

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



SOBER DAZE

October - December 2016 A 12TH District Publication

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Dramatic or not—you are an alcoholic no matter what your story

During the years that I have been in AA, I have heard many stories about what brought people into this program. Some stories are extremely harrowing and dramatic, yet many are pretty mundane and often reflect a gradual decline for years. What I have learned is that everybody is different and just as in life or personality; everybody's story is different.

My journey through the doors of AA was a process that took 26 years, which is how long I drank. Some people come into AA at 80, and some people come in in their teens. There are no membership rules. Throughout that time, I managed to function as a person, even though my self-respect was nonexistent. I did not lose my home, I did not live in the street, I had a job that I did well at, I did not go to jail, nor did I owe people money—in short I maintained my grip on a “normal” life. So, I think it was so very hard for me to admit that my life was unmanageable. So why did I feel that I was an alcoholic and I finally decided I needed to stop drinking? If I look back in my drinking career, I was always the one who was out of control, who needed to be carried home, who had black-outs, and loved the bar scene. From my first drink on I discovered that booze could change the way I felt—I was not shy, I was perfect, smart, engaging and most of my insecurities and worries magically disappeared. I had discovered a magic elixir and from that point on I chased that “feeling” of ease and comfort I didn't have when I was sober. Unfortunately people categorize you when you come into AA as either a “high bottom” or a “low bottom” drunk, but these are just labels, and the truth is that most people are somewhere in the middle. I used to think that people who were so called “low bottom” drunks were REAL alcoholics and I was a fake because I was functional. But it is important not to compare yourself with anyone. I know now that just because you don't have a “dramatic” story doesn't mean that you are any less of an alcoholic than someone else. When I tell my story I remember the drama involving barrooms—sex, drugs, and rock and roll. I lost my kids as a result of my drinking. I don't know how I could possibly minimize my experience and nobody else should either. My name is Marilyn and I AM an alcoholic—an alcoholic who has found a solution—a GRATEFUL alcoholic!

Marilyn B. (Editor)

AA History – The Origins of AA

The origins of Alcoholics Anonymous can be traced to the Oxford Group, a religious movement popular in the United States and Europe in the early 20th century. Members of the Oxford Group practiced a formula of self-improvement by performing self-inventory, admitting wrongs, making amends, using prayer and meditation, and carrying the message to others.

In the early 1930s, a well-to-do Rhode Islander, Rowland H., visited the noted Swiss psychoanalyst Carl Jung for help with his alcoholism. Jung determined that Rowland's case was medically hopeless, and that he could only find relief through a vital spiritual experience. Jung directed him to the Oxford Group.

Rowland later introduced fellow Vermonter Edwin ("Ebby") T. to the group, and the two men along with several others were finally able to keep from drinking by practicing the Oxford Group principles.

One of Ebby's schoolmate friends from Vermont, and a drinking buddy, was Bill W. Ebby sought out his old friend at his home at 182 Clinton Street in Brooklyn, New York, to carry the message of hope.

Bill W. had been a golden boy on Wall Street, enjoying success and power as a stockbroker, but his promising career had been ruined by continuous and chronic alcoholism. Now, approaching 39 years of age, he was learning that his problem was hopeless, progressive, and irreversible. He had sought medical treatment at Towns Hospital in Manhattan, but he was still drinking.

Bill was, at first, unconvinced by Ebby's story of transformation and the claims of the Oxford Group. But in December 1934, after again landing in Towns hospital for treatment, Bill underwent a powerful spiritual experience unlike any he had ever known. His depression and despair were lifted, and he felt free and at peace. Bill stopped drinking, and worked the rest of his life to bring that freedom and peace to other alcoholics. The roots of Alcoholics Anonymous were planted.

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

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Thank you for your support!!

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(706) 860-8331

When I lived in NJ, one of the readings we routinely read was The Unhappiest Person. I thought I'd share this. Unfortunately, some people still think they can drink successfully, even after exposure to the Fellowship. Unfortunately they soon find out differently:

The Unhappiest Person

An alcoholic is the unhappiest person in the world because of an insistent yearning to enjoy life as it once was, coupled with an inability to enjoy life without alcohol. The alcoholic has a heart-breaking obsession that, by some miracle of self-control, drinking can again become enjoyable. Some day this individual will be unable to imagine life either with alcohol or without it and will know loneliness such as few do. The jumping-off place will have been reached. The alcoholic will wish for the end.



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.

63rd Georgia Pre-paid Convention

When: Oct 20 through Oct 23, 2016

Where: Augusta Marriott at the Convention Center, 2 10th St. GA 30901

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

We all know the Serenity Prayer and have said it many times, but here is the full version:

The FULL Serenity Prayer

Although known most widely in its abbreviated form, the entire prayer reads as follows:

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.

Amen.

Tips for Sobriety and Serenity – Next 10 Tips for Oct through Dec 2016

41. Suspend judgment of yourself and others
42. Look at your whole drinking record
43. Share your happiness
44. Avoid nostalgic sadness
45. Remember that alcoholism is cunning and baffling
46. Accept responsibility for your actions
47. Stay sober for yourself
48. Try not to place conditions on your sobriety
49. Respect the anonymity of others
50. When all else fails, follow directions

Quotes from AA Meetings

- Pain is mandatory; suffering is optional
- Wherever I go, there I am
- Think, think, think!
- I came, I came to, I came to believe
- One drink is too many and 10,000 is never enough
- A simple program for complicated people
- Keep drinking and you will be locked up or covered up.
- Watch how you talk, because you are a walking Big Book.

NEW PERCEPTIONS

First Name	Sobriety Date
Barbara H.	10/19/08
Fran M.	10/20/04
Karen L.	10/23/10
Jason W.	10/29/11
Sheri L.	11/01/13
Linda R.	11/11/84
Alex C.	11/20/14
Chad M.	11/22/12
Colin M.	11/23/11
Joey S.	12/04/13
Melvin F.	12/09/78
Amy E.	12/11/13
Mike T.	12/16/05

NO NIPPING NOONERS

First Name	Sobriety Date
Bob N	10/27/2008
Brian S	11/1/2008
Shannon B	11/15/2003
Travis B	11/20/2008
Mark S	11/26/2007
Lorenzo D	12/11/2008

SOUTHSIDE

Name	Sobriety Date
Carl W	10/25/2009
Barney M	12/28/2012

SUNLIGHT of THE SPIRIT

First Name	Sobriety Date

THOMSON

First Name	Sobriety Date
Barbara H	10/29/2008
Lynn S	10/29/2011
Kim J	11/7/2007
Pansy R	11/14/1990
Daniel M	12/2/2014
Jason H	12/15/2014
Stephanie B	12/26/2014

Too SLEEPY to DRINK

First Name	Sobriety Date
Rick C	10/25/2005
Calvin J	10/25/2008
Jesse B	12/4/2006
Pat M	12/6/1987

WASHINGTON

First Name	Sobriety Date
Dan C	10/1/2010
Hammond G	10/4/2012
Tommy G	10/8/2006
Anne C	10/9/2012
Ken W	10/14/2010
Billy W	10/20/1988
Sue S	10/20/2008
David J	10/21/2005
Carol D	10/26/1991
Gene P	11/2/1997
Dean M	12/28/2010
Louise B	12/29/1981

AA Sponsorship

When I was new in sobriety, I raised my hand to speak at a discussion meeting. I'm sure it was apparent that I needed some guidance in the program. I vividly recall that the chairperson simply asked, "Do you have a sponsor?" and when I said NO, she said, "You need to get one." I had absolutely no idea what a sponsor was but was given a list of people willing to become sponsors. I cannot imagine trying to get sober without that all-important person in my life to guide me through the steps, and just be there when I absolutely needed someone lest I pick up that disastrous first drink. Some people try to sponsor themselves but it has been said that if you are sponsoring yourself, you have a fool for a sponsor and I agree.

A Brief History of Sponsorship

The idea of sponsorship was born in Alcoholics Anonymous, the original Twelve Step Fellowship. *Living Sober*, an AA publication, describes how the term "sponsor" came about. In the earliest days of A.A., the term "sponsor" was not in the A.A. jargon.

Then a few hospitals in Akron, Ohio, and New York began to accept alcoholics (under that diagnosis) as patients—if a sober A.A. member would agree to "sponsor" the sick man or woman. The sponsor took the patient to the hospital, visited him or her regularly, was present when the patient was discharged, and took the patient home and then to an A.A. meeting. At the meeting, the sponsor introduced the newcomer to other happily nondrinking alcoholics. All through the early months of recovery, the sponsor stood by, ready to answer questions or to listen whenever needed. Sponsorship turned out to be such a good way to help people get established in A.A. that it has become a custom followed throughout the A.A. world, even when hospitalization is not necessary.

Sponsorship has since become one of the foundations of the recovery programs of all Twelve Step Fellowships and one of the greatest blessings of membership.

What Does a Sponsor Do?

In some ways, a sponsor is like a good friend, a wise teacher, a private tutor, a favorite uncle, a seasoned mentor, an experienced guide, and that older brother or sister we always wanted but never had. Sponsorship, which includes aspects of all these roles, is nevertheless unique. A sponsor is someone who has been where we want to go in our Twelve Step program and knows something about how we can get there. His or her primary responsibility is to help us work the Twelve Steps by applying their principles to our lives. Sponsorship is a basic part of belonging to a Twelve Step Fellowship and potentially one of its richest experiences. Sponsorship can be, like friendship, one of life's great blessings.

About the Birthday List—Note from Editor

I make every effort to include everyone's AA Birthdays in every SDs issue as accurately as possible. Unfortunately I can only print what I have. Every three months I ask for a current list of Birthdays for each group for the next three months, and I do receive some but often I just have to go by an outdated list. SDs comes out quarterly— Jan, April, July, and October. If each Group had a member in charge of submitting the Birthdays to the Central Office for that Quarter by the second month of that quarter (ex— Jan should receive list by end of Feb, etc.) the list would be accurate and would help me out. Thank You

HAPPY ANNIVERSARY!!!

BAKER AVE

Name	Sobriety Date
Larry N	10/25/2015
Kathy W	10/29/2012
John S	11/11/2006

EVANS

First Name	Sobriety Date
Frank W	10/14/97
John L	10/11/87
Mark Z	10/01/13
Misti M	10/11/14
Amanda H	11/19/05
Charlie J	11/27/98
Mandi J	11/15/11
Don G	12/20/69
Marc H	12/06/13
Ted E	12/09/85
Travis R	12/05/15

FOREST HILLS

First Name	Sobriety Date
Ashley R	10/1/2014
Drew D	10/04/12
Amanda B	10/07/09
Heidi K	10/07/15
Jamie G	10/09/10
Martin S	10/08/15
Brian P	10/10/10
Maracia J	10/12/00
Heather H	10/18/10
Daniel G	10/19/15
Alan B	10/21/09

Chris M	10/23/13
Alex F	10/25/13
Crystal B	10/26/11
Sara S	10/26/11
Wayne H	10/26/15
Josh W	10/29/13
Ryan G	10/29/13
Rick J	10/30/13
Matt C	11/01/15
Paul W	11/01/03
Christian F	11/01/15
Ian O	11/04/06
Bill B	11/05/09
Willie D	11/06/15
Tanner B	11/08/15
Jody A	11/11/12
Kristen K	11/12/07
Jerry C	11/13/14
Drew S	11/14/12

John Paul C	11/15/13
Joan V	11/16/15
Travis N	11/17/15
MaryLouise B	11/17/12
Tara O	11/18/07
John D	11/29/11
LeeAnn H	11/29/13
Vicki D	11/29/11
Laura D	12/01/12
Joy C	12/03/13
Marty C	12/03/12
Wayne F	12/03/06
Elizabeth B	12/05/12
Kevin H	12/07/13
Will N	12/07/15

Rory G	12/10/15
Cindy B	12/10/12
Todd B	12/10/10
Eriki F	12/15/10
Jonathan F	12/15/14
Steve B	12/16/11
Chantel L	12/17/09
Chris C	12/18/13
Michael C	12/18/14
Paul C	12/19/03
Ben S	12/26/15
Alex D	12/29/11

GRATITUDE

First Name	Sobriety Date
Jaqueline M	10/6/2015
Theresa F	10/21/2013
Terry C	10/22/2005
John S	10/25/2006
Ellen W	10/30/1995
Jane A	11/9/2015
Misti C	11/22/2011
Karen S	11/22/2015
Jim R	11/24/1986
Marilyn P	12/4/2008
Jason B	12/22/2015
Billy D	12/24/2015
Ginnie F	12/29/2009

HAPPY HOUR

First Name	Sobriety Date
Joe S	10/1/2009
Mary B	10/13/2001
Chris H	10/13/2010
Owen R	10/19/2004
Anthony M	10/20/2011
Karlene S	10/24/2010
Chelsea S	11/5/2010
Carmen K	11/9/2004
Terri B	11/20/2010
Debbie G	11/16/2007
Andy R	11/18/1989
Erika C	11/30/2008
Lee J	12/8/2008
Rich M	12/23/2007

HEPHZIBAH

First Name	Sobriety Date
TJ	10/30/1973
Fred G	11/29/1988
Jim A	12/17/2002

HILL

First Name	Sobriety Date
Tony B	10/1/1989
Gummy H	10/5/2007
Jimmy N	10/5/2007
Brenda W	10/6/2007
Lauren W	10/7/2007
Linda H	10/11/1998
Greg H	10/19/2001
Marshall T	10/29/2012
Bill H	10/31/2003
Kenny G	11/6/2012

Fred C	11/10/2012
Winchester B	11/19/2010
Susan H	11/23/1981
John D	11/29/2011
Keylor G	12/1/2004
Kathy M	12/5/2009
Seth G	12/6/2012
Robbie B	12/8/2011
Jerry P	12/15/2012
Dan C	12/30/2011
Lisa S	12/31/1990

IN STEP

First Name	Sobriety Date
Clarence D	12/1/1993
Tammra N	12/12/1992
Tim	12/15/2014

MARTINEZ

First Name	Sobriety Date
Judy S	11/1/1985
Andy R	11/6/2008

MID DAY

First Name	Sobriety Date
Mary B	10/1/2013
Ricki H	10/3/2005
Kris Z	10/4/1984
Paul B	10/21/1976
Ruth M	10/31/2001
Frank M	11/14/2014
Ashley P	11/15/2016
Cliff B	11/17/1980
Doris S	11/17/1991
Susan H	11/23/1981
Mary E	11/23/2014

Glenda P	12/7/2014
Melvin F	12/9/1978
Tammra N	12/12/1992
Gwen L	12/14/2015
Arthur F	12/16/2014

NATIONAL HILLS

First Name	Sobriety Date
George C	10/13/1988
Lauren H	10/22/2011
Bryan S	10/24/2001
Mark S	10/27/1996
Heather S	10/28/2007
Melissa K	11/5/2013
Pat M	11/5/2008
John C	11/6/2013
Brian B	11/7/2009
Valerie S	11/7/2007
Rebecca I	11/14/2011
Shannon B	11/15/2003
Peter N	11/21/2012
Yana P	11/25/2011
Brandon S	12/10/2011
Cindy B	12/10/2012
Katy D	12/31/2013

NEW BEGINNING

First Name	Sobriety Date
Charles M	10/10/2013
George C	10/13/1988
Nina B	11/1/2010
Charles H	11/15/1992
Dave Y	12/2/1984