



SOBER DAZE

OCTOBER, NOVEMBER, DECEMBER 2025

A 12TH District Publication

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EDITOR THOUGHTS

I am thinking about this fall/winter publication in September. It's hot and sunny outside my window and I am thinking about a swim in the pool. So how do I move my thoughts forward to the end of this season and into cooler weather and holidays? I know from years of experience with changes in seasons to expect some of the same. The variations in circumstances may be all that changes. Today life is quiet and even. The highs and lows of life have evened out. It's serenity. I know that some things will remain constant while other things will change. That thing that lets us know what's coming but yet keeps secret the unexpected sometimes sad, sometimes beautiful parts of this gift of life. During the holiday times it sometimes can be difficult to stay positive and not drift into periods of sadness. We miss loved ones that are not with us; we may have problems with finances and can't give the gifts we want to those we love; we may be separated from family and loved ones because of our addiction. There are so many reasons to feel regrets but what is it that we learn through this God given program? We learn that today is 24 hours, that we have a promise of better times to come; that we can hold our head high and not take a drink or drug; that we have our community to hold us up when we can't do it alone; and most importantly we have a God of our understanding that will walk with us through any storm.

This publication is for everyone to read and contribute too. I will always do my best to publish what I am given, sometimes I won't be able to put everything into print but please know that everything that you send me is gently put into a folder and given the respect it deserves. I am always looking for stories of hope born of pain. Pain is a tremendous teacher and motivator, without it some of us would not be here. Share your stories, they are all powerful.

Marie G. (editor)

Read Sober Daze anytime:

<http://www.augustaaa.org/soberdaze>

View A.A. Videos at:

<http://www.augustaaa.org> Click on PSA Videos

<https://www.aa.org> Click on Resources

ARCHIVES

RULES & REGULATIONS – A.A. FLOOR – TOWNS' HOSPITAL

NOTE: Copied word for word from original document including double spacing after periods

As the Intergroup is asked so often the mechanics of sponsoring and caring for a patient at Towns', we submit for your information the following Rules & Regulations which must be followed literally to avoid confusion and delay.

1. During the hours of 10:00 A.M. to 8:00 P.M. weekdays and noon to 6:00 P.M. Sundays and Holidays; anyone wishing to hospitalize a patient on the AA floor must first contact the Intergroup Office to determine whether there is a vacancy. During other hours, when Intergroup is closed, AA members may contact Towns' directly to make arrangements for admission. The following morning, the Hospital will confirm the patient's eligibility with the Intergroup Office. If the patient is ineligible, he shall be removed from the AA floor.
2. No ambulance cases are accepted or patients with medical complications other than alcoholism.
3. Bill of \$100.00 plus \$5.00 for incidentals must be paid to the hospital upon admission in cash – no checks – no refunds.
4. Sponsors must sign registration book upon admission of patients and on taking patients out.
5. Members of AA shall be permitted to visit on the AA floor during the hours of 2 PM to 5PM and from 6 PM to 10 PM. Sponsors may visit at any reasonable hour.
6. Women patients must be sponsored and taken to the hospital by women AA's. Men patients must be sponsored and taken to the hospital by men AA's and visited only by men AA's. NO OUTSIDE VISITORS are permitted on the AA floor.
7. Women and men patients are NOT to fraternize in the halls, in Duffy's Tavern or in any of the rooms.
8. If a sponsor cannot be up at Towns the day his patient is discharged, please notify the Intergroup Office in sufficient time to enable us to get a substitute sponsor. When calling Intergroup office, please ask for the Secretary in charge of hospitalizations.
9. A patient can be hospitalized ONLY ONCE in the AA ward at Towns. NO REPEATERS ON THIS FLOOR.
10. TO NURSES AND SPONSORS – Please call Intergroup regarding anything SPECIAL OR UNUSUAL about a case so we may help get the matter straightened out and have a record of same.

These Rules and Regulations have been carefully worked out for the benefit of the greatest number of AA members and/or prospective AA members. The cooperation of all will be gratefully appreciated. *Please see George to view original document.*

WHO'S WHO IN THE 12TH

Jeff S., a member of the Martinez Group and the D.C.M. for district 12A, is a tremendous power of example for the importance of following the “directions” as written in the book *Alcoholics Anonymous*.

Jeff was born in Germany and raised in Augusta. He has had numerous attempts at staying sober since he was first court ordered to AA at age 19. At that point he thought the people in A.A. were “a bunch of damn religious fanatics”. Little did he know where his resistance and recovery were taking him. Jeff continued with his addiction until age 23 when he attended the first A.A. meeting with a desire to stop drinking. At this time his dad, who had been his drinking buddy decided to get sober in order to support Jeff in his recovery. He wanted to support his son and to always be able to provide him with a safe, alcohol-free place to be.

Jeff had a close relationship with his parents. His mother died 14 years ago when he was 2yrs sober resulting in relapse. His dad remained sober and continued to have a loving relationship with Jeff until his death 8 years ago. Jeff relapsed 1 year later. During this relapse Jeff was playing golf with friends hitting the 13th hole pretty hard then they headed out to the truck to leave. The driver and front seat passenger neglected to wear seat belts. Jeff was in the back seat with Keith who always wore a seat belt. Jeff noticed this and put his on. This was Divine Intervention for both he and Keith. There was a wreck and both Jeff and Keith survived. Jeff stayed out for 2 more years of painful addiction.

During Jeff's recovery periods he made numerous attempts to put a 4th step together with and without a sponsor. He never got past resentments. On May 25, 2021, Jeff's sobriety date, he began working with a sponsor and was able to follow directions completing his step work, “by the book” at 68 days sober. What resulted was powerful, he finally understood that there are directions and if he followed them his life would change in ways he never imagined. He describes the steps as something that is practiced and lived. It isn't enough to “work” them, it's about living them. He talked about the 10th step as something he uses on a daily basis to keep him in check. Today Jeff's life is very full with A.A., friends, sponsees, and work. He is successful in his life because he lives a program of recovery.

Jeff is active in service work...he was the GSR of the Martinez Group for 2.5 years and now D.C.M. His message to newcomers or someone coming back? “No matter what, don't ever stop coming back and work the program that is outlined in the Big Book”.

Thank you, Jeff for your experience, strength and hope. Your commitment and service work to A.A. does not go unnoticed. You are an example of “how it works”.

NOTE TO ALL GSRs, PAST AND PRESENT: District 12 needs alternate DCMs for 12A & 12B. All of District 12 needs equal representation. Please, contact the Central Office if interested.

CENTRAL OFFICE

Doing the Impossible

12th District Central Office is located at 113 Camilla Ave in Martinez in the Westside Club building. The Westside Club are our landlords; they do not operate the Central Office. The office sells Conference and Non-Conference literature, Chips and Medallions. It maintains a website (augustaaa.org), 24 hr. Answering Service, quarterly newsletter (Sober Daze). The Office is run by volunteers. There are no paid Employees.

Several years ago, I was in Chicago for a meeting for all of A.A. Central Offices in North America. While there I was talking to the Manager of the Los Angeles Central Office. She said she had never heard of Augusta (12th District) Central Office and could I tell her what we did there. I told her we have a book store, a website, 24 hour answering service and a quarterly newsletter. She asked how many groups support us and I told her there are about 40 groups in the Augusta area. She then said, “that is impossible”. I asked her to explain and she said 40 groups are not enough to financially support what the office does.

I told her we have been doing the impossible for more than 30 years. She asked how we can do that. She asked if we charge high prices for our books. I told her prices are the lowest anywhere and that for Conference Approved literature we charge less than we buy it for. We are able to do what we do because no one is paid for working, including the Manager and the Board members. She said are you aware that if you paid even one salary, you would go broke. I told her we understood that but we have a wonderful group of volunteers who are paid not with money but with Sobriety which is priceless.

She said that is amazing and we should keep on with what we are doing.

Here are the volunteers that do the impossible.

Office Manager - Jimmy H

Board Members – Glenn L, Traylor J., Charlie J., Greg A.

Sober Daze – Marie G.

Volunteers – Bill R., James J., Paul L., Kristen S., Sylvester H., Bob S., John G., Traylor J., Geo C., Michelle J.

EVENTS/GROUP ANNIVERSARIES

72nd ANNUAL 2025 GEORGIA PREPAID CONVENTION

“Working Together, Increasing Trust.”

WHEN: October 17th, 18th, & 19th.

WHERE: Columbus Ga. – Convention & Trade Center – 801 Front Ave

PAY IN ADVANCE ACTIVITIES:

Saturday Morning Golf Tournament \$25

Saturday Night Fellowship Dinner \$35 – The Pearl

OTHER ACTIVITIES: Group motorcycle ride, Riverwalk bicycle ride, ziplining, whitewater rafting, kayaking, tubing, paddleboarding, fishing.

<https://chattahoochee.whitewaterexpress.com/activity/the-flight-of-the-osprey/>

Columbus Axe Throwing – 1023 Broadway.

HOST HOTELS: Columbus Marriott – 800 Front Ave. - \$184 a night
Hampton Inn Uptown – 1201 Broadway - \$175 a night
City Mills – 1801 1st Ave. - \$204 a night
Hotel Indigo – 14th St. - \$194 (Pet Friendly)

GRAPEVINE DAILY QUOTE, AUGUST 24, 2025

“God has continued to send me many miracles since the first one occurred the day He gave me the courage and willingness to go to my first AA meeting.”

“Powerless Equals Free.” Oak Park, Illinois, September 1984, Spiritual Awakenings II

NOTE: The **Downtown Club**, 937 Murphy Street, Augusta, has meeting space available. For more information, please contact the Club via email: downtownclubaugusta@gmail.com or call (304)754-9647.

GROUP BIRTHDAYS

Grovetown Fellowship Birthdays celebrated on last Tuesday of the month @ 7pm

<u>October</u>	Gary M.	1 yr	<u>November</u>	Mile P.	3yrs
<u>December</u>	Chris S.	2yrs	Marie G.	39yrs	

Gratitude: Birthday celebrations are on the last Friday of the month @ 12pm

<u>October</u>	Zack	1 yr	<u>November</u>	Shelton S.	1 yr
	Laurie S.	1 yr		Mike C.	2 yr
	John .	19yrs		Doris J.	34yrs
	Roe G.	43yrs		Frank A.	1 yr
	Terry C.	20yrs		Mary Ann	24yrs
				Tim H.	37yrs
				Marie G.	39yrs
<u>December</u>	Andy P.	4yrs			
	Christy J.	5yrs			
	Jane W.	7yrs			
	Carol B.	8yrs			

Martinez Group Speaker/Birthdays last Friday of the month @ 8pm

<u>October</u>	Jason P.	3yrs	<u>November</u>	Kristy F.	4yrs
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Midday Group Meets 12pm Monday through Saturday

<u>October</u>	Kris Z.	4yrs	<u>November</u>	Cody	4yrs
				AnnMarie	20yrs
<u>December</u>	Erwin	4yrs			

New Perceptions Birthday celebrations are on the last Friday of the month @ 7pm

Live and Let Live Wednesday @7:30pm and Saturdays @ 6:30pm

<u>October</u>	David B.	42yrs
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Grovetown Sober Sunday Birthday celebration are on the last Sunday of the month @ 7pm

<u>October</u>	C.C.	29yrs
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FIND THE “QUOTES”

This is a game! You will find these quotes are in the “Big Book” and the Twelve & Twelve. Each quote will correspond to the steps attached to the months in the quarter. For instance, October, November, and December correspond with steps 10, 11 & 12. When you find the quote, email me the **book and page # along with the quote’s meaning**. Test your skills and play along...all that respond will receive recognition in the next Sober Daze edition.

“We have begun to develop this vital sixth sense.”

“For we can neither think nor act to good purpose until the habit of self-restraint has become automatic.”

“We ask especially for freedom from self-will, and are careful to make no requests for ourselves only.”

“But its object is always the same: to improve our conscious contact with God, with His grace, wisdom, and love.”

“Helping others is the foundation stone of your recovery.”

“So false pride became the reverse side of that ruinous coin marked ‘Fear’.”

Send your responses to Soberdaze16@gmail.com

Remember to have fun!!

Quote:

“Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us.” It is very simple – though not always easy. But it can be done.
Alcohol Anonymous, 4th edition, page 199.

STEPS & PRINCIPLES

10th Step

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Perseverance

“This is not an overnight matter. It should continue for our lifetime.”

11th Step

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

Awareness

“Here we ask God for inspiration, and intuitive thought or decision.”

12th Step

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Service

“carry this message to alcoholics”

Perseverance

“steadfast endurance in faith and commitment to God or a spiritual purpose despite trials, temptations, and difficulties.”

Awareness

“a shift in inner consciousness toward recognizing and understanding spiritual realities, truths, and one’s interconnectedness with the universe, leading to a deeper connection with one’s true self, universal life, and a higher power.”

Service

“an act of putting others’ needs and well-being before one’s own, often performed with compassion, generosity, and humility, without expectations of reward.”

MEMBER STORIES

A DOZEN STEPS TO FREEDOM

I spent my whole life searching for something to help me chase away my fear and pain.
Thought I'd found it in a bottle...now that just seems so insane.
I was killing myself and I knew it. My life was one big mess...
Then I came in here to turn my life around and found the path to happiness:

It's a Dozen Steps to Freedom – that's what you told me it would take.
Didn't seem like much to ask for – after all my life was at stake!
A Dozen Steps to Freedom – One Step and One Day at a Time.
Surrendered all to my God – and follow His will instead of mine.

I wake up every morning, and drop down to my knees,
I pray for strength and guidance to my God who understands me.
Every evening I ask forgiveness for any wrongs I may have made.
I make amends promptly, so peace will not be delayed.

My first meeting was a little shaky, don't remember a lot that was said, except “ Easy Does It”
and “Keep Coming Back”
God how I wanted what you all had.

For years I helped carry our message to others suffering and still in pain
I lost my focus and stopped going to meetings and so I was back at it again.
I can't regret the past or shut its door, and I must have NO reservations moving forward and ever
onward,
Pursuing peace with complete dedication.

The Dozen Steps to Freedom is only part of what it takes
I'll do whatever is asked of me, I know without a doubt my life is at stake
Those Dozen Steps to Freedom are One Step and One Day at a Time.
Surrender ALL to my God, and follow His will instead of mine.

Lyrics by Annquennette M. of the Sober Sunday Group.

COMMITTEES

A.A. service committees, composed mainly of representatives or liaisons from area groups, shoulder major responsibility for carrying the A.A. message into the community and around the world. Each of these committees may serve as a resource for the community through our Sixth Tradition of cooperation but not affiliation.

- ARCHIVES:** Visit the Archive Room at the Westside Club.
For more information or to volunteer, contact: George C.
georgecroft67@yahoo.com
- SOBER DAZE:** A quarterly publication with a mission to carry the A.A. message of *recovery, unity, and service* through various articles and information. For more information or to contribute articles/information contact: Marie G.
Soberdaze16@gmail.com
- CORRECTIONS:** Corrections representative takes A.A. meetings into prisons and jails to help alcoholics in custody to recover and prepare for sober, fulfilling lives after release. For more information or to volunteer contact: Rocky N. rockynewman47@icloud.com or Shelley H.
shelley.hendrick@gmail.com
- GRAPEVINE:** For more information or to volunteer contact: Stephanie N.
Snobles86@outlook.com
- PI/PCP** Public information dissemination for access to A.A. meetings and information. Community outreach focusing on, without affiliation, professionals in the community. For more information or to volunteer contact: Kevin O. kevnoverton30@gmail.com
- TREATMENT:** Members of this committee work to help hospital and treatment center staff better understand A.A. and to take the A.A. tools of recovery to alcoholics in treatment. For more information or to volunteer contact: Carlton N. kcwn51@yahoo.com or Shannon S.
smstoddard123@gmail.com

Faithful Fivers

Thank you for supporting the Central Office and this publication.

Denney B.		Linda S.
Jim & Billie B.	Jimmy & Tamara H.	Last Call Group
Cathy C.	David J.	Gene & Judy T.
Rosemary M.	Sara R.	Chris T.
Tony B.	Frank W.	Traylor J.
Lisa S.	Al K.	Katie & Fred I.
Lisa K.	Willie M.	Neil T.
Gratitude Group	Lumpkin Fellowship Grp	Gaylord J.
Keylor H.	Bruce D.	Pat J.

ENROLL IN THE FAITHFUL FIVERS

- “Faithful Fivers” are A.A. members who, in gratitude, contribute \$5/month or \$60/year toward supporting the 12th District Central Office. With this support, the Central Office pays for printing of this publication and making it available to the A.A. members and groups. When you enroll as a supporter, each issue will be delivered to your home.

I agree to pledge, and here is my donation of \$ _____ for _____ months.

NAME: _____

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PHONE #: _____ SOBRIETY DATE: _____

Make checks payable to : 12th District Central Office
113 Camilla Ave.
Martinez, GA 30907

(706)860-8331

THANK YOU FOR YOUR SUPPORT!

