



Sooner Sobriety

The Miracles of AA

My name is Jack, and I am an alcoholic, and this is the story of a series of miracles I experienced in AA. I had been sober for about 30 years when this story took place. I had been approved by the Oklahoma Department of Corrections to take meetings into prisons for about two years, when I applied to take meetings into county jails. As usual, they ran a background check, and when they asked if I could come down and help out with some paperwork problems, I said sure.

They took me down into the basement and asked me to confirm my name, which I did. Not knowing what to expect, I was shocked when they informed me that there was a 32 year old warrant out for my arrest. So, I was placed in handcuffs on the spot!

They weren't exactly sure what to do since the warrant was so old, so they got in touch with the judge. Meanwhile, they processed me

through booking and took me to a bond table to answer a bunch of questions. While that was going on, the judge decided to release me on my own recognizance, which was not the usual procedure in cases like mine since I had a source of income. I was given a court date, and I saw the judge about the warrant. The judge informed me that the warrant was issued because I had failed to appear before the court on a charge of passing bogus checks.

Please Consider:
Our backlog of stories is shrinking fast! Please think about sharing your Experience, Strength, & Hope with us

The authorities then turned around and sent me to another judge on the charge. Meanwhile, I was given a public defender. Again, this was

very unusual since I had a steady source of income at the time. I honestly couldn't remember the incident because I was pretty messed up then, since at that point I was still running and gunning. But when the District Attorney showed me copies of the checks, I had to admit that it was my handwriting—on 22 separate checks. The DA said they were planning on filing on half of them, so I was still facing prosecution on 11 counts of passing bogus checks.

As if the miracle wasn't already taking place though, it got even bigger. The District Attorney said that if I paid a certain amount of money in restitution, the charges would be dropped. So I quickly came up with the money, appeared before the judge and paid the amount, and walked out of the courtroom a free man.

Miracle after miracle! First, I never had to pay a dime in court or attorney fees. Second, I was able to clear up the wreckage

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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

What My Anger Tells Me

of the past that I will never have to worry about again. And finally, when I was released I was informed that I was approved to hold meetings at county jails. I have learned that the miracles of AA often come in the form of blessings in disguise.

Jack A., McAlester

What My Anger Tells Me

When I first came into the rooms of Alcoholics Anonymous it took awhile to understand the language. I learned the phrases Let Go and Let God, Easy Does It and First Things First. As I began to look at my life through the eyes of the steps I started to see where I had been selfish and self-centered. It took a minute to get the difference. For me, Selfishness is wanting it all for me without regard to your needs. Self-Centered meant that everything that happened around me IN THE WORLD was either about me or affected me. If you had a flat tire there was no compassion, only concern for how I was going to be inconvenienced or otherwise affected.

I really hit a wall when I was told that “anger was the dubious luxury of normal men”. I’m not supposed to get angry???? Really???? What about justified anger? I was angry at these statements!

As I worked through the steps over and over again, and read and re-read “Doctor, Alcoholic, Addict” (now “Acceptance is the Answer”), I slowly began to understand that my anger was my teacher. When I felt the heat begin to rise, I followed direc-

tions the best that I could at the time – pause, restraint of tongue and pen, call my sponsor, etc. As I stepped back and looked at the situation with a cooler head, I could see that I was afraid. Afraid of losing something I had or not getting something I wanted; that I was somehow threatened; that I’d gotten my feelings hurt or felt rejection/abandonment looming. Bottom line: FEAR, once again was ruling my life at times. I must deal with these fears. I must deal with this anger and continue to inventory my thoughts and feelings. I avoid at all costs letting anger churn into resentments. I know that RESENTMENT IS THE NUMBER ONE OFFENDER. I don’t want to harbor resentments. They make me sick and separate me from you and my Higher Power.

“Fear makes me react in a totally disproportionate way according to what I THINK is happening.”

In my drinking days I was apt to hit you with my car, point a gun at you, or completely amputate you from my life – fear makes me react in a totally disproportionate way according to what I THINK is happening. It’s better these days, because I have more tools but that doesn’t mean I don’t have those thoughts for a brief moment, I just don’t have to act on those bizarre ideas. Besides these days I don’t want to hurt my car and I don’t

own a gun.

I have a woman who mentors me in another 12 Step Fellowship who reminds me “GOD IS IN CHARGE”. It doesn’t matter that we have different concepts of God, but the bottom line is that I AM NOT IN CHARGE. I’m protected and cared for no matter what. I will have the resources to handle whatever comes my way. Lose all my money? I’ll have shelter and food and survive the change. Lose my pets? I will survive the loss and learn from it, helping others as they encounter the same losses. Lose a relationship? I will survive and grow from it. It’s not that I am less than – it’s just that we are following different paths. What if become estranged from friends or family? Making sure my side of the street is clean, I will move on and grow, understanding that sometimes our paths are different – it’s not a personal assault or indictment of who I am. What if loved ones pass away – I will grieve, survive my feelings, and grow. IT’S NOT ABOUT ME! Things just ARE.

When I can stay centered, understanding that I am not in charge and that I have a new employer, then I can go about life serenely, with love and hope. I believe it’s my job to love you. Period. To quote a great teacher: “I must keep my magic magnifying mind on my acceptance and off my expectations, for my serenity is directly proportional to my level of acceptance. When I remember this, I can see I’ve never had it good. Thank God for A.A.!”

CN

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

August, 1939 – The first alcoholic to enter St. Thomas Hospital in Akron, OH is placed under the care of Sister Ignatia and Dr. Bob. Over the next 11 years, they treat more than 5000 alcoholics together.

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

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

- Alcoholic**
- Applied**
- Approved**
- Arrest**
- Background**
- Basement**
- Check**
- Confirm**
- Corrections**
- County**
- Department**
- Expect**
- Experienced**
- Handcuffs**
- Informed**
- Jack**
- Jails**
- Knowing**
- Meetings**
- Miracles**
- Oklahoma**
- Paperwork**
- Place**
- Prisons**
- Problems**
- Series**
- Shocked**
- Sober**
- Story**
- Thirty**
- Usual**
- Warrant**

Cryptic Quote

Last Month's Quote: "Sorrow is born in the hasty heart, the old saw goes."—Living Sober

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

**"MXOG GDSSIF BTLJMX DGXITIS OF H QITOLS LW HJWDZ
 DFNITMHOFMK."—HH NLPIG LW HBI**

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

Little Axe Group

Richard C.	05/23/15
Tom L.	05/25/21
Reign H.	05/15/20
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
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

Attention Intergroup Reps!!

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

Step 8

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

“When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admissions of our wretched conduct to those we had hurt.”

Tradition 8

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

“We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.”

Concept 8

“The Trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.”

“Long experience has now proved that our Board as a whole must devote itself almost exclusively to larger and more serious questions.”

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Primary Purpose Group Norman	322.98	322.98
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	542.00
Acceptance Group	0	25.00	Round Table	75.00	90.00
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	10.00	30.00	Santa Fe Group	0	50.00
Arch of Freedom	0	142.33	Serenity Seekers	0	0
Ardmore Group	0	0	Shawnee Big Book	30.00	60.00
Barnyard Group	0	0	Shawnee Fellowship	0	0
Bill and Bob's Group (Yukon)	0	0	Simple Steps (Ponca)	0	0
BYOC	0	100.00	Simply AA	0	100.00
Choctaw Rebellion Dogs	0	112.40	Solutions Group Norman (&WiH)	261.00	261.00
Classen Club	30.00	150.00	Southside Serenity Group	0	185.00
Cordell Group	0	0	Spirit Winds Medicine Park	0	0
Cornerstone Group	64.00	64.00	Station 23	0	0
Courage to Change/Harmony	0	0	Straight Talkers	0	0
Daily Reprieve	89.62	89.62	Sulphur AA	20.00	40.00
Davis AA	0	0	Sundowners—Kelley Club	0	73.00
Del City Common Welfare Group	0	20.00	Too Early Group	0	150.00
Donations Jar at Intergroup	190.00	1013.00	Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Downtown 12&12	0	1283.00	Touchstone	0	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	25.00	52.00
Edmond Group	0	200.00	Tradition 2 (Ardmore)	0	150.00
Edmond Friends of Bill Group	0	600.00	TriCity Group	786.91	1457.04
Elgin Only Chance Group	0	0	Triangle Group Norman	125.06	400.06
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	0	1,335.00
God of the Preachers	0	54.65	Walking Our Walk (WOW)	0	0
Grapevine Meeting—Noon at Kelley Club	0	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	0	200.00	Whiskey in Milk	0	15.00
Live and Let Live Group	103.02	458.50	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	145.72	145.72
May Club Women's Meeting	0	0	YANA #1 Women's 10a.m.	0	0
Mayfair Group	203.00	608.00	YANA (You Are Never Alone) Yukon	0	0
Mid Day Group	200.00	400.00			
Midwest City Tinker Fellowship	0	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	25.00	Gene Elliott	0	35.00
Mulligan Group	0	0	Susan Holcomb	0	73.00
Mustang Group	53.00	381.46	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	40.00	Ben W. Celebration	0	75.00
North Meridian Group	10.00	60.00	In Honor of Stephanie Snipes	0	30.00
Northside Freedom Group	2000.00	2000.00	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.	0	100.00
NW Nomads	0	0	Denise L.	0	5.00
OKC Big Book Group	0	50.00	Bruce M.	100.00	100.00
Old Homestead Group	0	0			
Parlor Group	0	66.00	Totals	4,977.31	20,089.90
Pauls Valley Serenity Group	0	50.00			
Pass It On	0	19.29			
Pay It Forward	0	100.00			
Phoenix Group	35.00	210.00			

* 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: Vacant

Secretary: Gayla

Treasurer: Laura

Hotline/12 th step Chair: Jared

Literature Chair: David

Events Chair: Michelle

Workshops Chair: Sydney C

IG Manager: Cathy N

IG Staff: Rick

New Reps: Emily (Touchstone), Tommy (Love and Tolerance), Danny (Primary Purpose), Kelly (Rockwell)

Birthdays: Danny (5 years)

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

Treasurer Report: Laura – Sales down which means profits are down – Still up for the year

Cause is Big Books are back ordered and limiting the number purchased at once

Other Board Reports:

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

Hotline/12 th Step Chair: Jared – Unity Day is July 16 th ; Hotline workshop is at 10am

Aug 6 th – OKYPAA conference at 2pm in OKC

Need volunteers for 12 th step and hotline that will answer the phone

Take back to groups will bring workshop to your group

Literature Chair: Sold Literature at Area 57 - close \$200 sales

November 5 th in Stillwater – District 50

November 19 th – Red River Rally

Events Chair: Michelle –

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

Volunteers needed at 9am

Hotline Workshop at 10am – District 10 & 20 and Area will have Panel at 12pm

Lance (Guest Speaker) – 1pm

Workshop Chair: Sydney –

June 11 th - Western Clun – Great turnout

July 9 th – Old Homestead at 6:30pm

Liaison: Lance

Jared attended District 50 for Lance – announce Mobile Intergroup (willing to travel anywhere)

Mentioned Road Trip Meetings

Manager's Report: Cathy N

Intergroup Survey – Please turn them in

Workshops – way to bring everyone together – take back to your groups suggestions on workshops offered Chairperson, Sponsorship and Safety

Tshirt – Happy with the feet was the winner (Blue, Black and Purple)

Unity Day – July 16 th - Please come

Came to believe books are on sale

7 th Tradition:

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

Adjournment: Motion made to adjourn and seconded; motion passed

Group Updates

Meeting Changes

- ◆ 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.
- ◆ The **Little Axe Group** is meeting in the same location, now called the Thunderbird Express. Please Remember: The last Sunday of the month is their Eat and Speak meeting. Come join in!

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:

July 30—**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. For more info, contact Diane W. at 918-955-1554.

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

Local:

August 5-7—**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—**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: SWRAASA2022@gmail.com.

Pamphlet of the Month:



*“We in AA believe alcoholism is a disease that is no respecter of age, sex, creed, race, wealth, occupation, or education. It strikes at random. Our experience shows that **anyone** can be an alcoholic. And, beyond question, **anyone** who wants to stop drinking is welcome in AA.”*

This pamphlet is full of multiple stories from members of AA who thought their differences kept them separate from other alcoholics. However, to a person, they found in AA “worked just as well for them as it had for hundreds of thousands of others.” The experiences of those of different race, religion, age, sexual preference, and more are represented here, within a single pamphlet. There are fully separate pamphlets for many of these topics, and they will be highlighted in the coming months. Meanwhile, to sum up this particular pamphlet:

*“Here we are. We are *all* different. We are all pretty special people. But we are also *all* alcoholics and *all* sober in AA together.”*

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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