

SHEETS OF
SOBRIETY

JANUARY
2020

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Significant Dates: This month in AA history

January Events: See What Is Happening In The Area In January

District Meetings: Dates, Times and Locations of District Meetings

Committee Announcements: What the Intergroup committees are up to?

Share Your Story: You wrote in, we posted it

SOS Funnies: Not a Glum Lot

Topic Time: Topic for next month and call for entries.



Historical January Dates In A.A. History

1915: Dr. Bob Smith married Anne Ripley.

1918: Bill Wilson and Lois Burnham were married, days before he was sent to Europe in WW I.

1919: 18th amendment, "Prohibition," became law.

1937: Fitz M brings AA meetings to Washington DC.

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

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

1939: First sale of Works Publishing Co. stock was recorded.

1939: Dr. Bob stated in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.

1940: First A.A. group was founded in Detroit, Michigan.

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

1941: Bill and Lois Wilson drove to Bedford Hills, NY, to see Stepping Stones and broke in through an unlocked window.

1941: Jack Alexander told Bill Wilson the Oxford Group would be in his Saturday Evening Post article on A.A.

1943: Columbus Dispatch reports 1st Anniversary of Columbus AA

1943: Press reported the first A.A. group in Pontiac, Michigan.

1943: 1st discussion for starting AA group in Toronto.

1945: 1st black group - St. Louis

1945: First A.A. meeting held in Springfield, Missouri.

1946: Readers Digest does a story on AA.

1946: The A.A. Grapevine increased the cost of a year's subscription to \$2.50.

1948: Polk Health Center Alcoholic Clinic for Negroes started operations with 14 willing subjects. The Washington Black Group of A.A. cooperated with the clinic.

1948: "Columbus Dispatch" reported first anniversary of Central Ohio A.A. Group.

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

1951: A.A. Grapevine published memorial issue on Dr. Bob.

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

1971: New York Times published Bill Wilson's obituary on pg. 1.

1984: "Pass It On," the story of Bill W. and how the A.A. message reached the world, was published.

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

Notable Births

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

Notable Deaths

January 21, 1954: Hank P who helped Bill start NY office dies in Pennington, New Jersey.

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

January 13, 1988: Jack Norris, M.D., Chairman/Trustees of A.A. for 27 yrs. died.

January 13, 2003: Dr. Earle Marsh, author of "Physician Heal Thyself," sober 49 years, died

January Events

Spring Mill Men's Retreat 2019

January 3, 2020 @ 5:00 pm – January 5, 2020 @ 6:00 pm

Spring Mill Inn-Spring Mill State Park

3333 State Road 60 E, Mitchell, IN 47446

COST: \$35.00 + Hotel

[Click Here for Flyer](#)

Centerton AA Twelve Step Workshop

January 8, 2020 @ 5:00 pm – 6:00 pm

Centerton Meeting Placing

6030 Clay Street

Centerton, IN

[Click Here for Flyer](#)

Getting To Know You Group 32nd Anniversary

January 11, 2020 @ 5:00 pm

Hawthorne Community Center

2440 W Ohio Street

Indianapolis In. 46222

5-6 pm: Fellowship / 6 pm: Dinner / 7 pm: Speaker (Aaron W)

Meat Provided-Please Bring A Covered Dish

To See The Calendar Of Upcoming Events: [Click Here](#)

District and Area Meeting Schedule

DISTRICT 34 MONTHLY MEETING

January 4, 2020 @ 9:00 am–10:30 am (Downstairs)

Southport United Methodist Church

1947 E Southport Rd

Indianapolis, IN 46227

DISTRICT 20 MONTHLY MEETING

January 6, 2020 @ 7:00 pm–8:30 pm

Avon United Methodist Church

6850 E US Hwy 36

Avon, IN 46123

INDIANAPOLIS INTERGROUP SUNDAY

January 12, 2020 @ 9:30 am-10:30 am

UAW 933 Union Hall

2320 S. Tibbs Ave.

Indianapolis, IN 46241

DISTRICT 36 A/B MONTHLY MEETING

January 13, 2020 @ 7:00 pm

Paragon Restaurant

118 S. Girls School Road

Indianapolis, IN 46214

DISTRICT 26 MEETING

January 14, 2020 @ 6:30 pm – 7:30 pm

Allisonville Friends Church

7701 Allisonville Road

Indianapolis, IN 46250

DISTRICT 24 MEETING

January 14, 2020 @ 6:45 pm – 8:00 pm

Carvel Club

4627 Carvel Avenue

Indianapolis, IN 46205

DISTRICT 30 MEETING

January 26, 2020 @ 1:00 pm – 2:30 pm

Club East

441 S Ritter Ave.

Indianapolis, IN 46219

DISTRICT 22 MEETING

January 30, 2020 @ 7:30 pm–8:30 pm

Orchard Park Presbyterian Church

1605 East 106th Street

Indianapolis, IN 46280

Committee Announcements

INDIANAPOLIS INTERGROUP SUNDAY

January 12, 2020 @ 9:30 am-10:30 am

UAW 933 Union Hall

2320 S. Tibbs Ave.

Indianapolis, IN 46241

Intergroup Service Committee For 2020

Chair: Susan L

Co-Chair: Amy H

Service Chair: Cari M

Westside Rep: Raymond B

Southside Rep: Aaron W

Eastside Rep: Niki M

Northside Rep: Joe

Secretary: Bob B

Ex Officio Member: Chris W (Central Office Manager)

56th International Women's Conference

February 20th – 23rd, 2020

500 Volunteers Needed!!

[Click Here For Information](#)

Public Information Committee Is In Dire Need Of Both A Chairperson And
Co-Chair For 2020

CPC Committee (Cooperation with Professional Community) Is Looking For
A Co-Chair.

Treatment and Accessibilities Committee Is Asking For Donations Of
Literature For Distribution To Treatment Centers

Central Office Report-December 8, 2019

Group Participation for November 2019

	<u>#</u>	<u>%</u>
Total Number Of Groups	417	100%
Contributors	94	23%
Non-Contributors	323	77%
YTD Contributors	267	64%
YTD Non-Contributors	150	36%

November 2019 Contributions

7th Tradition	\$5,331.52
Little Green Can	\$2,008.72
Sales	\$2,663.97

What is Intergroup?

Indianapolis Intergroup consists of 12 standing committees and 1 service committee. To learn more about Indianapolis Intergroup as well as view a list of all the committees and what service they provide click on the link below.

[Indianapolis Intergroup Information](#) [Click Here](#)

Submissions From Our Readers

Submissive Compliance vs. True Surrender

Long time AA friend, Dr. Harry Tiebout, explained the difference between alcoholic submission and surrender. He wrote:

“In submission, an individual accepts reality **consciously**, but **not unconsciously**. He accepts reality as a practical fact that he cannot at the moment conquer reality, but lurking in the unconscious is the feeling: ‘there’ll come a day.’ True surrender, on the other hand, is acceptance on a **conscious and unconscious level**, which allows us to put the conflict to rest and move on to other parts of our recovery. In fact, it allows us to forget the conflict and no longer be troubled by it.”

Through many years of drunkenness I have often experienced short periods of said **submissive compliance** which often allowed me to stay dry for weeks on end. Yet, the prospect of getting soused never left my noodle. While dining out, I would remain continually apprehensive about **no** Martini before, **no** wine during, or **no** Manhattan afterward engorging perhaps a delicious ‘Duckling Ala’orange.’ No! No! None of it! I-just-didn’t-drink-period! Grrrr! At bedtime, congratulations were in order for one more day of so-driety. Grrr!

But alas, these periods of 'release' were usually short lived. The mental defense of 'just not taking that first drink' was soon crushed by what the Big Book tags a 'strange mental quirk,' consequently, I would find myself 'boiled as an owl' in short order. It took many unhappy years for me to learn that **submissive compliance** to my good-keen-intellectual-alcoholic-mind was doomed to failure – I needed what Dr. Tiebout has termed '**total surrender!**' **Submissive compliance** did not work! My **conscious mind** had changed, but I kept getting drunk.

A famous monk author wrote: "The depths of our being are constantly in contact with God's infinite power." Bill Wilson calls this the Great Reality deep within. How wonderful that I been allowed to make this contact with God though total surrender to the Twelve Steps of AA. I can take absolutely no credit for this miracle. This is God's work!

Again, Dr. Tiebout wrote:

"With respect to the act of surrender, let me emphasize this point: it is an unconscious event, not even willed by the patient even if he or she should desire to do so. It can occur only when an individual with certain traits in his or her conscious mind becomes in a certain set of circumstances."

So, only the mercy of God has afforded both my **conscious** and **unconscious** mind the miracle of **true surrender**. Consequently, notions that someday I will successfully be able to drink like a gentleman have been permanently (at least since 1975) removed from my emotional vocabulary – such thoughts no longer exist. I thank God that I no longer have to trudge along in submission and compliance; AA has taught me to live a life of continual surrender.

Submitted by : Bob S. Richmond, IN

THE GREAT REALITY DEEP WITHIN

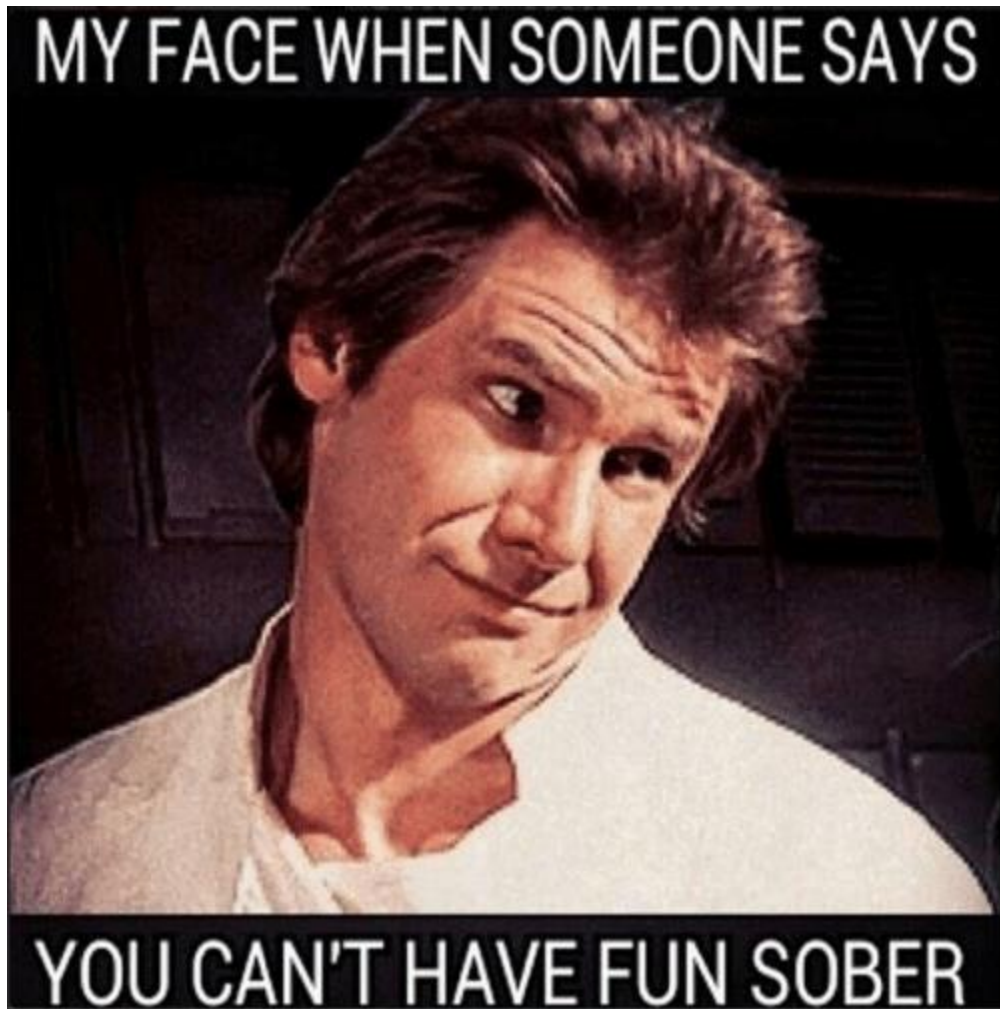
I believe I am—as are we all—endowed with a powerful Truth that can potentially envelop our false ego that tells us to drink. The Big Book tags it as: “The Great Reality deep within.” (p. 55) Some think of this spirit as “Soul” or “God Self.” This True Self has the benevolent potentiality to encompass and overcome our false ego-driven self. This Great Reality could be thought of as an OVERSELF, if you will. However, this remarkable blessing is manifested only so long as alcoholics remain in a fit spiritual condition. (p. 85)

It has become AA cliché: “An alcoholic cannot drink on the truth—only on a lie.” My false self usually believes what it wants to believe regardless of anything that stands in the way of that first drink—it has the unique capacity to believe a lie, even when it knows it’s a lie. The Big Book calls this: “alcoholic insanity.” (p. 9) For me, this resulted in twenty-four unsuccessful years of ‘quitting drinking forever.’

However, after a year or so of living in the spirit of the Twelve Steps, this Great Reality (Overself) magically enveloped (ate) my false ego self. Now drinking alcohol no longer remains in my emotional vocabulary! Seemingly gone! As the Tenth Step promise, promises: The problem (mental obsession) has been removed! (p. 85) (Removed yes, but still lurking!)

Possible explanation: Just as darkness cannot penetrate the light, a lie (mental obsession) cannot penetrate the Truth. In a word: “The True Self gobbles up the false self and sets us free.”

Submitted by: Bob S. Richmond, IN





**Sober me goes into a
bar and jokes about
stealing a glass.**

Drunk me does it.

Definition of SOBER:

Son Of a Bitch,
Everything's Real!

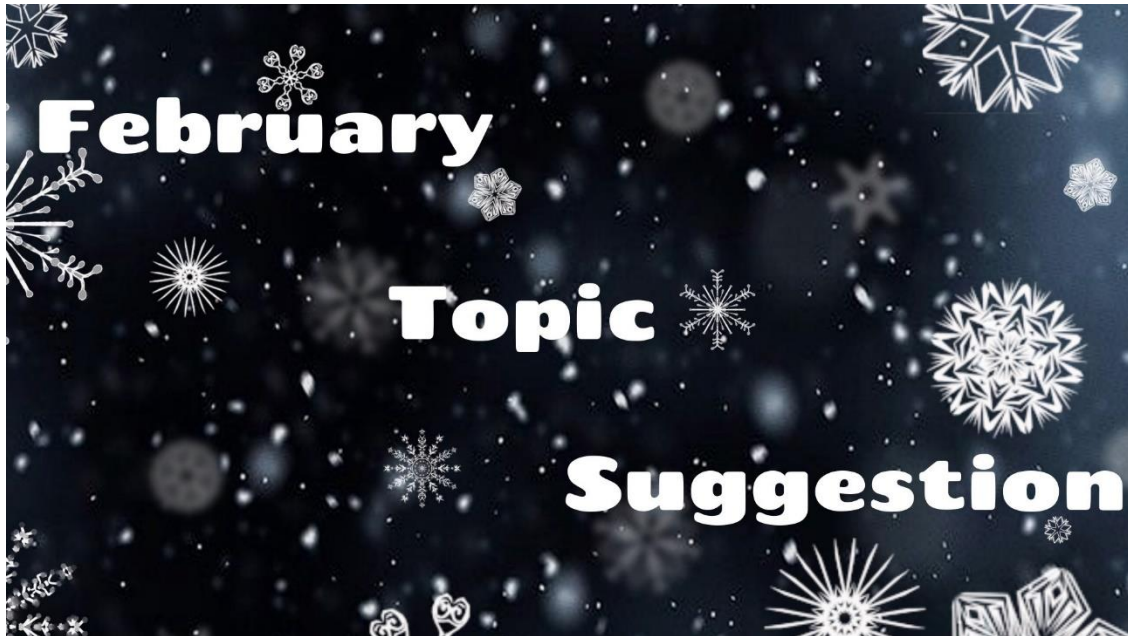


Doctor: "I am not exactly sure of the cause. I think it could be due to alcohol."

Patient: "That's OK. I will come back when you



are sober."



"Belief In A Power"

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

Share your Experience, Strength, and Hope regarding STEP 2 for the February 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 February Edition 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!

To Subscribe To S.O.S. Monthly Newsletter Click Here
