

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 *

If you want to drink, that's your business, if you want to stop, we can help.
Call 912-265-0892.

*Golden Isles

Intergroup serving AA groups in Glynn, Wayne & McIntosh counties, Georgia

IF YOU WANT TO BE PART OF THE SHOW!

CONTACT TY T. AT 912-531-0058

(G RATED ONLY)

ENTERTAINMENT FOR THE CHRISTMAS PARTY

NEEDED:

STAYING SOBER DURING THE HOLIDAYS—SOME TIPS FOR YOU!

A good place to look for tips is in the slim conference approved AA book, *Living Sober*, a very useful compendium of practical advice. The book has no specific section on the holidays, but chapter 26 "Being wary of drinking occasions" has these suggestions:

*Be extra cautious in the first few months of sobriety. *Let your host/hostess know you are abstaining. *Skip the first hour if there is to be drinking before dinner. *Bring your own non-alcoholic beverage and always have a glass of it in

hand. *Don't get a resentment if a friend or family member reveals more about your



recovery that you planned to share. *If things get really tough, make an excuse to leave, and don't be worried about offending people. *Attend more AA meetings during the holiday season. *Use common sense.

*Concentrate on planning for the next 24 hours, not weeks ahead. *Volunteer to do useful service, in AA or elsewhere. *Do not keep alcohol in your home. Have a safe and sober holiday season.

***** WE ARE NOT A GLUM LOT! *****

UPCOMING AA EVENTS

Thanksgiving, 11/25/2010

The Clubhouse—St. Simons Island

Thanksgiving Potluck 2:00 pm

The 1212 Club—Brunswick

Thanksgiving Potluck 1:00 pm

Alco Service Center—Brunswick

Thanksgiving Potluck 7:00 pm

Christmas, 12/25/10

The Clubhouse—St. Simons Island

Christmas Day Potluck 2:00 pm

The 1212 Club—Brunswick

Christmas Day Potluck 1:00 pm

Alco Service Center—Brunswick

Christmas Day Potluck 7:00 pm



2010 Intergroup Christmas Party December 4, 2010 Seldon Park 7:00 PM



THE HISTORY OF AA'S GRATITUDE MONTH

Like a lot of AA's customs and practices, the idea of Gratitude Month has grown out of what has transpired in our early history, our co-founders' ideas and the well-meaning intentions of those who have followed thereafter. The basic idea of gratitude month is to give AA members an opportunity to say "Thank You" to Alcoholics Anonymous for the gift of our sobriety. And because it is celebrated in November in most places world-wide, except in Canada where it is in October, you would think it has a connection to our celebration of Thanksgiving. And, you would be right. And so are the Canadians, since Thanksgiving is celebrated in October in their country.

The roots of Gratitude Month may have started with Bill W.'s desire to have us study and become familiar with the AA Traditions. In the November 1949 issue of the *Grapevine*, in an article entitled "A Suggestion for Thanksgiving", Bill wrote "The idea is in the air that AA might adopt Thanksgiving Week as a time for meetings and meditation on the Traditions of Alcoholics Anonymous." This article later appeared in the book *The Language of the Heart* on page 95. The article concluded by saying, "What then could be more appropriate than to set aside Thanksgiving week for discussion of the practical and spiritual values to be discovered in our Traditions? We could thus reinforce our faith in the future by these prudent works; we could show that we deserve to go on receiving that priceless gift of "Oneness" which God in His wisdom has so freely given to us of Alcoholics Anonymous in the precious years of our infancy."

In fact, the idea of a celebration of gratitude had already taken hold earlier in the 1940's when, each fall, the General Service Board hosted small Gratitude Dinners. These events were the precursors of the larger, more elaborate Gratitude Luncheons that would be held during the '60s as an initiative of the Trustees' Public Information Committee.

The first official recognition of an A.A. Gratitude Week, specifically designed to coincide with Thanksgiving week, appeared on page 46 of the final report of the Sixth General Service Conference held in 1956. It describes the initial motion to have a designated A.A. Gratitude Week, and it reads: "The Conference approved a motion asking that the General Service Headquarters designate Thanksgiving week each year as 'A.A. Gratitude Week' and that this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support A.A.'s worldwide services."

Three years later, Bill urged in a letter, "Gratitude should go forward, rather than backward... if you carry the message to still others, you will be making the best possible repayment for the help given to you." You can find reference to this 1959 letter in the book *As Bill Sees It*, on page 29.

The Oct. / Nov. 1994 issue of Box 4-5-9, the article entitled "In A.A. November is Gratitude Month" addressed the history and practice of both Gratitude Month and Gratitude Week, describing gratitude luncheons and dinners, the 1956 conference action, and communications on the subject from Bill W.

Many areas adopt a two-prong approach to Gratitude Month, observing it through both Traditions meetings and special contributions made to the General Service Office for A.A. services worldwide.

Gratitude. It's a weighty, high-dignity word, but in truth its close companions are humor and joy. As Bill W. observed in *The Big Book* on page 132, "Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others." What greater cause can there be for rejoicing than this? Or for demonstrating one's gratitude? Enjoy the month and remember—GRATITUDE IS AN ATTITUDE!

CONGRATULATIONS !



*TO ALL THOSE
PICKING UP
CHIPS!*

<u>Happy Hour Group</u>	
Ross M.	11/01/77
Toinette R.	11/14/04
Jenny S.	12/01/07
Bill D.	12/22/07

<u>Goodwill Group</u>	
Kitsy T.	11/01/87
Jim W.	11/08/95
Cannon O.	11/10/80
Jim J.	11/18/88
Brett W.	12/02/96
Tim M.	12/06/83
Mary J.	12/18/91
Ellison T.	12/20/04
Ralph C.	12/25/07

<u>Tabby House Group</u>	
Lou L.	11/08/02
Richard M.	12/12/07
Bill D.	12/18/88
Thomas M.	12/25/07
Tomas J.	12/25/99

<u>Step By Step Group</u>	
McLain	11/17/08
Pat M.	11/28/80

<u>Union Street Group</u>	
Lisa H.	12/05/01
Sasha G.	12/20/05
Ben B.	12/29/06

<u>Today Group</u>	
Bob G.	12/02/02
John D.	12/08/06
Kim P.	12/08/07
Susan R.	12/20/77
Ginger M.	12/23/82
Charles T.	12/26/99
John L.	12/26/93

<u>First Things First Group</u>	
Suzanne W.	12/06/06
Michael D.	12/14/06
Peter R.	12/25/04
Shelly J.	12/13/06
Wayne K.	12/23/01

<u>Out To Lunch Group</u>	
Diane L.	11/17/03
Dale O.	11/23/04
Karen M.	12/03/05
Steve Y.	12/10/05
Jack M.	12/11/80
Bill D.	12/14/00
Gus S.	12/18/06
Judy E.	12/23/04

25TH ANNIVERSARY CELEBRATION - TABBY HOUSE GROUP
NOVEMBER 7, 2010 @ 7:30 PM
TABBY HOUSE, EPWORTH BY THE SEA

GRATITUDE WEEKEND
11/05—11/07
CLARION RESORT
JEKYLL ISLAND

Have an upcoming AA birthday/anniversary? Please email intergroup.editor@gmail.com

GOD SENDS HIS BEST, from Bob E. , Akron Intergroup News, September 2010

A woman was at work when she received a phone call that her small daughter was very sick with a fever. She left work and stopped at a pharmacy to get some medication. She returned to her car only to find she had locked her keys inside. She did not know what to do so she called her babysitter to tell her what happened. Her babysitter suggested the woman find a coat hanger and told her the baby's fever was worsening. The woman found a rusty old hanger on the ground, probably left by someone else who had locked their keys in the car; however she did not know how to use it. She bowed her head and asked God for help. Within five minutes a beat up old motorcycle pulled up with a old bearded man who was wearing an skull rag on his head. The woman thought to herself "This is who you sent to help me?". But, she was so desperate she was thankful. The man got off the cycle and asked if he could help. She said, "Yes my daughter is very sick and when I stopped to get her some medication, I locked my keys in the car. Please can you use this hanger to unlock the door?". He said "Sure". He walked over to the car and in less than a minute the door was open. She hugged the man and through her tears said, "Thanks so much...you are a very nice man". The man replied "Lady, I'm not a nice man. I just got out of prison today. I was in for car theft and have only been out for an hour." The woman hugged the man again and with sobbing tears cried out loud "Oh, thank you God! You even sent me a professional!".

WE ARE ON THE WEB!

HTTP://GOLDENISLESAA.ORG

“ W H E N E V E R A N Y O N E , A N Y W H E R E , R E A C H E S
O U T F O R H E L P , I W A N T T H E H A N D O F A A
A L W A Y S T O B E T H E R E .
A N D F O R T H A T : I A M R E S P O N S I B L E . ”

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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.

Everyone Invited! To the next
INTERGROUP MONTHLY MEETING
November 30, 2010
January 4, 2011

L O V E A N D T O L E R A N C E I S O U R C O D E

The Big Book repeatedly, in fact about 90 times, uses words such as kind, helpful, patient, usefulness, love and tolerance, as attitudes and behaviors for recovering alcoholics to adopt towards others, whether inside or outside AA meetings.

Love and tolerance towards others is our code. These practices develop our self respect and self esteem. By practicing this spiritual program of AA in all our affairs, we can lead happy, free and peaceful lives.

WRITERS NEEDED!

Submit an article 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.
One small clip art per article allowed.

Thanks for your support,
submit your article, thoughts etc... today!

Occurrences in The Big Book (where in context) it is suggested to practice an attitude of kindness, helpfulness, tolerance and love towards others:	
<i>Being helpful</i>	19 times
<i>Useful/Usefulness</i>	14 times
<i>Tolerant/Tolerance</i>	13 times
<i>Kind/Kindness</i>	8 times
<i>Love</i>	7 times
<i>Friendly/Friendliness</i>	7 times
<i>Understanding</i>	6 times
<i>Patient/Patience</i>	6 times
<i>Considerate</i>	5 times
<i>Fellowship</i>	5 times

