

May 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

Alcoholism Reared its Ugly Head

“My worst day sober was better than my best day drunk”—a pretty common phrase in the rooms of AA. Not a phrase that particularly resonates with me, even though I understand what they are getting at. I had *many* great days drunk or otherwise intoxicated. Alcohol was my solution before it became my problem. Before the misery, drugs and alcohol worked extraordinarily well for a girl like me. I grew up feeling uncomfortable, awkward, and like my skin just didn’t fit right. Alcohol gave me my solution to that. I felt like I could finally just breathe and exist in my own skin and be comfortable. It was the first time ever! Alcohol was as welcoming to me as a warm blanket. Which, perhaps, should have been my first warning sign.

I took my first drink at fourteen and it was off to the races. No more awk-

ward, shy, blushing Emily. I could be confident and social and not worry about what people thought. People actually started to find me attractive. My “friend” group grew. It would be dishonest to pretend that it wasn’t fun for a while, but for me the consequences started to come pretty quickly. I went to the emergency room for the first time with an overdose just after I had turned sixteen. Far from being turned toward sobriety, I vowed to never mix those particular drugs again. Even then, the idea of giving it up altogether was out of the question. It was a love affair and toxic romance that I wasn’t close to giving up yet.

That summer after I overdosed, my parents kept me on a short leash. As you’d expect, I just became sneakier in my drinking and using. I wasn’t a daily user yet, but already my life revolved around the next

time I could get wasted. Or, at the very least, “get a head change”. It makes me laugh to think now that I used to brag about not having an addictive personality. Now I realize that couldn’t be farther from the truth. As time went on, I went through many different variations of partying—I had consequences, but they were light and not life altering. At the time, coupled with my age, I thought it was just what teenagers do.

“Alcohol was my solution before it became my problem. Before the misery, drugs and alcohol worked extraordinarily well for a girl like me.”

It wasn’t until I found prescription medications that my life truly started to shift out of control. I wrongfully thought that a medication

Alcoholism Reared its Ugly Head continued

coming out of a pharmacy would be less harmful than medications on the street. I could not have been more wrong.

“This is what sparked my alcoholism into full effect. It was the first time I became a daily drinker, and my alcoholism reared its ugly head. Things changed rather rapidly from there.”

What happened instead is that I found something that I thought I was in control of—I could take it every day and still go to school, still go to work, still be around my family. This is what sparked my alcoholism into full effect. It was the first time I became a daily drinker, and my alcoholism reared its ugly head. Things changed rather rapidly from there. For the next few years I did any and everything that came into my path—not only the pills that got me started, but every other substance that I could get my hands on. Alcohol was always in the background, and at the time seemed like no concern at all. I knew that I should quit shooting drugs into my arm, but I

didn't think I'd ever need to quit drinking or using alcohol. I did not understand alcoholism yet, as you can see.

I took a familiar path for many alcoholics: withdrawing in county jail, detox, rehab, sober living, probation. Unable to really stay sober during any of it. The hold that alcoholism had on me was so strong that I just couldn't stomach the idea of being completely sober—I always had to have something in my system. It wasn't until February 5th, 2015, that I was given the gift of desperation. I had just totaled my car and ended up back in jail. Can you imagine what substance I was on? Alcohol! My long-time friend had betrayed me. It was the final straw and the final push I needed to dive into sobriety with both feet. The rooms of AA welcomed me as warmly as alcohol had. And although it was hard work, I understand what they mean as far as my best day drunk not being as good as my worst day sober. My days in sobriety are real—the joys are genuine. There is no fake, substance induced euphoria. The love and warmth that I feel today are God given and don't disappear when the sun rises.

Emily M., OKC.

At the Turning Point

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

—Alcoholics Anonymous, pg 59

Every day I stand at turning points. My thoughts and actions can propel me toward growth or turn me down the road to old habits and to booze. Sometimes, turning points are beginnings, as when I decide to start praising, instead of condemning someone. Or when I begin to ask for help instead of going it alone. At other times, turning points are endings, such as when I see clearly the need to stop festering resentments or crippling self-seeking. Many shortcomings tempt me daily; therefore I also have daily opportunities to become aware of them. In one form or another my of my character defects appear daily: self-condemnation, anger, running away, being prideful, wanting to get even, or acting out of grandiosity.

Attempting half measures to eliminate these defects merely paralyzes my efforts to change. It is only when I ask God for help, with complete abandon, that I become willing—and able—to change.

Daily Reflections, pg 15

Hope from Inside the Walls

I pen this letter from a dayroom table in an Oklahoma prison. I'm grateful to be acquainted with a few people in and around Oklahoma AA chapters who live the AA way, and do behind the scenes 12 step work that I'm quite certain few people know about. I say all that to say how humble I am to be so blessed to have met a woman 15 years ago at Live and Let Live in OKC who now sends me The Grapevine and other AA literature that has been requested for the prison. Another AA who has been sober 40+ years visits the prison quarterly and shares her experience, strength, and hope. A doctor friend who I met in AA has mentored and sponsored my recovery and education for the nearly the decade I've been serving time. All this and so many more priceless and unpublished nuggets of

solid gold wisdom, I have been gifted and somehow retain in this junkie-alcoholic mind. It is beyond amazing, and my gratitude for the memories I have, for all AA has given me, is infinite.

"Through sharing our experience, strength and hope with one another I have found a bunch that normally would not mix, but we come together to solve our 'common problem.'"

Sometimes you have to find just a drop or ounce of tiny, gut-wrenching willingness somewhere deep, just to be able to "go forth, never give up, and dust your ass off." And to do it with grit and determination to Keep Coming Back no matter what!! After read-

ing Dr. Bob and the Good Oldtimers and seeing "Keep Coming Back" and more that's true, like, "Don't louse it up," and especially "Keep It Simple," well..., the deepest understanding of Keep It Simple has enveloped me. But only because AA showed me reason to never give up, to BELIEVE, to understand and live the Promises, to see the psychic change in others, and eventually know the feeling for myself.

I discovered in AA meetings a kind of group-therapy which is highly recommended, and I have found it to be most useful. Through sharing our experience, strength and hope with one another I have found a bunch that normally would not mix, but we come together to solve our "common problem." It truly is "principles before personalities."

Jammie A.

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 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
- ◆ The **Yutang Group** is a new group in the Yukon/Mustang area which meets on Mondays at 6:30 at Grace Church Episcopal at 600 N Mustang Rd, (Mustang & I40)

Word Search

- Alcohol** **Misery**
- Alcoholics** **Otherwise**
- Anonymous** **Phrase**
- Awkward** **Pretty**
- Became** **Problem**
- Before** **Resonates**
- Best** **Right**
- Better** **Rooms**
- Breathe** **Skin**
- Common** **Sober**
- Drunk** **Solution**
- Feeling** **Though**
- Finally** **Uncomfortable**
- Getting** **Understand**
- Great** **Worst**
- Intoxicated** **Worked**

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

Cryptic Quote

Last Month's Quote: "I was still the self-centered egotist I had always been."—Came to Believe

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

**"T KVVVT HVQ XC 'UTPA JP QVFEVKRATJD' BOVD T BJNV LE
 TD AOV OJSQTDU WVSS."—RR TD EKTFJD**

The answer will appear in the next Sooner Sobriety!

Birthdays

IG Staff and volunteers	Casey W.	03/26/21	Little Axe	
Joann J.	04/18/91	Julie T.	Bo C.	04/06/90
Trish D.	04/19/12		Judy R.	04/10/80
Jamie S.	05/02/22	Del City Common Welfare	Mike W.	04/11/03
		Joe Mc.	Reign	05/15/20
Tri-City		Karen A.	Richard C.	05/23/15
Blake C.	03/03/21	Larry P.	Tom L.	05/25/21
Chris M.	03/13/20	Rick P.		
Lonnie G.	03/14/81			
Daniel S.	03/14/19	El Reno		
Preston M.	03/17/15	Jeannie W.	03/22/19	
Tammie G.	03/21/17	Shane W.	03/24/19	
Bobbie L.	03/21/20	Bri D.	03/??/21	



Once again, we have extra room for Birthdays. PLEASE ask your Intergroup Rep to bring your Birthday List to the Intergroup Rep meeting, or send it via email to admin@okcintergroup.org

We publish the previous and current months, as well as the month of the Sooner Sobriety edition (the future month) Please send them in!!

Events and Workshops

Sponsorship Workshop

Hosted by Intergroup and the Western Club

Address: 5207 N Western, OKC

June 10th at 1:-30pm

Spirituality Workshop

Hosted by Intergroup and the Cornerstone Group

At the North Meridian Clubhouse—4407 NW 50th st., OKC

June 24th at 11:00am

Group Name	Monthly	YTD	Group Name	Monthly	YTD
12x12 Group	0	0	Solutions Group Norman (&WiH)	0	0
9th Traditions Group	0	0	Southside Serenity Group	0	0
89ers—Guthrie	0	25.00	Sulphur AA	0	0
Acceptance Group	0	0	Sundowners—Kelley Club	0	0
A.W.O.L A Way of Life Group	0	0	Too Early Group	0	294.60
Altered Boys	0	25.00	Too Early 2 (Mustard Seed 12/1/21)	0	0
AM Attitude Adjustment Group	0	742.00	Touchstone	0	0
Another Refuge	0	0	Three Legacies (Ada)	0	0
Arch of Freedom	0	0	Traditions #2	0	0
Ardmore Group	0	200.00	Tradition 2 (Ardmore)	0	0
Barnyard Group	0	0	TriCity Group	0	0
BYOC	0	0	Triangle Group Norman	75.00	75.00
Choctaw Rebellion Dogs	0	0	Tuesday Kelley Women's Meeting	0	25.00
Classen Club	0	0	Unity Women's Group	0	75.53
Cornerstone Group	0	29.40	Weatherford Group	0	0
Daily Reprieve	0	78.74	Westside Gas Savers	0	94.00
Del City Common Welfare Group	0	10.00	Whiskey in Milk	20.00	30.00
Donations Jar at Intergroup	80.00	373.00	WHY AA Group	0	545.00
Downtown 12&12	0	0	Women's 1-2-3 Western Club (Sat)	0	28.00
Drexel Group	0	0	WOW #2	117.08	117.08
Early Birds of OKC	0	0	YANA #1 Women's 10a.m.	0	205.20
Edmond Group	0	200.00			
Edmond Friends of Bill Group	0	450.00	BIRTHDAY CONTRIBUTIONS*		
El Reno Groups	60.00	180.00	Patsy G., \$25, MWC Tinker	0	0
Freedom Group	0	100.00	Chris L., \$14	0	14.00
God of the Preachers	0	0	Tim B. \$35, Rockwell	0	35.00
Grapevine Meeting—Noon at Kelley Club	0	0	Mindy J. \$41, Live and Let Live	0	41.00
Great Escape	0	0	Josh W.	50.00	50.00
How It Works (Edmond)	50.00	50.00	William S.	38.00	38.00
Into Action (closed 4/2022)	0	0			
Kelley Club Women's Meeting	0	0	OTHER CONTRIBUTIONS		
Lakeshore Ladies	0	0			
Lakeside Serenity	0	0	Totals	1,323.33	7,699.40
Little Axe Group	0	100.00			
Live and Let Live Group	145.25	439.00			
Love and Tolerance	25.00	50.00			
Maine Street AA	25.00	125.00			
Mayfair Group	200.00	400.00			
Mid Day Group	0	200.00			
Midwest City Tinker Fellowship	50.00	75.00			
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	0	10.00			
Mulligan Group	0	100.00			
Mustard Seed Group	60.00	135.00			
Mustang Group	0	234.20			
New Jones Group	0	149.00			
Norman Original Group	10.00	30.00			
North Meridian Group	10.00	30.00			
Northside Freedom Group	0	0			
NW Central #3	0	0			
NW Nomads	0	300.00			
OKC Big Book Group	90.00	90.00			
Old Homestead Group	0	0			
Parlor Group	0	160.40			
Pauls Valley Big Book Group	100.00	100.00			
Pass It On	0	0			
Pay It Forward	0	200.00			
Phoenix Group	35.00	80.00			
Primary Purpose Group Norman	0	0			
Road to Recovery	0	35.00			
Rock Bottom	0	0			
Rockwell Group	83.00	249.00			
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	0	159.05			

*** 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 (absent), Liaison : Jeff, Co-Liaison: Lance (absent), Hotline/12th step Chair: Sydney, Workshops Chair: Jared, IG Manager: Cathy N, IG Staff: Tiffany P.

New Reps: David (Primary Purpose)

Birthdays: Jeannie (4 years)

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

Treasurer Report: Stacy - Profits are down for the month

Other Board Reports:

Workshop Chair: Jared -March 4th - Sponsorship -Whiskey and Milk - over 30 attendees

March 26th - Misfits - Western Club @ 1pm - Cathy, Sydney, and Gayla to attend.

April 1st - Sponsorship - Sleepy Hollow @noon

June 24th - Spirituality - Cornerstone @1pm

Motion to accept, 2nd and accepted.

Literature Chair: Michelle-State Conference - May 19th - May 21st-

Area meeting - selling literature

Round Up Conference - selling literature

OKYPAA - Aug 2023 - selling literature

Motion to accept, 2nd and accepted.

Events Chair: Kat

Monthly Meeting for April-April 17th , Sundowners @Kelley Club - 5:30pm

Monthly Meeting for May-May 4th - Simply AA @ 8pm

Open House at Intergroup - June 10th (Founders Day)

Motion to accept, 2nd and accepted.

Hotline/12th Step Chair: Sydney

Nothing new to report

Motion to accept, 2nd and accepted.

Liaison: Jeff-District meeting were attended by Lance, Jeff, Jared, and Gayla

Lawton Group wants to do all day workshops - pending more details.

District 80 - May 7th @ 10am - Ardmore Group

District 20 - TBD

District 50 - TBD

Motion to accept, 2nd and accepted.

Manager's Report: Cathy N

- ◆ Prices going up by 20% as of April 3 rd - Big Books will be \$12.30
- ◆ New chairs donated - need volunteers to clean them
- ◆ Point of Sale system - work in progress
- ◆ Open House moved to June 10th - giving away Thunder Tickets to 23 - 24 season

Announcements:

Challenge sent to all Reps from Chair - to bring send in one Sooner Sobriety story. You can record, video, or write a story and send it into intergroup.

April 1st - Love and Tolerance - Speaker meeting

April 22nd - Altered Boys 14th Anniversary - April 22nd

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

May, 1935 – Pacing the lobby of the Mayflower Hotel in Akron, OH between the bar & the telephone, Bill W. makes a decision and places 11 phone calls. He finally gets Henrietta Seiberling, who introduces him to Dr. Bob.

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

[AA Comes of Age](#)

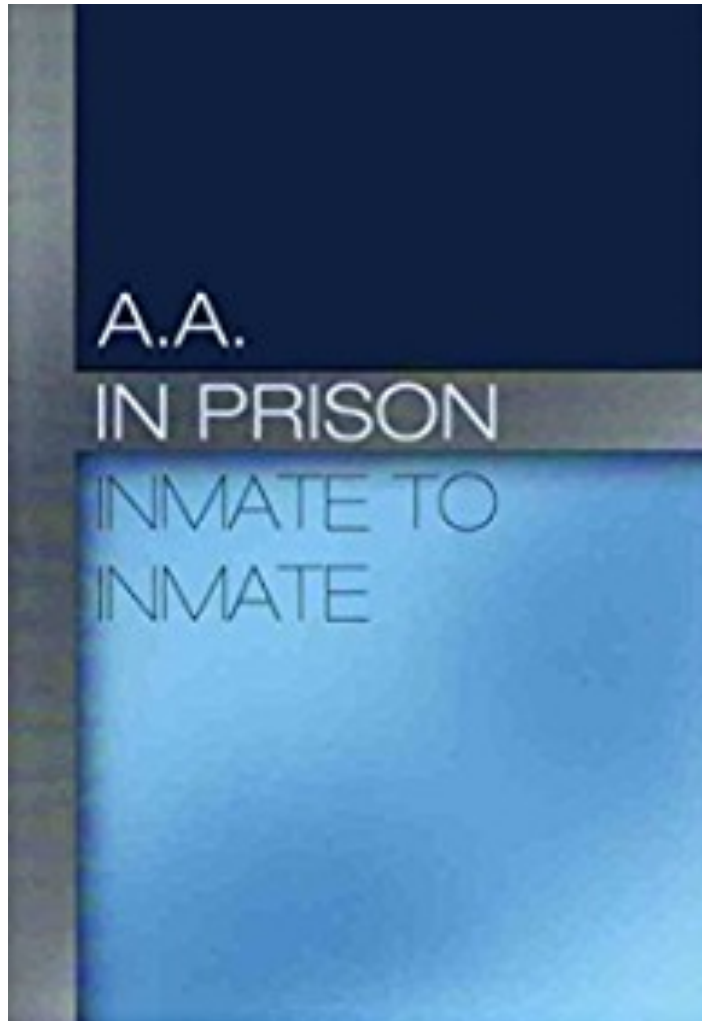
[Pass It On](#)

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

Spotlight on AA Literature

Have you ever read *AA in Prison?*

“The stories in the first edition of this book originally appeared in the AA Grapevine, AA’s international monthly magazine. In this second edition, we’ve updated the book by adding new stories, some from Grapevine and others sent directly to us from members. In this book inmates tell their personal stories of the miracle of recovery. Each found freedom and hope from alcoholism’s devastating disease through the program of Alcoholics Anonymous....



These AA’s share their experience with you in the hope you will identify with their problem, and that you gain the strength through the 12 Steps, fellowship, and tools of the AA program to join them on the road to recovery—physically, mentally, and spiritually—from Alcoholism.”

—From the Foreword to AA in Prison
Inmate to Inmate

“I have seen hundreds of families set their feet in the path that really goes somewhere; have seen the most impossible domestic situations righted; feuds and bitterness of all sorts wiped out. I have seen men come out of asylums and resume a vital place in the lives of their families and communities. There is scarcely any form of trouble and misery which has not been overcome among us.”

Bill W.,

From “Bill’s Story”

Alcoholics Anonymous, pg 15

UPCOMING EVENTS

Out of Town:

May 5-7th, 2023—**Ceta Canyon Conference**, located 20 miles South of Amarillo, near Happy, TX. For more info: cetacanyonconference.com. \$230 all inclusive.

May 6, 2023—**State Sponsored Workshop** on Treatment and Corrections in Enid. Speakers, a panel, and Q&A 9am-12:30pm at 501 W Broadway Ave, 73701 Lunch afterwards.

Local:

May 6th, 2023—Workshop, **Home Group—The Firing Line**, with Bob D. from Las Vegas. 10am-1pm at the Phoenix Group, 700 E Eufaula in Norman. Donuts and Coffee

May 7th, 2023—**Nothside Foundation's** 42nd Anniversary Parking Lot Party at the **May Club**. From 2-4pm. Hotdogs, Hamburgers, and Sides provided. Please bring desserts!

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!!

June 10th—2023—**Intergroup Open House!** 11am to 2pm—everyone is welcome. Free hot dogs and chips. In-Store discounts. Raffle Drawing for THUNDER club-level tickets with food and parking. Located at 2701 N. Portland Ave, OKC, 73107.

July 7th & 8th, 2023—**Red Dirt Roundup** at the Holiday Inn and Suites at 6200 N Robinson in OKC (73118). Great Speakers and Fellowship! Registration \$25 before July 1st!

July 8th, 2023—**Mustang Group's** 40th Anniversary! Food, Fun, and Fellowship, beginning at 1:00pm at 1201 Mustang Road in the Great Room. Speaker: Drew L, OKC

Happy, Joyous, and Free!!



Corrections Correspondence

— a special kind
of A.A. Service

Now that you've gotten interested in, and have read, AA in Prison, there is a pamphlet you might want to check out. It is called "Corrections Correspondence," (AA pamphlet F-26), and it is available at Intergroup. What's it all about? Well,

If you would like to share your experience, strength, and hope with AAs who are confined, please mail the tear-off form to GSO's Corrections Desk, or email the information to corrections @aa.org....*

The name of an inmate, selected at random from a geographic region different from your own, will be sent to you from the General Service Office and you will make the initial contact through the mail.

Those who have participated in this service have found sharing with inmates a very gratifying form of Twelfth Step work. We are happy to know there are AA members like you willing to help make it possible for the AA message to be carried to those on the "inside."

* The tear-off form is on the back of the pamphlet

What a great way to be of Service!!

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

