



Daily Reflection—February 1

GOAL: SANITY

"... Step Two gently and very gradually began to infiltrate my life. I can't say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now."

TWELVE STEPS AND TWELVE TRADITIONS, p. 27

"Came to believe!" I gave lip service to my belief when I felt like it or when I thought it would look good. I didn't really trust God. I didn't believe He cared for me. I kept trying to change things I couldn't change. Gradually, in disgust, I began to turn it all over, saying: "You're so omnipotent, you take care of it." He did. I began to receive answers to my deepest problems, sometimes at the most unusual times: driving to work, eating lunch, or when I was sound asleep. I realized that I hadn't thought of those solutions—a Power greater than myself had given them to me. I came to believe.

*A Note from Kerry H,
SIG Office Manager*

Hello Family!

We have not had any thing going on since Covid. That's been 2 whole years already! Time flies....The Intergroup is putting on a St. Patrick's Day Fundraiser at the Clubhouse on March 19th from 2-5. Come one! Come All! Food. Fun. Fellowship! Tickets are \$5 per person.

Kevin S will be your speaker. 50/50 raffle. Silent auction and more. However, we can't do this alone! Intergroup needs your help to pull this thing together! It's been 2 years since we've been able to have any functions and we would like your ideas and **we need a few volunteers** to help get our community involved again. It takes a village. I'm sure half of Savannah has my phone number so don't hesitate to give me a shout. I'm happy to take suggestions! We can't wait to hear from YOU!



Please take a moment to keep Angela D from the High Noon Group in your prayers. Her daughter left us on 1/27/22 as a direct result of this disease. She needs all your love and support on this difficult road ahead. Please text April T from High Noon to see what Angela may need.

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Window Light

By Jessica K

Jan 16, 7am it's raining, and the sun isn't up yet. I'm dragging myself to Early Bird, knowing I need to go, but recently it's been more of a struggle to get up and out. At the light at Waters, I turn onto Eisenhower and head toward the clubhouse. There's tension in my back and a niggling taught thread running through me. I don't know what's causing it. I call it anxiety. Don't know where it comes from or why it's here. When I wake up at night it feels like there's something important, I'm forgetting, and that feeling's been hanging over me for days, telling me something isn't right.

Passing the recycling center, almost to the Army driveway, and I see a warm glow. Literally there's a light shining from the women's bathroom that's orange and welcoming. Feels like someone is shining a light for us lost souls. And like that, the tight wire that's been humming in my head and shoulders lets go. Someone left the light on, and I remember I'm in the right place. Something bigger than me is in control and there's nothing to worry about. It's a whole lot easier to breathe. Anxiety is now gratitude.

**PHONE VOLUNTEER NEEDED FOR
WEDNESDAY 7 PM—10 PM
SHIFT**

5 5 5

"Faithful Fivers" are AA members who, in gratitude, contribute each month (\$5.00) toward support of the Savannah Intergroup Office. The Faithful Fivers idea came about by remembering how many of us wasted many times that dollar amount in far less time during our drinking careers. Enrollment is always open! Send name, address, phone to sig.office@savannahaa.com

Joey P. Profile

By Ed. R

This month we are considering the second Step, "Came to believe that a Power greater than ourselves could restore us to sanity." As the first Steps are those that are most important for beginners in the program, this month we sought out a newcomer to talk with them about the crucial second Step of AA. His name is Joey P., and as of this interview he has eighty-one days sober.

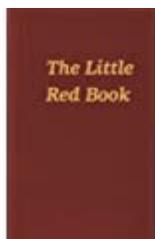
You may have seen Joey around The Clubhouse attending The After Five Group. His bright blonde hair and blue eyes conspire with his easy smile to make him look younger than his thirty-eight years. He has an affable manner and is quick to speak up at a meeting. I spoke with him over the phone and was curious about what he thought of the program as a newcomer:

Cont' on pg 4

January Financial Snapshot	
Income	
Contributions:	1098.93
Sales:	2394.06
<i>Total Income:</i>	3443.38
Expenses	
Merchandise:	1713.92
Expenses:	1713.31
<i>Net Income:</i>	-281.38
A detailed set of financials is emailed to your IG Rep monthly.	

- Newsletter Staff:
 - Carrie S: Layout Editor
 - Ed R: Roving Reporter
 - Tricia W: Proof Editor
 - Sharon A: Contributing Writer
 - Yolanda M: Contributing Writer
 - Kerry H: SIG Office Manager
 - Send submissions to:
 - sig.office@savannaha.com
- All entries welcome!

- Barry W 1 yr Daria M 2 yr
- Asha G 1 yr Lachley R 14 yr
- Jonathan M 1 yr Mark L 17 yr
- Frank G 2 yr Charle G 29 yr
- Robert C 2 yr Johnny D 30 y



NEW MEETING
The Little Red Book & More Meeting
 Beginning 12/1/2021 at 7 pm at the Clubhouse. It will be a closed book study focused on reaching out to newcomers by keeping it simple.

NEW MEETING

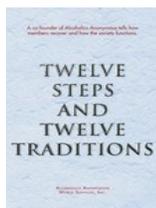
WEDNESDAY NIGHT LIVE

Beginning January 26, 2022 Saturday Night Live is hosting a new Open Step Study Wednesday night at the clubhouse at 10 pm.

Books are available if you do not have your own 12/12.

The regular size 12/12 soft cover are \$1.00 off.

Come get them while they last!!!



If Nothing Changes Coin

NEW COINS JUST IN!!!

\$3.00 EACH

Camel Coin

New Life Coin

Great for gifts!!!

Coin gift bags

\$1.00



I Do Not Have to Drink Today by Sharon A

"I do not have to drink today"...This statement and perspective greatly empowers me in facing my alcoholism and sobriety challenges. Instead of the typical pronouncement of how powerless I am over alcohol, which I find defeating in nature, I choose the freedom and empowering version of a newer and better reality. I find this perspective more helpful and it keeps my unwanted guest of rebellion lying dormant just a little while longer.

My adopted mindset of "I do not have to drink today" would have been impossible before the courageous step I took in our Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity". In being completely honest with myself, I only started to contemplate step two at all out of desperation,

I had learned that my prior unsuccessful attempts of step two were because I only believed there was a Power greater than myself, whom I called God. However, I couldn't quite accept the needed life altering belief that the Power *could or would* help me to achieve sobriety and restore me to sanity.

I am grateful that the battle in my mind was finally won once I realized that I merely needed to accept that it was a *possibility* that He could or would restore me. Who knew that such a simple word, *possibility*, could and would be the key that unlocked the door of sobriety for me.

For me, the belief of step two finally enabled me to successfully move on but it was not a one-time event. It was a process that took time and new revelations which eventually enabled me to integrate steps three through twelve into my life...a life that now enables me to choose "I do not have to drink today."

So how do you like the program so far?

"This isn't my first go-around. I've been in and out of the program for about five or six years. But I have to say, when I'm actually working the program, it's good."

What does it mean for you to "work the program?"

"It means doing the first three Steps on a daily basis. Trying to be honest with myself, keeping an open mind to what the program and my Higher Power has for me, and the willingness to do what is suggested."

Can you talk to us a little bit about how you "came to believe?"

For me, I grew up in a very religious household. It was beaten into me. For those who don't know me, I'm gay, and I knew I was gay from a very young age. It was literally beaten into me that God thought I was an abomination and that I was going straight to Hell. There was no saving me. So, for a really long time I absolutely hated the God I was raised to believe.

However, the great thing about this program is that it doesn't preach that you have to believe in any particular Higher Power. I get to choose for myself what that Higher Power is. One of my first times getting sober, one of the old timers that used to come up to men's 'res' said that his Higher Power was a lampshade. And he would pray to that lampshade.

For me personally, my Higher Power is my home group. I'm not saying I pray to the home group. But I believe that they believe that there's a Higher Power that will take care of me and protect me. I don't have a particular religion or deity that I call God, but I know that there's something out there protecting me otherwise I wouldn't be here today."





AA's Three Legacies

Step Two: “Came to believe that a Power greater than ourselves could restore us to sanity.”



THE moment they read Step Two, most A.A. newcomers are confronted with a dilemma, sometimes a serious one. How often have we heard them cry out, “Look what you people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us won't believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us

over the barrel, all right— but where do we go from here?”

Tradition Two: “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

WHERE does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member into outer darkness, when indeed no A.A. can give another a directive and enforce obedience, our friends gasp and exclaim, “This simply can't be. There must be an angle somewhere.” These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. They dubiously ask an experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, “Yes! It definitely does.” The friends mutter that this looks vague, nebulous, pretty naive to them. Then they commence to watch us with speculative eyes, pick up a fragment of A.A. history, and soon have the solid facts.

Concept One: “The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

AREA 16

GEORGIA STATE SERVICE ASSEMBLY

Archives Committee Presents: The Oxford Group comes to Akron

- Saturday -
February 26th, 8pm - 9pm

Eastern
Standard
Time

5pm PST. /-/ 6pm MST. /-/ 7pm CST
12pm February, 27th - Sydney, Australia

Presented By -
Drew H.



A visual walk
through the
start of the
'The Oxford Group'.
Frank Buchman,
Sam Shoemaker
and what led to their
arrival in Akron



Zoom meeting ID = 709 870 9964

Password: DrBob1935



AA ACRONYMS

AA = Absolute Abstinence
AA = Adventurers Anonymous
AA = Altered Attitudes
AA = Altruistic Action
AA AA = Attitude Adjustment
AA's-R-US = Alcoholics Anonymous Recovery Unity Service
ABC = Acceptance, Belief, Change
ACTION = Any Change To Improve Our Natures
ALCOHOLICS = A Life Centered On Helping Others Live In Complete Sobriety
ANONYMOUS = Actions Not Our Names Yield Maintenance Of Unity & Service
ANGER = A No Good Energy Rising
ASK = Ass-Saving Kit
BAR = Beware Alcohol, Run
BIG BOOK = Believing In God Beats Our Old Knowledge
BS = Before Sobriety
BUT = Being Unconvinced Totally
CALM = Can Anger Leave Me
CHANGE = Choosing Honesty Allows New Growth Everyday
CLEAN = Completely Leaving Every Addiction Now!
CRAP = Carry Resentments Against People
DEAD = Drinking Ends All Dreams
DENIAL = Don't Even Notice I Am Lying
DETACH = Don't Even Think About Changing Him/Her
EGO = Easing God Out
EGO = Edging God Out
FAILURE = Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty
FAITH = Fear Ain't In This House
FAITH = Facing An Inner Truth Heals
FAITH = For An Instant Trust Him
FAITH = Fantastic Adventure In Trusting Him
FAITH = Fear And Insecurity? Trust Him!
FAMILY = Father And Mother I Love You
FEAR = Failure Expected And Received
FEAR = False Evidence Appearing Real

Face Everything And

Recover

FINE = Faithful, Involved, Knowledgeable and Experienced
FINE = Freaked out, Insecure, Neurotic and Emotional
FOG = Fear Of God
GIFTS = Getting It From The Steps
GIFTS = Gratitude. Inspiration. Faith. Trust. Spirituality.
GOD = Good Orderly Direction
GOD = Group Of Drunks
GOD = Gift of Desperation
GOYA = Get Off Your Ass
GUT = God's Undeniable Truths
HALT = Honestly, Actively, Lovingly Tolerant
HALT = Hope, Acceptance, Love and Tolerance
HALT = Hungry, Angry, Lonely, Tired: Fix these situations before you make any decisions.
HALT = Horny, Arrogant, Lazy and Tragic: if you're any one of these, get to a meeting!
HEART = Healing Enjoying And Recovering Together
HELP = His/Her Ever Loving Presence
HELP = Hope, Encouragement, Love and Patience
HOPE = Happy Our Program Exists
HOPE = Hearing Other Peoples' Experience
HOW = Honesty, Open-mindedness, Willingness: that's how we do it
ISM = I, Self, Me
ISM = Incredibly Short Memory
ISM = InSide Me
ISM = I Sabotage Myself
ISM = I Sponsor Myself
KISS = Keep It Simple, Stupid
KISS = Keep It Simple, Sweetheart
LET GO = Leave Everything To God, Okay?
LOVE = Living Our Victories Everyday
MMM = Meetings, Meditation and Masturbation (recommended for the first year)
NEW = Nothing Else Worked
NOW = No Other Way
NOWHERE or **NOW HERE**
NUTS = Not Using The Steps
OUR = Openly Using Recovery
PACE = Positive Attitudes Change Everything

PAID = Pitiful And Incomprehensible Demoralization
PAIN = Pause And Invite New
PMS = Poor Me Syndrome
PRIDE = Personal Recovery Involves Defeating Ego
PROGRAM = People Relying on God Relaying a Message
RELAPSE = Recovery Exits Life And Program Seem Empty
RELATIONSHIP = Really Exciting Love Affair Turns Into Outrageous Nightmare Sobriety Hangs In Peril
RID = Restless, Irritable and Discontented
SH*T = Simply How I'm Thinking
SLIP = Sobriety Loses Its Priority
SOBER = Staying Off Booze Enjoying Recovery
SOBER = Son Of A B****, Everything's Real
SOBRIETY = Stay Off Booze Recovery Is Everything To You
SOLUTIONS = Saving Our Lives Using The Inventory Of Needed Steps
SPONSOR = Sober Person Offering Newcomers Suggestions On Recovery
STEPS = Solutions To Every Problem in Sobriety
TIME = Things I Must Earn
TRUST = Try Relying Upon The Steps
WASP = Worry Anger Self Pity
WILLING = When I Live Live, I Need God
WISDOM = When Into Self, Discover Our Motives
WILLING = When I (Let Go & Let God) (Live & Let Live) I Normally Grow
WORK = What Our Recovery Knows
WORRY = Wrong Or Right Remain Yourself
YET = You're Eligible Too
YET = You'll End Up There



Calendar—Meetings:

Intergroup:	7 :00 pm Club	1st Tues
Grapevine:	9:00 am Zoom	2nd Sun
Treatment:	6:45 pm Pavilion	3rd Thurs
PI/CPC:	6:30 Club	3rd Wed
Corrections:	7:00 Zoom	2nd Tues
District:	7:00 Hybrid	Last Tues
Newsletter:	4:30 Club	2nd Mon

**2022 Wall Calendar’s are in
Stop by the office to get yours**

\$13.50

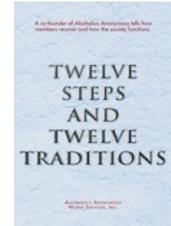


Book of the Month

Twelve and Twelve

SOFT COVER

\$1 off



Please note: Any donations made must be addressed to the appropriate group and sent to the appropriate address:

SIG: 6205 Abercorn St. Ste 110 Sav 31405

CFC: PO Box 14093 Sav 31406

District 5 Fund: POB 60493 Sav 31420

New Years Eve Fund: PO Box 13436 Sav 31416

Make check out to Georgia Alcoholics Anonymous

Memo line: NYE Committee

Savannah Area Intergroup
Office hours—M-F, 10-4
6205 Abercorn St., Suite 110
Savannah, GA 31405
912-356-3688 (24 hours a day)
sig.office@savannahaa.com

Second Step Prayer

Heavenly Father,

I know in my heart that only you can restore me to sanity.

**I humbly ask that you remove all twisted thought and addictive
behavior from me this day.**

Heal my spirit and restore in me a clear mind.