

March 2023

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

admin@
okcintergroup.org

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Sooner Sobriety

Submit stories to admin@okcintergroup.org

ALL the Steps

I came to AA two years ago with 3 years of sobriety under my belt as a result of court supervision, therapy, and a different 12 step program. I had no sponsor and “completed” the steps, basically graduating myself by answering booklet questions—all but the 4th.

I walked into that first AA meeting specifically looking to finish the 4th step I’d heard so many people raving about being the ‘way to freedom.’

I was approached by my sponsor the first time I went to MWC Tinker Fellowship. She hugged me and told me how excited she was for me to be there. Of course, I was quite put off by this display of affection from a complete stranger.

Over the next month or two I began my search for the perfect sponsor to walk me through that crucial step. But everyone I asked turned me down or suggested that lady who had eagerly snatched me up upon first meeting me. Reluctantly I agreed under the title “temporary sponsor,”

so I could fire her without hurt feelings when I found my *real* mate.

I told her I had already done the steps so if we could just focus on the 4th and get it over with that would be great. She obviously expressed concern and told me point blank, “if you just want to go down the list and check the boxes you can do that, but you’re not going to get better.” She asked what I thought I would get out of doing the 4th. Frustrated I told her because once I do that missing piece, then I would be healed; if I confessed I would never drink again.

“AA turned my sobriety from a to-do list into a truly tangible healing experience that has connected me to a power greater than myself.”

How she did not laugh I’ll never know. “That’s not what happens; it shows you

patterns in your behavior to help you identify your defects so God can start removing them from you.” She advised me to slow down, start from the beginning and do as she had done... doing what the program suggests.

Naturally, I was pissed! And I fought her for six months before I realized I was scared and desperate not to drink again. So I did as she suggested; I did what she had done. And I started seeing results; I started changing. I was on fire for AA, getting messages left and right from the meetings. It would hit me right in the feels and I knew it was meant for me. Steps 1-3 were done over a year and a half. I listened to her and waited to move on.

Finally it was 4th step time. And I choked! I could not write it. I kept making outlines, charts, and lists, but it would not come. Everything I read in the Big Book and 12x12 refused to stick in my head. I decided maybe I just wasn’t ready. So I waited, and listened, and prayed. I asked the old timers how they did theirs

ALL the Steps

and gathered advice from people with multiple decades. I told her all I could do was answer questions; I couldn't bring it out of my memories. She emailed me Father Larry's 4th Step *from Hell*. I followed those instructions exactly as it said. I did not look ahead, I did not look behind. I did not think about the 5th step, I stayed right where my pen was. I prayed for my mind to remember and I just started writing. It took over two months to complete.

I had heard in meetings about a great weight being lifted off of people's shoulders, that they practically floated away on a pink cloud getting all that off their conscience. I was ready! The date came to do my 5th step and I started reading. She only interrupted me to ask an occasional question or to share something from her past she thought would be useful to me. As the hours ticked by I pressed on. No lunch, no walk around the block, just bathroom breaks. I decided if I didn't finish now, I might lose my nerve and never return. We stayed at it for 9 straight hours, and one additional hour the next weekend to catch things I'd missed. I went home and waited for my cloud to carry me off.

It took 3 long days before I felt like myself again. I told her how exhausted I was, every muscle in my body hurt. I felt *dirty*. She told me to keep moving—that I needed to get that icky stuff off me. And

in a few days that feeling faded and I experienced an awakening—a forgiveness of myself. I saw so clearly the patterns in my life that had brought me to this place. For the first time ever I saw myself as I truly was, the good and bad. And I didn't hate myself for it. I had compassion and grace and forgiveness for the one person I held the greatest grudge against—me. *THAT* was my pink cloud.

This wonderfully persistent woman is no longer my “temporary” sponsor, she is my sounding board and a guide to help me do the next right thing. AA turned my sobriety from a to-do list into a truly tangible healing experience that has connected me to a power greater than myself. I am excited to see where the coming years will take me, one day at a time.

Heather F.
Midwest City Tinker Fellowship



“Everyone has the capacity for growth, through an honest encounter with reality.”

From Daily Reflections

Made a searching and fearless moral inventory of ourselves.
—*Twelve Steps and Twelve Traditions*

Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been, and are. I want to find exactly how, when, and where my natural desires have warped me. I wish to look squarely at the unhappiness this has caused others and myself. By discovering what my emotional deformities are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me.

To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self-awareness is permanent. Everyone has the capacity for growth, through an honest encounter with reality. When I don't avoid issues, but meet them directly, always trying to resolve them, they become fewer and fewer.



BB Quotes

My 10 favorite Big Book quotes (in order)

1. We are without defense against the first drink. (pg 24)
2. I can now understand how some things, which once seemed like major disasters, turned out to be blessings. Certainly my alcoholism fits that category. (pg 492)
3. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. (pg 85)
4. I came into A.A. solely for the purpose of sobriety, but it has been through A.A. that I have found God. (pg 192)
5. The first requirement is that we be convinced that any life run on self-will can hardly be a success. (pg 60)
6. The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past. (pg 151)
7. Several of our crowd, men of thirty or less, had been drinking only a few years, but they found themselves as helpless as those who had been drinking twenty years. (pg 33)
8. Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations. (pg 420)
9. If there had still been joy in my drinking or even a remote chance of the joy returning, I would have not stopped drinking when I did. (pg 316)
10. When the spiritual malady is overcome, we straighten out mentally and physically. (pg 64)

Kevin F., Norman

Meeting Changes

- ◆ The **Eye Openers Group** is now meeting Sundays and Fridays at 6:00pm at the Harmony House, located at 212 S. 3rd Street in Ponca City.
- ◆ All 5pm-6pm meetings at the **Norman Original Group** will now meet from 5:30-6:30pm, seven days a week.
- ◆ The **Southside Serenity Group** now meets Monday, Wednesday, Thursday and Friday at 6:30pm (instead of 5:30 and 7:30).

Word Search

- Alcoholics** **Meeting**
- Anonymous** **Myself**
- Answering** **People**
- Approached** **Program**
- Basically** **Questions**
- Belt** **Raving**
- Booklet** **Result**
- Completed** **Sobriety**
- Court** **Sponsor**
- Different** **Step**
- Finish** **Supervision**
- Fourth** **Therapy**
- Freedom** **Twelve**
- Graduating** **Under**
- Heard** **Walked**
- Looking** **Years**

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

Cryptic Quote

Last Month's Quote: "Yes, there is a long period of reconstruction ahead...."—Alcoholics Anonymous

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

IG Staff and volunteers		Levi H.	02/18/88	Tri-City		Linda N.	02/06/93
Ada B.	01/27/94	Larry P.	02/10/96	Debora G.	12/05/20	Mark S.	02/07/22
LaVonda	01/07/91			Guy F.	12/10/20	Travis S.	02/08/14
Sally G.	02/24/03	Little Axe		Kenny B.	12/12/19	Keith P.	02/14/20
Fred D.	03/11/80	Gardner M.	01/17/79	Chuck F.	12/15/12	Joe M.	02/20/21
		Shawn M.	01/06/20	Adam K.	01/03/01	Brad A.	02/23/22
MWC Tinker Fellowship		Tony T.	01/15/15	Ronnie A.	01/05/02		
Ben R.	01/29/19	Shonna T.	01/15/15	Mark L.	01/11/11	Del City Common Welfare	
Lee D.	01/15/05	Nancy B.	01/22/13	Brad C.	01/15/22	Joe Mc.	03/01/04
Larry C.	01/19/90			Wendi H.	01/17/22		
Jean A.	01/18/89	Luther Group		Tina B.	01/18/13		
Don C.	01/17/84	Mike B.	01/07/97	Earl C.	01/28/92		
Margaritte M.	01/23/78			Robert H.	02/04/21		

*Happy
Birthday*

Events and Workshops

Is your group interested in hosting a workshop?

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

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!

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Sulphur AA	0	0
9th Traditions Group	0	0	Sundowners—Kelley Club	0	0
89ers—Guthrie	25.00	25.00	Too Early Group	294.60	294.60
Acceptance Group	0	0	Too Early 2 (Mustard Seed 12/1/21)	0	0
A.W.O.L. A Way of Life Group	0	0	Touchstone	0	0
Altered Boys	25.00	25.00	Three Legacies (Ada)	0	0
AM Attitude Adjustment Group	675.00	675.00	Traditions #2	0	0
Another Refuge	0	0	Tradition 2 (Ardmore)	0	0
Arch of Freedom	0	0	TriCity Group	0	0
Ardmore Group	200.00	200.00	Triangle Group Norman	0	0
Barnyard Group	0	0	Tuesday Kelley Women's Meeting	25.00	25.00
BYOC	0	0	Unity Women's Group	75.53	75.53
Choctaw Rebellion Dogs	0	0	Weatherford Group	0	0
Classen Club	0	0	Westside Gas Savers	94.00	94.00
Cornerstone Group	0	0	Whiskey in Milk	10.00	10.00
Daily Reprieve	78.74	78.74	WHY AA Group	545.00	545.00
Del City Common Welfare Group	0	0	Women's 1-2-3 Western Club (Sat)	0	0
Donations Jar at Intergroup	153.00	153.00	WOW #2	0	0
Downtown 12&12	0	0	YANA #1 Women's 10a.m.	205.20	205.20
Drexel Group	0	0			
Early Birds of OKC	0	0	BIRTHDAY CONTRIBUTIONS*		
Edmond Group	0	0	Patsy G., \$25, MWC Tinker	0	0
Edmond Friends of Bill Group	450.00	450.00	Chris L., \$14	14.00	14.00
El Reno Groups	60.00	60.00			
Freedom Group	100.00	100.00	OTHER CONTRIBUTIONS		
God of the Preachers	0	0			
Grapevine Meeting—Noon at Kelley Club	0	0	Totals	4,815.47	4,815.47
Great Escape	0	0			
Into Action (closed 4/2022)	0	0			
Kelley Club Women's Meeting	0	0			
Lakeshore Ladies	0	0			
Lakeside Serenity	0	0			
Little Axe Group	0	0			
Live and Let Live Group	146.00	146.00			
Love and Tolerance	25.00	25.00			
Maine Street AA	0	0			
Mayfair Group	100.00	100.00			
Mid Day Group	200.00	200.00			
Midwest City Tinker Fellowship	25.00	25.00			
Misfits	0	0			
MOD Squad @May Club	0	0			
Monday Midday Madness + Fault Free Friday	0	0			
Monday Night Men's Group #3	73.20	73.20			
Monday Night Mixed at Kelley Club	5.00	5.00			
Mulligan Group	100.00	100.00			
Mustard Seed Group	75.00	75.00			
Mustang Group	234.20	234.20			
New Jones Group	149.00	149.00			
Norman Original Group	10.00	10.00			
North Meridian Group	10.00	10.00			
Northside Freedom Group	0	0			
NW Central #3	0	0			
NW Nomads	300.00	300.00			
OKC Big Book Group	0	0			
Old Homestead Group	0	0			
Parlor Group	0	0			
Pauls Valley Serenity Group	0	0			
Pass It On	0	0			
Pay It Forward	200.00	200.00			
Phoenix Group	35.00	35.00			
Primary Purpose Group Norman	0	0			
Road to Recovery	0	0			
Rock Bottom	0	0			
Rockwell Group	83.00	83.00			
Round Table	15.00	15.00			
Santa Fe Group	0	0			
Shawnee Big Book	0	0			
Shawnee Fellowship	0	0			
Simply AA	0	0			
Solutions Group Norman (&WiH)	0	0			
Southside Serenity Group	0	0			

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

Practice an Attitude of Gratitude



Call to Order:

Chairperson: opened the meeting with a moment of silence and the Serenity Prayer

Introductions of Board Members and Intergroup Staff:

Chairperson: Gayla (scheduled absence)

Co-chair/Treasurer: Stacy

Secretary: Linda

Literature: Michelle

Events: Cat

Liaison : Jeff

Co-Liaison: Lance

Hotline/12th step Chair: Sydney

Workshops Chair: Jared

IG Manager: Cathy N

IG Staff:

New Reps: Daryl (Old Homestead)

Birthdays: Elaine (23 years)

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

Treasurer Report: Cathy filled in - Sooner Sobriety will be printed in black and white to save money

Other Board Reports:

Workshop Chair: Jared -

Feb 11th - Tulsa - Safety in AA

Feb 12th - Harmony House - Workshop Chair

Feb 18th - Traditions - Live and Let Live

Motion to accept, 2nd and accepted.

Literature Chair: Michelle

Winter Conference - sold \$85 in literature and \$35 in donations

Motion to accept, 2nd and accepted.

Events Chair: Cat-

First things First - Sales were good.

Tiffany P won best Black-Eyed Peas

Motion to accept, 2nd and accepted.

Hotline/12th Step Chair: Sydney -

Hotline workshop - Rockwell

Motion to accept, 2nd and accepted.

Liaison: Jeff

Made a map for Area 57 to show coverage for Intergroup

Motion to accept, 2nd and accepted.

Manager's Report: Cathy N

☐ Monthly meeting - Little Axe on Feb. 16th @ 6pm

☐ Need ideas for 2 prizes for First Things First 2024

Announcements:

Altered Boys - 14th Anniversary on April 22nd - Dinner after speaker.

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

March, 1935 – Henrietta Sieberling begins a Wednesday-night Oxford Group meeting, specifically to help Dr. Bob with his confessed alcoholism, setting the stage for Bill's arrival.

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:

March 18, 2023—**Oklahoma Corrections Conference** at the Claremore Conference Center, 1400 W Country Club Rd in Claremore, OK. Speakers and Panels, both In Person and Zoom. Register at: okcorrectionsconference.com.

March 23, 2023—**State Sponsored Workshop**, hosted by the Purcell Unity Group, located at 118 S. 2nd Ave in Purcell, OK. The topics are: *The Third Tradition*, *The AA Pamphlet: Problems Other than Alcohol* and the AA Pamphlet: *The AA Group*.

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:

March 18, 2023—**H&I Workshop, Focus: Treatment Centers**, hosted by Districts 10 & 20. The topics are: *Working with Others*, *Step 12*, and *Traditions in H&I*. Held at the Primary Purpose Group, 226 W. Gray St, Norman, OK 73069.

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!!

G.S.R. General Service Representative

Your group's link
to A.A. as a whole

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

Have you ever served as your group's GSR? Not even sure what a GSR is? Well, this is the pamphlet for you! It begins by telling you how you are "linking your home group with the whole of AA." In fact this used to be referred to as "maybe the most important job in AA." Why? Because that is exactly what a GSR does; he or she is the "means of exchanging up-to-date information between individual groups and...the General Service Office."

The job is essentially to transmit ideas and opinions, through the AA organizational structure, to the General Service Conference. Through GSR's, "The Group Conscience becomes part of 'the collective conscience of our whole Fellowship.'" This is, of course, detailed in depth in the AA Service Manual, but this pamphlet is the starting point for anyone wanting to become, or who has already been roped into the position of being their group's General Service Representative. It lists the duties of the GSRs as well as the general qualifications for someone taking on the position. It also details when and how this takes place. It is just an excellent overall resource for the brand-new GSR!

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**

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