



Sooner Sobriety

Shortcomings

I am very grateful for the shortcomings I have, the character defects in my personality. These flaws remind me that I am not a perfect individual. By not being perfect, I allow myself room for growth. One of the best things that I have learned about life is I always have the opportunity to grow and learn ways to be a better version of me. One tool to help me recognize my flaws is the “defect bucket.” Once I am able to recognize my defective qualities, I make a list of them. After I have this list made, I get some popsicle sticks and begin the defect bucket process. This bucket consists of sticks, on which each stick, one side has flaws, and the other side has an opposite positive character trait. Each day when I start my day I grab a stick, see what it says and I ask God to please help me to be aware, and apply more of the positive trait and less of the negative trait. God is definitely full of wis-

dom; he seems to always tie a lesson to what the stick is and as I ask, I shall receive. I get the opportunity to learn life lessons as I grow into becoming a better person.

ATTENTION READERS!!

Our backlog of stories is starting to dwindle. Please think about sharing your Experience, Strength, & Hope with us

Thank you, God, for allowing me to be able to recognize my flaws today. I am grateful God has blessed me to be able to recognize and accept my flaws today. I thank God every day for allowing me to be able to accept the fact that I am not perfect. I thank God I am aware of learning through spiritual experiences to become a better version of myself. I thank God for the willingness to continue to apply the spiritual principles I have learned which help me

I Didn't Fit In

grow as an individual and also help my relationship with God grow. More will always be revealed; it is my job to make sure I am willing to be aware of what is being revealed to me. Today I know there are no coincidences in life, but many spiritual experiences in life, and I GET to have an opportunity to live and enjoy life.
Benjamin P., Roundtable

I Didn't Fit In...

From the age of 10 I didn't feel like I fit in. I had just moved back to Oklahoma from Washington State and had a hard time making friends. When I was around 13, I started drinking and using light outside issues. It was the first time that I felt comfortable in my own skin, and that I could talk to other people around me, I was always thinking about the future or the past but when I drank it all faded away. There were no problems and it took away the anxiety that I lived with. It took

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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

I Didn't Fit In

about 7 years before my drinking started becoming heavier. I was partying every weekend and into the week. I didn't understand why I liked life more when I was using as opposed to when I was sober. It was around this time that I had a miscarriage with my High School boyfriend and chose to get with a man who drank like I did.

I got pregnant with my daughter, then I married the man I broke up with my High School boyfriend for. We were selling outside issues and partying way more than we should have been. That didn't change even after we moved into a newly remodeled house. I felt like we were doing what we were supposed to do, but I also felt empty inside until I was drinking or using. I got pregnant again and had a baby boy. When he was three weeks old he had pyloric stenosis surgery. The doctors had to fix the pylorus muscle because it was blocking food from going into the small intestine. It was extremely scary and very stressful to go through with him. He lost half of his body weight and could have died. I would like to say my son making it through that was enough to keep me from drinking, but it didn't.

I went on drinking and would hide it from my husband. I don't think I was hiding it well because I am sure that my husband knew about it. He didn't mind though because he was drinking and using just as much as I was. I gained a lot of weight so I switched from beer to liquor because it had no calories, since that was the problem. I started working out and lost 65 pounds

and was feeling great about myself, but I still had a hole that I was filling with substances. I had lost myself and my higher power. I was stuck in my own head with no way to get out. I ended up going to jail for one night, but I was already in a prison in my mind. Luckily, I knew where to go when I got out and I quit drinking and using the day. It was a few days later that I walked into AA.

"This program helps me see how my higher power is working in my life."

Everyone in the room was laughing and enjoying themselves. I remember feeling like I wanted to be where they were at in their lives. I wanted their happiness. I had no one in my life in a very long time. It didn't take me long to get out of the anxiety and depression that I had put myself in. I divorced my husband at that time because he was on a different path than I was. My life was going well and I was on the right track, but I ended up quitting AA because I met another guy. I started using outside issues but was proud of myself for not drinking during that time. I made my way back into AA and received another 24 hour chip. I didn't stay with the program but was able to stay sober since then. I was so dry I could have caught fire, but I was trying to use the church, which didn't work out for me. My second husband was us-

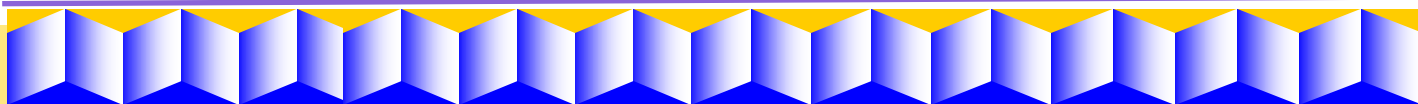
ing outside issues so after a long time I finally got up the courage to kick him out. I didn't think I had the strength to do that, but we divorced shortly after.

The same day that I had my second ex-husband leave I was back at my home group of AA. I knew exactly where I needed to go and was welcomed back with open arms. It was exactly as I remembered it. I have become very active in the program since coming back and I have so much less anxiety than when I came back in. I was so scared that I jumped at everything. That has gone away tremendously because of this program. I know without a shadow of a doubt that my higher power has been with me all the days of my life whether I knew it or not. This program helps me see how my higher power is working in my life. I have made it through school to become an elementary school teacher. My graduation date was in April and I now have a bachelor's degree which I never thought would happen. I owe everything to my higher power and the program of AA. It is such a wonderful program that keeps me sober the more I keep coming back. I have real friends like I have never had before who will go above and beyond for me. I can't believe how loved I feel because of this program. It has truly saved my life and the lives of millions of other people.

Ashley J., El Reno



Coming Up...



OKC Intergroup Presents:

UNITY DAY!!!

SATURDAY, July 16th, 2022

10:00am to 2:00pm

At the Kelley Club

2300 N. Kelley Ave, OKC

LUNCH INCLUDED!

Sides and Desserts appreciated

SPEAKER: Lance R., Tri-City

This month in AA History

July, 1938 – Dr. Esther, a member in Baltimore, suggests that Bill get a “number one physician” in the field of alcoholism to write an introduction for the book, *Alcoholics Anonymous*. Dr. William D. Silkworth writes a letter for Bill to use. It concluded with the words: “You may absolutely rely on anything they say about themselves.”

For more info on the events above, please check out the following books available at Intergroup:

[AA Comes of Age](#)

[Pass It On](#)

[Dr. Bob and the Good Oldtimers](#)

Word Search

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

- Allow
- Always
- Apply
- Aware
- Better
- Blessed
- Bucket
- Character
- Defects
- Flaws
- Grateful
- Growth
- Individual
- Learned
- Lessons
- Myself
- Negative
- Opportunity
- Opposite
- Perfect
- Personality
- Positive
- Qualities
- Recognize
- Remind
- Shortcomings
- Sticks
- Tool
- Trait
- Version
- Willing
- Wisdom

Cryptic Quote

Last Month's Quote: "It's seeing a caterpillar turn into a butterfly."—*Came to Believe*

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

"BLMMLA JB WLMD JD NYX YRBNE YXRMN, NYX VKS BRA TLXB."

—KJOJDT BLWXM

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

Lanita B. 08/06/17
Jeff M. 08/11/17
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



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

Attention Intergroup Reps!!

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

Step 7

“Humbly asked Him to remove our shortcomings.”

“A great turning point in our lives came when we sought for humility and something we really wanted, rather than as something we *must* have. It marked the time when we could commence to see the full implication of Step Seven.”

Tradition 7

“Every AA group ought to be fully self-supporting, declining outside contributions.”

“Self-supporting alcoholics? Who ever heard of such a thing? Yet we find that’s what we have to be. This principle is telling evidence of the profound change that AA has wrought in all of us.”

Concept 7

“The Charter and the By-laws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the AA purse for final effectiveness.”

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Phoenix Group	0	140.00
4th Dimension YP Group	0	0	Primary Purpose Group Norman	0	0
5th Tradition Group	0	0	Purcell Group	0	0
9th Traditions Group	0	220.00	Recovery Happening (Kingfisher)	0	0
89ers—Guthrie	0	50.00	Road to Recovery	0	300.00
A Refuge South	0	0	Rock Bottom	0	102.00
ABC Seminole	0	0	Rockwell Group	83.00	459.00
Acceptance Group	0	25.00	Round Table	0	15.00
A.W.O.L A Way of Life Group	0	898.00	Rule 62	0	0
Altered Boys	0	3.00	Sahara Group	0	0
AM Attitude Adjustment Group	20.00	20.00	Santa Fe Group	0	50.00
Arch of Freedom	52.00	142.33	Serenity Seekers	0	0
Ardmore Group	0	0	Shawnee Big Book	0	30.00
Barnyard Group	0	0	Shawnee Fellowship	0	0
Bill and Bob's Group (Yukon)	0	0	Simple Steps (Ponca)	0	0
BYOC	100.00	100.00	Simply AA	100.00	100.00
Choctaw Rebellion Dogs	0	112.40	Solutions Group Norman (&WiH)	0	0
Classen Club	30.00	120.00	Southside Serenity Group	0	185.00
Cordell Group	0	0	Spirit Winds Medicine Park	0	0
Cornerstone Group	0	0	Station 23	0	0
Courage to Change/Harmony	0	0	Straight Talkers	0	0
Daily Reprieve	0	0	Sulphur AA	0	20.00
Davis AA	0	0	Sundowners—Kelley Club	0	73.00
Del City Common Welfare Group	10.00	20.00	Too Early Group	0	150.00
Donations Jar at Intergroup	73.00	823.00	Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Downtown 12&12	0	1283.00	Touchstone	103.34	103.34
Drexel Group	0	50.00	Three Legacies (Ada)	0	0
Duncan Group	0	0	Thursday Grapevine at Kelley Club	0	0
Early Birds of OKC	0	0	Traditions #2	27.00	27.00
Edmond Group	0	200.00	Tradition 2 (Ardmore)	25.00	150.00
Edmond Friends of Bill Group	0	600.00	TriCity Group	0	670.13
Elgin Only Chance Group	0	0	Triangle Group Norman	0	275.00
El Reno Groups	60.00	300.00	Tues Night Mens Kelley	0	0
Exodus House Group	0	0	Tues Women's Group Kelley	0	0
Freedom Group	0	126.36	Turning Point (Durant)	0	0
Girls Night Out—Norman	0	0	Unity Women's Group	251.17	1,335.00
God of the Preachers	54.65	54.65	Walking Our Walk (WOW)	0	0
Grapevine Meeting—Noon at Kelley Club	20.00	20.00	Way Out Group (South Penn)	0	0
Guymon Main Street Group	0	0	Weatherford Group	0	400.00
Harmony @5:30 Group	0	0	Wed Night Women's 12x12—May	0	0
Home Group Meeting—RH	0	0	Wednesday Womens #2	0	0
Into Action (closed 4/2022)	0	145.00	Western Club AA Group	0	0
Lakeshore Ladies	0	96.00	Westside Gas Savers	0	64.00
Library Group @ All Souls	0	0	West Side Sober Sisters	0	0
Little Axe Group	100.00	200.00	Whiskey in Milk	0	15.00
Live and Let Live Group	0	355.48	WHY AA Group	0	1031.00
Love and Tolerance	0	0	Women's 1-2-3 Western Club (Sat)	0	114.70
Maine Street AA	0	0	WOW #2	0	0
May Club Women's Meeting	0	0	YANA #1 Women's 10a.m.	0	0
Mayfair Group	0	405.00	YANA (You Are Never Alone) Yukon	0	0
Mid Day Group	0	200.00			
Midwest City Tinker Fellowship	100.00	100.00	BIRTHDAY CONTRIBUTIONS*		
MOD Squad @May Club	0	750.67	Pierce 1 year (Altered Boys)	0	0
Monday Midday Madness + Fault Free Friday	0	310.00	Gene Miles	0	30.00
Monday Night Mixed at Kelley Club	5.00	20.00	Gene Elliott	0	35.00
Mulligan Group	0	0	Susan Holcomb	0	73.00
Mustang Group	0	328.46	William Steck	0	37.00
Mustard Seed	0	0			
MWC Tinker Fellowship	0	0	OTHER CONTRIBUTIONS		
Newcastle Group	0	0	Josh & Gayle	0	55.00
New Jones Group	0	240.00	Joy W.	0	100.00
Norman Original Group	10.00	30.00	Ben W. Celebration	0	75.00
North Meridian Group	10.00	50.00	In Honor of Stephanie Snipes	0	30.00
Northside Freedom Group	0	0	Anonymous	0	20.00
Northside Gas Savers	0	0	John C.	0	50.00
NW Central #3	0	150.61	Ada B.	0	50.00
NW Journeymen	0	0	Willie M.	100.00	100.00
NW Nomads	0	0	Denise L.	5.00	5.00
OKC Big Book Group	0	50.00			
Old Homestead Group	0	0	Totals	1,458.45	15,400.57
Parlor Group	0	66.00			
Pauls Valley Serenity Group	0	50.00			
Pass It On	19.29	19.29			
Pay It Forward	100.00	100.00			

* 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
Hotline/12th step Chair: Jared
Literature Chair: David
Events Chair: Michelle
Workshops Chair: Sydney C
IG Manager: Cathy N
IG Staff: Rick

New Reps/Birthdays: Doug – YANA (new rep), Robert – Tri City (new rep), Guy – Alternate Tri City (new rep), Robert – 2 years, Jack – 35 years

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

Treasurer Report: Laura –

Other Board Reports:

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

Hotline/12th Step Chair: Jared – May 1st @ Old Homestead – very successful/well attended – left with new volunteers

Southside Serenity – pending approval of group conscience

Need volunteers for 12th step and hotline, need men and women – you get to choose

Take back to groups will bring workshop to your group

Literature Chair: David – sold over \$200 literature at corrections conference –

Joanne will attend Area 57 and sell literature

Events Chair: Michelle –

Unity Day – July 16th at Kelley Club (District 10, Area 20, Intergroup join forces) - 10am – 2pm

Take your Sponsor to Breakfast – September 10th

Workshop Chair: Sydney – May 7th El Reno Chairperson – great turnout

June 11th Western Group

Upcoming at Old Homestead – pending approval through group conscience

Liaison: Lance – first meeting

Manager's Report: Cathy N

Check your packets for upcoming events, on calendar and Facebook (if you don't see it, let intergroup know)

Rockwell Birthday
Sunset & Serenity – Memorial Day BBQ
Lots events for holiday weekend
Western Club – Founders Day
Old Homestead – Zoom Beach camping

Intergroup Survey – please complete and return it (goal 3 to 4 from each clubhouse)

CityWide – this weekend

Tshirt – time for new design (took vote)

What's the point? (won)

Trudge the road to happy destiny with feet

Will look at both for an option if cost is low – if not what's the point

Lance and Jared going to do some research for pop up store out outlining areas

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.
- ◆ 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 **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 **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:

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.

Happy, Joyous, and Free!!

Pamphlet of the Month:



“In this pamphlet you will read the experiences of AA members who are hearing and visually impaired, those who are housebound or chronically ill, and those who may be disabled due to brain damage or stroke. These are the stories of people who found AA and are living new and productive lives free from alcohol.”

Along with this pamphlet there are other resources available for those AA members with special needs. This is but a starting point. Area 57 has a committee directly responsible for making AA more accessible to those special members of the Fellowship. You may email the committee chair at:

Accessibilities@aaoklahoma.org

There is also an expanding world of AA meetings online. For a selection of local virtual meetings, please go to:

Okcintergroup.org and select the Online Meetings tab for a list. Nationwide and international meetings can be found at:

AA-intergroup.org

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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