



Sooner Sobriety

Acceptance is Always MY Answer

I came into AA in 1988. Prior to that, I had no words for the daily struggle I had with life. I was usually twisted up inside, and frustration came out as rage. Anger and rage were my only tools, which I see now were defenses. Anger kept people at a distance. I needed that separation to feel safe. I've read that self-sufficiency is both a sanctuary and prison. I was alternately in both, and trapped in that cycle.

As I listened to you, got a sponsor, and began to work the steps, I very slowly began to loosen my grip on those walls. Really, I was probably just distracted by working the steps, and when I looked back, the grip had lessened.

Step One helped me realize that my whole world and life was unmanageable. I wasn't

exactly sure I was "alcoholic," but I sure belonged in the rooms with you, because you told my whole story, inside and out. Step One allowed me to begin to trust though I sure didn't see that at the time.

WE NEED YOUR HELP!!
Our story supply has officially run out. Please consider writing for us

Step Two was way more difficult, and I now know that it really doesn't matter who or what the "power greater than myself" is, just that I know I'm not it.

Step Three – same thing. I didn't need to define the Power, I just knew it wasn't me, and I moved on with the

steps. Sometimes I make it so damn complicated.

Step Four allowed me to look at myself for the first time in my life. To see the things I'd done to bring shame into my life. The harm I'd caused with the walls and anger that I'd used all my life. Then, step 5 forced me to look someone in the eye and admit that I was that person I'd written about.

The magic began to happen in Step Six as I readied myself for change, which by now I was sure was happening. Step 7 was the opening for a power to help me see and release those defects of character. Step 7 still works in my life. I see a behavior that I begin to dislike (awareness), then I look long enough to accept that Yes, that really is me as ugly as it is. Then I take the action, which

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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

Acceptance is Always MY Answer

can be to ask the universe to make me willing to release that character defect, or most often. The moment I accept the fact that I am really doing or thinking something that is objectionable to me – it magically loosens its grip and fades away. My sponsor referred me to the story Acceptance Is the Answer multiple times. In fact, I had to read certain pages every day for months. What I learned is that I project onto you the very defects I have in me. When I accept you, just as you are (I don't have to like it), then I stop judging me as well. The whole "spot it, you got it" is an absolute for me. I learned through that story that I am not the judge, jury, and executioner. Everyone gets to follow their own path without my opinion or judgment. I am not in charge. I do not know what the universe has in store for you, or the route you need to get there. Minding my own business is vital. If I judge you, I am separating myself from you, which is my link to the Universe. If I judge me, I am separating myself from the Universal energy we share. Judgment is spiritual death for me.

Steps 8 and 9 allowed me to go to the ones I'd harmed and make amends. I could then let go of the guilt and shame that held me prisoner. Step 10 allows me to keep it that

way.

Step 11 allowed me to freely explore the relationship with the spirit of love, which I believe is "God". The 11th step prayer in the 12 and 12 helps me unwind my actions when I get twisted up, and lets me see what I am doing and practice the opposite.

Step 12 declares I have had a spiritual awakening. Now, I can help you find yours, just as I did.

"I could then let go of the guilt and shame that held me prisoner."

I love the life I have in Alcoholics Anonymous. I am firmly planted in the middle of AA. I am able to live a life outside of the rooms with the same principles I learned with you. I'm grateful that I can be sponsored (and I am), and I can help you in hopes that you pass it on to others.

Anonymous

From the Big Book, page 417, and then from page 420:



And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life— unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in this world as on what needs to be changed in me and in my attitudes.

Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that's God's will for me.

I need to keep my magic magnifying mind on my acceptance and off my expectations, for my serenity is directly proportional to my level of acceptance. When I remember this, I can see I've never had it so good. Thank God for AA!

Intergroup News

Events and Workshops

Is your group interested in hosting a workshop?

We can come to you to present a workshop on
How to chair a meeting, Working the Hotline, The 12 Traditions,
Sponsorship, Anonymity and Technology, Safety in AA, and more!

Please call us at 405-524-1100 or 405-949-0910

Meeting Changes

- ◆ The **Midwest City Tinker Fellowship** is moving on October 1st to 11120 SE 29th st. It will be held in the 7th Day Adventist Church of Midwest City.
- ◆ The **New Hope Group** has a new location. Their Thursday 10am Big Book Study now meetis at St. Mark's United Methodist Church at 8140 NW 35th Street, which is 3 blocks west of Council.
- ◆ The **How It Works Group** meets inside Tom's Barber Shop at 321 E 2nd street in Edmond every Wednesday at 6:30pm for a Big Book Study.
- ◆ The **Roundtable** has added the Crazy Dave's Meeting on Mondays at 8pm. It is open to all, and it is a Gratitude meeting. They are located in the Will Rogers Shopping Center at 3006 N Portland
- ◆ The **Free With Unity Group** meets once a week for a 1-2-3 Newcomer meeting at 5603 NW 41st in the little house next to the church. The meeting is on Thursday evenings at 7pm and is an open to everyone.

Word Search

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

- Acceptance
- Always
- Anger
- Answer
- Began
- Cycle
- Daily
- Defenses
- Distance
- Feel
- Frustration
- Grip
- Inside
- Listened
- Loosen
- Needed
- People
- Prior
- Prison
- Rage
- Safe
- Sanctuary
- Separation
- Sponsor
- Steps
- Struggle
- Tools
- Trapped
- Twisted
- Usually
- Walls
- words

Cryptic Quote

Last Month's Quote: "Most surely, there can be no trust where there is no love."—As Bill Sees It

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

"PWMLV ELPECL'F VLJKWRPDF JVL WMLRV EVPQCLO, DPW PGVF."

—CRXRDA FPQLV

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

Birthdays

Yukon Groups

Chris B. 07/08/20
Kori 07/10/20
Norman 07/27/17
Melissa 08/14/20
Denise 08/24/20
Jimmy C. 09/06/19
Jana 09/11/18

Tamela S. 09/26/20
Hillary N. 09/29/20
Joey C. 09/29/20

Little Axe Group

Everett S. 07/20/13
Peggy R. 07/28/11
Kathy K. 08/09/84

Mike G. 08/19/13
Michael R. 08/24/87
Frank E. 08/28/09
Brian W. 08/29/18

Rockwell Group

Gregg M. 07/25/17
Somer 07/27/20

Jacob C. 07/17/19
Jeff C. 07/25/85
Sara B. 07/16/21
Amber V. 07/25/20
Faith L. 07/24/16
Heather O. 07/18/20
Jackie F. 07/04/21

Tri-City

Debbie S. 07/20/95
Karen K. 07/21/17
Justin S. 07/19/21
Chris E. 08/03/96
J.B. 08/04/17
Lanita B. 08/06/17
Jeff M. 08/11/17
Monica Z. 08/29/17
Jake C. 09/25/03
Roger T. 09/10/14

Attention Readers!!

We have not been receiving very many new birthdays. If you want your special day acknowledged, please talk to your Intergroup Rep and encourage them to help!

Step 10

“Continued to take personal inventory and when we were wrong promptly admitted it.”

“Learning to spot, admit, and correct these flaws is the essence of character-building and good living.”

Tradition 10

“Alcoholics Anonymous has no opinion on outside issues; hence the AAA name ought never be drawn into public controversy.”

“Never since it began has Alcoholics Anonymous been divided by a major controversial issue.”

Concept 10

“Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description, or by appropriate charters and bylaws.”

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Road to Recovery	0	300.00
5th Tradition Group	0	0	Rock Bottom	0	102.00
9th Traditions Group	0	385.00	Rockwell Group	83.00	708.00
89ers—Guthrie	0	75.00	Round Table	0	90.00
A Refuge South	0	0	Rule 62	0	0
ABC Seminole	0	0	Sahara Group	0	0
Acceptance Group	0	50.00	Santa Fe Group	0	50.00
A.W.O.L A Way of Life Group	0	898.00	Serenity Seekers	0	0
Altered Boys	0	468.14	Shawnee Big Book	0	60.00
AM Attitude Adjustment Group	38.00	68.00	Shawnee Fellowship	0	0
Arch of Freedom	0	142.33	Simple Steps (Ponca)	0	0
Ardmore Group	0	0	Simply AA	0	100.00
Barnyard Group	21.00	21.00	Solutions Group Norman (&WiH)	0	261.00
Bill and Bob's Group (Yukon)	0	0	Southside Serenity Group	0	185.00
BYOC	0	207.00	Spirit Winds Medicine Park	0	0
Choctaw Rebellion Dogs	0	112.40	Station 23	0	0
Classen Club	0	150.00	Straight Talkers	0	0
Cordell Group	0	0	Sulphur AA	0	40.00
Cornerstone Group	0	64.00	Sundowners—Kelley Club	0	88.00
Courage to Change/Harmony	0	0	Too Early Group	0	298.41
Daily Reprieve	0	89.62	Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Del City Common Welfare Group	0	30.00	Touchstone	0	103.34
Donations Jar at Intergroup	236.00	1389.00	Three Legacies (Ada)	0	0
Downtown 12&12	0	1283.00	Thursday Grapevine at Kelley Club	0	0
Drexel Group	0	50.00	Traditions #2	24.00	76.00
Duncan Group	0	0	Tradition 2 (Ardmore)	25.00	175.00
Early Birds of OKC	0	0	TriCity Group	0	1457.04
Edmond Group	0	200.00	Triangle Group Norman	0	400.06
Edmond Friends of Bill Group	300.00	900.00	Tues Night Mens Kelley	0	0
Elgin Only Chance Group	0	0	Tues Women's Group Kelley	0	0
El Reno Groups	60.00	480.00	Turning Point (Durant)	0	0
Exodus House Group	0	0	Unity Women's Group	0	1,335.00
Freedom Group	126.36	252.72	Walking Our Walk (WOW)	0	0
Girls Night Out—Norman	0	0	Way Out Group (South Penn)	0	0
God of the Preachers	0	107.68	Weatherford Group	0	400.00
Grapevine Meeting—Noon at Kelley Club	0	20.00	Wed Night Women's 12x12—May	0	0
Guymon Main Street Group	0	0	Wednesday Womens #2	0	0
Harmony @5:30 Group	0	0	Western Club AA Group	0	0
Home Group Meeting—RH	0	0	Westside Gas Savers	0	64.00
Into Action (closed 4/2022)	0	145.00	West Side Sober Sisters	0	0
Lakeshore Ladies	97.00	193.00	Whiskey in Milk	0	15.00
Library Group @ All Souls	0	0	WHY AA Group	425.00	1456.00
Little Axe Group	0	300.00	Women's 1-2-3 Western Club (Sat)	0	259.70
Live and Let Live Group	108.75	657.50	WOW #2	0	145.72
Love and Tolerance	0	0	YANA #1 Women's 10a.m.	362.40	362.40
Maine Street AA	100.00	100.00	YANA (You Are Never Alone) Yukon	0	0
Mayfair Group	200.00	808.00			
Mid Day Group	150.00	550.00	BIRTHDAY CONTRIBUTIONS*		
Midwest City Tinker Fellowship	0	100.00	Pierce 1 year (Altered Boys)	0	0
MOD Squad @May Club	0	750.67	Gene Miles	0	30.00
Monday Midday Madness + Fault Free Friday	0	310.00	Gene Elliott	0	35.00
Monday Night Mixed at Kelley Club	0	30.00	Patrick K (PK) Rockwell—34.00	0	0
Mulligan Group	0	0	Susan Holcomb	0	73.00
Mustang Group	0	565.55	William Steck	0	37.00
Mustard Seed	0	0	Becky C.—25 years	25.00	0
MWC Tinker Fellowship	0	0	Dunavant—4 years—Perry	4.00	0
New Jones Group	0	420.00			
Norman Original Group	10.00	50.00	OTHER CONTRIBUTIONS		
North Meridian Group	10.00	80.00	Josh & Gayle	0	55.00
Northside Freedom Group	0	2000.00	Joy W.	0	100.00
Northside Gas Savers	0	0	Ben W. Celebration	0	75.00
NW Central #3	0	343.84	In Honor of Stephanie Snipes	0	30.00
NW Journeymen	0	0	Anonymous	0	20.00
NW Nomads	300.00	300.00	John C.	0	50.00
OKC Big Book Group	0	50.00	Ada B.	0	50.00
Old Homestead Group	50.00	50.00	William M.	0	200.00
Parlor Group	0	66.00	Denise L.	0	5.00
Pauls Valley Serenity Group	0	50.00	Bruce M.	0	100.00
Pass It On	0	19.29	Joyce W.	0	52.00
Pay It Forward	100.00	200.00	David M.	0	25.00
Phoenix Group	0	210.00	Mike—Old Homestead 25	0	0
Primary Purpose Group Norman	0	549.25	In honor of Tom & Julie (May Club)	20.00	20.00
Purcell Group	0	0	District 20	200.00	200.00
Recovery Happening (Kingfisher)	0	0	Totals	3,075.51	26,126.81

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

Call to Order:

Chairperson: Linda opened the meeting with a moment of silence and the Serenity Prayer

Introductions of Board Members and Intergroup Staff:

Chair Person: Angela (resigned effective 8/25)

Co-chair: Linda

Liaison: Lance

Secretary: Gayla

Treasurer: Laura

Hotline/12th step Chair: Jared

Literature Chair: David

Events Chair: Michelle

Workshops Chair: Sydney C

IG Manager: Cathy N

IG Staff: Tiffany

New Reps: Greg (Phoenix)

Birthdays: Jim (22 years), Mandy (2 years), Jared (3 years), Linda (8 years)

Secretary Report: Gayla – Read Minutes – Motion to accept, 2nd and accepted

Treasurer Report: Laura – ended in negative for July due to insurance payment that is made yearly – for year we are positive – 2021 vs 2022 – positive \$8k

Other Board Reports:

Co-Chair: Linda – Sooner Sobriety – stories are slowing down – ask groups to write the stories

Announced Angela resigned – we will not replace her until elections for 2023

Motion to accept, 2nd and accepted

Hotline/12th Step Chair: Jared –

Aug 6th – small attendance – 4 new volunteers

12 step volunteer list updated for the year

Needs some workshops on the schedule – ask your groups

Motion to accept, 2nd and accepted

Literature Chair: David

Encourage to purchase literature from Intergroup

Sept. 11th – Area 57 @ Embassy Suites

November 5th in Stillwater – District 50

Weekend of November 19th – Red River Valley Rally @ Lake Murray

Motion to accept, 2nd and accepted

Events Chair: Michelle –

Aug 20th – Intergroup Open House – \$900 sales – great turnout

Sept. 10th – Take your sponsor to Breakfast @ Kelley Club – need volunteers at 6am – starts 7am – 9am

Motion to accept, 2nd and accepted

Workshop Chair: Sydney –

No workshops schedule – go back to groups and ask about workshops

Motion to accept, 2nd and accepted

Liaison: Lance

Nothing to report

Motion to accept, 2nd and accepted

Manager's Report: Cathy N

Take Your Sponsor to Breakfast on Sept. 10th 7:00 until 9am @Kelley Club

Fun in the fellowship @ Western Club on Sept. 10th starting at 9:30 am

City Wide on Aug 27th @7pm

76th Anniversary in El Reno in October

September Let's Go To A Meeting Together – Del City @6pm on Thursday, Sept. 15th

OKYPAA sold \$250 worth of Literature

Possible workshop in McAlester

Classen Club was August Let's Go To A Meeting Together – great meeting

OKYPAA – Sept. 11th – elections at Rockwell Club

Announcements:

Let's Go To A Meeting Together monthly for September – Del City @ 6pm, Sept. 15th

Leaf Kicking coming up – registration forms handed out – Scholarships needed (fundraiser on Sept. 27th, selling ice cream during Rockwell Bingo)

Indian Taco @ Kelley Club – 4th Friday of the month – 11am to 12pm

Joe L. is turning 50 – huge party – Oct. 8th @ New Covenant United Methodist Church in Edmond – 5:30pm

7th Tradition:

The basket was passed in observance of the 7th tradition.

Adjournment:

Motion made to adjourn and seconded; motion passed

Coming Soon...

OKC Intergroup Presents:

First Things First Event

SUNDAY, January 1st, 2022

12:00 to 2:00pm

At the Kelley Club

2300 N. Kelley Ave, OKC

Voting and eating at noon; meeting at 1:00

Support your Intergroup Office and the Kelley Club

Please bring your black-eyed-peas by 11:30 to enter

This month in AA History

October, 1942 – With the help of San Francisco AA members, the first prison group established in a maximum security facility began at San Quentin Penitentiary

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](#)

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

Out of Town:

Sept. 30-Oct. 1—**Serenity Harvest**—in Tahlequah, OK. Register and pay online at www.werenityharvest.org. Registration (in-full or deposit) must be received before September 22.

October 14-16—**Leaf Kickin' 2022**—at Roman Nose State Park. Sober fun for the whole family. For registration info, call Stacey at 405-992-5891.

October 28-29—**El Reno AA Group** is holding their 76th Anniversary party. Friday night includes an open speaker meeting (Tommy W., from OKC), cake, and games. On Saturday a Bar-B-Q is furnished with games and fellowship. There will also be meetings, an Al-Anon speaker at 2pm, Big-Book Jeopardy, a 2nd AA Speaker (Glenn H.), and more. Bring a covered dish or dessert, lawn chairs, and a newcomer!

November 4-6—**Ceta Gratitude Conference**—at Palo Duro Canyon, TX. A beautiful retreat with AA speakers. For more info, contact Kathy at 405-476-6163.

November 18-20—**Red River Valley Rally**—at Lake Murray Lodge and Resort. Outstanding Speakers. Register at redrivervalleyrally.com.

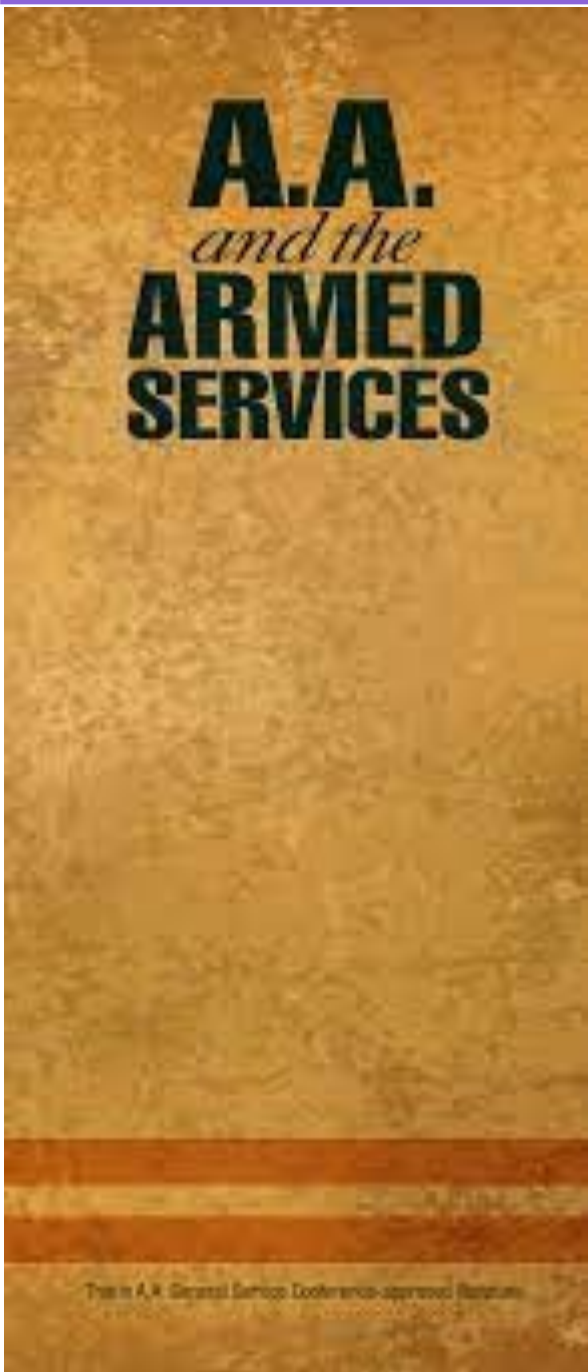
Local:

September 24—**OKCCityWide** Speaker meeting, featuring Ralph W. from Los Angeles, CA. Potluck dinner at 5:30; Speaker at 7:00. Please bring a side dish or dessert. Free childcare from 6:30-8:30 for children aged 6 weeks to 12 years.

October 7-9—**SWRAASA 2022 (SW Regional AA Service Assembly)**—Hosted by Area 57 and held in Tulsa this year at the Renaissance Hotel, 6808 S 107th E Ave (\$124 per night). \$15 registration. Any questions? Email: SWRAASA2022@gmail.com.

Happy, Joyous, and Free!!

Pamphlet of the Month:



“This pamphlet will acquaint you with some men and women in the armed services from many backgrounds who want you to know how they came to grips with their common problem—alcoholism—and how fruitful their lives have become since they became sober members of Alcoholics Anonymous.”

Besides the stories of many members of the US and Canadian Armed Forces, the pamphlet also answers many questions of import like:

How is advancement affected?

How do we cope with the social aspects of military life?

Is difference in rank a problem?

How do we stay in touch with AA when there are no meetings nearby?

And many more!

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

Place
Stamp
Here