

# Sooner Sobriety

## Forever Grateful

I came to Alcoholics Anonymous through the court system, and thank God, “that’s over with!” Ten years ago, my life was changed forever and everything I have is a direct result of surrendering to the Alcoholics Anonymous program. I just wanted to stay out of prison. What has happened is so much more than that goal. Because I torched-scorched-burned every aspect of my life, walked away from more than one marriage, a beautiful son, and many opportunities throughout my life. When I came into this program, I was utterly defeated, hopeless, burned out, and had no moral compass left within me. I was physically dying, emotionally dead, and had no idea what would happen to me.

The restoration of getting in the middle, working the twelve

steps (with a sponsor), sponsoring others, and being of service sounded very silly to me. How was that going to help? Since joining this little cultish program, I thought, I have walked through public shame over a health condition. Head up, a smile on my face and God in my heart.

### **GUESS WHAT, FOLKS?!**

***This is the Sooner Sobriety’s 35th year!**  
**Please keep us going by supplying a short thought or story.**  
**WE NEED YOU!!***

No more shame. That was years one and two. At year three, I met my “forever man,” and at year five, he died. What happened was incredible because not only did AA show up for me, but my biological and skeptical family saw the love and altruistic, selfless com-

passion we have for each other. I am forever grateful that from that time forward, my life has been blessed with joy.

There are no words that can express the language we speak to each other and the love I feel when I see someone new begin to “shine” as they enter this journey. We are blessed to live solution-based lives in such turbulent events that are surrounding us today. A loving God has taken this broke-down, burned-out former prostitute (alcoholic/junkie) and turned her into a “lady” (maybe a little rough around the edges), but one with integrity and a love for humanity that today I would not trade in for a drink or any other substance. If I remain grateful each day, I pray that day never comes for you or me.

*Forever grateful –  
Anonymous Alcoholic*

### **Inside this issue:**

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**Your Intergroup office is still open at:**

**2701 N. Portland, OKC  
Monday–Friday 9am-6pm  
and Saturday from 10am-3pm for your convenience**



# Don't Quit

MOM! "Dad is leaving again!" These are the words that trembled through the phone to me; while I sat in a hotel room in OKC on business. My room stacked with a box of wine, tequila, and wine coolers; ready for a lone night of oblivion. I dropped to my knees and started praying, "please God, I have to have this obsession removed"! I packed and made a flying trip back to Muskogee; to see what tornado I had created this time. Every concrete pillar I passed, the thought ran through my head to turn the wheel into one of them and end the insanity. But I had a one month old granddaughter and two daughters that needed me.

*"I sat in a hotel room in OKC on business. My room stacked with a box of wine, tequila, and wine coolers; ready for a lone night of oblivion."*

In the blink of an eye I looked up to an empty house that just a few days before was a family of 5. My husband moved out, one daughter was going to jail and the other was entering drug rehab with her newborn. I called a friend active in Al-Anon and asked her about an AA meeting. So, on September 29, 2000 was my first AA meeting. In about 4 months my husband came home, my daughter got out of rehab. My other daughter did spend 6 months in jail, but it was to help keep her alive.

Two years of sobriety and my family life stabilized---I started going to less meetings, called my sponsor less and less thinking, "maybe didn't need all this AA Stuff anymore". I received my 2 year chip in October of 2002 and within one month picked up a drink again; and back to my same drunk self. In March 2003 I got mobilized with the Army to active duty. I was sent to a Army hospital in Missouri. For all the non-military folks, alcoholics and the military don't mix well! There was a party about every night!

After 18 months I was demobilized and went home. In April 2005 my husband and I didn't see eye to eye with my drinking; so our marriage dissolved. All I needed was another stressor excuse to drink more!! In March 2006 one of my Army friends moved to Tulsa. We started dating. He was also a friend of Bill W's! We married in 2009 and were great drinking buddies. He retired in 2014 and we know "idle time is the devil's workshop". His drinking got worse. We moved to OKC in 2015 as I had gotten a new job. I thought a geographic change would help.

Finally, in April 2019 his drinking had escalated to the point that I knew we were heading down a dark rabbit hole without help. Once again I hit my knees and asked my Higher Power for help. On April 22<sup>nd</sup> he went to 9 days of detox then on to Valley Hope for 30 days. He came home on June 1 which is my new sobriety birthday! We found great sponsors and a home group that is full of beautiful recovering alcohol-

ics. Our lives have taken a 360 degree turn. I kept feeling a pull in my heart that I needed to get back closer to family which are in Broken Arrow/Muskogee area. We sold our home in Okc and now live in Broken Arrow, OK. We have found a great home group, but still have our zoom group in Yukon. Our lives are not perfect, but I wouldn't change our spiritual transformation for anything! It is true when members say, "don't quit until the miracle happens!" Tina R.

I have never been behind bars.....until I had. Sorry this story is not going to a dark place you probably had hoped. I came into AA and heard that you people were taking meetings into prisons. Even though I had never been in prison, (by the DOC that is) my brother had. He spent his entire life in and out of jails and institutions. Never once did I ever hear him talk about AA or a solution to his problem. Our disease eventually killed him. So when I heard that it was relatively simple to carry our message to our incarcerated members I jumped at the chance. I did the paperwork and took the class, and in no time I had a badge that allowed me to carry our message. A message of hope that there is a solution to our common problem. Today I spend every Friday night behind bars, hoping your brother, father, son shows up in that room. It is the most powerful and fulfilling meeting of the week for me, a calling if you will. I realize today the men I get to see on that Friday night need a message of hope, and I am responsible for that—if not me then who?  
—An Anonymous Alcoholic



*Coming Up...*

## **The 5th Annual OKC Winter Conference**



January 14-16, 2022

Wyndham Garden OKC Airport  
2101 S. Meridian, OKC 73108

### **Powerful Lineup of Speakers:**

Dustin T., Norman Rob R., Austin, TX Solis R., Austin, TX, Jerry B., OKC  
Jerri Dawn J., OKC Chris R., Addison, TX Wilson J., OKC

**For more information, Call Kristen B. at 405-658-3648**

**The Conference still needs volunteers!!**

**Give back through service and hear some outstanding speakers along the way!!!**

## **This month in AA History**

**January, 1939** — NY member Jim B (Vicious Cycle) suggested the phrases “God as we understand Him” and “Power greater than ourselves” be added to the Steps and basic text. Bill W later wrote “Those expressions, as we so well know today, have proved lifesavers for many an alcoholic.” —*Language of the Heart*, pg 201

For more info on the events above, please check out the out the following books available at Intergroup:

[AA Comes of Age](#)

[Pass It On](#)

[Dr. Bob and the Good Oldtimers](#)

# Word Search

**Alcoholics**   **Marriage**  
**Anonymous**   **More**  
**Aspect**   **Opportunities**  
**Beautiful**   **Prison**  
**Burned**   **Program**  
**Changed**   **Result**  
**Court**   **Scorched**  
**Defeated**   **Surrendering**  
**Direct**   **System**  
**Every**   **Thank**  
**Everything**   **Throughout**  
**Forever**   **Torched**  
**Goal**   **Utterly**  
**Grateful**   **Walked**  
**Happened**   **Wanted**  
**Many**   **Years**

O T U P Q C C M J R M E F N G D R T W S  
 T L P S O Q C A A A Q K W R Q E E O C E  
 M A R G O R P Z N R H B A Y C G S R P I  
 Q I U K N M H Y K F R T Z W G N U C D T  
 U E U J G R F F Y Z E I B U O A L H P I  
 D O G S C O U R T F K N A H T H T E F N  
 B W U C I U N G U F T L W G F C D D M U  
 E J N I P I T L Y C V Y T S E E R G N T  
 A P V L M S E V E R Y T H I N G S U O R  
 U A C O D M R P D S W R K E Y U G T S O  
 T Q C H R E S A U E E I P E R J Y T I P  
 I I Q O D A N O E V F P O R E Q C E R P  
 F M N C S S M R E Y A E E D V T B R P O  
 U C X L W Y Y R U H L N A J E M O L O W  
 L L N A N U O S R B D J X T P T G Y P U  
 Y B B O J F R A T E D I P V E S N O Z H  
 W T N Z I S K L R E F W R W W D H A A W  
 W A L K E D L I O S M J A E M O R E W L  
 K L H U J B N Y E O H D E H C R O C S F  
 T H R O U G H O U T G M N G I T S Q G Z

## Cryptic Quote

### Last Month's Quote:

**"If I ever needed to pray, now is the time." —Came to Believe**

Exchange the letters below with the correct letters to reveal the quote! (For example: "Z" is really "B")

**"A BUKQ QAFLDPF I XDPZF FLIF IMJDLDM QIT BAMMAUW CK."**

**—XIAMH OKYMKJFADUT**

The answer will appear in the next **Sooner Sobriety!**



# Birthdays

## Tri-City

Pete V.	12/24/07
Jeanna C.	12/26/11
Chuck F.	12/15/12
Debora F.	12/05/20
Terry D.	12/24/20
Marshall E.	12/24/21
B.J. K.	01/01/86
Ronnie A.	01/05/02
Mark L.	01/11/11
Tina T.	01/18/13
Scott B.	01/31/15
Rebecca B.	01/23/16
Krystal C.	01/11/17
Gary C.	01/01/21
Mike S.	02/29/88
Veronica L.	02/19/16
Will L.	02/29/16
Robert H.	02/04/21
Joe M.	02/20/21

## Yukon YANA Group

Jane	12/09/19
John H.	12/12/18
Trey	12/16/19
Mike M.	12/10/19
Sydney	12/16/88
David S.	01/01/20
Tyler (TJ)	01/09/20
Nicki	02/03/20
Robin	02/11/19

## Misfits

Dana P.	12/02/11
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## Step 1

“We admitted we were powerless over alcohol—that our lives had become unmanageable.”

“We know that little good can come to any alcoholic who joins AA unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety—if any—will be precarious. Of real happiness he will find none at all.”

## Tradition 1

“Our common welfare should come first; personal recovery depends upon AA unity.”

“This we owe to AA’s future; To place our common welfare first; To keep our fellowship united. For on AA unity depend our lives, and the lives of those to come.”

—A Declaration of Unity

## Concept 1

“The final responsibility and the ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship.”

“The AA groups today hold ultimate responsibility and final authority for our world services—those special elements of over-all service activity which make it possible for our Society to function as a whole.”



Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	140.00	Sahara Group	0	300.00
4th Dimension YP Group	43.69	207.80	Santa Fe Group	0	90.00
5th Tradition Group	0	105.85	Serenity Seekers	0	0
9th Traditions Group	187.00	569.00	SDG Group (Zoom)	0	63.00
89ers—Guthrie	0	25.00	Shawnee Fellowship	0	300.00
A Refuge South	0	0	Simple Steps (Ponca)	0	0
ABC Seminole	0	50.00	Simply AA	0	200.00
Acceptance Group	0	25.00	Solutions Group Norman (&WiH)	0	229.00
A.W.O.L. A Way of Life Group	0	0	Southside Serenity Group	0	277.00
Altered Boys	0	1,238.91	Spirit Winds Medicine Park	0	0
Arch of Freedom	69.99	131.65	Station 23	0	0
Ardmore Group	0	250.00	Straight Talkers	0	0
Barnyard Group	0	37.00	Sulphur AA	0	55.00
Bill and Bob's Group (Yukon)	0	0	Sundowners—Kelley Club	0	16.50
BYOC	0	0	Too Early Group	132.60	510.75
Choctaw Rebellion Dogs	0	140.25	Too Early 2	0	353.00
Classen Club	30.00	300.00	Touchstone	0	0
Cordell Group	0	0	Three Legacies (Ada)	0	0
Cornerstone Group	0	65.00	Thursday Grapevine at Kelley Club	0	30.00
Courage to Change/Harmony	0	0	Traditions #2	5.00	13.00
Daily Reprieve	0	337.77	TriCity Group	998.57	2,583.78
Davis AA	0	0	Triangle Group Norman	0	300.00
Donations Jar at Intergroup	0	2,076.00	Tues Night Mens Kelley	0	10.00
Drexel Group	0	71.94	Tues Women's Group Kelley	0	0
Duncan Group	190.00	190.00	Turning Point (Durant)	0	50.00
Early Birds of OKC	0	856.06	Unnamed Women's Group	0	0
Edmond Group	400.00	400.00	Walking Our Walk (WOW)	0	58.33
Edmond Friends of Bill Group	0	0	Way Out Group (South Penn)	0	0
Elgin Only Chance Group	0	0	Wed Night Women's 12x12—May	0	0
El Reno Groups	60.00	600.00	Wednesday Womens #2	0	0
Exodus House Group	0	0	Western Club AA Group	0	0
Freedom Group	0	80.00	Westside Gas Savers	0	173.25
Girls Night Out—Norman	0	75.77	West Side Sober Sisters	0	0
God of the Preachers	0	212.30	WHY AA Group	0	1,179.00
Guymon Main Street Group	0	46.63	Women's 1-2-3 Western Club (Sat)	149.16	518.82
Harmony @5:30 Group	0	174.00	WOW #2	0	0
Home Group Meeting—RH	0	74.35	YANA #1 Women's 10a.m.	432.60	432.60
Into Action	5.00	35.00	YANA (You Are Never Alone) Yukon	40.00	40.00
Lakeshore Ladies	0	480.82			
Library Group @ All Souls	0	0	BIRTHDAY CONTRIBUTIONS*		
Little Axe Group	0	150.00	Teri H.	0	10.00
Live and Let Live Group	0	934.69	William S.	0	36.00
Love and Tolerance	0	213.92	Tommy F.	0	8.00
Maine Street AA	0	119.35	Staci N.	0	6.00
May Club Women's Meeting	0	0	Ruth C., 35 years	35.00	35.00
Mayfair Group	150.00	550.00			
Mid Day Group	250.00	600.00	OTHER CONTRIBUTIONS		
MOD Squad @May Club	600.00	600.00	Karen J.	0	690.00
Monday Midday Madness + Fault Free Friday	0	331.00	Josh & Gayle	0	370.00
Monday Night Mixed at Kelley Club	5.00	45.00	In Loving Memory of Don G. by Tom W.	0	50.00
Mulligan Group	0	125.00	Joe R.	0	200.00
Mustang Group	0	383.72	Annalisa	0	20.00
Mustard Seed	0	162.00	Dean R.—45 years	0	90.00
MWC Tinker Fellowship	0	75.00	Gene E.—34 years	0	34.00
Newcastle Group	0	20.00	Dane	0	8.00
New Jones Group	0	308.26	Jeff M	0	15.00
Norman Original Group	0	0	Anna B.—Into Action	0	5.00
North Meridian Group	10.00	100.00	Sarah and Chris	0	900.00
Northside Freedom Group	0	660.00	Amy B.	0	100.00
Northside Gas Savers	0	0	Michelle B.	0	100.00
NW Central #3	0	132.41	Clara Waters Men's (closed)	0	247.00
NW Journeymen	0	0	Deeper Dive BB Study	0	300.00
NW Nomads	0	300.00	BYOB group (closed)	0	68.35
OKC Big Book Group	50.00	150.00	Steffann P.	0	50.00
Old Homestead Group	0	0			
Parlor Group	0	0	Totals	3,961.61	28,669.83
Pay It Forward	0	100.00			
Phoenix Group	35.00	175.00			
Primary Purpose Group Norman	0	0			
Purcell Group	0	183.00			
Recovery Happening (Kingfisher)	0	20.00			
Road to Recovery	0	300.00			
Rockwell Group	83.00	830.00			
Rule 62	0	0			

**\* Birthday Contributions are counted with home group, unless no home group is listed**



**Call to Order:**

**Chairperson:** Scott B opened the meeting with a moment of silence and the Serenity Prayer

**Introductions of Board Members and Intergroup Staff:**

**Chairperson:** Scott B  
**Co-chair:** Angela P (absent)  
**Liaison:** Michelle L  
**Secretary:** Betsy N (absent)  
**Treasurer:** Mark H  
**Hotline/12<sup>th</sup> step Chair:** Phillip O  
**Literature Chair:** Jo Ann J  
**Events Chair:** David B  
**Workshops Chair:** Sydney C  
**IG Manager:** Cathy N

**Secretary Report:** Cathy N read the minutes from October.

**Treasurer Report:** Mark H - We had a net income of \$2290.00 for October and we are up almost \$8,900 for the YTD. Group contributions are up as well.

**Other Board Reports:**

**Co-Chair:** Angela P Absent but sent her appreciation for the number of stories submitted by the reps.

**Hotline/12<sup>th</sup> Step Chair:** Phillip O had nothing to report

**Literature Chair:** JoAnn J will have literature to sell at the Area Meeting on 12/5/21 and will have new service manuals available, as well as sale literature currently offered at Intergroup.

**Events Chair:** David B reported that we were provided a laptop to raffle for First Things First; and he will get the signs hung at Intergroup during the Thanksgiving holidays.

**Workshop Chair:** Sydney reported that 2 Safety in AA workshops planned for December 4. She will do the Rockwell one at 3:30 pm and Cathy will do the Western Club at 2:00 pm.

**Liaison:** Michelle L Will attend Joint Service and Area.

**Manager's Report:** Cathy N

Advised of Sale items

Ordering Service Manuals 11/18.

**Old Business: none**

**New Business:**

Need to elect new board members.

Proposed change to bylaws to allow a board member to serve an additional term if an insufficient number of delegates are willing to serve. Board passed, proposed to Reps who also passed.

Announced we would buy a TV for raffle in addition to the computer to generate more interest.

Elections:

Scott announced that 5 board members were rolling off this year and we needed 5 replacements asking for volunteers. The following reps were present and volunteered:

Jared B, Live and Let Live

Linda S, El Reno

Martha W, May Club

Gayla W, Live and Let Live

Laura T, Mustang group volunteered via proxy and was accepted.

Above reps were confirmed by acclamation. They will assume their responsibilities on January 1, 2022.

**7<sup>th</sup> Tradition:**

**The basket was passed in observance of the 7<sup>th</sup> tradition.**

**Adjournment:**

**Motion made to adjourn and seconded; motion passed**

**Adjournment: Motion to adjourn made and seconded; motion passed. Meeting ended with the Lord's Prayer**



## Group Updates

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### NEW Meetings!

- ♦ **The Phoenix Group** has added a new meeting at noon every Thursday. It is an open As Bill Sees It meeting. The group is located at 700 E Eufala Street in Norman.
- ♦ **The Classen Club** has added two meetings. On Tuesday at 8pm there is an open Step Study, and on Wednesday at 8pm there is an open Beginner's Meeting. All are welcome to both meetings!
- ♦ The **Norman Original Group** has added a meeting on Sunday at noon. It is an open meeting for yoga meditation.
- ♦ There is a new meeting in **Crescent, OK** called **The Promise Group**. It is located at 319 W Jackson. They meet Monday and Saturday from 7 to 8pm for a closed Big Book Study.

### Meeting Changes

- ♦ **The Live and Let Live Group** has moved to 2800 NW 36th Street, Suite 230. All meeting days and times will remain the same.
- ♦ The **Serenity #2 Group** meets in Enid, holding two Big Book Studies: the first on Monday nights at 6pm (for everyone) and the second on Thursday nights at 6pm (for men). Their address is 501 W Broadway.
- ♦ The **A Way of Life Group** has informed Intergroup that all of their meetings are now located at the Peace Lutheran Church at 2600 E Danforth Road in Edmond.
- ♦ The **MWC Tinker Fellowship** Sunday morning meeting has moved to 10am. They meet at the St Mark Lutheran Church at 7501 E Reno Ave in Midwest City.



ARE YOU LOOKING FOR SERVICE WORK?

# The OKC Intergroup Service Office needs Phone Volunteers!



### In Office

Shifts are two hours long, Monday through Friday. You may work one shift a week as a regularly scheduled volunteer or more as a substitute. Examples include: Tuesday from 1-3 or Fridays from 9-11. There is no sobriety minimum, but you **MUST** be an alcoholic in recovery. For more information, please contact the Intergroup Office at 405-524-1100. It is a great way to learn about meetings throughout the OKC Metro and the rest of Western Oklahoma!



### After Hours

Shifts are overnight on weekdays (6pm to 7am) or one of three shifts on the weekends (7am to 12pm, 12pm to 6pm, or 6pm to 7am). A volunteer must be sober for at least one year and must have a home group they regularly attend. Positions become available regularly, so if you are interested, please call us at 405-524-1100 for more details. This is an outstanding way of being the alcoholic's first contact with AA. We have volunteers who will speak with them day or night. You become the bridge between the two.



## UPCOMING EVENTS

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January 1st, 2022—OKC Intergroup Presents: **Black Eyed Peas cook off & raffle**—tasting, eating, and judging! Join us for the Rockwell Group's 12:10 meeting on New Year's Day, and stick around for the fun. Please have all dishes entered by 11:30am. There will be a raffle with a drawing at 1:30pm! This event is non-smoking.

January 14-16, 2022—**The Winter Conference**—at the Wyndham Garden OKC Airport—2101 S Meridian. A wonderful little conference with some Really powerful speakers!! There will be Workshops, Marathon Meetings, a decked out Hospitality Suite., Early Registration, and much more!! Join in the fun and fellowship. You won't regret it!

May 13-15, 2022—**Area 57 State Conference**—at the Renaissance Tulsa Hotel and Conference Center, located at 6808 S 107th E Ave (918-307-2600). Early bird registration (before 12/31/21) is only \$20! Hear the Delegate's Report, attend Workshops, join in the Entertainment and Fellowship. It will be a Sharing Experience!!

### Out of Town:

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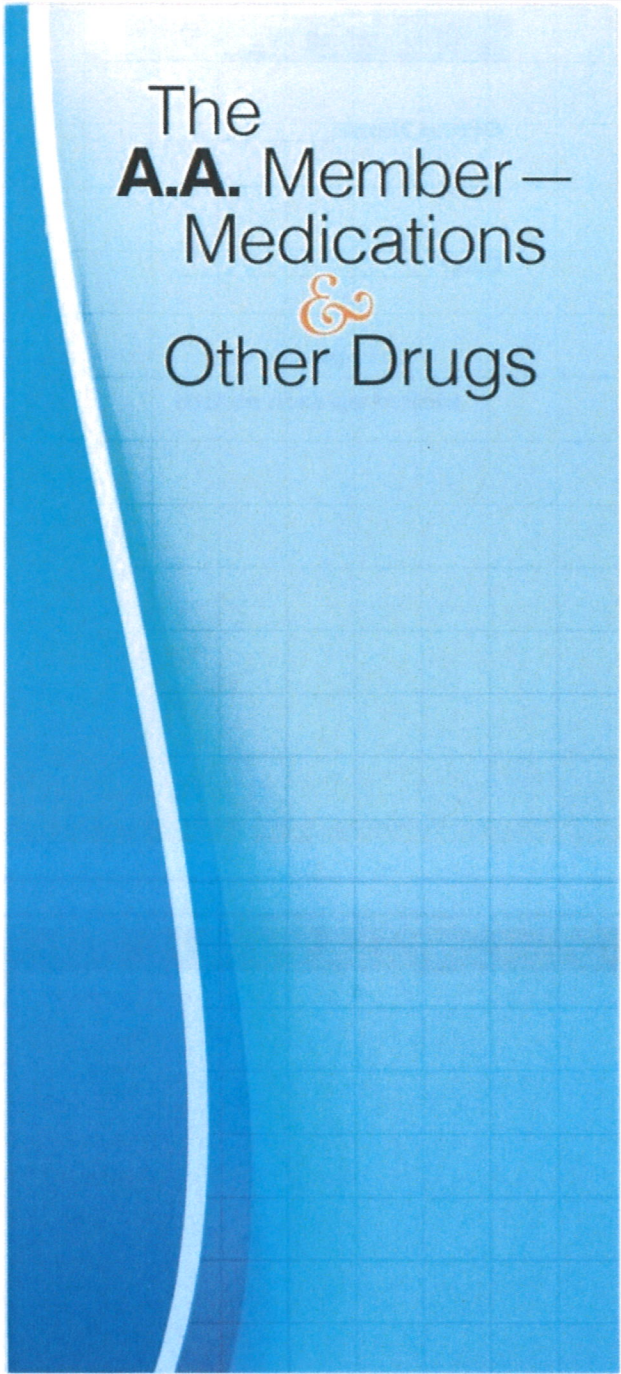
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February 18-20, 2022—**Southwest Unity Conference (Sunlight of the Spirit)**—Featuring fantastic speakers, Night Owl Meetings, Morning Meditations, Evening Entertainment, and more. Set in the beautiful scenery of Quartz Mountain, you can expect an amazing sun rise over the lake and a beautiful sunset over the mountains. For more info or flyers, please email: [sosconference@yahoo.com](mailto:sosconference@yahoo.com).



## Pamphlet of the Month:

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### The A.A. Member — Medications & Other Drugs

Written by doctors who are members of Alcoholics Anonymous, this pamphlet speaks to all AA members who must take prescribed medication for serious medical problems. It talks about how the misuse of such medications and other drugs can threaten the sobriety of the AA member. The aim of this pamphlet is to “minimize the threat of relapse,” through following certain suggestions. Chief among these are:

- ♦ To avoid “playing doctor.” All medical advice should come from a qualified physician.
- ♦ Be an active participant in the AA Program of recovery.
- ♦ Be completely honest with the doctor. Also, it is recommended that the alcoholic be completely honest with him/herself about *HOW* medications are taken.
- ♦ Let the doctor know if there is ever a desire to take more than prescribed of any medication.
- ♦ Be sensitive to warnings about changes in behavior when starting a new medication or changing dosage.
- ♦ If an alcoholic feels that these doctor does not fully understand the issue, then find a physician who has experience in the treatment of alcoholism.

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*A Declaration of Unity (to be found on the back of many pamphlets):*

This we owe to AA’s future: To place our common welfare first; to keep our fellowship united. For on AA unity depend our lives and the lives of those to come.



**Individual \$10 per year**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_

**Zip:** \_\_\_\_\_

**Telephone:** ( \_\_\_\_\_ )  
\_\_\_\_\_

**Group \$25 per year**

**Group Name:** \_\_\_\_\_  
\_\_\_\_\_

**City:** \_\_\_\_\_

**10 copies to be  
picked up each month**

**Intergroup Service Office, Inc.**

**2701 N. Portland, Suite E**

**Oklahoma City, OK 73107**

