The Sobriety Gazette is a publication of Mid-Miss Intergroup. The purpose is to improve communication between local A.A. groups, inform and encourage participation in service opportunities and events that promote sobriety. Opinions expressed do not necessarily indicate endorsement by the Central Office or Alcoholics Anonymous as a whole.
Submit your recovery writing or story for a chance to win $25. You may identify yourself by first name only or group only. Editor reserves the right to not publish any non-recovery writings. You may submit more than once. Your writing should be no longer than 500 words.

Submit to:

**WINNER** to be announced next month for the $25. In order to get YOUR NAME in the WRIER’S CORNER drawings — write and submit your recovery article.
Grateful in Mississippi
I’m writing from a prison in Mississippi. I recently read the Grapevine article “The Best Gift” (December, 2018), in which the author shares how important gratitude is to his sobriety. I could not agree more.

The Big Book says resentment is our No. 1 offender. While this is true, I believe that not being grateful is the No. 2 offender. Both are equally dangerous.

My first sponsor taught me how to stay grateful daily. Every night, I list 10 things I’m grateful for. It really helps. And when I’m having an especially difficult time or I’m full of self pity or anger, I make a list of 100 things I’m grateful for!

For more than seven years now, this has helped me keep sober, sane and reasonably happy, especially through the loss of loved ones, bouts of depression and the daily grind of life here in this prison. I’ve also been able to reflect on how some of my worst events have ended up having some of the best outcomes and memories.

Most of the time I can’t change my circumstances, but thanks to AA, I can change my thinking.

Jason B.
Meridian, Mississippi

Reprinted with Permission AA GRAPEVINE The International journal of Alcoholics Anonymous July 2019
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You may identify yourself by first name only or group only.

Editor reserves the right to not publish any non-recovery writings. You may submit more than once. Your writing should be no longer than 500 words.

Submit to:
29th Annual Gratitude Roundup 2019
REGISTRATION FORM

November 29 - December 1
Gulf Coast Event Center
9475 Highway 49 Gulfport, MS 39503

Early Registration
$30 per person before Sept. 30
($35 per person at the door/ $10 under 18)

Your registration includes:
AA & Al-Anon Speakers • Marathon AA Meetings • Hospitality Room • Saturday Night Entertainment • Food!
*Food includes Friday evening; Saturday afternoon and evening

Hospitality Room with Snacks and Fellowship
Open between speaker events

FEATURED SPEAKERS & ENTERTAINMENT

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<tr>
<th>Time</th>
<th>Speaker 1</th>
<th>Time</th>
<th>Speaker 2</th>
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<tbody>
<tr>
<td>Fri 7:30 PM</td>
<td>Joe McF, A.A.</td>
<td>SAT 11:00 AM</td>
<td>Renelle M. AFG</td>
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<td>FORT DAVIS, TX</td>
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<td>CARTERSVILLE, GA</td>
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<tr>
<td>Fri 9:00 PM</td>
<td>Kyron K, A.A.</td>
<td>SAT 7:30 PM</td>
<td>Jennifer K., A.A.</td>
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<td>HORN LAKE, MS</td>
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<td>PLANO, TX</td>
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<tr>
<td>SAT 9:00 AM</td>
<td>Paxton P., A.A.</td>
<td>SUN 9:30 AM</td>
<td>Cushing P., A.A.</td>
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<td>JACKSON, MS</td>
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<td>MONTGOMERY, AL</td>
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</tbody>
</table>

Big Book Comes Alive Workshop
SAT 3:00 PM
Terry the Hypnotist!
SAT 9:30 PM
Step Guided Meditation
with Terry W. A.A. FORT WALTON BEACH, FL
SUN 8:00 AM

STAYING IN GULFPORT

Special event rates are available at the Best Western Seaway. Stay Fri/Sat night for $69.95* per night.
Contact Best Western for reservations and ask for the Gratitude Roundup rate. (228) 864-0050
* Additional taxes and fees may apply

For more information or questions, visit our web site at www.mississippicoastroundups.org
or text or call Benny W. at (228) 219-9243 or brs1984@aol.com

PARTICIPANT INFORMATION

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<thead>
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<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Address 1</td>
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<tr>
<td>Address 2</td>
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<tr>
<td>City</td>
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FOR YOUR NAME Badge

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<th>Name</th>
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<tbody>
<tr>
<td>City/State</td>
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<tr>
<td>Home Group</td>
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</table>
Faithful Fivers

Faithful fivers are AA members who pledge at least five dollars each month to support their local Central Office. This idea is catching on around the country. The plan came about when we remembered that many of us had spent far more than $5.00 a month on alcohol during our drinking days. As a Faithful Fiver, you support the efforts of Mid-Mississippi Intergroup to carry the AA message of hope to still-suffering alcoholics.

Mail your contribution to:
Central Office
4526 Office Park Drive

Lisa A.       Al H.
Piper J.       Pat Y
Dick K         Sam C
Karen M       My Father’s House
Nick C

If Office is closed, the phone will ring to the AA Call Phone. Someone is ALWAYS THERE!

Whitfield

9/1-9/7 Traditions
9/8-9/14 Northeast
9/15-9/21 Swinging Bridge
9/22-9/28 4801
9/29-10/5 Primary Purpose

AA Call Phone
July       Mannsdale
August   Quest
September ????

Thanks in advance!

If Office is closed, the phone will ring to the AA Call Phone. Someone is ALWAYS THERE!
Call 601-982-0081 and volunteer your time to help at Central Office.

Aug 31 MSCYPAA Luau: Brandon, MS

Sept 13-15 MSCYPAA Convention: Jackson, MS
Sept 27-29 N MS Fall Roundup: Coldwater, MS
Sept 27-29 Cajun Country Conf: Lafayette, LA

Oct 4-6 Annual Recovery Campout, H’burg, MS
Oct 10-13 ARKYPAA Camp Out: Morrilton, AR
Oct 17-20 Bluff City Fellowship: Memphis, TN
Oct 31 Halloween

Nov 3 Daylight Savings
Nov 7 Area 37 AA Assembly: Pearl, MS
Nov 28 Thanksgiving
Nov 29-Dec 1 Gratitude Roundup: Gulfport, MS
Why Does AA Go to Whitfield?

Many happy sober A.A. members have found that the best cure for a "dry drunk" or a self-pity binge is working with another still-suffering alcoholic. Seeing other alcoholics recover, whenever they do, is almost as great a reward as our own sobriety. What better place to look for those still-suffering alcoholics than in a hospital or some other alcoholism treatment place? The idea is older than A.A. itself. In 1934, a sober alcoholic named Bill W. kept trying to help drunks in Towns Hospital in New York City. None of them seemed interested at that time, but Bill stayed sober. About six months later, Bill W. and another sober alcoholic, Dr. Bob S., visited alcoholics in a hospital in Akron, Ohio. Although at first rebuffed, they kept trying — in order to protect their own sobriety. It worked, and Bill and Dr. Bob thus became the co-founders of the "help-one-another" chain reaction now called Alcoholics Anonymous. All over the world, ever since, hundreds of thousands of A.A. members have been visiting alcoholics in such places. Twelfth stepping and sponsoring sick alcoholics — where they are — has long been one of the important and happiest ways of keeping ourselves sober. Today, unlike the 1930s and 1940s, alcoholics can get professional treatment in many different kinds of places. Into practically all of them, A.A.s can carry our message of hope and recovery. Both tax-supported and private hospitals often have alcoholism units or detox wards. Walk-in, non-medical detoxification centers, halfway houses, rehabilitation centers, recovery homes, rest farms, and outpatient clinics treat alcoholics. Some organizations operate drying-out stations. Residences and missions of that type usually have alcoholics who need help. Private physicians, social workers, psychologists, and psychotherapists see many problem drinkers. So A.A. members who want to strengthen their sobriety or who want more A.A. joy in life can easily find it. It is in the hospital or other treatment facility nearest you, where many suffering alcoholics are. Many of us in A.A. are certain there is no such thing as unsuccessful Twelfth Step work. If it keeps us sober, it is a success. If the other alcoholic gets well, that is a fringe benefit. All we have to do is be channels for the A.A. message. Just trying to help another alcoholic does seem to work wonders for us. It succeeds when everything else fails.

Re-printed from pamphlet, “AA in Treatment Settings”
Hello to my fellow Sobriety Gazetteers,

Our editor has asked us to share bits and pieces of our Experience, Strength & Hope from our own recovery in hopes that we might help the new-comers and those that are still stark raving sober.

The following is a little exercise that I was inspired to create for myself on my one year sober anniversary. I am so grateful that God allowed me to pat myself on the back and record some of the self inflicted horrors, I may have shut the door on.

365 ATTAGIRLS!

365 Mornings FREE of Self Loathing!
365 days of improved memory function!
365 days of improved brain function!
365 days of improved relationship skills!
365 days of awareness.
365 days of worthiness.

Freedom of scheming and conniving for 365 days.
No More daily depths of despair for 365 days.
Freedom from Mystery Bruises and Injuries for 365 days.

Freedom from soiled bedding, sleepwear or trash cans for 365 days.

No secret vomiting. No scary BM’s. No High Blood Pressure meds for 365 days.
No Shaking, Flushing, Hand Sweating and Throat Closing for 365 days.

Freedom from checking caller id to see who I drunk answered for 365 consecutive days.

For 365 days I have NOT been fixated on the 10 am to 10 pm time frame.

No Gallatin St, Ed’s, Spiro’s, Stanley’s, Village Pkg, Kats, Briarwood Mart, Metro, Old Canton, Madison Cellars, Mcdades, Sam’s Club, Old Towne, 55 Frontage Rd, Terry Rd & HWY18 for 365 days.

No acting like I cared for the liquor store mgr’s life & family for 365 days.
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Financial Statement of Donations August, 2019

Others Represent:
Contributions, memorials, Faithful Fivers, Sobriety Gazette, Books, Prison, pamphlets, treatment centers

Books for Prisons
Central
Georgetown

Books for treatment
N/A
Missing Facts in the Big Book

Have you even wondered about those unnamed people and places in the Big Book? This month Johnny Twelve Step is filling us in on some “missing” facts ... about a politician, a doctor and a drunk... (Sounds like the beginning of a joke, doesn’t it) If you have trivia you would like to contribute to Johnny’s column in the Gazette OR perhaps a question you would like researched, send Johnny a note via the Central Office.

"American Statesman"
(Page 50 -- 3rd paragraph)

The American Statesman was Alfred E. Smith, four-time governor of New York and the first Roman Catholic presidential nominee. In 1928, Smith won the democratic presidential nomination but was defeated by Herbert Hoover. Smith was a strong opponent of prohibition, attracting millions of voters concerned with the corruption brought about by the Eighteenth Amendment.

"Very first case..."
(Page xvii)

The very first case that Bill and Bob worked on was Eddie R. They were not successful with Eddie. He was from a prominent Youngstown, Ohio, family, had lost his rented house and was about to lose his job. At Doctor Bob’s funeral in 1950, Eddie R. was there with one year of sobriety.

"Chief psychiatrist of a large public hospital"
(Page 163 -- 3rd paragraph)

Dr. Russel E. Blaisdell, Rockland State Hospital near Orangeburg, New York. He attended the Rockefeller Dinner on February 8, 1940.

Rockland State Hospital near Monsey, NY became the first mental hospital to have an AA Group (started by Bob V). Dr. Russell E Blaisdell, Superintendent of the hospital, allowed busloads of patients to attend meeting in New York and New Jersey.

Trivia facts courtesy of http://www.barefootsworld.net
No feeling sorry for "those" drunks in the Liquor Store parking lot.

No more stocking up for Sunday and running out anyways.
No nyquil after running out of booze on Sunday. No Nyquil, period.

No still being loaded & sweating at Sunday morning church for 52 weekends.

No fear of getting caught for 365 days.

No resentment of NOT getting discovered for 365 days.

No 3am and 6am pulls to finish "sleeping".

No triple wrapping bottles in newspapers & double bagging the wrapped bottles in walmart bags so that the garbage men would not know that I had a drinking problem.

Fewer and fewer days of feeling "less than".
Fewer and fewer days of focusing on those who have harmed me.
Fewer and fewer days of interacting with those who would harm me.
Fewer and fewer days of efforts to justify my defects.
Fewer and fewer days of being obnoxiously arrogant.
Fewer and fewer days of asking no one for anything.
Fewer and fewer days of bitching & whining about everything to everyone.
Fewer and fewer days of needing to be right.
No MORE Funeral Fantasies (They'd Miss Me When I'm Gone).

I WAS So Tired, So Weary, So Fed up So Desperately Lonely

I am no longer suffering from a hopeless state of mind and body.

Yours in Serenity

“11/20/2007”
Intergroup Office Hours

Tuesday-Friday 10:30-6:30
Saturday CLOSED
Sunday-Monday CLOSED

I AM NOT DEFINED BY MY RELAPSES, BUT BY MY DECISION TO REMAIN IN RECOVERY DESPITE THEM

MSCYPAA
The Mississippi Conference of Young People In Alcoholics Anonymous
SEPTEMBER 13-15, 2019
The Regency Hotel
400 Greymont St.
Jackson, MS
Pre-Register for $15 until September 12th at MSCYPAA2019.com

WE WELCOME ALL AGES AND LENGTHS OF SOBRIETY. YOU DO NOT HAVE TO BE YOUNG TO ATTEND OUR CONFERENCE JUST YOUNG AT HEART
The meeting brought to order by Chairwoman Hope @6:31pm, Serenity Prayer recited; Traditions read by Darryl.

SECRETARY REPORT

Correction: Tonya is a treatment center co-chair along with Sandi.

Motion to accept the minutes moved and accepted.

TREASURER AND CENTRAL OFFICE REPORT

As reported by Paxton P., the Central Office had revenue of $1,100 in excess of expenses last month. Sales and contributions were up.

Central Office volunteers were sporadic in June. Still need someone to follow up with the Salvation Army request for help in establishing a meeting at their Presto Lane facility.

Our Central Office is responsible for covering groups in central western Mississippi.

Paxton explained Faithful Fivers concept.

Report voted and accepted

TREATMENT CENTER REPORT

Sandi and Tonya are co-chairpersons. Contact either for treatment center issues.

Report voted and accepted.
Intergroup Meeting Minutes
July 11, 2019

Page 2

Treatment Center Report approved and carried.

PRISON COMMITTEE REPORT
A new Men’s chairperson is needed.
Flo wood work facility going well.

WEBSITE STATUS
Michael, our new Webmaster, has updated our meetings schedule in coordination with Randy B.
Report approved and carried.

CELLPHONE REPORT
Central has the phone and will pass it on to Mannsdale for July; Quest for August.
Dennise C. will update the 12th step call list. Instructions for being on the list were passed out along with sign up sheet. Call Randy B. with any questions

Cellphone report approved and carried.

OLD BUSINESS
Our Central Office is now closed on Saturdays.

NEW BUSINESS
None voiced.
**Your Trusted Servants**

**Chair:** Hope M.
[Awohoper66@gmail.com](mailto:Awohoper66@gmail.com)

**Treasurer:** Karen M.
[kmacon@granthampoole.com](mailto:kmacon@granthampoole.com)

**Secretary:** Vern W.
[52woody.v@gmail.com](mailto:52woody.v@gmail.com)

**Corrections:** Randy B.
[rbissell55@gmail.com](mailto:rbissell55@gmail.com)

**Treatment Centers:** Tonja M. & Sandi S
[tonja.mangum1981@gmail.com](mailto:tonja.mangum1981@gmail.com)

**Newsletter:** Ghostwriter
[JBBR.SEREN.SHEL@USA.NET](mailto:JBBR.SEREN.SHEL@USA.NET)

**IT/WEB:** Michael G.

**Office Manager:** Paxton P.
[paxtonpeters@yahoo.com](mailto:paxtonpeters@yahoo.com)

**Asst. Office Manager:** Randy B
[rbissell55@gmail.com](mailto:rbissell55@gmail.com)

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<tr>
<th>Harbor House  (Men and Women)</th>
<th>My Father’s House  (Men only)</th>
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<tr>
<td><strong>September</strong> Way Out</td>
<td><strong>September</strong> Quest for Sobriety</td>
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<td><strong>October</strong> Central Group</td>
<td><strong>October</strong> Unlimited</td>
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<td><strong>December</strong> Solutions</td>
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*Don't Forget*