

April 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

The Newcomer Saves

So I have been sober for quite a few 24 hours in a row. As a matter of fact I joked recently that I have had 900 fantastic days in a row. About a month ago my perception of this good life took a dark turn. I wasn't in immediate danger of drinking, but I wasn't quite right. For reasons I don't understand that day took a hard right hand turn. While driving I noticed that all of a sudden you were in my way. I had several months in a row of the thought that you were put in my path while driving so I would end up exactly where I was supposed to be at that very moment. What had changed? Three of four things that normally are written off or laughed off as me being taught a lesson, suddenly became things that irritated me in a big way. Work was burning down all around me; customers were unhappy. Vendors were dropping the ball left and right. Now I let all of this fester in a way that put

me in a very bad place. I pulled my truck over and cried out to GOD. What in the world was going on and why do I have such a horrible attitude toward life in general?

"About that time my phone rang, it was a number not in my address book. Today I rarely let any calls go to voicemail."

Nearing tears I said, "I really should call my sponsor." Then I had the thought of calling a person that I had been missing for a while to see how they were doing. For a brief moment the fear and anger felt very justified—why me? I had been doing everything asked of me by God and his kids. Never saying no to helping in any capacity I was able to. About that time my phone rang, it was a number not in my ad-

dress book. Today I rarely let any calls go to voicemail. Most of my spam calls let me know that's what they are. I answered the call. They said, "Hey my name is Jack Rabbit Slim and you probably don't remember me. You handed me a card with some info on one side and your phone number on the other. You had told me if I ever needed to talk to call you. This kid was brand new to us that night that he came into the Mustang group. So he and I had a great conversation that day and it was just what the doctor ordered for me. A good friend of mine and ours says, "There is something going on here". No truer words have ever been spoken. My HP knows exactly how to reach me when I feel unreachable. Sometimes it's the brand new kids he uses, the seasoned kids other times. The fact of the matter is our book says, "For if an alcoholic failed to perfect

The Newcomer Saves continued

and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead." I know today that my daily devotional of asking God to put one of his kids in my path I can help today is what saved me that day. Today I have had about 45 fantastic days in a row, but who's counting right? I thank my HP for every single day that I wake up without a conscious thought of a drink, and I thank him for YOU.

Norman L., Mustang

Alcoholic Like Me

Deep down inside, I knew. It was too awful to really admit it to myself, but I absolutely knew.

Sitting on my bed, drink in hand, watching a TV show is when I knew. The people on the screen lived in a beautiful home. They could walk in the door at the end of their day, stop by a little table with a beautiful crystal decanter full of whiskey, pour a slug, take a slug, set it down, and go about the rest of their day.

They can do that, I knew and

said to myself, because they are not alcoholic like me.

It was one of those quiet, fleeting thoughts so easily dismissed.

Tomorrow will be different. Tomorrow I will not do this. Tomorrow I will get it together and start doing things I know need to be done and want to get done. Tomorrow I will do what needs to be done to fix the horrible conditions of my life.

Tomorrow never came. My greatest wishes, greatest intentions, most powerful dreams of getting my life put back together never were realized. I could not do it. I was powerless, and bewildered by that fact.

How in the world had I been so successful in life only to wind up like this at the age of 67? How did I go from the beach house, the Mercedes, working in the world of the globally powerful and wind up like this? Here I was, 2 days before getting kicked out of my little rental house. No utilities. No car. No food. Picking up other people's cigarette butts?

I had reached that point of complete, intolerable hell where that thing I absolutely knew in my innermost self simply could not be glossed over by another gallon of

booze and the temporary oblivion that always followed.

I was caught in something I didn't understand and could not find my way out of. My ego was finally smashed, and I reached out for help. The program of Alcoholics Anonymous didn't make any sense until I started to actually do the work suggested by the twelve steps. Now, a mere 20 months later, I know a new freedom and a new happiness. For the first time in life,

I am comfortable in my own skin.

In my innermost self, I knew. Step One = To Thine Own Self Be True!

Anonymous, OKC

"Tomorrow never came. My greatest wishes, greatest intentions, most powerful dreams of getting my life put back together never were realized."

The Story of Sister Ignatia

“This special nun cared for thousands of alcoholics for decades of her life. Sister Mary Ignatia (1889-1966) was beloved by all who were associated with or helped by her. She was often referred to as the “Angel of Alcoholics Anonymous.”

Born Della Mary Gavin in 1889 in Ireland, Sister Ignatia worked closely with Dr. Bob. Starting in 1939, they worked together to help admit alcoholics into St. Thomas Hospital in Akron, Ohio. She surmounted obstacles to personal care for thousands of alcoholics. For several decades, she helped alcoholics in Akron and later at St. Vincent Charity Hospital in Cleveland.

She was originally a musician. Her order, the Sisters of Charity of Saint Augustine, trans-

ferred Sister Ignatia to Akron. She worked in the admissions office at St. Thomas Hospital. It was in that capacity that she first met and worked with Dr. Bob. Speaking with Bill W., Sister shared cherished recollections of her work with Dr. Bob.

“Sister Mary Ignatia (1889-1966) was beloved by all who were associated with or helped by her. She was often referred to as the ‘Angel of Alcoholics Anonymous’.”

Following Dr. Bob’s death in 1950, Sister Ignatia continued her work at St. Thomas. Then in 1952, she transferred to St. Vincent Charity Hospital at

Cleveland. She was in charge of its alcoholic ward. Upon arrival, the ward at “Charity” was part of a dilapidated wing and was in great need of rejuvenation. The ward was transformed with Sister’s urging and much help from A.A. members with carpentry skills. Its new name became Rosary Hall Solarium.

Sister Ignatia provided each patient who left her care with a Sacred Heart badge. She asked each recipient to promise that they would return the badge before they drank again.

She died in Richfield, Ohio, at age 77, on April 1, 1966. There were reportedly about 3,000 people present at the funeral, including A.A.’s co-founder, Bill W.”

From “AA Part 2 Medallion History”

Meeting Changes

- ◆ The **Chapter 11 Group** is now meeting Wednesdays at 7:00pm at their permanent home, St. Stephen’s Presbyterian Church at 2424 NW 50th St in Oklahoma City.
- ◆ The **Norman Original Group** has dropped their 3:30pm meetings from their schedule.
- ◆ The All-new **Piedmont Group** now meets Mondays at 7pm in the Bridge Church, located at 4050 Edmond Rd NE. It is a Big Book study

Word Search

- Changed**
- Danger**
- Dark**
- Drinking**
- Driving**
- Exactly**
- Fact**
- Fantastic**
- Good**
- Immediate**
- Joked**
- Life**
- Matter**
- Moment**
- Month**
- Months**
- Normally**
- Noticed**
- Perception**
- Quite**
- Reasons**
- Recently**
- Right**
- Several**
- Sober**
- Sudden**
- Supposed**
- Things**
- Thought**
- Three**
- Turn**
- Understand**

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

Cryptic Quote

Last Month's Quote: "It seems to me that the primary object of any human being is to grow."—As Bill Sees It

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

"C YNT TGCQQ GOS TSQD-LSWGS HSE SMIGCTG C ONE NQYNZT

FSSW." —LNAS GI FSQCSRS

The answer will appear in the next Sooner Sobriety!

Birthdays

IG Staff and volunteers		Linda N.	02/06/93	Del City Common Welfare	
Sally G.	02/24/03	Randy W.	02/06/14	Joe Mc.	03/01/04
Fred D.	03/11/80	Mark S.	02/07/22	Karen A.	04/18/88
Joann J.	04/18/91	Travis S.	02/08/14	Larry P.	05/06/06
Trish D.	04/19/12	Keith P.	02/14/20	Rick P.	05/31/96
		Joe M.	02/20/21		
MWC Tinker Fellowship		Travis F.	02/22/17	El Reno	
Levi H.	02/18/88	Brad A.	02/23/22	Jeannie W.	03/22/19
Larry P.	02/10/96	Mitch C.	02/23/18	Shane W.	03/24/19
		Rick M.	02/23/22	Bri D.	03/??/21
Tri-City		Logan C.	02/27/22		
Robert H.	02/04/21	Will L.	02/29/16	Little Axe/Arch of Freedom	
Bryan R.	02/04/14	Veronica L.	02/29/16	Angela M.	02/07/16

Happy
Birthday



Events and Workshops

Sponsorship Workshop for Women

Hosted by Intergroup and the Misfits Group

At the Western Club, 5207 N Western, OKC

March 26th at 1:-00pm

Sponsorship Workshop for All

Hosted by Intergroup and the Sleepy Hollow Group

2106 W 12th St, Stillwater, OK 74074

April 1st with Potluck at 11:15, followed by the workshop at 12 noon

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Three Legacies (Ada)	0	0
9th Traditions Group	0	0	Traditions #2	0	0
89ers—Guthrie	0	25.00	Tradition 2 (Ardmore)	0	0
Acceptance Group	0	0	TriCity Group	0	0
A.W.O.L A Way of Life Group	0	0	Triangle Group Norman	0	0
Altered Boys	0	25.00	Tuesday Kelley Women's Meeting	0	25.00
AM Attitude Adjustment Group	67.00	742.00	Unity Women's Group	0	75.53
Another Refuge	0	0	Weatherford Group	0	0
Arch of Freedom	0	0	Westside Gas Savers	0	94.00
Ardmore Group	0	200.00	Whiskey in Milk	0	10.00
Barnyard Group	0	0	WHY AA Group	0	545.00
BYOC	0	0	Women's 1-2-3 Western Club (Sat)	58.00	28.00
Choctaw Rebellion Dogs	0	0	WOW #2	0	0
Classen Club	0	0	YANA #1 Women's 10a.m.	0	205.20
Cornerstone Group	29.40	29.40			
Daily Reprieve	0	78.74	BIRTHDAY CONTRIBUTIONS*		
Del City Common Welfare Group	10.00	10.00	Patsy G., \$25, MWC Tinker	0	0
Donations Jar at Intergroup	140.00	293.00	Chris L., \$14	0	14.00
Downtown 12&12	0	0	Tim B. \$35, Rockwell	35.00	35.00
Drexel Group	0	0	Mindy J. \$41, Live and Let Live	41.00	41.00
Early Birds of OKC	0	0			
Edmond Group	200.00	200.00	OTHER CONTRIBUTIONS		
Edmond Friends of Bill Group	0	450.00			
El Reno Groups	60.00	120.00	Totals	1,484.60	6,376.07
Freedom Group	0	100.00			
God of the Preachers	0	0			
Grapevine Meeting—Noon at Kelley Club	0	0			
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	100.00	100.00			
Live and Let Live Group	147.75	293.75			
Love and Tolerance	0	25.00			
Maine Street AA	100.00	100.00			
Mayfair Group	100.00	200.00			
Mid Day Group	0	200.00			
Midwest City Tinker Fellowship	0	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	0	73.20			
Monday Night Mixed at Kelley Club	5.00	10.00			
Mulligan Group	0	100.00			
Mustard Seed Group	0	75.00			
Mustang Group	0	234.20			
New Jones Group	0	149.00			
Norman Original Group	10.00	20.00			
North Meridian Group	10.00	20.00			
Northside Freedom Group	0	0			
NW Central #3	0	0			
NW Nomads	0	300.00			
OKC Big Book Group	0	0			
Old Homestead Group	0	0			
Parlor Group	160.40	160.40			
Pauls Valley Serenity Group	0	0			
Pass It On	0	0			
Pay It Forward	0	200.00			
Phoenix Group	10.00	45.00			
Primary Purpose Group Norman	0	0			
Road to Recovery	35.00	35.00			
Rock Bottom	0	0			
Rockwell Group	83.00	166.00			
Round Table	0	15.00			
Santa Fe Group	0	0			
Shawnee Big Book	0	0			
Shawnee Fellowship	0	0			
Simply AA	0	0			
Social Distancing Group, Richardson, TX	159.05	159.05			
Solutions Group Norman (&WiH)	0	0			
Southside Serenity Group	0	0			
Sulphur AA	0	0			
Sundowners—Kelley Club	0	0			
Too Early Group	0	294.60			
Too Early 2 (Mustard Seed 12/1/21)	0	0			
Touchstone	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 Co-chair/Treasurer: Stacy Secretary: Linda Literature: Michelle Events: Kat Liaison : Jeff Co-Liaison: Lance Hotline/12th step Chair: Sydney Workshops Chair: Jared IG Manager: Cathy N IG Staff: Tiffany

New Reps: Jeanie (El Reno Group), Charity (Whiskey and Milk), Angela (Southside Serenity), Chad (89er Guthrie), Debbie (Road to Recovery)

Birthdays: Robert (2 years), Trey (4 years), Gayla (5 years)

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

Treasurer Report: Stacy - · cut office expenses in half · Prices increasing by 20% as of April 3rd - Big Book will be \$12.30 · Up \$4k from Jan

Other Board Reports:

Workshop Chair: Jared - Feb 11th - Tulsa - Safety in AA - Well attended Feb 18th - Traditions - Live and Let Live - 32 people attended March 4th - Sponsorship - Milk and Whiskey @ 10am March 26th- Misfits - Western Club @ 1pm - Cathy, Sydney and Gayla to attend April 1st - Sponsorship - Sleepy Hollow @noon Motion to accept, 2nd and accepted.

Literature Chair: Michelle Area - selling literature Round Up Conference - selling literature OKYPAA - Aug 2023 - selling literature Working on clarification if we be at the state conference selling literature Motion to accept, 2nd and accepted.

Events Chair: Kat Picked 2 meetings for March March 8th @ Love and Tolerance March 11th @ Mustard Seed April 17th, Sundowners @Kelley Club - 5:30pm Open House at Intergroup - May 6th Motion to accept, 2nd and accepted.

Hotline/12th Step Chair: Sydney Hotline workshop - Rockwell - 3 new 12 Step volunteers and 1 hotline volunteer Motion to accept, 2nd and accepted.

Liaison: Jeff District Meeting in March District 50 in Woodward on March 19th - Lance and Jared District 80 in Chickasha on March 19th - Gayla District 20 at Western Club - March 19th - Jeff and Jared District 10 at Kelley Club - March 26th - Jeff and David District 70 in Elk City - March 12th - Jeff and Jared District 90 - Spanish speaking - Jeff to attend Motion to accept, 2nd and accepted.

Manager's Report: Cathy N · Prices going up by 20% as of April 3rd - Big Books will be \$12.30 · Point of Sale system is purchased and goal is to have it installed by April 1st · Reaching out to see if Al-Anon will allow us to send flyers · Will print Sooner Sobriety in color, again

Announcements: Challenge sent to all Reps from Chair - to bring send in one Sooner Sobriety story Alter Boys - 14th Anniversary on April 22nd - Dinner after speaker. El Reno - Eat and Speak - Speaking is David B. MWC Fellowship - 1st Sunday Breakfast @8:30am Little Axe - Last Sunday - Eat and Speak - Food 4pm and Speaker at 5pm Heart to Heart - Women's Conference - March 17th - 19th

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

Adjournment: Motion made to adjourn and seconded; motion passed. Linda, Intergroup Secretary

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

April, 1939 – Marty Mann, the writer of “Women Suffer Too,” attends her first AA meeting. She was under the care of Dr. Henry Tiebout at the Blythewood Sanitarium at the time. Upon her return she told others, “We are not alone.”

For more info on the events above, please check out the out the following books available at Intergroup:

[AA Comes of Age](#)

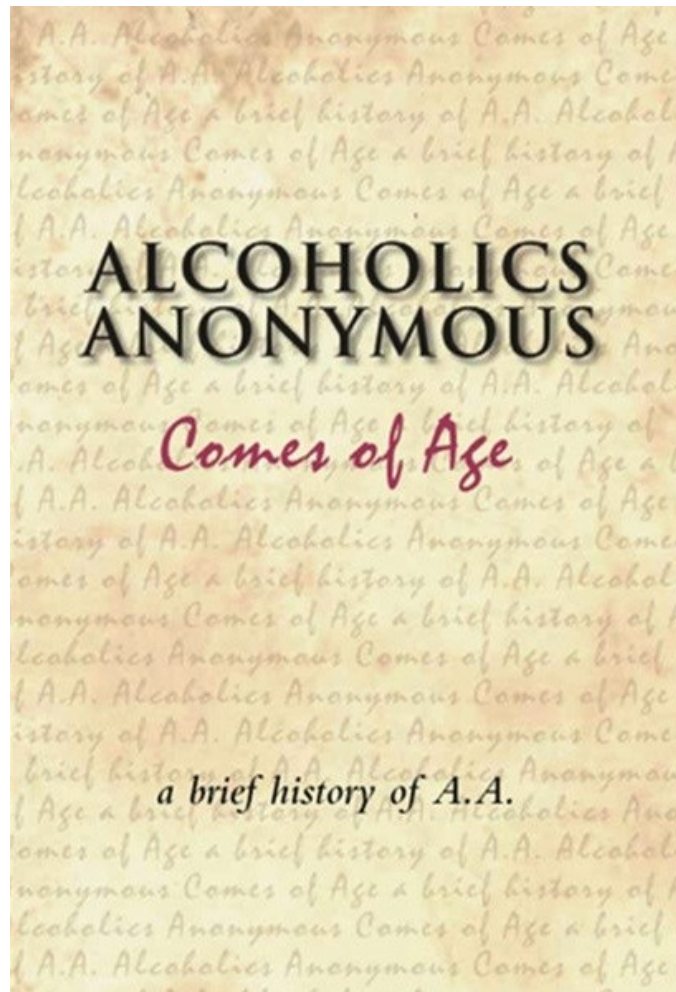
[Pass It On](#)

[Dr. Bob and the Good Oldtimers](#)

Spotlight on AA Literature

Have you ever read *AA Comes of Age*?

Nearly 75 years have come and gone since the 1955 Alcoholics Anonymous Convention in St. Louis, where the early members of AA first revealed the Three Legacies* to the Fellowship as a whole. This book takes the reader through the history of the Convention and the development of the Three Legacies*, traces the early history of Alcoholics Anonymous as a whole, and then focuses on some of our non-alcoholic friends who supported us along the way.



*The Three Legacies of Alcoholics Anonymous are Recovery, Unity, and Service.

“The suggestions of recovery are the 12 Steps.

The suggestions for achieving unity are the 12 Traditions.

The 12 suggestions for service are described in The 12 Concepts for World Service, The AA Service Manual, and AA Comes of Age.”

“This book is for AA members and their friends. It is for all who are interested to know the history of how AA started, how its principles of Recovery, Unity, and Service were evolved, and by what means this fellowship has grown and spread its message around the world. Here is an inside and wide-angled view of Alcoholics Anonymous.”

“In reality, the expression “comes of age” is used by us in a very different sense. We simply say that we have arrived at the time of life when adult responsibilities have to be faced and dealt with, as best we are able. To this end we do try to rely upon ourselves—and upon God.”

Bill W.,

March 1967

UPCOMING EVENTS

Out of Town:

- March 31st, 2023—Guthrie **89er Group's** Birthday Speaker Night. Potluck dinner and CAKE at 7pm. Speaker, Steve S. at 8pm. 3522 S. Division St. (Old Red Schoolhouse)
- April 1, 2023—Sponsorship Workshop at **Sleepy Hollow Group** in Stillwater. Potluck at 11:15 (sides and desserts appreciated), followed by the workshop at noon. 2106 W. 12th St.
- 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 25, 2023—**Classen Club** 60th Anniversary Celebration (1963-2023). Burgers and dogs provided. Multiple speakers from 4pm to 6pm. Dinner from 6pm to 7pm. Join us!!
- March 25, 2023—**CityWide Speaker Meeting** at the Cole Community Center. Potluck at 5:30 (please bring a side dish or dessert). Speaker: Victor V., Springdale, AR at 7pm.
- 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.
- April 22, 2023—**Altered Boys** 14th Anniversary Dinner and Speaker Meeting—AFG speaker, Kathy H. from Cincinnati, OH, followed by Dinner, and concluding with AA speaker Billy N. from Palm Beach Gardens, FL. At the Chapel Hill Methodist Church, 2717 W Hefner Rd. Enter on the North side of the church.
- 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!!

Inside A.A.

Understanding
the Fellowship and
its Services



The third legacy of Alcoholics Anonymous is Service, and that is exactly what this pamphlet is all about—service at every level.

“As AA has grown, so have its service needs. Members and committees have recognized the need to carry our message to professionals who work with alcoholics on a regular basis....All of this require some measure of organization—organization inspired by AA’s Responsibility Declaration which states, ‘When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.’”

This pamphlet starts at the Group level and works its way out from there. It talks about what groups themselves do to carry the message, and mentions other service positions within the group to help fulfill the 5th Tradition. It specifically mentions the GSR, who is the link to service beyond the group. Then it goes on to lay out the Service Structure beyond the General Service Conference to the General Service Board (the Trustees) and GSO itself and the AA Grapevine.

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: _____

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