

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



We are so pleased to have District 3, Zone B join the Golden Isles Intergroup!

Welcome to the AAer's who participate in Camden, Charlton, Brantley and Pierce counties.

New meeting—Brunswick Ladies In Sobriety—Saturdays, 6:00 pm at the
First United Methodist Church

Your new DCM for District 3, Zone A is Teri F. with Elaine M. as the alternate!

The Serenity Prayer

God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.

Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace;

Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to his Will; That I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.

Reinhold Niebuhr

The prayer became widely known after being brought to the attention of Alcoholics Anonymous in 1941 by an early member. Bill W. and the staff liked the prayer and had it printed out in modified form and handed around. *The Grapevine* identified Niebuhr as the author in January 1950, pp. 6-7, and the AA website continues to identify Niebuhr as the author, even though others have claimed to have written it.



UPCOMING SOCIAL EVENTS

Thanksgiving, 11/24/2011

- 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

Intergroup Christmas Party, 12/10/2011

- Selden Park Rec Center 7:00 pm

Christmas, 12/25/2011

- 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

New Years Eve Party, 12/31/2011

- The Clubhouse—SSI 9:00 pm
- The 1212 Club—Brunswick 9:00 pm

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

*We will forever
remember our
dear friend,*

Coretha M.

– Rest In Peace –

*We will miss
you.....*

YOUR INTERGROUP NEEDS YOU

Group contributions are not sufficient to meet our yearly obligations...

so what can you do?

Join the High Five Club!

Give \$5.00 a month, as an individual you assist in printing meeting schedules, telephone hot line, 12 step work, summer picnic and on and on.....

Make checks payable to Intergroup and mail to *Intergroup Treasurer, PO Box 397 Brunswick GA 31521* or give your "High Five dues" to your GSR! Thanks!



A Full and Thankful Heart

One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine—both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living.

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know.

Grapevine, March 1962



Gratitude Should Go Forward

"Gratitude should go forward, rather than backwards. In other words, if you carry the message to still others, you will be making the best possible repayment for the help given you."

Bill W. — Letter, 1959

A man died and went to Heaven. St. Peter asked: 'What denomination are you?' The man said: 'I don't belong here, I don't go to church.' St. Peter said: 'Well, we don't make mistakes, you belong here alright. Let's just walk around and you can see where you'd like to stay'.

So they walked down a long hall, and St. Peter opened a door, and there were many pews with people kneeling and praying and crossing themselves. 'Who are they?' asked the man. 'These are Catholics', answered St. Peter. 'Well, I don't want to stay there', said the man as they continued walking down the hall.

St. Peter opened the next door, and there were pews with people sitting in them staring straight ahead. 'Who are they?' asked the man. 'These are Protestants', answered St. Peter. 'Well, I don't want to stay here either', said the man as they continued down the hall.

The next room they went to, smelled like coffee as soon as the door opened. The man looked inside and there were people laughing and hugging one another. He watched them form a circle and recite the Serenity Prayer. The man said: 'I like these people; who are they?' St. Peter shrugged his shoulders and said:

'I don't know, they won't tell us, but they do tell us that they are only here one day at a time.'

Contributed by Christine M.

“Privileged People”

I saw that I had been living too much alone, too much aloof from my fellows, and too deaf to that voice within. Instead of seeing myself as a simple agent bearing the message of experience, I had thought of myself as a founder of A.A.

How much better it would have been had I felt gratitude rather than self-satisfaction—gratitude that I had once suffered the pains of alcoholism, gratitude that a miracle of recovery had been worked upon me from up above, gratitude for the privilege of serving my fellow alcoholics, and gratitude for those fraternal ties which bound me even closer to them in a comradeship such as few societies of men have ever known.

Truly did a clergyman say to me, “Your misfortunes has become your good fortune. You A.A.’s are a privileged people.”

Grapevine, July 1946

If someone has been kind, thank him or her today. Yes, we can wait and buy that person dinner next week but how about writing an e-mail this afternoon or leaving a message on a telephone answering machine telling how much you appreciate the kind words or deeds?

We cannot show gratitude without sharing it with someone. When we show our gratitude, it's a way of sharing our joy with that person. Even when we do something as simple as burning a candle to show gratitude to God, it shares our joy with everyone who sees the flame of the candle. It strengthens their faith and reminds them to show their gratitude, too.

Make showing and sharing your gratitude a part of your life. If someone does something nice for you, share your happiness with that person. Send a card or make a phone call. If you believe that a prayer has been answered by God, share your gratitude with God. Tell someone, or thank God publicly at your worship service. If you have had a victory in your recovery, show your gratitude by sharing it with others in your group. Then share your gratitude with them for the help they've given, too.

Demonstrate gratitude in your actions every day. Gratitude is more than just a thought process and more than just a Sunday morning church activity. Demonstrate your gratitude through your compassion, and your tolerance. Gratitude strengthens and supports our relationships with God and with other people. Make a commitment to show your gratitude by sharing it with others whenever you have the opportunity.

We can show our gratitude for life in even our smallest actions. Find a way to demonstrate your gratitude to the universe. Feed the birds! Action gives life to ideas. When we start to look for ways to show our gratitude, we will find more and more to be grateful for.

Gratitude is a form of self-expression that must be shared. We cannot have an attitude of gratitude without having an object of that gratitude. ~*Language of Letting Go*

Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love...

Greetings On Our 10th Christmas—1944, Yes, it's in the air!

The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before. Neither is it distraught. It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted.

Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World. How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth. Knowing it's full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty; peace and joy have sprung out of the very midst of chaos. Great indeed, our blessings! And so, — Merry Christmas to you all — from the Trustees, from Bobbie and from Lois and me.

Bill W. — Letter, 1944

CONGRATULATIONS!



ATTENTION GROUPS!

We would love to publish your anniversary dates in the newsletter.... Please email the editor at

intergroup.editor@gmail.com

Also send any announcements about upcoming AA events!

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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
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A L W A Y S T O A 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 .

Tabby House Group

Norma H. 11/03/83
Tim E. 11/07/00
John B. 11/09/07
Paul W. 11/14/03
Palmer F. 11/20/05
Drew W. 11/20/09
Bill M. 11/21/67
Trey B. 11/21/91
Mike M. 11/25/05
Daniel B. 11/25/04
Richard M. 12/12/07
Matt Mc. 12/17/98
Bert C. 12/17/00
Bill D. 12/18/88
Ellison T. 12/20/04
Nick P. 12/20/08
James D. 12/21/09
Tomas J. 12/25/99
Ben B. 12/26/06

Happy Hour Group

Toinette R. 11/14/04
Traci L. 11/27/07
Jenny S. 12/01/07
Melissa B. 12/13/98
Bill DaV. 12/14/00

Women's Group

Linda G. 11/27/05
Traci L. 11/27/07
Debbie B. 12/15/81
Sasha G. 12/20/05
Rosemary W. 12/28/05

First Things First, SSI

Meredith J. 11/01/09
Lou L. 11/08/02
Jim J. 11/18/88
Ernie H. 12/21/08
Wayne K. 12/23/01
Donna A. 12/27/10
Ben B. 12/29/06

Tabby House Men

Mike H. 12/03/07
Lou M. 12/21/03
Nat H. 12/28/89

Step by Step

Pat M. 11/28/80

Eulonia Group

Ross M. 11/01/77
Peggy L. 11/26/77
Ronnie B. 12/01/94
John L. 12/26/93

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—11/1/11
TUESDAY—12/6/11

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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