December 2022

PLEASE send us your story or article about a step or other topic to:

admin@ okcintergroup.org

Inside this issue:

Inside Story	1-3
Meeting Changes	3
Puzzles	4
Birthdays	5
Intergroup News	5
Group Contributions	6
Minutes	7
AA History	8
Ads	8-9
Upcoming Events	10
Pamphlet of the Month	11

Sooner Sobriety

Submit stories to admin@okcintergroup.org

Living My Best Life

I was a shy rough and tumble girl raised with 2 very bright and witty brothers, a tough, kind, easy-going dad who had boxed Golden Gloves, and a German mom whose motto in life was that there are 2 kinds of people in life, "Loafers and Pushers, and I am a Pusher". I never have been a loafer, but other than in my career, I am not a pusher. I loved the outdoors and with my curiosity for life, I never felt lonely. I entered my teens as a people pleaser with a small voice that measured myself to what I thought was perfect.

I am a nurse. I have always nursed everything around me: people, animals, plants, and inanimate objects. With people, I failed to set boundaries and I let people take advantage of my giving, nurturing ways at my expense, physically and emotionally.

I seemed to choose mates

who were narcissistic and emotionally unavailable. I felt needed at first which was great, but things soured when I felt taken for granted.

I have always talked to God.

My defects emerged with the onset of adolescence. Before age 12, I felt free to be myself. I felt happy and supported. My world was my neighborhood. At age 13, both brothers were out of house at college, and I moved from my childhood home. My Junior High start was the first year of integration and bussing, so I couldn't go to my neighborhood school. For High School, I got a scholastic scholarship to attend private school. My family was not rich, and I felt out of place. My world was extending beyond my neighborhood, and I felt growing fear of being judged.

My first drink was Strawberry Boone's Farm at age 14 yrs, and got so sick I didn't drink again until age 30 yrs. (I had smoked pot, but not in an out of control fashion). At age 30 yrs, I filed for divorced and had to enter the world of running a household by myself and dating. I felt Insecure and have always had low selfesteem. My bingeing would start years later.

My second husband and I had a child. In my 22 yrs of marriage, my exhusband went from triathlete/minimal drinker to die the horrid death of alcoholic end stage liver disease. During my marriage in the latter years, I drank at frustration that my husband took more than he gave. I drank because I failed to control my world.

To use wording from the Big Book— I drank essentially because I liked the effect of alcohol. (emotionally numbing, decreased pain, motivated me to do mundane

Living My Best Life

things). The sensation was so elusive that, while I admitted it was injurious, I could not differentiate true and false. Restless, irritable, and discontented, I succumbed to the desire again and again. I had the phenomenon of craving and spree (unrestrained activity), then remorse after drinking.

At age 65 yrs, I experienced a tsunami of feelings: trying to break up with someone who did not want to breakup; I was the main caregiver for my dying parents both age 94 yrs; my final job before retirement did not have the duties I was hired for. I binged on good and bad feelings. I talked to God in remorse and never before a binge. With no mate or children-living alone, I failed to keep myself in check. My life was becoming unmanageable for me.

I easily fell into rewarding small victories with alcohol and drowning feelings and frustrations. I tried changing brands and making drinking rules that I would fail to keep. Even a DUI, car accident, overnight jail, and DUI classes did not stop me. I would send sloppy texts out to family and

friends. I always became gregarious in a binge. My behavior scared my daughter, who lives in another state. I scared myself.

Retired from my job, old boyfriend of 12 yrs gone (by my choice) and folks dead; yet, I still blamed work and them for my frustration, anxiety, and drinking. I would promise not to drink, and then would binge.

"I use AA tools to identify and heal my defects and maximize my strengths."

I went to Kauai with my daughter and son-in-law, and got drunk one morning before we went on a hike. She was so angry and said, and "why did you drink so much?". I had no answer. Soon after, my new boyfriend was leaving town, and I was preparing a fun send-off meal. I started drinking early while cooking, I was really drunk when he arrived. He asked me the same question that my daughter did: "what is going on inside you that makes you down so much wine till you get plastered"? I had no answer.

On 8/21/21, I could longer stand myself. Wherever I went, there I was. I was vibrating with fears, resentments, isolation, and obsessions. I made one of the greatest choices of my life, which was to pick up the phone, call AA, and ask for help. That call opened the door to the finest school of learning I have ever known in life.

I was so sick of myself. For some reason, I thought that maybe an alcoholic could tell me why I would binge drink regardless if I was happy or sad. I called the hotline to find a meeting. For some reason, I thought that I would be more honest in a women's meeting, and that is where I went the next day.

Now, I feel less shame and trust myself. I have broken out of my isolation, and am not scared to socialize. I have learned to now use the drink to motivate me to face things I would normally want to avoid. I feel more joy and clarity. The Serenity Prayer helps me with worry and determining what is in my power to change. I know without a doubt that alcohol

is poison to me. I talk to God and my other friends when I am confused as to what is the next right thing to do.

Now, over 1 year sober, I haven't looked back. At first, I had recurring dreams believing that I started drinking again, and would awake in a disoriented panic. I would also feel waves of shame for my past behavior.

I use AA tools to identify and heal my defects and maximize my strengths.

At 6 months, I was helping my daughter with her dental business and she said, "you are the only one that I can count on, because you are good to your word. When you say you are going to do something, you do

it". With her trust again, my cup runneth over. I quit isolating myself and the socialization broadens my perspective and helps get me out of my head and practice gratitude.

I start each day with reading devotions and doing exercise and mediation. I journal. I practice pausing before reacting and talk to God (or sponsor/friends if needed for clarity). I have been reading Al-Anon literature, which I find uplifting. I attend women's AA meeting, and work the AA Hotline. I volunteer at my neighborhood park maintaining the flower beds and grounds. I meet regularly with my sponsor. I have weekly meals with my girlfriends both in and out of AA.

I still get waves of a shameful feelings, but I stop and tell myself that the past is gone and I am doing something better now. I tell myself the journey, not the outcome is most important. Perfection is impossible, and I strive for doing my best and making positive progress. I speak up and say my feelings in situations and at times of conflict. I am living my best life.

Anonymous, OKC



Meeting Changes

- The **Downtown 12&12 Group** has a new address: 115 NW 7th St. There is now an in-person meeting every weekday beginning at 12:10.
- The **Midwest City Tinker Fellowship** has moved to 11120 SE 29th St. It will be held in the 7th Day Adventist Church of Midwest City. No smoking is allowed on the grounds. Participants may smoke in their own cars only.
- There is now an AA meeting at **The Pershing Center**, called **There is a Solution**, on Thursday nights, starting at 7:00pm. They are Open topic meetings. The address is 2400 General Pershing Blvd in Oklahoma City.

Sooner Sobriety

Page 4

Word Search

Animals Never **Bright** Nurse **Brothers** Outdoors Curiosity People Perfect Easy Entered **Please Pushers** German Raised Gloves Going Rough Golden **Small** Kind Teens Loafers Thought Lonely Tough Loved **Tumble** Measured Voice Myself Witty

O U T DOORSTN S M E Ι \subset Q F Н U В Ε К N В Ε S Ε R R Υ F R S Ε Ι AGQE A H G E 0 онк Ε D S 5 L S G Υ G Н L G E G 0 R DQUI D L S LHXEXP Η E T G Q W Η Ν \subset H Ε G G F S Ε Υ I S S 0 0 F Υ G G \subset U S Υ F I E R Ι Р I I U W Z P S Ε S \subset T Ν В Ι $N \times E$ I S В S U UFAQTAYAKOCAHWMI

Cryptic Quote

Last Month's Quote: "They looked out at the world with goodwill and kindness."—AA in Prison

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

"ZYJ, VLYTY UJ N PMGB SYTUMI MQ TYRMGJVTFRVUMG

NLYNI...." —NPRMLMPURJ NGMGZHMFJ

The answer will appear in the next Sooner Sobriety!

Birthdays Dealana H. from Tri-City celebrated 1 year of sobriety on 09/24/22!!

Mustang Group		Peggy	10/28/07
Bob	10/01/19	Laura T.	10/10/03
Gerald D.	10/01/04	Heather F.	10/18/20
Marc M.	10/01/13		
Jennifer M	10/07/10	Western Women	ns 1-2-3
Cary	10/06/17	Alania V.	10/21/18
Dave C.	10/09/80	Merrilyn L.	10/24/12
John D.	10/11/13	Patty M.	10/05/89
Gary K.	10/15/85	Raquel B.	10/05/16
Mary Jo	10/15/01	Robin F.	10/12/17
Eric J.	10/25/19	Sue L.	10/25/04
Frank R.	10/27/88	Sydney	12/16/88
Judy W.	10/27/06		

IG Staff and volunteers Elvin 10/03/10 Debra H. 11/01/83 Tiffany P. 11/26/01 Sydney 12/16/88

12/21/15

12/17/86



LET US KNOW!!!

If you want us to continue posting birthdays, please tell your Intergroup Rep to turn them in to us at admin@okcintergroup.org by the 10th of the month.

Events and Workshops

Chris F.

Janice R.

Is your group interested in hosting a workshop?

We can come to you to present a workshop on

How to chair a meeting, Working the Hotline, The 12 Traditions,

Sponsorship, Anonymity and Technology, Safety in AA, and more!

Please call us at 405-524-1100 or 405-949-0910

Sooner Sobriety

Page 6

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Round Table	15.00	105.00
5th Tradition Group	- 0		Rule 62	0	0
9th Traditions Group 89ers—Guthrie	0		Sahara Group	0	0
Acceptance Group	25.10		Santa Fe Group Serenity Seekers	0	50.00
A.W.O.L A Way of Life Group	0		Shawnee Big Book	0	90.00
Altered Boys	0		Shawnee Fellowship	0	100.00
AM Attitude Adjustment Group	0	483.00	Simple Steps (Ponca)	0	0
Arch of Freedom	0		Simply AA	0	100.00
Ardmore Group	0		Solutions Group Norman (&WiH)	0	261.00
Barnyard Group Bill and Bob's Group (Yukon)	0		Southside Serenity Group	0	185.00
BYOC	0		Spirit Winds Medicine Park Station 23	0	$\frac{0}{0}$
Choctaw Rebellion Dogs	0		Straight Talkers	0	0
Classen Club	0		Sulphur AA	0	40.00
Cordell Group	0		Sundowners—Kelley Club	0	88.00
Cornerstone Group	0		Too Early Group	208.80	507.21
Courage to Change/Harmony	0		Too Early 2 (Mustard Seed 12/1/21)	0	133.35
Daily Reprieve	46.44		Touchstone	0	103.34
Del City Common Welfare Group Donations Jar at Intergroup	0 120.00		Three Legacies (Ada) Thursday Grapevine at Kelley Club	0	0
Downtown 12&12	0		Traditions #2	25.00	176.00
Drexel Group	0		Tradition 2 (Ardmore)	0	175.00
Duncan Group	0		TriCity Group	0	1457.04
Early Birds of OKC	0	400.00	Triangle Group Norman	75.00	475.06
Edmond Group	200.00		Tues Night Mens Kelley	0	0
Edmond Friends of Bill Group	0		Tues Women's Group Kelley	0	0
Elgin Only Chance Group El Reno Groups	0 60.00		Turning Point (Durant)	0	0
Exodus House Group	0.00		Unity Women's Group Walking Our Walk (WOW)	0	1,538.00 0
Freedom Group	0		Way Out Group (South Penn)	0	0
Girls Night Out—Norman	0		Weatherford Group	0	400.00
God of the Preachers	38.77		Wed Night Women's 12x12—May	0	0
Grapevine Meeting—Noon at Kelley Club	0	20.00	Wednesday Womens #2	0	0
Great Escape Guymon Main Street Group	100.00		Western Club AA Group	0	0
Harmony @5:30 Group	0		Westside Gas Savers West Side Sober Sisters	0	64.00 0
Home Group Meeting—RH	0		Whiskey in Milk	0	15.00
Into Action (closed 4/2022)	0		WHY AA Group	570.00	2026.00
Kelley Club Women's Meeting	25.00		Women's 1-2-3 Western Club (Sat)	123.40	383.10
Lakeshore Ladies	75.00		WOW #2	0	145.72
Lakeside Serenity	0		YANA #1 Women's 10a.m.	0	362.40
Little Axe Group Live and Let Live Group	0 69.00	821.25	YANA (You Are Never Alone) Yukon	0	0
Love and Tolerance	25.00		BIRTHDAY CONTRIBUTIONS*		
Maine Street AA	25.00		Pierce 1 year (Altered Boys)	0	0
Mayfair Group	201.00		Gene Miles	0	30.00
Mid Day Group	0	700.00	Gene Elliott	0	35.00
Midwest City Tinker Fellowship	0		Patrick K (PK) Rockwell—34.00	0	0
Misfits MOD Saved @May Club	80.54		Susan Holcomb	0	73.00
MOD Squad @May Club Monday Midday Madness + Fault Free Friday	0		William Steck Beckye C.—25 years	0	37.00
Monday Night Mixed at Kelley Club	5.00		Dunavant—4 years—Perry	0	0
Mulligan Group	0		Joann D.—28 years	28.00	28.00
Mustang Group	0		Dana A.—21 years, Barnyard	0	21.00
MWC Tinker Fellowship	0	0			
New Jones Group	156.00		OTHER CONTRIBUTIONS		
Norman Original Group	0		Josh & Gayle	0	55.00
North Meridian Group Northside Freedom Group	10.00		Joy W.	0	100.00
Northside Gas Savers	0		Ben W. Celebration In Honor of Stephanie Snipes	0 0	75.00 30.00
NW Central #3	0		Anonymous	9.00	29.00
NW Nomads	0		John C.	0	50.00
OKC Big Book Group	0		Ada B.	0	50.00
Old Homestead Group	0		William M.	0	200.00
Parlor Group	0		Denise L.	0	5.00
Pauls Valley Serenity Group	0		Bruce M.	0	100.00
Pass It On Pay It Forward	0		Joyce W.	0	52.00
Phoenix Group	0		David M. Mike—Old Homestead 25	0	25.00
Primary Purpose Group Norman	532.73		In honor of Tom & Julie (May Club)	0	20.00
Road to Recovery	0		District 20	0	200.00
Rock Bottom	0	102.00			
Rockwell Group	83.00	874.00	Totals	2,931.78	31,243.84

Page 7

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: Linda Co-chair: Linda Liaison: Lance Secretary: Gayla (absent)
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: Cathy (Big Book Group), Katt (Edmond Group), Stacey (Sundowners), Heather (Tinker), Joey (Alt @ N. Meridian), Gary (El Reno)

Birthdays: Theresa 1 year, Jeff 2 years, Preston 2 years

Secretary Report: Gayla (Michelle filled in) - Read Minutes - Motion to accept, 2nd and accepted

Treasurer Report: Laura (Cathy filled in) - Up \$19k for the year and increasing prudent reserve Other

- Board Reports: Co-Chair:
- Linda Sooner Sobriety out of stories go back to your groups Challenge reps to write your own story 200 1200 words
 Motion to accept, 2nd and accepted
- Hotline/12th Step Chair: Jared Discussed the function of the hotline chair asked Reps to go back to group and mention about hosting workshops 12 step - Oct 22nd - Women in Harmony in Norman - 3 new volunteers Winter Conference - Saturday - 2 workshops 11:30am and 4:30 pm Motion to accept, 2nd and accepted
- Literature Chair: David November 5th in Stillwater District 50 Weekend of November 19th Red River Valley Rally @ Lake
 Murray in Ardmore Dec 4th Area 57 Assembly Motion to accept, 2nd and accepted
- Events Chair: Michelle First things First raffling TV, Black eye pea contest Motion to accept, 2nd and accepted
- Workshop Chair: Sydney Chairperson workshop in McAlister Oct 2nd very successful Motion to accept, 2nd and accepted
- Liaison: Lance Nothing to report Next District 10/20 meeting Nov 27th Next Area meeting Dec 4th Motion to accept, 2nd and accepted

Manager's Report: Cathy N

- · Reiterated need for Sooner Sobriety Stories
- · Asked for reps to consider to com onto the Board next year
- · Want to add other districts to service area
- · Start monthly workshops for Hotline at Intergroup
- · Increasing prudent reserve \$250 a month
- · November/ December meetings will be 3rd Thursday due to holidays
- · Credit card cost was 4%. Reduced to 3.5%
- · First Things First event Intergroup host on Jan 1st.
- · Raffle TV
- · Motion to move to Kelley Club 2nd and accepted

Announcements: Jack needs volunteers to do corrections (405 -250-5775) – reach out if interested and questions

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

Adjournment: Motion made to adjourn and seconded; motion passed

January 1st, 2023

First Things First

Meeting and Black-eyed Pea Contest

JOIN US TO START 2023 OFF RIGHT!!

Contest entry at 11:30, Noon meeting, Eating and Judging at 1pm

This month in AA History

December, 1934 - Bill W. has his last drink (4 beers), enters Towns Hospital for the 4th time and final time, and has a spiritual experience.

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

ARE YOU LOOKING FOR SERVICE WORK?



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!



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.

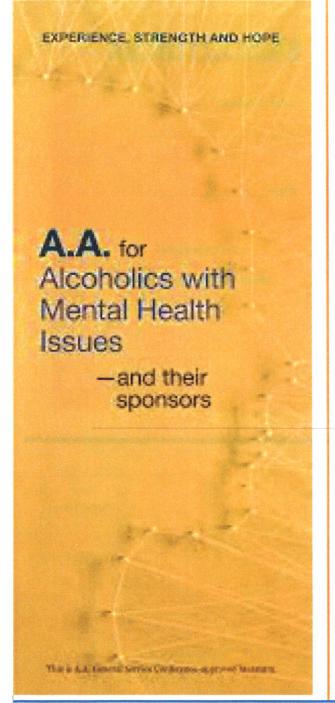
UPCOMING EVENTS

Out of Town:

- November 25, 2022—Shawnee Big Book Group celebrates 40 years!! There will be food at 6pm and Stephanie B. from Edmond will speak at 7:30pm. Please bring a covered dish. Location: The Victory Center of the Trinity Baptist Church at 1315 N. McKinley Ave.
- February 3-5, 2023—Outright Mental Defectives Men's Weekend at St. Crispin's Conference Center. Registration is \$275 for everything. For more info Email: thomas@aceairinc.com. Flyer is available at Intergroup.
- February 17-19, 2023—Southwest Unity Conference (SUNLIGHT OF THE SPIRIT) at the Quartz Mountain Resort. Pre-registration is \$25 if received by 1/8/23. Lodge rate is \$90 per night with special code 1029 until 2/1/23. For more info or flyers, email: sosconference@yahoo.com.

Local:

- October 29th—OKC*city* Wide Speaker meeting with a Potluck dinner at 5:30; Speaker at 7:00. Please bring a side dish or dessert. Free childcare from 6:30-8:30 for children aged 6 weeks to 12 years.
- December 31st—Sunset and Serenity Group's HELLO 2023!! Event held at the Devon Boathouse on the Oklahoma River, featuring a live band (SUPERFREAK). Fireworks at Midnight, 70's costume contest, dancing, food, and more! Early Bird ticket price is \$50. Visit the website: sunsetandserenityaa.com.
- January 20-22, 2023—5th Annual Winter Conference—at the Holiday Inn & Suites OKC North at 6200 N Robinson Ave. Great Speakers, Raffle, Bingo, Dance, Workshops, Marathon Meetings, and more! Pre-Register for only \$15 at winterconferenceokc.com
- May 19-21, 2023—Area 57 Oklahoma State Conference—Living Free in '23— at the Embassy Suites at 3233 NW Expressway. Registration is \$20 before 12/31/22. Register at aaoklahoma.org/ 2023-state-conference. Hotel rates with conference code "ARC." The purpose of the conference is to hear the delegate's report!!



This is an excellent pamphlet which relates the stories of 12 men and women who are coping with both alcoholism and mental health disorders. It also includes five essays written by members with long-term sobriety who have sponsored alcoholics with mental health issues. It is closed out with AA's perspective on finding a balance between the risk of relapse and prescribed medications.

"Understandably, some AA members must take prescribed medication for serious medical problems. However, it is generally accepted that the misuse of prescription medication and other drugs can threaten the achievement and maintenance of sobriety." — From the afterword of "AA for Alcoholics with Mental Health Issues"

The pamphlet's #1 admonition: "No AA member should 'play doctor'; all medical advice and treatment should come from a qualified physician."

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	Group \$25 per year
Name:	Group Name:
Address:	
City:State:	City:
	10 copies to be
Zip:	picked up each month
Telephone: ()	

Intergroup Service Office, Inc. 2701 N. Portland, Suite E

