



SOBER DAZE

July—September

A 12TH District Publication

Editor Introduction / Thoughts

Summer, Bar-B-Q, and the Lake

Summer is a great time to drink. There are so many things you can do with a beer or a glass in your hand. It is really easy to cook on the grill with a spatula in one hand and a beer in the other. Floating down the river with a 12-pack in a cooler tied to the inner tube is even easier. A riding lawn mower with a cup holder makes mowing the grass a pleasure. A steering wheel is advised as a zero-turn mower takes two hands to operate.

There are a few downsides to drinking in the summer. Tubing the ‘Hooch (Chattahoochee River) in Atlanta can be a quiet afternoon. So quiet that it is easy to pass out. Then your head falls back to the innertube, your mouth opens up, and you can sunburn the roof of your mouth.

I spent early June on Clarks Hill Lake with a couple of hundred friends attending Founders Day—sober. Everyone had a blast. It felt good to see so many families there spending time together. It also felt good to see those early in sobriety learning to have fun without a drink.

Thanks to everyone who did the behind-the-scenes work to make Founders Day a sober success.

Reminder: Registration for the 2020 AA International Convention will open on September 9th. Be on the lookout for registration materials in August. This International Convention will be in Detroit. See you there!

David J. (Editor)

If you have a topic, story, article, or ideas for Sober Daze, please send it in. This is a We program and we have a lot of recovery between us.

Read Sober Daze anytime by visiting
http://www.augustaaa.org/sober_daze.html

View AA Videos at:
http://www.augustaaa.org/public_service_announcement_videos.html
https://www.aa.org/pages/en_US/videos-and-audios



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Faithful Fivers

“There is no bad whiskey. There are only some whiskeys that aren’t as good as others.”

~ Raymond Chandler

Important Dates in A.A. History

(Details taken from http://www.a-1associates.com/aa/HISTORY_PAGE/dates.htm and was collected and assembled by Nancy O. of Virginia. This is a Maryland AA History web site.)

July 1-3, 1960 - 8700 attend 25th Anniversary of AA in Long Beach, CA

July 2, 2000 - 20 Millionth Big Book given to Al-Anon in Minneapolis

July 2-3, 1955 - Bill W turns "the fellowship over to the fellowship" at 4:00 PM, 5,000 attend 20th Anniversary at our St Louis Convention

July 2-4, 1965 - 10,000 attend 30th Anniversary of AA in Toronto. There we came to own our Responsibility Declaration

July 3-5, 1970 - 10,900 attend 35th Anniversary of AA in Miami. Bill W gave his last talk to AA

July 3-6, 1980 - 22,500 attend 45th Anniversary of AA in New Orleans First true marathon meeting was held here

July 5, 1985 - AA gives Ruth Hock 5,000,000th Big Book during 50th AA Anniversary in Montreal, Canada

July 5, 1990 - AA gives Nell Wing 10,000,000th Big Book during 55th AA Anniversary in Seattle, WA

July 5-7, 1985 - 45,000 attend 50th Anniversary of AA in Montreal.

July 5-8, 1990 - 48,000 attend 55th Anniversary of AA in Seattle.

July 14, 1939 - Blythewood Sanitarium Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him

July 23, 1940 - Philly AA's send 10% of kitty to Alcoholic Foundation, sets precedent

July 28-30, 1950 - 1st AA Convention celebrates 15th anniversary of AA in Cleveland

August 8, 1879 - Dr Bob S. is born in St Johnsbury, Vermont

August 28, 1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

September 19, 1975 - Jack Alexander, author of Saturday Evening Post article, dies

September 30, 1939 - Morris Markey runs story on AA, Alcoholics and God in Liberty Magazine

Thoughts of a Long-Timer

Sober Daze is using the Grapevine 20 questions for old-timers format to gain insights from our District 12A and 12B members with over 10,000 days sober.

What is your first name and last initial, Group, and sobriety date? ***Donna T. of the Gratitude Group - March 9, 1980***

What was AA like when you came in? How is it different? ***The Old-Timers really embraced Newcomers.***

What were some early challenges when you came into AA that no longer exists today? ***There was a stigma for women.***

What was 12th Step work like when you were new? ***We went on 12 Step calls with our Sponsor.***

How did your group treat newcomers? Constant slippers? 13th steppers? Members in meetings with multiple addictions? ***We waited to see if Newcomers came back. Ignored slippers and 13th Steppers.***

Do you have a favorite passage in the literature? Explain. ***Pages 86-87.***

What special occasions do you recall doing AA service? ***Maximum security women's prison in Pembroke Pines, Florida.***

What do you recall of early conferences, assemblies and conventions? ***Boca Raton Hotel State Convention.***

With TV, Internet, and social media today, what are your thoughts about anonymity and AA? ***We must protect it for AA to survive.***

What contributions would you say you've made to the Fellowship? ***Love & Service.***

What do you think of AA today? ***I love it.***

Is there anything about AA you would change? **No.**

After many years, do you still have a sponsor? Do you still sponsor people? What are your thoughts about sponsorship? **Yes. I love the questions and I love my Sponsees.**

Are there ever moments when you lose your faith or your connection to your Higher Power? What do you do when this happens? **Increase meetings, prayer, get out of myself.**

If there is one thing you could go back and do differently, what would it be? **Come in sooner.**

Is there something *you* learned from old-timers that you hold dear? **Keep coming back.**

How long did it take to finish your 9th Step? What was your most memorable amend? **3 years. Someone I couldn't find who called me, despite distance, name change, etc.**

What would you tell a new member today? **Keep coming back, it works.**

What do you now focus on day to day? **God's will for me.**

How do you "Keep It Simple"? **I live a day at a time.**

SPECIAL NOTICE

Alcoholics Anonymous World Services and the General Service Office have established a YouTube Channel to help broaden the availability of AA videos. The site can be found at:

www.youtube.com/AlcoholicsAnonymousWorldServicesInc

Biography: "Doctor, Alcoholic, Addict"

Paul O., MD, Laguna Niguel, California.

(p. 439 in 3rd edition, p 407 in the 4th edition. In the 3rd edition it was entitled "Doctor, Alcoholic, Addict.")

Paul's story is one of the most frequently quoted in the 3rd edition because it talks so much about acceptance (pages 449-450).

His original date of sobriety was December 1966, but he slipped until July 1967. Paul had begun to drink when in pharmacy school to help him sleep. He went through pharmacy school, graduate school, medical school, internship, residency and specialty training and, finally went into practice. All the time his drinking kept increasing. Soon he began taking drugs to pep him up and tranquilizers to level off.

He started Pills Anonymous and Chemical Dependency Anonymous, but did not attend them because he got all he needed from A.A. He did not introduce himself as an alcoholic and addict and was irritated by people who want to broaden A.A. to include other addictions.

He wrote an article for the Grapevine on why doctors shouldn't prescribe pills for alcoholics, and because he had a dual problem was asked to write his story for the Big Book. It was originally published in the A.A. Grapevine with the title "Bronzed Moccasins" and an illustration of a pair of bronze moccasins. It was eventually renamed and included in the Big Book. His book, "There's More to Quitting Drinking than Quitting Drinking," was published in 1995 by Sabrina Publishing, Laguna Niguel, CA.

But he denied that there is anything in the story he would want to change. The story "makes clear the truth that an alcoholic can also be an addict, and indeed that an alcoholic has a constitutional right to have as many problems as he wants! But that doesn't mean that every A.A. meeting has to be open to a discussion of drugs if it doesn't want to. Every meeting has the right to say it doesn't want drugs discussed. People who want to discuss drugs have other places where they can go to talk about that."

How did he work his program? "Pretty much every morning, before I get out of bed, I say the Serenity Prayer, the Third Step Prayer, and the Seventh Step Prayer. Then Max and I repeat those prayers along with other prayers and meditations at breakfast."

He had a special meeting format for early morning meetings. He called them Attitude Adjustment Meetings. They consisted largely of readings from the Big Book, prayers from the Big Book and 12 & 12, and a short session of positive pitches. The meetings were at 6:30 am or 7:00 am each day.

Paul died on May 19, 2000. Max, died on July 1, 2001.

Adapted from: <https://www.silkworth.net/pages/aahistory/aabiography/paulo.php>

HAPPY ANNIVERSARY!!!

As of the production date, the participating Groups have
1,440,647 days of Sobriety!

Evans		
Founded	2/3/1995	
Celebrates	Every Thursday	

Name	Sobriety Date	Days Sober
Member Sobriety		230,835
Tina D	7/6/1987	11,671
Annmarie K	07/11/16	1,073
Linda D	07/14/07	4,358
Christopher B	7/20/2018	334
Neil T	07/23/02	6,175
David B	7/24/2018	330
Starr S	07/25/15	1,425
Brent S.	7/26/2013	2,154
Kacey R	8/2/2018	321
Tasha E	08/03/00	6,894
Wendy M	8/4/2009	3,606
Betsy S	08/04/16	1,049
Stephanie V	08/04/17	684
Marcie H	08/14/18	309
Amanda J	08/15/15	1,404
Meghan C	08/22/14	1762
Paul L	08/25/74	16,369
Katie I	09/05/95	8,688
Hope S	09/21/18	271
Marilyn B	09/22/96	8,305
Curt M	09/29/15	1,359

First Step		
Founded	3/25/1974	
Celebrates		
Name	Sobriety Date	Days Sober
Member Sobriety		78,792
Joe L	6/20/2016	1,094

Gratitude Group		
Founded	4/1/2006	
Celebrates	Last Friday at Noon	

Name	Sobriety Date	Days Sober
Member Sobriety		272,405
Shelli C.	6/1/2016	1,113
Becca L	6/3/2016	1,111
Angie S.	6/11/2014	1,834
Vicky M.	6/11/2017	738
Angie C.	6/19/2016	1,095
Steve D.	6/24/2009	3,647
Tabitha W.	6/29/2017	720
Terisa H.	7/1/2012	2,544
Alex B.	7/5/2017	714
Chris E.	7/15/2016	1,069
Jon F.	7/15/2017	704
Kevin S.	7/22/1982	13,481
Sandi G.	7/23/1990	10,558
Justin M.	7/23/2011	2,888
Ben C.	8/1/2017	687
Steven L	8/4/2014	1,780
Sylvester H.	8/6/2012	2,508
Ed R.	8/6/2012	2,508
Brian M.	8/6/2016	1,047
Wendy S.	8/18/2017	670
Paula D.	8/24/2017	664
Paul L.	8/25/1974	16,369
Mary Jo P.	9/3/2014	1,750
Ben C.	9/3/2017	654
Doug V.	9/5/2015	1,383
Debbie D.	9/8/2005	5,032
Glenn L.	9/24/1987	11,591
Dennis G.	9/28/1981	13,778

Happy Hour		
Founded	8/31/1988	
Celebrates	First Saturday at 8:00 P.M.	

Name	Sobriety Date	Days Sober
Member Sobriety		33,301
Mike B.	7/15/1988	11,296
Leon G.	8/22/1988	11,258

Hill		
Founded	12/27/1966	
Celebrates		

Name	Sobriety Date	Days Sober
Member Sobriety		94,681
Johnny M	7/29/2015	1,421
Brennen J	8/25/2016	1,028
David F	8/28/2014	1,756
David P	9/2/2015	1,386
John W	9/5/1993	9,418
Lee C	9/14/2017	643
Pete C	9/27/1971	17,432

In Step		
Founded	2/5/1991	
Celebrates		

Name	Sobriety Date	Days Sober
Member Sobriety		68,460
Fred I.	8/9/1989	10,906
Garrett B.	8/14/2018	309
Jimmy H.	9/15/1988	11,234
Dan W.	9/10/2004	5,395

Liberty Street Group

Founded	12/6/2014
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Celebrates

Name	Sobriety Date	Days Sober
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Member Sobriety	52,248
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Charlie D.	7/5/1980	14,228
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Julie C.	7/14/2015	1,436
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Martinez

Founded	7/31/1980
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Celebrates

Name	Sobriety Date	Days Sober
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Member Sobriety	95,864
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Robin R.	7/15/2015	1,435
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Greg A.	8/17/1997	7,976
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New Beginning

Founded	12/17/1982
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Celebrates	Celebrant Chooses
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Name	Sobriety Date	Days Sober
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Member Sobriety	65,896
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Kenny R	7/7/2016	1,077
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Liz M	8/20/1984	12,721
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No Nipping Nooners

Founded	12/13/1989
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Celebrates

Name	Sobriety Date	Days Sober
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Member Sobriety	193,314
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Chet F.	7/1/1989	10,945
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Ronnie G.	7/5/2010	3,271
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Chris C.	7/5/2015	1,445
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Lee L.	7/7/2014	1,808
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Dana C.	7/11/2014	1,804
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Todd A.	7/15/2015	1,435
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Corey T.	7/15/2018	339
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Julie G.	7/16/2015	1,434
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Mary T.	7/21/2013	2,159
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Alex Y.	7/26/1981	13,842
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Dawn M.	7/28/2014	1,787
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Deanna R.	7/28/2017	691
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Meagan S.	8/4/2004	5,432
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Mike F.	8/14/2017	674
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Leon G.	8/22/1988	11,258
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Melinda B.	8/24/2008	3,951
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Kate W.	8/29/2016	1,024
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Ana M.	9/1/2014	1,752
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Michael O.	9/3/2014	1,750
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Julie	9/19/2008	3,925
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Heather W.	9/21/2016	1,001
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Nate W.	9/30/2016	992
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Thomson Group

Founded	9/6/1949
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Celebrates	Last Saturday 7:00 Eating 8:00 Mtg
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Name	Sobriety Date	Days Sober
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Member Sobriety	63,802
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Trish J.	7/19/2013	2,161
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Gary F.	7/25/1993	9,460
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Robert B.	7/29/2012	2,516
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Dottie T.	8/4/2017	684
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Chuck B.	8/4/2017	684
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Billie H.	8/6/2015	1,413
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Rodney M.	9/10/1999	7,222
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Too Sleepy to Drink

Founded	4/1/2008
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Celebrates

Name	Sobriety Date	Days Sober
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Member Sobriety	146,445
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Julie C.	7/2/1996	8,387
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Lee C.	7/7/2014	1,808
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T.R. S.	7/15/1979	14,584
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James B.	7/17/2000	6,911
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Steve R.	7/26/2014	1,789
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Julie L.	8/8/1989	10,907
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Curtis J.	8/15/2013	2,134
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Slim B.	8/16/2014	1,768
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Steve C.	8/20/2015	1,399
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Ana M.	9/1/2014	1,752
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Central Office Volunteer Opportunities are Available in the Central Office. Just call the Central Office at 706-860-8331.

Washington

Founded	5/1/1982	
Celebrates	Person Picks	
	6:00 Eating	
	7:00 Mtg	
Name	Sobriety Date	Days Sober
Member		
Sobriety		44,604
Alex A.	7/5/2014	1,810
Bobby A.	7/9/2003	5,824
Obie F.	7/11/2005	5,091
Sonny S.	7/24/2002	6,174
Colby E.	9/18/2017	639

Events of Interest to District 12

July 14	District Business Meeting, 2:00 P.M.
July 20	Deadline for Grapevine Spiritual Awakening Stories
August 11	District Business Meeting, 2:00 P.M.
August 15	Deadline for Grapevine Getting Through Adversity Stories
September 5-8	Sober Bash
September 8	District Business Meeting, 2:00 P.M.
September 15	Deadline for Grapevine Emotional Sobriety Stories
September 20-22	GSSA, Macon
September 28	State Corrections Training, Macon
October 13	District Business Meeting, 2:00 P.M.
October 15	Deadline for Grapevine My Home Group Stories
October 17-20	Georgia Pre-Paid Convention, Savannah
November 10	District Business Meeting, 2:00 P.M.
November 15	Deadline for Grapevine Getting into General Service

Service Opportunity at Serenity Behavioral Health Center Wednesdays at 6:00 P.M.

January—Group Volunteers Needed
 March— Too Sleepy to Drink
May—New Perceptions Group
 July—National Hills Group
 September—Thomson Group
 November—New Perceptions Group

February—The Hill Group
April—Forest Hills Group
June—Martinez Group
 August—Gratitude Group
 October—Evans Group
 December—National Hills Group

12th District Central Office Activities

Founders Day Celebration 2019

Founders Day 2019 was a great success with 225 attending! It was a wonderful day of fellowship and recovery! The funding goal for 2020 is \$1,300 (including a \$300 Prudent Reserve). This would fund the 2020 Founders Day and provide a prudent reserve for setting up 2021. Your Group or Individual support is requested for the \$700 still needed. Small contributions today helps make easy planning in 2020.

GOAL: \$ 1,300
 ON HAND: \$ 600
NEEDED: \$ 700

	<u>Past 12</u>		<u>Last 3</u>
	<u>Months To-</u>	<u>Monthly</u>	<u>Months</u>
	<u>tal</u>	<u>Average</u>	<u>Total</u>
<u>Central Office Activity</u>			
Calls to Answering Service	1,557	130	401
AA Calls to Central Office	772	64	210
Al-Anon Calls to Central Office	42	4	12
Other Calls to Central Office	103	9	37
Visitors to the Central Office	1,563	130	395
Total Central Office Contacts	4,037	336	1,055
AA Literature/Items Sales	\$9,989.73	\$832.48	\$2,252.43
Other Literature/Items Sales	\$10,664.91	\$888.74	\$2,776.10
Total Central Office Sales	\$20,654.64	\$1,721.22	\$5,028.53
<u>Web Site Activity</u>			
Web Site Visits	53,433	4,453	11,134
Search Hits	204,015	17,001	46,514

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.)

Today

Easy does it for today
First things first is what they say
A life time of happiness is on the way
By finding happiness day be day
To wish for tomorrow to live in tomorrow
Accept yourself for what you are
And not reach out for a distant star

Our goals are here for us today
Not tomorrow and far away.
Live each day as it comes your way
And from time just stop and pray
God is there for you to embrace
First things first is what they say
Easy does it for today

By: Robert S., Boerne, Texas
Formerly of San Luis Obispo, CA

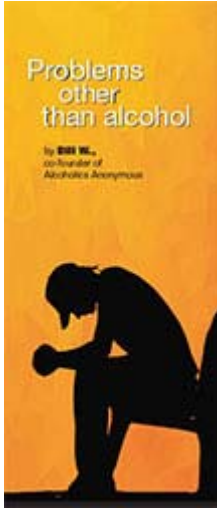
We all remember talking like that! “But we aren’t a glum lot. If newcomers could see no joy or fun in our existence, they wouldn’t want it.” pg. 132.

Top 10 List—You Might be a Recovered Alcoholic if.....

10. The local Jailers have forgotten your name.
9. The local Police today call you “Sir.”
8. You can be the Bartender at your Company Christmas Party.
7. You are the Designated Driver at your Company Christmas Party.
6. You gladly take 2:00 A.M. calls from sober Sponsees.
5. You are always short one Sponsee.
4. You put aside your job for Service Work.
3. Police, Clergy, Counselors, etc. call you for advice.
2. Your children talk to you today.
1. You Know You Are!

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:



P-35 - Problems Other Than Alcohol

Bill's thoughts on the status of drug addicts within A.A. are as timely as when they appeared in a February 1958 Grapevine article. In 1974, there were efforts to prepare a standard pamphlet format. It was recommended in 1979 by the Cooperation with the Professional Community Committee that ***Problems Other Than Alcohol*** be Conference-approved. In 1982, it was recommended by the Conference Literature Committee to seek Conference approval for ***Problems Other Than Alcohol (Excerpts)*** - the smaller version.

The last two paragraphs of the pamphlet are:

"In conclusion, I want to say that throughout A.A.'s history, most of our special-purpose groups have accomplished very wonderful things. There is great reason to hope that those A.A.'s who are now working in the grim regions of narcotics addiction will achieve equal success."

In A.A., the group has strict limitations, but the individual has scarcely any. Remembering to observe the Traditions of anonymity and nonendorsement, he can carry A.A.'s message into

Reprinted from the AA Literature Catalog, with permission of A.A. World Services, Inc.

The above graphic is used with permission of A.A. World Services, Inc.

Archives

This committee gathers, displays and stores historical information, which relates to AA and our recovering community. If you are one of those people that do not like the exposure but would like to give back a little to the community, please come join us!

George C. has led the effort to make District archive materials available in the Westside Club. There is a display case with items and also photographs of the meeting locations of Groups over the years.

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	Gratitude Group	AVAILABLE
Denney B	Rosanne G	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: _____ **Sobriety Date:** _____

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

Thank you for your support!!

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