor Bob wrote, "Things that die in AA die from neglect and internal bickering". What can you do to ensure your Central Office endures for another twenty years?

- Consider being a Volunteer, Board Member or Sober Daze Editor.
- GSRs - Discuss your groups' financial support for the Central Office at business meetings.
- Attend Central Office Board Meetings to ask questions and make suggestions.
- Become a Faithful Fiver.
- Stop in at the Central Office and thank the volunteers that are serving you.

Let us hope Your Central Office will keep going for another twenty years.

Charlie J (Central Office Manager)



"As your sponsor I have to ask, don't you think there may be better places to look for a higher power?"
—Anonymous

HAPPY ANNIVERSARY!!!

BAKER AVE

Name	Sobriety Date
Ellyn A	7/1/2015
Larisa W	7/3/2015
Karen K	8/15/1995
Dianne P	9/29/2004

EVANS

First Name	Sobriety Date
Dan G	07/08/15
Linda D	07/14/07
Neil T	07/23/02
Amanda J	08/15/15
Cole A	08/08/15
Glen Z	08/04/15
Paul L	08/25/74
Tasha E	08/03/00
Curt M	09/29/15
Katie I	09/05/95
Marilyn B	09/22/96

FOREST HILLS

First Name	Sobriety Date
Frank P	07/02/05
Cliff R	07/07/77
Herbert T	07/07/92
Nigh D	07/07/14
Mike F	07/10/11
Josh B	07/11/13
Nancy B	07/13/13
Eddie M	07/16/12
Charles H	07/19/12
Dick W	07/19/79
Matt C	07/19/12

Hunter A	07/22/07
Mary Elizabeth H	08/01/10
Rosemary M	08/06/96
Heath S	08/11/13
Paul S	08/13/11
Bud M	08/16/08
David H	08/19/13
William M	08/19/13
Jim M	08/25/12
Joey S	08/29/13
George T	09/02/13
Stan C	09/04/11
Chaya G	09/06/13
Julia G	09/07/10
Judy A	09/08/94
Kenny R	09/17/11
Toby I	09/17/91
Chuck F	09/18/06
Dylan R	09/20/12

Dylan R	
Joey C	09/20/11
Pete C	09/20/10
Jay A	09/21/10
Erik D	09/24/12
Nathaniel W	09/26/87
Alyson B	09/27/06

GRATITUDE

First Name	Sobriety Date
Terisa H	7/1/2012
Ken M	7/5/2016
Kevin S	7/22/1982
Sandi G	7/23/1990

Stacy S	8/1/2011
Stephen L	8/4/2014
Sylvester H	8/6/2012
Ed R	8/6/2012
Paul L	8/25/1974
Mary Jo P	9/3/2014
Doug V	9/5/2015
Debbie D	9/8/2005
Glenn L	9/24/1987
Dennis G	9/28/1981

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
Lisa K	9/29/2014

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
Lisa R	7/6/2011
Rick E	7/14/2005
Joe I	7/30/2011
Don A	7/4/1988
Susan H	7/5/2005
Dylan L	5/7/2014

Suzanne T	7/5/2004
Rusty C	7/19/2011
Carson E	8/22/1983
Joe W	8/29/2001
Sharon C	8/24/2013
David F	8/27/2014
Nan H	8/8/2000
Kenneth H	8/15/2015
Lisa R	9/28/2015
Dick B	9/13/2002
Jay F	9/15/2014
David P	9/2/2015
Nat W	9/25/2015

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
John H	8/16/2015
Kenny R	9/17/2011
Liz M	8/20/1984