



Sooner Sobriety

Two Kinds of Promises

There are two kinds of promises, and the Big Book talks about both: There's drunk promises to myself and there's sober promises offered through AA.

In "Bill's Story" he talks about a business opportunity which vanished after he went on a "prodigious bender." Bill writes: "I saw that I could not take so much as one drink. I was through forever." He tells us that he "had written lots of sweet promises" but that this time he meant business. And he really did. But not long after, he came home drunk.

I was very familiar with that kind of promise: one New Year's Eve I made the promise to quit drinking. Twelve days later I was in the drunk tank, again.

But there's also the kind of promise that the program of Alcoholics Anonymous guarantees.

Later in "Bill's Story" he's sitting in the kitchen with his newly

sober friend having gone over what was essentially the basis of the 12 Steps.

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

"My friend promised," Bill writes, that "when these things were done, I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems."

But again, when it came to my drinking, my track record with promises were, well, less than promising. All I could do was make promises I couldn't keep.

But the promises described in the Big Book are different. They're the results of taking certain steps; actions which change us. In the chapter

"We Agnostics" we're told that "we could wish to be moral, we could wish to be philosophically comforted, in fact, we could will these things with all our might, but the needed power wasn't there. Our human resources, as marshalled by the will, were not sufficient; they failed utterly."

Unaided, my promises to myself failed utterly.

The problem? Lack of power.

The solution? A power greater than myself.

The result? A solution to my problems.

So, according to AA, when I take certain steps, I will change and good things will come about in my life. Like staying sober and being happy about it.

AA promised me that. And I have found this to be the case.

Without exception.

Anonymous, OKC

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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

A Turning Point

I was asked by my sponsor to write about a turning point in my recovery. As any good alcoholic, I procrastinated until the last moments before sitting down and writing. As I thought on what to write, I had to look at the definition of a “turning point.” A turning point is “a time at which a decisive change in a situation occurs, especially one with beneficial results. Once I understood the true meaning of a turning point, I was able to sit and begin writing.

In my 14 years of sobriety there have been many turning points that have been life changing. The moment I completed step one, and I admitted that I was powerless over alcohol, or step two when I came to believe that God could restore me to sanity. There have been many, but I will talk about the one that had the most powerful impact. I was about 6 months sober and was really struggling with many aspects of the program and wondering why I should continue on this journey. I did not feel in my soul what the program

could do for me and what I saw it do for others. Nor was I able to share this program with others in a way that was meaningful.

“You do not have to do this alone. You never have to be alone again, and you will be okay.”

One night after a meeting a bunch of us were outside the club house for a meeting after a meeting talking. A young man that had come to his first meeting was sitting at a picnic table with his head down. A man we all knew walked over and sat down; this was a man that many did not like. He began speaking with this young man that struggled with being an alcoholic, as a matter of fact, he was a little intoxicated. As we all sat there looking at this man that we considered crazy, inappropriate, loud, obnoxious and many other things, began to speak. We were shocked speechless when this man seamlessly laid out the first 164 pages of the Big Book. He spoke clearly and concisely and ex-

plained the alcoholic problem and how to solve it. He spoke with such conviction and passion when explaining the extraordinary possibilities of growth, and what the program had to offer. As the young man sat there and cried, I could see him surrender slowly before my eyes. Everyone was watching in silence; then the man said, “You do not have to do this alone. You never have to be alone again, and you will be okay.”

At that moment I knew that I was where I belonged. This man showed me that what I had been searching for my whole life could be found in the rooms of Alcoholics Anonymous with the fellowship that I have craved my whole life. There have been many days over the past 14 years that I have struggled, and when that happens, I often look on that night and I know these truths. I will be okay, and I never have to be alone again.



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** has moved to 11120 SE 29th st. It will be held in the 7th Day Adventist Church of Midwest City. No smoking is allowed on the grounds. Participants may smoke in their own cars only.
- ◆ There is now an AA meeting at **The Pershing Center** on Thursday nights, starting at 7:00pm. They are Open topic meetings. The address is 2400 General Pershing Blvd in Oklahoma 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

Word Search

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

- Again
- Alcoholics
- Anonymous
- Basis
- Bender
- Book
- Business
- Drinking
- Drunk
- Essentially
- Familiar
- Forever
- Friend
- Guarantees
- Having
- Home
- Kinds
- Kitchen
- Later
- Offered
- Opportunity
- Program
- Promises
- Quit
- Sober
- Steps
- Sweet
- Tank
- Through
- Vanished
- Writes
- Written

Cryptic Quote

Last Month's Quote: "Other people's reactions are their problem, not ours."—Living Sober

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

**"GXDO FCCLDK CZGJG GXD NCBFK NEGX UCCKNEFF JPK
 LEPKPDYY."—JJ EP QBHEYCP**

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

Birthdays

Yukon Groups

Jimmy C. 09/06/19
Jana 09/11/18

Mustang Group

Bob 10/01/19
Gerald D. 10/01/04
Marc M. 10/01/13
Jennifer M. 10/07/10
Cary 10/06/17
Dave C. 10/09/80
John D. 10/11/13
Gary K. 10/15/85
Mary Jo 10/15/01
Eric J. 10/25/19
Frank R. 10/27/88
Judy W. 10/27/06
Peggy 10/28/07
Laura T. 10/10/03
Heather F. 10/18/20

Western Womens 1-2-3

Alania V.	10/21/18	Raquel B.	10/05/16
Merrilyn L.	10/24/12	Robin F.	10/12/17
Patty M.	10/05/89	Sue L.	10/25/04



Please give us your feedback!!

We have only received a few birthdays in the last few months, and we are considering using this space for something else. If you want us to continue posting birthdays, please tell your Intergroup Representative to turn them in to us at admin@okcintergroup.org by the 10th of the month.

Step 11

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

“Prayer and meditation are our principal means of conscious contact with God.”

Tradition 11

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

“A great responsibility fell upon us to develop the best possible public relations policy for Alcoholics Anonymous.”

Concept 11

“The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.”

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Rock Bottom	0	102.00
5th Tradition Group	0	0	Rockwell Group	83.00	791.00
9th Traditions Group	0	385.00	Round Table	0	90.00
89ers—Guthrie	0	75.00	Rule 62	0	0
A Refuge South	0	0	Sahara Group	0	0
ABC Seminole	0	0	Santa Fe Group	0	50.00
Acceptance Group	0	50.00	Serenity Seekers	0	0
A.W.O.L. A Way of Life Group	0	898.00	Shawnee Big Book	30.00	90.00
Altered Boys	0	468.14	Shawnee Fellowship	100.00	100.00
AM Attitude Adjustment Group	415.00	483.00	Simple Steps (Ponca)	0	0
Arch of Freedom	0	142.33	Simply AA	0	100.00
Ardmore Group	0	0	Solutions Group Norman (&WiH)	0	261.00
Barnyard Group	0	21.00	Southside Serenity Group	0	185.00
Bill and Bob's Group (Yukon)	0	0	Spirit Winds Medicine Park	0	0
BYOC	0	207.00	Station 23	0	0
Choctaw Rebellion Dogs	0	112.40	Straight Talkers	0	0
Classen Club	0	150.00	Sulphur AA	0	40.00
Cordell Group	0	0	Sundowners—Kelley Club	0	88.00
Cornerstone Group	0	64.00	Too Early Group	0	298.41
Courage to Change/Harmony	0	0	Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Daily Reprieve	0	89.62	Touchstone	0	103.34
Del City Common Welfare Group	0	30.00	Three Legacies (Ada)	0	0
Donations Jar at Intergroup	200.00	1589.00	Thursday Grapevine at Kelley Club	0	0
Downtown 12&12	0	1283.00	Traditions #2	75.00	151.00
Drexel Group	0	50.00	Tradition 2 (Ardmore)	0	175.00
Duncan Group	0	0	TriCity Group	0	1457.04
Early Birds of OKC	400.00	400.00	Triangle Group Norman	0	400.06
Edmond Group	0	200.00	Tues Night Mens Kelley	0	0
Edmond Friends of Bill Group	0	900.00	Tues Women's Group Kelley	0	0
Elgin Only Chance Group	0	0	Turning Point (Durant)	0	0
El Reno Groups	60.00	540.00	Unity Women's Group	203.00	1,538.00
Exodus House Group	0	0	Walking Our Walk (WOW)	0	0
Freedom Group	0	252.72	Way Out Group (South Penn)	0	0
Girls Night Out—Norman	0	0	Weatherford Group	0	400.00
God of the Preachers	0	107.68	Wed Night Women's 12x12—May	0	0
Grapevine Meeting—Noon at Kelley Club	0	20.00	Wednesday Womens #2	0	0
Guymon Main Street Group	0	0	Western Club AA Group	0	0
Harmony @5:30 Group	0	0	Westside Gas Savers	0	64.00
Home Group Meeting—RH	0	0	West Side Sober Sisters	0	0
Into Action (closed 4/2022)	0	145.00	Whiskey in Milk	0	15.00
Lakeshore Ladies	0	193.00	WHY AA Group	0	1456.00
Lakeside Serenity	168.50	168.50	Women's 1-2-3 Western Club (Sat)	0	259.70
Little Axe Group	0	300.00	WOW #2	0	145.72
Live and Let Live Group	94.75	752.25	YANA #1 Women's 10a.m.	0	362.40
Love and Tolerance	0	0	YANA (You Are Never Alone) Yukon	0	0
Maine Street AA	25.00	125.00			
Mayfair Group	100.00	908.00	BIRTHDAY CONTRIBUTIONS*		
Mid Day Group	150.00	700.00	Pierce 1 year (Altered Boys)	0	0
Midwest City Tinker Fellowship	0	100.00	Gene Miles	0	30.00
MOD Squad @May Club	0	750.67	Gene Elliott	0	35.00
Monday Midday Madness + Fault Free Friday	0	310.00	Patrick K (PK) Rockwell—34.00	0	0
Monday Night Mixed at Kelley Club	5.00	35.00	Susan Holcomb	0	73.00
Mulligan Group	0	0	William Steck	0	37.00
Mustang Group	0	565.55	Becky C.—25 years	0	0
Mustard Seed	0	0	Dunavant—4 years—Perry	0	0
MWC Tinker Fellowship	0	0			
New Jones Group	0	420.00	OTHER CONTRIBUTIONS		
Norman Original Group	0	50.00	Josh & Gayle	0	55.00
North Meridian Group	10.00	90.00	Joy W.	0	100.00
Northside Freedom Group	0	2000.00	Ben W. Celebration	0	75.00
Northside Gas Savers	0	0	In Honor of Stephanie Snipes	0	30.00
NW Central #3	0	343.84	Anonymous	0	20.00
NW Nomads	0	300.00	John C.	0	50.00
OKC Big Book Group	0	50.00	Ada B.	0	50.00
Old Homestead Group	0	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	0	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)	0	20.00
Purcell Group	0	0	District 20	0	200.00
Recovery Happening (Kingfisher)	0	0			
Road to Recovery	0	300.00	Totals	2,119.25	28,246.06

* 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:

Chairperson: Linda (absent)

Co-chair: Linda

Liaison: Lance

Secretary: Gayla

Treasurer: Laura

Hotline/12th step Chair: Jared

Literature Chair: David (absent)

Events Chair: Michelle (absent)

Workshops Chair: Sydney C

IG Manager: Cathy N

IG Staff: Tiffany

New Reps: Thomas (Triangle), Renee (Shawnee), Elaine (Solutions in Norman), Mary (cornerstone), Chuck (Alt.

Birthdays: Cathy (4 years)

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

Treasurer Report: Laura – Improvement over Aug – Up \$7k – from 2022 to vs 2021

Other Board Reports:

Co-Chair: Linda – Sooner Sobriety – out of stories – go back to your groups

Challenge reps to write your own story

Motion to accept, 2nd and accepted

Hotline/12th Step Chair: Jared –

12 step – Oct 22nd – Women in Harmony in Norman – 10am

Take back to groups about workshops

Motion to accept, 2nd and accepted

Literature Chair: David (absent)

Sept. 11th – Area 57 – sold about \$200 literature

November 5th in Stillwater – District 50

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

Motion to accept, 2nd and accepted

Events Chair: Michelle –

Sept. 10th – Take your sponsor to Breakfast – great success –

Announce the mobile store at Area

First things First – next event

Motion to accept, 2nd and accepted

Workshop Chair: Sydney –

Chairperson workshop in McAlister – Oct 2nd @5:30pm

Motion to accept, 2nd and accepted

Liaison: Lance

Nothing to report

Area 57 – New delegates

Next District 10/20 meeting – Nov 27th

Next Area meeting – Dec 4th

Motion to accept, 2nd and accepted

Manager's Report: Cathy N

Present and went over the bylaws – propose the change

Motion to accept the proposed changes in the by-laws

Motion 2nd and accepted

First Things First – event Intergroup – host on Jan 1st.

Raffle TV

Motion to move to Kelley Club – 2nd and accepted

Pancake Breakfast - @Kelley Club – voted to increase cost to \$7

Hazelton literature increase prices and lowering the discount to Intergroup

T – Shirts ordered more of black and purple

Elections for the board happening in November (2 years sobriety)

Announcements

Group announcements were made

7th Tradition:

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

Adjournment:

Motion made to adjourn and seconded; motion passed

Coming Soon...

January 1st, 2023

First Things First

Meeting and Black-eyed Pea Contest

JOIN US TO START 2023 OFF RIGHT!!

Contest entry at 11:30, Noon meeting, Eating and Judging at 1pm

**AND AT 1:15-1:30 —WE DRAW A RAFFLE TICKET FOR
A 65” SAMSUNG CRYSTAL UHD 7 SERIES TV!!**

**Tickets are for sale at Intergroup now, or at the event itself
\$2 per ticket or 6 tickets for \$10**

You do not need to be present to win, but we sure hope you are!!

This month in AA History

November, 1939 – The AA members in New York urge Bill W. to stay on as fellowship leader and not to hunt for a job, despite his money problems.

**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:

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 and Al-Anon 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.

February 3-5, 2023—**Outright Mental Defectives Men's Weekend** at St. Crispin's Conference Center. Registration is \$275 for everything. For more info Email: thomas@aceairinc.com. Flyer is available at Intergroup.

February 17-19, 2023—**Southwest Unity Conference (SUNLIGHT OF THE SPIRIT)** at the Quartz Mountain Resort. Pre-registration is \$25 if received by 1/8/23. Lodge rate is \$90 per night with special code 1029 until 2/1/23. For more info or flyers, email: sosconference@yahoo.com.

Local:

October 29th—**OKCCityWide** Speaker meeting with a 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.

December 31st—**Sunset and Serenity Group's HELLO 2023!!** Event held at the Devon Boathouse on the Oklahoma River, featuring a live band (SUPERFREAK). Fireworks at Midnight, 70's costume contest, dancing, food, and more! Early Bird ticket price is \$50. Visit the website: sunsetandserenityaa.com.

Pamphlet of the Month:



The pamphlet we picked for November is AA in Treatment Settings. The Big Book tells us that:

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. Pg 89

And, since from the beginning of AA the message has been brought into hospitals, it only makes sense to have a pamphlet dedicated to this form of service work.

This pamphlet answers some important questions about taking meetings into treatment facilities, such as:

Do professional treatment settings really want AA?

How do AA members work with these treatment settings?

What qualifications should an AA member have to carry the message...?

How do we make contact with treatment settings?

What types of AA meetings are held in treatment settings?

How do you get AA meetings started in a treatment setting?

These questions and more are answered in full in this month's pamphlet.

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
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