



Sooner Sobriety

My Fear on Online AA Meetings

When the pandemic hit and most in-person meetings came to a halt, I felt I had two choices: no more AA meetings or face my fear of being online in front of a camera, and something new. Once again my fears of change and unfamiliar came to the surface. Showing my face to strangers, sharing on a video screen, or saying something wrong was my focus. What if I don't feel connected or understand the format or how to use the right buttons? Since I've been sober, I've been working on changing my people, places, things, my thinking, and here I am worried about yet another change. What if my old thinking of "I'm not good enough" was showing its ugly head and I did nothing about it? Was I willing to try something new?

Finally, after two months of my restlessness and irritable moods from not attending my regular AA meetings, that huge monster called "fear" had to be pushed

aside. It was time to try anything, get off my couch, and give AA Zoom online meetings a glance. Ugh!

I downloaded the free

Hey Readers!!

Our backlog of stories is shrinking fast! Please send a story with your Experience, Strength, & Hope to us ASAP!

Zoom app, checked out the list of meetings at aintergroup.org and a huge list of AA meetings emerged on my computer screen. Wow! I found all kinds of meetings! Meetings just for women, for men, for people, speakers, Big Book studies, all languages, atheist, spiritual, LGBTQ, agnostic, new-comers, long-timers, cigar smoking and more! I saw meetings listed in New York, California, Alaska, Texas, Arizona, Montana, Oregon, Oklahoma, or any country

outside of the USA. I got so excited and wanted to visit them all! People from all over the world were attending online AA meetings together and these meetings were available for me any time 24 hours a day. I got so excited with all my choices that I got a notebook and started keeping tabs on the meeting names, meeting times, the IDs, and Passwords so I could revisit those meetings another time. I was coming back to a familiar life filled with solutions, hope, the fellowship, and AA meetings any time of day or night. I felt that I was home! Once again, desperation led me to the doors (or windows) of an AA meeting.

Each night I would go through the pages of my notebook and see which meetings I wanted to revisit. I was told to "find the fellowship I craved" so I had to think about what that meant to me. I had only my in-person meetings to compare so I made my own AA Online Meeting Checklist. I started logging into

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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

My Fear on Online AA Meetings

meetings early like I would if I went in person. I paid attention to meeting formats or how groups welcomed me and others to their meeting. Were they cheerful, kind and tolerant of me and the others? Did they share the message of AA or focus more on outside issues? Did the group offer other online literature, support, or phone numbers to newcomers? Were my questions when asking for help using certain buttons online answered with a kind reply? Was the meeting too large or too small for me? (I found I prefer smaller groups). I was realizing what "I craved" from an online meeting was the same things I craved from in-person meetings. When I found the meetings that met my check list preferences, I put a big checkmark next to that group's name in my notebook. Some meetings I attended did not get my checkmark.

Two years have come and gone and my meeting notebook consists of meetings from over 150 different AA Groups around the world. The more familiar I am with how things work, the less fear I have. I can chuckle at my initial skepticism when I see how easy it is to sit in the comfort of my own home, in my pajama bottoms, hearing the fellowship sharing an AA message over my computer or device. I can mute my sound and close my camera anytime to get coffee, go to the bathroom or leave a meeting with the click of a button. I'm grateful that the message of AA tends to be the same everywhere, however, I've noticed the accent of voices and hairstyles might vary from place to place.

Service work is available online, too! I went to meetings early and was asked to read literature, help with timing shares, post readings for others to view, find speakers, attend group business meetings,

"Modem-to-modem or face-to-face, A.A.'s speak the language of the heart in all its power and simplicity."

chair/host meetings. I've invited friends to join me at various meetings and when I see them log in, I get so excited that I use my Forest Gump wave from my video square. I'm now a regular at many online meetings on certain nights/days of the week. I love having meeting options and the variety of online sobriety!

Online AA meetings are evidence that the message of AA is alive and well all over the world. I have a wealth of new friends in the fellowship and I would have never met them otherwise. Another gift in my sobriety. It's amazing how many people who live in remote areas or couldn't leave their homes, now receive the AA message with the click of a button.

I have to remember that nothing stays the same, except change, and if I had not been willing and open to change, I would have only cheated myself. I often think how different my life would have been if I had continued to live in fear of

trying something new. I would have missed the familiar feelings of joy, peace, laughter and happiness from the messages at all the various online AA meetings. I'm attending in-person meetings often, but keep a regular schedule with my favorite online meetings, too. There is an online AA meeting to fit everyone's "craving" so keep looking...and keep coming back!

Mary Beth H.

Oklahoma

While our literature has preserved the integrity of the A.A. message, sweeping changes in society as a whole are reflected in new customs and practices within the Fellowship. Taking advantage of technological advances, for example, A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world. In any meeting, anywhere, A.A.'s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics. Modem-to-modem or face-to-face, A.A.'s speak the language of the heart in all its power and simplicity.

P. xxiv Forward to the Fourth Edition, Alcoholics Anonymous

Coming Up...

OKC Intergroup Presents:

Take Your Sponsor to Breakfast

SATURDAY, September 10th, 2022

7:00 to 9:00am

At the Kelley Club

2300 N. Kelley Ave, OKC

\$5 Includes Pancakes, Bacon, Sausage, and Coffee

Support your Intergroup Office and the Kelley Club

While celebrating your Sponsor!

This month in AA History

September, 1941 – Oklahoma's first meeting of Alcoholics Anonymous is held at the old Biltmore Hotel. 3 people were in attendance. Within 5 years, the number of members grew so large that they were able to build the first clubhouse in Oklahoma, the Kelley Club.

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

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

- Alcoholics**
- Anonymous**
- Being**
- Buttons**
- Camera**
- Change**
- Changing**
- Choices**
- Connected**
- Face**
- Fear**
- Focus**
- Format**
- Halt**
- Meetings**
- Online**
- Pandemic**
- People**
- Places**
- Saying**
- Screen**
- Sharing**
- Showing**
- Sober**
- Something**
- Strangers**
- Surface**
- Understand**
- Unfamiliar**
- Video**
- Working**
- Wrong**

Cryptic Quote

Last Month's Quote: "This sudden growth ushered in a period of awful uncertainty."—AA Comes of Age

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

**"DEXG XVKORM, GZOKO YNJ PO JE GKVXG HZOKO GZOKO QX JE
 RELO."—NX PQRR XOOX QG**

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

Birthdays

Yukon Groups

Tina 06/01/19
Tim 06/25/20
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

Monica Z. 08/29/17
Jake C. 09/25/03
Roger T. 09/10/14
Tamela S. 09/26/20
Hillary N. 09/29/20
Joey C. 09/29/20
Little Axe Group
Mark H. 06/01/19
Toby 06/28/21

Bat B. 06/28/91
Rockwell Group
Gregg M. 07/25/17
Somer 07/27/20
Jacob C. 07/17/19
Jeff C. 07/25/85

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

Dwayne P. 06/29/99
Mona R. 06/05/20
Scott T. 06/06/21
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

Attention Intergroup Reps!!

Please send your group birthdays to us for publication in the Sooner Sobriety each month

Step 9

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

“Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.”

Tradition 9

“AA as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

“AA has to function, but at the same time it must avoid those dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies.”

Concept 9

“Good leadership at all levels is indispensable for our future functioning and safety. Primary World Service leadership, once exercised by the Founders, must necessarily be assumed by the trustees.”

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Sahara Group	0	0
5th Tradition Group	0	0	Santa Fe Group	0	50.00
9th Traditions Group	165.00	385.00	Serenity Seekers	0	0
89ers—Guthrie	25.00	75.00	Shawnee Big Book	0	60.00
A Refuge South	0	0	Shawnee Fellowship	0	0
ABC Seminole	0	0	Simple Steps (Ponca)	0	0
Acceptance Group	25.00	50.00	Simply AA	0	100.00
A.W.O.L A Way of Life Group	0	898.00	Solutions Group Norman (&WiH)	0	261.00
Altered Boys	465.14	468.14	Southside Serenity Group	0	185.00
AM Attitude Adjustment Group	0	30.00	Spirit Winds Medicine Park	0	0
Arch of Freedom	0	142.33	Station 23	0	0
Ardmore Group	0	0	Straight Talkers	0	0
Barnyard Group	0	0	Sulphur AA	0	40.00
Bill and Bob's Group (Yukon)	0	0	Sundowners—Kelley Club	15.00	88.00
BYOC	107.00	207.00	Too Early Group	148.41	298.41
Choctaw Rebellion Dogs	0	112.40	Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Classen Club	0	150.00	Touchstone	0	103.34
Cordell Group	0	0	Three Legacies (Ada)	0	0
Cornerstone Group	0	64.00	Thursday Grapevine at Kelley Club	0	0
Courage to Change/Harmony	0	0	Traditions #2	0	52.00
Daily Reprieve	0	89.62	Tradition 2 (Ardmore)	0	150.00
Davis AA	0	0	TriCity Group	0	1457.04
Del City Common Welfare Group	10.00	30.00	Triangle Group Norman	0	400.06
Donations Jar at Intergroup	140.00	1153.00	Tues Night Mens Kelley	0	0
Downtown 12&12	0	1283.00	Tues Women's Group Kelley	0	0
Drexel Group	0	50.00	Turning Point (Durant)	0	0
Duncan Group	0	0	Unity Women's Group	0	1,335.00
Early Birds of OKC	0	0	Walking Our Walk (WOW)	0	0
Edmond Group	0	200.00	Way Out Group (South Penn)	0	0
Edmond Friends of Bill Group	0	600.00	Weatherford Group	0	400.00
Elgin Only Chance Group	0	0	Wed Night Women's 12x12—May	0	0
El Reno Groups	120.00	420.00	Wednesday Womens #2	0	0
Exodus House Group	0	0	Western Club AA Group	0	0
Freedom Group	0	126.36	Westside Gas Savers	0	64.00
Girls Night Out—Norman	0	0	West Side Sober Sisters	0	0
God of the Preachers	53.03	107.68	Whiskey in Milk	0	15.00
Grapevine Meeting—Noon at Kelley Club	0	20.00	WHY AA Group	0	1031.00
Guymon Main Street Group	0	0	Women's 1-2-3 Western Club (Sat)	145.00	259.70
Harmony @5:30 Group	0	0	WOW #2	0	145.72
Home Group Meeting—RH	0	0	YANA #1 Women's 10a.m.	0	0
Into Action (closed 4/2022)	0	145.00	YANA (You Are Never Alone) Yukon	0	0
Lakeshore Ladies	0	96.00			
Library Group @ All Souls	0	0	BIRTHDAY CONTRIBUTIONS*		
Little Axe Group	100.00	300.00	Pierce 1 year (Altered Boys)	0	0
Live and Let Live Group	90.25	548.75	Gene Miles	0	30.00
Love and Tolerance	0	0	Gene Elliott	0	35.00
Maine Street AA	0	0	Susan Holcomb	0	73.00
Mayfair Group	0	608.00	William Steck	0	37.00
Mid Day Group	0	400.00			
Midwest City Tinker Fellowship	0	100.00	OTHER CONTRIBUTIONS		
MOD Squad @May Club	0	750.67	Josh & Gayle	0	55.00
Monday Midday Madness + Fault Free Friday	0	310.00	Joy W.	0	100.00
Monday Night Mixed at Kelley Club	5.00	30.00	Ben W. Celebration	0	75.00
Mulligan Group	0	0	In Honor of Stephanie Snipes	0	30.00
Mustang Group	184.09	565.55	Anonymous	0	20.00
Mustard Seed	0	0	John C.	0	50.00
MWC Tinker Fellowship	0	0	Ada B.	0	50.00
New Jones Group	180.00	420.00	William M.	100.00	200.00
Norman Original Group	0	40.00	Denise L.	0	5.00
North Meridian Group	10.00	70.00	Bruce M.	0	100.00
Northside Freedom Group	0	2000.00	Joyce W.	52.00	52.00
Northside Gas Savers	0	0	David M.	25.00	
NW Central #3	193.23	343.84			
NW Journeymen	0	0	Totals	2,667.42	23,055.30
NW Nomads	0	0			
OKC Big Book Group	0	50.00			
Old Homestead Group	0	0			
Parlor Group	0	66.00			
Pauls Valley Serenity Group	0	50.00			
Pass It On	0	19.29			
Pay It Forward	0	100.00			
Phoenix Group	0	210.00			
Primary Purpose Group Norman	226.27	549.25			
Purcell Group	0	0			
Recovery Happening (Kingfisher)	0	0			
Road to Recovery	0	300.00			
Rock Bottom	0	102.00			
Rockwell Group	83.00	625.00			
Round Table	0	90.00			
Rule 62	0	0			

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

Call to Order:

Chairperson: Angela (absent) Linda opened the meeting with a moment of silence and the Serenity Prayer

Introductions of Board Members and Intergroup Staff:

Chairperson: Angela (absent)
Co-chair: Linda
Liaison: Lance
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: Tiffany

New Reps: Cassandra (Rockwell), Mandy (Alt Rep, Rockwell), Angela (Whiskey and Milk)

Birthdays: Peggy (11 years), Vickie (9 years), Conley (20 years), David (6 years), Cathy N (34 years), Tommy (9 years)

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

Treasurer Report: Laura (absent) Cathy N (filled in) – slow in sales – group contributions to Intergroup - \$4800 allowed us to end the month in the black

Other Board Reports:

Co-Chair: Linda – Sooner Sobriety – keep sending your stories of Strength, Hope and Experience

Hotline/12th Step Chair: Jared –
Take back to your group – host a 12th Step workshop
Unity Day was July 16th - Hotline workshop– 15/20 people attended – 3 new volunteers
Aug 6th – OKYPAA conference at 2pm in OKC at Wyndham Hotel
2/3rd way through updating the volunteer list

Literature Chair: David
We will be selling literature at the following events:
Sept. 11th – Area 57
November 5th in Stillwater – District 50
Weekend of November 19th – Red River Valley Rally
If you are involved in a conference call David or Intergroup and we will bring literature

Events Chair: Michelle –
Aug 20th – Intergroup Open House – Sale 10% of items – need volunteers show up at 10am
Sept. 10th – Take your sponsor to Breakfast @ Kelley Clun – need volunteers at 6am

Workshop Chair: Sydney –
July 9th – Old Homestead – Great attendance, great questions
Nothing coming up on the calendar
Liaison: Lance
Nothing to report

Manager's Report: Cathy N
Unity Day – only had to propane tank, all other expenses covered
Workshops – way to bring everyone together – take back to your groups suggestions on workshops offered Chairperson, Sponsorship and Safety
Road Trip Meeting (6 members showed) – great showing – lots of new sobriety
Tshirts are in (small – XXXL) \$19.95
GrapeVine – talks about sober travel
Womens International Conference – Dallas (Feb 2023)
Start thinking about the Intergroup board – talk to sponsor (2 years sobriety, come to events, show to up board meetings) – 4 positions opening for 2023
Thank you for showing up for the Pie Auction - \$4900 raised for Kelley Club

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

Adjournment:
Motion made to adjourn and seconded; motion passed

Gayla Nix-Wright, Intergroup Secretary

Group Updates

Meeting Changes

- ◆ Sadly, the **Tradition #2 Group** in OKC has officially shut down.
- ◆ The **Unity Group** in Lawton has closed its doors. The remaining group members suggest the Lawton Original Group as an alternative. They meet every day of the week, multiple times a day at 1210 SW F Ave (73501).
- ◆ **The Solution Sisters** in Shawnee meets Saturdays at 11am at 43005 E MacArthur (74804) in the Faith Community Church. Please enter through the front door.
- ◆ Norman Original Group has moved to 3565 McDonnell eff 8/20/22

NEW Meetings!

- ◆ The **We Are Not Saints Group** has opened in Cyril, OK! They meet at the Family Life Church at 204 W Idaho Ave (73029) on Thursdays from 6-7pm. All meetings are closed, except the last Thursday of the month, which is an open Speaker Meeting.
- ◆ The **Norman Original Group** has a new Friday 10:30-11:30am Secular meeting, studying the Grapevine Book, One Big Tent.
- ◆ The **Maine Street Group** in Enid now has THREE men's meetings on Saturday. The first is at 8am, followed by another at noon, and a third at 7pm.
- ◆ The all-new **Pass It On Group** has started a Saturday 12pm Big Book Study. It is located at 720 SE 11th Street in OKC (73129) . It is open to all!
- ◆ The **4th Dimension Group** in OKC now meets at 8701 S. Shartel on Mondays and Thursdays at 7pm, and they have a Saturday 11am Men's 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:

September 16-18,—**Osage Hills Roundup**—at Osage Hills State Park. No registration fee! To reserve a cabin, call: 918-815-2311. For more information call Alicia at 469-215-0265 or Brooke at 918-995-1716.

September 16-18,—**Gratitude Getaway 2022**—at 275 Camp Christian Lane in Chouteau. Registration \$125 (includes meals and lodging). For more info, text Amy T. at 918-808-6995

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.

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 10—**Fun in the Fellowship** “Gratitude in Action”—Starting at 9:30 am, features multiple Service Workshops, GSR and DCM schools, Fellowship and Speakers, this is located at the Western Club. Free lunch for all who attend!

September 16-18,—**Rock Creek Men's Conference**—at Camp Rock Creek in Norman, conference registration is \$100 and includes meal and lodging in cabins. For more info, please contact Warren at 405-642-6493.

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: SWRAA-SA2022@gmail.com.

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**

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Oklahoma City, OK 73107

Place
Stamp
Here