



# SOBER DAZE

January – Feb - March 2025 A 12TH District Publication

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**Editor Thoughts**

**A New Year**

A New Year brings changes. This will be my final Sober Daze publication. It has been a joy to provide current AA information to the 12<sup>th</sup> District Fellowship.

2025 is a noteworthy year as Alcoholics Anonymous reaches its 90<sup>th</sup> year of offering a Solution and A Way Out to those suffering from the effects of the disease of alcoholism. Surely our Co-Founders would be pleased that the Message has continued to offer Hope and Life to all those so terribly affected by this cunning, baffling and powerful disease.

May this new year bring you health, hope and prosperity and many New Freedoms and Happiness.

**Fred I. (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)



He who has a fifth on the fourth may not come forth on the fifth...

## **Your Central Office – Have you Visited US Lately?**

What an eventful past 5 years. We've endured Covid and Hurricane Helene among many other things. During this period the building in which we are housed has received extensive renovations. We have changed computer and phone systems due to generous A.A. member donations. We have a broad inventory of the latest A.A. literature. Our inventory can meet the majority of your Recovery needs. If you need it, we've got it. If we don't have it, you don't need it. Our inventory is too extensive to list here. We invite you to come see for yourself!

**Our Mission is to Provide Maximum Service!**

**Dr. Bob's Final Address**

My good friends in A.A. and of A.A.,

... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind.

Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.

Thank you very much.

### **Clever A.A. acronyms – real meaning**

ACTION

any change to improve our natures

ADDICT	anybody doing drugs in compulsive trouble
AIDS	active in dangerous sex
ALCOHOLICS ANONYMOUS	a life centered on helping others live in complete sobriety
	actions not our names yield maintenance of unity & service
ANGER	any no good energy rising
ASAP	always say a prayer
ASK	ass saving kit
BIG BOOK	believing in god beats our old knowledge
BUT	being unconvinced totally
CALM	can anger leave me
CARE	comforting and reassuring each other
CHANGE	choosing honesty allows new growth every day
CLEAN	completely leaving every addiction now
CRAP	carrying resentments against people
FAITH	fear and insecurity trust Him- for an instant trust Him
FAITH	facing and inner truth heals
FAMILY	father and mother I love you
FINE	feeling insecure neurotic & emotional
FOG	fear of God
GIFT	god is forever there
GIFTS	getting in from the steps
GOD	get out devil-good orderly direction- group of drunks good old dude - go on
HEART	healing enjoying and recovering together
HELP	his ever loving presence
HIT BOTTOM	hurting inside totally burnt out turn to our Master
HOPE	happy our program exists
HOPE	having other people's experiences
HUGS	help us grow spiritually
ISM	incredibly short memory
ISM	I selfish me - I sponsor myself -I sabotage me
KISS	keep it simple stupid
LET GO	leave everything to god ok
LOVE	living our victories every day
MESSAGE	me Steps Sponsor and God everyday
NEW	nothing else works
NEWCOMER	nothing else worked completely out of manageability enter recovery
NOW	no other way
NUTS	not using the Steps
PAIN	pause and invite new
PEACE	people enjoying a contented existence

PRIDE	personal recovery involves defeating ego
PROGRAM	people relying on god relaying a message
RAGE	really angry gut-level ego
RELAPSE	recovery exits life and program seem empty
RELATIONSHIP	really exciting love affair turns into outrageous nightmare sobriety hangs in p
SHIT	simply how I think
SICK	spiritually ill can kill
SLIP	sobriety loses its priority
SOBER	staying off booze enjoying recovery
SOLUTIONS	saving our lives using the inventory of needed Steps
SPONSOR	sober person offering newcomers suggestions on recovery
STAR	start talking about recovery
STEP	solution to every problem sober
STOP	sicker than others patrol – sicker than other people
TIME	this I must earn - things I must earn
TRUST	try relying upon Step Three
WISDOM	when into self discovered our motives
WORRY	wrong or right remain yourself
YET	you're eligible too – you'll end up there

## **Changes to the A.A. Big Book and other Literature including Pamphlets**

We anticipate the 5<sup>th</sup> Edition of Alcoholics Anonymous in the near future. We now have in stock the new Plain Language Big Book. A lot of the other literature and pamphlets have a new look incorporated in their design. With the new appearance the information remains the same.

You can tell an A.A.s age and happiness by observing the literature in their possession.

.....

### ***Genealogy of Sponsorship***

*Have you ever considered your roots in the Sponsorship Tree? From the beginning to now this is how you in the Augusta area arrived at your current Sponsor. I have not included in the tree any Sponsors that are still living. If you are not sure where you fit in, speak with your Sponsor.*

**Roland Hazzard**

**Ebby Thatcher**

**Bill Wilson**

**Bob Smith**

**Clarence Snyder**

**Louis Mulherin**

**Cecil Redick**

**Johnny Hall**

**Bill Carpenter**

**Ben Davis**

**Spontaneous Wisdom of Alcoholics Anonymous Members**

1. It's not old behavior if I'm still doing it.
2. If you're looking to have an image in AA, look around at the meetings you go to and look at whom you're trying to impress.
3. An alcoholic is a person who wants to be held while he's isolating.
4. Sobriety is the leading cause of relapse.
5. A treatment center is where you go and pay \$15,000 to find out that A.A. meetings are free.
7. This is a 'One Day at a Time' program. If you are clean and sober today, you are tied for first place in AA.
8. If drinking is interfering with your work, you're probably a heavy drinker. If work is interfering with your drinking, you're probably an alcoholic.
9. I often obsessively pursue feeling good, no matter how bad it makes me feel.
10. When I was new, I didn't think I had any obsessions until I started thinking about it. Then it was all I could think about.
11. How come if alcohol kills millions of brain cells, it never killed the ones that made me want to drink?
12. From a newcomer reading the 'Promises' for the first time: We will comprehend the word cemetery and we will know peace.
13. If God were small enough to be understood, He wouldn't be big enough to be God!
14. If you want to quit drinking, you are going to have to quit drinking.
15. Newcomer: How do I know how many meetings I should attend each week?  
Old-timer: Gradually cut back until you drink. Then...you'll know.
16. I would rather go through life sober, believing I am an alcoholic, than go through life drunk, trying to convince myself that I am not an alcoholic.
17. Resentments are like stray cats: if you don't feed them, they'll go away.
18. The difference between a problem drinker and an Alcoholic is that: A) When alcohol is taken away from the problem drinker, the problem goes away. B) When alcohol is taken away from the Alcoholic, the problem begins.

19. Before I came into AA, I was dead, but I did not know enough to lie down.
20. I drank when I was happy. I drank when I was unhappy. Actually, I am a reason to drink.
21. You don't have to be sick to want to get well. But if you don't want to get well, you ARE sick.
22. I can't do His will my way.
23. The good news is you get your emotions back; the bad news is you get your emotions back.
24. All we ask is that you completely change your attitude as soon as possible.
25. I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands that I still possess.
26. Without memory, there is no healing. Without forgiveness, there is no future.

## **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.

<b>Group</b>	<b>Founded</b>	<b>Celebrates</b>	<b>Group</b>	<b>Founded</b>	<b>Celebrates</b>
Alpha Group	2/27/1973		Live and Let	4/13/2022	



Back to Basics			Live Group Lumpkin Road	12/6/2014	
Downtown Club	8/31/2009		Martinez	7/31/1980	
Early Bird Group	1/1/2015		Men's Group	7/31/1980	
Evans	2/3/1995	Every Thursday	Mid Day Group	6/1/2001	
First Step	3/25/1974		National Hills	11/18/1985	
Forest Hills	9/6/1963		New Beginning	12/17/1982	Celebrant Chooses
Gratitude Group	1/16/2006	Last Friday @ Noon	New Perceptions	3/ /2002	Last Friday: @ 7:00, Meeting
Grovetown Fellowship			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	Sunlight of the Spirit	7/12/2009	
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: 6:00 Eating / 7:00 Meeting
Leah Group	8/25/2009		West Town AA Group	4/1/2008	
Liberty Street Group	12/6/2014				

**Founders Day Celebration  
2023**

Founders Day was June 10<sup>th</sup>  
The funding goal for 2025 is  
\$1,300 (including a \$300 Prudent  
Reserve). Donations are needed  
now to make purchases. Your

**12th District Central Office Activities**

Central Office Activity	Past 12 Months Total	Monthly Average	Last 3 Months Total
Calls to Answering Service	870	73	219
AA Calls to Central Office	662	55	162
Al-Anon Calls to Central Office	25	2	7
Other Calls to Central Office	24	2	6

Group or Individual support is requested for the \$1,300 needed. Small contributions today helps make easy planning in 2025.

GOAL: \$ 1,300

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

Visitors to the Central Office	832	69	209
Total Central Office Contacts	2,413	201	603
AA Literature/Items Sales	\$10,616.05	\$884.67	\$2,266.02
Other Literature/Items Sales	\$10,115.07	\$847.97	\$2,889.28
Total Central Office Sales	\$20,731.12	\$1,727.59	\$5,155.27
Web Site Activity			
Web Site Visits	39,736	3,311	10,782
Search Hits	162,133	13,511	42,538

## Faithful Fivers

Thank you for supporting the Central Office!

Denney B  
 Jim & Billie B  
 Cathy C  
 Bruce/Kathy D  
  
 Cleveland J  
 Traylor J  
 Katy & Fred I  
 Dan W  
 Neil T  
**AVAILABLE!!**

Kathryn Z  
 Jimmy & Tammra H  
 David J  
 Pat J  
 Rosemary M  
 Tony B  
 Lisa S  
  
 Gratitude Group  
**AVAILABLE!!**

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