



SOBER DAZE

APRIL, MAY, & JUNE 2026 - A 12TH District Publication

EDITOR THOUGHTS

I've said a small prayer asking God to guide me with words of wisdom for this editorial. And He has left me with a question, what is wisdom? We read and hear that word throughout A.A. literature and it's included in our opening prayer....” the wisdom to know the difference”. Merriam-Webster dictionary defines it as ... “the ability to apply knowledge with good sense and insight.” A spiritual definition defines wisdom as...”an inner sense of discernment, aligning actions with deep values, truth and purpose.” In essence wisdom is knowledge and discernment (the ability to distinguish between what is true and what is false, what is good and what is evil). Knowledge and discernment is acquired through sharing our experience, strength and hope in meetings and through sponsorship. The twelve steps clearly define our relationship to alcohol and the method for a solution ... the solution is developing a relationship with a Higher Power. Spiritual principals guide us into wisdom and pave the way for a life of service.

So, what does this have to do with Sober Daze and the 2nd quarter of the year? Probably has to do with the purpose of this newsletter....to carry the message. You will see as you read through the stories that we are united in a common purpose; that we carry this message into every area of our lives...to our homes, work, community. We are teachers of wisdom in how we live and share and care for each other. Happy Mother's Day and Happy Father's Day...go forward and teach well.

This publication is for everyone to read and contribute to. 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

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ARCHIVES

KING SCHOOL – AKRON, OHIO

After Bill and Dr. Bob met in Akron, Bill remained on and they began to carry their message of recovery to others. As their numbers slowly grew, they met together, usually as families. Bill wrote Lois, “Scarcely and evening passed that some’s home did not shelter a little gathering of men and women, happy in their release and constantly thinking how they might present their discovery to some newcomer.” In addition to these casual get togethers, it became customary to set apart one night a week for a meeting to be attended by anyone or everyone interested in a spiritual way of life.” This was the Wednesday night meeting of the Oxford Group.

“The alcoholic squad,” as some called it in later years, continued to meet in this manner for about 4 years, but there was a growing sense of separateness between the alcoholics and the other local Oxford Groupers. In late 1939, the alcoholics broke away. They met at Dr. Bob’s house for a few weeks but needed more room, so in January 1940, they began meeting at King School. This is the first meeting of A.A.in a public place.

The original King School was closed and demolished in 2011. The new King Elementary School opened in 2014 and continues to have the Wednesday night A.A. meeting at 8pm.

A.A. members from District 12, along with the Archive Committee Representative (George), are going on a scavenger hunt to Akron, Ohio to pick up a brick from the original King School and will be attending the Wednesday night meeting at the new King Elementary School. They will also be visiting Dr. Bob’s house, the Mayflower Hotel where Bill made the famous call to Henrietta, looking for an alcoholic and ended up meeting Dr. Bob. They will also be visiting the Williams’ House where the Oxford Meetings were held. It will be a time spent in honor of Alcoholics Anonymous founders and history. We will always be grateful and should never forget the visionaries of Alcoholics Anonymous. It is through their sacrifice and dedication that so many have recovered from alcoholism and have lives that are being lived the way God intended. It is with humility and gratitude that we remember the lives of those who have gone before us.

***I am responsible,
When anyone, anywhere, reaches out for help,
I want the hand of AA always to be there,
and for that
I am responsible.***

WHO'S WHO IN THE 12TH

I had the pleasure of interviewing Kristy F., the District 12 Committee Secretary, whose sobriety date is November 14, 2021. Kristy was raised in Waynesboro, Georgia, just south of Augusta, and attended a private Christian school from kindergarten through high school. During her high school years, drinking alcohol was widely accepted and normalized among students, and many parents did not object. Even then, Kristy sensed that her relationship with alcohol was different from her peers. She carefully planned her drinking and made sure she always had enough alcohol available.

Kristy has a strong family history of addiction, with alcoholism present among grandparents and addiction among parents, though her parents had stopped using drugs when they were young. As a young adult, she was introduced to opioids, and when she stopped using them, her alcohol consumption escalated dramatically. Eventually, she needed alcohol just to function. She woke during the night to drink and spent approximately eight years in her twenties and early thirties drinking all day, every day.

During that time, she experienced significant consequences. She was arrested for Public Intoxication during a blackout and woke up in a jail cell sick and confused. She also drove drunk throughout those years. Kristy went through multiple hospital detoxes and attended four treatment programs. In 2018, while in a faith-based program, she experienced a profound spiritual awakening. In the program's Prayer Room, she felt a deep connection with God and a sense of hope she had never known. She describes feeling God's presence and hearing the message, "I hear you," which gave her reassurance that she would be okay. From that moment forward, she has had no doubt in her faith.

Despite this experience, it took Kristy three more years to find A.A. Initially, she dismissed A.A. as overly sentimental, but over time she came to embrace it. Today, she credits A.A. with transforming her life. She has learned to connect with what feels healthy and positive and now embraces who she is without needing approval from others. Kristy believes A.A. is a tool provided by God to help her stay sober and that God often speaks through the people she meets in the program. She views the Twelve Steps as a powerful process for growth and healing and continues to witness the promises of the program come true in her life.

Through sobriety, she has developed a genuine concern for others and strives to be a better person, mother, friend, and employee. Even through life's most difficult moments, she relies on her faith and the support of the program. On December 17, 2025, she lost her partner of 15 years in a boating accident. Together they raised four children and shared a loving life. His loss has been the hardest experience she has faced, yet she continues to trust in God's plan and believes that, even in grief, everything will be okay.

Kristy credits her sponsor as a vital part of her sobriety, providing honesty, accountability and guidance. While she has not yet sponsored others, she actively serves through district service work. Her message is simple: keep coming back, especially on the days you least want to attend a meeting. Let go of the need for control, allow others to help, and trust the process. She remains grateful for sobriety and for the opportunity to serve District 12.

CENTRAL OFFICE

Doing the Impossible

Several years ago, I was in Chicago for a meeting for all AA 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 the 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.

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., Kevin O.

Member Stories

My story begins in Tampa, Florida, where I was born and raised. I was adopted in 2001, but my early years were filled with hardship. Addiction and instability were present around me from the beginning, and by the age of eight I experienced sexual abuse that I didn't fully understand at the time. I carried that trauma, unaware of how deeply it would shape my emotions, mindset, and choices as I grew older. I often saw myself as a survivor living in a broken body, trying to function while carrying pain I didn't know how to express.

As I entered high school, my struggles intensified. I dealt with bullying, insecurity, and pressure to succeed while also hearing words at home that made me feel fearful and alone. My faith in God, once strong, slowly began to fade. What started as small escapes turned into daily habits. Addiction became my way of coping with feelings of isolation, confusion, and pain. Substances seemed to quiet the noise in my mind, and over time they took control of my life.

Despite everything, I made it to college and appeared successful on the outside. Doctors' opinions and prescribed medications helped me function, but they also fueled my addictions. I learned how to present a picture of success while hiding the truth. I partied, drank and began building what looked like a promising life. I got my first apartment and started a career. From the outside, it seemed like I was doing well, but inside I was unraveling. I refused to take accountability for my actions and blamed others for my problems. Humor and denial marked my pain, but when I was alone, I barely recognized the person staring back at me

In 2016, everything changed. After hearing "guilty as charged" in court, I retreated into shame and denial. I told myself my addiction only hurt me, and I shut down emotionally and spiritually. PTSD brought sleepless nights, and I turned to more drugs, alcohol, and work to escape my thoughts. I became a workaholic to avoid feeling anything at all. Even after an arrest in 2019 and court-ordered rehab, I still hadn't faced the root of my behavior. I could stop using for short periods, but I couldn't live with myself sober because I hadn't addressed my trauma.

By 2023, failed relationships and repeated attempts to fix my life on my own defined my reality. Even with a baby on the way, addiction remained at the center of my life. By 2025, I was exhausted and spiritually empty. I had lost respect, trust, and hope. On August 6, 2025, I walked into Alcoholics Anonymous broke, desperate for a solution and forgiveness. Instead of judgment, I found understanding and people who shared stories like mine. For the first time, I realized I wasn't alone.

Through the program and my higher power, I began to experience freedom. I learned that surrender doesn't mean giving up – it means letting go of control and trusting something greater than myself. Today, I attend meetings regularly and work to accept life on life's terms. I still make mistakes, but I no longer give up on my sobriety. As long as I remain sober and honest, I have a chance at a better life. Recovery has taught me that real strength comes from humility, surrender, and the willingness to keep growing one day at a time. **Asherah – Grovetown Fellowship**

GROUP BIRTHDAYS/ANNIVERSARIES/EVENTS

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

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

April David M. 5yrs May Cleo W. 2yrs
Natalie 2yrs

June Kay D. 1yr
Alex H. 4yrs Michael K. 10yrs
Linda D. 19yrs Ed S. 38yrs
Joe C. 28yrs

Happy Hour Meets 6pm Sunday through Thursday

April Glen M. 1yr May Chris M. 2yrs
Wayne R. 2yrs
Chris J. 2yrs March Gordon A. 9yrs
Mary D. 1yr

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

April Stacey F 10yrs May Randy M. 38yrs
Denny B. 39yrs Paul R. 15yrs
Kristen S. 4yrs June Darlene M. 37yrs
Scott F. 17yrs Tyrone M. 37yrs
Milie M. 36yrs

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

April 15th 4th Year Group Anniversary-Pot luck @ 6pm and 7:30 Meeting

Grovetown Sober Sunday Speaker/Birthday celebration last Sunday of the month @ 7pm

April Chris B. 3yrs

May 31st 3rd Year Group Anniversary Food & Fellowship at 6pm with speaker mtg at 7pm

June Harold R. (Rob) 1yr

Thomson Group

April Vinson W. 1yr May Larry P 23yrs

June Jimmie C. 7yrs

QUOTES....WHO SAID IT?

“Childish ideas that we were different...the little girl and the little boy were down at the brook. They decided that they were going swimming. So naturally they decided that they would take off their clothes. The little girl looked with great astonishment at the little boy and she said, ‘I never knew that there was such a difference between Catholics and Protestants.’...we never need fear, in Alcoholics Anonymous, the worst in anybody. If only we can see and love the best, ...that in God’s sight all of us are of equal importance.”

“Our Twelve Steps, when simmered down to the last, resolve themselves into the words ‘love’ and ‘service’”.

“They are restless, irritable, and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks – drinks which they see others taking with impunity.”

“Simplicity of this program...let’s not louse it all up with Freudian complexes...we understand what love is and what service is.”

FOUNDERS DAY

Wesley United Methodist Church

825 N. Belair Rd

Evans, Georgia

June 13, 2026 at 11 a.m.

Group donations are needed. Speakers, A.A. and Alanon to be announced.

STEPS & PRINCIPLES

4th Step

“Made a searching and fearless moral inventory of ourselves.”

Courage

“The verdict of the ages is that faith means courage. All men of faith have courage.”

5th Step

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Integrity

“We can look the world in the eye.”

6th Step

“Were entirely ready to have God remove all these defects of character.”

Willingness

“We have emphasized willingness as being indispensable.”

Courage

“...the inner strength and conviction to act in alignment with faith, divine principles, or one’s soul, even when facing fear, pressure or uncertainty”

Integrity

“...the alignment of one’s inner beliefs, values, and soul with their outward actions, resulting in a consistent, authentic, and “undivided” life.”

Willingness

“...the active, voluntary surrender of self-will to a higher power or divine purpose, serving as the foundation of humility and spiritual growth.”

MEMBER STORIES

TODAY

Today, I can embrace the therapy of riding in the wind,
I don't need to cower in a bottle or roll a bowl to find courage to stand and defend.

Today, I don't have to cover bruises with makeup and lies to hide my shame and despair.

Today, I can walk tall over burnt bridges that are stronger Post repair.

Today, my son knows when I go away,
That I will return unharmed and sober another day.

Today, when I look back, I don't have to be shaken or come unglued,
I know I have family in fellowship and a spirit that is renewed.

Today, I don't have to use, drink, or be the victim of battery,
Instead, I can be grateful for the grace of God and be a warrior in recovery.

Today, I don't have to repeat the cycles of pain or let the scars Define me.

Today, I don't have to be haunted by those images or memories, but can merely let the gift of
desperation remind me.

Stephanie N.

LAUGHTER IS GOOD FOR THE SOUL

- Sponsor:** "I haven't heard from you in over a month. Don't you know that alcoholism requires daily work on your program?"
- Sponsee:** "I was just doing what you told me to do."
- Sponsor:** "What are you talking about? I told you to keep in touch."
- Sponsee:** "You told me to work the steps every day and to avoid people who irritate me."

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.	Traylor J.
Tony B.	Frank W.	Gaylord J
Lisa K.	Katie & Fred I.	
Dan W.	Pat J.	
Gratitude Group	Lumpkin Fellowship Grp	
Keylor H.	Bruce D.	
Angela B.		

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.

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THANK YOU FOR YOUR SUPPORT!

