



Sooner Sobriety

In, Out, and Around #1

I have been in and out or around alcoholics anonymous most of my adult life. At the age of 17 I was arrested for possession of alcohol, tobacco, curfew violation, running a stop sign--you know how it goes. I had already enlisted in the Navy delayed entry program, so my probation officer shortened my term and I still left on May 30, 2000 for Boot Camp. As soon as I got out of Boot Camp I was back to drinking, worse than ever.

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.

Again I was back in trouble, only this time I was sent to a military treatment center for 30 days. I remember the facility taking us to Alcoholics Anonymous meetings. I had no idea what was going on but I went because it allowed us to get out of the facility for an hour or two. I remember seeing the steps on the wall and the traditions on the wall. People would say things and read things and pray things, I really just felt like I didn't

have their same problems; I was just young and dumb. Life goes on, fast forward, I'm back in AA again--court ordered, you know how it goes. I was supposed to get my paper signed and that I did. I went to meetings all over the city. I didn't want to get to know anyone and I definitely didn't want anyone to get to know me. I went back-and-forth from one 12 step program to another, northside to southside, Choctaw to Oklahoma City. Every time, once the weight of my consequences was reduced, I went right back to doing what I do. Fast forward--I'm court ordered back to AA again. This time I actually got a home group and attended meetings regularly. I got a couple phone numbers; I got a sponsor because it seemed like something I was supposed to do. I wasn't honest with her but hey I had one -- ha Ha. I went through the motions; I even attended a few speaker meetings and an anniversary party once. This time I really felt like I was in AA. I went to meetings, I talked to people for a few minutes afterwards, and I actually read the stuff on the wall and it kinda made sense. However, I didn't see how getting a sponsor and working the steps was going to keep me sober, so I just got a sponsor for face value. Time goes on and I inevitably

do what I do. I'm an alcoholic and over any considerable time I get worse, never better. I forget the misery and the consequences and I remember only the good times. I think I've learned how to control and enjoy my drinking or what not to do, or to stay home instead of driving, or buy a bigger bottle instead of having to go back-and-forth. Or maybe it was just that bad relationship. You know, I always think I know what to do. In 2016 I was not court ordered to go to Alcoholics Anonymous. I didn't have a court case or probation officer to deal with. I still had my drivers license. I wasn't dealing with a DHS case for child neglect. I didn't have any of those other consequences. This time, I was more miserable than all those other times combined. I hated who I saw in the mirror. I couldn't see how I was ever going to change. Nothing I did made me feel better. I wanted out of that life but didn't have the energy. I remembered those people at Old Homestead; they had something I wanted. Those meetings--I missed going there. That sponsor--what would have happened if I had been honest with her? What would happen if I try this AA thing one more time? I wonder if they'll let

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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

In, Out, and Around (1&2)

me go back? I had been defeated, out of all other ideas, crushed by self well, thrown all of my good assets out the window, homeless, jobless, driving an old beater car with no insurance; my daughters were so disgusted with me they lived at my mom's house because they knew I couldn't get them to school on time. I just knew in my heart that Alcoholics Anonymous had something I wanted, if I could only get back into those doors...All those times I have been in meetings, I had listened to speakers, I had read out of the Big Book, I had heard the promises being read at meetings, I had heard testimonies, but what I remembered was people just living in the solution. I remembered getting my driver's license reinstated after being suspended for so long. I remembered my sponsor mending her relationship with her mom and her children. I remembered lives being restored. I remembered just feeling better for that one hour when I sat in a meeting. I walked into my old home group one afternoon just to see what would happen. A few of the same old guys I remembered from 2011 were sitting there playing Dominoes. I was greeted with smiles and hugs. I heard "We're glad you're back". I saw the same stuff on the walls, the same desk and chalkboard. Unfortunately, I saw my sponsor's name on the plaque but she passed away sober. I was tired of being In, Out and Around AA. I wanted to stay this time. I needed to stay this time. I had no idea what was going to happen, was not sure what to do next, had no guarantee of the future but it didn't matter. I knew there was a solution there if I was willing to do the work; I just I had to surrender. That's all. The first step is to surrender. The rest was easy only because I realized I was completely done. I had nothing better to do. I had no more fight or resistance left. This was my last chance--My last hope for a different life. Nothing else I had done on my own had ever worked. As a result, my life has gotten better than I ever thought possible. I am amazed at how God works in and through me and the lives of those around me. I can't say it enough: don't just hang around AA

and feel better for an hour. Come all the way in, sit all the way down and work all the steps to the best of your ability. If you feel it's not working, you're free to leave and your misery will be right there waiting for you.

Michelle L., Old Homestead

"AA promises that if we work each step and continue working the steps in our daily lives, we will have a spiritual awakening and be relieved of the constant craving and obsession for alcohol."

In, Out, and Around #2

As I recently accepted my 3-year sobriety chip, I reflected upon where I was 3 years earlier and the insane world I had created for myself. I had been in and out of AA and rehab for 2 years before I realized how miserable my life had become and how my alcoholism had progressed through each relapse. I had further climbed down the ladder into lows which I said I would never go. My sponsor always told me to add "yet" to the statements I made, such as that I had not destroyed my marriage (yet) or had not lost my job (yet). "Yet" was the important three letter word that I was missing in those statements. Most of those "yets" eventually happened and I was at the point where I was staring death in the face. I didn't like who I was and hated to be alone with the person I had become. I was constantly putting myself and others in danger time and time again. I had become insane and my life had become completely unmanageable.

AA promises that if we work each step and continue working the steps in our daily lives, we will have a spiritual awakening and be relieved of the constant craving and obsession for alcohol.

For some reason, that day on December 15, 2018, God decided to give me one more second chance and I woke up feeling different and willing to accept the fact that I could never drink alcohol again unless I wanted to kill myself, someone else, or spend a lot of time in prison. Like most of you, I never drank for the taste... Since the first day I tried alcohol, I always had the intention of getting drunk and drinking until I passed out. It was a numbing solution I had found over 25 years ago that "appeared" to work for a while until it no longer did. I was at a point in my life where I had become completely and utterly powerless over it.

While I still at times try to control a lot of things in my life (my sponsor will attest to this!), I have come to realize that working Step One and the other steps does bring me peace and serenity...when I work them. In the beginning it was just an hour during a meeting that brought me peace...now the clouds have cleared up a bit more and I am beginning to finally see the sunshine throughout my days. By letting go of my control over things, the process of my sobriety journey had finally begun. Although practicing "acceptance" in my daily life has been a difficult road, when followed it always promises to lead to a much better outcome and provide calmness in my "crazy" head.

I am truly blessed that God provided me with another chance at life. I love my AA meetings and the many friends that I have made over the past 3 years. Working the steps is a daily routine that I must do each day if I want to stay sober and sane, and be afforded happiness in my life. I heard someone say today that "God don't make junk", and that is what I need to be reminded of daily to learn more how to love myself and others. It is a blessing to explore who I really am that has been hiding behind alcoholism and other addictions for most of my life. AA opens our minds to the possibility of happiness and joy.

Anonymous, Edmond, OK

Coming Up...

2022 Oklahoma Corrections Conference

May 7th, 2022

at the

Cole Community Center,
located at 4400 NW Expressway

\$25 in advance at OKCorrectionsConference.com
\$30 at the door; add catered lunch for only \$15 more
\$20 for Zoom attendance

<https://us02web.zoom.us/j/5751073526>
Password to be given prior to Conference

Speakers:

Jen B. (New Jersey); Bob D. (Ohio); and many more

This month in AA History

April, 1938 – Bill starts dictating the book
“Alcoholics Anonymous” to his secretary, Ruth Hock.

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

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

- Adult**
- Alcohol**
- Alcoholics**
- Allowed**
- Already**
- Anonymous**
- Around**
- Arrested**
- Center**
- Curfew**
- Delayed**
- Drinking**
- Enlisted**
- Entry**
- Facility**
- Meetings**
- Military**
- Navy**
- Officer**
- Possession**
- Probation**
- Problems**
- Program**
- Remember**
- Running**
- Seeing**
- Steps**
- Tobacco**
- Treatment**
- Trouble**
- Violation**
- Worse**

Cryptic Quote

Last Month's Quote: "There are many men who want to stop, and with them you can go far."—Alcoholics Anonymous

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

**"EK, MIH MLRTWMWKDE FHLH VHDHLRMHT, GAM MIHC UWLEM IRT
 MK GH QAGJWEIHT."—KAL VLHRM LHEQKDEWGWJWMC**

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

Birthdays

Yukon Groups

Nicki 02/03/20
 Robin 02/11/19
 Missy 02/28/21
 Laurie F. 03/18/00
 Craig S. 03/27/81
 John H. 03/28/20
 Crystal C. 04/19/21
 Lorrinda 04/07/17
 Irv 04/22/19
 David T. 04/26/20
 Lorrinda 04/07/17
 Irv 04/22/19
 David T. 04/26/20

Tri-City

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

Kerri B. 02/20/16
 PK 02/14/88
 Johny S. 02/10/91
 Angela M. 02/07/16
 Larry A. 02/27/14
 Cid C. 02/23/17
 Mellisa S. 02/14/16
 Bruce R. 02/20/21
 Ginger N. 02/25/20
 Brittany B. 02/24/20
 Casey S. 02/08/17
 Daniel A. 03/16/21

Gunnar V. 03/08/21
 John W. 03/23/04
 Kaileah D. 03/16/21
 Bob P. 03/17/90
 Kelli W. 03/21/18
 Steve W. 03/20/90
 Hayden H 03/21/20
 Lori B. 03/14/18
 Mary Grace M. 03/25/21
 Konrad 03/14/94

El Reno

Addie 03/04/04
 Steve 03/17/16
 Shelton 03/29/21
 Tom 04/15/15
 Gary 04/17/15
 Bert 04/20/12
 Jason 04/20/16
 Chelsea 04/20/21



Step 4

“Made a searching and fearless moral inventory of ourselves.”

“We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves.”

Tradition 4

“Each group should be autonomous except in matters affecting other groups and AA as a whole.”

“Autonomy is a ten-dollar word. But in relation to us, it means very simply that every AA group can manage its affairs exactly as it pleases, except when AA as a whole is threatened.”

Concept 4

“Throughout our Conference structure, we ought to maintain at all responsible levels a traditional ‘Right of Participation,’ taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.”

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Rockwell Group	83.00	166.00
4th Dimension YP Group	0	0	Rule 62	0	0
5th Tradition Group	0	0	Sahara Group	0	0
9th Traditions Group	0	0	Santa Fe Group	0	50.00
89ers—Guthrie	0	25.00	Serenity Seekers	0	0
A Refuge South	0	0	Shawnee Big Book	30.00	30.00
ABC Seminole	0	0	Shawnee Fellowship	0	0
Acceptance Group	0	0	Simple Steps (Ponca)	0	0
A.W.O.L A Way of Life Group	0	898.00	Simply AA	0	0
Altered Boys	0	3.00	Solutions Group Norman (&WiH)	0	0
Arch of Freedom	90.33	90.33	Southside Serenity Group	0	185.00
Ardmore Group	0	0	Spirit Winds Medicine Park	0	0
Barnyard Group	0	0	Station 23	0	0
Bill and Bob's Group (Yukon)	0	0	Straight Talkers	0	0
BYOC	0	0	Sulphur AA	0	0
Choctaw Rebellion Dogs	0	0	Sundowners—Kelley Club	57.00	57.00
Classen Club	0	30.00	Too Early Group	0	0
Cordell Group	0	0	Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Cornerstone Group	0	0	Touchstone	0	0
Courage to Change/Harmony	0	0	Three Legacies (Ada)	0	0
Daily Reprieve	0	0	Thursday Grapevine at Kelley Club	0	0
Davis AA	0	0	Traditions #2 (Ardmore)	25.00	50.00
Del City Common Welfare Group	10.00	10.00	TriCity Group	0	670.13
Donations Jar at Intergroup	60.00	240.00	Triangle Group Norman	0	200.00
Drexel Group	0	0	Tues Night Mens Kelley	0	0
Duncan Group	0	0	Tues Women's Group Kelley	0	0
Early Birds of OKC	0	0	Turning Point (Durant)	0	0
Edmond Group	200.00	200.00	Unnamed Women's Group	0	0
Edmond Friends of Bill Group	300.00	300.00	Walking Our Walk (WOW)	0	0
Elgin Only Chance Group	0	0	Way Out Group (South Penn)	0	0
El Reno Groups	60.00	120.00	Weatherford Group	0	400.00
Exodus House Group	0	0	Wed Night Women's 12x12—May	0	0
Freedom Group	0	0	Wednesday Womens #2	0	0
Girls Night Out—Norman	0	0	Western Club AA Group	0	0
God of the Preachers	0	0	Westside Gas Savers	0	0
Guymon Main Street Group	0	0	West Side Sober Sisters	0	0
Harmony @5:30 Group	0	0	WHY AA Group	0	466.60
Home Group Meeting—RH	0	0	Women's 1-2-3 Western Club (Sat)	0	114.70
Into Action	0	0	WOW #2	0	0
Lakeshore Ladies	5.00	5.00	YANA #1 Women's 10a.m.	0	0
Library Group @ All Souls	0	0	YANA (You Are Never Alone) Yukon	0	0
Little Axe Group	100.00	100.00			
Live and Let Live Group	81.73	185.23	BIRTHDAY CONTRIBUTIONS*		
Love and Tolerance	0	0	Pierce 1 year (Altered Boys)	0	0
Maine Street AA	0	0	Gene Miles	0	30.00
May Club Women's Meeting	0	0			
Mayfair Group	100.00	200.00	OTHER CONTRIBUTIONS		
Mid Day Group	0	0	Josh & Gayle	0	55.00
MOD Squad @May Club	0	150.67	Joy W.	0	100.00
Monday Midday Madness + Fault Free Friday	0	300.00	Ben W. Celebration	75.00	75.00
Monday Night Mixed at Kelley Club	5.00	15.00			
Mulligan Group	0	0	Totals	1,361.72	6803.98
Mustang Group	33.96	328.46			
Mustard Seed	0	0			
MWC Tinker Fellowship	0	0			
Newcastle Group	0	0			
New Jones Group	0	180.00			
Norman Original Group	0	0			
North Meridian Group	10.00	20.00			
Northside Freedom Group	0	0			
Northside Gas Savers	0	0			
NW Central #3	0	150.61			
NW Journeymen	0	0			
NW Nomads	0	0			
OKC Big Book Group	0	50.00			
Old Homestead Group	0	0			
Parlor Group	0	0			
Pauls Valley Serenity Group	0	50.00			
Pay It Forward	0	0			
Phoenix Group	35.00	70.00			
Primary Purpose Group Norman	0	0			
Purcell Group	0	0			
Recovery Happening (Kingfisher)	0	0			
Road to Recovery	0	300.00			

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



Call to Order:

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

Introductions of Board Members and Intergroup Staff:

Chairperson: Angela

Co-chair: Linda

Liaison: Martha

Secretary: Gayla

Treasurer: Laura (absent)

Hotline/12th step Chair: Jared

Literature Chair: David

Events Chair: Michelle

Workshops Chair: Sydney C

IG Manager: Cathy N

IG Staff: N/A

Secretary Report: Gayla Read the minutes of date/year board meeting; Motion made to accept; seconded; passed.

Treasurer Report: Given by Cathy N – net income \$14k in sales – expenses 4600 – on track

Other Board Reports:

Co-Chair: Linda – sooner sobriety stories backlogged – keep them coming

Hotline/12th Step Chair: Jared – hotline / 12th step workshop –

N. Meridian – March 19th @2pm – try announcing at Area 10, 20, 50, 70, 80

Need volunteers for 12th step list

Literature Chair: David – March 6th – literature at Area and May 7th at corrections (sell literature) former chair going with on March 6th to assist and tech

Events Chair: Michelle – announce Unity Day at Joint Services, going to announce at District 20 on Feb 27th - get back after speaking with Kelley Club to set date and get flyers made for groups

Workshop Chair: Sydney – Sponsorship at TriCity March 19th at 9am

Liaison: Martha – nothing to report

Manager's Report: Cathy N

Announce old Grapevines to Intergroup – need donations

Challenge to break out comfort zone – visit other meetings within our District

Long time volunteer, passed away – family wants memorial at Intergroup – group okay to have the service

Area/District – virtual reps, email address so we can send the summary

Southside Serenity added Venmo to app

Old Business:

Faithful Fivers – keep chatting about them to your groups \$5/per month

New Business:

Unity Day – Aprilish – Kelley Club (central location) – budget was \$600 (need higher budget)

Intergroup/Districts 10 and 20– intergroup to have more of presence - only have 12th and hotline workshop and sponsorship –

Take your Sponsor – September

Open House – May and October

7th Tradition:

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

Adjournment:

Motion made to adjourn and seconded; motion passed

Motion to adjourn made and seconded; motion passed, and the Meeting ended with the Lord's Prayer

Group Updates

Meeting Changes

- ◆ **The 11th Step Prayer and Mediation** meeting in Stillwater has dropped all except their Saturday 8am.
- ◆ **Friends of Bob** in Edmond has added a Thursday 7pm Open 12&12 meeting. They are located at 3207 S Boulevard in the Harnden Chapel, NW parking lot.
- ◆ The **Guymon Main Street Group** has changed its meetings to Mondays at 7am (Men's BB Study), Tuesdays at 8am (Women's BB study), Wednesdays at 8pm (discussion), Fridays at 7:30 pm (Speaker) and Sundays at 8pm (discussion).
- ◆ **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 **Common Welfare Group** in Del City has added an open Saturday 6pm 12&12 meeting. Their address is 1901 Vickie Dr.

NEW Meetings!

- ◆ The **Fourth Dimension Group** has opened up in Noble. They meet on Thursdays at 6:30pm for a Big Book Study at the Noble United Methodist Church at 204 Main St.
- ◆ The **North Council Men's Group** is a closed topic meeting which gathers on Wednesdays at 5:30pm at the Anglican Church of the Holy Cross at 10509 N Council 73162.
- ◆ **The Recovering Wanderers** is a fairly new group meeting in the Veteran's Center at 6804 N. Robinson on Tuesdays at 1pm.
- ◆ **The Great Escape** is a new meeting at 3332 N. Meridian. It is an open Big Book Study for all, Mondays at 6pm.

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:

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, located at 601 Brentwood Road, Bartlesville, OK 74003.

May 6-8, 2022—**57th Annual Ceta Canyon Conference**—A Powerful lineup of speakers: Emake F, OKC; Kenny H., Wichita, KS; Mary B, OKC; Stacy R., Tulsa. \$200 includes registration, meals, snacks and lodging. Only \$50 to reserve your slot (balance due upon arrival). Online registration at **cetacanyonconference.com**.

Local:

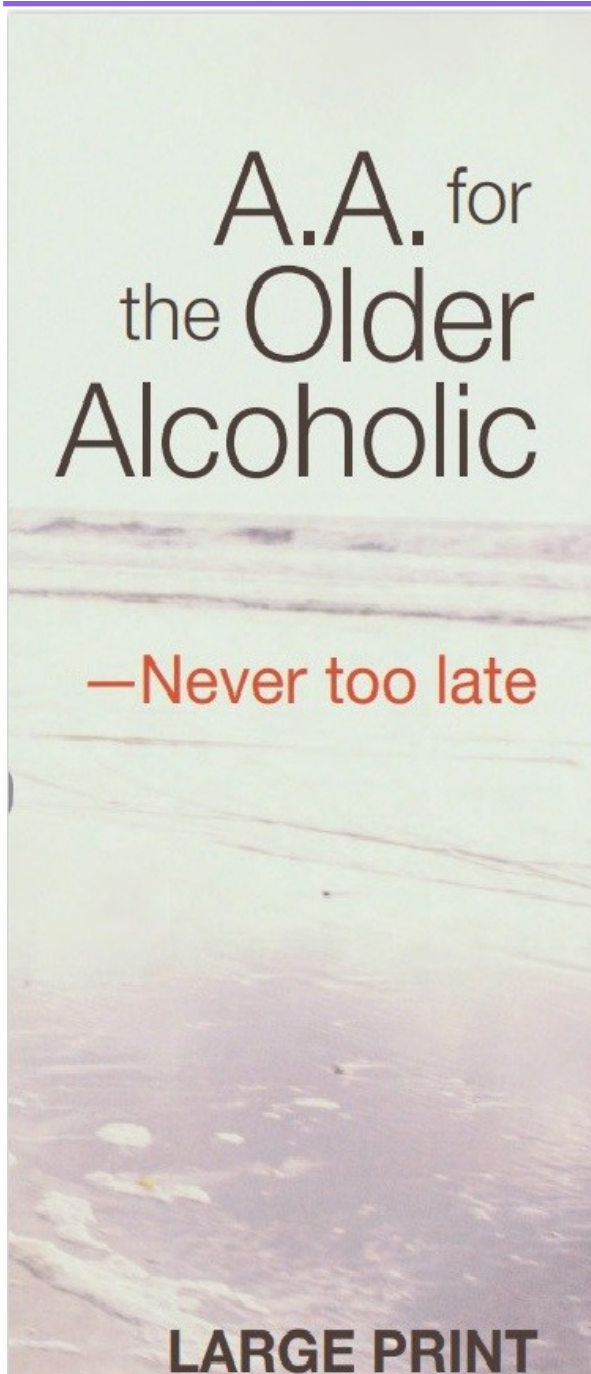
March 26, 2022—**Workshop: Spiritual Principles in Relationships with People**, led by Bob D from Las Vegas, NV and hosted by the **Primary Purpose Group** in Norman (226 W Gray). It will be from 10am to 1pm, with pizza and beverages provided. It should be a good one!

March 26, 2022—**OKC CityWide!** As always, it features a potluck dinner at 6:30 (please bring a side dish or dessert), followed by a speaker. This month's speaker is **Bob D.** from Las Vegas, NV.

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!!

Happy, Joyous, and Free!!

Pamphlet of the Month:



This pamphlet is geared directly toward individuals who come to understand that they are alcoholic late in life. There are multiple stories in the pamphlet which illustrate the circumstances of their lives and the role alcohol played in them. They began drinking alcohol at various stages of their life, one even becoming a drinker at the age of 66. The stories show that alcoholism comes in many different forms and “a variety of disguises.”

“Many crises accompany the process of growing older, and almost all of them entail loss of some sort. The children grow up and leave home. You move to a smaller place. Friends are fewer and farther apart. You are obliged to retire from work. Physical health is less robust and faculties diminish. Your partner of many years dies. Sometime these changes in circumstances make a long-standing habit worse.”

However, as the pamphlet is subtitled, it is Never Too Late!

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