



# SOBER DAZE

October—December 2020

A 12TH District Publication

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*"He that drinks fast,  
pays slow."*

~ Benjamin

Franklin

## **Editor Thoughts**

**Bill's Last Drunks vs. The Holidays**

**Or**

**'Tis the Season to be Grateful**

My first thought for this issue was to look at Bill Wilson's descent into surrender during the last quarter of 1934. After leaving Towns Hospital in the summer of 1934, Bill lasts until November 11th. After that binge, Ebby calls and they talk drinking. Bill goes back out and ends up back in Towns Hospital on December 11th.

Another visit from Ebby was followed by the visit of a Spiritual Experience. Bill never drank again. Bill was released from Towns Hospital on December 18, 1934. One week before Christmas.

I often wonder if on Christmas Day 1934 if Bill and Lois realized their gifts of recovery had been delivered early.

Later on in this issue, I am going to present information on our Central Office. Despite everything that has happened since the first of the year, our Central Office has remained open and available to those who suffer from alcoholism.

Do remember that being there when someone reaches out for help does take our dollars, our time, our efforts—but, most of all, our love.

-  
**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](http://www.augustaaa.org/sober_daze.html)

**View AA Videos at:**

<http://www.augustaaa.org/>

[public\\_service\\_announcement\\_videos.html](http://www.augustaaa.org/public_service_announcement_videos.html)

[https://www.aa.org/pages/en\\_US/videos-and-audios](https://www.aa.org/pages/en_US/videos-and-audios)



### **Important Dates in A.A. History**

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

In this issue, we concentrate upon the days of Bill's last drunk and his Spiritual Experience.

**Summer, 1934:** Bill enters Towns Hospital for treatment of Alcoholism.

**Mid-Summer 1934:** Bill again enters Towns Hospital for treatment of Alcoholism. Dr. Silkworth notes evidence of Bill's brain damage and the upcoming need for institutionalization for Bill to remain alive.

**October 31, 1934:** Halloween night as Bill fights to remain sober.

**November 11, 1934:** Bill W's final drunk begins on Veterans Day and lasts about a month

**November 26, 1934:** Bill turns 39 years old

**November 28, 1934:** Ebby T. carries message to Bill in Bill's home.

**November 29, 1934:** Thanksgiving Day

**December 10, 1934:** Bill admitted to Towns Hosp 4 for the last time.

**December 12, 1934:** Bill has a Spiritual Experience at Towns Hospital

**December 13, 1934:** Bill talks with Dr. Silkworth about his experience and is told

**December 13, 1934:** Ebby visited Bill at hospital, brought William James's book, "Varieties of Religious Experience".

**December 18, 1934:** Bill discharged from Towns Hospital.

**December, 1934:** Bill & Lois start attending Oxford Group meetings.

**December 25, 1934:** Christmas Day

**December 31, 1934:** New Year's Eve

Dr. William Duncan Silkworth, Jr.,  
‘The Doctor Who Loved Drunks’

Dr. William Duncan Silkworth, Jr., was born in Brooklyn on July 22, 1873. He appeared as a deeply spiritual man, not interested in any particular denomination. He did attend for many years, Calvary Episcopal Church in New York. Its Rector, Rev. Sam Shoemaker, was also later deeply involved in A.A.

Dr. Silkworth attended Princeton and conducted pre-med studies there. After graduation, he interned at Bellevue Hospital Medical College. After receiving his medical degree, Dr. Silkworth spent his entire career working with alcoholics.

Silkworth’s entire career had a psychiatric emphasis. He was a member of the psychiatric staff at the US. Army Hospital in Plattsburgh, New York, for two years (1917-1919) during World War I. This would give him a bond with Bill Wilson.

While helping Bill while in Towns Hospital, Dr. Silkworth’s best guidance came after Bill’s final stay. In April, 1935, Silkworth gives Bill some advice: stop preaching about his “white light” experience and discuss his experience with alcoholism; emphasize the nature of the disease, the physical compulsion/allergy and mental obsession, and explain the consequences of this disease.

In an article he wrote years later for The Grapevine, Bill Wilson noted that Dr. Silkworth treated some 40,000 alcoholics during his career. Wilson added, “He never tired of drunks and their problems. A frail man, he never complained of fatigue. During most of his career he made only a bare living. He never sought distinction; his work was his reward. In his last years, he ignored a heart condition and died on the job—among us drunks, and with his boots on.”

From Dr. Silkworth’s January 1947 A.A. Grapevine article: “The slip is a relapse! (Like cardiac and tuberculosis who get sick again) ... In both cardiac and tubercular cases, wrong thinking preceded the acts that led to the relapses. The patient in each case rationalized himself out of a sense of his own perilous reality. He deliberately turned away from his knowledge of the fact that he had been the victim of a serious disease. He grew overconfident. He decided he didn’t have to follow directions.”

## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Not that we need a special reason to drink, but there are a lot of special days coming up— Halloween, Voting, Veteran's Day, Thanksgiving, Chanukah, Christmas, Kwanzaa, and New Years Eve. While the pandemic may still be on, there will be temptations to 'loosen up a bit' if things look better. So, we are still looking at holiday parties and family gatherings, You may have seen the one-page sheet that lists the Twelve Tips on Keeping Your Holiday Season Sober and Joyous. These are highlighted below.

1. **Line up extra A.A. activities for the holiday season.** Arrange to take newcomers to meetings, answer the phones at the Central Office, Speak at a meeting, help with dishes, or visit an alcoholic in need where you can.
2. **Be host to A.A. friends, especially newcomers.** We may not yet be having formal parties, but a lonely Newcomer can use a meal and Fellowship over coffee.
3. **Keep your A.A. telephone list with you at all times.** Easier now with Smartphones, but they still weigh 1,000 pounds when an urge to drink comes on. your A.A. contact list is only seconds away.
4. **Find out about the special holiday parties, meetings, or other celebrations given by Groups in District 12, and go.** Also, there are now events on Zoom available all over the world.
5. **Skip any drinking occasion you are nervous about.** We still are in a time when staying at home is a wonderful reason.
6. **If you have to go to a drinking party and can't take and A.A. with you, keep some candy handy.** Also, always keep your glass full and let the bartender know you are an alcoholic.
7. **Don't think you have to stay late.** Plan in advance an "important date" you have to keep.
8. **Worship in your own way.**
9. **Don't sit around brooding.** Catch up on those books, walks, letters, and other things.
10. **Don't start now getting worked up about all those holiday temptations.** "One day at a time."
11. **Enjoy the true beauty of holiday love and joy.** "Share the love" is not an empty phrase.
12. **"Having had a ..."** No need to spell out the Twelfth Step here, since you already know it. Stay healthy and prepared, 12th Step calls are needed during pandemics.

## **Commitment During Tough Times**

The United States certainly has been changed since New Year's Eve 2019. It was then that the first reports of something happening in China. Shortly thereafter, things began to change in America—and alcoholics do not like change.

As we look across District 12, Georgia, and the United States, we see alcoholics and A.A. Groups struggling to maintain their program. In many places, A.A. Groups have been shut out of their meeting places. In other places, at-risk members are justifiably afraid to attend meetings.

The Editor notes that Georgia's prison population is down 15,000 inmates since the first of the year. But can these persons find an A.A. meeting?

So, with our world turned upside down, a thank you is needed. Thank you Central Office.

- 1. Our District 12 Central Office has never closed.**
- 2. Our Central Office Volunteers were in the office to provide services.**
- 3. Calls to the Central Office never slowed down, and our Volunteer Staff was there to help.**
- 4. Visitors to the Central Office did slow down a lot, but they did not stop. Our Central Office was open to those who needed to visit.**
- 5. After everything that has happened since January 1st, our total contact are at 66% of our highest level of last September.**
- 6. Sales at the Central Office did take a huge hit in April, but are returning to regular levels—thanks to our individual members and Groups.**
- 7. Finally, [www.augustaaa.org](http://www.augustaaa.org) web site visits and search hits never slowed during this pandemic.**

**During these very tough times, people still worked to keep their sobriety, they were still challenged by life, and Newcomers still arrived daily. But our individual members, working through the Central Office, has done something not done in many other places. Our members have kept the Hand of A.A. stretched out to the**

# Come Celebrate with Us!

If you are in need for a fun time with great friends, visit with a District Group and celebrate the miracles of recovery.

<u>Group</u>	<u>Founded</u>	<u>Celebrates</u>	<u>Group</u>	<u>Founded</u>	<u>Celebrates</u>
Alpha Group	2/27/1973		Leah Group	8/25/2009	
Awesome AAs			Liberty Street Group	12/6/2014	
Back to the Book AM	8/31/2009		Lumpkin Road		
Back to the Book PM	8/31/2009		Martinez	7/31/1980	
Downtown Club			Men's Group		
Early Bird Group	1/1/2015		Mid Day Group	6/1/2001	
Evans	2/3/1995	Every Thurs- day	Morning After	6/7/2014	
First Step	3/25/1974		National Hills	11/18/1985	
Forest Hills	9/6/1963		New Beginning	12/17/1982	Celebrant Chooses Last Friday: Chips @ 7:45, Meeting @ 8:00
Good Shephard Group	6/30/2016		New Perceptions	3/ /2002	
Gratitude Group	4/1/2006	Last Friday @ Noon First Saturday at 8:00 P.M.	No Nipping Nooners	12/13/1989	
Happy Hour	8/31/1988		S.H.E. Group	1/ /1989	
Harlem	10/1/1989		Southside	5/26/1972	
Hephzibah	12/1/1989		Sunlight of the Spirit	7/12/2009	
Hill	12/27/1966		The New Group		Last Saturday: 7:00 Eating / 8:00 Mtg
In Step	2/5/1991		Thomson Group	9/6/1949	
Just for Today			Too Sleepy to Drink	4/1/2008	
Keep it Simple	1/23/2012		Warrenton		Person Picks: 6:00 Eating / 7:00 Meeting
Last Call Group	3/6/2002		Washington	5/1/1982	

## 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](http://www.youtube.com/AlcoholicsAnonymousWorldServicesInc)

## Events of Interest to District 12

October 11	District Business Meeting, 2:00 P.M.
October 15	<i>Fun in Sobriety</i> stories deadline with the AA Grapevine
November 8	District Business Meeting @ 2:00 P.M.
November 15	<i>How the Steps Changed My Life</i> stories deadline with the AA Grapevine
December 11, 1934	Bill W.'s Sobriety Date
December 13	District Business Meeting @ 2:00 P.M.
December 15	<i>Dating &amp; Relationships</i> stories deadline with the AA Grapevine
December 23-Jan 2	Central Office Closed
January 15	<i>Prison Issue</i> stories deadline with the AA Grapevine

### Service Opportunity at Serenity Behavioral Health Center Wednesdays at 6:00 P.M.— Please arrive by 5:50 P.M. to park and sign in

January— New Perceptions Group	February—The Hill Group
March— Too Sleepy to Drink Group	April—Forest Hills Group
May—New Perceptions Group	June—Martinez Group
July—National Hills Group	August—Gratitude Group
September—Thomson Group	October—Evans Group
November—New Perceptions Group	December—National Hills Group

Please contact Katie I at 440-453-8948 for questions and to volunteer.

<b>Founders Day Celebration 2021</b>	<b>12th District Central Office Activities</b>		
<p>Founders Day 2020 had to be cancelled. However, planning for 2021 is under way! The funding goal for 2021 is \$1,300 (including a \$300 Prudent Reserve). Helping now will make 2021 a great deal easier to plan. <u>Your Group or Individual support is requested for the \$396 still needed.</u> <u>Small contributions today helps make easy planning in 2021.</u></p> <p>GOAL:                         \$ 1,300 ON HAND:                     \$ 904 <b>NEEDED:</b>                   <b>\$ 396</b></p> <p>Please consider a contribution—the sooner we meet our goal, the easier planning will be.</p>	<u>Past 12</u>	<u>Monthly</u>	<u>Last 3</u>
	<u>Months</u>	<u>Average</u>	<u>Months</u>
	<u>Total</u>		<u>Total</u>
<u>Central Office Activity</u>			
Calls to Answering Service	1,591	133	424
AA Calls to Central Office	628	52	146
AI-Anon Calls to Central Office	32	3	11
Other Calls to Central Office	97	8	23
Visitors to the Central Office	1,289	107	202
Total Central Office Contacts	3,637	303	806
AA Literature/Items Sales	\$8,375.13	\$697.93	\$2,123.57
Other Literature/Items Sales	\$7,298.03	\$608.17	\$2,223.10
Total Central Office Sales	\$15,673.16	\$1,306.10	\$4,346.67
<u>Web Site Activity</u>			
Web Site Visits	55,213	4,601	13,888
Search Hits	204,177	17,015	48,839

# Announcement on Anniversaries

The Editor has worked, since assuming the position, to highlight sobriety celebrations in District 12. This takes assistance from District 12 Groups to provide sobriety date information. Groups have been asked regularly for the past several months to provide sobriety date information. As this information is not available, listing of sobriety celebrations will be replaced with a similar emphasis on sobriety.

## The Importance of Sobriety Celebrations

It is often noted by ‘Earth People’ that we alcoholics have celebrations for doing things that we should be doing anyway. For instance, celebrating one year without a drink when that is easily done by Earth People. That does miss the point that “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

A.A. history notes that Sister Ignatia presented drunks who were leaving St. Thomas hospital after its five-day detox program with a Sacred Heart Medallion. She instructed them that taking the medallion showed their commitment to God, to A.A. and to personal recovery. If they decided to drink, they would have to return the medallion to her before starting to drink.

That does sound a lot like a Sponsor telling the Sponsee not to call after they begin drinking.

My personal experience is that I have all of my chips/medallions and carry four on me when awake. I do find myself handling these during difficult situations.

Finally, a birthday celebration is not about individual sobriety. A birthday celebration is a Group event where the **actions of all** are celebrated for a year of effort. In District 12, Sobriety Celebrations often include a Speaker who can inspire the oldest long-timer as well as someone still drunk.

Central Office Volunteer  
Opportunities are  
Available in the Central Office.  
Just call the Central Office at  
706-860-8331.



## **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.)

### **We Weather the Winter Together**

As the wintery winds descend  
We know we're not alone  
With comfort in our hearts  
We know that we have grown.

So we huddle up together  
In our warm and comfortable rooms  
We enjoy the change of seasons  
As we await the world in bloom.

Fran H. as printed in The Suffolk Intergroup

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.

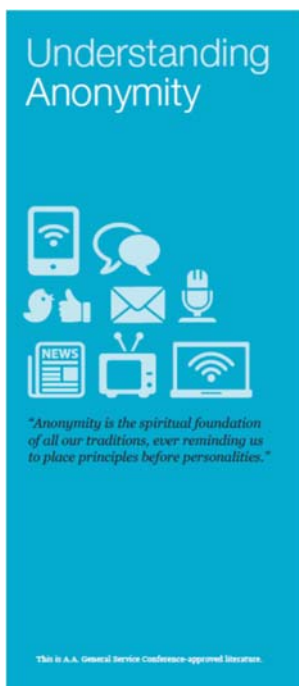
### **Top 10 List— Things to Do at the Central Office**

If you happen to drop in at the Central Office, there are lots of things to do!

10. Check out the older Speaker meeting cassettes.
9. Buy a New Big Book for yourself or a Newcomer
8. Grab a pamphlet to learn something new about A.A.
7. Listen to the Desk Volunteer about what really goes on and how they help.
6. Buy a foreign language Big Book so you can look intellectual!
5. Participate in the Year End Inventory Party!
4. Purchase other A.A. Related Items to have for a Newcomer or Special Celebration
3. Be available for a Newcomer.
2. Just hang out—you can learn a lot by listening.
1. Make faces at Jimmy and Charlie - they really are kids at heart!

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

The Central Office is one of the few in the nation with full-time staffing and a wide variety of AA approved literature.



### P-47 - Understanding Anonymity

Who is this Aunt Minnie and why do I have to understand her? Anonymity has been an issue from the creation of A.A. Dr. Bob argued against too much anonymity on the Group level by noting the number of Robert Smiths in Akron. Bill Wilson broke his anonymity to secure an early magazine article

The pamphlet provides insights into personal anonymity as well as anonymity in the digital age. This is important as there can be bad results from breaking anonymity on a person-to-person basis as well as breaking anonymity at the public level.

The spiritual significance of anonymity is one of the most important parts of our sobriety—and it can be lost so quickly today with just the click of a button.

## Grapevine

This committee works to increase awareness of the AA Grapevine, increase its use as a sobriety tool, and to increase subscriptions. The Committee can also help Groups to build their own Grapevine displays and offer our District Grapevine displays for community and group functions.

If you did not know, the AA Grapevine also has digital versions of the newsletter.

Exciting new news is the large number of books and e-books available. A wonderful morning resource is the AA Grapevine Daily Quote that is delivered by email. The newest resource is the AA Grapevine You Tube channel. Visit [www.aagrapevine.org](http://www.aagrapevine.org) for opportunities.

# Faithful Fivers

Charles A	Georgia A	Rosanne G
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
Denney B	Lisa S	Cleveland J
Katie & Fred I	Ellen W	Jessica/Courtney S/D
Hill Group	Kim J	Neil T
Ranscine R	Gratitude Group	Blake J

## 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**