

SOBER TIMES

A A I N T H E G O L D E N I S L E S O F G E O R G I A *

*Golden Isles Intergroup serving Alcoholics Anonymous groups in Glynn, Wayne, McIntosh, Camden, Charlton, Brantley and Pierce counties, Georgia

"Most folks are about as happy as they make up their minds to be."
- Abraham Lincoln

Happy New Year!

"A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes."

Is Happiness The Goal?

"I don't think happiness or unhappiness is the point. How do we meet the problems we face? How do we best learn from them and transmit what we have learned to others, if they would receive the knowledge?"

In my view, we of this world are pupils in a great school of life. It is intended that we try to grow, and that we try to help our fellow travellers to grow in the kind of love that makes no demands. In short, we try to move toward the image and likeness of God as we understand him.

When pain comes, we are expected to learn from it willingly, and help others to learn.
When happiness comes, we accept it as a gift, and thank God for it."

Bill W.—Letter, 1950



Happiness — Came To Believe

To arrive at a working definition of happiness in my attempts to apply the blueprint of AA to rebuilding a shattered life, I tried first to recall the happiness I chased in the old days. I suspect that for most of us happiness is equated with bliss. In booze we reached for euphoria, release from even the faintest threat of responsibility. We wanted insulation against the urgent clanging of the world around us, a soft berth on a languid cloud. And for fleeting moments, just before the curtain of oblivion cranked down, we did drift into that never-never state. Then they said, "Come into AA. We'll help you maintain sobriety, and you'll know real happiness." The sobriety was real and suddenly so was the world—a harsh and pitiful place we had never fully faced before. Where was this highly touted stuff called happiness? A latter-day philosopher has said that happiness is not something we experience; it is something we remember. Still, at the risk of sounding unfashionable, I'll say "I am very happy". Let me hasten to add that none of what I now possess came easy. For me, it has been a tough grind. Relinquishing the prerogatives of chronic brattery never comes easy. But early in the game I needed definitions.

"Serenity" a word we've used from the moment we struggled into our first AA meeting, was from the start a tricky one. It seems to mean anything from sanforized, snag-proof, fully guaranteed bliss to the ability to maintain a stiff upper lip when things don't go our way. I have heard the serenity prayer chanted as an incantation to wield a spell against temptation, a wand to wave away all unpleasantness. For what it's worth, my own definition evolved something like this: It appears to me that most of the wrenching turmoil in people's lives derives from too stubborn persistence in trying to resolve insoluble problems. That is why the philosophy contained in the Serenity Prayer (continued)

SE CLUSTER FORUM—SPONSORED BY DISTRICT 3D

Saturday, February 18, 2012

St. Simons Presbyterian Church, 205 Kings Way, St. Simons Island GA 31522

Registration—(Free) 9:00 am with coffee and donuts

Program begins at 9:30 am—Lunch follows presentation (Free)

“Anonymity: Our Spiritual Responsibility in the Digital Age”

Meet your Area 16 (Georgia) officers and experience a fun and informative look at various AA topics as presented by District 3, District 4 and District 5!



Happiness....continued from page 1

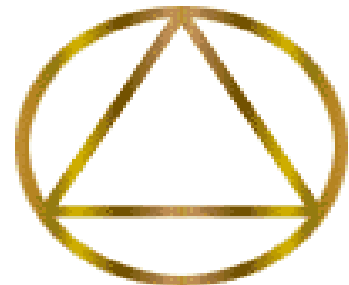
is one of the most important guidelines I've found in AA—accept the things you cannot change. So simple. If the problem cannot be solved, today, why simply drop it. I grant that this is not always easy; it takes self discipline, a faculty infrequency found in newly sober alcoholics. On the other hand, problems which can be solved provide the real excitement in life. The daily challenge to grapple with and master the conflicts encountered from dawn to dusk are stimulating. But the last line of the Prayer contains the clincher—the wisdom to know the difference between soluble and insoluble situations. As one who is most suspicious of his wisdom (since sobering up, anyway), I find substituting the word “honesty” for wisdom often furnishes the clue to the answer I'm asking. The second tenet of the Prayer is too frequently slurred over. I am constantly amazed at the number of so-called obstacles I have overcome after giving them a second look, mustering what meager resources I have, then taking hoe in hand. Serenity to me, is the absence of insoluble conflict. And it is up to me first to determine whether, after an honest look at myself, I can cope with the problem, then to decide whether it is to be tackled, passed over to another day, or dismissed forever. So happiness to me is fulfillment, the satisfaction gained from knowing that you did the best your honestly evaluated limitations would permit— in all phases of living.

Happiness is gratitude for the miracle which granted another go-around at a life once abandoned.

Happiness is growing up. It is learning to recognize all the things you really have. Happiness is for experiencing, as well as remembering.

Came to Believe ~New Hartford, New York

(abbreviated by editor for space content)

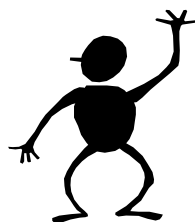
**OVERHEARD AT MEETINGS:**

- ◆ A self sponsored person is a good example of unskilled labor.
- ◆ Some days the best I can do is the one word prayer: “Help!”
- ◆ Everybody makes mistakes. Fools repeat them, the weak excuse them, only the wise admit and profit from them.
- ◆ Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. ~Carl Jung ~
- ◆ When you dance with a gorilla, it's the gorilla who decides when to stop.

GOLDEN ISLES INTERGROUP CONTRIBUTIONS

AS OF NOVEMBER 30, 2011

Back to Basics Group	100.00
Big Book Group	0.00
Brunswick Group	0.00
Darien Group	0.00
Eulonia Group	262.50
First Things First, Bwk	50.00
First Things First, SSI	650.00
Five O'clock Lit Hour	0.00
Golden Isles Group	10.00
Goodwill Group	115.00
Happy Hour Group	104.45
Here & Now Group	0.00
Jekyll Island Group	200.00
Keep It Simple Group	150.00
Life & Breath Group	10.50
New Group	0.00
Out to Lunch Group	201.28
Step by Step Group	25.00
Sunday Morning Breakfast Group	60.00
Tabby House Group	55.00
Third Step Group	20.00
Today Group	600.00
Union Street Group	250.00
Wayne County Group	0.00
Women's Group	115.00
Women 11th Step Meditation	0.00
12 & 12 Group	71.55
High Five Club Contributions	365.00
Kingsland Recovery Group	30.00
Individual Contributions	<u>339.00</u>
TOTAL	3784.28



High Five Club Contributors—Special Thanks!

Dottie Lou W., Sandy J., Cannon O., Peggy L.,
Don L., Janice B., Ellen B., Tully M., Danny C., Joe S.

(If we missed your name, please let us know and thanks!!!)

SEND YOUR \$5.00/MONTH TO: PO BOX 397, BRUNSWICK GA 31521

GOLDEN ISLES INTERGROUP— 2012 ANNUAL BUDGET

ADMIN/OPERATING EXPENSE

Bank Acct Supplies	\$ 40.00
Corp Annual Registration	\$ 50.00
Telephone	\$1055.00
PO Box Rental	\$ 70.00
Rent	\$ 180.00
Website	\$ 150.00

PRINTING EXPENSE

Newsletter	\$ 465.00
Schedules	\$ 480.00

EVENTS EXPENSE

AA Christmas Party	\$ 660.00
Summer AA Picnic	\$ 765.00

MISCELLANEOUS

PICPC Supplies	\$ 150.00
Literature/Treatment Facilities	\$ 210.00
Assembly	<u>\$ 220.00</u>

TOTAL \$4495.00

GOLDEN ISLES INTERGROUP 2012-2014

CHAIRMAN:	ELAINE M.
VICE CHAIRMAN:	JOE S.
SECRETARY:	PEGGY L.
TREASURER:	JAN W.
NEWSLETTER CHAIR:	JANICE B.
WEBSITE CHAIR:	MIKE L.
PICPC CHAIR:	KAREN J.
TREATMENT CHAIR:	AMY S.
TELEPHONE CHAIR:	COLLEEN H.

AND ALL THE GSR'S AND REPS FROM OUR GROUPS!

JAN 8, 2012 AT 7:30 PM

TABBY HOUSE GROUP, THE CLUBHOUSE, SSI

QUARTERLY BIRTHDAY CELEBRATION—REFRESHMENTS

CONGRATULATION



Tabby House Group

Tom H. 01/02/98
 Taylor D. 01/02/11
 Terry C. 01/08/11
 Robin R. 01/10/10
 Jonathan D. 01/15/08
 Jason F. 01/24/08
 Molly H. 01/29/07
 Joy G. 02/04/96
 David E. 02/05/08
 Miller T. 02/07/10

Women's Group

Eileen B. 01/02/03
 Gaby McG. 01/07/09
 Kathleen H. 01/14/01
 Cindy B. 02/06/08
 Jean G. 02/08/68
 Anna T. 02/15/07
 Catherine F. 02/22/96
 Jennifer M. 02/26/06

Happy Hour Group

Robert T. 01/07/88
 Kim C. 01/14/11
 Scott E. 01/16/96
 Jerry C. 01/24/84
 Jim H. 01/24/86
 Karen J. 02/12/09
 Tully M. 02/25/88
 Alex S. 02/28/06

Hoboken Group

Larry L. 02/07/91
 Mike D. 02/21/81

Step by Step

Adrian H. 01/31/10
 Alex S. 02/28/06

Goodwill Group

Tom H. 01/02/98
 Michael B. 01/05/94
 Vivian E. 01/05/06

Tabby House Men

Bill W. 01/05/85
 Nat S. 01/10/03
 Peter N. 01/23/92
 Clif J. 01/28/07
 John R. 02/06/77
 Bobby M. 02/25/09

Eulonia Group

Lee G. 01/04/09
 Ken C. 01/05/86
 Steve C. 01/06/86
 Ellen B. 01/17/98
 Jerry A. 01/25/87

Out To Lunch Group

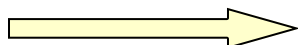
David J. 01/14/08
 Sheila R. 01/25/08

12 & 12 Group

Gaby M. 01/07/99
 Kathleen H. 01/14/01
 Jean G. 02/06/68

Folkston Group

Roger A. 01/02/05
 Eddie N. 02/08/11

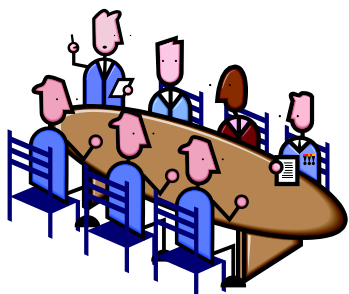


Bill W. died on 01/24/71. In 1990, *Life Magazine* named him among the 100 most important figures of the 20th century.

We are looking for articles for the next

SOBER TIMES

Should be written in MS Word, attached saved file to an email as an attachment and send to intergroup.editor@gmail.com



Everyone Invited! To the next
INTERGROUP MONTHLY MEETING
 Tuesday, 01/03/12
 Tuesday, 02/07/12

Sober Times is a newsletter of the Golden Isles Intergroup and is created by alcoholics for alcoholics. Articles in the newsletter written by individual members of Alcoholics Anonymous are expressions of their own experiences and opinions and not necessarily those of our intergroup or AA as a whole. Quotations from AA Books and pamphlets are reprinted with permission of AA World Services.

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[HTTP://GOLDENISLESAA.ORG](http://GOLDENISLESAA.ORG)