

Sober Times

November/December 2008

Volume 1, Issue 4

*Serving AA Groups in Glynn, Wayne and McIntosh counties, Georgia

District 3, Zone D Workshop: Results of the Group (District 3D) Inventory

What do you feel is an asset of the District 3D?

- It's active locally and at state level
- Consistently brings information from state assembly down to groups
- Periodic workshops featuring service structure topics (e.g. home groups, sponsorship, Traditions, History of AA) with visiting presenters.
- Supportive of home group work, particularly as they carry the message, encouraging lots of meetings, access to literature, etc.
- Foster, encourage, and educate home groups on the Traditions
- 3D members have solid sobriety, many are long-term; participate actively in their own home groups and encourage others to serve
- Small geographic area is conducive to participation and relationships

What do you feel needs to be changed?

- Information flow tends to make it from State Assembly only to stop at the mailboxes
- GSR's for many groups are titled (*honorary*) positions only---lack of their participation is disservice to their home groups and to the district. Groups encouraged to elect GSR and other officers who have the time and commitment to carry out their duties
- AA's, not just newcomers, may be failing to get the information necessary to be effective group members, get or be sponsors, commit to a home group, get involved in any but most superficial service.
- Lack of information flow may prevent practice of Traditions in individual home groups; although oversight, as such, is inappropriate since groups are autonomous, concern is that singleness of purpose may be impacted
- More interaction among the areas' other zones
- Relationship of Al-Anons to AA be examined, their presence encouraged at open meetings

Continued on Page 3 Inventory

Notice

The District Workshop previously scheduled for January 31, 2009 has been cancelled.

*Pass it on...
(this newsletter)!*

Turn it Over

Inside this issue:

District 3D Workshop report	1
Service opportunity	1
Members' "birthdays"	2
Group News	2
In Memoriam	3
"Inventory" continued	3
	4

Service Opportunity: Answering the call



DO YOU KNOW how important the **Intergroup Phone Service** is? From finding the times and locations of our local meetings to starting a new life of sobriety, maybe even saving a life. **THINK ABOUT IT!!!!**

When anyone reaches out, I want the hand of AA to be there. What about *you*?

Volunteer to give back for two weeks by carrying the phone. The only requirement is 2 years of sobriety, familiar with the 12 Steps and the local area.

Sign up with your intergroup rep or call **912 230 1655**.



GROUPS PAGE

...where we share interesting information about groups in our area.
What's happening in YOUR group? Email intergroup.editor@gmail.com today!

Happy Birthday

"Anniversaries"!



12 & 12 Step & Tradition Group Sundays 6:00 pm, Clubhouse on SSI

<u>October</u>	
Tammie McC	10-10-06
George P.	10-14-88
Joe S.	10-20-00

Golden Isles Group

Van C	10/4/02	6 years
Eddy L	10/6/99	9 years
Sully S	10/10/99	9 years
CORETHA M	10/19/75	33 years
Jeanette B	10/20/90	18 years
JR (Ricky) M	10/26/06	2 years
Jimmy K	10/17/05	3 years

Happy Hour Group

OCTOBER

NOREEN C.	10/04/05
GEORGE P.	10/14/88
JAN W.	10/19/06

NOVEMBER

ROSS M.	11/01/77
TOINETTE R.	11/14/04

Happy,
Joyous, & Free!

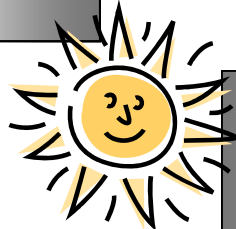
Out to Lunch Group

October

Angie O. 10-11-04

November

Diane L.	11-17-03
Dale O.	11-23-04



Saint Simons Island Goodwill Group

OCTOBER

Colleen H.	10-9-83
Mark C.	10-13-07
Benjy B.	10-31-02

NOVEMBER

Kitsy T.	11-1-87
Rita V.H.	11-5-77
Jim W.	11-8-95
Lou L.	11-8-02
Cannon O.	11-10-80
Jim J.	11-18-88

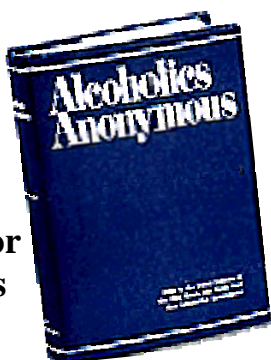
Visit our website:
glynncountyaa.org

...fear of people
and economic
insecurity will
leave us...

...we will know a new freedom and a new happiness...

Can't find your
Big Book?

You can access
our text online for
FREE. Go to this
link:



<http://www.aa.org/bbonline/>

There, but for
the grace of God, go I...

Inventory continued from page 1

- More District/zone functions---social may encourage more of other kinds of involvement
- Encourage home groups/meetings to provide occasional meeting topics explaining service structure, roles of officers, explain title acronyms
- Encourage home groups to invite all attendees to be observers at their own business meetings

Although this was an inventory of District 3D, it was agreed that there might be recommendations, but that no plan would be developed. This was a workshop conducted to help group members see the facilitation and benefits of a group inventory, find the necessary material and literature to help them conduct their own inventory, and to increase their awareness of what can sustain the health of their group. Some of the discussion to that end:

- Group members may not understand that they have the right and responsibility to voice their concern about lack of participation in 3D affairs; anyone can call a group conscience.
- Sponsorship workshops may need to be held more frequently, as perhaps service structure workshops to encourage service at all levels of both sobriety and in AA as a whole
- 3D officers may attend group meetings, but may not insert themselves into group affairs. If asked to present on 3D affairs, they won't be violating the Traditions
- Attendance at Steps and Tradition meetings encouraged. Also, it's the right of a group member, particularly if they chair a meeting, to use topics such as sponsorship, home group membership, service and the Traditions as topics for discussion.
- Zone interaction---to get "weaker" zones energized, maybe do "Connect a Zone" or Adopt a Zone" initiatives. Do more district meetings that are based on fellowship and change venues among the zones.
- Use AA pamphlets like "The AA Group" or literature like *Grapevine* as topic starters.
- How can we get a group inventory started? Use the above AA pamphlet as the framework. Have the inventory at a business meeting or do a Saturday Eating/Meeting, asking an outside facilitator to assist.
- Group members are encouraged to ask their group treasurers about where their money goes; what the district and state, GSO needs are; if the group is sending their share or is it going to for local social events. Members may want to shop around for a home group which shares their own philosophy about AA as a whole, Traditions, personal and group responsibility in service and finances.
- Temporary sponsor lists should be maintained for all groups.

“...the things we cannot change”

In Memoriam

In the weeks since our last publication, area AA groups and individuals have felt the sting of losing some good fellows and friends.

Those who have died recently include:

Bernie M. of New York and St Simons Island.

Lavaughan C., formerly of St Simons Island.

Scott D. of St Simons Island.

Intergroup and the *ST* Editor wish to extend our deepest sympathy to our fellows, friends and family members of the deceased. May we hold dear the cherished memories of our brothers in recovery and be reminded to cherish each other just for TODAY.

Check out the Cluster Forum!

“Cluster *what?*” you might ask. You would be in good company. In the AA service structure parlance, a Cluster Forum happens when service committee members of a given area schedule a series of presentations, discussions or skits to illustrate recovery-related themes.

Brunswick will be the site of the Southeast Cluster Forum for Georgia Districts 3,4 & 5 in two short months. The topic will be **“Our Commitment to Carry AA’s Message - Enthusiasm and Gratitude in Action”**.

Under this main theme, specific topics will include:

- a) Humility and Sacrifice
 - 1) Setting an Example
 - 2) Changing Our Perceptions
 - 3) Anonymity-Sacrificing Our Egos
- b) Enthusiasm and Gratitude
 - 1) Hope & Purpose from Defeat & Despair
 - 2) Happy, Joyous and Free
 - 3) Enthusiasm-A Gift of Inventory
- c) Spiritual Program in Action
 - 1) Maximum Service-Our Spiritual Benefit
 - 2) Persistence-The Key to Progress
 - 3) Living the Traditions

Mark your calendars NOW for Saturday, February 28, 2009. (*This is a change from the original date which had been Feb 7, so be sure to note the change*) The Cluster Forum will be held from 9 am until noon in the parish hall at St. Francis Xavier Church in downtown Brunswick. At 1120 Newcastle Street. Participants will eat lunch immediately after.

So, you adventurous AA-ers, come take your program & sharing to another level: be a Cluster-Forum attendee!

How to contact Intergroup:
 Glynn County Intergroup
 PO Box 397 Brunswick, GA 31521

From your editor

Back at y'all!

Hello, dear fellows! Another two months of sobriety behind us and we face what I've heard called “amateur season” (also known as the holidays).

For me, the holidays once held unrealistic hopes for a romanticized, fiction-based time of celebration that contrasted with cold, hard reality of drinking more than I'd planned, awkward or even insulting social behavior (mine!) and inevitable disappointment in myself & those unmet expectations. Today, I find myself deeply grateful for exactly what I already have (sobriety!) and striving to be worthy of the waves of love and joy that wash over me now & then. There are still some rough spots, but I handle them with the effective tools we've been so generously given.

It is my prayer and hope that you, too, may find the serenity and love of our fellowship reaching in to all areas of your life. If this is not your experience, please keep coming back until you find your miracle—it will surely find you as you work the Steps of this program: clean house, trust God and help others.

Happy NEW year, fellow trudgers! I'll see you in the rooms.

In grateful, loving service,

Janice

**Deadline for Jan/Feb Sober Times:
January 20, 2009**

This newsletter is published for your information and enjoyment. Any mistakes you find are there for a purpose. We try to print something for everyone, and some folks are always looking for mistakes.

- Sober Times is a newsletter of the Glynn County AA Intergroup
- It is about, by and for members of the AA fellowship.
- Opinions expressed herein are not to be attributed to Alcoholics Anonymous as a whole, nor does publication of an article imply endorsement by AA or Sober Times.
- EXCEPTION: Quotations from AA books and pamphlets are reprinted with permission of AA World Services. The AA Preamble and Grapevine articles are reprinted with permission of AA Grapevine, Inc.