

# SOBER CAT NEWS

featuring:



## The Adventures of Sober Cat & Ala-Kitten

### Sober Cat says:



Hi guys. Another year...wow. How time flies. Happy New Year by-the-way. I hope that you are getting short. As for me.....well this month has a Friday the 13<sup>th</sup> in it.....supposed to beware of ladders and black cats. Ladders I can see....black cats no chance there...haa..

Remember this is not AA or Al-Anon but is recovery oriented. I create it especially you, my friends, who are attempting to stop drinking and who are incarcerated.

The jokes are copied especially to bring a smile to your face. If you are too straight-laced to appreciate them.....oh well. Please go to [www.sobercatnews.me](http://www.sobercatnews.me) for the online meeting when you get out. Email me at [sobercat@Live.com](mailto:sobercat@Live.com) if you wish. I hope to hear from you after you get out also..... -Sober CAT



**D**uring a commercial airline flight a retired Air Force Transport Pilot was seated next to a young mother with a babe in arms.

When the baby began crying during the descent for landing, the mother began nursing the infant as discreetly as possible.

The pilot pretended not to notice, and upon disembarking, he gallantly offered his assistance to help with the various baby-related items.

When the young mother expressed her gratitude, the pilot responded, "that's a good looking baby, and he sure was hungry!"

Somewhat embarrassed, the mother explained that her pediatrician said that the time spent on the breast would help alleviate the pressure in the baby's ears.

The retired Air Force jockey sadly shook his head, and in true pilot fashion exclaimed..."And all these years, I've been chewing gum."



"We who live in the haven of AA cling together with an intensity of purpose which the outside world seldom comprehends. The anarchy of the individual melts away. Self-love subsides and democracy becomes a reality. We begin to know true freedom of the spirit."

"The Individual in Relation to AA as a Group", AA Co-Founder, Bill W., July 1946

### Could Swift look into the future?

Maybe not, but he was remarkably prescient on at least one fact – In Gulliver's Travels Jonathan Swift described the two moons of Mars, Phobos and Deimos, giving their exact size and speeds of rotation. He did this more than a hundred years before either moon was discovered.

In 1060 a coin was minted in England shaped like a clover. The user could break off any of the four leaves and use them as separate pieces of currency.



**"Speak when you are angry - and you'll make the best speech you'll ever regret."** --Laurence J. Peter

**When** I stopped the bus to pick up Chris for preschool, I noticed an older woman hugging him as he left the house. "Is that your grandmother?" I asked.

"Yes," Chris said. "She's come to visit us for Christmas."

"How nice," I said. "Where does she live?"

"At the airport," Chris replied. "Whenever we want her, we just go out there and get her."

**While awake, hummingbirds must eat at least every 30 minutes or they will starve to death. They need to eat 2.5 times their body weight every day — this takes hundreds of flowers everyday.**

**THE COST OF LIVING HAS NOW GOTTEN SO BAD THAT MY WIFE IS HAVING SEX WITH ME BECAUSE SHE CAN'T AFFORD BATTERIES! (HUH? WHAT THE.....? SC)**



**"Live your life in your heart, fill it with love, not hate."**

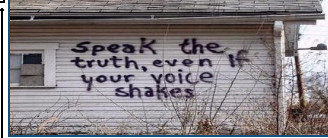


This morning I was sitting on a park bench next to a homeless man. I started a conversation by asking him how he ended up this way?

He said, "Up until last week, I still had it all. I had plenty to eat, my clothes were washed and pressed, I had a roof over my head, I had TV and Internet, and I went to the gym, the pool, and the library. I was working on my MBA on-line. I had no bills and no debt. I even had full medical coverage."

I felt sorry for him, so I asked, "What happened? Drugs? Alcohol? Divorce?"

"Oh no, nothing like that," he said. "No, no... I was released from prison."



There was a young man who had been diagnosed with a terminal illness and had been given three months to live. So as he was getting his things 'in order,' he contacted his Priest and had him come to his house to discuss certain aspects of his final wishes.

He told him which songs he wanted sung at the service, what scriptures he would like read, and what outfit he wanted to be buried in.

Everything was in order and the Priest was preparing to leave when the young man suddenly remembered something very important to him.

'There's one more thing,' he said excitedly..

'What's that?' came the Priest's reply.

'This is very important,' the young man continued.

'I want to be buried with a fork in my right hand.'

The Priest stood looking at the young man, not knowing quite what to say.

That surprises you, doesn't it?' the young man asked.

'Well, to be honest, I'm puzzled by the request,' said the Priest.

The young man explained. 'My grandmother once told me this story, and from that time on I have always tried to pass along its message to those I love and those who are in need of encouragement.

In all my years of attending socials and dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.

' It was my favorite part because I knew that something better was coming .... like velvety chocolate cake or deep-dish apple pie.

Something wonderful, and with substance!"

So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder 'What's with the fork?'

Then I want you to tell them:

'Keep your fork ... the best is yet to come.'

The Priest's eyes welled up with tears of joy as he hugged the young man good-bye. He knew this would be one of the last times he would see him before his death.

But he also knew that the young man had a better grasp of heaven than he did. He had a better grasp of what heaven would be like than many people twice his age, with twice as much experience and knowledge.

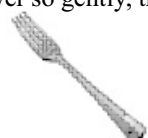
He KNEW that something better was coming.

At the funeral people were walking by the young man's casket and they saw the suit he was wearing and the fork placed in his right hand. Over and over, the Priest heard the question, 'What's with the fork?' And over and over he smiled.

During his message, the Priest told the people of the conversation he had with the young man shortly before he died. He also told them about the fork and about what it symbolized to him.

He told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it either.

He was right. So the next time you reach down for your fork let it remind you, ever so gently, that the best is yet to come.



A young boy went up to his father and asked him, "Dad, what is the difference between 'potentially' and 'realistically'?"

The father thought for a moment, then answered, "Go ask your mother if she would sleep with Brad Pitt for a million dollars. Then ask your sister if she would sleep with Brad Pitt for a million dollars, and then, ask your brother if he'd sleep with Brad Pitt for a million dollars. Come back and tell me what you learn from that."

So the boy went to his mother and asked, "Would you sleep with Brad Pitt for a million dollars?"

The mother replied, "Of course, I would! We could really use that money to fix up the house and send you kids to a great university!"

The boy then went to his sister and asked, "Would you sleep with Brad Pitt for a million dollars?"

The girl replied, "Oh, good heavens! I LOVE Brad Pitt and I would sleep with him in a heartbeat. Are you nuts?"

The boy then went to his brother and asked, "Would you sleep with Brad Pitt for a million dollars?"

"Of course," the brother replied. "Do you know how much a million bucks would buy?"

The boy pondered the answers for a few days and then went back to his dad.

His father asked him, "Did you find out the difference between 'potentially' and 'realistically'?"

The boy replied, "Yes, 'Potentially', you and I are sitting on three million dollars, but 'realistically', we're living with two hookers and a future congressman."



**CANDY MADE FROM PIECES OF BARREL CACTUS WAS OUTLAWED IN THE US IN 1952 TO PROTECT THE SPECIES**

A father was approached by his small son who told him proudly, "I know what the Bible means!"

His father smiled and replied, "What do you mean, you know what the Bible means?"

The son replied, "I do know!"

"Okay," said his father. "What does the Bible mean?"

"That's easy, Daddy..." the young boy replied excitedly, "It stands for Basic Information Before Leaving Earth."



## WORKING FOR HEALTH

HI THERE. I WAS JUST THINKING ABOUT HOW WE ALL NEED A JOB. A JOB HELPS US TO FEEL PART OF SOMETHING AND FEEL SECURE.

PICTURE THIS: A BAND OF NEANDERTHALS OR CRO-MAGNONS SITTING AROUND A CAMPFIRE. THERE IS THE FATHER, THE MOTHER, A COUPLE OF CHILDREN, MAYBE IT'S A LITTLE LARGER FAMILY UNIT. ADD A COUPLE OF BROTHERS AND SISTERS AND MAYBE ADD THEIR FAMILIES.

SEE HOW THE JOBS IN THIS FAMILY GROUP TAKE FORM. THE OLDER MALES ARE THE HUNTERS, THE OLDER WOMEN ARE THE COOKS AND GATHERERS OF ROOTS, SEED, AND GREENS. THE YOUNG CHILDREN ARE THE ONES WITH THE BIGGEST TASK OF GATHERING FUEL FOR THE FIRE(S). AND ALONG WITH THIS JOB IN THE FAMILY GROUP THEY ALSO HAVE THE TASK OF STARTING TO LEARN TO MAKE WEAPONS (BOYS ESPECIALLY) AND COOK (GIRLS ESPECIALLY), AND MAYBE LEARNING HOW TO MAKE BASKETS, BLANKETS AND ETC. EACH HAS A JOB AND THAT JOB ALLOWS THEM TO FEEL THAT THEY BELONG.

GO FORWARD IN TIME NOW. SEE THE OLD TIME CIVILIZATIONS. SEE THE VARIOUS JOBS THAT EACH INDIVIDUAL HAD. THEY ALL HAD A JOB TO DO. NO ONE WAS WITHOUT A PURPOSE IN LIFE. EVEN A SLAVE OR A SEXY WOMAN HAD A JOB TO DO. THEY DID THEIR JOB OR CHANGED JOBS AND DID THAT JOB OR THEY STARVED. STARVING DIDN'T SEEM LIKE A VERY GOOD WAY TO GO.

OF COURSE THERE WERE A FEW BEGGARS. JUST WHO WERE THEY? PERHAPS THEY WERE CRIPPLES. THEY COULDN'T WALK, OR THEY COULDN'T THINK AT ALL AS IN MENTAL CRIPPLES. THEY LIVED A MISERABLE LIFE. A MISERABLE LIFE BECAUSE BEING A BEGGAR WASN'T A VERY GOOD JOB AND DIDN'T ALLOW THEM TO FIT IN AND BE HAPPY WITH THEIR CONTRIBUTION TO THEIR SOCIETY.

MOVE FORWARD IN TIME. HERE WE HAVE PEOPLE WHO WERE WORKING AND HAPPY. THE CHRIST CAME ALONG AND TOLD THEM TO FOLLOW HIM. HE TAUGHT THEM WHAT TO DO TO BE EVEN HAPPIER WITH SERVING GOD. THEY LEARNED FROM THE MASTER AND THEN HE TOLD THEM TO CARRY HIS MESSAGE TO THE ENDS OF THE EARTH. THEY DID THE BEST THAT THEY COULD. AND THEY WERE HAPPY WITH THE JOB THAT HE'D GIVEN THEM. THEY DID THE BEST THAT THEY COULD DO AMIDST STRANGE PEOPLES TERROR AND STRIFE. ALMOST ALL DIED CARRYING THAT SPIRITUAL MESSAGE OF HOPE TO THE MASSES OF PEOPLE IN THEIR TIME.

MOVE FORWARD AGAIN: HERE'S BILL WILSON ON DEC 11, 1934 LAYING IN TOWN'S HOSPITAL IN NEW YORK. HE'S CRYING OUT TO GOD FOR HELP. BILL HAS HIS WELL-KNOWN 'WHITE LIGHT' EXPERIENCE. SO HE IS MOVED TO STAY SOBER AND HELP OTHER DRUNKS LIKE HIMSELF. HE MEETS DR. BOB SMITH A FEW MONTHS LATER IN AKRON, OHIO AND BOB GETS SOBER. THEY CARRY THE MESSAGE TO BILL DODSON IN THE HOSPITAL THERE.

THEY BEGIN ATTEMPTING TO HELP OTHERS LIKE THEMSELVES. THEY HELP CLARENCE SNYDER AMONG ALMOST A HUNDRED OTHERS. GOD SPEAKS TO THEM IN VARIOUS WAYS AND THEY CREATE THE BOOK ALCOHOLICS ANONYMOUS. GOD TELLS THEM THROUGH THIS BOOK AND THE TWELVE STEPS TO CARRY THIS MESSAGE TO THOSE WHO, LIKE THEMSELVES, HAVE A PROBLEM WITH ALCOHOL. THIS IS THEIR JOB. BEFORE GOD GAVE THEM THIS JOB PROBABLY NONE OF THEM WERE HAPPY. THEY NO DOUBT FELT AS I DID THAT THEY WERE WORTHLESS AND HAD NO VALUE IN LIFE. GOD GAVE THEM THIS JOB TO DO. ALL THEY HAD TO DO WAS TO NOT DRINK AND TURN THEIR LIFE AND WILL OVER TO HIM.

WHAT A BARGAIN! A BARGAIN FOR WE WHO HAD NO REAL JOB TO DO IN LIFE. A JOB JUST FOR MONEY HAD NO REAL MEANING FOR MOST OF US, BUT A JOB TO DO FOR HIM, GAVE LIFE ZEST AND FLAVOR..... OR SO IT HAS BEEN FOR ME ANYWAY. THANK YOU GOD....

-SOBER CAT, OCT 2016



# AA EVENTS PAGE

For local AA meetings go to  
[www.sobercatnews.me](http://www.sobercatnews.me)



## HILTON HEAD MID-WINTER CONFERENCE

Annual Alcoholics Anonymous (AA) event with Al-Anon & Alateen participation. 37th Annual. January 27, 28, & 29, 2017. The Westin Hilton Head Island Resort & Spa : Reservations. 2 Grasslawn Avenue. Hilton Head Island, Beaufort County, South Carolina



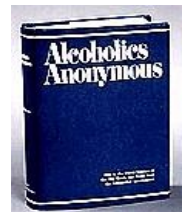
Dr. Bob

Bill W.



## SYDNEY BOOMERANG ROUND-UP

“The Sydney Woodstock”  
10-12 March 2017  
Sydney Masonic Conference Centre  
66 Goulburn Street, Sydney.  
Weekend registration: \$150.00  
Dinner speaker meeting: \$75.00



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