

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 counties, Georgia

WANT TO SEE OUR
 "TRUSTED SERVANTS" IN ACTION?
 JOIN US IN MACON ON
 SEPTEMBER 16 — 18, 2011
 FOR THE AREA 16 (GEORGIA)
 GENERAL SERVICE ASSEMBLY
 COME BE A PART OF!

Working With Others

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when other fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends -- this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

Alcoholic Anonymous, page 89



ALANON MEETING—MONDAY, 6:30 pm, FIRST PRESBYTERIAN, DARIEN

Carrying the Message

The wonderful energy the Twelfth Step releases, by which it carries our message to the next suffering alcoholic and finally translates the Twelve Steps into action upon all our affairs, is the payoff, the magnificent reality of A.A.

Twelve and Twelve, page 109

"Success" in Twelfth-Stepping

"We now see that in twelfth-stepping the immediate results are not so important. Some people start out working with others and have immediate success. They are likely to get cocky. Those of us who are not so successful at first get depressed.

As a matter of fact, the successful worker differs from the unsuccessful only in being lucky about his prospects. He simply hits newcomers who are ready and able to stop at once. Given the same prospects, the seemingly unsuccessful person would have produced almost the same results. You have to work on a lot of newcomers before the law of averages commences to assert itself."

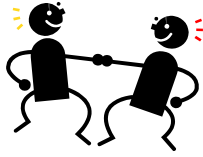
As Bill Sees It, Letter, 1942

Giving Without Demand

Watch any A.A. of six months working with a Twelfth Step prospect. If the newcomer says, "To the devil with you," the twelfth-stepper only smiles and finds another alcoholic to help. He doesn't feel frustrated or rejected. If his next drunk responds, and in turn starts to give love and attention to other sufferers, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his former prospect is sober and happy. And he well knows that his own life has been made richer, as an extra dividend of giving to another without any demand for return.

Grapevine, January 1958

" 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 . "



How Do You Make An Old-Fashioned Twelfth Step Call?

With many treatment facilities closing their doors, more and more A.A.'s are seeking guidelines for making old-fashioned Twelfth Step calls.

The 1998 Conference Literature Committee considered a pamphlet on making Twelfth Step calls that was compiled and in use by Area 25 (Kansas). Although Conference committee members felt this effort was fine for local use, they emphasized the importance of the use of "How It Works" in the Big Book, as well as seeking guidance through sponsorship, the experience of older members and workshops.

One such workshop was held last spring by the Answering Services Committee of the Elmira (New York) Area Intergroup. The area's second Twelfth Step workshop developed its program along lines of the G.S.O.'s service piece "Suggested Workshop Format." Out of the workshop experience has come some suggested guidelines. Because they have proven so useful, the committee has shared them with G.S.O., as follows, in the hope that others will be helped too:

1. *Return calls ASAP.* Call back immediately to listen, share and arrange a time and place to meet-but not at a bar. If you are called to a bar, go there only to pick the person up and, preferably, to get him or her to a meeting.
2. *Twelfth Step in pairs, with a same-sex member if possible.* Twelfth Step calls can be intense, and there is safety in numbers. Besides, two heads are better than one. Be punctual and look your best.
3. *Twelfth Step when the prospect is sober or fairly sober.* Calls on intoxicated alcoholics seldom work because of blackouts. Wait for the end of a spree or a lucid interval when the prospect is still jittery.
4. *During home calls, separate prospect from family if you can (suggest Al Anon for family members).* Too many people butting in to influence you about the "bad guy" can be disruptive. Learn from experienced A.A.s how to interact with family or significant others on the scene, and when it is wiser to leave than to stay:
5. *Suggest detox/rehab if needed.* If such is indicated, arrange with family or significant others, with prospect's permission if possible. Should violence seem imminent, leave. If necessary, make the appropriate phone call.
6. *Share how it was (your own drunkalog).* Don't moralize or lecture or brand prospects as "alcoholics." That decision is theirs - even as to tossing out alcohol they have on hand. Detail your own symptoms, drinking habits and other personal experiences with alcohol.
7. *Share your understanding of the disease of alcoholism.* Let the person know that this disease is progressive and can end with insanity or early death. Describe the conditions of body, mind and spirit that accompany alcoholism.
8. *Share exactly what happened to you.* The prospect will probably want to know how long you have been in A.A. and how you got and stayed sober.
9. *Share your A.A. experience.* Share how A.A. has worked for you and helped you to regain your sanity while maintaining sobriety, how it has led to being willing to believe in a power greater than self. Use everyday language and avoid arousing prejudice against theological terms and conceptions.
10. *Share how it is now-your recovery program and spirituality.* Outline the A.A. program of action and emphasize that this isn't the somber end of something (preferably drinking) but the start of a challenging, rewarding way of living based on spiritual principles.

Twelfth Step Call continued.....

11. *Leave a meeting schedule, A.A. pamphlets and your phone number; and make one follow-up visit or phone call.* Offer to return for further questions, and help with transportation to a meeting if possible. Mention Al-Anon meetings available to family members and significant others.

12. *Understand that success means YOU are still sober.* Practical experience shows that nothing will so much insure immunity from drinking as intensive Twelfth Step work with other alcoholics.

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HELP WANTED

FOR THE INTERGROUP CHRISTMAS PARTY



EMAIL: goldenislesintergroup@gmail.com

HELP WANTED

WE DESPERATELY NEED MEN

IN BRUNSWICK

FOR TWELVE STEP CALLS

IF INTERESTED IN OUR PRIMARY PURPOSE—

TO STAY SOBER AND HELP OTHER

**ALCOHOLICS ACHIEVE SOBRIETY—PLEASE
EMAIL :GOLDENISLESINTERGROUP@GMAIL.COM**



Self-Discovery

My name is Tiva. I am 33 years old and have been diagnosed with a deadly and fatal disease. It's a disease of self - self-loathing, self-disgust, self-serving behaviors and thoughts. My whole life has always been all about me, my needs, my wants, my dreams. My drug of choice is and was MORE.

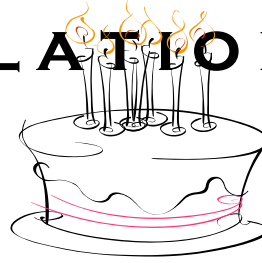
My life has been centered alcohol since I can remember. I have always had a disease of perception. Life was supposed to be like the fairy tales I'd always read about, mine wasn't. Early in my life I found that a little of this, some of that and a whole lot of lying could make things seem better than they really were. I did that for 20 years. I told myself I could do just one. . Told myself I could handle it, told myself things would be different this time, told myself that I knew enough about addiction to control it. I told myself that if he was my boyfriend I could stay sober, told myself that we would stay sober together. All lies! This job, that man, my own place, my own car - none it was enough; nothing could change me. No cure, no quick fix . . . My disease was winning, its mission was almost accomplished. I was dead inside, spiritually, emotionally . . . However, someone somewhere decided I was worth saving. I believe those people prayed me into the life I'm living today.

One day, I saw a bird on the beach as I sat eating strawberries with my sponsor. The bird picked up the hull, didn't like the taste and spit it out. After doing this a dozen times he sat in the sand. A few moments of sitting and watching the bird flew away. It was at that very moment I realized I had just witnessed steps one, two, and three in the most simplest of forms... that bird thought, as I had, that things would eventually be different if he kept trying. Unlike me, he surrendered and turned it over to his higher power - a perfect example of insanity and a solution.

That is the day that I found a cure for my terminal illness - a power greater than myself, a spiritual awakening, a solution to my disease. That day I was finally willing to do whatever it takes to stay sober—the courage to be brutally honest; the courage to recover.

Submitted by Tiva F.

CONGRATULATIONS!



Eulonia Group

Betsy D. 09/03/86
 Jinna G. 09/21/07
 Richard D. 10/09/07

Women's Group

Julie C. 09/01/01
 Kelly M. 09/02/08
 Cheryl F. 09/05/93
 Tonia N. 09/12/09
 Adrienne P. 09/14/07
 Sahm M. 09/15/86
 Amy S. 09/16/84
 Deborah C. 09/16/96
 Judy W. 09/18/86
 Claudia B. 09/21/91
 Nancy B. 09/27/04
 Luck F. 09/28/99
 Tammie McC. 10/09/06
 Karla S. 10/11/07
 Carol F. 10/20/06
 Royless L. 10/24/07

First Things First, SSI

Kip M. 09/01/81
 Fredda M. 09/01/08
 Marge P. 09/15/77
 Gary H. 09/23/09
 Butch B. 10/07/91
 Mark C. 10/17/07
 Bill K. 10/23/98

Tabby House Men's

Kevin K. 09/14/05
 Bill M. 10/04/78
 Jeff B. 10/09/06
 Jeremy B. 10/28/09
 Rick S. 10/23/86

Happy Hour Group

Lori D. 09/09/99
 Melinda H. 09/14/08
 Julie M. 09/21/80
 Colleen H. 10/09/83
 George P. 10/14/88
 Carol M. 10/19/06
 Mel G. 10/28/05

Golden Isles Group

Debbie C. 09/07/99
 Stephen H. 09/11/10
 David J. 09/15/08
 Terry P. 09/19/10

Step By Step

Sharon O'Q. 09/09/80

Are YOU missing?

GSR's or Individuals—

Send your birthday list:

Intergroup.editor@gmail.com.

In 1986 this newsletter was named "The Glynntergram".

The editor's name was "A. Nonny Moose"!

From the March/April edition—"If you are grateful enough for your sobriety—there's no way you can get drunk."

HAVE GRATITUDE?

We are looking for articles on gratitude for the next SOBER TIMES (Nov/Dec 2011 issue)

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
 09/06/11
 10/04/11

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