



# 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!

**Hey Readers!!**

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

I downloaded the free Zoom app, checked out the list of meetings at [aaintergroup.org](http://aaintergroup.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"

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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

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 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.

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

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, 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 mes-

sage 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...*

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*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!

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## 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 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

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

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 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	Recovery Happening (Kingfisher)	0	0
5th Tradition Group	0	0	Road to Recovery	0	300.00
9th Traditions Group	165.00	385.00	Rock Bottom	0	102.00
89ers—Guthrie	25.00	75.00	Rockwell Group	83.00	625.00
A Refuge South	0	0	Round Table	0	90.00
ABC Seminole	0	0	Rule 62	0	0
Acceptance Group	25.00	50.00	Sahara Group	0	0
A.W.O.L. A Way of Life Group	0	898.00	Santa Fe Group	0	50.00
Altered Boys	465.14	468.14	Serenity Seekers	0	0
AM Attitude Adjustment Group	0	30.00	Shawnee Big Book	0	60.00
Arch of Freedom	0	142.33	Shawnee Fellowship	0	0
Ardmore Group	0	0	Simple Steps (Ponca)	0	0
Barnyard Group	0	0	Simply AA	0	100.00
Bill and Bob's Group (Yukon)	0	0	Solutions Group Norman (&WiH)	0	261.00
BYOC	107.00	207.00	Southside Serenity Group	0	185.00
Choctaw Rebellion Dogs	0	112.40	Spirit Winds Medicine Park	0	0
Classen Club	0	150.00	Station 23	0	0
Cordell Group	0	0	Straight Talkers	0	0
Cornerstone Group	0	64.00	Sulphur AA	0	40.00
Courage to Change/Harmony	0	0	Sundowners—Kelley Club	15.00	88.00
Daily Reprieve	0	89.62	Too Early Group	148.41	298.41
Davis AA	0	0	Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Del City Common Welfare Group	10.00	30.00	Touchstone	0	103.34
Donations Jar at Intergroup	140.00	1153.00	Three Legacies (Ada)	0	0
Downtown 12&12	0	1283.00	Thursday Grapevine at Kelley Club	0	0
Drexel Group	0	50.00	Traditions #2	0	52.00
Duncan Group	0	0	Tradition 2 (Ardmore)	0	150.00
Early Birds of OKC	0	0	TriCity Group	0	1457.04
Edmond Group	0	200.00	Triangle Group Norman	0	400.06
Edmond Friends of Bill Group	0	600.00	Tues Night Mens Kelley	0	0
Elgin Only Chance Group	0	0	Tues Women's Group Kelley	0	0
El Reno Groups	120.00	420.00	Turning Point (Durant)	0	0
Exodus House Group	0	0	Unity Women's Group	0	1,335.00
Freedom Group	0	126.36	Walking Our Walk (WOW)	0	0
Girls Night Out—Norman	0	0	Way Out Group (South Penn)	0	0
God of the Preachers	53.03	107.68	Weatherford Group	0	400.00
Grapevine Meeting—Noon at Kelley Club	0	20.00	Wed Night Women's 12x12—May	0	0
Guymon Main Street Group	0	0	Wednesday Womens #2	0	0
Harmony @5:30 Group	0	0	Western Club AA Group	0	0
Home Group Meeting—RH	0	0	Westside Gas Savers	0	64.00
Into Action (closed 4/2022)	0	145.00	West Side Sober Sisters	0	0
Lakeshore Ladies	0	96.00	Whiskey in Milk	0	15.00
Library Group @ All Souls	0	0	WHY AA Group	0	1031.00
Little Axe Group	100.00	300.00	Women's 1-2-3 Western Club (Sat)	145.00	259.70
Live and Let Live Group	90.25	548.75	WOW #2	0	145.72
Love and Tolerance	0	0	YANA #1 Women's 10a.m.	0	0
Maine Street AA	0	0	YANA (You Are Never Alone) Yukon	0	0
Mayfair Group	0	608.00			
Mid Day Group	0	400.00	BIRTHDAY CONTRIBUTIONS*		
Midwest City Tinker Fellowship	0	100.00	Pierce 1 year (Altered Boys)	0	0
MOD Squad @May Club	0	750.67	Gene Miles	0	30.00
Monday Midday Madness + Fault Free Friday	0	310.00	Gene Elliott	0	35.00
Monday Night Mixed at Kelley Club	5.00	30.00	Susan Holcomb	0	73.00
Mulligan Group	0	0	William Steck	0	37.00
Mustang Group	184.09	565.55			
Mustard Seed	0	0	OTHER CONTRIBUTIONS		
MWC Tinker Fellowship	0	0	Josh & Gayle	0	55.00
New Jones Group	180.00	420.00	Joy W.	0	100.00
Norman Original Group	0	40.00	Ben W. Celebration	0	75.00
North Meridian Group	10.00	70.00	In Honor of Stephanie Snipes	0	30.00
Northside Freedom Group	0	2000.00	Anonymous	0	20.00
Northside Gas Savers	0	0	John C.	0	50.00
NW Central #3	193.23	343.84	Ada B.	0	50.00
NW Journeymen	0	0	William M.	100.00	200.00
NW Nomads	0	0	Denise L.	0	5.00
OKC Big Book Group	0	50.00	Bruce M.	0	100.00
Old Homestead Group	0	0	Joyce W.	52.00	52.00
Parlor Group	0	66.00	David M.	25.00	
Pauls Valley Serenity Group	0	50.00			
Pass It On	0	19.29	<b>Totals</b>	<b>2,667.42</b>	<b>23,055.30</b>
Pay It Forward	0	100.00			
Phoenix Group	0	210.00			
Primary Purpose Group Norman	226.27	549.25			
Purcell Group	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/12<sup>th</sup> 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, 2<sup>nd</sup> 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/12<sup>th</sup> Step Chair:** Jared –  
Take back to your group – host a 12<sup>th</sup> Step workshop  
Unity Day was July 16<sup>th</sup> - Hotline workshop– 15/20 people attended – 3 new volunteers  
Aug 6<sup>th</sup> – OKYPAA conference at 2pm in OKC at Wyndham Hotel  
2/3<sup>rd</sup> way through updating the volunteer list

**Literature Chair: David**

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

**Events Chair:** Michelle –

Aug 20<sup>th</sup> – Intergroup Open House – Sale 10% of items – need volunteers show up at 10am  
Sept. 10<sup>th</sup> – Take your sponsor to Breakfast @ Kelley Clun – need volunteers at 6am

**Workshop Chair:** Sydney –

July 9<sup>th</sup> – 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

**7<sup>th</sup> Tradition:**

**The basket was passed in observance of the 7<sup>th</sup> tradition.**

**Adjournment:**

**Motion made to adjourn and seconded; motion passed**

**Gayla Nix-Wright, Intergroup Secretary**

# Group Updates

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## 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.

## 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

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## Out of Town:

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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](http://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](http://redrivervalleyrally.com).

## Local:

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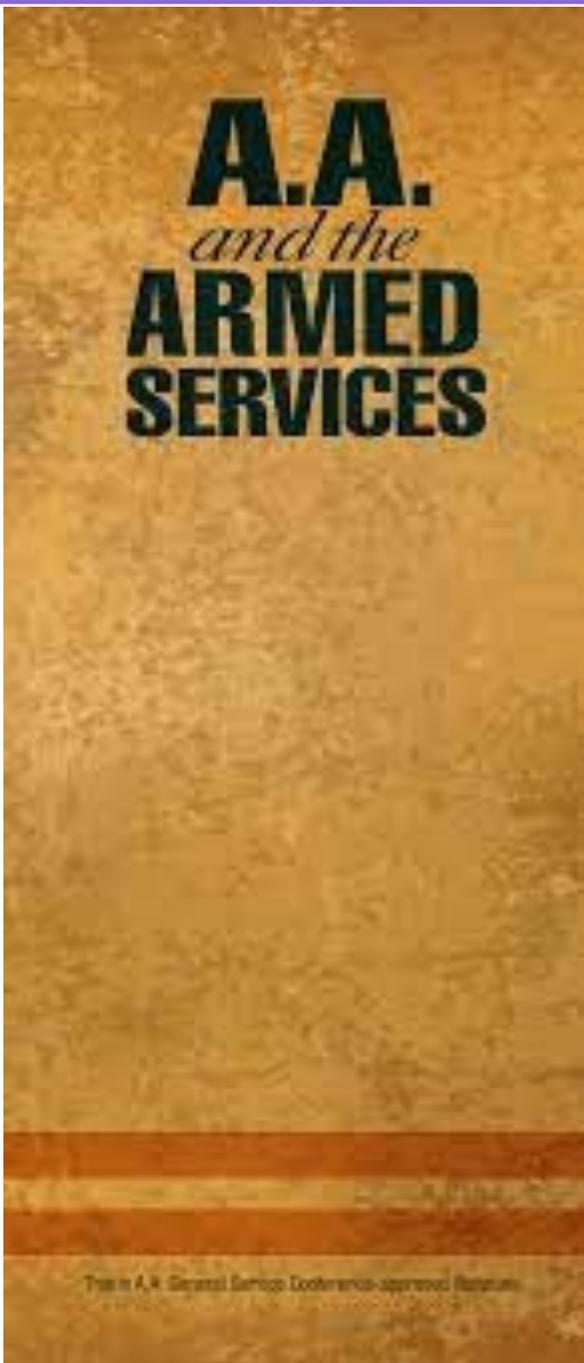
September 10—**Fun in the Fellowship** “Gratitude in Action”—Starting at 9:30 am, features multiple Service Workshops, GSR and DCM schools, Fellowship and Speakers, this is located at the Western Club. Free lunch for all who attend!

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](mailto:SWRAASA2022@gmail.com).

## Pamphlet of the Month:

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*“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!*

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*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.**  
**2701 N. Portland, Suite E**  
**Oklahoma City, OK 73107**

