



# SOBER DAZE

January – March 2022

A 12TH District Publication

## **Inside**

### **Editor Thoughts**

Page 1

### **Important Dates in**

#### **AA History**

Page 2

#### **AA Biography**

Pages 3

#### **Central Office**

Page 4

#### **A.A. Newsletters**

Page 5

#### **Group Meetings**

Page 6

#### **Events/Service/ Central Office**

Page 7

#### **Anniversaries**

Page 8

#### **Poetry & Top Ten List**

Page 9

#### **Pamphlet &**

#### **District Committee**

Page 10

#### **Faithful Fivers**

Page 11

*“All resentments  
contain fear. All  
fears do not contain  
resentments.”*

## **Editor Thoughts**

### **New Year Resolutions**

We are at that time of year when we have made New Year Resolutions. Looking back at the past year, we think of what we should be doing in the upcoming year.

I am reminded of a the story of frogs on a log. There are five frogs sitting on a log. Three decide to jump off the log. How many frogs are on the log?.

Five. While a decision was made, no action was taken.

As we trudge the road into 2022, it would be helpful to remember that small actions are always more important than large decisions.

**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.)

**January 1, 1948:** First A.A. meeting was held in Japan, (English speaking.)

**January 4, 1941:** Bill and Lois Wilson drove to Bedford Hills, NY, to see Stepping Stones and broke in through an unlocked window.

**January 10, 1940:** 1st AA meeting not in a home meets at King School, Akron, Ohio.

**January 23, 1961:** Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.

**January 26, 1971:** *New York Times* published Bill Wilson's obituary on page 1.

**January 27, 1971:** The Washington Post published an obituary of Bill Wilson written by Donald Graham, son of the owner of the Washington Post.

**February 2, 1942:** Bill Wilson paid tribute to Ruth Hock, AA's first paid secretary, who resigned to get married. She had written approximately 15,000 letters to people asking for help

**February 8, 1940:** Bill W., Dr. Bob, and six other AA's asked 60 rich friends of John D. Rockefeller Jr., for money at the Union Club, NY. They got \$2,000.

**February 12, 1945:** World War II paper shortage forced reduction in size of the Big Book.

**February 18, 1943:** AA's were granted the right to use cars for 12th step work in emergency cases, despite gas rationing.

**February 22, 1842:** Abe Lincoln addressed the Washington Temperance Society in Springfield, IL.

**March 1, 1941:** Saturday Evening Post article by Jack Alexander created national sensation. AA membership quadrupled in one year from 2000 to 8000.

**March 23, 1941:** Sybil C.'s sobriety date. She was the first woman to enter AA west of the Mississippi.

**March, 1940:** Mort J. came to LA from Denver; started custom of reading Chapter 5 Big Book at Cecil group.

## A.A. Biography

This section is a bit of a twist from the usual biography. In June of each year, Founders Day is held in Akron, Ohio. Should you be able to visit, you can tour sites that were intimately involved in the birth of A.A. These include:

Akron Intergroup | A.A. Archives: (<https://akronaa.org>) is located in the Birthplace of Alcoholics Anonymous, the Akron Area Intergroup Office started in 1954 and serves Holmes, Medina, Portage, Summit and Wayne Counties.

Dr. Bob's Home at 855 Ardmore Ave., Akron OH 44302 (<https://drbobshome.org>) Dr. Bob & Anne lived here until their passing; Anne in 1949 and Bob in 1950. Open to the public Noon to 3:00 PM everyday but Christmas. (Special hours Founders' Day weekend).

Dr. Bob & Anne Gravesite | Mt. Peace Cemetery, 183 Aqueduct Dr., Akron OH 44303  
Dr. Bob & Anne's gravesite is located in Section 21, Lot 65, Grave 7.

Seiberling Gatehouse | Stan Hywet Hall & Gardens, 714 N. Portage Path, Akron OH 44303 (<https://www.stanhywet.org>) Henrietta Seiberling's home where Dr. Bob & Bill first met.

Mayflower Hotel, 263 S. Main St., Akron OH 44308, The Mayflower Hotel is where Bill W. made the historic telephone call to Rev. Tunks and then to Henrietta Seiberling who arranged his meeting with Dr. Bob. The Mayflower is now a Senior Living Apartment Complex. The lobby is open during Founders Day.

St. Thomas Hospital | Summa Health, 440 N. Main St., Akron OH 44310. The first alcoholic ward where Dr. Bob & Sister Ignatia worked to help 5,000 alcoholics. A memorial is located in the hospital chapel on the second floor.

Rev. Tunk's Rectory, Casterton Ave. & Edgerton Rd. Rev. Tunks was responsible for Bill calling Henrietta Seiberling, who then arranged the meeting between Bill W. and Dr. Bob. Please respect the privacy of this private residence.

T. Henry & Clarace Williams' Home, 676 Palisades Dr., Akron OH 44303, The "Drunk Squad" of the Oxford Group met here before moving to Dr. Bob's home. Please respect the privacy of this private residence.

## CONVENIENCE CAN BE CHEAPER

This year one of the AA Groups came in to the 12<sup>th</sup> District Central Office to buy supplies for their group. They wanted twelve different items including AA literature, Non Conference literature, chips and medallions etc.. We had all items in stock. We put them in a box and they charged them on an invoice to be paid at their convenience. The total bill was \$229.79.

One of the volunteers asked what the group would have to do if the Central Office did not exist. We calculated they would have to four different sources to obtain the items. They would have to arrange payment and delivery with each source. The total bill would be \$89.00 higher.

Seems like a lot of work to just pay an additional \$89.00.

How does the Central Office do this?

1. No one is paid to work at the Central Office. We have a wonderful group of volunteers who are paid in sobriety.
2. We are able to take advantage of discounts for buying in bulk.
3. The Groups support us with donations. These donations help pay things like rent, phone and other business expenses. We are very grateful for these group donations.

The 12<sup>th</sup> District Central Office has been functioning for more than thirty years and hopes to do so for many more.

Editor Note: The special expertise of our Central Office Volunteers allows the rest of us to spend more time on service work, especially working with suffering alcoholics. Just doing the computer research to find A.A. items takes away from working with others.

I would urge everyone to let the Central Office know of items that would be helpful to your Group. For instance, the Thomson Group recently purchased Braille A.A. materials, just in case they are needed. The Central Office can help to purchase items such as these.

## A.A. Newsletters

For a while now, we have been spending more time inside. Getting out has been limited. This has meant that couch or desk activities are a bigger part of our day.

So why not get better connected to our A.A. community. These newsletters can help.

District 12 Sober Daze Newsletter: You are reading this newsletter. It can be found any time at: [http://www.augustaaa.org/sober\\_daze.html](http://www.augustaaa.org/sober_daze.html). This newsletter is published four times a year.

Area 16 / Georgia: The Georgia Message of A.A. is published every two months. It can be found any time at: <https://www.aageorgia.org/the-georgia-message-of-aa.html>. Certain issues are password access only because they contain biographical information about Area 16 Officer candidates.

Alcoholics Anonymous: Box 4-5-9 is a quarterly news bulletin about A.A. service, literature, events, sharing from groups, service committees and individual U.S./Canada A.A. members. It can be found at: <https://www.aa.org/box-459>.

Alcoholics Anonymous: About A.A. is for professionals of all types who deal with alcoholics, including professionals in the fields of healthcare, law, corrections and clergy. It can be found at: <https://www.aa.org/about-aa>.

Alcoholics Anonymous: Sharing from Behind the Walls contains excerpts from letters sent to G.S.O. by people in custody for others involved in A.A. in correctional facilities. It can be found at: <https://www.aa.org/sharing-from-behind-the-walls>.

# 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>                         |
|-----------------------------|----------------|-----------------------------|-------------------------------|----------------|---|
| <b>Alpha Group</b>          | 2/27/1973      |                             | <b>Lumpkin Road</b>           | 12/6/2014      |   |
| <b>Awesome AAs</b>          |                |                             | <b>Martinez</b>               | 7/31/1980      |   |
| <b>Downtown Club</b>        | 8/31/2009      |                             | <b>Men's Group</b>            | 7/31/1980      |   |
| <b>Early Bird Group</b>     | 1/1/2015       |                             | <b>Mid Day Group</b>          | 6/1/2001       |   |
| <b>Evans</b>                | 2/3/1995       | Every Thursday              | <b>National Hills</b>         | 11/18/1985     |   |
| <b>First Step</b>           | 3/25/1974      |                             | <b>New Beginning</b>          | 12/17/1982     | Celebrant Chooses                         |
| <b>Forest Hills</b>         | 9/6/1963       |                             | <b>New Perceptions</b>        | 3/ /2002       | Last Friday: Chips @ 7:45, Meeting @ 8:00 |
| <b>Gratitude Group</b>      | 1/16/2006      | Last Friday @ Noon          | <b>No Nipping Nooners</b>     | 12/13/1989     | Celebrant Chooses                         |
| <b>Happy Hour</b>           | 8/31/1988      | First Saturday at 8:00 P.M. | <b>Path to Freedom</b>        | 3/ /2002       | Last Friday: Chips @ 7:45, Meeting @ 8:00 |
| <b>Harlem</b>               | 10/1/1989      |                             | <b>S.H.E. Group</b>           | 1/ /1989       |   |
| <b>Hephzibah</b>            | 12/1/1989      | Last Friday @ Noon          | <b>Southside</b>              | 5/26/1972      |   |
| <b>Hill</b>                 | 12/27/1966     | First Saturday at 8:00 P.M. | <b>Sunlight of the Spirit</b> | 7/12/2009      |   |
| <b>In Step</b>              | 2/5/1991       |                             | <b>Thomson Group</b>          | 9/6/1949       | Last Saturday: 7:00 Eating / 8:00 Mtg     |
| <b>Just for Today</b>       | 12/1/1989      |                             | <b>Too Sleepy to Drink</b>    | 4/1/2008       |   |
| <b>Last Call Group</b>      | 3/6/2002       |                             | <b>Warrenton</b>              |                |   |
| <b>Leah Group</b>           | 8/25/2009      |                             | <b>Washington</b>             | 5/1/1982       | Person Picks: 6:00 Eating / 7:00 Meeting  |
| <b>Liberty Street Group</b> | 12/6/2014      |                             | <b>West Town AA</b>           | 4/1/2008       |   |

## Events of Interest to District 12

|               |  |
|---------------|--|
| January 9     | District Business Meeting @ 2:00 P.M.                      |
| January 15    | Deadline for AA Grapevine Prison Issue                     |
| January 15-17 | GSSA Service Assembly, Oconee Fall Line Technical College, |
| Dublin        |  |
| February 13   | District Business Meeting @ 2:00 P.M.                      |
| February 15   | Deadline for AA Grapevine Sober Travel Issue               |
| March 10-13   | Little River Round-up, Albany                              |
| March 13      | District Business Meeting at 2:00 P.M.                     |
| March 15      | Deadline for AA Grapevine Young and Sober Stories          |
| March 18-20   | Atlanta Men's Workshop @ Rock Eagle                        |

### 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 |

Contact Tyrone at 917-860-8773 for questions and to volunteer.

### Founders Day Celebration 2022

Planning for Founders Day 2022 is under way! The funding goal for 2022 is \$1,300 (including a \$300 Prudent Reserve). Helping now will make 2022 a great deal easier to plan. *Your Group or Individual support is requested for the \$300 still needed. Small contributions today helps make easy planning in 2022.*

GOAL:                         \$ 1,300  
 ON HAND:                   \$ 1,000  
**NEEDED:                   \$ 300**

Please consider a contribution—the sooner we meet our goal, the easier planning will be.

| <i>Central Office Activity</i>  | <i>Past 12<br/>Months<br/>Total</i> | <i>Monthly<br/>Average</i> | <i>Last 3<br/>Months<br/>Total</i> |
|---------------------------------|-------------------------------------|----------------------------|------------------------------------|
| Calls to Answering Service      | 1,600                               | 133                        | 408                                |
| AA Calls to Central Office      | 804                                 | 67                         | 216                                |
| Al-Anon Calls to Central Office | 42                                  | 4                          | 9                                  |
| Other Calls to Central Office   | 82                                  | 7                          | 15                                 |
| Visitors to the Central Office  | 1,297                               | 108                        | 411                                |
| Total Central Office Contacts   | 3,825                               | 319                        | 1,059                              |
| AA Literature/Items Sales       | \$11,970.60                         | \$997.55                   | \$3,223.83                         |
| Other Literature/Items Sales    | \$7,871.65                          | \$655.97                   | \$1,946.54                         |
| Total Central Office Sales      | \$19,842.25                         | \$1,653.52                 | \$5,170.37                         |
| <i>Web Site Activity</i>        |                                     |                            |                                    |
| Web Site Visits                 | 53,672                              | 4,473                      | 12,521                             |
| Search Hits                     | 188,256                             | 15,688                     | 44,047                             |

# 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.

## Sister Ignatia and Celebrating Sobriety

(From [www.bigbooksponsorship.org](http://www.bigbooksponsorship.org))

Sister Ignatia, the nun who helped Dr. Bob get the hospitalization program started at St. Thomas Hospital in Akron was the first person to use medallions in Alcoholics Anonymous. She gave the drunks who were leaving St. Thomas after a five day dry out a Sacred Heart Medallion and instructed them that the acceptance of the medallion signified a commitment to God, to A.A. and to recovery and that if they were going to drink, they had a responsibility to return the medallion to her before drinking. The sacred heart medallions had been used prior to A.A. by the Father Matthew Temperance Movement of the 1840's and the Pioneers, an Irish Temperance Movement of the 1890's.

The practice of giving sobriety chips in A.A. is attributed to a Group in Elmira, N.Y. in 1947. The celebration of birthdays came from the Oxford Group where they celebrated the anniversary of their spiritual rebirth. People in early A.A. chose the anniversary of the date of their last drink.

There is evidence that early on many people in AA carried personal mementos to remind themselves of the importance of their sobriety. Clarence H. Snyder – *“The Home Brewmeister”* had his last drink on February 11, 1938 and he carried a medallion (pictured right) made from a silver dollar and a watch fob up until just before his death on March 22, 1984. It has been dated back into the mid-1940's, if not before, and the holes represent 46 years of sobriety.



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

Service Committees need great people as well. If you have a special burning desire to be of service, one of our Service Committees has experiences just waiting for you. Call 706-860-8331 for details.



## 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.)

### Breath

Breath born in the womb of life  
Breath of life as old as time  
Of this I do breathe as I swim  
In a vast karmic sea.

The spirit of life holds me with care  
Resilience rooted in eons of time  
Nourishing my heart body and mind  
Reminding me that the fear that I feel

Causes and conditions rise and sink  
Giving birth to endless cycles of trying  
and failing  
And of trying without fail  
Epicycles of birth and death

Is too great to try to hold on my own  
Reaching for the hand of another  
I remember that I need not be alone  
No I never need be alone

Robert B., of the Fitchburg Serenity Club, Madison, WI, Suffolk Intergroup Bulletin

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— Morning Prayers and Meditations

8. During the day when I become doubtful, ask for the right thought or action.
7. Pray that I will be shown what the next step will be.
6. Do not ask for anything for myself, unless others will be helped.
5. Ask the Creator for inspiration when I am faced with indecision.
4. Ask Him to keep me from having self-seeking motives.
3. Ask Him to keep me from being dishonest with myself.
2. Ask Him to keep me from feeling self-pity.
1. Ask the Creator to direct my thinking today.

From the Tri-County Central Office News, pg, 1, October 2021

## **Treatment Facilities**

This Treatment Facilities Committee takes meetings into rehabilitation and other facilities established to help people to recover from Alcoholism. The committee designates members of the community to commit to chairing a meeting in one of these facilities. The Committee is working to have A.A. meetings in every facility in District 12.

If you would like to give away a little of what you have gotten from AA, please come join us!

**For service opportunities, please email: [12thdistrictcentraloffice@comcast.net](mailto:12thdistrictcentraloffice@comcast.net)**

### **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.**



### **It Sure Beats Sitting in a Cell**

This illustrated pamphlet presents the experience of seven incarcerated alcoholics who found A.A. and got sober while in prison. Staple-less for distribution in correctional facilities.-A.A.s can work together.

If you contribute to a Coins for Cons can, your contribution can help to purchase this pamphlet for our members who are in prison or a county jail.

# Faithful Fivers

Thank you for supporting the Central Office!

|                    |                     |                    |
|--------------------|---------------------|--------------------|
| Denney B           | Kathryn Z           | 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        |
| Michael E          | Rosemary M          | Sara/John R        |
| Ronnie P           | Tony B              | Frank W            |
| Traylor J          | Lisa S              | Blake J            |
| Katy & Fred I      | Ellen W             | Ranscine R         |
| Hill Group         | <b>AVAILABLE!!!</b> | Margie S           |
| Neil T             | Gratitude Group     | Pat/Wayne F        |
| <b>AVAILABLE!!</b> | <b>AVAILABLE!!</b>  | <b>AVAILABLE!!</b> |

## 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**