SOBER DAZE

OCTOBER, NOVEMBER, DECEMBER 2026 - A 12TH District Publication

EDITOR'S THOUGHTS

"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." Dr. Bob's brief remarks on July 30, 1950 at the 1st International Convention in Cleveland, Ohio

I recently listened to a guest speaker at the King's School in Akron, Ohio who quoted Dr. Bob but took it a step further. He said that it could be boiled down to one idea. That "simmered down to the last resolve" is love and that service is love in action. We are in the last quarter of the year which coincides with Steps 10, 11, and 12. Once we get to this point in our step work, we are seeing the promises play out in our lives. Life is different, it has new meaning and purpose. It is at this point that we begin to give away, without expectation, what we were so freely given. It is an act of pure love.

This publication is for everyone to read and contribute to. I will always do my best to publish what I am given. 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
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STEPS & PRINCIPLES

10th Step ***"Continued to take personal inventory and when we were wrong promptly admitted it."***

Perseverance "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Everyday we must carry the vision of God's will into **all** of our activities."

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 "What used to be the hunch, or the occasional inspiration, gradually becomes a working part of the mind."

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 "Watching people recover, seeing them help others, watching their loneliness vanish, seeing a fellowship grow up about you, having an abundance of friends–this is an experience you must not miss. Being helpful is our only aim."

Perseverance "... the ability to keep trying and not give up, even when things are hard."

Awareness "…the conscious recognition that life extends beyond the physical, material realm into a deeper, non-physical dimension of existence."

Service "…to help others and honor the divine through acts of profound love, humility, and compassion."

WHO'S WHO IN THE 12TH

Meet Scott S., our newest member of the District Committee team! Scott serves as the **Alternate District Committee Member (DCM) for Zone 12A.** His commitment to recovery and service has been extensive since getting sober in July 2011.

Scott was raised in Warrenton, Georgia, in a supportive family where neither parent struggled with drugs or alcohol. His first drink at age 15 was, as he describes it, "magical." It gave him a feeling of peace and seemed to fill a void in his life. On his first day as a college freshman, Scott was invited to a party. He recalls, **"I had the best time of my life and wanted to do it for the rest of my life."** For the next 20 years, alcohol remained a significant part of his life.

After college, Scott married and has now been married for 30 years. He reports drinking heavily for 13 years, while also using prescribed Xanax and pain pills, "just to function on the job." Eventually, his drinking and drug use brought him to a crisis. While driving a company truck under the influence, he ran a stop sign, panicked, and went to the hospital. The hospital contacted his father, who picked him up. He was drunk. His family helped him enter detox and then an IOP in Augusta, where he was told to attend A.A.

At his first A.A. meeting, Scott received his first and only white chip from Lester W. of Aiken. He also met Nan, who encouraged him to attend a meeting every day. Scott followed that suggestion, attending the National Hills 8:30 meeting daily, which eventually became his home group. During his first year of recovery, he attended meetings every day and drove approximately 100 miles round trip from Warrington.

At nine months sober, Scott began chairing the National Hills group, serving for approximately three years. He then served as GSR and later as Alternate DCM for 12A. His service has included involvement with Pre-paid Convention and Edisto Roundup. He currently serves as President of the Board for Westside Club, Inc., and has sponsored men in A.A. since he was nine months sober. Scott continues to work with a sponsor and is currently going through the Steps again.

Early in sobriety, Scott was on the verge of losing his home. Today, he still has that home along with six additional properties. More importantly, sobriety has given him the life he always wanted.

Scott says, **"I could not get that sense of ease and comfort anymore. I craved that sense of ease and comfort, and today, I get it from A.A."**

When asked how he stays sober and continues to freely give back to A.A., Scott says:

"Discipline is the horse that I ride. I work all three sides of the triangle and keep my experience current."

MEMBER STORIES

I was first exposed to A.A. in 1975 when my father got sober and started taking me to meetings. At that time my father warned me that alcoholism was hereditary and I might be joining him there someday. He was correct.

I joined A.A. for myself in 1986 after being kicked out of high school, the military and college for drinking. Not to mention almost drinking myself to death on many occasions.

A.A. saved my life and raised me in many ways. I never actually got the parenting I needed as a child. You could say A.A., which is divinely inspired, gave me everything in this life. The 12 Step promises had come true for me by the late 80s. I later found out that this was just the beginning.

It wasn't until I started meditation regularly in 2008 that real peace and joy started to show up. Even though I had done the 12 steps many times and taken countless others through the process, I still had mountains of shame, hurt and a victim mentality living in my subconscious.

I had always thought I was meditating because I spent alone time in the morning reading spiritual literature and taking long walks in nature but I wasn't.

When the student is ready…

A monk showed up in my life serendipitously after much prayer and taught me a practice called ascension which is actually far more powerful than traditional meditation.

An effortless practice that goes on 24 hours a day. A pathless path where you simply shift attention to appreciation, gratitude and love all day whenever it occurs to you. Even when you wake up in the middle of the night to use the restroom.

You also close your eyes two or three times a day for 20 to 30 minutes and effortlessly shift your attention to appreciation, gratitude and love. This is not a technique, it's simply a gentle shift in attention from that which is false to that which is true and therefore life giving.

It's all divine order…

Soon all of my subconscious fear, hurt, anger, shame and untrue beliefs were being placed with peace and boundless joy. I finally knew what it is like to be free, regardless of outside circumstances including finances and the health of the body. Real freedom that never goes away.

I'm actually tearing up a bit because we all deserve this. It's our birthright. It's what we actually are!

Fully divine and fully human…

Alcoholism turned out to be my greatest gift because it ultimately led me straight back into my heart. If I had lived a normal goody two shoes life, I may never have discovered the peace that passeth understanding…

Or infinite love…

That which you are…

Addison P.
Delray Beach, Florida

From: Every Day Spirit: A Daybook of Wisdom, Joy and Peace

We all have the power to lift up others in such simple ways; a compliment, a thoughtful question, a note of love.

An often forgotten way to show kindness is by practicing the art of listening.

To be present to someone with interest and compassion is a rare kindness, and a healing, transformative blessing.

Maya Angelou said, "We are more alike than we are unalike."

We won't know this truth until we listen and understand each other better.

Today, let's give the gift of our full presence in conversation and listen to others as if there's nowhere in the world we'd rather be.

GROUP BIRTHDAYS/ANNIVERSARIES

Grovetown Fellowship Speaker/Birthdays celebrated on last Tuesday of the month @ 7pm
October December Harlee B. 2yrs
November Marie G. 40yrs

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

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

Live and Let Live Wednesday @7:30pm and Saturdays @ 6:30pm
October December
November

Grovetown Sober Sunday Speaker/Birthday celebration last Sunday of the month @ 7pm
October C.C. 30yrs
Mary O. 7yrs

Thompson Group
November Evan L 1yr.

Martinez Group Birthday celebrations are on the last Friday of the month @ 7pm

October	Laura K.	1yr	December	Andy P.	5yrs
	Zack D.	2yrs		Christy J.	6yrs
	John S.	20yrs		Jane W.	8yrs
	Terry C.	21yrs		Carol B.	9yrs
	Roe G.	43yrs			
	Bill S.	9yrs			
November	Mike C.	3yrs			
	Marie G.	40yrs			
	Tim H.	38yrs			
	Frank A.	2yrs			

Washington Group

October	Brittany R.	2yrs

Sunrise Group

October	Veronica M.	1yr
	Pamela H.	11yrs
	Steve	1yr

"NEW GROUP" Afternoon Delight Westside Club, Wednesdays at 3pm

Why Sober Birthdays Matter

Proof for Newcomers:
Most agree that sharing these milestones shows new members that staying sober over time is truly achievable.

Acknowledge Progress:
It serves as a tangible way to look back at how far an individual has come since they stopped drinking alcohol.

Inspire Hope:
Hearing someone share their story of cervical and continued commitment, offers deep encouragement to others in the room.

Strengthen Community:
Giving out sobriety chips and celebrating with a meeting ceremony fosters mutual support, gratitude, and healing from past isolation.

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: **Barry E.** beack54321@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: Shannon S. **smstoddard123@gmail.com**

ARCHIVES
The Oxford Group

This group focused on personal transformation through absolute moral standards (honesty, purity, unselfishness, and love), sharing sins, making restitution to those harmed, and taking time daily for silent prayer and guidance from God.

Bill W. and Dr. Bob both interacted with the Oxford Group before starting A.A. in Akron, Ohio. The major shift from the Oxford group was to move away from the concept of sin into understanding that alcoholism is a physical allergy and mental obsession. The following "How to Listen" is the practice of "two-way prayer" by finding a quiet time in the morning, writing down incoming thoughts without judgment, and testing them against four absolute moral standards.

HOW TO LISTEN

Here is a technique that has been used for more than 80 years.
1. Take time each morning: Grab a piece of paper and pen
2 Relax: Sit in a comfortable position. Consciously relax all your muscles. Be loose. There is no need to hurry. There needs to be no strain during these minutes. We cannot touch the Infinite if we are tense and anxious. Prepare yourself by breathing deeply and relaxing for three to five minutes.
3. Tune In: Open your heart to the Ultimate Reality. Either silently or aloud, say in a way that feels natural to you that you would like inspiration for this day. If you have a specific problem or situation you are facing, ask for the answer. Be definite and specific in your requests.
4. Listen: Just be still, quiet, relaxed and open. Let your mind go "loose". Let your intuitive self receive inspiration. Thoughts, ideas, and impressions will begin to come into your mind and heart. Be alert and open and aware to every one.
5. Write! Here is the key to the whole process. Write down everything that comes to your mind. ***Everything***. Writing is a means of recording what goes through your mind so that you can remember later. Don't sort out or edit your thoughts at this point. **Don't say to yourself:** "This thought isn't important," "This is just me thinking," "This can't be inspiration," "This isn't nice," "This is an ordinary thought."
Write what passes through your mind: Names of people; Things to do; Things to say; Things that are wrong that need to be made right.
Write down everything: Good thoughts - bad thoughts; Comfortable thoughts - uncomfortable thoughts; Holy thoughts - unholy thoughts; Sensible thoughts - crazy thoughts.
Be Honest! Write down everything. A thought comes quickly and escapes more quickly unless it is captured and put down.

6. Test: When the flow of thoughts slows down, stop. Take a good look at what you have written. Not every thought is inspired. So we need to test each thought by examining the written record.
Is it Honest - Pure - Unselfish - Loving?
Is it in line with our responsibilities?
Is it in line with my understanding of spiritual principles?
7. Check: When in doubt and when it is important, ask another person who is on the spiritual path. More light comes through two windows than through one. Someone who is interested in our spiritual growth may see things more clearly. Talk over what you have written. There are always three sides to every question - your side, my side and the right side. Inspiration shows us which is the right side - not who is right, but what is right.
8. Carry out the thoughts that come: You will only be sure of your intuitive voice as you go through with it. A rudder will not guide a boat until the boat is moving. As you follow, very often the results will convince you that you are on the right track.
9. What if no inspiration comes? Generally there is a reason. Here are some blocks:
1. Any wrong relationship in my life
2. A person that I will not forgive
3. Any wrong that I have not faced and put right
4. Any compromise or indulgence I will not give up
5. Anything I know I should do but have not done

10. Results? We will never know what swimming is like unless we get down into the river and try. We will never know how wonderful this technique can be until we sincerely try it.
Every person who has honestly tried this has discovered a wisdom, not their own, comes into their minds, and a Power greater than human power begins to operate in their lives.

Thank you to George and his committee of 5 for their tireless dedication to preserving the history of Alcoholics Anonymous.

Something to think about!
Fear will present itself when we resist a lesson that must be learned.
Feeling stressed and fearful?
Ask the question, “What do I need to learn?”

CENTRAL OFFICE

Did you know that the Central Office has a book store?

The store has chips, medallions, A.A. stickers, step work books, A.A. Phamphlets, A.A. & 12x12 dictionaries, and much more.

Conference Approved Literature:
Big Books and 12&12
Daily Reflections
As Bill Sees It
Dr. Bob and the Good Old Timers
Pass It On
A.A. Comes of Age - Great A.A. history book
Living Sober
Came to Believe
Experience, Strength and Hope
Language of the Heart

Non-Conference Literature:
24 Hours/Day
A New Pair of Glasses (out of print but we still have a few copies)
Sermon on the Mount
Drop the Rock
A Woman's Way Through the 12 Steps
A Day at a Time
Touch Stones
A Woman's Spirit
A Program for You

These are just some of the items we have. Come in and browse and say hello to the volunteers who staff the office.
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., Sylvester H., Bob S., John G., Traylor J.,
Geo C., Michelle J., Kevin O.

"RULE 62" DON'T TAKE YOURSELF TOO DAMN SERIOUSLY

"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."

A.A. co-founder Bill W. in the January 1958 issue
of the A.A. Grapevine, titled "*This Matter of Fear."*

A priest leaves a wedding ceremony and gets pulled over by the police for swerving across the road. The officer walks up, smells alcohol on his breath, and points to a flask sitting on the passenger seat. "Father, have you been drinking tonight?"

The priest shakes his head and says, "No, my son. I just left a wedding ceremony and I'm fine."

Suspicious, the officer asks, "Then what is in that flask?" The priest replies smoothly, "Just water."

The office takes the flask, unscrews the cap, and takes a sniff. "Father, this is wine!"

The priest gasps, looks up to the sky, and yells, **"Praise the Lord, He did it again!"**

First drunk says, "Hey man. What's the name of that thing you blow at and make a wish?". Second drunk says, "A breathalyzer??" From the Grapevine

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2026 GEORGIA
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UNITY SERVICE AA RECOVERY

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TALLAHASSE, FL

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SPRING HILL, FL

DANNY B.
SPRING, TX

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16-18 DE OCTUBRE DE 2026

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