



Sooner Sobriety

Practicing Steps 6&7

Well, I had finally finished the difficult Steps 4 and 5 for the second time in nearly three years and thought, “wow, I am now going to feel better and my life is going to get so much better”...Just. Like. That. All I needed to do is read the Step 7 prayer and quickly move onto Step 8. There is actually very little written in the Big Book about Steps 6 and 7—just one paragraph on page 76, so I figured that those steps just required me to pray my problems over to God and “voilà”, they would all disappear simply in thin air. That was not my experience at all. In fact, without me making any changes to my actions, thoughts, and behaviors, I was still the same person, just not drinking. I was still being selfish, hurtful toward others, acting like a child, being emotionally sensitive to everything, and still trying to control everything in my life, especially those things in which I had no control over. In order to

be prepared for Steps 8 and 9, the 9th step amends should present ourselves in a better manner from how we presented and acted in the past with those empty “I’m sorry’s” and promises to never drink (or do something else) like that again. That is why Steps 6 and 7 are critical to my sobriety, as I need to learn to do the work in order to grow and remain sober and spiritually fit.

change and would eventually relapse. I admit that I am lazy and love to procrastinate, so I made many excuses about why I had not yet tried to change, which almost always involved what others did to “set me off,” that I was too busy, or that I was not sure about where to even start. It seemed too difficult and overwhelming...I wanted to take the easy way out and change without having to do the work.

THANKS TO OUR READERS!!

We now have a small backlog of stories! So, if you have contributed recently, look forward to seeing your story in print soon.

Through my trials and tribulations over the past few years, I have come to embrace that Steps 6 and 7 are some of the most important “action” steps I needed to take in AA, as they focus on making changes to our personality, thoughts/views, and behavior. In Steps 1-3 we became willing, in Steps 4 and 5 we explored our resentments and the roles we played in those, and in Steps 6 and 7, we “were entirely ready to have God remove all these defects

As my drinking behavior had turned insane (expecting different results each time), so had my behaviors, actions, and thoughts. I was told that without doing the actual work, I would not

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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

Practicing Steps 6&7

of character, [and] humbly asked Him to remove our shortcomings". Sounds easy enough, right?

Not quite. My sponsor told me to basically do the opposite of what I had been doing. I generally reacted immediately without the thought being processed in my brain, which only just created a stressful environment for myself and others involved. My sponsor suggested that I might like to be in a constant state of miserable-ness. Hmm, I had to really think about that one. I do believe that she was correct, only because it felt more comfortable and was easy. As crazy as it sounds, I was doing everything to make myself miserable and was the only one to blame. I was not being accepting or willing, and was just basically not doing the work.

"Steps 6 and 7 are critical to my sobriety, as I need to learn to do the work in order to grow and remain sober and spiritually fit."

I spent weeks reading about Steps 6 and 7, trying to understand them (and overthink them, like I do with everything in my life) and the different ways I could try to change. What I realized is that I just needed to do the next right best thing, and have more patience, tolerance, and acceptance with others. Basically, do the complete opposite

of what I had been doing for most of my life!! God has already removed these defects and given me the ability to choose to replace them with their opposite if I choose to do so. I just needed to do the work!

Practicing Steps 6 and 7 allows me to change for the better so that I can eventually make meaningful amends to myself and others, and ultimately better my spiritual fitness to be of service to God and others. If we are willing to make changes to our old behaviors that contributed to our alcoholism, we will begin to see positive growth in all areas of our lives. The reason why Step 6 is so important is that it focuses on the willingness to change the old behaviors that contributed to the alcohol problem. It has taken me a few months to understand, but I am now willing to change my old behaviors. We are all works in progress and should remember to focus on the achievements we have made thus far. Celebrate each little victory; keep an open mind and a positive attitude through your journey. It is progress, not perfection!

Anonymous, Edmond, OK

I found this worksheet online by Westbrook (n.d.) that I have found extremely helpful regarding Steps 6 and 7.

Read:

Big Book: First two paragraphs on page 76 in the Twelve & Twelve: Step 6 and Step 7

Write:

- A) List your defects of character (or survival skills)
- B) Using a good dictionary, define each of your defects of character (or survival skills)
- C) Using a good dictionary (or an antonym dictionary), list and define the opposite (antonym) of each of your defects of character
- D) After reviewing the A-C with your sponsor, answer the 6 questions below, for each defect/survival skill:

1) The effect of character or survival skill is:

2) List two (2) examples of this defect/survival skill in action in my life recently are:

(If you cannot think of two recent examples, the defect is apparently not defining your character, and should come off the list.)

3) How does this defect/survival skill harm you and keep you from being in recovery?

4) How does it affect others adversely, and block intimacy?

5) Are you ready to have your Higher Power remove this defect & learn to live without it by accepting that your Higher Power has already given you the ability to choose to replace the defect with its opposite (e.g., replacing greed with generosity), and then doing so?

6) If not, what are you gaining by holding on to it?

After going over the above with your sponsor, make a set of "3 X 5" index cards, and on each card place one defect on the front and its opposite on the back. Then each day look at both sides of ONE card, and for that day consciously look for that defect in your thinking, attitude, and behavior, and strive to replace that defect with its opposite.

Coming Up...

**19th Annual Southwest Unity Conference
(Sunlight of the Spirit)**

February 18-20, 2022

Quartz Mountain Resort Arts & Conference Center
Discount code 1029 at (580) 563-9174 or www.quartzmountainresort.com

Preregistration in only \$25 if received by February 9th

For registration or flyers, email us at sosconference@yahoo.com

Mail registration form on flyer to :

**SW Unity Conference
PO Box 3464 Lawton, OK 73502**

Other activities include:

Night Owl Meetings, Morning Meditations, Golf, Fishing, Hiking, and much more!!

This month in AA History

February, 1941 — Jack Alexander's article in the *Saturday Evening Post* is released. Entitled "Alcoholics Anonymous," its influence on the survival and growth of our organization "cannot be overstated." The full text of the article is available at Intergroup in pamphlet form (P-12).

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

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

- Actually
- Better
- Big
- Book
- Difficult
- Eight
- Feel
- Figured
- Finally
- Finished
- Five
- Four
- Going
- Just
- Little
- Nearly
- Needed
- Paragraph
- Prayer
- Read
- Required
- Second
- Seven
- Six
- Steps
- Thought
- Three
- Time
- Very
- Voila
- Written
- Years

Cryptic Quote

Last Month's Quote: "I knew without a doubt that alcohol was killing me."—Daily Reflections

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

"TDG SNZDVNDXUI VSK JYYH S NDHYNR JPUXHYUU."

—BQYNFY SHK BQYNFY

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

Birthdays

Classen Club

Ruth 11/29/19
 Tiffany P. 11/26/01
 Martha W. 11/06/02
 Vince W. 11/10/84
 Jessie J. 11/21/16
 Aaron V. 11/10/16
 Michael B. 11/18/06
 Rick Bonafide 11/11/93

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

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

Rena S. 03/26/13
 Tammy G. 03/21/17
 Hector A. 03/21/18
 Kelly P. 03/04/19
 Jeff H. 03/05/20

Rockwell

Karly 01/21/21
 Danny S. 01/05/94
 Tim B. 01/01/88
 Trent H. 01/25/99
 Tim F. 01/11/21
 Skinny 01/31/16
 Leslie 01/09/19
 Valerie S. 01/03/21
 James (Patriot) 01/15/20
 Jason 01/30/20

Kelley Club

Doretha H. 12/31/75

Joyce G. 12/19/92
 Carletta S. 12/28/97
 Tammie C. 12/02/06

Misfits

Dana P. 12/02/11

Mustang Group

Steve S. 01/08/10
 Andrew 01/13/19
 Jacob L. 01/29/10
 Lori F. 01/15/14



Step 2

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

“Step 2 is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this step. True humility and an open mind can lead us to faith.”

Tradition 2

“For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

“Where does AA get its direction? Who runs it? This is a puzzle for every friend and newcomer.”

Concept 2

“The General Service Conference of AA has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.”

“It is self-evident that the thousands of AA groups...cannot of themselves actually conduct our services.”

From the Manager @ Intergroup

We at Intergroup appreciate the groups who keep us open. We could not operate without you. We wanted to say THANK YOU for your contributions through the year. These are the Groups that supported us in 2021.

If your group is not listed please check with your treasurer to see if contributions were made in 2021. If we've made a mistake, please let us know.

Group 2021	Total		
12X12	\$150.00	New Castle Group	\$20.00
4th Dimension YP Group	\$207.80	New Jones Group	\$308.26
5th Tradition OKC	\$105.85	North Meridian Group	\$120.00
89ers Group - Guthrie	\$25.00	Northside Freedom Group	\$693.00
9th Traditions Group	\$569.00	NW Central # 3	\$132.41
ABC Seminole	\$50.00	NW Nomads	\$300.00
Acceptance Group	\$50.00	OKC Big Book Group	\$150.00
Altered Boys	\$1,238.91	Paul's Valley Serenity Group	\$122.00
Another Refuge	\$200.00	Pay It Forward	\$200.00
Arch of Freedom	\$131.65	Phoenix Group	\$245.00
Ardmore Group	\$550.00	Purcell Unity Group	\$183.00
Barnyard Group	\$37.00	Recovery Happening (Kingfisher)	\$20.00
Bill & Bobs Group Yukon	\$0.00	Road To Recovery	\$300.00
Choctaw Rebellion Dogs	\$140.25	Rockwell Group	\$996.00
Classen Club	\$360.00	Room 14	\$150.00
Cornerstone Group	\$65.00	Sahara Group	\$300.00
Courage to Change/Harmony	\$0.00	Santa Fe Group	\$90.00
Daily Reprieve	\$337.77	Shawnee Big Book Group	\$30.00
Duncan AA Group	\$190.00	Shawnee Fellowship Group	\$300.00
Donations Jar @ Intergroup	\$2,316.00	Simply AA	\$200.00
Drexel Group	\$71.94	Solutions Group Norman (& WiH)	\$229.00
Early Birds Of OKC	\$856.06	Southside Serenity Group	\$277.00
Edmond Group	\$400.00	Sundowners - Kelley Club	\$50.50
El Reno Groups	\$720.00	Sulphur AA	\$100.00
Freedom Group	\$280.00	Thursday Grapevine @ Kelley Club	\$30.00
Friends of Bob	\$100.00	Too Early Group	\$510.75
Girls Night Out - Norman	\$75.77	Too Early 2 (12/1/21 Mustard Seed)	\$353.00
God of the Preachers	\$265.76	Traditions # 2	\$23.00
Guymon Main Street Group	\$46.63	Tradition 2 (Ardmore)	\$50.00
Harmony @ 5:30 Group	\$595.33	TriCity Group	\$2,583.78
Home Group Meeting - RH	\$74.35	Triangle Group Norman	\$375.00
Into Action	\$40.00	Tue Men's Kelley	\$10.00
Lakeshore Ladies	\$572.82	Turning Point (Durant)	\$50.00
Little Axe Group	\$250.00	Walking Our Walk (WOW)	\$58.33
Live & Let Live Group	\$1,096.76	West Side Gas Savers	\$248.25
Love and Tolerance	\$213.92	Whiskey In Milk	\$15.00
Main Street AA	\$119.35	WHY AA Group	\$1,691.00
Mayfair Group	\$777.00	Women's 1-2-3 Western Club (Saturdays)	\$518.82
Mid Day Group	\$600.00	WOW #2	\$162.36
M.O.D. Squad @ May Club	\$600.00	YANA #1 a.m.	\$432.60
Fault Free Friday	\$331.00	YANA (You Are Never Alone) Yukon	\$40.00
Mon Night Mixed Grp at Kelley Club	\$55.00		
Mulligan Group	\$245.00		
Mustang Group	\$383.72		
Mustard Seed	\$162.00		
MWC Tinker Fellowship	\$100.00		

Call to Order

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

New Reps in attendance: Tracy M from Simply AA

Birthdays for Month: Sydney 33 years, Pete 14 years, Trey W 2 years.

Introductions:

Introductions: First the current Board Members who introduced themselves with their new Board positions: Angela P - chair, Linda S - Co-chair/Sooner Sobriety, Gayla W - Secretary, Laura T -treasurer, Sydney C - Workshops chair, Jared B - Hotline and 12th Step workshop chair, Martha W -Liaison, David B - Literature chair and , Michelle L- Events chair.

then the outgoing board members: Betsy N, Mark K, Scott B, Phillip O and Joann J , who each thanked the members for letting them serve. Then Staff followed by representatives who named home club or group

Secretary Report: Cathy N Read minutes of the November meeting as Betsy was on Zoom; A motion made to accept; seconded; and passed

Treasurer Report: Before his report, Mark H noted that it has been a satisfying job to be treasurer for Intergroup and thanked everyone present for letting him serve. In November, sales were off by , with expenses up and group contributions down. We had a loss of \$600.00 in November but are still up for the year by \$4937.06, pretty good for a nonprofit. He thanked the intergroup staff for all their hard work.

Other Board Reports:

Co-chair: Angela P asked the representatives to please announce in their groups that the Sooner Sobriety is looking for short stories/articles that can be submitted to okcintergroup.org

Liaison: Michelle was absent but Scott reported that she attended the District 10 & 20 Joint Service meeting.

Hotline/12th Step Chair: Phillip O announced 1 hotline workshop coming up via Zoom, requested by YANA for 12/19. He thanked everyone for allowing him to serve as a Board member.

Literature Chair: Jo Ann J thanked everyone for the privilege of serving as a Board member. She sold \$455.80 in literature at the Area meeting, including the new service manual. We still have some Service manuals if anybody wants to get one.

Events Chair: David B was absent but Scott announced the First things First event for 1/1/22 at the Rockwell Club. Bring peas at 11:30, meeting at 12:10, judging and eating at 1:10, and drawing for raffle prizes (a Dell laptop and a 55 inch smart TV) at ~1:30. Raffle tickets are available at the IG office. Scott is taking 100 tickets to sell at his home group and challenged the members to do likewise.

Workshops Chair: Sydney C. reported on 2 Safety in AA workshops using the new AAWS material presented at Western Club and Rockwell Club on December 4th. There will be another Safety in AA workshop at the Winter Conference 1/14-16, date and time TBA. No other workshops are planned until January.

Manager's Report: Cathy N announced that she has been practicing cooking Black-eyed-Peas this year, and she intends to win!! She encouraged the reps to take tickets to their groups, but to remember to bring them back so the tickets can be included in the actual raffle.

She reported that the Safety in AA workshop has changed d/t the additional information that AA world services has included in their materials; and invited the reps to see if their groups would like a workshop.

We are getting new T-shirts (no chicken this time) and we got a double order of the Daily Reflection d/t fulfilled back-orders.

She asked the reps to look at the meeting guide and let her know if the status of any Zoom meetings has changed.

Old Business: none

New Business:

Announcements:

Live and Let Live Moved. **The Winter Conference** is in OKC 1/14-1/16 at the Wyndham Garden OKC South. Pete reminded reps that the internet address www.sunsetandserenityaa.com has the details for their New Year's Eve meeting/celebration. Rockwell group will have Bingo for Big Books on New Years Eve beginning at 9PM. NOG has their Alcolthon, and multiple groups are having Christmas dinners. See the calendar at www.OKCintergroup.org for the calendar.

Drawing for prizes: prize was any \$20.00 book or 20 raffle tickets. Amber won the book.

7th Tradition:

A basket was passed in observance of the 7th tradition

All in attendance were reminded that the January meeting will return to the 4th Thursday of the Month schedule, with the Board meeting at 6PM and the Representative meeting at 7PM.

Adjournment:

[Motion to adjourn made and seconded; motion passed and the Meeting ended with the Lord's Prayer](#)

Group Updates

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 **Central Group**, which meets at St. Stephen's Church, now has childcare available at the 6pm Thursday meeting.
- ◆ The **Western Club's** Saturday Women's 11:00am meeting is starting back up and needs support. It is an open Step/Tradition meeting.
- ◆ 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.
- ◆ The **Kelley Club** Tuesday Women's Meeting will now be meeting from 4:15-5:15pm.

NEW Meetings!

- ◆ **The Great Escape** is a new meeting at 3332 N. Meridian. It is an open Big Book Study for all, Mondays at 6pm.
- ◆ **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!
- ◆ **A Daily Reprieve's** Sunday 6:00pm meetings are now open.
- ◆ **Love and Tolerance** now has a Sunday 9pm open Spirituality meeting.

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:

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 sunrise over the lake and a beautiful sunset over the mountains. For more info or flyers, please email: sosconference@yahoo.com.

March 26, 2022—**Area 57 State Sponsored Workshop: Getting Into Service** (Hosted by District 40)—Begins at 9:30 am for Fellowship, followed by a 10:30 Workshop. Lunch will be included (please bring a side dish or dessert). It promises to be a fun day of Speakers, Information, Fellowship, Door Prizes, and a 50/50 Raffle!! The event will be held at the Oak Park United Methodist Church
601 Brentwood Road
Bartlesville, OK 74003

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

Happy, Joyous, and Free!!

Pamphlet of the Month:



“This pamphlet is designed for those who are interested in AA for themselves, for a friend or relative, or simply because they wish to be better informed about this unusual Fellowship. Included on the pages are answers to many of the specific questions that have been asked about AA in the past.”

- ◆ Can an alcoholic ever drink normally again?
- ◆ I can stay sober quite a while between binges; how can I tell whether I need AA?
- ◆ Others say I am not an alcoholic. But my drinking seems to be getting worse. Should I join AA?
- ◆ Are there any rules in AA?
- ◆ Are there many young people in AA?
- ◆ Do AA's have to attend meetings for the rest of their lives?
- ◆ Will AA help me straighten out my family troubles?
- ◆ Does AA sponsor any social activity for members?

These and many more questions are answered in this helpful pamphlet. “They add up to the story of a loosely knit society of men and women who have one great interest in common: the desire to stay sober themselves and to help other alcoholics who seek help for their drinking problem.”

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**

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Oklahoma City, OK 73107

Place
Stamp
Here