



SOBER DAZE

JANUARY, FEBRUARY, MARCH 2026

A 12TH District Publication

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EDITOR THOUGHTS

I'm going to share a secret. I CHEATED on this month's editor's thoughts. I was trying to put into words the thoughts I have and the desire to express them. Because there were way too many thoughts in my head, I reverted to the thing that is making teachers at all levels very suspicious of excellent essays...ChatGPT. I put my thoughts in and got a coherent, well thought out response and here it is: **Three words are used to describe each month, Renewal, Connections, and Growth.**

January invites us to begin with clarity and intention. In A.A., we're reminded that recovery starts one day at a time, and a new year offers a fresh opportunity to deepen our spiritual connections as we recommit to honesty, willingness, and open mindedness. We step into the year with gratitude and the guidance of a Higher Power and hope for continued growth.

February encourages us to reflect on love...especially the healthy, spiritual kind that rebuilds our lives in recovery. In A.A., we learn that connections with others and with a Higher Power helps heal the loneliness that fueled our drinking. This month, we practice compassion, service, and fellowship, strengthening the bonds that sustain our sobriety.

March brings the first signs of renewal in nature, reminding us of the spiritual awakening that unfolds in sobriety. As we continue working the steps, we grow in faith, and self-awareness. This is the time to trust the process, lean into spiritual principles, and allow the power of recovery to transform our lives from the inside out.

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. Please share your thoughts and stories, this is how we help each other.

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

Please join me in welcoming Mary S. as our new 12B DCM. Originally from Hemingway, South Carolina which is about 3 ½ hours from Augusta. For those of you Augusta folk who have driven to Myrtle Beach, you'll pass by the famous Scott's BBQ in Hemingway. This is Hemmingway's claim to fame. Mary was the middle child of 8 and was raised in the country. Mom picked up odd jobs and Dad worked Monday through Friday and was angry and drunk on the weekends. Mom made sure to meet him on Friday to get his paycheck before it would disappear into the weekend of alcohol. This is where Mary's life started.

In her senior year of high school, she became engaged to her husband. She was married at 19yrs old and both she and her husband started college in North Carolina. Eventually, trying to juggle the challenges of married life and her husband's decision to join the Army, she dropped out of school and moved to Germany where her husband was stationed. She was 22yrs old. It was in Germany that Mary was introduced to alcohol, especially German beer. In addition to beer she was also introduced to wine, as it was served with just about every meal. During this period Mary lost her 15yr old sister in a tragic car accident, her mom was the driver. Mary was devastated. Her drinking changed and became a way of dealing, or not dealing with the grief. By the time Mary returned to the states she was using alcohol almost daily to "relax". While living in Texas she separated from her husband after 10 yrs of marriage. She moved to Augusta and completed her degree at Augusta College. She worked 2 jobs and drank on weekends. During the week she used pills to stay awake and pills to sleep and washed them down with alcohol. She describes lots of house parties with increasing use of drugs and having alcohol blackouts. Drug use became more prevalent with the alcohol. She started to lose things; first thing she lost was her apartment. She stayed with a male friend. Life continued to get more and more difficult with increased drinking and drug use until one day she heard a voice, 'it's time to stop this stuff'. This voice came out of nowhere and was very real. It caught attention. She called University Hospital and was admitted to their 40-day inpatient program. This is where she was introduced to A.A. She attended meetings at the 639 Building. This is where her recovery began. She attended lots of all kinds of meetings. She found that all of her life issues were addressed through the meetings and the steps. She took jobs in the meeting; greeter at the door, setting up the room, helping wherever she could. Eventually she became the GSR for her group and kept that job for about 5 years. She describes A.A. as exciting with people to meet and things to do. Her message to the newcomer? Don't leave before the miracle happens and miracles happen in many ways. For me it was, "I don't think drink anymore".

Mary is excited about her new role as DCM. She wants to explore ways for A.A. to reach more newcomers and keep them in the rooms. Her A.A. friends encouraged her to take on the role of DCM and she is excited to make a difference. Mary's sobriety date is August 28, 1989.

CENTRAL OFFICE

We Thought We Had Nothing to Give

Some of us came into A.A. feeling as if we had nothing to give. One major way to give is to volunteer at the 12th District Office. If you make the choice to volunteer you will be shepherded into the lifeline provided by the office volunteer staff. Many an A.A. will contest that their work volunteering at the office has been another way of extending the hand of A.A. in their sober journey. The contact, conversations, and connections are said to be just as helpful to the volunteer as those who are seeking help, resources, and respite from the ravaging disease of alcoholism. Volunteering is the touchstone of providing help to the sick and suffering and often shows the one volunteering that they have many priceless gifts to provide. Handing a sufferer a Meeting Schedule has led them to the first of thousands of meetings to begin their A.A. journey. An understanding and listening ear along with a spirit of giving has provided just the impetus a suffering alcoholic needed to join our fellowship and begin to "...trudge the road to Happy Destiny."

Volunteers staff the 12th District Office! The volunteers staff an office at 113 Camilla Ave., Martinez, GA in the Westside Club building. Inside the office are chips and medallions to commemorate celebrations of sobriety, conference and non-conference related materials to assist in our "Sober Living" journeys, and volunteers to assist with your personal and group purchases. Inside the district office these unpaid volunteers are always assisting the running of the 12th District. They maintain the website at augustaa.org, write or solicit the inclusion of articles in Sober Daze (our quarterly newsletter), and answer the phones. The phone calls are very important and is a major way for the hand of A.A. to be available to the community. The calls are so important that they are answered 24 hours a day, any calls left with the after-hours answering service are promptly returned by the volunteer office staff.

Many A.A.'s also volunteer as a representative of their A.A. Group on the Central Office Steering Committee. Volunteer representatives ensure that the voice of their A.A. Group is heard on a district level. We attempt to have a representative from each A.A. Group attend the monthly meeting on the 2nd Sunday of each month. Please consider getting involved with the running of the 12th District by becoming a representative for your A.A. Group

Office Manager - Jimmy H.

Sober Daze – Marie G.

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

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

Member Stories

It was late summer and the hottest it had been all year. Triple digit temps by day and high double digits in the evenings. Even the air conditioning was running 24/7 for 2 weeks. When I went outside it felt like those automated car washes. I was soaking with sweat from front to back immediately. I felt sorry for anyone who had to work outdoors in those conditions. As for me, sleeping by day and spending my nights awake was my way of dealing with it, just barely. Sometime after midnight, I would go sit on my back porch when the temperature was at its lowest and the slightest breeze was the only relief in my day. I felt peace of mind. My thoughts could wander effortlessly to what may come at random or nothing at all.

A bird singing in the dark nearby caught my attention and I smiled while thinking I'm not all alone after all. Another one of God's creatures was sharing the evening with me, and possibly singing about the experience. As time marched on, another bird joined in with its own song. And then another and then another until I could identify 5 separate, distinct species by their birdsongs. I don't know enough about birds to tell you what kind of birds they were by their songs, but they captured my attention and as I listened intently and earnestly, I began to hear a pattern to their singing. The pattern repeated itself over and over. I was awestruck by what I had learned just by listening. 5 different birds could not possibly sing the exact same song with the exact same tempo and repetition. I may not know many birds, but I've lived in Georgia long enough to know there is a great impersonator who has several calls of its own AND can imitate other birds as well. I was listening to a Mockingbird. I couldn't see him but I sure could hear him. What a trickster, he fooled me completely, thinking he was 5 different birds.

But I wasn't finished learning yet. I continued to track by sound in search of the bird's location. I followed it left, right, forward, back, up and down. This bird couldn't possibly be everywhere I was listening. No bird could be that fast in the dark. This bird was all over the place. And then just like that, it all came into perception...I was listening to 2 Mockingbirds in the black of night. I doubt they could see each other, judging by their distance and volume at times. But they were sharing the same song, the same story with each other. And I thought to myself, they can't tell where they are (any more than I could) but they sure could tell where they had been. After a long while conversing (singing) to one another, they both went on their way, separate paths and yet parallel to each other's journey.

2 birds of a kind sharing the same birdsong. The same experience, hope, and strength. To me, they sounded happy, joyous and free (or at least that's what I would like to think). And in that moment of clarity, I thought to myself, I must call my sponsor and tell him how grateful I am. I heard his song and he taught me how to sing.

Daniel W.

GROUP BIRTHDAYS

Grovetown Fellowship Birthdays celebrated on last Tuesday of the month @ 7pm
January Alicia J. 9yrs

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

<u>January</u>	Samuel G.	1 yr	<u>February</u>	Sharron W.	40 yrs
	Jan E.	3 yrs		Erin F.	1 yr
	Ginnie F.	16yrs		Mary C.	2 yrs
	Linda S.	24yrs			
	Tracie H.	4 yrs	<u>March</u>	Larry M.	31yrs
	Samuel G.	1 yr		Lauren P.	2 yrs
	Jan E.	3 yrs			

Martinez Group Speaker/Birthdays last Friday of the month @ 8pm
January 2nd Holiday Party 7pm Food, 8pm Meeting

Midday Group Meets 12pm Monday through Saturday

Fresh Start Meets 6pm Monday-Wednesday-Saturday
 This is a new group in Lincolnton ... Welcome to District 12!

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

<u>January</u>	Adam M.	2 yrs	Richard U.	1 yr
	Rob M.	26yrs	Preston R.	1 yr

<u>February</u>	Brian M.	11yrs	John O.	8 yrs
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Live and Let Live Wednesday @7:30pm and Saturdays @ 6:30pm

Grovetown Sober Sunday Birthday celebration are on the last Sunday of the month @ 7pm
February Milton G. 2yrs Annqunette M. 11yrs

No Nipping Nooners Meets 12pm Monday through Saturday and 12:30pm on Sunday

February the 13th at 12pm celebrating 37-year group anniversary. Come celebrate with us!

FIND THE “QUOTES”

A big cheer for Annquette M. for taking the time to play the game and do the research!

“We have begun to develop this vital sixth sense.” *Big Book pg. 85 Step 10*

The vital 6th sense=God conscious. To me it is when I am spiritually fit and that sixth sense is me willing to receive the strength, and carefully follow the directions. It is only the beginning because it must include action.

“For we can neither think nor act to good purpose until the habit of self-restraint has become automatic.” *12&12 pg. 91 Step 10*

Discipline. Go to meetings, read the BB every day. Talk to your people. Don't be quick to temper., it will become automatic if you are spiritually fit and that is a 24/7 job. Pauses help...I pray during the pause.

“We ask especially for freedom from self-will, and are careful to make no requests for ourselves only.” *Big Book pg. 87 Step 11*

Don't do foxhole prayers. Pray for others what you want for yourself. “Thy will be done, not mine.” This becomes easier with lots of practice.

“But its object is always the same: to improve our conscious contact with God, with His grace, wisdom, and love.” *12&12 pg 101 Step 11*

Second part of Step 11. Meditation... if my object is to develop and improve my conscious contact with my God, I must meditate and listen for the answers. I need to keep that channel open so I can be in receive mode! This was so hard for me at first because I could not quiet my mind enough...so I asked for that...received!

“Helping others is the foundation stone of your recovery.” *Big Book pg 97 Step 12*

According to Webster...one of the definitions for foundation stone is a preparation made for a foundation. This is groundwork...if you will, is the return of what I was given by someone...many people actually in A.A. Big Book reads that “a kindly act once in a while isn't enough. You have to act the Good Samaritan every day, if need be.” I have to give it away to keep it.

“So false pride became the reverse side of that ruinous coin marked ‘Fear’.” *12&12 pg. 123 Step 12*

False pride is an inflated self-importance view rooted in insecurity and fear...being braggadocio, need validation, inflated EGO (Easing God Out), won't admit wrongs, and is completely petrified of being “found out” a fraud. I find that when I am talking to someone about our program, I tell them that it may take a minute to become a mature person because MY alcoholism...include facts like: being childish, grandiose, overly sensitive, and a liar...like it says in the Promises...no matter how far down the scale we have gone, our experience can help others. I just don't NEED all the stuff and validation anymore...when a compliment comes, I have learned to take them better...God helps me with that every day. I can feel it.

STEPS & PRINCIPLES

1st Step

“We admitted that we were powerless over alcohol—that our lives had become unmanageable.”

Honesty

“...grasping and developing a manner of living which demands rigorous honesty”

2nd Step

“Came to believe that a Power greater than ourselves could restore us to sanity.”

Hope

“...that none but a Higher Power can remove our obsession.”

3rd Step

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Faith

“This is the way to a faith that works.”

Honesty

“Acknowledging your true self, flaws, and spiritual needs...”

Hope

“...a deep, confident, and certain expectation of future good, rooted not in wishful thinking but in faith...”

Faith

“...moving beyond intellectual agreement to actively committing your life to God or divine principles...”

MEMBER STORIES

NEW SHOES

I had to get new shoes yesterday. Mine were over four years old, and I wore them everywhere. It's silly, but I cried to think to throw the old things out. These shoes walked me through many seasons, good and bad.

They walked with me in my old house as I packed it up, and as I walked out the front door and to my car to drive away for that very last time. They walked me into my new place after moving across the country to seek a new life. A new me? But even there, they continued to walk me through the liquor isle, and they walked with me while I was lonely, drunk, and in pain. Nearly every day. They've walked me through church doors where I thought I'd find peace and comfort. Would I find me?

Then these shoes, tired and uncomfortable, walked me through the doors of an A.A. meeting. My shoes and I shook as I held back tears while being warmly welcomed by people with smiling faces and clear eyes. These shoes kept taking me back to those meetings week after week. They walked me towards the most important 12 steps I would ever take. But then these old worn shoes didn't seem to fit quite right any longer, and it was time for some new sole and heal.

Well...I got the new shoes, and I used that strong new box with the uncrumpled tissue paper in which to wrap my old shoes. I gently placed them in the box before shutting that lid tightly. I cried as I threw them old shoes away.

Now I am wearing my new shoes. They and I are becoming acquainted and comfortable with each other. They are sturdy and walking me beyond the most important 12 steps I've ever taken into my season of sobriety. Me and my shoes are new and shiny. Full of bounce. People who know me stop me and ask what is different about me, they can't quite put their finger on it. I smile, with clear eyes, and say "I got new shoes."

Teresa C.

Grovetown Sober Sunday Group

Quote: "When man listens, God speaks; when man obeys, God acts; when man prays, God empowers."

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.

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- “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.

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