



Sooner Sobriety

My Milkshakes Bring Me to Reality Hard

This is the story of my roundabout journey to a real, solid step one. I was about four months sober, after resetting my sobriety over something I had deep down suspected was a technicality at the behest of my sponsor. I was moderately sure I was an alcoholic, though I came in young at the age of twenty, after having my first drink only four years prior. It was a Tuesday evening, I had just gotten out of an AA meeting, and went with nearly the entire group to a nearby burger joint. It was a good meeting, all was well, and I felt in high spirits, and close to the people around me, which for someone like me is one of the best feelings imaginable. We ordered food, and I ordered a milkshake along with my burger. The name of the milkshake was "The Queen," which I felt was fitting given that I am a gay man. The waitress responded "You mean, the Evil Queen?" To which I replied with an over exag-

gerated "Yaaaaa," figuring I had misread the name. We get our food, and I get my milkshake, and I remember not much liking the taste, but I drank it anyway.

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.

After I was about halfway through, I remember thinking to myself that actually, this was a really good milkshake. The thought came to me that maybe I should have another, which was such a bizarre thought, and I would prefer to fit into the jeans I had just bought, so I didn't order a second. Afterwards, I drove my sponsor home. He had just had surgery, so I was at the wheel, and I started feeling unwell. Like panicky, nauseated, short of breath, and

grumpy, which was very odd. Talking with my sponsor, I figured I'd just had too much sugar, and too long of a day, and I tried to put my thoughts at ease. On my drive home, now alone, my brain started racing. I started thinking how easy it would be to stop by a bar on my way home, or at least go buy some beer from a gas station. I started panicking, this was the very first time since the night I came into AA that I'd ever had this intense of a craving. Maybe I wasn't doing my stepwork right, and God had abandoned me. I thought, "Wait, nope, hold on Crazy, God, help! And begun to pray like my life depended on it (and really it did).

The thought came to me to call my sponsor, even though he was probably asleep, this is what sponsors are for. So I called him, and he woke up and talked to me all the way home, having no more idea

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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 Milkshakes Bring Me to Reality Hard

than I about why this was happening. He talked to me till I got home to my roommates, who took over from there until I was able to get to sleep. In the morning I woke up and thanked God for keeping me sober. I assumed it was some kind of fluke, but it scared the hell out of me, so I made sure to pray and do my stepwork.

“Self knowledge will not keep me sober, but it doesn’t hurt. I now had irrefutable proof of what happens when any amount of alcohol enters my body.”

Days, weeks, months went by, and eventually our group went back to the same burger place after a meeting. I opened the menu, and I saw the milkshake menu, I shuddered, figuring since that event that milkshakes don’t agree with my physiology. And I saw, on the left side, their regular milkshakes, including The Queen, and on the right, their “Boozy Milkshakes” menu, listing the “Evil Queen.” My heart just about stopped when suddenly that night months ago made a whole lot more sense. I did not order a milkshake that night. I couldn’t believe I hadn’t drawn the connection, I just didn’t believe it was possible to accidentally order an alcoholic beverage after an AA meeting, and unknowingly drink it literally while fellowshiping with my AA group. But crazier things have happened to less crazy people. Unsettling as this story is, it ended up being one of the great-

est gifts to my sobriety.

Self knowledge will not keep me sober, but it doesn’t hurt. I now had irrefutable proof of what happens when any amount of alcohol enters my body. A perfect control study. At the height of a pink cloud of early sobriety, even a small amount of alcohol sends me right into an obsessive frenzy, craving another drink. A non-alcoholic, plain and simple, would not have reacted the way I did.

This memory has been a great asset to me, at times when I consider to myself how I’ve been sober longer than I ever drank for, still an alcoholic. Or gosh, I’m so much happier than I was, surely I wouldn’t drink the way I used to?

Nope, still an alcoholic. My milkshake incident has been the firmest bedrock on which I’ve built my first step. I have concrete evidence, to affirm that I am a real alcoholic and am powerless over the effects any amount of alcohol has on my body. It’s been years since then, and I’ve never since doubted my alcoholism. I’ve also completely lost my appetite for milkshakes, and haven’t had one since.



Coming Up...



OHS Campout



When? June 17th-20th!

Where? Zoom Beach Pavilion at Lake Thunderbird

Featuring:

Nightly Campfire Meetings

Saturday Night Cookout with Hotdogs and Hamburgers

Tent camping: \$14 RV camping \$35

Call Keith P. for questions

405-606-5222

This month in AA History

June, 1935 – Bill and Dr. Bob meet Bill D., a “devil-may-care chap,” (AA number 3) for the first time.

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

Alcoholic

Behest

Burger

Entire

Evening

Four

Gotten

Group

Having

Joint

Journey

Meeting

Milkshakes

Moderately

Months

Nearby

Prior

Resetting

Roundabout

Sober

Sobriety

Something

Sponsor

Step

Story

Sure

Suspected

Technically

Tuesday

Twenty

Years

Young

Cryptic Quote

Last Month's Quote: "The concept of giving without strings was hard to understand." —Daily Reflections

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

"JF'O OUUJZX W VWFUCNJIWC FBCZ JZFD W MBFFUCAIQ."

—VRWU FD MULJUPU

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

Birthdays

Yukon Groups

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
Tina 06/01/19
Tim 06/25/20
Chris B. 07/08/20
Kori 07/10/20
Norman 07/27/17

Tri-City

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
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

El Reno

Tom 04/15/15
Gary 04/17/15
Bert 04/20/12
Jason 04/20/16
Chelsea 04/20/21



Attention Intergroup Reps!!

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

Step 6

“Were entirely ready to have God remove all these defects of character.”

“He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults...has indeed come a long way spiritually.”

Tradition 6

“An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

“We saw as never before that we could not lend the AA name to any cause other than our own.”

Concept 6

“The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.”

“Let us therefore make a more specific examination of the need of a wide latitude of administrative freedom for the Trustees of the General Service Board.”

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Road to Recovery	0	300.00
4th Dimension YP Group	0	0	Rock Bottom	102.00	102.00
5th Tradition Group	0	0	Rockwell Group	83.00	376.00
9th Traditions Group	0	220.00	Round Table	15.00	15.00
89ers—Guthrie	0	50.00	Rule 62	0	0
A Refuge South	0	0	Sahara Group	0	0
ABC Seminole	0	0	Santa Fe Group	0	50.00
Acceptance Group	25.00	25.00	Serenity Seekers	0	0
A.W.O.L A Way of Life Group	0	898.00	Shawnee Big Book	0	30.00
Altered Boys	0	3.00	Shawnee Fellowship	0	0
Arch of Freedom	0	90.33	Simple Steps (Ponca)	0	0
Ardmore Group	0	0	Simply AA	0	0
Barnyard Group	0	0	Solutions Group Norman (&WiH)	0	0
Bill and Bob's Group (Yukon)	0	0	Southside Serenity Group	0	185.00
BYOC	0	0	Spirit Winds Medicine Park	0	0
Choctaw Rebellion Dogs	112.40	112.40	Station 23	0	0
Classen Club	0	90.00	Straight Talkers	0	0
Cordell Group	0	0	Sulphur AA	0	20.00
Cornerstone Group	0	0	Sundowners—Kelley Club	0	73.00
Courage to Change/Harmony	0	0	Too Early Group	150.00	150.00
Daily Reprieve	0	0	Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Davis AA	0	0	Touchstone	0	0
Del City Common Welfare Group	0	10.00	Three Legacies (Ada)	0	0
Donations Jar at Intergroup	200.00	750.00	Thursday Grapevine at Kelley Club	0	0
Downtown 12&12	0	1283.00	Traditions #2 (Ardmore)	25.00	125.00
Drexel Group	50.00	50.00	TriCity Group	0	670.13
Duncan Group	0	0	Triangle Group Norman	0	275.00
Early Birds of OKC	0	0	Tues Night Mens Kelley	0	0
Edmond Group	0	200.00	Tues Women's Group Kelley	0	0
Edmond Friends of Bill Group	300.00	600.00	Turning Point (Durant)	0	0
Elgin Only Chance Group	0	0	Unity Women's Group	1083.83	1083.83
El Reno Groups	60.00	240.00	Walking Our Walk (WOW)	0	0
Exodus House Group	0	0	Way Out Group (South Penn)	0	0
Freedom Group	126.36	126.36	Weatherford Group	0	400.00
Girls Night Out—Norman	0	0	Wed Night Women's 12x12—May	0	0
God of the Preachers	0	0	Wednesday Womens #2	0	0
Guymon Main Street Group	0	0	Western Club AA Group	0	0
Harmony @5:30 Group	0	0	Westside Gas Savers	64.00	64.00
Home Group Meeting—RH	0	0	West Side Sober Sisters	0	0
Into Action (closed 4/2022)	140.00	145.00	Whiskey in Milk	0	15.00
Lakeshore Ladies	96.00	96.00	WHY AA Group	565.00	1031.00
Library Group @ All Souls	0	0	Women's 1-2-3 Western Club (Sat)	0	114.70
Little Axe Group	0	100.00	WOW #2	0	0
Live and Let Live Group	112.00	355.48	YANA #1 Women's 10a.m.	0	0
Love and Tolerance	0	0	YANA (You Are Never Alone) Yukon	0	0
Maine Street AA	0	0			
May Club Women's Meeting	0	0	BIRTHDAY CONTRIBUTIONS*		
Mayfair Group	105.00	405.00	Pierce 1 year (Altered Boys)	0	0
Mid Day Group	0	200.00	Gene Miles	0	30.00
MOD Squad @May Club	0	750.67	Gene Elliott	0	35.00
Monday Midday Madness + Fault Free Friday	0	310.00	Susan Holcomb	73.00	73.00
Monday Night Mixed at Kelley Club	0	15.00	William Steck	37.00	37.00
Mulligan Group	0	0			
Mustang Group	0	328.46	OTHER CONTRIBUTIONS		
Mustard Seed	0	0	Josh & Gayle	0	55.00
MWC Tinker Fellowship	0	0	Joy W.	0	100.00
Newcastle Group	0	0	Ben W. Celebration	0	75.00
New Jones Group	60.00	240.00	In Honor of Stephanie Snipes	0	30.00
Norman Original Group	10.00	20.00	Anonymous	0	20.00
North Meridian Group	10.00	40.00	John C.	0	50.00
Northside Freedom Group	10	0	Ada B.	50.00	50.00
Northside Gas Savers	0	0			
NW Central #3	0	150.61	Totals	3,689.59	13,942.12
NW Journeymen	0	0			
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			
Pay It Forward	0	0			
Phoenix Group	35.00	140.00			
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

Co-chair: Linda

Liaison: Vacant

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/Birthdays: Kaylee – Touchstone Women's (new rep), Rays– 3 years, Angela – 5 years, Chelsea – 1 year

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

Treasurer Report: Laura (absent) - \$14k in sells, expenses \$10k plus = operating the black for the year

Other Board Reports:

Co-Chair: Linda – sooner sobriety stories backlogged – keep them coming and ask for more stories

Hotline/12th Step Chair: Jared – May 1st @ Old Homestead – 6pm

Intergroup can take workshops - mention this to your groups

Need volunteers for 12th step and hotline

Literature Chair: David –

April 30th – 10% off literature at Open House

May 7th at corrections conference @Cole Community Center (sell literature)

Events Chair: Michelle – April 30th Open House at Intergroup – asked for volunteers – 11am to 2pm

Unity Day – July 16th at Kelley Club (District 10, Area 20, Intergroup join forces)

Take your Sponsor to Breakfast – September 10th

Workshop Chair: Sydney – May 7th El Reno Chairperson, June 11th Western Group

Liaison: Vacant

Manager's Report: Cathy N

Purchased Grill for Take your Sponsor to Breakfast

Go to events page on Intergroup.Org for upcoming events

Facebook – great resources – closed group

Grapevines still needed or old Sooner Sobriety – bring Intergroup – we send to corrections

8 events in May in OKC – something to do

Open House Saturday – come and eat

Gratitude Getaway Flyer – Women Only

Western Club – Founders Day – June

Corrections Conference – May 7th

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

Pie Auction – July 15th @ Kelley Club

Unity Day – July 16th @Kelley Club

New Business:

New liaison – Lance – Tri City – Voted in

Announcements:

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 Midwest City Tinker Group** has not moved—however the church name has changed. It is now the All Saints Lutheran Church.
- ♦ **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.
- ♦ 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:

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.

Local:

June 17-20, 2022—**OHS Campout**—Featuring nightly campfire meetings and a Saturday Night Cookout with Hotdogs and Hamburgers. Tent camping \$14 RV camping \$35. Call Keith P. for more info—405-606-5222

July 8-9, 2022—**Red Dirt Roundup** “A Long Period of Reconstruction”—Fantastic lineup of Speakers from across the country. Held at the Holiday Inn & Suites at 6200 N. Robinson in OKC. Registration—\$25 Hotel—\$84 per night. Ref code: Red Dirt Roundup

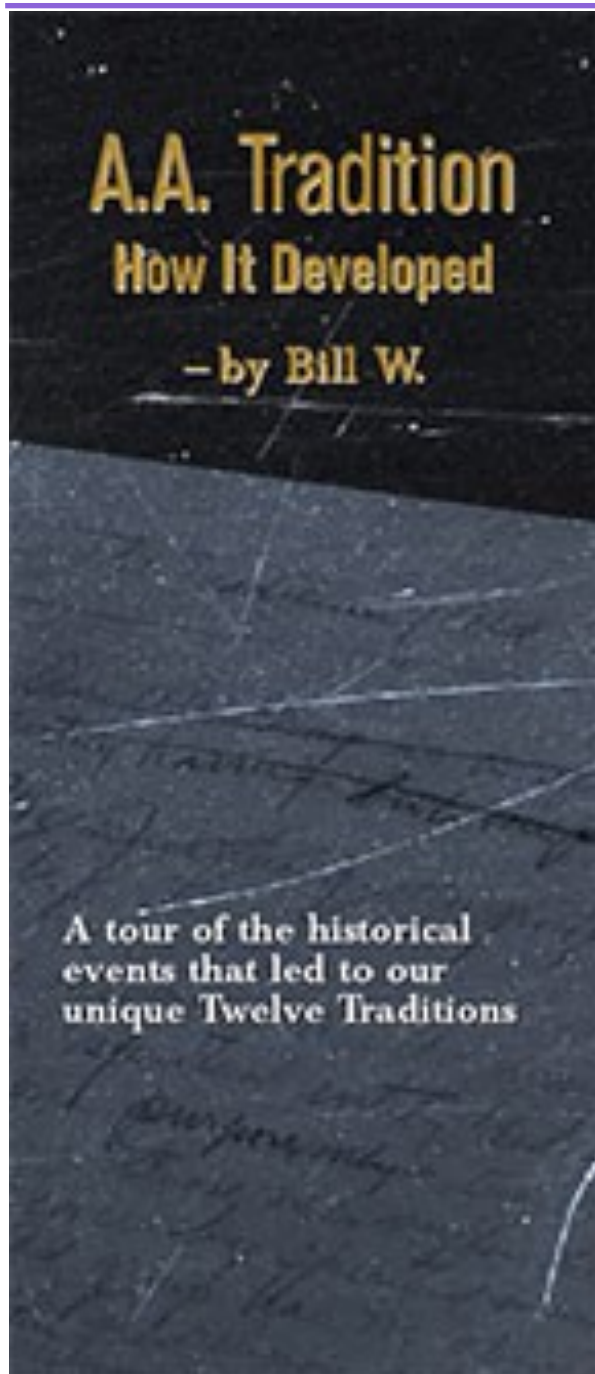
July 15th, 2022—**Kelley Club Pie Action**—”Join us for a fun filled evening and a great cause.” Dinner at 6:00, Pie Auction at 6:30, followed by fellowship and speaker, Willie Mc from the May Club at 8:15

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.

September 10, 2022—**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!

October 7-9, 2022—**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: SWRAASA2022@gmail.com.

Pamphlet of the Month:



"If, as AA members, we can each refuse public prestige and renounce any desire for personal power; if, as a movement, we insist on remaining poor, so avoiding disputes about extensive property and its management; if we steadfastly decline all political, sectarian, or other alliances, we shall avoid internal division and public notoriety; if, as a movement we remain a spiritual entity concerned only with carrying our message to fellow sufferers without charge or obligation; then only can we most effectively complete our mission....Thus far we have succeeded because we have been different. May we continue to be so!"

These words, written by Bill W., are part of the foreword to the pamphlet on how the 12 Traditions of Alcoholics Anonymous developed. It is comprised of little essays on different aspects of the Traditions, with an especially heavy emphasis on the topic of Anonymity.

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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