

S.O.S Sheets of Sobriety



September Edition 2018

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History

[Notable September Dates In A.A. History](#)

1937 - Florence R, 1st female in AA in NY

1938 - Bill W & Hank P form Works Publishing Co

1939 - 1st AA group founded in Chicago

1939 - Morris Markey runs story on AA, Alcoholics and God in Liberty Magazine

1947 - Dallas Central Office opens its doors

1975 - Bill W a biography by Robert T is published

2001 - 30 Vesey St, New York, AA's first Office is damaged during the World Trade Center attack.

Notable September Deaths:

September 17,1954: Bill D, AA #3 dies.

September 19,1975 - Jack Alexander, author of Saturday Evening Post articles, dies

September

EVENTS

**See a full list of
September Happenings**

[HERE](#)



PH Ribfest @ Progress House

Sep 2

5:00 pm - 9:30 pm

Progress House

201 Shelby St

Indianapolis, IN 46202

Breaking Anonymity In The Age of Social Media

Sep 15

1:00 pm - 3:30 pm

Westside Club

6450 W 10th St.

Indianapolis, IN 46214

Speakers and Sweets

Sep 22

1:00 pm - 4:00 pm

Sahm Park

6801 E. 91st St.

Indianapolis, IN 46250

The History of AA in Indianapolis & Sponsorship

Sep 29

9:30 am - 11:30 am

Rosedale Hills Church

4450 S. Keystone Ave

Indianapolis, IN 46227

District And Area Meeting Schedule

DISTRICT 34 MONTHLY MEETING

September 1, 2018 @ 9:00 am – 11:00 am
Southport United Methodist Church
1947 E Southport Rd
Indianapolis, IN 46227

DISTRICT 38 GSR MEETING

September 8, 2018 @ 10:00 am – 11:00 am
St Thomas Catholic Church
4625 N Kenwood Ave
Indianapolis, IN 46208

DISTRICT 36 A/B MONTHLY MEETING September 9, 2018 @ 5:30
pm

West Side Club
6450 W 10th St
Indianapolis, IN 46214

DISTRICT 24 MEETING

September 11, 2018 @ 6:45 pm – 8:00 pm
Carvel Club
4627 Carvel Avenue
Indianapolis, IN 46205

DISTRICT 26 MEETING

September 11, 2018 @ 6:30 - 7:30 pm
Allisonville Friends Church
7701 Allisonville Rd
Indianapolis, IN 46250

DISTRICT 30 MEETING

September 23, 2018 @ 1:00 - 2:30 pm
Club East
441 S. Ritter Ave
Indianapolis, IN 46219

DISTRICT 22 MEETING

September 27, 2018 @ 6:30 pm – 7:30 pm
Orchard Park Presbyterian Church
1605 East 106th Street



COMMITTEE ANNOUNCEMENTS

The Next Intergroup Meeting is scheduled for

Sunday, September 9

9:30 am

Holy Cross Gym

125 N Oriental St.

Indianapolis, IN 46202

What is Intergroup?

**Indianapolis Intergroup consists of 12 standing
and 1 service committee listed below.**

- **Special Events Committee** – Coordinates, publicizes and documents all special events throughout the year for the use of the Committee in following years, such as the Annual Banquet.
 - **Correctional Facilities Committee** – Coordinates the work of individual A.A. members and groups who carry the message of recovery to alcoholics in correctional facilities.
 - **Treatment Facilities Committee** – Coordinates the work of individual A.A. members and groups who carry the message of recovery to alcoholics in treatment facilities, hospitals, and rehabilitation centers. Arranges volunteer groups to attend scheduled A.A. meetings.
 - **Telephone Answering Committee** – Coordinates individual A.A. members to answer telephone calls on their personal phones when the Indianapolis Intergroup office is closed.
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- **Public Information Committee** – (School Talks) Carries the A.A. message to the Indianapolis and surrounding communities through school, news media, civic groups, business organizations, clergymen, doctors, alcoholic treatment centers, hospitals, judges, and court programs. Handles requests by area schools, the media, and civic and business groups. Provides individual members to staff health fair booths and other entities as they may appear.
 - **Sheet Of Sobriety (S.O.S.) Committee** – Assembles articles and submissions for publication from Indianapolis A.A. Members, Intergroup Committee Chairs, and the Central Office Manager for the monthly newsletter, Sheets Of Sobriety (S.O.S.). Publications provided digitally via email subscription and on the www.indyaa.org, both free of charge.
 - **Finance Committee** – Reviews and oversees pertinent financial concerns, budgets, and accounting.
 - **Nominating Committee** – Seeks out individual A.A. members to stand for election on the Service Committee.
 - **Cooperation with Professional Community (CPC) Committee** – Acts as a liaison between the professional community and Alcoholics Anonymous to further public awareness.
 - **Development Committee** – Develops greater group representation at the monthly intergroup meetings.
 - **Archives Committee** – Collects, categorizes, displays, and protects the historical A.A. documents and memorabilia of Indianapolis Intergroup.
 - **Accessibilities Committee** – Makes A.A. available to Special Needs A.A. members, i.e. blind, visually impaired, deaf, confined to beds, or wheel chairs. Provide A.A. literature printed in Braille, large print or on CD. Locates interpreters in American Sign Language. Recruits A.A. members to take meetings into nursing and rest homes, etc.
 - **Service Committee**- Includes Representatives for the four designated areas of town (North, East, South, West), the Intergroup Chair, Co-Chair and the Service Committee Chair. The Central Office Manager is an ex-officio member.
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SHARE YOUR STORY



Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step One

There is a difference between knowing you're an alcoholic and actually owning it

I can honestly say I have known since I was in high school that I was an alcoholic. Normal folks don't walk into a gathering and loudly state, "Wow, I'm way behind. I need to catch up," then proceed to guzzle down two full drinks in the blink of an eye, knowing full well everyone else is still sipping their first glass will continue to well into your third. Seriously? What is wrong with you people? Don't you want to have fun tonight?

The answer was always yes, they did, but they also wanted not only to wake up the next morning but without a hangover and be able to remember what was said the night before. To me that made absolutely no sense. Why drink if you're not going to get drunk? Heck I took at least 10 gulps of Jack Daniels on the drive over just so I could walk through the door and be "normal."

In my confused mind I thought I needed to be someone other than myself because no one would like the "real" me. How could they? In my eyes I was nothing to write home about, just a plain boring person who became "Wonder Woman" when she was drinking. Then I was someone others looked up to, someone everyone else wanted to be. I couldn't see past the tiny voice in my head that said I was never enough.

I spent many a day and night worrying about what others thought of me. Was I pretty enough, smart enough, good enough to warrant them taking the time to be my friend? Sure, if I was always the fun party girl they had all grown to know, and in my mind, love. Nothing could have been further from the truth.

Now in my 50's, it goes without saying, it took me a couple of days to figure it out even though there were plenty of obstacles in my way. "How can I maintain a good buzz but not get to the point of slurring my words," was a huge hurdle I ran into frequently. If I began to slur others would know I'd drunk too much. Can't let that happen! I wanted to appear as if I was this fun, upbeat person, always in control. Not someone who only comes out when her BFF Jack was around. It was like balancing on a tight rope with a boulder in one hand, constantly throwing me off. That's when I

came up the solution to all my problems, I'd isolate.

Man was I smart or what? I'd plant myself in the bathroom or garage where I had "hidden" my stash. Then I would proceed to drink until the bottle was gone, always wondering why I hadn't bought a larger bottle. Of course, the smaller one was plenty given the fact that I was never able to walk without stumbling at some point. My husband would make sarcastic remarks that would make me so angry which, of course, would make me want to drink more. If I went out with friends I'd drink water or tea, then rush home to my stash once again. They'd be none the wiser and honestly most thought I barely drank.

I had them all fooled right? Wrong, not everyone. Not the ones that matter more than life its self; my two sons. I had embarrassed, disappointed and scared them not only once, but a million times to say the least, something I have to live with for the rest of my life. I can only hope that I brought them up to never have to look outside themselves for their value, to know they are enough.

When I finally "owned" the fact that I was an alcoholic, I began calling rehab centers. It was the first time I heard my own voice say out loud, "I'm an alcoholic." The weight had been lifted, I could exhale.

From that point on I trusted that God knew what I needed and where that was to be. He made sure my path led me to the answers I had been looking for all along and I thank Him every day for saving my life.

By: Sal

Just call me Lucky...

This morning I woke up and thought to myself; "How the heck did I get to be so lucky?" First off, I woke up and we all know what a crap shoot that can be right? Not only did I wake up, but I woke up with pain in my lower back which made it difficult to move. Now most people would ask; "How in the world is that lucky?" Well I thought; how lucky is it that I have physical therapy this morning to strengthen my core to help relieve back pain after surgery for good eventually and with a highly skilled therapist at that. Pretty darn lucky I'd say.

Then I started perusing thru Facebook posts from friends and found that I was lucky there as well. Not only am I lucky to have friends at all after decades of isolating and drinking like the world was about to implode at any given moment, but I'm also lucky to learn more about them from their posts. I may not always agree with them, but I feel very lucky that I trust my core values and beliefs now like never before, meaning; I don't feel the need to interject my opposing opinions which may lead to friction in our relationship. Makes them very lucky as well.

Yesterday I was lucky enough to have to take my car in for repairs. I'll have to spend an arm and a leg to get it fixed so how is that lucky? It's lucky because I would not have had the pleasure of meeting some pretty awesome people if my car was working properly and I wouldn't have been able to share some great conversations and even a bonus of a few good side-splitting laughs not to mention I was able to capture an awesome photo of the sunrise.

I was also lucky enough to have to finish up the laundry, wash the dishes and sweep and mop the floor this morning. Why so lucky? I feel lucky just to have laundry, dishes and a floor, which means I have clothes to wear, food to eat and a roof over my head. Those are some very, very good things!

Last but certainly not least, I am lucky to be involved in a program that has shown me a new way of thinking which has changed my life into something I am excited to be a part of and to have all of you members of AA to share this . I am truly blessed to be so lucky.

By: SAL

THAT PERSONALITY CHANGE

Often, in the program of AA from the book entitled ALCOHOLICS ANONYMOUS, you hear about a "spiritual experience." In Step 12 it's called "spiritual awakening," although that term is only used once in the main text and once in Appendix II.

Prior to *HOW IT WORKS* (three times) in the main text it refers you to *Appendix II* where it defines that "*experience/awakening*" as a "*personality change sufficient to bring about recovery from alcoholism*"

It continues stating the experience "*has manifested itself among us in many different forms.*"

The main text of the Book is bookended by BILL'S STORY and DR. BOB'S NIGHTMARE showing the two extremes of personality change — the quick and the slow.

One main theme of the Big Book is that God, for the "*severely afflicted,*" is required to bring about the personality change. "*But insist that if he is severely afflicted, there may be little chance he can recover by himself.*" pg. 92

"*We will suddenly realize that God is doing for us what we could not do for ourselves.*" pg. 84

But when does that change occur and does it continue? In my case early on and yes.

One important point from Appendix II: "*Quite often friends of the newcomer are aware of the difference long before he is himself. He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone.*"

That was true in my case. After taking the Steps in the first few months I began to change but didn't notice it. It was pointed out to me by a person where I worked.

It brings up two questions.

1. Can you STAY sober without having a personality change?
2. Can you GET sober without having a personality change?

I would have to answer YES to both questions. I got sober without it and the "stay sober" part is a question of recovery. Mere SOBRIETY is not the litmus test of RECOVERY.

In my experience there are VARIOUS STAGES OF SOBRIETY...

1. SOBER DAMNIT — you are merely sober and basically angry all the time.
2. STARK RAVING SOBRIETY — you are merely sober but you still live like you were drinking doing crazy and stupid things.
3. OFF-THE-WALL RECOVERY — You think you can take the Steps as written on the wall at meetings, making you SOBER DAMNIT OR STARK RAVING SOBER.
4. REAL RECOVERY — You are sober and have had a personality change sufficient for recovery from alcoholism as the result of these Steps and you continue to grow into happiness and recovery.

I also think there various stages of REAL RECOVERY or the personality changes. Some may be: the pink cloud; self-righteous Big Book Thumper; the spiritual hilltop; the traditions cop; the service fanatic; resting on our laurels; “absurd actions and ideas” you think are God’s will — “we could increase the list ad infinitum.”

Since I have done some of these, I’ve come to believe that this was absolutely true for me: “We alcoholics are undisciplined.”

So in my continuing personality change I try (sometimes successfully) to “let God discipline [me] in the simple way we have just outlined.”

What was just outline? Steps one through eleven.

By: Bill B.





Not A Glum Lot

S.O.S Funnies

Alcohol Warning

Due to increasing products liability litigation, beer manufacturers have accepted the FDA's suggestion that the following warning labels be placed immediately on all beer containers:

WARNING: Consumption of alcohol may make you think you are whispering when you are not.

WARNING: Consumption of alcohol is a major factor in falling down on the dancefloor.

WARNING: Consumption of alcohol may cause you to tell the same boring story over and over again.

WARNING: Consumption of alcohol may cause you to thay shings like thish.

WARNING: Consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

WARNING: Consumption of alcohol may make you think you can logically converse with other members of the opposite sex without spitting."

TOPIC TIME

Topic Suggestion for October

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Share your Experience, Strength, and Hope regarding Step 10 for the October Edition of S.O.S.

****Submissions are not limited to the suggested topic and we encourage you to write about any topic as it relates to Alcoholism for any month.****

Submissions for October Edition are due by September 25th. Any submissions received after September 25th will be included in the November Edition.

Please submit to sos@indyaa.org and title your email "Newsletter Submission".

Please keep all submissions around 700 words or less.

Include a title for your submission where applicable. If no title is included, we may provide one for you.

*If you wish to be published anonymously, DO NOT include your name in your document and please write "**post anonymously**" in your email submission to SOS.*

If you wish for your name or initials to be published, please write it at the end of your submitted document exactly as you would like it published. If no indication of intent has been made, your submission will automatically be posted anonymously.

Please note, only first names, first name and last initial, or initials only, will ever be published. We will never post last names even if you submit them.

We look forward to hearing from you!

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