



SOBER DAZE

April – June 2022

A 12TH District Publication

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*“Beauty is in the eye
of the beer holder.”*

Editor Thoughts

A Busy Time of Year

As I look over this issue, I see what a busy time of year this is for us. Looking at the history section I see so much of our history taking place. Looking over our calendar, I see so much action before us.

I am reminded that A.A. is a program of action. I have heard an old saying that “A.A. is not for those who need it, it is for those that want it.” I have been taught to disagree with that statement. I have been taught “A.A. is not for those who need it, it is not for those that want it, it is for those that do it.”

There is service work galore at the Group, District, State and National areas. And all of it benefits the alcoholic who still suffers. I would urge you to spring forward into more service work.

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



Important Dates in A.A. History

(Details from 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.)

April 1, 1939 - *Alcoholics Anonymous* AA's Big Book was published.

April 7, 1941 - Ruth Hock reported there were 1,500 letters asking for help, as a result of the Saturday Evening Post Article by Jack Alexander.

April 23, 1940 - Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill Wilson insisted on them for Dr. Bob and Anne.

April 24, 1940: The first AA pamphlet, "AA", was published.

April 26, 1939 - Bill & Lois Wilson moved in with Hank Parkhurst after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired Stepping Stones.

April 1958 - The word "honest" was dropped from "an honest desire to stop drinking," in the AA Preamble.

May 6, 1939: Clarence S of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an "AA" meeting in Cleveland.

May 10, 1939: Clarence S announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.

May 11, 1935 - From the Mayflower Hotel, Bill Wilson called Walter Tunks who referred him to Henrietta Seiberling who introduced Bill to Dr. Bob.

May 11, 1939: First group to officially call itself Alcoholics Anonymous met at Abby G's house in Cleveland. (some sources say the 18th)

May 12, 1935 - Mothers' Day - Bill Wilson and Dr. Bob Smith met for the first time in Akron, Ohio, at the home of Henrietta Seiberling.

May 19, 2000 - Dr. Paul Ohliger died at the age of 83. His story, "Doctor, Alcoholic, Addict," was retitled "Acceptance Was the Answer," in the 4th edition.

June 10, 1935 - The date that is celebrated as Dr. Bob's last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually June 17.

June 26, 1935 - Bill Dotson. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.

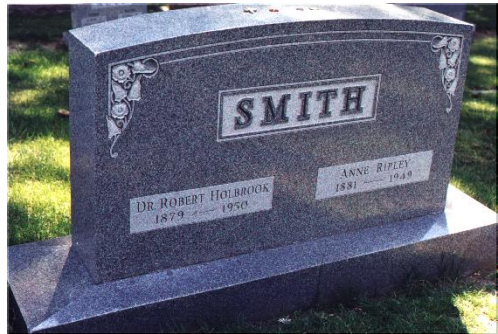
June 28, 1935 - Dr. Bob and Bill Wilson visited Bill Dotson at Akron's City Hospital.

A.A. Biography

As we look towards June being the birth month of A.A., it seems fitting to, on this page, to look at the biographies of our founders. However, it might seem a little odd to be looking at their headstones. But there is a reason for this.

From the first beginnings of A.A., humility has been a key component of recovery. The Big Book spends a lot of time speaking to self. And ego is a key topic in the recovery process. I have heard the term 'ego-deflation' more times than my ego likes!

On May 18, 1950, while lying in bed with cancer taking his life, Dr. Bob, upon hearing that local A.A.'s wanted a huge memorial, is reported to have said to Bill 'I reckon we ought to be buried like other folks.'



The headstone photographs above show the simplicity of the headstones. They both look very much like the other headstones in their respective cemeteries.

But rather than large monuments of stone, our founders worked to build a foundation of service work. Dr. Bob spent fifteen years taking the message of recovery to thousands of alcoholics. Being younger, Bill spent almost 36 years carrying the message.

As we enjoy the wonderful weather of this time of year, it would appear to prove beneficial to pay the miracle of recovery forward.

The AA Talk **(submitted by Glenn L. of the Gratitude Group)**

The purpose of this article is to aid the person who is confronted with the task of giving their first talk before an AA group. The suggestions presented are by no means gospel or infallible. They are intended to be helpful to all speakers, regardless of their time of sobriety but are especially offered to the first-time AA speaker.

It is customary to introduce yourself, give your sobriety date, home group and mention that you have a sponsor (if you have one). Years ago it was recommended to wear a suit; today business casual is acceptable. Be brief. Your talk deserves the best effort you can put into it. Anything to do with sobriety deserves nothing but the best. You can avoid the embarrassment of stumbling around groping for words and ideas if you will use the forethought of preparation.

This does not mean sit down and write a speech. But organize your subject matter beforehand. If you have any doubts as to your memory—and remember, you may experience stage fright—prepare written notes. After preparing them, follow them closely to avoid going off on a tangent and finding it difficult to get back to your main line of thought. To speak before a group with no preparation is an insult to your audience's intelligence.

Speak up. Don't mumble. If you are using a PA system, familiarize yourself with it before your talk. Microphones are different. Some will pick up your voice from a distance, while others require that you speak directly into the mike. There is a saying among modern clergymen: "No souls are saved after the first twenty minutes." In almost all cases, effectiveness is lost after thirty minutes. The longer the speaker continues to talk, the less the listener will remember when it is all over. Remember, alcoholics are restless people. Keep an eye on the time. There is nothing wrong with a short AA talk.

Your audience knows you are an alcoholic and a member of Alcoholics Anonymous. Your presence on the platform is proof of that. You may have to give some of your drinking history to show what obstacles you had to overcome to become a practicing AA but keep it to a bare minimum. Avoid a blow-by-blow account of your drinking days and experiences.

A recitation of drinking experiences has a definite place in the AA program. It establishes a bond between the AA and the person who may someday become a member. It helps convince the new person that they are not the only one in the world who has a problem. So your drinking story is useful when you visit a prospect at home, in jail, or in the hospital. Your audience is more interested in what you have done to get sober and stay sober. Draw on your drinking experience to illustrate points then make an end of it.

Don't try to cover everything you know in one talk. No one knows all the answers. Don't give the impression you are an exception to this rule. Don't read lengthy poems, prayers or quotations. If you must quote be brief. Don't be dramatic or play to the grandstand. Don't get involved in circuitous analogies. Don't be too positive. It is your story. How it was, what happened and how it is now.

When you are finished SIT DOWN!

A.A. Newsletters

Getting outside of myself is important to my recovery. I have heard of many situations where an A.A. became comfortable in their program and was unprepared when life showed up.

In the last issue, this page provided information regarding Georgia A.A. and General Service Office newsletters. These provide a huge amount of information on A.A. activities, service work, and events that can help us to retain our sobriety.

But did you know that other Central Offices around the country have their own newsletters for their locations? (None as good as Sober Daze, of course!) These do provide insights into A.A. in these areas. The current count is about 160 newsletters around the country. These are a wonderful resource to expand your recovery experience.

Below are just a few of the newsletters that are available from your computer.

Arizona:	http://flagstaffaa.org/newsletters/
California:	https://victorvalleyaa.org/newsletter/
Colorado:	http://www.coloradospringsaa.org/news-events/news/
Delaware:	http://ndiaa.org/ndiaa-newsletter/
D.C.:	https://aa-dc.org/new-reporter
Hawaii:	https://kauaiaa.org/gis-newsletter
Iowa:	http://www.aaquadcities.org/newsletter-minutes/
Louisiana:	http://aabatonrouge.org/no-booze-news/
Maryland:	https://www.annapolisareaintergroup.org/bulletin.php
Massachusetts:	https://aaboston.org/monthly-bulletin
Michigan:	http://www.dist26aa.org/
Minnesota:	https://aaminneapolis.org/mirus-newsletter/
Nevada:	https://nnig.org/aa-links/bracer-newsletter

Group Meetings

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

Events of Interest to District 12

April 10	District Business Meeting @ 2:00 P.M.
April 15	Deadline for AA Grapevine Relapsing Issue
May 8	District Business Meeting @ 2:00 P.M.
May 20-22	GSSA Assembly, Oconee Fall Line Technical College, Dublin
June 3-5	Girlstock in Atlanta
June 10, 1935	Dr. Bob's Last Drink / Birth of A.A.
June 11	Augusta Area Founders Day
June 12	District Business Meeting @ 2:00 P.M.
June 15	Deadline for AA Grapevine Remote Communities Experiences Issue
July 10	District Business Meeting @ 2:00 P.M.

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.

12th District	Central	Office	Activities
<u><i>Central Office Activity</i></u>	<u><i>Past 12 Months Total</i></u>	<u><i>Monthly Average</i></u>	<u><i>Last 3 Months Total</i></u>
Calls to Answering Service	1,482	124	280
AA Calls to Central Office	815	68	184
Al-Anon Calls to Central Office	40	3	7
Other Calls to Central Office	63	5	9
Visitors to the Central Office	1,333	111	257
Total Central Office Contacts	3,733	311	737
AA Literature/Items Sales	\$12,645.92	\$1,053.83	3,384
Other Literature/Items Sales	\$8,765.81	\$730.48	2,407
Total Central Office Sales	\$21,411.73	\$1,784.31	5,791
<u><i>Web Site Activity</i></u>			
Web Site Visits	44,796	3,733	4,061
Search Hits	156,962	13,080	13,564

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. Upcoming Anniversaries are listed below.

Month	Name	Sobriety Date	Days Sober	Name	Sobriety Date	Days Sober
	Evans Group			Thomson Group		
Apr	Cathleen W	04/02/21	352	Seymour C	4/27/1998	8,728
	Pam T	04/21/19	1,064			
	Sara L	04/24/17	1,791			
May	Jazmine T	05/18/21	306	Thomas B	5/15/2011	3,962
	Lindsey D	05/02/21	322	Ricky B	5/16/2021	308
	Mitzi M	05/10/17	1,775	Connie B	5/26/2020	663
				Bobby S	5/26/2020	663
Jun	Dectrick J	06/18/21	275	Jimmie C	6/1/2019	1,023
	Eileen L	06/08/87	12,704	Tyler N	6/11/2020	647
	Emily H	06/23/15	2,462			
	Jeremy L	06/29/17	1,725			
	Marie L	06/04/21	289			
	Stephanie H	06/20/19	1,004			
	Tommy D	06/12/21	281			
	Vicky M	06/02/17	1,752			

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.)

The Knots Prayer

Dear God, please untie the knots that
are in my mind, my heart and my life

Release me from the could knots, would
knots and should knots that obstruct me.

Remove the have knots, the can knots, and
The do knots that I have in my mind.

And most of all, dear God.
I ask that you remove from my mind,
my heart, and my life all the am knots
that I have allowed to hold me back,
especially the thought that I am not
god enough.

Erase the will knots, may knots, and might
Knots that find a home in my heart.

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 Sobriety is Not

10. Sobriety is not boring.
9. Sobriety is not easy.
8. Sobriety is not the end of your life.
7. Sobriety is not only for alcohol.
6. Sobriety is not a sign of weakness.
5. Sobriety is not something to be ashamed of.
4. Sobriety is not a secret you should keep.
3. Sobriety is not the norm.
2. Sobriety is not just about quitting alcohol.
1. Sobriety is not for everyone.

From <https://www.thefix.com/10-things-sobriety-not>

Public Information/Cooperation with the Professional Community (PI/CPC)

The PC/CPC committee covers a vast area of concerns in our community including schools, professionals, physicians, lawyers, judges, courts, police departments, clergy, press and other media. We are currently working on establishing a speaker bureau. If you enjoy talking about AA and what the program has to offer, to someone who may still be suffering, please come join us!!

For service opportunities, please email: 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.

Let's Be Friendly With Our Friends: Friends on the Alcoholism Front



by Bill W.
WE ARE TOLD there are 4,500,000 alcoholics in America. Up to now, A.A. has sobered up perhaps 250,000 of them. That's about one in 20, or five percent of the total. This is a brave beginning, full of significance and hope for those who still suffer. Yet these figures show that we have made only a far-sized dent on this vast world health problem. Millions are still sick and other millions soon will be.

These facts of alcoholism should give us good reason to think, and to be humble. Surely, we can be grateful for every agency or method that tries to solve the problem of alcoholism — whether of medicine, religion, education, or research. We can be open-minded toward all such efforts, and we can be sympathetic when the ill-adviced ones fail. We can remember that A.A. itself ran for years on trial-and-error. An individual A.A.'s, we can and should work with those that promise success — even a little success.

Nor ought we allow our special convictions or prejudices to overcome our good sense and goodwill. For example, members of us think that alcoholism is mainly a spiritual problem. Therefore, we have little time for biochemists who would like us to believe that drunks drink mostly because they are bedeviled by bad metabolisms. Likewise, we are apt to get red-hot when psychiatrists wade aside all issues of right

Footnotes on last page.
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Let's Be Friendly With Our Friends

This pamphlet explains how A.A. can work in any community. Prepared especially to help groups, central offices, and public information committees interpret A.A. to the community.

There are many entities in our community that want to help alcoholics, but have not idea how to do so. For instance, nursing programs send their student nurses to A.A. meetings as part of the teaching curriculum.

Other entities are doctor's offices, churches, hospitals, Department of Family and Children Services, and attorneys.

Faithful Fivers

Thank you for supporting the Central Office!

Denney B	Kathryn Z	Rosanne G
Jim & Billie B	Jimmy & Tammra H	Linda S
Cathy C	David J	Last Call Group
Bruce/Kathy D	Pat J	Gene/Judy T
David W	Rosemary M	Sara R
Cleveland J	Tony B	Frank W
Traylor J	Lisa S	Blake J
Katy & Fred I	Ellen W	Ranscine R
Dan W	AVAILABLE!!!	Margie S
Neil T	Gratitude Group	Pat/Wayne F
AVAILABLE!!	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: _____ **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**