

SOS – Sheets of Sobriety

May Edition



Admitting Our Faults

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History

Notable Dates In A.A. History - MAY

1935 – Bill W. called Walter Tunks from the Mayflower Hotel, and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.

1938 – Bill W. and other A.A.s began writing the Big Book.

1939 – Clarence S. of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an “AA” meeting in Cleveland.

1942 – *Dayton Journal Herald* published pictures of AA members wearing masks to protect their anonymity.

1946 – The *A.A. Grapevine* announced, “A.A. has 6,000 members in 180 groups.”

1950 – Dr. Bob told Bill W. “I reckon we ought to be buried like other folks.” He wanted no memorial.

1951 – Al-Anon was founded by Lois W. and Anne B.

1956 – The first English AA Convention was held in Cheltenham, England

1962 – The A. A. Grapevine published the first “Victor E.” cartoon.

1971 – Bill W. was buried in private ceremony, in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.

1980 – “Dr. Bob and the Good Oldtimers” was published.

2000 – Dr. Paul O. died at the age of 83. He was author of “Acceptance Was the Answer” in the 4th edition of the Big Book. This story was titled “Doctor, Alcoholic, Addict” in the 3rd edition.



Cabin Fever Campout VI

When:

May 3, 2018 – May 5, 2018 all-day

Where:

Shades State Park

7751 S 890 W

Waveland, IN 47989

Cost:

Sites are \$19 a night

Contact:

Central Office

317 632 7864

[Email](#)

[See Flyer](#)

GSR WORKSHOP

When:

May 5, 2018 @ 1:30 pm – 5:00 pm

Where:

WESTSIDE CLUB

6450 W 10th St

Indianapolis, IN 46214

Cost: Free

Contact:

Central Office

317 632 7864

[Email](#)

[See Flyer](#)

Progress House Next Step Memorial Day Celebration

When:

May 27, 2018 @ 4:00 pm – 8:00 pm

Where:

Next Step

2456 N Bolton Ave

Indianapolis, IN 46218

Cost: Free

Contact:

Central Office

317 632 7864

[Email](#)

[See Flyer](#)



Intergroup

Committee Announcements

Intergroup Quarterly Meeting

When:

May 12, 2018 @ 1:00 pm – 3:00 pm

Where:

Central Office

1915 W 18th St

Indianapolis, IN 46202

USA

Cost:

Free

Contact:

Central Office

3176327864

[Email](#)

Indianapolis Intergroup Sunday

When:

May 13, 2018 @ 9:30 am – 11:00 am

Where:

UAW Local 933

2320 S Tibbs Ave

Indianapolis, IN 46241

Contact:

Indianapolis Intergroup

317-632-7864

[Email](#)



YOUR WRITINGS

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

And other selected topics.

All submissions are posted in their unaltered state and in no way reflect the opinion of The Sheets of Sobriety Committee Members. The Sheets of Sobriety reserves the right to edit spelling errors and major typos, but will do so in an extremely limited fashion in an effort to maintain the author's original work. Due to these limited edits, The SOS does not guarantee that posts will be free from errors in spelling, grammar, or punctuation. The SOS will not exclude any submission unless group conscious determines a submission to be overtly offensive or unrelated to Alcoholism.

Making My Admission

Step 5 was a very scary proposition for me to think about. I had been told by others that I was not unique, and chances were that there was nothing I would share that would surprise my sponsor. But still, thought of sharing my inventory with someone, things I thought would be kept secret forever, was a very hard thing to get myself to do. I remember the small feeling of freedom that came over me when I completed my inventory, and had everything written down on paper. But still the idea of sharing what I had written, I just wasn't sure about that. I had read, and reread, Step 5 from the 12 Steps and 12 Tradition book, as well as page 72 from the Big Book.

I made a decision to share my inventory with two different people. The first person was the Pastor of my church. I shared my inventory with him during confession service. He immediately knew that my confession was in fact a 5th step, and confided that he also was a part of the fellowship. That was something I never expected to happen.

I also shared my 5th step with my Sponsor, that same evening. I had a much easier time of it with him, because I had already shared it with somebody once. I remember afterwards, having a sense of peace, of serenity, and even a bit of a better understanding of myself. I also have found that it has opened up the pathway to being able to share and talk with others much easier.

The admissions of my faults, to God, to myself, and to another human being, was the beginning of a process of change in my life. A change for the better. A change I do not wish to ever give up.

By Todd C.

Where a regular person may be able to “let things go”, I emotionally walk through my life. So I grab hold of things and build clutter that becomes baggage. My dad used to say, “You carry all this weight on your shoulders.” I was young, but felt old. Like I’ve been through it all, and know it all, and was alone in it. But I was like a little kid.

Faced with alcoholic destruction (like the Big Book says), I was chopped into humility. I had to do what the Book said or die. I was forced into complete honesty.

There were things I didn’t even want to write down and bring into existence, let alone tell someone. But I had to, with no choice.

On the way to my first 5th step I had to pray several times just to make it there. But, just like they said in meetings, the weight was lifted off.

At that point I wasn’t interested in getting a critical examination of my character defects, I was just getting rigorously honest and that was all I needed then. That was what I needed, and honestly it helped. This time through, I’m much more interested in hearing how to deal with my defects, the honesty comes much easier. But I’m sure had I not that 5th step, telling all the truth, I couldn’t have stayed sober until now.

By Anonymous

My Fifth Step Experience---A New Discovery

I am fairly new back to the program and did my 5th step about 4 months ago. I did not think it would be anything different than it had been before but I did it again as I had done it before with my new sponsor. I knew I would get some relief but not the experience I was about to encounter.

I picked a new sponsor this time not because my old sponsor was bad, but because my old sponsor had over 25 years and never had a relapse, and my ego would not allow me to ask her to sponsor me again. When I came back this time I was fearful and serious about surrendering but thought that I knew some things because of my prior attempts at this program. I really did not know that much about anything is what I had to figure out or else I would not have relapsed. But I was scared, it was one of those healthy fears. I also found out on my last relapse what real powerless meant because my addiction went from alcohol to another drug which caused me to overdose and have to be revived by paramedics on 3 occasions. The last occasion they had administered Narcan 3 times and worked on me for a pretty long time. I am alive and believe today that only God had a hand in that.

This new sponsor I picked at a meeting I never go to. I had prayed before I met her because that is the only thing I knew to do all along was pray. This sponsor happened to know that I failed to enlarge my spiritual life and had not trusted God in my second step or completely turned my will over in my 3rd step because I didn't trust my God. So I did this thorough 4th step and did my 5th step with this sponsor who happens to be a social worker.

One of the things that have always held me back or I allowed to cause me to feel bad was the fact my stepfamily never allowed me to even talk with them to make amends. My sponsor pointed out some of the things that happened with this stepfamily and I as a child were not really something that was my fault. My new sponsor said this to me "Maybe God was protecting you from them!" And after I heard those words I realized she was absolutely correct and I got immediate relief, something I had never felt in a previous fifth step ever before in my life! I have to say though this sponsor always

answers me with mostly the same question and that is “What does God say? Or “Did you ask God?” At first, I thought she was nuts! But today, I am grateful and believe it or not, I ask God a lot of things now. But when I forget I can always dial my sponsor and guess what? She reminds me!

Marianne R.

WE ARE NOT A GLUM LOT

FUNNIES

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Q: Why aren't people in recovery good dancers?

A: They lose interest after twelve steps.



I NEVER MAKE THE SAME MISTAKE TWICE.

I MAKE IT FIVE OR SIX TIMES JUST TO BE SURE.

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TOPIC TIME

Topic Suggestion for June...

Becoming Ready

Step 6: Were Entirely Ready To Have God Remove All These Defects Of Character

Share your Experience, Strength, and Hope regarding Step 6 for the June 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 June are due by May 25th. Any submissions received after May 25th will be included in the July 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 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 provided.

We look forward to hearing from you!



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Sheets Of Sobriety - May - 2018

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