



Sooner Sobriety

Whiskey and Me

Why am I here? That question has entered my mind many, many times in the last 53 years. Since early childhood, I felt as if I missed out on what everyone else had naturally. Even when I grew up and graduated from high school, I felt Less Than. Even being the first in my family to graduate from college was not enough. I still had low self-esteem... except when I drank whiskey. It made me feel like enough. It made me feel OK, or even better than others. But whiskey took over my life and the blackout days began. I started drinking so much every day that only one or two drinks would send me into a state of drunkenness.

My job in the oilfield required driving 100,000 miles a year. I estimate that nearly half of those were driven in a blackout. I began to have trouble with my family, my job, my co-workers and friends. I began to live in fear that

I might be insane or would die in prison or a mental hospital. Thoughts of suicide entered my mind.

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.

The last few years of my drinking, I tried to quit multiple times in multiple ways. I tried switching from whiskey to beer, from beer to wine, from wine to martinis. I saw a doctor, my wife dragged me to her minister, I took pledges, promising my wife that I would quit. None of them worked.

I had lived my entire life as an agnostic. Then one night, I was stumbling around my living room, too drunk to stand. I leaned against my stereo console to keep from falling. I looked in the mirror above the stereo and I

saw what I had become. I cried out "God, help me!" That was the turning point that changed my life.

Not long after, me and my friend Paul were hiding from our wives in a barn, drinking wine. Out of the blue, I told Paul that I thought I might have a drinking problem. His eyes lit up and he said, "I've been going to AA! I know some guys who would really like to talk to you." It didn't cross my mind that he was still drinking while talking about AA! Either way, it was a start. This was just before Christmas and I knew I couldn't stay sober through the holidays, so Paul set up an appointment for me with Alcoholics Anonymous after the New Year.

I wasn't sober when Leo, Leon and Charlie came to my home and told me their stories about drinking. I identified with them, suspecting that somehow my wife had talked to

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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

them and told them my stories. It sounded like they were talking about me! After we talked, I decided I was willing to try this. They asked me if I could go without a drink for 24 hours. If I could, they would pick me up and take me to the Saturday night meeting. I had hope that they were going to teach me how to control my drinking.

I woke up Saturday morning and fought my way through the day, but I couldn't do it. I really understood that day that I couldn't control my drinking. When they picked me up I was half drunk. They took me to the meeting anyway, and I told my wife when I got home that I thought I would try this. After that first meeting, I had my last glass of whiskey and haven't had a drink since. That was 53 years ago. The date was February 1, 1969.

One day at a time, I began my journey in AA. I was still an agnostic, so I started with the Group as my Higher Power. Even though I was new, I think now that God had been with me all along, even back to those days of driving 100K miles drunk. He had heard my cry and put the right people in my life at just the right time. He then helped me turn down whiskey through cravings that lasted two years.

Through the days, my Higher Power helped me past the cravings, the doubts and the "yebbutts". I tried to do a smorgasbord of the steps, skipping back and forth, saying, "Yebbut, I'm different, I don't need to take inventory or tell someone else my faults." After two years of this, I went to a Friday night

speaker's meeting. The speaker, Henry, told his story, which was very similar to mine. Henry said he had been in AA many years, but he could only stay sober 2 years at a time. He refused to take Steps 4 and 5 because of fear and would end up drinking again. Once he finally took Steps 4 and 5, he lost the craving and was now 7 years sober. I believe God was speaking to me through

"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."

Henry that night.

The next morning, I went down to the clubhouse, into a quiet secluded space and took Step 3 for the first time ever. I knew then how Bill W. must have felt when he had his burning bush experience. I immediately had the desire to begin writing my inventory. I finished Step 4 in about 4 hours and immediately wanted to tell someone. I went to the payphone in the clubhouse and let my fingers do the walking through the yellow pages. I found a church and dialed the number. A man answered, "My name is Father Schwartz, may I help you?" I started explaining what I needed with Step 5 and he stopped me, saying, "I was just transferred to this church last week from a church in Kansas City, where I helped the AA groups there with Step 5. I know

what you need". So, my Higher Power had once again come to my rescue with what I needed. I made an appointment and did my Fifth Step that week. Even though I wasn't Catholic, or even a Christian, Father Schwartz broke the rules and gave me the Right of Absolution. I didn't know it at the time, but God removed the craving from me that day and to date, it has not returned.

One of my stepdaughters recently asked my wife and I to keep her dog for a couple of weeks. He is a small, very active mixed breed, who is very friendly, with a strong personality. He and I bonded immediately. He loved standing up by my chair and laying his head on my knees. He laid in my lap when I let him. He would stay on command. I could have taught him tricks, I think. It finally occurred to me that he was giving me unconditional love. Just the kind that God has given me all along, despite my "yebbutts", doubts and resistance to our program, even a resistance to a Higher Power.

I believe I now have the answer to why I am here. I think God wants me to give that same unconditional love to Him, my family, my friends, and AA.

By the way, the dog's name is "Whiskey"!

Larry E., Mustang Group,
02/01/1969



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

May, 1940 – The Cleveland AA Group meets for the first time, separate from the Oxford Group.

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

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

- Began**
- Being**
- Better**
- Blackout**
- Childhood**
- College**
- Drank**
- Drinking**
- Drunkenness**
- Early**
- Else**
- Enough**
- Entered**
- Esteem**
- Everyone**
- Except**
- Family**
- First**
- Graduated**
- Grew**
- High**
- Less**
- Mind**
- Missed**
- Naturally**
- Others**
- Question**
- School**
- Self**
- Started**
- State**
- Whiskey**

Cryptic Quote

Last Month's Quote: "So, the Traditions were generated, but they had to be published."—Our Great Responsibility

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

"GPO AMEAUG MB XCSEX HCGPMKG TGLCEXT HNT PNLW GM

KEWOLTGNEW."—WNCQI LOBQOAGCMET

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

Birthdays

Yukon Groups

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
 Elvis 05/03/95

Tri-City

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

Paul G. 04/05/95
 Sereta R. 04/18/11
 Sloan A. 04/26/15
 Ron R. 04/10/17
 Ray F. 04/01/21
 Sherri P. 04/05/21
 Pat K. 05/18/84
 Terry T. 05/09/90
 Tom W. 05/30/90
 Lance N. 05/27/08
 Harold C. 05/05/14
 Angie T. 05/26/15

Dominique 05/23/18
 Mikey 05/28/18
 Robert H. 05/19/20
 Kaci B. 05/22/90
 Eileen S. 05/23/21

Rockwell

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 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

“What are we likely to receive from Step Five? For one thing, we shall get rid of that terrible sense of isolation we’ve always had.”

Tradition 5

“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”

“Better to do one thing supremely well than many badly, That is the central theme of this Tradition.”

Concept 5

“Throughout our World Service structure, a traditional ‘Right of Appeal’ ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.”

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Road to Recovery	0	300.00
4th Dimension YP Group	0	0	Rockwell Group	127.00	293.00
5th Tradition Group	0	0	Rule 62	0	0
9th Traditions Group	220.00	220.00	Sahara Group	0	0
89ers—Guthrie	25.00	50.00	Santa Fe Group	0	50.00
A Refuge South	0	0	Serenity Seekers	0	0
ABC Seminole	0	0	Shawnee Big Book	0	30.00
Acceptance Group	0	0	Shawnee Fellowship	0	0
A.W.O.L A Way of Life Group	0	898.00	Simple Steps (Ponca)	0	0
Altered Boys	0	3.00	Simply AA	0	0
Arch of Freedom	0	90.33	Solutions Group Norman (&WiH)	0	0
Ardmore Group	0	0	Southside Serenity Group	0	185.00
Barnyard Group	0	0	Spirit Winds Medicine Park	0	0
Bill and Bob's Group (Yukon)	0	0	Station 23	0	0
BYOC	0	0	Straight Talkers	0	0
Choctaw Rebellion Dogs	0	0	Sulphur AA	20.00	20.00
Classen Club	60.00	90.00	Sundowners—Kelley Club	16.00	73.00
Cordell Group	0	0	Too Early Group	0	0
Cornerstone Group	0	0	Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Courage to Change/Harmony	0	0	Touchstone	0	0
Daily Reprieve	0	0	Three Legacies (Ada)	0	0
Davis AA	0	0	Thursday Grapevine at Kelley Club	0	0
Del City Common Welfare Group	0	10.00	Traditions #2 (Ardmore)	50.00	100.00
Donations Jar at Intergroup	310.00	550.00	TriCity Group	0	670.13
Downtown 12&12	1283.00	1283.00	Triangle Group Norman	75.00	275.00
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	0	200.00	Unnamed Women's Group	0	0
Edmond Friends of Bill Group	0	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	180.00	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	Whiskey in Milk	15.00	15.00
Home Group Meeting—RH	0	0	WHY AA Group	0	466.60
Into Action	0	0	Women's 1-2-3 Western Club (Sat)	0	114.70
Lakeshore Ladies	0	5.00	WOW #2	0	0
Library Group @ All Souls	0	0	YANA #1 Women's 10a.m.	0	0
Little Axe Group	0	100.00	YANA (You Are Never Alone) Yukon	0	0
Live and Let Live Group	58.25	243.48			
Love and Tolerance	0	0	BIRTHDAY CONTRIBUTIONS*		
Maine Street AA	0	0	Pierce 1 year (Altered Boys)	0	0
May Club Women's Meeting	0	0	Gene Miles	0	30.00
Mayfair Group	100.00	300.00	Gene Elliott	35.00	35.00
Mid Day Group	200.00	200.00			
MOD Squad @May Club	600.00	750.67	OTHER CONTRIBUTIONS		
Monday Midday Madness + Fault Free Friday	10.00	310.00	Josh & Gayle	0	55.00
Monday Night Mixed at Kelley Club	5.00	15.00	Joy W.	0	100.00
Mulligan Group	0	0	Ben W. Celebration	0	75.00
Mustang Group	0	328.46	In Honor of Stephanie Snipes	30.00	30.00
Mustard Seed	0	0	Anonymous	20.00	20.00
MWC Tinker Fellowship	0	0	John C.	50.00	50.00
Newcastle Group	0	0			
New Jones Group	0	180.00	Totals	3,490.25	10,289.53
Norman Original Group	10.00	10.00			
North Meridian Group	10.00	30.00			
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	66.00	66.00			
Pauls Valley Serenity Group	0	50.00			
Pay It Forward	0	0			
Phoenix Group	35.00	105.00			
Primary Purpose Group Norman	0	0			
Purcell Group	0	0			
Recovery Happening (Kingfisher)	0	0			

*** 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: Angela (absent)
Co-chair: Linda
Liaison: Martha
Secretary: Gayla
Treasurer: Laura
Hotline/12th step Chair: Jared
Literature Chair: David
Events Chair: Michelle
Workshops Chair: Sydney C
IG Manager: Cathy N
IG Staff: Tiffany

New Reps/Birthdays: Trey Feb 20th 3 years, Tracy 1yr, March 9th, Levister 15yrs- March 28th, Gayla - 4 years

Secretary Report: Gayla Nothing to report (no meeting in Feb) – minutes from board meeting in packets

Treasurer Report: Laura -

Other Board Reports:

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

Hotline/12th Step Chair: Jared – hotline / 12th step workshop – N. Meridian on March 19th – received volunteers for hotline

Need volunteers for 12th step and hotline

Announced at Area 10, 20, 50, 70, 80 - need volunteers to service all Areas – go back to groups, bring workshop, provide pizza

Suggested that we hold workshops – call the clubhouse and ask for volunteers

Literature Chair: David – March 6th – literature sold at Area

May 7th at corrections (sell literature)

Events Chair: Michelle – April Open House at Intergroup – asked for volunteers

Unity Day – July 16th at Kelley Club, Open House

Take your sponsor to breakfast in September

Flyers and Volunteers

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

Liaison: Martha – been to several meeting – promoting Intergroup

Manager's Report: Cathy N

Grapevines still needed – bring Intergroup – we send to corrections

Calls received for 8am meetings – Any groups with one or interested in having one?

Make sure meeting are listed correctly – all details are important (open, closed, big book, etc)

Church vacant – NE 10th and Grand – if need a meeting place

Need help to answer the phones at Intergroup during hours 9am – 5pm – 2-time hour slots – subs to fill in – no sobriety requirements – Starting in May

– every Monday 3pm to 5pm (open spot)

Intergroup come hold workshops

City Wide – once a month – great event, large space

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

Facebook great resource for upcoming events

New Business:

Asked for any events

Sat April 2nd at 9:00am @Tri-City – Pancake Breakfast

Replace Liaison on the board -

7th Tradition:

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

Adjournment:

Motion made to adjourn and seconded; motion passed

Group Updates

Meeting Changes

- ◆ **The Little Axe Group** is meeting in the same location, now called the Thunderbird Express. They meet on Tuesday through Thursday at 6pm for an open Big Book study, an open 12&12 meeting, and an open Living Sober meeting. They also meet Saturday morning at 9am for an open discussion meeting and Sunday at 5pm (not 6pm) for an open Speaker meeting. The last Sunday of the month is their Eat and Speak meeting.
- ◆ **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).

NEW Meetings!

- ◆ 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 **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 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:

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**.

July 30, 2022—**State Sponsored Workshop in Chickasha**—A Grapevine and Treatment Workshop, being held at the Epworth United Methodist Church at 320 S 4th St. Fellowship begins at 9:30am, followed by the workshop at 10am. There will be a Potluck Lunch with meat provided. Please bring a side or dessert. For more info, contact Diane W. at 918-955-1554.

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!!

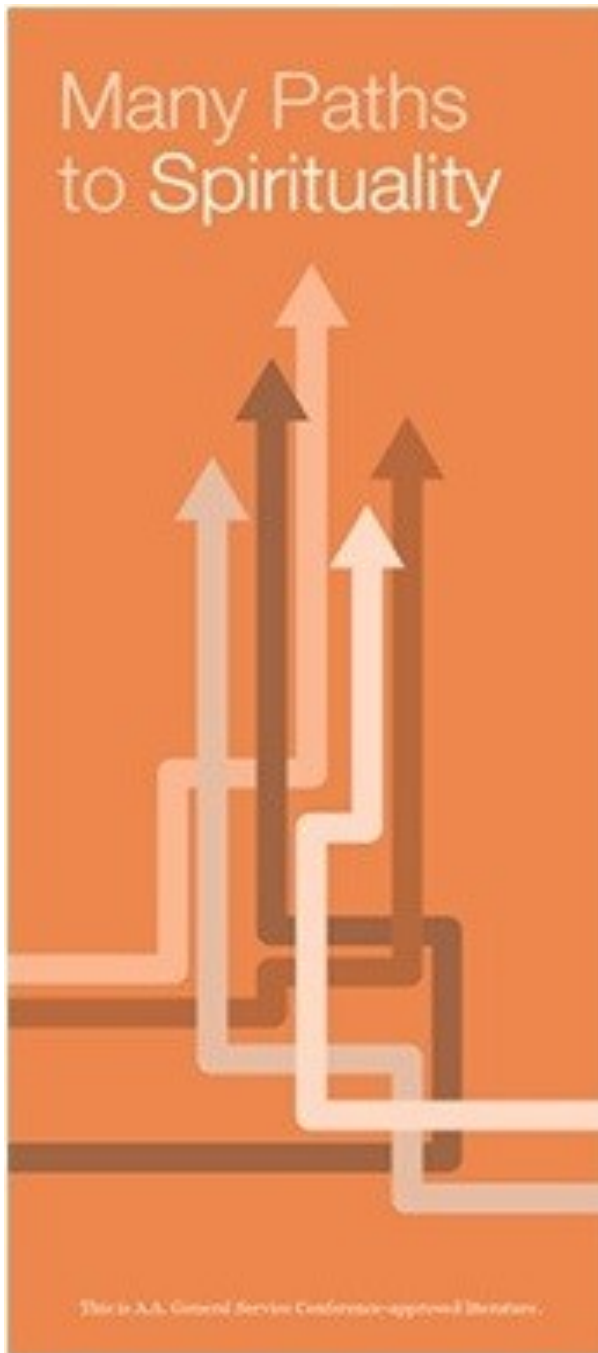
Local:

May 7th, 2022—**Oklahoma Corrections Conference**—at the Cole Community Center at 4400 NW Expressway. Speakers to include Jen B from New Jersey, Bob D from Ohio, and many more. A very special handmade Big Book cover to be given out to one registrant—Made by an AA member currently incarcerated.

July 15th, 2022—**Kelley Club Pie Action**—”Join us for a fun filled evening and a great cause.” Dinner at 6:00, Pie Auction at 6:30, followed by fellowship and speaker, Willie Mc from the May Club at 8:15

August 5-7, 2022—**OKYPAA 40**—”In the Sunlight at Last” The Oklahoma Conference of Young People in Alcoholics Anonymous will be held at the Wyndham Garden at 2101 S Meridian Ave in OKC. There will be speakers, a pool party, yoga, and a silent disco plus much more. Register at OKYPAA40.com.

Pamphlet of the Month:



This pamphlet begins with the newcomer to Alcoholics Anonymous. It says that they “are approaching AA at the rate of tens of thousands yearly. They represent almost every belief and attitude imaginable.” It then goes on to spell out the misconception that AA is a religious organization. In time it explains how, instead, Alcoholics Anonymous is a spiritual program. And finally, the pamphlet uses member’s reflections to point out the “Many Path to Spirituality.” From the lifelong Catholic, to the Native American to the Agnostic and more, members outline how they experience spirituality in the rooms. And for some, it is simply AA itself:

“AA, I believe is truly universal, and this conscience that has changed the lives of so many, and continues saving the lives of so many more is worthy of my devotion. I have never seen or felt anything more spiritual than what I witness when I see the transformation that takes place as people begin to live this way of life.”

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.
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