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SOBER DAZE

*April-May-June 2024 A 12th District
Publication*

Editor Thoughts

The days are slipping quickly by as we face new challenges in the new year. Nothing changes if nothing changes and there is a word often overlooked while reading our basic text, that word is WORK.

I have been in the hospital and according to my medical staff, I am sicker than I think. I am making no excuse for any absence. I just can't drive Safely or be on my feet for extended periods of time.

Thank you for any prayers extended to me as it strengthens my FAITH in A Power Greater than myself.

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

Fred I. (Editor)

To solve our problems, we must rise to a level of consciousness above our norm. For us that level is one of humble sober-minded Spiritual Awareness.

-- Barefoot Windwalker

HISTORY & RESEARCH

New York (GSO) Archives –

- <https://www.aa.org/gso-archives>

The mission of the Alcoholics Anonymous General Service Office Archives is:

- *to document permanently the work of Alcoholics Anonymous*
- *to make the history of the organization accessible to A.A. members and other researchers*
- *to provide a context for understanding A.A.'s progression, principles and tradition Interested in **District 12 History**? Contact the Archive Committee to learn more about our District 12 history, how to make contributions, or how to volunteer:*

District 12 Archives -

http://www.augustaaa.org/central_office_committees.html

This committee gathers, displays and stores historical information, which relates to AA and our recovering community, please come join us!

Area 16 (Georgia) Archives -

<https://www.aageorgia.org/archives.html>

Like any other A.A. service, the primary purpose of those involved in archival work is to carry the message of Alcoholics Anonymous. Archives service work is more than mere custodial activity; it is the means by which we collect, preserve and share the rich and meaningful heritage of our Fellowship.

Akron Archives - *<https://akronaa.org/history-and-archives/>*

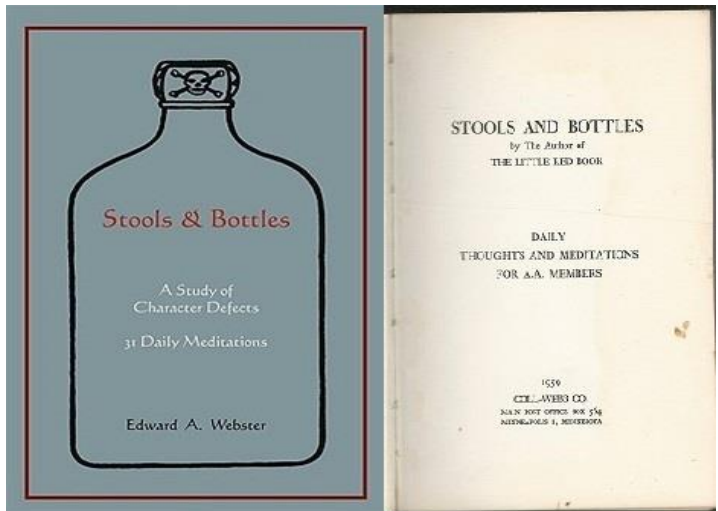
The Mission of the Akron AA Archives- To preserve the A.A. message and carry it to other alcoholics.

- *To preserve the history of our fellowship to prevent distortion.*
- *To cooperate with and support other A.A. archives working within A.A.'s service structure and the 12 Traditions.*

HISTORY & RESEARCH

The following comment/pages are taken from the long-forgotten book that was quite popular with the creation of the book Alcoholics Anonymous, which was first printed in April 1939.

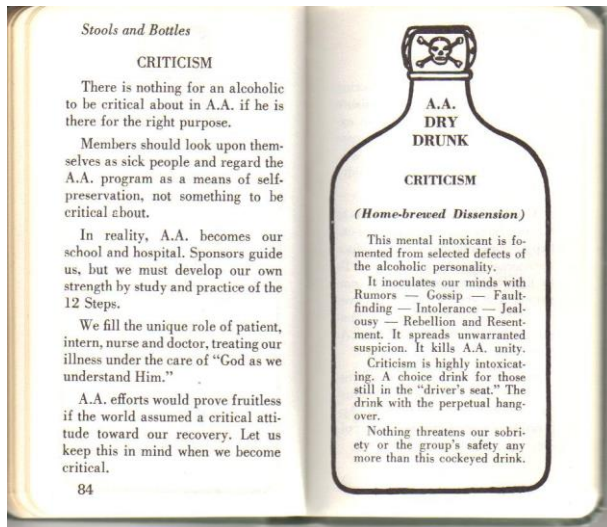
Stools and Bottles



Some years ago, the author of The Little Red Book worked out a novel presentation and published it in the form of a book in 1955. The content was an example of the first four steps of the A.A. program. Visual aids, consisting of a three-legged stool and eight empty whiskey bottles, were used to portray the intangible factors of these fundamental steps. The book provides thirty-one daily reminders.

HISTORY & RESEARCH

They deal with A.A. problems commonly encountered by alcoholics who try to make A.A. their way of life. (the following are EXAMPLES of the guidance in this book)



Stools and Bottles

RESENTMENT

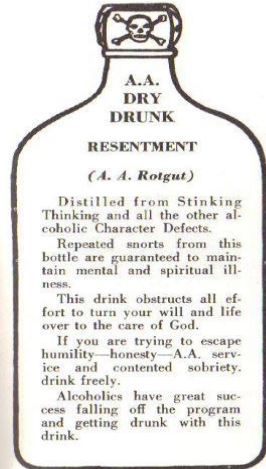
Resentment is like a double-edged sword. It cuts two ways, injuring us more than it wounds another. Alcoholics know that it harms them more for it leads them back to drinking.

A.A. states that resentment is the "number one offender" among our members, that it puts more alcoholics in their graves than any other thing.

Its subtle action is cunningly contrived to deceive us regarding the danger of its use. Resentful members may be physically sober but very drunk mentally. (Spiritual illness.)

Resentment makes slaves of us all, binding us with mental chains to the thing we hate. We find our release in prayer. We cannot hate and pray for anything at the same time.

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Stools and Bottles

ANGER

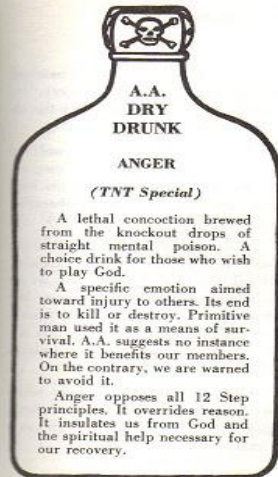
Anger is a strong emotion of displeasure which excites us to acts of antagonism, fury, rage and violence.

It is a human impulse loaded with mental and physical energy. But, since we have to live with it, we must learn how to divert it to constructive use. Most of the time we must kill it entirely; otherwise it may kill us.

Anger, in a broad sense, indicates a decided loss of self-control. Fury and wrath imply an overmastering passion verging on madness with an intent of revenge and punishment.

The 12 Steps are a spiritual way of life which directly opposes anger in all its phases. They are a means by which we learn to control its harmful influence. We inventory our anger.

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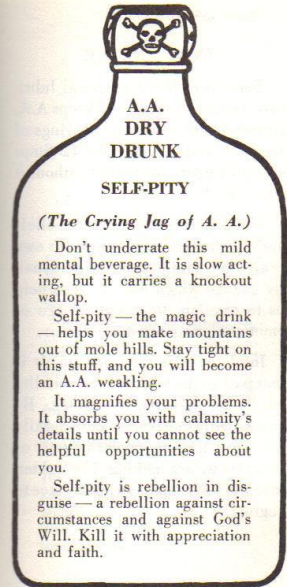


SELF-PITY

Pity is a feeling for the suffering of others. Self-pity is a gross misuse of this worthy feeling. It is an extreme form of self-centeredness which retards our spiritual growth. There are many reasons for self-pity and they are all bad.

Members who are daily addicts to this insidious mental poison lead unhappy lives and stand little chance for success in A.A. or elsewhere. To be filled with commiseration, compassion and sympathy for ourselves is an inferior feeling born of emotional instability. It stifles A.A. growth.

Self-pity is the brother of resentment. It is childish rebellion against God, people and circumstances. Appreciation is the antidote for its poison.



Read Sober Daze anytime by Viewing.
http://www.augustaaa.org/sober_daze.ht

*Central Office is located at 113 Camilla Ave.,
Martinez, GA*

*Office hours are 9:00 am till 5:00 pm, Monday
through Friday.*

Office is closed weekends and holidays.

Please phone ahead before coming to

Central Office: (706) 860-8331

Email: 12thdistrictcentraloffice@comcast.net

Central Office Manager

A.A. Membership

You are a member of A.A. if you say you are

"The only requirement for A.A. membership is a desire to stop drinking." (short version)

As the long form of Tradition Three clearly states, "Our membership ought to include all who suffer from alcoholism. Hence, we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

	Founded	Celebrates	Group	Founded	Celebrates
Alpha Group	2/27/1973		Liberty Street Group	12/6/2014	
Downtown Club	8/31/2009		Live and Let Live Group	4/13/2022	
Early Bird Group	1/1/2015		Lumpkin Road	12/6/2014	
Evans	2/3/1995	Every Thursday	Martinez	7/31/1980	
First Step	3/25/1974		Men's Group	7/31/1980	
Forest Hills	9/6/1963		Mid Day Group	6/1/2001	
Gratitude Group	1/16/2006	Last Friday @ Noon	National Hills	11/18/1985	
Grovetown Fellowship	7/25/2022	Last Tuesday	New Beginning	12/17/1982	Celebrant Chooses
Grovetown Sober Sunday Happy Hour	8/31/1988	First Saturday at 8:00 P.M.	New Perceptions No Nipping Nooners	3/ /2002 12/13/1989	Last Friday: @ 7:00, Meeting Celebrant Chooses
Harlem	10/1/1989		Path to Freedom	3/ /2002	Last Friday: Chips @ 7:45, Meeting @ 8:00
Hephzibah	12/1/1989	Last Friday @ Noon	S.H.E. Group	1/ /1989	
Hill	12/27/1966	First Saturday at 8:00 P.M.	Thomson Group	9/6/1949	Last Saturday 7:00 Eating / 8:00 Mtg
In Step	2/5/1991		Too Sleepy to Drink	4/1/2008	
Just for Today	12/1/1989		Warrenton		
Last Call Group	3/6/2002		Washington	5/1/1982	Person Picks:
Leah Group	08/25/09		West Town AA Group	4/1/08	6:00 Eating / 7:00 Meeting

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.

Recovery Center Update

At this time, Serenity Behavioral Health Center is not allowing A.A. meetings at the facility. This action has ended a Service opportunity for many Groups. However, there are many recovery facilities located in the Augusta area. Please contact Tyrone at 917-860-8773 for questions and to volunteer.

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 to get the word out, come join us for service opportunities, **please email:**

12thdistrictcentraloffice@comcast.net

Founders Day Celebration 2024

Founders Day was June 10th!

The funding goal for 2024 is \$1,300 (including a \$300 Prudent Reserve). Donations are needed now to make purchases.

Your Group or Individual support is requested for the \$1,300 needed.
Small contributions today help make easy planning in 2024.

GOAL: \$1300

Please consider a contribution—the sooner we meet our goal, the easier planning will be. As things have changed in cost and attendance the commitment to this celebration has waned from past years.

Our thanks to the Groups that made contributions to the Central Office the past month. It is important to have participation from all groups no matter the size of the group and the amount.

Remember the Central Office is staffed by volunteers and is OPEN (9am – 5pm) Monday thru Friday for your convenience.

Faithful Fivers

Thank you for supporting the Central Office!

Denney B
Jim & Billie B
Cathy C
Bruce/Kathy D
David W
Chris T
Traylor J
Katie & Fred I
Dan W
Neil T
AVAILABLE!!

Kathryn Z
Jimmy & Tammra H
David J
Pat J
Rosemary M
Tony B
Lisa S
Ellen W
Joe C
Gratitude Group
AVAILABLE!!

Al K
Linda S
Last Call Group
Gene/Judy T
Sara R
Frank W
Ranscine R.
Margie S
Lumpkin Fellowship Grp
AVAILABLE!!

12th District Central Office Activities

Central Office Activity	YTD	Monthly Avg	Last 3 Months Total
Answering Service Calls	196	65	196
AA CO Calls	114	38	114
Al-Anon CO Calls	8	2.7	8
Other CO Calls	6	2	6
Web Site Visits	453	151	453
Search Hits	4894	1631	4894
Visitors	180	60	180
Total CO Contacts	504	168	504
AA Literature/Item Sales	\$4097.23	\$1365.70	\$4097.23
Other Literature/Item Sales	\$3259.45	\$1086.50	\$3259.45

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**

THANK YOU FOR YOUR SUPPORT!

113 Camilla Ave.-Martinez

Augusta, GA 30907 (706) 860-8331

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.

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