

February 2023

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

admin@
okcintergroup.org

Inside this issue:

Stories	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

Sobriety After Sixty

I was 68 years old when I came into Alcoholics Anonymous as a heavy drinker who wanted to learn how to control his drinking. I first realized that alcohol was causing problems in my life around my mid-twenties. A few incidents had occurred, including my first DWI, that led me to this conclusion. I remember thinking that I would have to manage my drinking better—not that there was any problem with me. This attitude remained with me until I came through the doors of A.A. I was later to discover that I had not managed well at all, that only by the grace of God was I able to avoid catastrophe during a 50+ year drinking career. My heavy drinking did not start until I joined the military in the early 70's. I soon discovered that drinking to excess was not only the norm but almost expected if you wanted to be accepted. I plunged into this lifestyle with more vigor than most.

As I aged, my body matured, but my mind did not. As a result of my behavior at military and social

events I was labeled an "Alcoholic" halfway through my 20-year career. My response was that I would outperform my peers so the military would have to promote me in rank. Little did I know at the time that my record was "red flagged" and was never to be seen by the promotion board again, no matter what my performance.

I was able to retire at 20 years' service but with a severe resentment which I held on to until I came into AA. Following the military career, I worked for a major shipping company performing the same work I did in the military. I was still a daily beer drinker but with a wife and children, so I seldom let myself get out of control. Eventually, I gained seniority with the company and was able to have more control over my schedule, allowing more and more opportunity to drink the way I liked, to excess.

My job involved traveling most weeks to locations in other cities. During the last

5 years of my 21-year career with the company I was able to pick not only my locations, but which flights to take to get there and back and the time of day I would work. This developed into a routine of getting drunk on the outbound flight and every night I was away from home. This seemed perfectly normal to me at the time. I was managing my drinking and staying out of trouble—no problem here.

Having eluded numerous opportunities to ruin my career and family life, I retired at age 65 to finally begin living a life where I could drink without fear of consequences, or so I thought. Things quickly went south. Children were grown and gone; the 2nd wife was a teetotaler. My promises to stop or moderate my drinking, although sincere, were impossible to keep. Arguments became a daily affair. Resentments started to mount with family and friends. I distinctly remember walking out the front door of my house one day thinking that I was not a happy person and won-

Sobriety After Sixty

dering why. The thought that alcohol might be a problem never occurred to me, for it was the solution to all my problems, the key to happiness. It was a beautiful Saturday morning as I sat outside my workshop feeling very low because of my conduct the night before, what I could remember of it. As my wife approached from the house, I felt a sense of impending doom like I had never felt before. To my complete surprise, the first words out of my mouth were "I think I might have a drinking problem, maybe I should go to an AA meeting". I would later find out that my wife was coming out to ask me for a divorce. That afternoon I attended my first ever AA meeting, picking up a Big Book as suggested.

On my second meeting it was suggested that I get a sponsor. I asked the friendliest looking person in the room to be my sponsor. He declined but asked me to attend a meeting with him the following night. Upon walking into the room of the new group I was taken aback by the fellowship. Everyone was smiling, laughing, hugging, and shaking hands. I stood there and thought to myself, "I don't know what you people have but I want it.". Thus started my new life in AA. I found a sponsor that night and began working the steps. After a few months and approaching step 3, I had a spiritual awakening. God had always been working in my

life; I just chose to ignore Him. For the first time in my life, I could look back and see that my life had been anything but normal. Resentments melted away. Not being promoted in the military was sound judgement on their part. I would not have promoted me either. However, one thing confused me. Why did God choose to save me and what took Him so long? I did not deserve this peace and serenity. I had shunned God ever since the age of 14 when I had figured out that I could not live up to His standards, so why bother. Being brought up with religion, I believed there was a God, but He would have nothing to do with a sinner like myself. All the hundreds, if not thousands of near misses had been simply coincidences, so I thought. I now realize that He was protecting me from myself to get me to where I am, so there must be a reason.

"For the first time in my life, I could look back and see that my life had been anything but normal."

Without realizing it, I soon found myself diving into service work and sponsoring others. The organizational skills I had learned in the military were now being used for something other than myself. The true happiness I had longed for had returned. I'm now able to look people in the eyes

Our Incarcerated Members

with a feeling of sincerity and kindness. With a little over 3 years sobriety, I attempt to practice the AA principles and live a life outside of my own self-interest. I do not know how much time I have left on earth, but I do know that I want to spend whatever time there is helping others. I can never balance the scales with the past, but I can hope to tip them in a positive direction for as long as God permits.

Mark H., Sobriety Date June 1, 2019

Our Incarcerated Members

So after a few months messing around the rooms of AA, I heard something that would change my sobriety forever. "If anyone is interested in taking our message behind the walls, see me after the meeting," he said. See, my story is that I have never been locked up. Never been in jail or in a pair of handcuffs. However my brother's story was quite different. He spent his entire adult life in and out of the Kansas department of corrections. Never once upon his release did I hear him mention AA or hearing a solution to his problem. Upon his last release he made the supreme sacrifice. Now I heard it was

Our Incarcerated Members

“If anyone is interested in taking our message behind the walls, see me after the meeting.”

possible to take my free gift and pass it to on to your brother, father or son. So that’s exactly what I did, I signed up for a DOC training class and got my volunteer service badge to go into prisons. I can tell you that every Friday night when I walk into the facility and a group of guys is standing outside the classroom waiting on me, it

makes my heart happy. If we don’t bring them a meeting, they don’t get one. They can’t just run into any group and hear a message of hope. I feel as safe there as any place on earth. Those guys would never let anything happen to me—that is a guaranteed. I go to prison on Friday night so I don’t have to go to prison. It is the bright spot of my week and I love those guys like my brothers. I have had the pleasure working with several guys on the inside and now they are free men, living a life they never dreamed possible. If you want to be a part of helping someone’s son or daughter get free indeed, come join us. We have badging workshops on a regular basis. You won’t have any trouble finding out how; I promise you someone in

your homegroup is doing corrections. Reach out to any member of the Oklahoma corrections committee, our chair or myself.

In grateful service
Norman L.

You Are Not Alone



Meeting Changes

- ◆ The **Elgin Only Chance Group** has moved to the Elgin Civic Center (Senior Nutrition Center, South entrance) at 801 1st Street.
- ◆ The **Lawton Serenity Group** now has only one meeting: Mondays at noon.
- ◆ The **Lawton Original Group’s** Saturday 8pm meeting has been moved to 7pm.
- ◆ The **Southside Serenity Group** now meets Monday, Wednesday, Thursday and Friday at 6:30pm (instead of 5:30 and 7:30).
- ◆ There is a new meeting Monday through Friday called the **Joe and Charlie** meeting, held every weekday at 3pm at 1146 N MacArthur. It is nonsmoking.

Word Search

- After**
- Alcohol**
- Alcoholics**
- Anonymous**
- Around**
- Attitude**
- Better**
- Causing**
- Conclusion**
- Control**
- Discover**
- Doors**
- Drinker**
- Drinking**
- First**
- Heavy**
- Incidents**
- Including**
- Later**
- Learn**
- Manage**
- Occurred**
- Problems**
- Realized**
- Remained**
- Remember**
- Sixty**
- Sobriety**
- Thinking**
- Through**
- Twenties**
- Wanted**

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

Cryptic Quote

Last Month's Quote: "The side that did not prevail will always be given the opportunity to speak"—The AA Service Manual

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

"VB NYXN BLXY BZKB BZY CDVXKDF LSHYJB LI KEF ZOXKE

SYVEU VN BL UDLA."—KN SVGG NYYN VB

The answer will appear in the next Sooner Sobriety!

Birthdays

Mustang Group	Shelley B.	12/22/14	Western Womens 1-2-3	Jean A.	01/18/89
Chris S.	12/01/14	Mike S.	12/28/09	Jackie M.	12/30/17
Bill S.	12/03/02			Melissa	12/18/21
Tim F.	12/07/01	IG Staff and volunteers	Tammie C.	12/02/06	
Steve J.	12/07/16	Sydney	12/16/88		El Reno
Preston L.	12/12/14	Chris F.	12/21/15	MWC Tinker Fellowship	Wayne G.
Syd C.	12/16/88	Janice R.	12/17/86	Brett A.	12/02/12
Fred D.	12/18/96	Ada B.	01/27/94	Tim J.	12/10/14
Zach P.	12/18/17	LaVonda	01/07/91	Sunny G.	12/15/08
Patty D.	12/19/13			Joe C.	12/17/89
Jack H.	12/21/15	Drexel Group		Ben R.	01/29/19
Rick M.	12/22/93	Ken E.	12/08/03	Lee D.	01/15/05
Kurt E.	12/22/04			Larry C.	01/19/90

Events and Workshops

There will be a **Group Structure Workshop** at
 Harmony House in Ponca City
Sunday, February 12 at noon, with a Potluck at 11:30. Please bring
 something to share.

The address is: **212 S 3rd St, Ponca City, OK 74601**

There will also be a **12 Traditions Workshop** held at the

Live and Let Live Group: **2800 NW 36th, Suite 230**

February 18th from 3:00-4:30 pm

Sooner Sobriety

Page 6

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	50.00	50.00	Triangle Group Norman	125.00	600.06
9th Traditions Group	0	385.00	Unity Women's Group	0	1,538.00
89ers—Guthrie	0	100.00	Weatherford Group	0	400.00
Acceptance Group	0	75.10	Western Club AA Group	0	0
A.W.O.L A Way of Life Group	0	898.00	Westside Gas Savers	0	64.00
Altered Boys	0	468.14	Whiskey in Milk	30.00	45.00
AM Attitude Adjustment Group	0	534.50	WHY AA Group	0	2026.00
Another Refuge	467.00	467.00	Women's 1-2-3 Western Club (Sat)	0	383.10
Arch of Freedom	0	142.33	WOW #2	160.74	306.46
Barnyard Group	0	21.00	YANA #1 Women's 10a.m.	0	362.40
BYOC	0	207.00			
Choctaw Rebellion Dogs	0	112.40	BIRTHDAY CONTRIBUTIONS*		
Classen Club	0	150.00	Pierce 1 year (Altered Boys)	0	0
Cornerstone Group	0	64.00	Gene Miles	0	30.00
Daily Reprieve	0	136.06	Gene Elliott	0	35.00
Del City Common Welfare Group	0	40.00	Patrick K (PK) Rockwell—34.00	0	0
Donations Jar at Intergroup	114.00	2223.00	Susan Holcomb	0	73.00
Downtown 12&12	0	2104.29	William Steck	0	37.00
Drexel Group	0	50.00	Beckye C.—25 years	0	0
Early Birds of OKC	0	400.00	Dunavant—4 years—Perry	0	0
Edmond Group	0	400.00	Joann D.—28 years	0	28.00
Edmond Friends of Bill Group	0	1200.00	Dana A.—21 years, Barnyard	0	21.00
El Reno Groups	60.00	720.00			
Freedom Group	0	450.96	OTHER CONTRIBUTIONS		
God of the Preachers	0	146.45	Josh & Gayle	0	55.00
Grapevine Meeting—Noon at Kelley Club	30.00	50.00	Joy W.	0	100.00
Great Escape	0	100.00	Ben W. Celebration	0	75.00
Into Action (closed 4/2022)	0	145.00	In Honor of Stephanie Snipes	0	30.00
Kelley Club Women's Meeting	0	50.00	Anonymous	0	29.00
Lakeshore Ladies	106.73	374.73	John C.	0	50.00
Lakeside Serenity	0	168.50	Ada B.	0	50.00
Little Axe Group	0	400.00	William M.	0	200.00
Live and Let Live Group	123.00	1021.50	Denise L.	0	5.00
Love and Tolerance	25.00	50.00	Bruce M.	0	100.00
Maine Street AA	0	150.00	Joyce W.	0	52.00
Mayfair Group	0	1310.00	David M.	0	25.00
Mid Day Group	0	700.00	Mike—Old Homestead 25	0	0
Midwest City Tinker Fellowship	0	100.00	In honor of Tom & Julie (May Club)	0	20.00
Misfits	0	80.54	District 20	0	200.00
MOD Squad @May Club	0	750.67			
Monday Midday Madness + Fault Free Friday	0	310.00	Totals	3,800.96	34,836.26
Monday Night Mixed at Kelley Club	5.00	50.00			
Mustard Seed Group	341.00	341.00			
Mustang Group	0	565.55			
New Jones Group	0	576.00			
Norman Original Group	10.00	60.00			
North Meridian Group	10.00	120.00			
Northside Freedom Group	0	2000.00			
NW Central #3	0	343.84			
NW Nomads	0	300.00			
OKC Big Book Group	0	50.00			
Old Homestead Group	0	50.00			
Parlor Group	0	66.00			
Pauls Valley Serenity Group	0	50.00			
Pass It On	0	19.29			
Pay It Forward	0	200.00			
Phoenix Group	70.00	280.00			
Primary Purpose Group Norman	0	1081.98			
Road to Recovery	0	300.00			
Rock Bottom	0	102.00			
Rockwell Group	83.00	1040.00			
Round Table	0	105.00			
Santa Fe Group	0	50.00			
Shawnee Big Book	0	90.00			
Shawnee Fellowship	0	100.00			
Simply AA	0	100.00			
Solutions Group Norman (&WiH)	0	261.00			
Southside Serenity Group	0	185.00			
Sulphur AA	0	60.00			
Sundowners—Kelley Club	0	88.00			
Too Early Group	0	507.21			
Too Early 2 (Mustard Seed 12/1/21)	0	133.35			
Touchstone	0	103.34			
Three Legacies (Ada)	25.00	25.00			
Traditions #2	0	176.00			
Tradition 2 (Ardmore)	0	200.00			
TriCity Group	0	2637.18			

*** Birthday Contributions are counted with home group, unless no home group is listed**

**Practice an
Attitude
of
Gratitude**

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 (absent), Secretary: Gayla, Treasurer: Laura (absent), Hotline/12 th step Chair: Jared, Literature Chair: David (absent), Events Chair: Michelle (absent), Workshops Chair: Sydney C, IG Manager: Cathy N, IG Staff: Tiffany

Introduced New Members for 2023

Chairperson: Gayla, Co-Chair/Treasurer: Stacy, Secretary: Linda, Literature: Michelle, Events: Kat, Liaison: Jeff, Co-Liaison: Lance, Workshop: Jared, Hotline/12 th Step: Sydney

New Reps: Ricky (misfits)

Birthdays: Sydney (34 years)

Secretary Report: Gayla- Read Minutes - Motion to accept, 2nd and accepted

Treasurer Report: Laura (Cathy filled in) - Mistake in accounting, fixed and everything is updated for the year and corrected (see report attached). Looking at an inventory system using barcodes and scanning - more to come

Other Board Reports:

Co-Chair: Linda - Sooner Sobriety -Keep bringing sobriety stories.-Challenge reps to write your own story - 200 - 1200 words.

Hotline/12th Step Chair: Jared -Dec. 11th - Intergroup office - 12th step and hotline workshop - 2 people showed.-Winter Conference - Jan 21st /Saturday - 2 workshops 11:30am and 4:30 pm-Rockwell - Jan 28th @4pm

Literature Chair: David-Red River Valley Rally - Sold \$600 in literature.-April - next area meeting

Events Chair: Michelle -First things First - Jan 1st -@Kelly Club- raffling TV, Black eye pea contest \$2 each/ \$6/10 cost of tickets

Workshop Chair: Sydney -Anonymity and Technology Workshop - Dec 11th - Brian and Laura did the workshop (feedback was really good)-Sunrise in Tulsa - Safety Workshop - Date TBD-Love and Tolerance - Chairperson - Date TBD.

Liaison: Lance (Jared)-Dec 4th - Area - new positions accepted and changed the meeting April 2nd - will do a mock conference-Districts - changing dates to accommodate the change in Area.

Manager's Report: Cathy N

- ◆ Very important the need for Sooner Sobriety Stories and send in birthdays to be added in
- ◆ Sooner Sobriety
- ◆ Monthly Meeting - MWC/Tinker, Wed @6:30pm on Jan 18th
- ◆ Sydney will replace the Hot Line/Workshop chair - 1 year only.
- ◆ Please push hotline volunteers - Hotline workshop @Intergroup Dec. 11 th @2pm
- ◆ First Things First - event Intergroup - host on Jan 1st @ Kelley Club
- ◆ Raffle TV

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

Adjournment: Motion made to adjourn and seconded; motion passed.

May 19- 1st, 2023

Area 57 State Conference

Living Free in '23

**Delegate's Report, Great Speakers, Workshops,
Fun, and Fellowship**

Register online at: www.aaoklahoma.org/2023-state-conference

Questions? Email: conf_chair@aaoklahoma.org

This month in AA History

February, 1940 – John D. Rockefeller Jr. gives an A.A. dinner at Manhattan's exclusive Union Club, following an investigation by Frank Amos, beginning in 1938.

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?

Intergroup Needs You!!



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:

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.

April 20-23, 2023—**46th Annual Springtime in the Ozarks Conference** at the Inn of the Ozarks in Eureka Springs, Arkansas. Tons of speakers, Ice Cream Social, Dance and Bingo, Area Archives Display, Big Book Study, and more! Register online at: springtimeintheozarks.com

Local:

February 11, 2023—**Simply AA's 30th Anniversary** Event held at the New Covenant Methodist Church at 2700 S Boulevard in Edmond. Dinner is at 6:30, followed by Speaker Andy D (from the Primary Purpose Group) at 8pm.

April 2, 2023—The Area 57 Area Meeting will begin at 9am with registration. This is your chance to participate in the Mock Conference, where attendees will be divided into groups to review the Agenda items before the next General Service Conference.

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!!

Happy, Joyous, and Free!!

Understanding Anonymity



"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

This is A.A. General Service Conference-approved literature.

"From its earliest days, AA has promised personal anonymity to all who attend its meetings. Because its founders and first members were recovering alcoholics themselves, they knew from their own experience how ashamed most alcoholics are about their drinking."

"Over the years, anonymity has proved one of the greatest gifts that AA offers the suffering alcoholic. Without it, many would never attend their first meeting....Anonymity is essential for this atmosphere of trust and openness."

This pamphlet answers many questions about anonymity. It first addresses personal anonymity in detail. THEN, it takes on a number of questions regarding anonymity in the digital age—something VERY appropriate at this time in history.

There is also a section called "Facts on Anonymity" which offers essential tidbits about anonymity, both in and outside the rooms of Alcoholics Anonymous.

Give it a try! It's available at Intergroup for \$0.25!

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.

Please send your story or article about a step or other topic to ADMIN@OKCINTERGROUP.ORG

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

