

12th District Central Office  
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*"Its strange how 8  
glasses of water a day  
seems impossible but  
8 beers is so damn  
easy!"*

**The Internet**

# SOBER DAZE

April—June 2018                      A 12TH District Publication

**Editor Introduction / Thoughts**

March through April—what an important time for the creation of AA!

In March, down-and-out would have been negotiating with Wall Street leadership about a job opportunity. But it would be fare away from New York, and his established sobriety support.

During April, Bill would have been giving 120% of his effort to winning the proxy fight and providing him and Lois with a career that would support them. But all of this stress was falling upon the spirituality the Bill had built in New York.

In May, the proxy deal had fallen apart, Bill was again at a career bottom. He was so broke he could not go home without walking out of his hotel bill. But on Sunday, May 12, God provided and Bill met with Dr. Bob.

There is a story that while packing for Akron, Bill was lamenting to Lois that all of his recent efforts with drunks did not keep anyone sober. Lois is said to have responded “But you are sober.”

Between December 11, 1934 and May 12, 1935 what kept Bill sober was intensive work with other alcoholics (Big Book, pg. 89). As we approach the June 10th AA Birthday, I wish you much more intensive work!

And speaking of intensive work, if you would like to contribute to Sober Daze, please let me know. One alcoholic talking to another alcoholic is how we get and stay sober. But one alcoholic cannot speak to every alcoholic. Your experience, strength and hope is needed.

**-David J. (Editor)**

The Trustee’s Committee on Cooperation with the Professional Community / Treatment and Accessibility has an opening. Deadline to submit resumes is May 1, 2018. Call 212-870-3107 for details.

Last Quarter we had three join the Faithful Fivers to support Sober Daze!  
Thank you Ellen W., Rob D., and also Katy & Fred I.!

Pioneers of AA

Knowing how we got here is an important part of explaining why things are done as they are. Knowing history is also an important way to understand God Shots—why one action today brings benefits for years to come. Below are some points about those who have played a role in the development of A.A.

**Sister Ignatia:** Sister Ignatia was a member of the Sisters of Charity of St. Augustine. She first began to work with Dr. Bob at St. Thomas hospital in Akron. Dr. Bob wanted to work with an alcoholic and Sister Ignatia ‘smuggled’ the drunk into the hospital’s flower room. St. Thomas would become the first religious hospital in the country to work with alcoholics regularly. While it is said that Dr. Bob worked with over 5,000 drunks between 1935 and 1950, it can be said that Sister Ignatia was his partner in recovery.

During a hospital renovation, a solarium was to be constructed for the alcoholics. Sister Ignatia worked tirelessly to have the solarium named ‘Rosary Hall Solarium’ - meaning that the abbreviation of the solarium also match Robert Holbrook Smith’s initials! Sister Ignatia also had a sense of humor. Clancy I. tells of a time when upon seeing Sister Ignatia he gave her a peck on the cheek. Thinking of what he had done, he asked her ‘Is it O.K. to kiss a nun?’ She replied, ‘Certainly, just don’t get into the habit!’

**Hank P. of New Jersey:** After working with Dr. Bob, Bill D., and others in Akron, Bill W. returned home to New York. Craving intensive work with other alcoholics, he began work with Hank P., who became the first sober New York member. It is said that Hank is referenced on page xxix, he also let Bill and Lois live with him when they lost their home, and worked on the compromise term "God as we understood Him."

According to Ruth Hock, Hank wrote most of the “To Employers” chapter. But friction over with Bill W. arose over several issues with Hank eventually leaving New York. Before leaving, several mentioned that Hank had begun to drink again. His death, at age 57, was, according to Lois W., due to alcohol. While he may not have died sober, his contribution to AA was stupendous.

**John D. Rockefeller:** While known as one of the richest men in the world at the time, his contribution to AA was to emphasize spirituality over money - “I think money will spoil this.” (pg. 111 AA Comes of Age). But Mr. Rockefeller did provide \$5,000 to support A.A, which did help Dr. Bob keep his house and provide a small stipend to Bill and Dr. Bob.

From AA Comes of Age, the reasoning of Mr. Rockefeller was the dangers of money, property, and professionalism. All of which are incorporated into our Traditions. Mr. Rockefeller did host a special dinner for AA at which Bill W. expected millions of dollars of support. Nelson Rockefeller, filling in for his Dad, again stressed the need for poverty. But what the dinner did do was to bring much media attention. The articles about the dinner brought many new members to AA.

AA did take the lessons of John Rockefeller to heart. If you visit the Akron AA Archives during Founder’s Week (or any other time) you will see a check whereby Alcoholics Anonymous repaid John Rockefeller the \$5,000 he had provided earlier. According to the archivist, AA is the only group that has ever repaid Rockefeller support.

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	Rosemary M	Sara/John R
Ronnie P	Tony B	Frank W
Carson E	Lisa S	Rob D
Katy & Fred I	Ellen W	Jessica/Courtney S/D
Hill Group.	AVAILABLE	AVAILABLE

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 making it available to the suffering alcoholic. When you enroll as a supporter, each issue will be delivered to your home.

Payment Plan

I agree to pledge, and here is my donation of \$\_\_\_\_\_ for \_\_\_\_\_ months.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Sob. Date: \_\_\_\_\_

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

Thank you for your support!!

## I Get by with a Little Help from my AA Pamphlet

Ever wonder about all of those pamphlets at the Central Office? Some details are:

Problems Other Than Alcohol (P-35 *and* F-8) first appeared as a Grapevine article in February 1958 to deal with all of those outside issues. AA has always had a delicate balance between singleness of purpose and dealing with the entire person. There were activities in 1970 for Grapevine reprints of Bill's article "Problems Other Than Alcohol." In 1974 there were efforts to publish Bill's article in a standard pamphlet format and in 1979 the recommendation to do so. Finally, in 1982, the small except pamphlet was approved. If you look at the pamphlet rack at the Central Office of your Group you will notice that Problems Other Than Alcohol is the only pamphlet with two versions! AA is often

### **District Committees—Public Information/Cooperation with the Professional Community (PI/CPC)**

If you are enthusiastic about your recovery and want to share the good news with others—we have a great opportunity for you! The Public Information and the Cooperation with Professionals committees both have the same purpose—AA's primary purpose—to spread the message of AA to the alcoholic who still suffers. The Public Information committee carries the message through the use of the media and public speakers. It ensures that any information the public receives is correct and is given within the guidelines of The Twelve Traditions of Alcoholics Anonymous.

There are many possible projects this committee could carry out. We could encourage greater use of AA Public Services Announcements (PSA) in our area. We could distribute AA meeting schedules to hotels during Master's Week. We could staff a booth at local health fairs or recovery events. In the past, our District purchased Big Books and distributed them in libraries through the CSRA.

Members of the Cooperation with Professionals committee provide information about A.A. to people who have contact with alcoholics through their profession. This group includes health care professionals, educators, clergy, lawyers, social workers, union leaders, and industrial managers, as well as those working in the field of alcoholism. Information is provided about where we are, what we are, what we can do, and what we cannot do. Some examples of projects include contacting physicians to inquire about placing literature about AA in waiting rooms, speaking at DUI schools, or contacting local drug courts to provide information.

I am trying to revive the PI/CPC committee in our District and the biggest discovery I've made to date is that I can't do this alone! I'm looking for additional members to help spread the hope of AA through the PI/CPC committee. Please join us for our committee meeting, held the fourth Wednesday each month at 6:30 pm in the Central Office. Or, contact me through the PI/CPC committee link at [augustaaa.org](http://augustaaa.org) or at [lynnbr81@gmail.com](mailto:lynnbr81@gmail.com).

## **The Steps of AA**

Long-timers will tell you that the answers to living in the now are found in the Big Book. One story goes that a Sponsee went to his Sponsor with a problem. The Sponsor told him it was in the Big Book. "Where?" asked the Sponsee. "Start reading from the front until you find it" was the response. There is a cheat sheet used by the Hopeful Hearts Group at the Whitworth Women's Facility that is used to hone into the essence of each Step during a crisis or tough day.

### **Step Four Made a searching and fearless moral inventory of ourselves.**

*Therefore, we started upon a personal inventory. This was Step Four. A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values. (pg. 64)*

*We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations. (pg. 64)*

It must be noted that an honest inventory does look at all items - good and bad. But it is the bad items that get us into trouble. There is a story of an electronics store that was in financial trouble. It had an expert conduct an inventory. The expert said "All your items are Beta-Maxes, 8-track tapes, rotary telephones, etc. This is junk!" The owner replied "But everything is in a fancy box!" A lot of times character traits we think are good or useful are actually the opposite.

### **Step Five Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

*When we decide who is to hear our story, we waste no time. We have a written inventory and we are prepared for a long talk. We explain to our partner what we are about to do and why we have to do it. (pg. 75)*

*We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. (pg. 75)*

After finishing my Fourth Step, my Sponsor and I did Step 5. The exact nature of my wrongs were inflated ego, fear, and anger/rage/white-hot hate. I had done many things (the branches) but my particular plant had only three roots.

### **Step Six Were entirely ready to have God remove all these defects of character.**

*Are we now ready to let God remove from us all the things which we have admitted are objectionable? (pg. 76)*

Step 6 was easy for me. Was I entirely ready to have God remove my inflated ego, my fear, and

my hate? You bet! Because I had seen serene people in AA meetings.

AA History

While Smitty Smith drove his father and mother to their meeting with Bill Wilson, daughter Sue stayed at home. Sue did notice that her father “looked better all around.” (Dr. Bob, pg. 69)

Just after getting sober, Dr. Bob and Bill W. began to work with Eddie R. Eddie and his wife were brought into the Smith home (and took Sue Windows room). Eddie proceeded to escape the house by sliding down the drain spout, beat his wife, and chased Anne Smith around the house with a knife. This resulted in Eddie leaving. He showed up years later at Dr. Bob’s funeral with a year of sobriety.

Early alcohol detox treatments by Bill W. and Dr. Bob were sauerkraut, tomato juice and Karo Syrup.

The Waynesboro Group began through the efforts by a visitor from Florida (Lynn S.) and a Counselor from the Ogeechee Clinic (Buddy C.).

Louis M. of Augusta was the Georgia Delegate (1958-1959).  
Samuel H.S. of the Forest Hills Group was the Georgia Delegate (1990-1991).

“Experience, Strength, and Hope” contains personal stories that are no longer in the Big Book. “Experience, Strength and Hope” was published in April 2003. This book is a great resource to see how personal stories have changed over the years—and how much they have stayed the same.

“Living Sober” was first published in 1975. (Editor’s Note: When trying to get sober on my own, I bought all the books that were at the Central Office, including “Living Sober.” I started reading it first because it was so thin and I wanted to live sober. When my wife would fall asleep on the couch, I would go make myself a drink and continue to read “Living Sober.”)

In 1961, Bill W. writes to Carl Jung about the importance of Rowland H. to AA and the foundation that Carl Jung helped to lay through his treatment of Rowland. Jung responded and confirmed that spirituality is the most appropriate treatment of alcoholism.

**The Poetry and Literature Section**  
Because, as we find on page xxx **“They are often able, intelligent, friendly people.”** (Editors note: I am, but humility keeps me from bragging about it.)

*I Am a Pickle*

I am a little Pickle I didn’t start this way. I started as a cucumber But then I drank one day. It tasted kind of funny But made me feel so good. I soon found that I was drinking A bit more than I should.	One day my eyes were blurry And I began to sway. For I had become a Pickle How did I get this way? Let me be that cucumber I was back in the day. There’s no going back A Pickle I will stay.
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Hokey, perhaps. “But we aren’t a glum lot. If newcomers could see no joy or fun in our existence, they wouldn’t want it.” pg. 132. In the CSRA we do have the ‘Pickle Chip’ as a measure of our sobriety. I never knew it took nine months to make a pickle! :-)

**Top Ten List—Top Ten Drinking Songs**

Early in sobriety I heard Song # 1 and had a spiritual experience. The song does address the fact that anyone in AA, no matter how many days sober, can carry the message. As we truly understand each other as alcoholics, we do not need to have anything else in common.

**Top 10 Drinking Songs**

- 10. 99 Bottles of Beer on the Wall (best sung in the back of the car over and over and over again)
- 9. Whiskey Lullaby – Brad Paisley
- 8. One Bourbon, One Scotch, One Beer – George Thoroughgood
- 7. Cocaine Blues – Johnny Cash
- 6. The Worst Hangover Ever – The Offspring
- 5. Whiskey Heaven – Fats Domino
- 4. I Drink Alone – George Thoroughgood
- 3. SaturDUI – Tim Wilson
- 2. Scotch and Soda – Lou Rawls
- 1. Moments – Emerson Drive

What Moments taught me was that, no matter how low I feed or how bad the situation, I ALWAYS have the capacity to help another alcoholic.

I do know that Scotch and Soda and also Whiskey Heaven are just good, classic songs. The Worst Hangover Ever does a lot to explain my drinking patterns.

I do want to know who has gone through a SaturDUI.

**WANTED! FOUNDING DATES FOR THE FOLLOWING GROUPS!:**

Awesome AAs, Downtown Club, Early Bird Group, Just for Today Group, Lumpkin Road Group, the Men’s Group, The New Group, The Timekeepers Group, Warrenton Group.

This is great history to know and celebrate!

**WANTED! BIRTHDAY CELEBRATION DAYS/TIMES FOR THE FOLLOWING GROUPS!:**

Alpha Group, Awesome AAs, Back to the Book AM Group, Back to the Book PM, Downtown Club, Early Bird Group, First Step Group, Forest Hills Group, Good Shephard Group, Gratitude Group, Happy Hour Group, Harlem Group, The Hill Group, In Step Group, Just for Today, Keep it Simple, Last Call Group, Leah Group, Liberty Street Group, Lumpkin Road Group, Martinez Group, Men’s Group, Mid Day Group, Morning After Group, National Hills Group, New Beginnings Group, No Nipping Nooners Group, S.H.E. Group, Southside Group, Sunlight of the Spirit Group, The New Group, Timekeepers Group, Too Sleepy to Drink Group, and the Warrenton Group.

We would like to promote your birthday celebration dates/times because birthdays are so important.

**About the Birthday List—Note from Editor**

**I make every effort to include everyone’s AA Birthdays in every Sober Daze issue as accurately as possible. Unfortunately I can only print what is provided I am asking that I receive the Quarterly Birthdays one month after the issue comes out. For example: This issue comes out April, so I MUST HAVE THE Birthday list for July-September by May 15th. Your cooperation is appreciated.**

**The best option is to provide the Central Office with an ANNUAL Birthday list in Excel format each January with the most current information. After that, monthly updates will be fewer. Thanks for helping to honor sobriety.**

**- David J.**

In 1954, Bill W. declines to accept several honorary college degrees—citing the AA tradition of anonymity as the reason. This included an honorary Doctorate of Law degree from Yale University. Bill did study law for a short time.

**Traditions Checklist**

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

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**(Thank you [www.silkworth.net](http://www.silkworth.net) as the source)**

**Tradition Four**

*Each group should be autonomous except in matters affecting other groups or AA as a whole.*

- \* Do I insist that there are only a few right ways of doing things in AA?
- \* Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
- \* Do I put down other members’ behavior when it is different from mine, or do I learn from it?
- \* Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- \* Am I willing to help a newcomer go to any lengths – his lengths, not mine – to stay sober?
- \* Do I share my knowledge of AA tools with other members who may not have heard of them?

**Tradition Five**

*Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.*

- \* Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
- \* Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
- \* Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- \* Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- \* Do I help my group in every way I can to fulfill our primary purpose?
- \* Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

**Tradition Six**

*An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.*

- \* Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- \* Is it good for a group to lease a small building?
- \* Are all the officers and members of our local club for AAs familiar with “Guidelines on Clubs” (which is available free from GSO)?
- \* Should the secretary of our group serve on the mayor’s advisory committee on alcoholism?
- \* Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

HAPPY ANNIVERSARY!!!

Evans		Gratitude Group	
Founded	2/3/1995	Founded	4/1/2006
Celebrates	Every Thursday	Celebrates	
	Sobriety		Sobriety
Name	Date	Name	Date
Wayne F	04/06/93	Jenny K.	4/1/2016
Julia B	04/20/14	Rex W.	4/1/2017
Sara L	04/24/17	Josh G.	4/3/2016
Jane W	04/28/17	Bryan L.	4/4/2016
Ashley H	05/04/17	Gary M.	4/10/2016
David H	05/10/16	Joseph S.	4/11/2012
Bob C	5/11/2017	Maria S.	4/17/2013
Jessica K	05/15/15	Kim McM	4/26/2005
John D	05/22/17	Vince A.	4/29/2017
Jim R	05/25/15	Debbie H.	5/1/2015
Debora A	05/28/07	Stephen L.	5/3/2017
Katie B	06/02/16	Charlie H.	5/10/1986
Vicky M	06/02/17	Bob C.	5/11/2017
Eileen L	06/08/87	Billy D.	5/11/2017
		Kelly C.	5/15/2017
		Stacie H	5/16/2013
<b>First Step</b>		David McN.	5/17/2017
Founded	3/25/1974	Bryan G	5/23/2016
Celebrates		Theresa Z.	5/30/2016
	Sobriety	Shelli C.	6/1/2016
Name	Date	Becca L	6/3/2016
Rosemary	4/15/1987	Angie S.	6/11/2014
Joseph H	4/19/1982	Vicky M.	6/11/2017
Charles M	4/28/2002	Angie C.	6/19/2016
Joe L	6/20/2016	Steve D.	6/24/2009
		Tabitha W.	6/29/2017

Liberty Street Group	
Founded	12/6/2014
Celebrates	
	Sobriety
Name	Date
Dayna S.	4/15/2017
Apil G.	6/14/2017
John M.	3/20/2016
<b>Martinez</b>	
Founded	7/31/1980
Celebrates	
	Sobriety
Name	Date
Ajay S.	5/1/2016
Bob W.	5/29/1995
Bill R.	6/2/2000
Sherri W-L	6/27/1990
<b>New Beginnings</b>	
Founded	12/17/1982
Celebrates	
	Sobriety
Name	Date
Jerry S	4/23/1995
Daniel G	6/1/2017
David W	6/10/2003
Mynette B	3/6/1996

No Nipping Nooners	
Founded	12/13/1989
Celebrates	
	Sobriety
Name	Date
Elizabeth P.	4/2/2002
Bennett J.	4/5/2014
Cindi G.	4/16/2014
Hank H.	4/24/2016
Mark H.	4/29/2016
Vince A.	4/29/2015
Christina W.	5/5/2015
Stephan	5/10/2016
Josh F.	5/13/2014
Josh C.	5/15/2016
Lay B.	5/15/1994
Laura B.	5/17/1996
Rusty M.	5/27/2000
John R.	5/27/2000
Holly S,	5/31/2016
Joe H.	6/19/2016
Paul M.	6/21/2012

Thomson Group	
Founded	9/6/1949
Celebrates	Last Saturday
	7:00 Eating
	8:00 Meeting
Name	Sobriety Date
Julie C.	4/4/2017
Michelle M.	4/16/2017
Eric M.	4/22/2015
Brooke S.	4/24/2017
Owen B	4/27/2009
Seymour C.	4/27/1998
Thomas B.	5/15/2011
Larry K.	5/28/2015
Ronnie I	6/6/2009
Dottie T.	6/9/2016
Terrence C.	
"TC"	6/10/2016
Clifton N.	6/11/2017
Keith B.	6/14/2005
Robert H.	6/14/2017
Jeff L.	6/16/2009

Special Note:  
The Hale House  
usually celebrates at  
Forest Hills.