



# MID-MISSISSIPPI INTERGROUP SOBRIETY GAZETTE

VOLUME 1, ISSUE 7 Jan. - Feb. 2023

ALCOHOLICS ANONYMOUS

## (AA) Alcoholics Anonymous - The Big Book



*The First (1st) Step* -- ([Click here](#) to link to Step 1 - Chapter 5 - How It Works - See Pg. 59) We admitted we were powerless over alcohol—that our lives had become unmanageable.



## (AA) Alcoholics Anonymous - 12 Steps & 12 Traditions

*The First (1st) Step* -- ([Click here](#) to link to Step 1 - The 12 Steps and 12 Traditions Book) Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

Alcoholics Anonymous®

### Daily Reflections

#### *The First (1st) Step*

#### POWERLESS

January 03

We admitted we were powerless over alcohol – that our lives had become unmanageable.

TWELVE STEPS AND TWELVE TRADITIONS, p. 21

It is no coincidence that the very first Step mentions powerlessness: An admission of personal powerlessness over alcohol is a cornerstone of the foundation of recovery. I've learned that I do not have the power and control I once thought I had. I am powerless over what people think about me. I am powerless over having just missed the bus. I am powerless over how other people work (or don't work) the Steps. But I've also learned I am *not* powerless over some things. I am *not* powerless over my attitudes. I am *not* powerless over negativity. I am *not* powerless over assuming responsibility for my own recovery. I have the power to exert a positive influence on myself, my loved ones, and the world in which I live.

\*\*\*\*\*

Use a QR Code Reader from your phone to read this code below, as it will take your cell phone directly to the Alcoholics Anonymous – Daily Reflections- **Go to Jan. 3rd on the calendar, on the following website:** <https://www.aa.org/daily-reflections>

\*\*\*\*\*\*\*\*



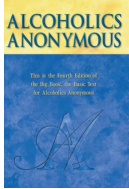
\*\*\*\*\*

## IN THIS ISSUE

AA's Step One	Pages 1
AA's Step Two	Page 2
Other AA-related Web Sites/Information and...	
Listen to the Big Book	Page 3
Mid-Mississippi Intergroup of A.A. (FAQ) Frequently Asked Questions	Page 4
Misc. - Alcohol Use Disorder - Symptoms	Page 5
AA's LegacyAA's Legacy	Page 6
Big Book Big Book Excerpts	Page 7
Upcoming Events Calendar	Page 8
Faithful Fivers, and Birthdays	Page 9
Office / Area Announcements Office Hours, etc...	Page 10
Trusted Servants	Page 11



*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.

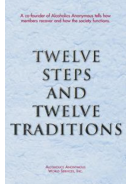


**(AA) Alcoholics Anonymous - The Big Book**

*The Second (2nd) Step -- (Click here to link to Step 2 - Chapter 5 - How It Works - See Pg. 59)*

Came to believe that a Power greater than ourselves could restore us to sanity.

Use a QR Code Reader from your phone to read this code below, as it will take your cell phone directly to the 'CC'34'( '34'y gdubg'ht 'Ugr 'Vy q<



**(AA) Alcoholics Anonymous - The 12 Steps & 12 Traditions Book**

*The Second (2nd) Step -- (Click here to link to Step 2 - The 12 Steps and 12 Traditions Book)*

The moment they read Step Two, most A.A. newcomers are confronted by 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 a barrel, all right-but where do we go from here?"

Use a QR Code Reader from your phone to read this code below, as it will take your cell phone directly to the 'CC'34'( '34'y gdubg'ht 'Ugr 'Vy q<



**Alcoholics Anonymous®**  
**Daily Reflections**

**GOAL: SANITY**

February 01

"... 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.

\*\*\*\*\*

Use a QR Code Reader from your phone to read this code below, as it will take your cell phone directly to the Alcoholics Anonymous – Daily Reflections - Go to ---

**Feb. 1 on the calendar...**

<https://www.aa.org/daily-reflections>

\*\*\*\*\*



# Other AA-related Web Sites / Information:

\*\*\*\*\*

Internet Links/QR Codes to Common AA-related Resources:

\*\*\*\*\*

- https://midmissintergroup.org/ - Mid-Mississippi Intergroup of A.A.
- https://www.aa.org/contact-gso - Contact the A.A. General Service Office
  
- https://www.aa.org/ - *Alcoholics Anonymous* – Main Web Page
  - sub-pages contained on this site...
  - https://www.aa.org/self-assessment - *Alcoholics Anonymous* – Self-Assessment
  - https://www.aa.org/daily-reflections - *Alcoholics Anonymous* – Daily Reflections
  - https://www.aa.org/the-big-book - *Alcoholics Anonymous* – Explore the Big Book
  - https://www.aa.org/aa-grapevine-la-vina - *Alcoholics Anonymous* – A.A. Grapevine and La Viña
  - https://www.aa.org/twelve-steps-twelve-traditions - *Alcoholics Anonymous* – Explore the Twelve Steps

\*\*\*\*\*  
Use a QR Code Reader from your phone to read this code, as it will take your cell phone directly to the **aa.org** website...  
\*\*\*\*\*

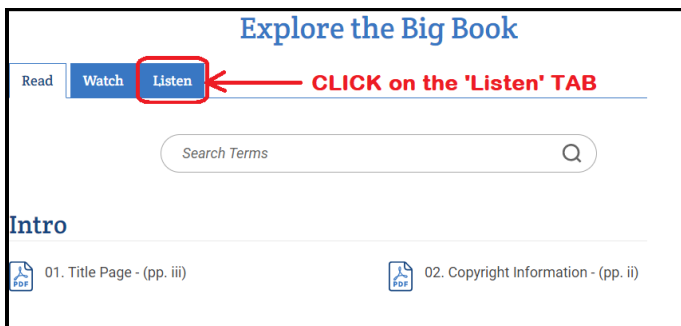


\*\*\*\*\*

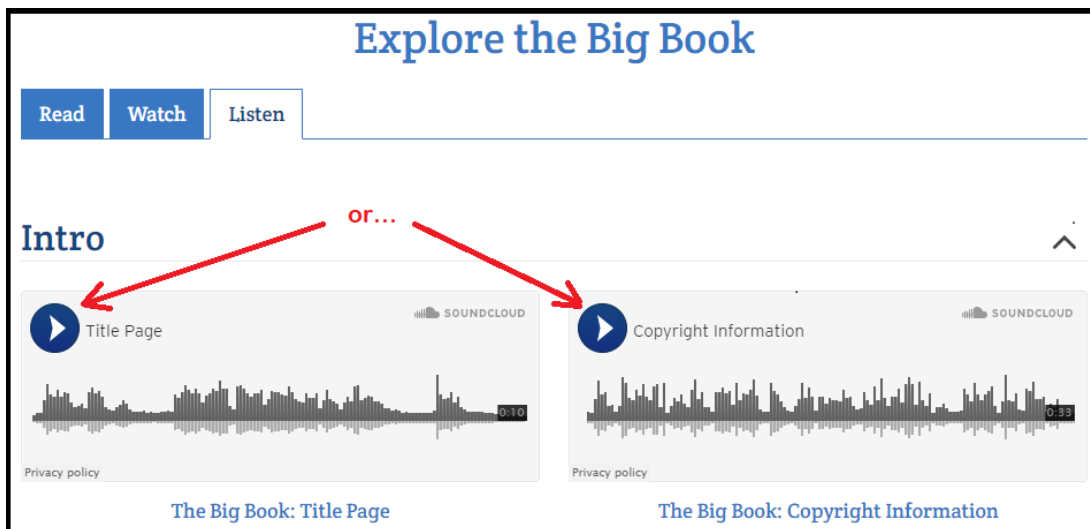
## Listen to the Big Book - Audio Links for you to listen !

<https://www.aa.org/the-big-book>

CLICK on the aa.org link (above), (or...scan the CR Code (just above this line here ▲) ...then be sure to CLICK on the TAB that says "Listen"...(shown below)...



Then, simply CLICK on the *desired Chapter* to listen to (shown below)...



## Mid-Mississippi Intergroup of A.A. (FAQ) Frequently Asked Questions

### What is Intergroup?

Intergroup is a service office dedicated to supporting its' members in helping newcomers who are seeking Alcoholics Anonymous.

### How is it operated?

A small staff of "special workers\* - "which includes Office Manager, and one Assistant Manager that manage daily office activities. There is a 7-member elected board. Each person is a member of Alcoholics Anonymous. (\*Tradition Eight)

### Who pays for it?

AA Group and member personal contributions, the sale of publications from AA World Services, Inc., and publications from the A.A. Grapevine, sobriety 'chips', and various other assorted recovery-related materials (i.e., books and pamphlets).

### Does my group have a voice in its affairs?

Yes, each A.A. Group should have an 'Intergroup Representative'. In addition to participating in the affairs of Intergroup, those representatives job is to inform their home group about Intergroup and the local service opportunities available.

### We have our own meeting place. Why do we need Intergroup's help?

Intergroup phone volunteers help newcomers find your meeting location. Your Intergroup phone lines are the permanent link to connect members to A.A. Groups in our (Zone 4), in addition to all of Mississippi.

### How can my group be of service?

You can start by seeing that your group has a voice (representative) at the monthly Intergroup Reps meeting. Additionally, your group members can contribute their time for 12th Step opportunities ensuring that the A.A. message reaches the still-suffering alcoholic.

### What services does your AA Intergroup Office provide?

*Intergroup provides the following "Vital Services" to all A.A. Groups, and their members.*

- |  |                                      |
|--|--------------------------------------|
| ** Answer phones 24 hours/day  | ** Make 12-Step Calls                |
| ** Information & Meeting Location Calls  | ** Special Events                    |
| ** AA Literature – English and Spanish   | ** Meeting Directories               |
| ** AA Grapevine Publications   | ** Cooperation with Outside Agencies |
| ** Public information  |                                      |
| ** Financial responsibilities of running the Intergroup (and providing AA Members that information, via the website – see below)                   |                                      |
| ** Main ( <i>Intergroup</i> ) Website Updates / Announcements (i.e., <a href="https://midmissintergroup.org/">https://midmissintergroup.org/</a> ) |                                      |
| o Zoom Online Meeting Codes and Re-opened Groups   |                                      |
| o Events   |                                      |
| o Sobriety Gazette   |                                      |
| o Intergroup (Financial) Reports   |                                      |

## Contact Us

Mid-Mississippi Intergroup of A.A. Central Office  
4526 Office Park Dr. Ste. 3, Jackson, MS 39206 ([directions](#))  
**(601) 982-0081** (Answered 24/7)  
Office is open Tuesday thru Friday, 10:30am - 6:30pm  
Email: [midmissintergroup@gmail.com](mailto:midmissintergroup@gmail.com)

**NOTE : We are NO LONGER require Curbside Pickup !!!**

Come on in ! *If door is locked, PLEASE knock or ring doorbell...We will let you in...*

\*\*\*\*\*

## Misc. - Alcohol Use Disorder - Symptoms (medically-speaking)...

\*\*\*\*\*

...and now... for a different, but very informative and interesting viewpoint...from a **'medical perspective' ONLY**... for ALL of us alcoholics to be aware of...

## Mayo Clinic – Alcohol Use Disorder

<https://www.mayoclinic.org/diseases-conditions/alcohol-use-disorder/symptoms-causes/syc-20369243>

## Symptoms

*Alcohol use disorder* can be mild, moderate or severe, based on the number of symptoms you experience. Signs and symptoms may include:

- Being unable to limit the amount of alcohol you drink
- Wanting to cut down on how much you drink or making unsuccessful attempts to do so
- Spending a lot of time drinking, getting alcohol or recovering from alcohol use
- Feeling a strong craving or urge to drink alcohol
- Failing to fulfill major obligations at work, school or home due to repeated alcohol use
- Continuing to drink alcohol even though you know it's causing physical, social, work or relationship problems
- Giving up or reducing social and work activities and hobbies to use alcohol
- Using alcohol in situations where it's not safe, such as when driving or swimming
- Developing a tolerance to alcohol so you need more to feel its effect, or you have a reduced effect from the same amount
- Experiencing withdrawal symptoms — such as nausea, sweating and shaking — when you don't drink, or drinking to avoid these symptoms

**Think about it...Alcohol Use Disorder - Symptoms (medically-speaking)...**

Use a QR Code Reader from your phone to read this code below, as it will take your cell phone directly to the SOURCE

**Mayo Clinic – Alcohol Use Disorder**

<https://www.mayoclinic.org/diseases-conditions/alcohol-use-disorder/symptoms-causes/syc-20369243>



## **A Declaration of Unity**

This we owe to A.A.'s future; to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives, and the lives of those to come.

## **I Am Responsible...**

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible

## **A.A.'s Legacy of Service by Bill W.**

Our Twelfth Step—carrying the message—is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service. Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the Fellowship.

\*\*\*\*\*

## (AA) Big Book 'Excerpts'

\*\*\*\*\*



[https://www.aa.org/sites/default/files/2021-11/en\\_bigbook\\_chapt2.pdf](https://www.aa.org/sites/default/files/2021-11/en_bigbook_chapt2.pdf)

...or scan the following QR Code to the right...



### Chapter 2

## THERE IS A SOLUTION

We, of ALCOHOLICS ANONYMOUS, know thousands of men and women who were once just as hopeless as Bill. Nearly all have recovered. They have solved the drink problem. We are average Americans. All sections of this country and many of its occupations are represented, as well as many political, economic, social, and religious backgrounds. We are people who normally would not mix. **But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.** We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. **The feeling of having shared in a common peril is one element in the powerful cement which binds us.** But that in itself would never have held us together as we are now joined. **The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism.**

Page 17

\*\*\*\*\*

Page 18

### ALCOHOLICS ANONYMOUS

An illness of this sort—and we have come to believe it an illness—involves those about us in a way no other human sickness can. If a person has cancer all are sorry for him and no one is angry or hurt. But not so with the alcoholic illness, for with it there goes annihilation of all the things worth while in life. **It engulfs all whose lives touch the sufferer's. It brings misunderstanding, fierce resentment, financial insecurity, disgusted friends and employers, warped lives of blameless children, sad wives and parents—anyone can increase the list. We hope this volume will inform and comfort those who are, or who may be affected. There are many.** Highly competent psychiatrists who have dealt with us have found it sometimes impossible to persuade an alcoholic to discuss his situation without reserve. Strangely enough, wives, parents and intimate friends usually find us even more unapproachable than do the psychiatrist and the doctor.

.....

# Upcoming Events Calendar

<b>Mid-Mississippi (AA) Events - Winter 2023</b> January 9, 2023 (please discard all previous calendar versions)				
Month	Event	Details	Day/Date/Time	Location
<b>January</b>	<b>Intergroup / Central Office Monthly Meeting</b>	<b><u>ALL ARE WELCOME ***WE NEED YOUR GROUP TO SEND REPS.***</u></b>	Thursday, January 5, 2023 (meets the <b>First Thursday of EVERY MONTH</b> ) 6:30 pm	650 E. South St., Corner South and Commerce Streets, Downtown Jackson (where Central Group regularly meets)
	<b>District 43<sup>+</sup> Monthly Meeting</b>	<b><u>GSR's &amp; AGSR's are encouraged to attend &amp; ALL ARE WELCOME</u></b>	Monday, January 9, 2023 (meets the <b>Second Monday of EVERY MONTH</b> ) 5:00 pm	<b>4801 Group MEETS AT: 4801 <u>Northview Dr.</u> Jackson, MS Contact Chris G. at (601) 955-8402 for more info.</b>
	<b>Eat &amp; Speak Sponsored by the Way Out Group</b>	Speaker: Grace O.	Friday, January 27, 2023. Pizza at 7:30 pm and Speaker at 8:00 pm	<b>Ascension Lutheran Church, 6481 Old Canton Road (near corner of E. County Line &amp; Old Canton)</b>
<b>February</b>	<b>Area 37 Assembly <u>First Quarter Meeting</u></b>	Some light breakfast items and <b>lunch</b> will be provided.	Saturday, February 11, 2023. Doors open at 7:30 am, meeting at 8:00 am until conclusion of business.	<b>Pearl Community Center, 2420 Old Brandon Rd., Pearl, MS</b>
	<b>"Our Common Welfare" A Study of the 12 Traditions</b>	Presented by Gary K. of Sulphur Springs, TX. Lunch will be provided. (contributions accepted)	Saturday, February 18, 2023 9:30 am until 3:30 pm. Sponsored by The Morton Group and District 45.	<b>The Lake House, 550 Bounds Road, Jackson, MS (Not Bounds Street.) Call (601) 708-3365 for more info.</b>
	<b>Eat &amp; Speak Sponsored by the Mannsdale Group</b>	Speaker: Tracy B.	Sunday, February 26, 2023. Eat at 6:00 pm and speaker at 7:00 pm	<b>Chapel of the Cross Episcopal Church, 674 Mannsdale Rd., Madison, MS</b>

<sup>T</sup>District 43 includes: Central, Traditions, Northeast, 4801, Georgetown, Coffee Lover's, AA Unlimited, and Jxn Young People's Groups

Thanks to all that contributed to keeping the Calendar of Events updated !!!

Please send all **EVENT NOTICES** to **Randy B.** at [midmissintergroup@gmail.com](mailto:midmissintergroup@gmail.com)

(Simply [click on](#) the email address above, to initiate the 'send an email' process on your cell phone or computer...)



## BECOME A FAITHFUL FIVER

“Every AA wants to make sure of his survival from alcoholism, and his well-being afterwards. This is just as it should be. He also wants to do what he can for the survival and well – being of his fellow alco-holics. Therefore, he is bound to have a vital interest in the parlance and well-being of AA itself.” Bill W. Language of the Heart, p 166

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.

To become a faithful fiver, please send your \$5 monthly donation to:



Mid-Mississippi Intergroup  
 PO Box 16228  
 Jackson, MS 39236



### NOTE

The Central Office is eternally grateful to all of its' supporters, and feel that it's important to THANK all of those who have been consistent, faithful 5'er contributors over the past three years...

They are all listed below - Thanks to one and all !!!

- |             |  |          |            |           |
|-------------|--|----------|------------|-----------|
| Al H.       | Kurt S.  | John H.  | Bobby W.   | Robert G. |
| Donna H.    | Bruce M.   | Keith F. | Linda O.   | Patti H.  |
| Karen M.    | Richard M.   | Nick C.  | Brad B.    | John W.   |
| Will W.     | JoBeth B.  | Ellie C. | James W.   | Lisa A.   |
| Benjamin P. | Pat Y.   | Bee W.   | Chris G.   | Myra D.   |
| Nicki R.    | Bonnie H.  | Hugh B.  | Lorenzo D. | Dick K.   |
| Sam I.      | <i>(...plus numerous ANONYMOUS donors also...)</i> |          |            |           |



Please email me your sobriety birthdate, so that I can put it in the future editions of the Sobriety Gazette

## Office / Area Announcements

### PAYPAL FOR MID MISSISSIPPI INTERGROUP

For your convenience we now have the ability to accept PayPal. This is for Individuals, Groups or Faithful Fivers.

Use [midmissintergroup@gmail.com](mailto:midmissintergroup@gmail.com) to find us.

---

### AREA 37 GROUP AND DISTRICT DONATIONS

Please Mail Area 37 Group and District Donations to

Area 37

c/o Frank P.

413 Pelahatchie Shore Dr.

Brandon, MS 39047



## Office Hours, etc... Trusted Servants



### Contact us at

Telephone **601-982-0081**  
4526 Office Park Drive Jackson,  
MS 39206

### Mail Donations to:

PO Box 16228  
Jackson, MS 39236

### Web Site

[www.midmissintergroup.org](http://www.midmissintergroup.org)

### Email us at

[midmissintergroup@gmail.com](mailto:midmissintergroup@gmail.com)

**Office Hours** 12:00 pm - 5:30 pm

Tuesday and Friday Curbside only

Need something special, call the  
office for arrangements.

### YOUR TRUSTED SERVANTS

**Chair:** Steve S.

**Treasurer:** Karen M.

**Secretary:** Bruce M.

**Corrections:** Teresa R.

**Treatment**

**Centers** Sandy S.

**Office Manager:** Paxton P

**Asst. Office Manager:** Randy B.

**Intergroup Liaison:** Kurt J.


**IT/Web:** Michael R.

**Newsletter:** Steve J.

## NOTE

All embedded web links contained in this PDF, including the Gmail (email) link to the Intergroup...(above) should be functional **while viewing this PDF on a computer...except** any links contained in the Upcoming Events (pg. 8)...simply because the calendar is only a 'screenshot' of the actual file...

### **NEW (again) in this version of the Gazette...**

This Jan-Feb 2023 Sobriety Gazette contains some **QR Code 'icons'**  that can be scanned by a simple **QR Code Reader App** (iPhone or Android) and will take you to the document (full Chapter) if you cannot get the (web) LINK to work, at least you can scan the QR Code and go to the Chapter to read on your cell phone.