

August 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

“Coming to” Learn

My sobriety date is October 23, 1987. That’s almost 36 years to save the calculation. I have been on this earth for 60 years, however it feels like I’ve had at least 120 years of experiences. My message today is to always stay grounded in AA somehow, someway. My sponsor’s sponsor recently passed along this message...you can add programs, studies, classes, etc. to AA but you can’t remove AA from those studies. I tested that theory and I concluded that she was right. I entered a school of another spiritual path at the beginning of 2016 – an in-depth spiritual study focusing on expanding your consciousness, and like a good over-doer proceeded to get fully integrated. I was a student

and quickly became a teacher and then was quite heavily involved in general. I was so integrated that I lived in the school building in OKC. It was all volunteer work. I eventually didn’t have time for AA. I had become very complacent

“To summarize, in hindsight my spirituality had gotten too fancy.”

and couldn’t really “hear” in meetings anymore. Drinking wasn’t my problem anymore, however I forgot about our nature of switching addictions. This alcoholic does things hard most of the time. It has

gotten better over the years but at most key times I don’t stop until I drop. That’s been a lifetime healing process – to learn what enough is, and I’m still not there yet. I work hard, love hard, play hard, study hard, and friend hard. I had quit AA several times~The last time being January of 2020. My friend was worried about me, called me one day and said, “I found our meeting.” I said, “I’ll try it one time and will decide then.” Well, I ended up going for a couple of years. It was a non-listed meeting, period. Enough said. To summarize, in hindsight my spirituality had gotten too fancy. In October 20th, 2022, my life as I had known it over the last 7 years came to an abrupt halt. I

“Coming to” learn continued

worked, supported, loved, friended, schooled until I dropped. I abruptly quit the school because I had hit the bottom of overdoing. I dropped. Come to find out the overdoing that I meticulously nurtured my whole life was keeping me from revealing my deepest traumas from childhood. I had peeled lots of the onion over the last 35 years but we are not ready until we are ready. Because I had separated myself from the 2nd love of my life, the school, I was so, so, so lost. It felt like I was in shock for months. I also let go of 2 significant relationships at the same time. Two close friends. What I was ready to face now was the very effective and polished codependent in me. And here the whole time I thought I was helping by doing all the things hard.

There were threads of help and love woven through those relationships but the good codependent was escaping her life to “help” others. It takes

“It’s in our greatest pain and fear that we become willing to be open and be humble again.”

what it takes. I’m currently getting to know her and I have “come to” learn her favorite thing is enmeshment. And when I say I’m “coming to” learn, I mean learning and understanding deep into my heart. Sometimes the pain has to be deep enough to crack the heart wide open so the light can shine in. It doesn’t feel like heaven but it is a true gift. It’s in our greatest pain and fear that we become willing to be open and be humble again. We can all of the sudden hear again on a deeper level.

Head knowledge doesn’t equal understanding. I believe the learning process looks like a slinky. The lessons come round and round and round spiraling upward even when it feels like a step back. Nothing is wasted in this life unless we don’t learn from it. Sometimes I think learning is invisible. All we have to do is take the action and turn the outcome over to God. When I understand

something, I feel a shift happen....an ah-ha moment Artis G used to say. An understanding of the heart. I believe that there is no right or wrong, good or bad – there is only learning, which is precisely why we are in the schoolroom of life. So, if you walk away with one thing from this story I would hope it would be that we are all, and I mean all, beautiful, loving children of God. We all come with gifts, we all count-and like I said there are no mistakes, only experiences that help us get closer to God. I am learning how to forgive myself from the heart. It’s not a brain thing. You have to feel it. I also believe that as long as we are here on earth there is always something else to learn. So we may as well let go and let God, rest a little, have a little fun, go to a meeting, use a sponsor, work the Program, and not take ourselves so seriously. God bless.



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

- ◆ **The Norman Original Group** would like to clarify that their meetings are in the white metal building. The front of the building is located on Tecumseh Rd.
- ◆ The **Happy, Joyous, & Free** women's meeting has been added to the schedule at the Western Club on Tuesdays at 4pm. It is a speaker/literature discussion meeting
- ◆ **The Dill City Group** has begun meeting at a new address: 200 Highway 152. All of the meetings are the same as before. Only the address has changed.

Word Search

- Alcoholics** **Passed**
- Almost** **Programs**
- Along** **Recently**
- Anonymous** **Remove**
- Calculation** **Right**
- Classes** **Sixty**
- Concluded** **Sobriety**
- Earth** **Somehow**
- Entered** **Someway**
- Experiences** **Spiritual**
- Feels** **Sponsor**
- Grounded** **Studies**
- However** **Tested**
- Least** **Theory**
- Message** **Today**
- October** **Years**

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

Cryptic Quote

Last Month's Quote: "Through experience and obedience, growth started, followed by gratitude." —Daily Reflections

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

"QL UST OC TNCJ OUL QCNT 'KBSXL' ZNCX CPN EJLLYU SIT

OUCPMUO." —OUL OQLBFL SIT OQLBFL

The answer will appear in the next Sooner Sobriety!

Birthdays

| | | | | |
|--------------------------------|---------------------|--------------------|------|----------|
| IG Staff and volunteers | El Reno | | Toby | 06/28/21 |
| Shawn E. 06/26/14 | Astrid 06/07/08 | | | |
| Cathy N. 07/21/88 | Stephen H. 06/25/22 | MWC Tinker | | |
| Rick B. 08/08/15 | Nettie 06/15/22 | Tracy 07/22/22 | | |
| Martin S. 08/13/96 | Bob 06/08/22 | Larry L. 07/10/17 | | |
| Jared B. 08/22/19 | Dana 06/00/22 | Denise C. 07/15/16 | | |
| Craig T. 08/01/19 | Roger S. 06/24/84 | Joanne C. 07/05/15 | | |
| Cindy K. 08/21/21 | | Robin D. 07/15/15 | | |
| Mitzi 08/20/20 | Little Axe | Drexle M. 07/06/13 | | |
| | Mark H. 06/01/19 | Alyssa J. 07/06/12 | | |
| Del City Common Welfare | Tanja L. 06/13/02 | Brad O. 07/06/03 | | |
| Matt N. 08/18/16 | Joel J. 06/27/84 | Lora B. 07/18/94 | | |
| Shirley W. 08/15/22 | Bat B. 06/28/91 | Laurie E. 07/08/93 | | |

*Happy
Birthday*



Events and Workshops

Safety in AA Workshop

Hosted by the Love and Tolerance Group

4848 N MacArthur, OKC,

August 13th at 2:15pm

Sooner Sobriety

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| Group Name | Monthly | YTD | Group Name | Monthly | YTD |
|---|---------|--------|--|-----------------|------------------|
| 8:30am May | 0 | 6.00 | Santa Fe Group | 0 | 0 |
| 9th Traditions Group | 212.00 | 264.42 | Shawnee Big Book | 0 | 30.00 |
| 89ers—Guthrie | 0 | 50.00 | Shawnee Fellowship | 0 | 0 |
| Acceptance Group | 0 | 945.00 | Simply AA | 0 | 100.00 |
| Altered Boys | 0 | 675.00 | Sleepy Hollow | 0 | 50.00 |
| AM Attitude Adjustment Group | 0 | 127.00 | Social Distancing Group, Richardson, TX | 0 | 159.05 |
| Another Refuge | 0 | 0 | Solutions Group Norman (&WiH) | 0 | 0 |
| Arch of Freedom | 0 | 0 | Southside Serenity Group | 0 | 200.00 |
| Ardmore Group | 0 | 200.00 | Straight Talkers | 0 | 500.00 |
| Barnyard Group | 0 | 0 | Sulphur AA | 0 | 72.00 |
| BYOC | 0 | 0 | Sundowners—Kelley Club | 0 | 132.00 |
| Chapter 11 | 0 | 100.00 | Too Early Group | 0 | 511.50 |
| Choctaw Rebellion Dogs | 0 | 0 | Too Early 2 (Mustard Seed 12/1/21) | 0 | 0 |
| Classen Club | 0 | 90.00 | Touchstone | 0 | 0 |
| Cornerstone Group | 0 | 29.40 | Three Legacies (Ada) | 0 | 0 |
| Daily Reprieve | 0 | 237.16 | Traditions #2 | 0 | 0 |
| Del City Common Welfare Group | 0 | 320.00 | Tradition 2 (Ardmore) | 0 | 0 |
| Donations Jar at Intergroup | 200.00 | 818.00 | TriCity Group | 0 | 527.13 |
| Downtown 12&12 | 0 | 0 | Triangle Group Norman | 75.00 | 236.00 |
| Drexel Group | 0 | 35.20 | Tuesday Kelley Women's Meeting | 0 | 50.00 |
| Early Birds of OKC | 400.00 | 400.00 | Unity Women's Group | 0 | 75.53 |
| Edmond Group | 0 | 200.00 | Way of Life-Edmond | 105.00 | 105.00 |
| Edmond Friends of Bill Group | 300.00 | 750.00 | We Care Group | 0 | 100.00 |
| El Reno Groups | 0 | 300.00 | Westside Gas Savers | 0 | 94.00 |
| Freedom Group | 105.00 | 205.00 | Whiskey in Milk | 20.00 | 50.00 |
| Full Measures—Stillwater | 4.20 | 25.60 | WHY AA Group | 0 | 965.00 |
| Fully Self-Supporting Group | 0 | 40.00 | Women's 1-2-3 Western Club (Sat) | 0 | 189.25 |
| God of the Preachers | 0 | 0 | Women's BB Study | 350.00 | 350.00 |
| Grapevine Meeting—Noon at Kelley Club | 30.00 | 30.00 | WOW #2 | 0 | 179.82 |
| Great Escape | 0 | 0 | YANA #1 Women's 10a.m. | 0 | 205.20 |
| How It Works (Edmond) | 0 | 100.00 | | | |
| Into Action (closed 4/2022) | 0 | 0 | BIRTHDAY CONTRIBUTIONS* | | |
| Kelley Club Meeting | 0 | 120.00 | Patsy G., \$25, MWC Tinker | 0 | 0 |
| Lakeshore Ladies | 157.00 | 157.00 | Chris L., \$14 | 0 | 14.00 |
| Lakeside Serenity | 0 | 234.50 | Tim B. \$35, Rockwell | 0 | 35.00 |
| Little Axe Group | 0 | 200.00 | Mindy J. \$41, Live and Let Live | 0 | 41.00 |
| Live and Let Live Group | 109.50 | 747.00 | Josh W. | 0 | 50.00 |
| Love and Tolerance | 25.00 | 150.00 | William S. | 0 | 38.00 |
| Maine Street AA | 0 | 175.00 | Matt M. | 0 | 30.00 |
| May Club | 0 | 15.00 | Gayla C.—Ponca City, \$30 birthday, \$70 | 0 | 100.00 |
| Mayfair Group | 100.00 | 600.00 | donation | | |
| Mid Day Group | 0 | 400.00 | Traci H. | 0 | 16.00 |
| Midwest City Tinker Fellowship | 0 | 75.00 | | | |
| Misfits | 0 | 0 | OTHER CONTRIBUTIONS | | |
| MOD Squad @May Club | 0 | 0 | Anonymous—Norman | 0 | 100.00 |
| Monday Midday Madness + Fault Free Friday | 0 | 0 | Anonymous | 0 | 50.00 |
| Monday Night Men's Group #3 | 0 | 73.20 | Gene E. | 0 | 72.00 |
| Monday Night Mixed at Kelley Club | 5.00 | 20.00 | Chris F. | 40.00 | 40.00 |
| Mulligan Group | 335.00 | 435.00 | Tom P. | 1000.00 | 1000.00 |
| Mustard Seed Group | 120.00 | 460.00 | Jean D. | 500.00 | 500.00 |
| Mustang Group | 0 | 234.20 | Jeff H. | 10.00 | 10.00 |
| New Jones Group | 0 | 343.50 | | | |
| Newcastle BB Group | 0 | 40.00 | Totals | 5,120.70 | 20,197.06 |
| Norman Original Group | 0 | 50.00 | | | |
| North Meridian Group | 10.00 | 60.00 | | | |
| Northside Freedom Group | 0 | 0 | | | |
| NW Central #3 | 0 | 0 | | | |
| NW Nomads | 300.00 | 600.00 | | | |
| 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 | 85.00 | 235.00 | | | |
| Primary Purpose Group Norman | 0 | 0 | | | |
| Road to Recovery | 0 | 35.00 | | | |
| Rock Bottom | 0 | 0 | | | |
| Rockwell Group | 83.00 | 498.00 | | | |
| Round Table | 15.00 | 45.00 | | | |
| Rule 62, Edmond | 300.00 | 300.00 | | | |

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

November 10-12, 2023

6th Annual National Corrections Conference

In Oklahoma City

(Embassy Suites Northwest)

The purpose of this weekend is for AA members interested in corrections to come together, share experience, exchange information, and hear from other trusted servants.

Registration \$35

For more info, contact Norman at 405-615-5650 or rac-ingnorm@aol.com or Thornton at 405-880-0739 or tshackelford2013@gmail.com

This month in AA History

August, 1938 – Akron, OH & the NY AA's begin writing their stories for the Big Book.

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

[AA Comes of Age](#)

[Pass It On](#)

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

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 (absent), Literature: Michelle, Events: David, Liaison: Jeff, Co-Liaison: Lance, Hotline/12th step Chair: Sydney, Workshops Chair: Jared, IG Manager: Cathy N (absent), IG Staff: Tiffany

New Reps: None

Birthdays: None

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

Treasurer Report: Stacy -Open House Sales - were up, Raffle brought in over \$1k, Group donations are back up - Thank you for going back to your groups

Other Board Reports:

Workshop Chair: Jared - Ask to go back and see if your group would like a workshop

June 3 rd - Safety in AA - Ponca City - well attended

June 10 th - Sponsorship - Western Club - over 20 attendees, went really well

June 24 th - Spirituality - Cornerstone @1pm @ N. Meridian group (2 speakers and pizza)

July 23 rd - Traditions - Enid @2pm (David, David and Gabe)

August 13 th - Safety in AA - Love and Tolerance @ 2:15pm (Cathy, Jared, Jeff and Gayla)

Literature Chair: Michelle - explained can bring any literature to any event

Area 57 Meeting - Jeff to sell literature - June 4th

Upcoming Conferences that Intergroup will be selling literature:

Red River Rally - Nov

State Corrections Conference - Nov

Native American Conference - Aug 31st - Sept. 3rd

Red Dirt Round Up - July 7th - 8th

OKYPAA - Aug 11th - 13th

Area - Sept. 10th

Events Chair:

Open House at Intergroup - great turnout - Mark H. won the Thunder tickets

Intergroup Invasion Meeting:

July 12th - Live & Let Live @ 5:30pm

Oct. 7th - Take your Sponsor to Breakfast @7am

Hotline/12th Step Chair: Sydney

Hotline/ 12th step list will be verified from the Intergroup office. Hotline/12th step workshop - July 22nd @ 3:15pm held at Intergroup - pizza will be served

Liaison: Jeff

Jeff, Gayla, Lance, and Jared split and attended District meetings

Jeff, Gayla, Lance, and Jared split and attended District meetings

Joint Service - July 11th

District 80 - Aug 27th - Gayla will be attending - held in Kingston, OK

District 20 - Aug 27th - Western Club @ 6pm (David)

District 50 - Aug 27th - Sleepy Hollow @ 9:30am (Jared)

District 10 - Aug 27th @ 4pm - Shawnee (Lance)

District 70 - Aug 19th - Foss Lake @ 2pm

Manager's Report: Cathy N

T-shirts will be in July

Flyers are due by Wednesday before the Intergroup meeting to give staff time to print and distribute.

Sooner Sobriety stories are needed

Reminder Intergroup board elections are in November - 2 year commitment

Invited Reps to monthly meetings - Can even be virtual

7th Tradition:

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

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



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:

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.

August 13th— **"Safety in AA" Workshop**. Held at 2:15pm at the Love & Tolerance Group.

October 13-15— 47th annual **Leaf Kickin' Retreat**. Held at Roman Nose State Park, this is a sober retreat for all AA's and Al-Anon's centered around families and friends. Expect campfire meetings, volleyball, tie-dye, painting pumpkins, fellowship, and so much more fun. For questions or concerns, contact Cassandra at 405-837-4137

A.A. for the Older Alcoholic

—Never too late

LARGE PRINT

This pamphlet is geared directly toward individuals who come to understand that they are alcoholic late in life. There are multiple stories in the pamphlet which illustrate the circumstances of their lives and the role alcohol played in them. They began drinking alcohol at various stages of their life, one even becoming a drinker at the age of 66. The stories show that alcoholism comes in many different forms and “a variety of disguises.”

“Many crises accompany the process of growing older, and almost all of them entail loss of some sort. The children grow up and leave home. You move to a smaller place. Friends are fewer and farther apart. You are obliged to retire from work. Physical health is less robust and faculties diminish. Your partner of many years dies. Sometime these changes in circumstances make a long-standing habit worse.”

However, as the pamphlet is subtitled, it is Never Too Late!

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

