

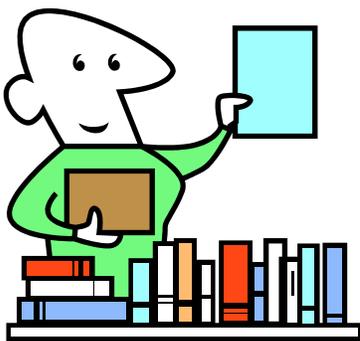
The Paper III

Central Office's AA Book of the Month:

EXPERIENCE, STRENGTH & HOPE

When the 4th edition of the *Big Book* was revised, 59 stories from the third edition were dropped to make room for new stories. Today, these stories provide a fascinating glimpse into A.A.'s past, for most of the writers got sober before the Traditions were adopted, at a time when the Fellowship was still striving to learn the lessons of its collective victories and mistakes.

Call (317-632-7864) or visit the office (1915 West 18th Street, Suite D, Indianapolis, IN 46202) to acquire a copy.



Check it out!

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Gratitude...It's the Only Way to Go for this Alcoholic

I've been thinking about gratitude a lot lately. It's my saving grace, especially when life happens and anger sets in. Right behind anger will likely be resentment, which I cannot indulge. Resentment I know is my biggest offender. My solution? Get into gratitude.

When I think back to my early days in sobriety, I didn't think I had very much to be grateful for. I lost nearly everything, including my life. By a sheer miracle I was given a second chance. I remember feeling so hopeless as I stumbled through step one. My sponsor frequently suggested I keep a gratitude journal. I would ask her "what on earth do I have to be grateful for?" She would gently remind me that I was sober, and that my Higher Power was with me and had granted me another day. It gradually dawned on me that I had quite a bit to write about in my journal.

As years passed, and I learned to apply the twelve steps to my daily life, I too applied gratitude.

I shared today at my noon meeting about how important it is for me to look for the positive in every negative situation. I have been going through some personal turmoil of late, and I have had many opportunities to practice this. And it works. I can so easily get sucked into the victim role of "poor me". Which in turn allows me to fester in the negative energy and then resentment starts to seep in. But if I look for the positive aspects (which I find are always there) I can in turn get into gratitude. In other words I pause, reflect and don't react. I write in my gratitude journal about all of the positive things I have surrounding me at that moment. This allows me to regroup, then approach the tumultuous situation when I am spiritually fit to do so.

When I'm in gratitude, and spiritually fit I have found my serenity.

Michelle B.

At Wit's End

Mistakes, I've made a few

A computer lets you make mistakes faster than any other invention--with the possible exception of tequila.

Terry B.
Albany, N.Y.
A.A. Grapevine 2010

Step Three Is Only a Beginning

It took several months after my first AA meeting before the few marbles left in my alcoholically damaged mind began whirling with sufficient congruence to believe I had found my answer to permanent sobriety. It all seemed pretty simple at the time:

- All I needed to do was to realize that I couldn't stop starting (Step One)
- Realize that doctors, psychiatrists, social workers, etc., were of no avail for me (Step Two)
- Realize that God alone could do the job (Still Step Two)*

Then ask Him repeatedly for relief from my bondage of self (Step Three). I had no problem digesting Step One, because I had 'quit drinking forever' every year since I was nineteen, and here it was, well over twenty years later, without ever staying dry for more than a few months at a time . . . and as for Step Two, I believed all those long-time sober alkie's around the tables who claimed that God had 'fixed' them. So obviously, all I needed do was to post the Third Step Prayer on my fridge, memorize it, and repeat it many times every day.

My repeated Third Step Prayers were most always prefaced by how many days I had been sober; I think that produced an added sincerity, because it made me *'think to remember'* before each session. I did this many times every day. Of course, I had a general idea of the rest of the steps, but never actually did them with a sponsor. After all, was I not joyously happy with all my new-found friends?

I was attending meetings galore, my phone was ringing of the hook, going to church every Sunday, and I was profoundly happy- happy-happy. Someone said, "Survival on the fellowship was untreated alcoholism." The truth of that cliché came as a sudden horrific jolt one terrifying evening. I was alone (not good) after the parade ended on Hollywood Blvd. as a call of nature led me into 'Aunt Charlie's Tavern' where I found myself up to the bar almost ordering a happy- happy-happy, Gin & tonic. Thank God those idiotic words never exited my lips, but instead I rushed home in terror and prayed that God would please show me the path to actual sobriety!

Within weeks a new sponsor showed me in the Big Book that Step Three was but a beginning (p.63); he then explained that Step Three is actually carried out by a timely doing of Steps 4, 5, 6, 7, 8 & 9, followed by a continuance of Steps 10, 11 & 12. I did, and God did, and now, many years later, the obsession to drink has never returned, and I have not had a drink since my first AA meeting.

"I can't, God can, I think I'll let Him, is a great cliché,' but it is only a beginning.

Bob S., Richmond, IN

**Please read the A, B, Cs, on page 60 from the Big Book*

Thoughts on Step Four

Here's an imaginary conversation about doing the 4th step as part of our program of recovery:

Q.

How do you do the 4th step?

A.

Follow the instructions in *The Big Book*.

Q.

What about the 4-column grid my buddy made with his computer?

A.

I think it's fine to fill out that grid. I recommend that you also do a 4th step. I may be crazy, but I'm not stupid. When I get on a self-righteous rant about how things should be done in recovery, I usually notice, at least after some time, that my view isn't always right for everyone. So when I share some thoughts about the 4th step, I'm not saying those grids are bad, I'm just hoping to get people reading and following *The Big Book* - regardless of what paper they use to write on.



Listening to a speaker tape, which I was enjoying, the speaker talked about how the 4th step does involve some writing, but that the writing was just a part of the step. He described the step as a series of prayers, observations, realizations, plus some writing.

Carefully following the instructions in the book for Step 4, I write 3 columns. The book then says, "When we were finished, we considered it carefully." That sounds to me like I should put the pen down. Yes, there is something else for me to write but there are several powerful paragraphs before there's another mention of writing anything. The contents of those paragraphs include some life-changing realizations, which I need God's help to grasp.

The results of the instructions in those paragraphs can make a big difference in my life, and what comes out of my pen when it's time to pick it up again. So, I don't want to miss any of the benefits of doing the steps. I want to be that guy mentioned in Chapter 5, the one who "thoroughly follows our path."

Marvin R.

Special Events

.....April 13, 2013 - Saturday @ 9:00 AM....

West Central Indiana Mini Conference

Lunch and Dinner Available at the event

Hendricks County Fairgrounds 1900 E Main St. Danville, IN

.....April 19, 2013 - Friday.....

12 & 12 Group Celebrates 41 Years!!

Fellowship @ 6:30 PM, Dinner @ 7:00 PM, Speaker @ 8:00 PM

Northwood Christian Church, 4550 Central Ave., Indianapolis, IN

.....April 20, 2013 - Saturday.....

Crawfordsville AA Anniversary

Social Hour: 4-4:30 PM, Dinner: 4:30-5:30 PM, Speakers: 5:30-7 PM

St. Bernard's Catholic Church, 1306 E. Main, Crawfordsville, IN

.....April 20, 2013 - Saturday.....

Look who's turning 58!! The Dillman group

Fellowship @ 6 PM, Dinner @ 7 PM, Speaker @ 8 PM

.....April 26, 27 & 28, 2013.....

"Sobriety For All Ages"

33rd Annual Northeast Indiana Convention and 70th Annual Banquet: *AA & Al-Anon*

Grand Wayne Convention Center, 120 @. Jefferson Blvd., Fort Wayne. IN 46802

.....April 27, 2013 - Saturday.....

Putnam County AA Anniversary & Golf Scramble

Old Hickory Golf Course, Greencastle, IN

.....April 27, 2013 - Saturday.....

Road to Serenity group celebrates 30 years!!

Doors open @ 6:00 PM, Dinner @ 6:30 PM

Speakers @ 7:30 PM

Danville Christian Church, 180 West Main St, Danville, IN

Become a Faithful Fiver

Remember wasting more than \$5 drinking? Why not contribute \$5 to carry the message?

Faithful Fivers are A. A. members who donate \$5 or more per month to help support Indianapolis Intergroup.

Become a Faithful Fiver. Your contribution will help carry the message of Alcoholics Anonymous.

Indianapolis Intergroup Faithful Fiver Form Date _____

YES, I want to help continue to carry our life-saving message of hope.

I will contribute: __Annually (\$60) __Quarterly (\$15) __Monthly (\$5)

Please send email reminder to this email address:

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Name _____

Address _____

City, State, Zip _____

Phone number _____

Please make check payable to: Indianapolis Intergroup
1915 West 18th Street, Suite D
Indianapolis, IN 46202

4 years: Teresa B, Marvin R.

5 years: Dollie N, Matthew C, John K, Tracy D, Trevor J.

7 years: Ray S, Michelle K.

10 years: Sam F.

18 years: Bonnie L, Scott A.

20 years: Marty B.

22 years: Dennis B.

26 years: Barbara L.

27 years: Sharon B.

28 years: Dane D.

33 years: Mary M, Marge B-M.

38 years: LuAnn G.

39 years: Cornelius S.



April Birthdays