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# SOBER DAZE

April - June 2017 A 12TH District Publication

## **Dealing with Adversity (Being All-In)**

Throughout the years that I have been in this fellowship I have seen many kinds of people and many different types of sobriety. But the one thing in common I have seen from people who have stayed sober through all kinds of adversity, even tragedies, is an ALL-IN mentality.

What I mean by All-In is this: Making a firm commitment to not drink, no matter what. In short, making your sobriety unconditional. To me unconditional sobriety means that even if the greatest tragedy befalls you, in your heart of hearts you do not look upon drinking as a coping mechanism. Drinking won't fix a problem, bring someone back, or bring you a new job. Drinking will not make loneliness vanish and, in fact, will only bring more loneliness as your life begins to narrow and will not fill up your meager bank account.

I have faced adversity in my life but I have had it drilled in my head throughout the years that drinking isn't the answer. Staying sober involves the key steps of willingness to accept that you cannot drink successfully, acceptance of circumstances as they are, not isolating, utilizing the tools of this amazing program, and, most of all not harboring the idea that somehow you can someday drink like a "normal" person. Unless a person completely surrenders and BELIEVES that this is it; that he has reached the end of the road—that sobriety is the only answer—they will be stuck in that revolving door of relapse. The Big Book clearly states in How It Works, "Half measures avail us nothing" and how true that is. This is a "simple" program that requires work one day at a time.

Going to Step meetings and Big Book meetings have helped me, as well as sharing. What works for me may not work for someone else, but the basic "formula" outlined in the AA literature is still the same. Follow those guidelines and your chances are good that you will stay sober for another day. There is no rule that states you have to be perfect and it is a good idea to share if you want to drink, just as long as you don't. When you have a relapse and then you consciously keep the half-full bottle you relapsed with in your house, you might as well just not try because you are just setting yourself up for future failure. There is also a falsehood that some chronic relapsers think and that is, "Everyone relapses at least once" which is untrue. I know many people who came in, worked the program, and no matter what adversity they faced, did NOT relapse because they were ALL-IN. A good sponsor is wonderful, and praying will help, but just going through the motions, and looking through the window from the outside won't result in lasting sobriety until you decide to be ALL-IN.

Marilyn B. (Editor)

## 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          |
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| Bruce/Kathy D  | Pat J            | Gene/Judy T     |
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| Rosanne G      | Rosemary M       | Frank W         |
| Ronnie P       | Tony B           | Ashley R        |
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## 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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***Thank you for your support!!***

## Sister Mary Ignatia (1889-1966)

Born Della Mary Gavin in 1889 in Ireland, Sister Ignatia worked with Dr. Bob to help admit alcoholics into St. Thomas Hospital in Akron, Ohio, starting in 1939. She surmounted obstacles to personally care for thousands of alcoholics over the next several decades, both in Akron and later at St. Vincent Charity Hospital in Cleveland. Beloved by all who were associated with or helped by her, she was commonly referred to as the “Angel of Alcoholics Anonymous.”

Originally a musician, Sister Ignatia was transferred by her order, the Sisters of Charity of Saint Augustine, to St. Thomas Hospital in Akron to work in their admissions office. It was in that capacity that she first met and worked with Dr. Bob.

In an interview with Bill W., Sister regaled the co-founder with cherished recollections of Dr. Bob and their work with drunks at St. Thomas:

***“Dr. Bob was the essence of professional dignity. He had a fine sense of humor and exceptional vocabulary.... Now, as I look back over the years, I realize that Dr. Bob was slowly but surely preparing me for the great project he had in mind. We often discussed the problem of alcoholism and the tragedies caused by excessive drinking. The individual given to alcoholic addiction is frequently a wreck of humanity – broken in body and soul, and heart and unable to help himself. His loved ones suffer, too; there were many broken homes and hearts because of compulsive drinking.” (Recording of Sister Ignatia, 1954)***

Her work in helping alcoholics was done with much dignity and modest distinction. In December 1949, she was presented with the Poverello Medal of the College of Steubenville. The medal was given to her for the A.A. Fellowship for her untiring efforts with alcoholics in Akron.

In March 1961, Sister Ignatia received a letter of acknowledgment for her pioneering contributions from the White House (President Kennedy), which she shared with Bill W. The letter read:

“Dear Sister Mary Ignatia:

Through an admirer of yours, the President has learned of the fine work you have done in the past at St. Thomas Hospital in Akron, and, more recently, at St. Vincent’s in Cleveland.

He has been informed that a large number of citizens have been restored to useful citizenship as a result of your efforts. As you have been a strong influence for the good to many people, you have added strength to your community and nation”.

In response to receiving a copy of the President’s letter, Bill responded to Sister Ignatia and wrote:

“We have read the marvelous letter which President Kennedy requested be sent to you. It reminds me that I have no words to tell of my devotion and my gratitude to you, of the constant inspiration you have given me and so many over the years by your example of the finest in all that is spiritual and eternal, as well as temporal.”

Following Dr. Bob’s death in 1950, Sister Ignatia continued her work at St. Thomas. Then in 1952, she was transferred to St. Vincent Charity Hospital at Cleveland, where she was placed in charge of its alcoholic ward. Upon arrival, the ward at “Charity” was part of a dilapidated wing and was in great need of rejuvenation. Through the Sister’s urging and much assistance from A.A. members with carpentry skills, the ward was soon transformed and named Rosary Hall Solarium.

Sister Ignatia provided each patient who left her care with a Sacred Heart badge. Receiving this item was accompanied by a personal promise to the Sister that the patient would return the badge before they drank again. She died in Richfield Ohio, at age 77, on April 1, 1966. There were reportedly about 3,000 people present at the funeral, including A.A.’s co-founder, Bill W.

**Sometimes I read an article from another area that resonates with me. This one comes from Patchogue, NY.**

## Tina’s Clothesline

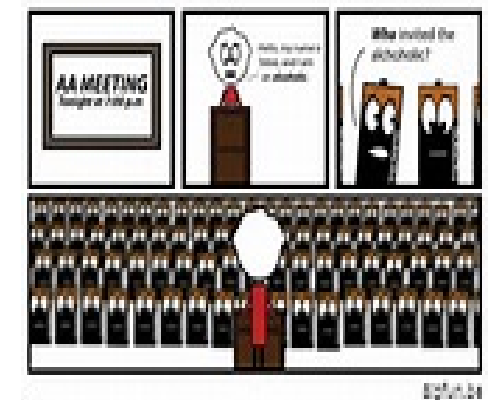
I now understand my sobriety to be like a clothesline. All my clean, fresh linens hanging from it embody my gratitude list. Blessings I’ve been granted, like my relationships with my children and family members, the success of career, my flourishing friendships, my beautiful new home, my loving pets, my insightful sponsor, and my list continues to increase one day at a time.

I must not forget that my Sobriety clothesline is held up by A.A. Without Alcoholics Anonymous bearing the weight of my sobriety, my clothesline will break, and all my fresh, clean linens of gratitude will hit the ground. There they become disheveled, defiled, and foul, and I must start over from the beginning. First things first, I must secure my line of sobriety firmly to A.A. and its principals. Next, I must gather up my linens. They will need to be cleaned, rung out and hung back up on my newly secured line.

And there, if my line is secure, in the clear breeze and light of my Higher Power, my gratitude linens will begin to dry again. And, in time, they will once again be clean and fresh.

I continue to pray daily that my clothesline ever remain secure in the steadfast safe-keeping of Alcoholics Anonymous, and my linens of gratitude continue to sway in the gentle breath of my Higher Power.

## Tina B. of Smithtown



## Words to Live By – Quotes from AA Literature

Regular attendance at meetings, serving and helping others is the recipe that many have tried and found to be successful. Whenever I stray from these basic principles, my old habits resurface and my old self also comes back with all its fears and defects. The ultimate goal of each A.A. member is permanent sobriety, achieved One Day at a Time.

### From the book *Daily Reflections*

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A spiritual experience can be the realization that a life which once seemed empty and devoid of meaning is now joyous and full. In my life today, daily prayer and meditation, coupled with living the Twelve Steps, has brought about an inner peace and feeling of belonging which was missing when I was drinking.

### From the book *Daily Reflections*

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In working the Twelve Steps, my life and my old way of thinking have changed. I have no control over some of the things that happen in my life, but with the help of God I can now choose how I will respond. Today, I choose to be happy, and when I'm not, I have the tools of this program to put me back on track.

### From "Winner Takes All", Fourth Edition of the Big Book

Patience is not just the ability to wait, it's how we behave while we're waiting.

- Joyce Meyer

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### Pioneer Stories in Alcoholics Anonymous

*Alcoholics Anonymous* (the "Big Book")—i.e., the whole book, not just "the first 164 pages"—is the basic text for the Society of Alcoholics Anonymous [*Alcoholics Anonymous* (New York City: Alcoholics Anonymous World Services, Inc., 2001), xi]. The "Personal Stories" section of the first edition of the Big Book published in April 1939 contained 29 personal testimonies by many of A.A.'s pioneers. Those pioneers—17 from A.A.'s first group in the world known as "Akron Number One," 11 from the New York group, and one from the Los Angeles area—spoke largely of the original, highly-successful recovery program A.A.'s cofounders, Bill W. and Dr. Bob, began developing together over the summer of 1935 in Akron, Ohio, where A.A. was founded.

## Tips for Sobriety and Serenity – Next 10 Tips for April through June 2017

61. Share your inventory with someone else
62. Make a list of those you have harmed
63. Make amends to them when possible
64. Continue to take personal inventory
65. Promptly admit when you are wrong
66. Make regular use of prayer
67. Meditate
68. Seek God's will for you, and the power to carry it out
69. Practice these principles in all your affairs
70. Laugh

### Who runs AA?

A.A. has no real government. Each group is free to work out its own customs and ways of holding meeting, as long as it does not hurt other groups or A.A. as a whole. The members elect a chairperson, a secretary, and other group officers. These officers do not give orders to anybody; mostly, their job is to see that the meetings run smoothly. In the average group, new officers are elected twice a year. But the individual group is not cut off from the rest of A.A. Just as A.A. members help each other, so do A.A. groups. Here are three of the means they use to exchange help:

1. Groups in the same area set up a central office or "intergroup" office.
2. Groups everywhere share their experiences by writing to the A.A. General Service Office in New York City.
3. Groups in the U.S. and Canada choose representatives to go to the A.A. General-Service Conference, held once a year.

All these A.A. offices and the representatives at the Conference make *suggestions*, based on the experiences of many different groups. But they do not make rules or issue commands to any groups or members.



**NEW BEGINNING**

First Name      Sobriety Date

Jerry S	4/23/1995
Anne S	5/15/1990
Ronnie S	5/15/1990
David W	6/10/2003
Gertrude R	6/12/2006

**NEW PERCEPTIONS**

First Name      Sobriety Date

Stacy F	4/1/2016
Denny B	4/3/1987
Ann Marie F	4/26/2016
Max H	4/26/1985
Scott F	4/30/2009
Katrina G	5/3/2012
Paul R	5/9/1988
Holly M	5/10/2010
Millie M	6/14/1990

**NO NIPPING NOONERS**

First Name      Sobriety Date

No current info provided	

**SOUTHSIDE**

Name      Sobriety Date

No current info provided	

**SUNLIGHT of THE SPIRIT**

First Name      Sobriety Date

No info	
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**THOMSON**

First Name      Sobriety Date

No current information	

**Too SLEEPY to DRINK**

First Name      Sobriety Date

No current info provided	

**WASHINGTON**

First Name      Sobriety Date

No current info provided	

**Highlights of 2017 Events to Look Forward To**For more information, refer to [aageorgia.org](http://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.

67th General Service Office (GSO) conference in NYC

April 23—29th

GSSA Assembly, Macon, GA

May 19—21st

**12thdistrictcentraloffice@comcast.net**113 Camilla Avenue  
Augusta, GA 30907Office Hours: Mon.—Monday—Friday 9:00 AM - 5:00 PM  
706-860-8331**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. I am asking that I receive the Quarterly Birthdays one month after the issue comes out. For example: This issue comes out April 1st, so I WILL NEED THE Birthday list for July in May. Your cooperation is appreciated.

The best option is to provide the Central Office with an ANNUAL Birthday list each January with the most current information. Then I would not have to ask for the list each Quarter. Thanks for your cooperation.

- Marilyn B.

# HAPPY ANNIVERSARY!!!

## BAKER AVE

Name	Sobriety Date
No information provided	

## EVANS

First Name	Sobriety Date
Wayne F	04/06/93
Jessica H	04/13/15
Julia B	04/20/14
Lynn C	04/25/81
David H	05/10/16
Jessica K	05/15/15
Jim R	05/25/15
Katie B	06/02/16
Julie A	06/05/16
John H	06/06/01
Eileen L	6/8/1987
Angie C	6/19/2016

## FOREST HILLS

First Name	Sobriety Date
Emily G	4/10/2016
Danny M	4/11/1996
Patrick G	4/12/2016
Jimmy C	4/15/2007
Blanche P	4/15/2012
Cindi G	4/16/2014
Sonny R	4/29/2008
Brian S	5/3/2005
Louisa M	5/10/2007
Terrance B	5/13/2014
Dennis W	5/15/2006
Brenden M	5/17/2013
Sue T	5/17/2016
Jake M	5/20/2013
Addison O	5/22/2016
Paul W	5/25/2012
JD M	5/26/2013
Med G	6/1/2006
Lisa W	6/10/2000
Chris M	6/11/2015
Rosanne G	6/12/1987
Tracy C	6/12/2013
Michael A	6/13/2016
Philip O	6/16/2016
Dwight C	6/17/2015
Ron W	6/22/2013
Taylor B	6/24/2013

## GRATITUDE

First Name	Sobriety Date
Jenny K	4/1/2016
Gary M	4/10/2016
Jeh G	4/31/16
Debbie H	5/1/2015
Charles H	5/10/1986
Jim M	5/15/2015
Tracie H	5/16/2013
Angie C	6/11/2014
Steve D	6/24/2009

## HAPPY HOUR

First Name	Sobriety Date
No information provided	

## HEPHZIBAH

First Name	Sobriety Date
No information provided	

## HILL

First Name	Sobriety Date
No current info available	

## IN STEP

First Name	Sobriety Date
Lay B	5/15/94

## MARTINEZ

First Name	Sobriety Date
Ajay S	5/1/2016
Bill R	6/2/2000
Sherri W-L	6/27/1990

## MID DAY

First Name	Sobriety Date
Mel S	4/1/1987
Rachel L	4/6/2016
Dean H	4/13/2009
Debbie M	4/13/2015
Roxanne M	4/15/1987
Wayne G	4/16/2001
Tricia D	4/16/2006

Christopher S	4/22/2014
Sharon G	4/25/2015
Liz S	5/1/2016
Syl B	5/2/2014
Bob S	5/3/2015
Karen F	5/4/2012
Ruth Mc N	5/4/2012
Johnny H	5/10/2015
Guy T	5/12/2016
Gene P	5/10/1986
George C	5/15/1998
Ron H	5/21/2015

John R F	5/27/2000
Bill C	5/28/2003
Les B	5/29/2011
Kelly G	6/6/1990
Cavin M	6/8/2008
Russell F	6/9/2014
Taylor B	6/19/2016
Ben H	6/21/2016
Rachel M	6/26/2013
Gene T	6/27/1986
Nicole H	6/29/2015

## NATIONAL HILLS

First Name	Sobriety Date
No current info available	