

July 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

A Teen in Recovery

Life is difficult, especially for a teen in recovery. Life is a process with many parts and steps. These steps take time to complete, months even. I've come a long way in six months. I'm working on the steps to get my life back.

1 "Admitted that we were powerless over alcohol-that our lives had become unmanageable."

I heard someone say that being unmanageable isn't the consequence of our actions while high or drunk; it's what we do when we're sober; it's the obsession over our next drink. "I have everything under con-

trol," I thought. I didn't and I wish I'd have noticed sooner. I started going to Alcoholics Anonymous meetings daily when I was 14 and everyone was talking about praying to this God that I knew nothing of.

"I started going to Alcoholics Anonymous meetings daily when I was 14 and everyone was talking about praying to this God that I knew nothing of."

2 "Came to believe that a power greater than ourselves could restore us to sanity."

I thought they meant insane, as in crazy or

mental. I'm not crazy. Insanity is doing the same thing, expecting different results each time. Being non-religious, this step overwhelmed me. How could I find a higher power? After a few weeks I got a sponsor and she made me read We Agnostics in the Big Book. It explained that when we talk about God, it isn't the same God as we thought he was before recovery, we could make God whoever, however we wanted him to be. I named the group of AA as my 'higher power'. They were not judgmental or biased. They had all the answers to my

A Teen in Recovery continued

problems and if they couldn't restore my sanity, I was convinced nobody could.

3 *“Turned our will and our lives over to the care of God as we understood him.”* There's a common saying to sum up these first three steps: I can't, he can, I'll let him. I came to the conclusion that I would turn my will over to the group by honoring tradition 5, to carry AA's message to the alcoholic who still suffers. I would attend meetings and share at as many as I could because someone may need to hear what I have to say. I would invite people to go to meetings with me and do more service work (chairing meetings, emptying ashtrays, making coffee, etc.). I would turn to other members with my troubles as well as my aspirations.

I'm 16 now, and 7 months sober. I've been in the program since I was 14. I've had a few relapses but I've learned that each time you come back from a relapse you learn something new about recovery or yourself.

“I can't. He can. I think I'll let him.”

Step 7— “Perfect” Humility

For myself, I try to seek out the truest definition that I can. This will not be the perfect definition, because I shall always be imperfect.

“At this writing, I would choose one like this: ‘Absolute humility would consist of a state of complete freedom from myself, freedom from all the claims that my defects of character now lay so heavily upon me. Perfect humility would be a full willingness, in

“Perfect” Humility

all times and places, to find and to do the will of God.’

When I meditate upon such a vision, I need not be dismayed because I shall never attain it, nor need I swell with presumption that one of these days its virtues shall all be mine.

I only need to dwell on the vision itself, letting it grow and ever more fill my heart. This done, I can compare it with my last-taken personal inventory. Then I get a sane and healthy idea of where I stand on the highway to humility. I see that my journey toward God has scarce begun.

As I thus get down to my right size and stature, my self-concern and importance become amusing.”

As Bill Sees It, p. 106

Please Write!!

For many years (36 1/2 to be exact) the Sooner Sobriety has been your local newsletter for the Oklahoma City area AA groups. We like to print the newsletter with at least one local story, if not two or even three of them. That way, our readers get a little home-grown experience, strength, and hope.

It is not always easy, however to get stories to print on the first couple of pages. People seem to think that they have to be a talented author, with years of experience writing articles for

major journals.

Yeah, no. Definitely not.

What we need are people willing to sit down in front of a computer and type in a few thoughts.

PLEASE send an article to admin@okcintergroup.org

It can be your story. It can be on a particular step or set of steps that mean something to you. It can be

about a sobriety-related topic. It can even be about a something you heard in a meeting. As long as it's about the disease of alcoholism and recovery from it, it's perfect!

It can be short (just a couple of paragraphs). It can be long (1200-1500 words) Just please write it in first person and we will do our absolute best to get it in. Worried about grammar or spelling? That's what an editor is for! We are willing to work with you.

PLEASE WRITE!!

Meeting Changes

- ◆ **Rule 62** at 2600 E Danforth in Edmond has added a Thursday night open meeting at 7pm.
- ◆ The **Little Axe Group** has added an open discussion meeting on Saturdays at 9am
- ◆ **Simply AA** now meets on Tuesdays, Thursdays, and Sundays at 7pm (not 8pm). There is one exception, however. The last Sunday of the month remains an 8pm meeting.

Word Search

- Actions** **Nothing**
- Alcoholics** **Noticed**
- Anonymous** **Obsession**
- Complete** **Parts**
- Consequence** **Praying**
- Control** **Process**
- Daily** **Recovery**
- Difficult** **Sober**
- Drunk** **Someone**
- Everyone** **Sooner**
- Fourteen** **Started**
- Going** **Steps**
- Heard** **Talking**
- Life** **Teen**
- Meetings** **Under**
- Months** **Working**

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

Cryptic Quote

Last Month's Quote: "Even at an early age, booze was no stranger to me."—*Came to Believe*

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

"NTBWXCT VJLVBQVFAV KFG WZVGQVFAV, CBWDNT HNKBNVG,

MWRRWDVE ZP CBKNQNXGV." — GKQRP BVMRVANQWFH

The answer will appear in the next Sooner Sobriety!

Birthdays

IG Staff and volunteers	Stephen H.	06/25/22	Joel J.	06/27/84	Melinda L.	05/20/12	
Jamie S.	05/02/22	Nettie	06/15/22	Bat B.	06/28/91	Josh D.	05/22/21
		Bob	06/08/22	Toby	06/28/21	Erin E.	05/22/17
Del City Common Welfare	Dana	06/00/22			Eileen S.	05/23/21	
Larry P.	05/06/06	Roger S.	06/24/84	Tri-City	Angie T.	05/26/15	
Rick P.	05/31/96			Kari S.	05/06/22	Lance N.	05/27/08
		Little Axe		Teri M.	05/08/17	Mikey H.	05/28/18
El Reno		Reign	05/15/20	Henry B.	05/09/83	Casey K.	05/31/14
Barry	05/04/21	Richard C.	05/23/15	Michale E.	05/13/86		
Rosemary	05/16/12	Dave W.	05/24/81	Pat K.	05/18/84		
Kendra	05/25/21	Tom L.	05/25/21	Dominique	05/18/18		
Shon	05/17/05	Mark H.	06/01/19	Robert H.	05/19/20		
Astrid	06/07/08	Tanja L.	06/13/02	Sharee W-T	05/19/17		



Events and Workshops

Spirituality Workshop

Hosted by Intergroup and the Cornerstone Group

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

June 24th at 11:00am

Traditions Workshop

Hosted by the Maine Street AA Group

704 W Maine St., Enid, OK 73701

June 24th at 11:00am

Safety in AA Workshop

Hosted by the Love and Tolerance Group

4848 N MacArthur, OKC,

August 13th at 2:15pm

Group Name	Monthly	YTD	Group Name	Monthly	YTD
8:30am May	6.00	6.00	Shawnee Big Book	0	30.00
9th Traditions Group	0	52.42	Shawnee Fellowship	0	0
89ers—Guthrie	25.00	50.00	Simply AA	100.00	100.00
Acceptance Group	920.00	945.00	Sleepy Hollow	50.00	50.00
Altered Boys	0	675.00	Social Distancing Group, Richardson, TX	0	159.05
AM Attitude Adjustment Group	0	127.00	Solutions Group Norman (&WiH)	0	0
Another Refuge	0	0	Southside Serenity Group	0	200.00
Arch of Freedom	0	0	Straight Talkers	500.00	500.00
Ardmore Group	0	200.00	Sulphur AA	0	72.00
Barnyard Group	0	0	Sundowners—Kelley Club	0	132.00
BYOC	0	0	Too Early Group	0	511.50
Chapter 11	100.00	100.00	Too Early 2 (Mustard Seed 12/1/21)	0	0
Choctaw Rebellion Dogs	0	0	Touchstone	0	0
Classen Club	90.00	90.00	Three Legacies (Ada)	0	0
Cornerstone Group	0	29.40	Traditions #2	0	0
Daily Reprieve	158.42	237.16	Tradition 2 (Ardmore)	0	0
Del City Common Welfare Group	300.00	320.00	TriCity Group	0	527.13
Donations Jar at Intergroup	160.00	618.00	Triangle Group Norman	0	161.00
Downtown 12&12	0	0	Tuesday Kelley Women's Meeting	25.00	50.00
Drexel Group	0	35.20	Unity Women's Group	0	75.53
Early Birds of OKC	0	0	We Care Group	100.00	100.00
Edmond Group	0	200.00	Westside Gas Savers	0	94.00
Edmond Friends of Bill Group	0	450.00	Whiskey in Milk	0	30.00
El Reno Groups	60.00	300.00	WHY AA Group	420.00	965.00
Freedom Group	0	100.00	Women's 1-2-3 Western Club (Sat)	0	189.25
Full Measures—Stillwater	15.50	21.40	WOW #2	62.74	179.82
Fully Self-Supporting Group	40.00	40.00	YANA #1 Women's 10a.m.	0	205.20
God of the Preachers	0	0			
Grapevine Meeting—Noon at Kelley Club	0	0	BIRTHDAY CONTRIBUTIONS*		
Great Escape	0	0	Patsy G., \$25, MWC Tinker	0	0
How It Works (Edmond)	50.00	100.00	Chris L., \$14	0	14.00
Into Action (closed 4/2022)	0	0	Tim B. \$35, Rockwell	0	35.00
Kelley Club Meeting	0	120.00	Mindy J. \$41, Live and Let Live	0	41.00
Lakeshore Ladies	0	0	Josh W.	0	50.00
Lakeside Serenity	234.50	234.50	William S.	0	38.00
Little Axe Group	0	200.00	Matt M.	0	30.00
Live and Let Live Group	73.00	637.50	Gayla C.—Ponca City, \$30 birthday, \$70 donation	100.00	100.00
Love and Tolerance	50.00	125.00		16.00	16.00
Maine Street AA	50.00	175.00	Traci H.		
May Club	0	15.00			
Mayfair Group	100.00	500.00	OTHER CONTRIBUTIONS		
Mid Day Group	200.00	400.00	Anonymous—Norman	0	100.00
Midwest City Tinker Fellowship	0	75.00	Anonymous	0	50.00
Misfits	0	0	Gene E.	0	72.00
MOD Squad @May Club	0	0			
Monday Midday Madness + Fault Free Friday	0	0	Totals	4,628.16	15,076.36
Monday Night Men's Group #3	0	73.20			
Monday Night Mixed at Kelley Club	5.00	15.00			
Mulligan Group	0	100.00			
Mustard Seed Group	145.00	340.00			
Mustang Group	0	234.20			
New Jones Group	0	343.50			
Newcastle BB Group	40.00	40.00			
Norman Original Group	10.00	50.00			
North Meridian Group	10.00	50.00			
Northside Freedom Group	0	0			
NW Central #3	0	0			
NW Nomads	0	300.00			
OKC Big Book Group	0	90.00			
Old Homestead Group	0	0			
Parlor Group	0	160.40			
Pauls Valley Big Book Group	0	100.00			
Pass It On	0	0			
Pay It Forward	0	200.00			
Phoenix Group	35.00	150.00			
Primary Purpose Group Norman	0	0			
Road to Recovery	0	35.00			
Rock Bottom	0	0			
Rockwell Group	83.00	415.00			
Round Table	0	30.00			
Santa Fe 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, Co-chair/Treasurer: Stacy, Secretary: Linda, Literature: Michelle, Events: David, Liaison: Jeff, Co-Liaison: Lance, Hotline/12 th step Chair: Sydney, Workshops Chair: Jared, IG Manager: Cathy N (absent), IG Staff: Tiffany

New Reps: none

Birthdays: Lance (15 years), Angela (15 years), Jack (36 years)

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

Treasurer Report: Stacy -Profits are up-Asked group for contributions

Other Board Reports:

Workshop Chair: Jared - Ask to go back and see if your group would like a workshop. Currently scheduled: June 3 rd - Safety in AA - Ponca City @ 1:15pm, June 10th - Sponsorship - Western Club @ 2:30pm, June 24th - Spirituality - Cornerstone @1pm, July 23rd - Traditions - Enid @2pm

Literature Chair: Michelle - explained can bring any literature to any event. State Conference - sold lots of literature - new system worked amazing. Upcoming: Area 57 Meeting - Jeff to sell literature - June 4th, Red River Rally, State Corrections Conference, Native American Conference, Red Dirt Round Up, OKYPAA

Events Chair: David ~ Open House at Intergroup - June 10th (Founders Day). Intergroup Invasion Meeting: May 11th - Simply AA - well received. Upcoming: June 12th - Piedmont @7pm, July 12th - Live & Let Live @ 5:30pm

Hotline/12 th Step Chair: Sydney~Nothing new to report

Liaison: Jeff~Jeff, Gayla, Lance, and Jared split and attended District meetings. District 80 - Aug 27th - Gayla will be attending in Kingston. District 20 - Aug 27th - Western Club @ 6pm. District 50 - Aug 27th - Sleepy Hollow @ 9:30am (Jeff will be attending). District 10 - Aug 27th @ 4pm. District 70 - TBD

Manager's Report: Cathy N (absent)

Open House - June 10 th - Raffle Thunder Tickets to 23 - 24 season

Text for hotline volunteer to improve response times

Need Sooner Sobriety Stories

Invited Reps to monthly meetings - Can even be virtual

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

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

July 14, 2023

Kelley Club Pie Auction!

5pm to 9pm Everyone is Welcome!!

5:00 Have your pies at the Club

5:30 Spaghetti Dinner

6:30 Pie Auction

8:00 Speakers: Darren & Ashley B.

Join us for a fun-filled evening and a great cause

We look forward to seeing you there!

This month in AA History

July 4th, 1935 – Bill D. (Alcoholics Anonymous #3) left the hospital free from the bondage of alcohol.

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](#)

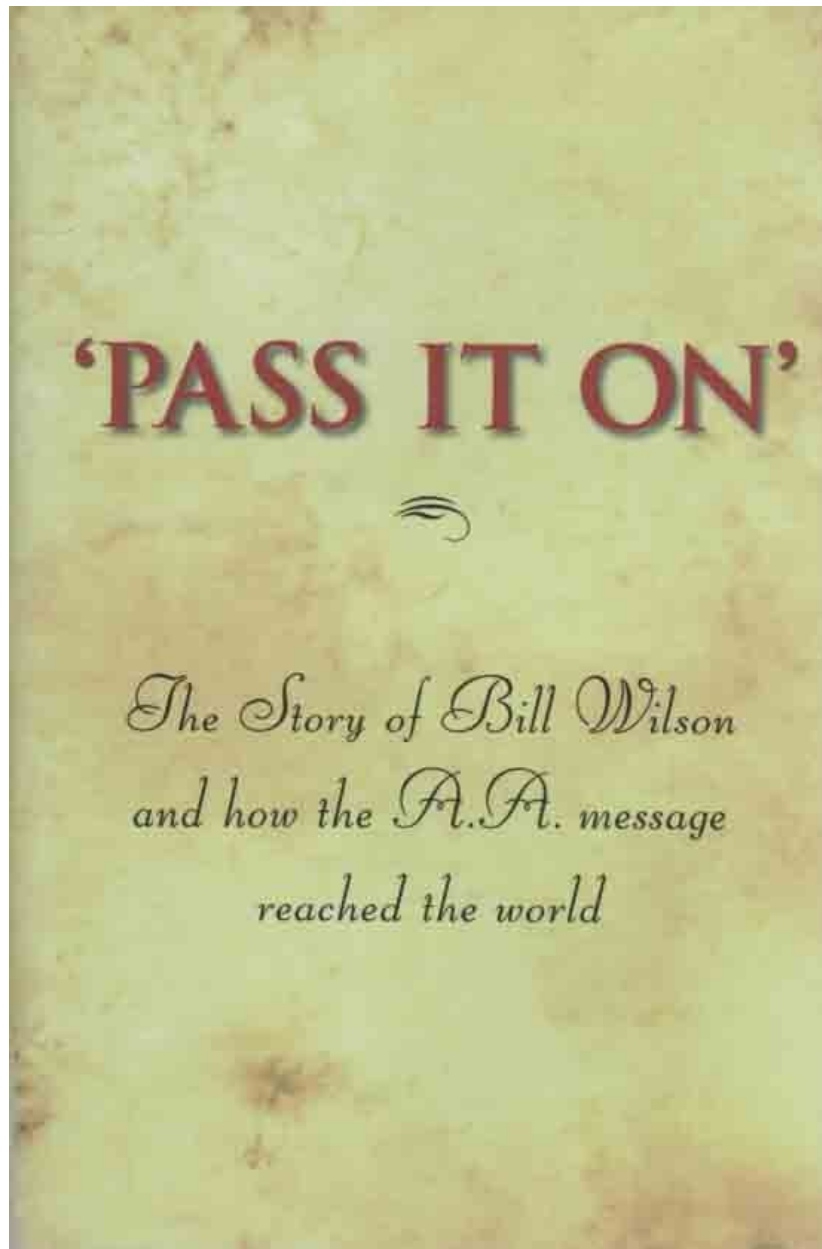
[Dr. Bob and the Good Oldtimers](#)

Spotlight on AA Literature

Have you ever read 'Pass It On'?

“Here is Bill W., the man everybody knew and nobody knew. Here too, inextricably entwined with his life, is the dramatic story of the founding of Alcoholics Anonymous, its early struggles and amazing growth.

Bill’s character was complex and contradictory. Although we always tried to place him on a pedestal, he strove for genuine humility, declining honors and stressing the spiritual value of anonymity.



The co-founder of AA, he was never a *member* of AA, because we never allowed him to be. Ego-driven, he nevertheless always gave credit to others: to Ebby, to Dr. Bob, to Lois, as appropriate. A charismatic leader, he eschewed power and ‘was willing to let go of us before we were willing to let go of him.’ (in Jack Norris’ words) He has been hailed as one of the most significant figures of the 20th century....”

“In these pages is the full and rounded story of a remarkable life: The boy growing up in Vermont, always striving to be Number One. The Army officer serving ‘over there’ in World War I. Bill’s romance and marriage with Lois. The fair-haired boy of Wall Street plummeting into rum-soaked despair. Ebby T. and Dr. Silkworth, Bill’s spiritual experience, and his meeting with Dr. Bob. And of special significance to the AA reader, Bill’s role in Alcoholics Anonymous.” *Introduction to Pass It On*

UPCOMING EVENTS

Out of Town:

September 15th-17th—**Gratitude Getaway** (women's AA retreat)—address: 275 Camp Christian Lane, Chouteau, OK 74337. Register online at Gratitudegetaway.com/registration1. Registration fee is \$125 and includes meals and lodging. Deadline is September 1st.

September 24, 2023—**Southeast District 60 Annual Fall Picnic**—Robbers Cave State Park Recreational Area, Pavillion #2 (on the right past the swimming pool). Fellowship at 9:30, Al-Anon speaker Jan R., from Tulsa at 10:30, Lunch at 12:00. Burgers and Dogs provided. Please bring a covered Dish and your appetite. AA Speaker Brian R. from the Monkey Island Group at 1:30.

September 29th-October 1st—**Serenity Harvest** in Tahlequah, OK. Fireside meetings, guest speakers, and just plain hangin' around... if that sounds good to you, then register at serenityharvest.org. Pre-registration is \$140 to guarantee your spot.

September 29th-October 1st—**Southwest Regional Forum**—Radisson El Paso Airport Hotel. "Regional Forums are designed to enhance communication and participation between AA members, the General Service Board, and staff and directors from the General Service Office and the AA Grapevine." Registration is free and will open online at www.aa.org on June 30th.

Local:

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

August 11-13th—**OKYPAA 41**—"The Straight Pepper Diet" Advance Registration is \$25. Held at the Holiday Inn & Suites North OKC (6200 N. Robinson, OKC 73118). Register at OKCPAA.org or by CashApp at \$OKYPAA41 with your name.

Frequently Asked Questions About A.A.



“This pamphlet is designed for those who are interested in AA for themselves, for a friend or relative, or simply because they wish to be better informed about this unusual Fellowship. Included on the pages are answers to many of the specific questions that have been asked about AA in the past.”

- ◆ Can an alcoholic ever drink normally again?
- ◆ I can stay sober quite a while between binges; how can I tell whether I need AA?
- ◆ Others say I am not an alcoholic. But my drinking seems to be getting worse. Should I join AA?
- ◆ Are there any rules in AA?
- ◆ Are there many young people in AA?
- ◆ Do AA's have to attend meetings for the rest of their lives?
- ◆ Will AA help me straighten out my family troubles?
- ◆ Does AA sponsor any social activity for members?

These and many more questions are answered in this helpful pamphlet. “They add up to the story of a loosely knit society of men and women who have one great interest in common: the desire to stay sober themselves and to help other alcoholics who seek help for their drinking problem.”

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
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