



# SOBER DAZE

October - December 2022

A 12TH District Publication

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*"Remember 'I'  
before 'E', except in  
Budweiser." ~*

*Professor Irwin  
Corey"*

## **Editor Thoughts**

### **That Holiday Time of Year**

Oh, the holidays! That time of year when we give thanks for what we have and the friends we have. Two points as we enter this time of year.

First, we must remember to reach out to our members who may be having a rough time. My sobriety date is in October. My first Halloween, Thanksgiving, Christmas and New Years were lonely times. But Old Timers in my Group did a lot to show me the path to being happy, joyous and free.

Second, temptations abound. Christmas Parties, alcohol desserts, 'secret' recipes are around use. A. A. has many resources to help us stay vigilant about the first drink. Leaving a family get-together for a couple of hours for an A. A. meeting might be needed.

**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.

#### **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)

#### **Read Sober Daze anytime by visiting**

[http://www.augustaaa.org/sober\\_daze.html](http://www.augustaaa.org/sober_daze.html)



## 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.)

**October 1, 1957** - Alcoholics Anonymous book A. A. Comes of Age is published

**October 3, 1945** - AA Grapevine adopted as national publication of AA

**October 6, 1941** - 900 dine at Cleveland dinner for Bill D, AA #3

**October 13, 1939** - Bill W. gets his drivers license

**October 1939:** Journal of American Medical Association gives Big Book unfavorable review.

**October 17, 1935** - Ebby T, Bills sponsor, moves in with Bill and Lois

**October 20, 1928:** Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.

**October 1958** - Playhouse 90 TV airs "The Days of Wine and Roses"

**November 9, 1966** - President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism

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

**November 13, 1939** - Bill wants to go back to work, NY drunks want him to stay on as head of the movement November 13, 1939

**November 28, 1934** - Ebby T. carries message to Bill.

**December 2, 1943** - Bill speaks to 300 at meeting inside San Quentin

**December 6, 1939** - Bert the Tailor lends Works Publishing \$1000

**December 7, 1949** - Sister Ignatia accepts Poverello Medal of St Francis on AA's behalf

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

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

**December 1950** - Grapevine article signed by both Bill and Dr Bob recommend establishing AA General Service Conference.

**December 1955** - 'Man on the Bed' painting by Robert M. first appeared in Grapevine. Painting originally called 'Came to Believe'

## A.A. Biography

Marty Mann  
(adapted from Wikipedia)

Marty Mann is considered by some to be the first woman with long term sobriety in Alcoholics Anonymous. There were several remarkable women in the early days of AA including but not limited to: Florence R. of New York, Sylvia K. of Chicago, Ethel M. of Akron, Ohio. AA co-founder Bill Wilson was Marty's sponsor. Marty wrote "Women Suffer Too" in the second through fourth editions of the Big Book.

Mann organized the National Committee for Education on Alcoholism (NCEA) in 1944, which later became the National Council on Alcoholism (NCA), and then the National Council on Alcoholism and Drug Dependence (NCADD), to address concern with other drugs. She traveled across the U.S. educating medical professionals legislators, businessmen and the public to the importance of treatment and education of the fatal disease of alcoholism. Marty worked as a magazine editor, art critic, and photojournalist for renowned magazines such as Vogue, Harpers, and Tattler. However, she had an alcohol use disorder – and it progressed to the point where she was no longer able to hold a job, drifting in and out of homelessness while living abroad in London.

Her alcoholism escalated and she spent 6 months in a London Hospital after a second suicide attempt. She was encouraged to return home to America by her friends. In 1936, she returned to her family in the United States and sought help from doctors. She quickly became a charity patient at Bellevue Hospital in New York City. She eventually transferred to Blythewood Sanitarium in Greenwich, Connecticut. In 1939, her psychiatrist Dr. Harry Tiebout gave her a pre-publication manuscript of the book Alcoholics Anonymous, and persuaded her to attend her first AA meeting. This meeting took place at the home of Lois and Bill. York.

In 1945, Mann became inspired with the desire to eliminate the stigma and ignorance regarding alcoholism and to encourage the "disease model" which viewed it as a medical/psychological problem, not a moral failing. She helped start the Yale School of Alcohol Studies (now at Rutgers), and organized the National Committee for Education on Alcoholism (NCEA), now the National Council on Alcoholism and Drug Dependence or NCADD.

She believed alcoholism runs in the family, and education of the disease was essential. Three ideas formed the basis of her message: alcoholism is a disease and the alcoholic a sick person, the alcoholic can be helped and is worth helping, and alcoholism is a public health problem and therefore a public responsibility. Marty Mann wrote the following books: Primer on Alcoholism, Marty Mann's New Primer on Alcoholism, and Marty Mann Answers Your Questions about Alcoholism. Mann was instrumental in the founding of High Watch Farm, the world's first recovery center founded on the principles of Alcoholics Anonymous.

## **A Program of Action**

It has been my experience that when not treating the program found throughout the book of Alcoholics Anonymous as one where I must take action, my character defects quickly surface and I am of no help to either my higher power, or my fellow man. When discussing action, I want to highlight two quotes in our literature.

First, on page 144 of the Big Book, it says, “If the book is read the moment the patient is able, while acutely depressed, realization of his condition may come to him.” A brother in the program pointed this out to me as one of the pieces that always stuck with him. It reminded him that the earlier he took action to work steps one through nine, the more likely he was to leave nothing on the table.

Secondly, the Big Book says this about step ten on page 84, “It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear.” Early on, I felt overwhelmed by thinking of a “lifetime” of action. How could I ever commit myself to working steps ten through twelve for every day of my waking life? Eventually this feeling of unbearable weight faded because the working of the steps was both bringing me relief from the obsession to drink as well as building, and then strengthening, my dependence on my higher power.

With all the earnestness at my command, I beg of you to take action and work these steps, through and through, until the end. If it wasn’t an important aspect of the program, they probably wouldn’t have named a chapter after it, right?

Kristofer S.  
National Hills Group  
Westside Club Augusta, GA

## Special Contributions

*From near Hephzibah, Pat J. sends in some special notes of wisdom:*

Don't walk in front of me ... I may not follow.

Don't walk behind me ... I may not lead.

Walk beside me and just be my friend.

Keep informed of community resources that can help with those impacted by alcoholism – homeless shelters, abused spouse resources, health clinics, and job resources are just a few. Because '... in all our affairs.'

Nobody is Perfect: Each one of us is a mixture of good qualities and some, perhaps, not-so-good qualities. In considering our fellowman, we should remember his good qualities and realize that his faults only prove that he is, after all, a human being. We should refrain from making harsh judgment of a person just because he happens to be a dirty, rotten, no-good son-of-a-bitch.

A husband calling his wife heard an updated message: "Hi, this is your wife. To find out what's for dinner, press 1. To apologize for something you said, press 2. To say 'I love you', press 3 ..."

*Kathleen J.*

The Central Office recently received an email from the Central Office of Mobile, Alabama. They recently found an older Grapevine that included an article from Kathleen J. of Augusta from the September 1989 issue. The story is title 'A Degree of Serenity.' If you have access to historical Grapevine articles, you are invited to read this touching article.

Our A. A. friends in Mobile did want us to know that Kathleen is 'still giving Hope to the life of others in recovery on a day that I really needed a positive message.'

# 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>
			<b>Live and Let Live Group</b>		
<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

October 9	District Business Meeting @ 2:00 P.M.
October 21-23	Georgia's 67 <sup>th</sup> Pre-Paid Convention, at Dublin
November 13	District Business Meeting @ 2:00 P.M.
December 11, 1934	Bill W.'s Sobriety Date
December 11	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 2023

Planning for Founders Day 2022 was a great success! The funding goal for 2023 is \$1,300 (including a \$300 Prudent Reserve). Helping now will make 2023 a great deal easier to plan. Your Group or Individual support is requested for the \$1,300 needed. Small contributions today helps make easy planning in 2023.

GOAL: \$ 1,300

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

12th District Central Office Activities			
Central Office Activity	Past 12 Months Total	Monthly Average	Last 3 Months Total
Calls to Answering Service	1,184	99	216
AA Calls to Central Office	752	63	168
Al-Anon Calls to Central Office	29	2	6
Other Calls to Central Office	39	3	6
Visitors to the Central Office	1,150	96	207
Total Central Office Contacts	3,154	263	603
AA Literature/Items Sales	\$12,300.22	\$1,025.02	\$2,181.79
Other Literature/Items Sales	\$8,845.49	\$737.12	\$2,291.62
Total Central Office Sales	\$21,145.71	\$1,762.14	\$4,473.41
Web Site Activity			
Web Site Visits	43,870	3,656	9,162
Search Hits	170,411	14,201	38,901

# 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.

Evans Group		Thomson Group	
Name	Sobriety Date	Name	Sobriety Date
Amy L	10/14/21	Crystal L.	10/11/2020
Frank W	10/14/97	Stan R.	10/15/1995
Heather H	10/02/21	David J.	10/21/2005
John L	10/11/87	Ricky G.	11/14/2019
Mark Z	10/01/13	Ervin E.	12/29/2018
Beth C	11/17/13		
Charlie J	11/27/98		
Heather Y	11/22/21		
Jaime S	11/29/19		
Misty S	11/01/19		
Rachel B	11/24/20		
Shawna L	11/29/12		
Betty C	12/08/86		
Carol B	12/25/17		
Eric V	12/18/97		
Mitch B	12/02/10		
Nash G	12/28/21		

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.)

### Acceptance

In the morn when I rise  
I connect with my higher power.  
Love, trust and acceptance,  
My soul , a delicate flower.

Today is all that exists, it’s all that matters.  
Just listen to God, forget the chatters.  
Remember, certain things you can not change,  
You just have to roll with it or feel deranged.

I try to stay in the day and leave the  
past behind.  
It’s pointless to look back,  
It just screws with your mind.

Find the beauty, the miracles in your life.  
Stop, listen and act, stop living with strife.  
The bottom line, what’s of utmost importance is  
To trust and accept and live in God’s accordance.

Chrissy W., from the 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 Ten List - Newcomer Service Work

So, you are a Newcomer trying to stay sober. You may be broke, unemployed, and homeless. But you still can practice the A.A. program. You can even do Service Work! There is quite a bit of service work that takes little or no money – just time.

As you probably do not have a driver’s license, you probably walk to a meeting. Leaving early, you can:

10. Pick up trash on the way.
9. Pick up cigarette butts on the way.
8. While walking to your Meeting, look for safety issues (cracked sidewalks) and let the city know.
7. You will need a roll of pennies. Leave them heads up along your route to bring others good luck.
6. If you can walk through a meeting, upright the flowers and flags that are down.
5. If you stop at a store to buy a cola or a coffee, make certain that you thank the cashier.
4. Make certain that you arrive early for your Meeting.
3. You brought an umbrella, so you can help drivers stay dry while walking to or from the Meeting.
2. Be the last person to leave the meeting.
1. See if you can become a community volunteer – and start on your amends.

# Grapevine

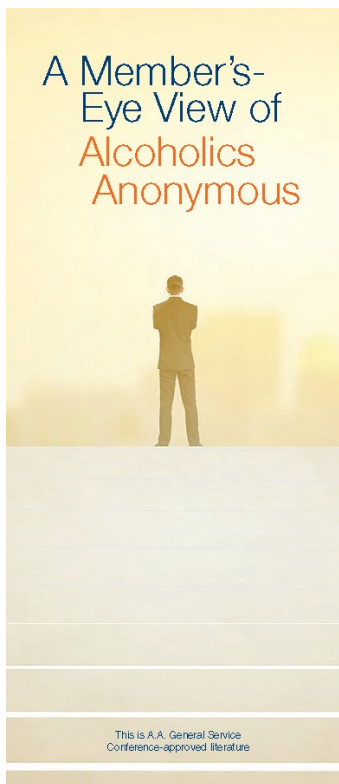
This committee participates in letting the community know about the wonderful recovering magazine offered by AA. We also help groups to build their own Grapevine displays and offer our Grapevine displays for community and group functions. If you would like to help get the word out, come join us!

For more information on the Grapevine, visit <https://www.aagrapevine.org/>.

**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.**



### **P-41 A Member's-Eye View of Alcoholics Anonymous**

Written in the first person by a member of Alcoholics Anonymous and directed to social workers, treatment counselors, physicians and other professionals in the alcoholism field, this pamphlet explains the Twelve Steps — the A. A. program of recovery — and how A. A. helps alcoholics stop drinking. Also offers fresh insight into Alcoholics Anonymous for members.

To many A. A. members, this is the third most important A. A. resource, behind only the Big Book and the Twelve Steps and Twelve Traditions.

# 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	Joe C	Margie S
Neil T	Gratitude Group	<b>AVAILABLE!</b>
<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**

