

SHEETS OF SOBRIETY

DECEMBER 2016

have choice as to the degree of that suffering. And one of the best mitigations is to, “throw ourselves the harder into helping others.” **Big Book pg. 70**

Let’s use the Intergroup paper as another opportunity, another place to throw ourselves. Let’s make it a proper place to share our joys and sorrows as they relate to our alcoholism.

In our early days, the willing alcoholic’s main connection came through the Big Book. The Writers addressed their unease saying, “...but I will not have the benefit of contact with you who write this book. We cannot be sure... you must remember that your real reliance is always upon Him. He will show you how to create the fellowship you crave... Alcoholics Anonymous will be glad to hear from you... We shall be with you in the Fellowship of the Spirit.” **Big Book pg. 164**

That’s it. Now go out and find a drunk or two to talk to about what you just learned. Seems a paltry sentiment in this modern age with all our gadgets and talking and texting and hundreds of meetings. Good luck! And yet it worked! It caught fire, because, “...the ex-problem drinker who has found this solution, who is properly armed with facts about himself, can generally win the entire confidence of another alcoholic in a few hours.” **Big Book pg. 18**

That fire still burns. It burns here in Indianapolis. Right here in all the AA meetings, in each of your Hearts. Let’s put the Light from that fire into the Intergroup paper. Make a beacon, a resource, and another implement in, “...the simple kit of spiritual tools laid at our feet.” **Big Book pg. 25**

This makes our job simple, really. Use the passion, inspiration for sobriety, for this spiritual journey that we inherited through our sponsors and other AA’ers. Then write it down. The Intergroup paper asks, “Will you kindly share your experience, strength and hope with other recovering alcoholics?”

But don’t worry. It’s pretty painless and we’ve got some suggestions, journal entries, meeting notes and a few writing prompts to get us started. The goal is to have fun, learn a few things, foster connection and help each of us say, “Yes, I’m willing to be sober today.”



SEND

Now Taking Submissions!

Deadline for January 2017: December 25th

Contact: Intergroupmail@indyaa.org

WRITING PROMPTS

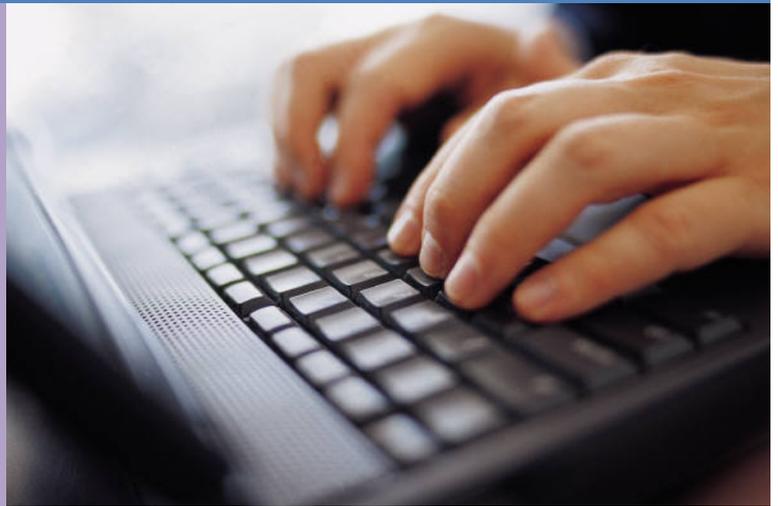
Old Timers- Here we seek submissions written by those AA'ers with 40+ years of Sobriety.

Note Takers- Lots of AA'ers jot down anonymous jewels of spiritual experience, strength and hope. This section encourages each of us to look back through our journals and old notebooks. Share those gems along with the personal impact, insight or awakening. How were you inspired, relieved and/or encouraged in the process of your sober journey?

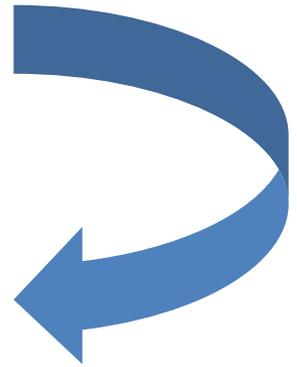
Fun in Sobriety- Many of us fear that fun, laughter and enjoyment of music, sporting events and social gatherings disappears once we stop drinking. So let's share the first moment we realized we were having fun; the best moments we've experienced so far at conventions, celebrations, sports, holidays.

"Give Away to Keep"- We AA'ers are the inheritors of this wonderful spiritual paradox. Our very first meetings were available because other AA'ers performed Service: secretary, greeter, intergroup, chairperson, etc.. Share how your experience with service impacts your sobriety.

Relapse- Here we briefly share our decision to go out and do more research. It's common to look back and realize there were symptoms of an impending slip. Or if Truth be told, "...[s]he has no more idea why [s]he took that first drink than you have."



WE'RE
HERE
TO
HELP!



Writing Prompts
get the creative juices
flowing! Check these
out to get started!

"EVERY
WRITER
I KNOW
HAS TROUBLE
WRITING."

~joseph heller

intergroupmail@indyaa.org

Does finding a sponsor happen as easily as shown in the cartoon below? For so many of us, it's an awkward and embarrassing proposition.

So what's the problem?

Fear of rejection, vulnerability, loss of control, causes a fierce resistance to rise up.

What about self-sufficiency, pride, shame and other obstacles? These can all but choke off any resolve to get sober, stay sober or grow through a difficult time.

Sponsor Dearest awaits your questions about this life called Sobriety. No matter where you are in your sobriety, **Sponsor Dearest** takes your inquiries and helps reframe a troubling time.

“But no one else knows what I'm going through.” Ask **Sponsor Dearest**. Chances are you'll be helping someone else.



SPONSOR DEAREST,

Have a question about AA or sobriety? Looking for some anonymous guidance? Write in to our Sponsor Dearest column!

No question is too big or too small and we welcome all submissions.

Your question may be posted in the next publication but we assure you, your name will be left off!

*This column is NOT a substitute for sponsorship.



We Are You

The Intergroup paper exists to receive experience, strength and hope from the members of Alcoholics Anonymous in Indianapolis. It's for all those who fill the rooms in hundreds of meetings every week. They get to reflect; YOU get to reflect YOUR recovery for the next suffering alcoholic. You get to be the hand of AA as the written word in a digital format.

We say the AA Responsibility Statement at the end of every Intergroup meeting.

Some regular meetings, maybe a few of your Home groups, say the Responsibility statement on a weekly basis. "I am Responsible... When anyone, anywhere reaches out for help, I want the hand of AA to be there, and for that, ...I am Responsible"

I am Responsible . . .

**When anyone, anywhere
reaches out for help**

I want the hand of AA to be there,

And for that,

. . . I Am Responsible