



## September Edition



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### Significant Dates

Awesomely cool September dates from AA's History

## **September Can't Miss**

Be there or be square in September

## **Committee Announcements**

Intergroup Committees check in, call for service, and share their happenings for the month

## **Your Writings**

You wrote in, we posted it

## **A Look Ahead**

Sheets of Sobriety focus for October and call for entries





## Significant Dates in AA History

### September 1:

**1939** - 1st AA group founded in Chicago

### September 13:

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

### September 24:

**1940** - Bill 12 steps Bobbie V who replaced Ruth Hock as his secretary in  
NY

### September 30:

**1975** - Bill W a biography by Robert T is published



**36th Annual Indiana Conference of Young People in  
Alcoholics Anonymous**

September 29 - October 1

Fort Wayne, IN

INCYPAA is the Indiana Conference Of Young People In Alcoholics Anonymous.

We Define "Young" as "Young At Heart" and "Room To Grow"

For INCYPAA XXXVI Questions Or Service Opportunities, Contact

[register@incypaa.com](mailto:register@incypaa.com)

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## Committee Check-In

**Find out where a committee has been, where it's going, and how you can join them!**

**CPC Report:** The Hendricks County Probation Officer Presentation August 22, in Danville went as planned. Thanks to Robyn P, David C and Joe P for their service work!

Volunteers are still needed for this month's Mental Health Association IN ARMS conference at the east side Marriott, September 12th and 13th.

Contact [cpc@indyaa.org](mailto:cpc@indyaa.org) for further details.

*Are you a Committee Chair Person looking for volunteers? Do you want to reach the Indianapolis community with your message and service? We've got a spot for your message every month! Submit your monthly happenings to [sos@indyaa.org](mailto:sos@indyaa.org) and title your*

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*email "Newsletter Submission". All postings are due by the 25th for inclusion in the next month's Newsletter.*

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**Excerpt from *Finding The Words: Stories & Poems of Women Veterans***

Alcohol gets me out the house and gets me back home, albeit in a blackout to pass out... Next morning, my Body feels like, "the piece of shit that it is." That comment greets me before my eyes open. I don't do hangover cures. I keep the Pain to punish, to keep Fear away. *I don't have to Fear because the Pain is already here...*

Pain, alcohol and meds continue as my base coping strategy for many years, fourteen to be exact. I see many Doctors. I see many Therapists. Always more meds, always more talk. I never question not receiving help to stop the cycle, get traction. I assume they know that it was "...already there." Just confirms I'm "...marked."

Not until I get Sober do I achieve any real progress at coping. This happens when I finally feel safe enough to fall, stay down and wait for further instructions. But that's not what it feels like, at first. It feels like a trap. I'm backed into a corner. I see three options; increase self-medication (alcohol, pot, pills), surrender to the voices and "...get out," or Run! Of course I choose "Run!" because "...going always looks like more fun." I plan to stop paying the mortgage. Save up until the bank forecloses then head out to warmer climes. Find an Oasis.

One day in one of my spins comes a big Panic. My chest tightens, Heart races. I become nauseous, sweaty. Feel faint, weak. I call 911. As a Paramedic takes my vitals, another walks through my house. He comes back and says, "Are you wanting to kill yourself?" To this day I don't know what it was about my décor that made him ask that question. Yet, it stuck in my mind. "Do I?" I review my escape plan. A clear, calm, compelling voice says, "**But you can't run. Remember what happened the last time? Are you in any better condition now?**"

I did remember. I remember the last time I ran I had a pretty good Plan too. I moved from Texas to northern Indiana to stay with my brother until I got a place. I was accepted into Devry University for that Fall term. But Life happened and somewhere, some-when I lost the agility to respond to it. So, drama, drama, drama, I end up in Indianapolis, homeless. The answer to the voice in my head was, "No. I'm not in a better condition. If anything, I will fall down faster." During one of my trips to the VA Hospital Psych ward, I got honest about my substance abuse. For the first time I met someone, a recovering alcoholic, whom I believed had an answer. I'm now convinced that substance as a coping strategy only hollowed me out, that when I sa[id], "drink" I really mean[t] "drunk."

I took my last Start-Over token on February 10<sup>th</sup>, 2013. My Life today amazes me, I think, *is this really My Life?* Though I keep falling down, the depth becomes shallower. Now it's more like stumbling. I work hard at my Program. I keep my coping strategies close to me. I'm no longer going this alone. I have and am part of a

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support system, a sounding board. I don't play doctor or chemist. I trust the professionals [and my Higher Power].

*By Loc*

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### **It takes what it takes**

Could this have happened at any other time? Could I have gotten sober in my 20s and gone on to marry? What if I were 32 and had listened to that voice that said, "you are an alcoholic, go to AA". Would I have had children and been a wonderful mother? Sobriety found me at 41. That's how much time it took. 41 years to be prepped and primed. 41 years to be built and strengthened. 41 years to come to the launching pad of my life. And when I finally did arrive, I was lifted away like a rocket.

*By Anonymous*

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I love my compulsions because  
They lead me to my fears  
I love my fears because  
They reveal my powerlessness  
I love my powerlessness because  
It shows my capacity for serenity  
I love my needs because  
They draw me to my supply  
I love my supply because  
It flows from my Higher Power



By Loc



## COMING IN October

**As Without, So Within:** What changes are you feeling as we say goodbye to Summer and hello to Fall? How has your sobriety changed with the seasons of your life? Share your thoughts in October!

**Cleaning out the Cobwebs. Turning your haunted house into a happy home through Steps 8, 9, & 10:** Tell us how these steps have impacted your quality of life and the lives of those around you. Submit your experience strength and hope for the October Newsletter!

*Submissions for October are due by September 25th.*

*Please submit to [sos@indyaa.org](mailto:sos@indyaa.org) and title your email "Newsletter Submission".*

*Please keep all submission around 700 words or less.*

*Please 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. 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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