



January Edition

2018



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Significant Dates

JANUARY A.A. HISTORY

1938: New York A.A. split from the Oxford Group.

1939: 400 copies of manuscript of Big Book circulated for comment, evaluation and sale.

1940: 1st AA meeting not in a home meets at King School, Akron, Ohio.

1945: 1st black group St. Louis.

1948: First A.A. meeting was held in Japan, (English speaking.)

1984: "Pass it On" was published on this date.

1988: West Virginia A.A. began first statewide toll-free telephone hotline.

NOTABLE BIRTHDAYS

January 2, 1889: Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.

NOTABLE DEATHS

January 24, 1971: Bill Wilson died in Miami, Florida



**Check out these Can't Miss
events happening in January!**

Spring Mill Men's Retreat

When: January 5, 2018 – January 7, 2018 all-day

Where: Spring Mill Inn, Mitchell IN 47446

Cost: \$35.00

See Flyer: [Here](#)

2018 Indiana State Convention Stuffing Party

When: January 20, 2018 @ 1:00 pm – 6:00 pm

Where: Westminster Community Center 2325 E New York St.

Cost: Free

Contact: Central Office 317-632-7864

See Flyer: [Here](#)



What is an Intergroup Committee?

- **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.
 - **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.
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- **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.
- **Accessibility 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.



" Thinking About It"

I usually start thinking about my New Year Resolutions as soon as December hits. Bright and shiny "To Do" lists swirl around my mind as I envision how productive, healthy, and confident I'll be starting on New Year's Day. Not New Year's Eve. Not December 26th. New Year's Day. And not a minute before. New Year's Day is when I'll really get down to business.

How many New Year's Resolutions have I made over the years? Countless! Each one filled with the bright hope of a better future and a healthier me. Each promise uttered with heart felt conviction that "this time, I'm going to have it all!".

Do I stick to these resolutions? Maybe for a week or two. For me, I've always spent more time thinking about my resolutions than following through on them. I've found that THINKING about change, elicits a kind of satisfaction similar to ACTING toward change, but with far less effort. I have to admit, there is a delight that comes from revving my engine and squealing my tires while remaining in park. Making all that noise about what I'm going to do come January 1st feels like depositing coins of motivation into my proverbial energy bank. I'm building and saving it up for later. In the mean time, I'm getting a nice fix from the make believe effort that comes from fantasy.

Is this a healthy past time? Making resolutions I don't see through? I've certainly spent my time on worse. Its fun, it feels good, and it gets me through the challenging holidays sober and into the New Year. And that's the most worth while Resolution of all.

Written By: Anonymous

" What Does Step 3 Really Mean?"

I spent years stuck on step 3. One reason was because I thought it said "Right now, turn your will and life over to the care of God." One reason was people told me that. But the main reason was I never saw the key word "decision." The main problem was, I never truly knew what a decision was. I thought it was an action. I thought if I made a decision to do something, it meant that I was doing that action. What is decision? A decision is a mental process, a pre thought plan prior to taking action. It is a key part of the human thought process so we can make important life choices. It helps us analyze a situation of uncertainly gather facts so we know what course of action to take. Just as a decision to go to the airport does not magically and instantly transport me to the airport, I have taken the necessary action to get my car and drive to the airport. In other words a decision is only a thought and means nothing unless it is followed with action. The most important component of step 3 is not turning our will and life over to the care of God, is taking the decision into action. In other words, until we act our step 3 decision, all we have is a decision. I have heard people call step 3 an action step. Step 3 is not an action step.

Big Book -P.64 although our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us.

What it's saying above is that when a person decides to turn their will and their life over to the care of God as they understand God, they must take the actions necessary to turn it over. Steps 4 thru 9 is the essential action one takes to turn their will and life over to the care of God. In other words, we turn our will and our life over to the care of God the second we start step 4. So a decision only implies we must take further action. Step 3 is just a decision. Always remember this is a program of action (4 thru 9).

Many times I have heard people say I turned my life over to God in step 3. If that were the case, it would be a 3-step program and our Book would be 63 pages! We could all find God at step 3 and live happily ever after. God would make us perfect by taking step 3 and we would not need to do another step ever again. Life would be simple and effortless. Some even told me I must believe in God in order to take step 3. The truth is, step 3 is not a step designed to find God! Now I am not saying that step 3 will not have a profound impact on you. It will. I have heard amazing testimonials of spiritual experiences happening in step 3, so something could happen. But that could also happen on 2, or writing 4, or walking down the street.

To sum it up, we don't actually turn our will and life over to the care of God in step 3. It happens the second the pen hits the paper in step 4. We turn our will and life over to the care of God by doing 4, 5, 6, 7, 8, and 9, and stay there by doing it daily in step 10. Here is the way I look at it. It's like going to the doctor; Step 1 is the diagnosis, Step 2 is the prescription, Step 3 I make a decision to follow the various steps prescribed by the physician in order to heal Step 4 is starting that action.

So if step 3 is just decision what is there to do in step 3? Not a whole lot. Matter of fact it really is just a prayer! Say the prayer and move on. Take action! Let the miracle happen!

Written By: Bill B



One morning, God appeared to an old-timer we'll call Joe.

Joe: Hello God, what have you come for?

God: Well Joe, I've come with some good news and some bad news, what do you want first?

Joe (being an optimist): I like to start the morning with good news.

God: I have come to tell you that we have AA meetings in heaven!

Joe: Alright - that's great! So what's the bad news?

God: You're chairing tonight's meeting....

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TOPIC for February...
-Making Amends; The Ultimate Act of Love-

Share your experience, strength, and hope as it relates to making Amends and resolving grievances for the February Edition of S.O.S.

Submissions for February are due by January 25th. Any submissions received after January 25th will be included in the March Edition.

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

Please keep all submission 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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