

The Paper III

What's On Tour Mind Forum

I Need Help

Q: My counselor said I was suffering from alcohol abuse but not alcohol dependence. He said I could eventually drink again if the proper supports where in place. I'm afraid to drink again and some people in the rooms say I don't belong. I need help.

Anonymous: If u think u have a problem with alcohol, u are welcome to attend AA meetings. Sounds like u may be a hard drinker. AA is full of people like u. If that's the case, u might

be able to stop or moderate ur drinking through counseling and attending meetings. If ur an alcoholic of my type, all the meetings and counseling in the world won't help. U will be absolutely unable to stop drinking apart from Devine help. I found sobriety through meetings where I met my sponsor, who taught me the steps and the steps brought me to God who keeps me sober if I stay close to Him and perform his work.

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The Great Reality Deep Within

As I venture through each passing day, I try to watch for those ever-reoccurring defects of character such as repeating angry thoughts, self-centeredness, unreasonable fear, and all the rest of it. Of course, Step Ten (p. 84) tells me to ask God at once to remove these dangerous obstacles when they crop up. However, without conscious contact with my Higher Power I am lost – those little devils jump in the driver’s seat long before I realize they have taken control, rendering me minus a fit spiritual condition. Lest I soon reconnect with the aforementioned Power, I will be treading on dangerous emotional territory.

But where is this mysterious power? The Big Book provides a surprising answer: “*We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.*” (p. 55) Please note the words, **Great Reality**, are capitalized denoting God! Bill is not theorizing here; he is describing spiritual results from AA history.

In other words, I already possess the power to face and be rid of reoccurring sobriety-threatening emotional states, as they crop up, so long as I make use of the Intuitive cognizance offered by this mysterious, yet ever-present, **God Given Reality**.

Reality implies **Truth**. An alcoholic cannot drink on the **Truth!** An alcoholic can only drink on a lie. Page 87 tells us: “. . . *we find that our thinking will, as time passes, be more and more on the plane of Inspiration. We come to rely on it.*” Living out of this inspirational **Truth**, albeit only spasmodically, has allowed me to remain emotionally fixed and stable regardless of outside influences – at least enough that I haven’t had to drink since my very first AA meeting.

Simply living in the spirit of the Twelve Steps, in some mysterious way, brings forth this inherent Self, *my true Self*, as a most welcome intuitive guide. That is to say, clean house all day long (Step 10); pray throughout the day (Step 11); and be of maximum service to God and my fellows all day long (Step 12). In short: “*Out of self. Into God. Into others.*” (Rev. Sam Shoemaker) . . . and to parrot the famous 1940s Cleveland Indians catcher, Rollie Hemslie: “*AA opened the door, but I had to walk in!*” I have to ‘walk in’ each and every new day to revive and continue my conscious contact with the ‘**Great Reality** deep down within,’ if I want to remain happy, joyous and free of booze.



Bob S.,
Richmond, IN

Note: Special events are no longer listed in *The Paper III*. You may find them on the **Event** tab on Intergroup’s Home page:
<http://www.indyaa.org>

Two Types of Mental Obsession

I have come to believe that the mental obsession to drink presented itself in two quite different forms during my drinking years:

One - *Thought and consideration*: During my many dry spells, I would consider the many good reasons to never again sample the devil's brew. So, my confidence grew day by day, week by week. Happiness and joy flourished in my newfound freedom. Although AA was not on the radar screen I busied myself by shooting pool or otherwise gambling at my favorite sports bar. Also, the lucky Strikes hit the dust and I became a regular on the handball court at the local YMCA. I knew better than to ever drink again - my newfound reasonable thinking - *supported by logical fear* - seemed to render me safe and protected.

But alas, some good-natured joker staggered up to my local sports bar and shouted: "Set up the bar! Whiskey for everyone!" Of course, that included yours truly. My good-keen-intellectual-alcoholic mind *thought* the situation over and decided on the seeming-obvious conclusion that one drink couldn't hurt anybody.

My very best *thought and consideration* allowed me to start off on another drunken spree. 'Jim's Story,' on page 35 of the Big Book, provides another relevant example of alcoholic thinking.

Thought and consideration allowed him to drink whisky so long as it was mixed with milk. There was definitely something missing in Jim's noodle with which I can certainly indentify!

Two - *No Thought or consideration*: Then there were other drunken sprees when my ability to decide waxed completely nonexistent. As Red Skelton (some of you will remember) used to say when performing his little child act: "*If I dood it I get a whippin' . . . If I dood it I get a whippin' . . . I dood it!*" Fred's Big Book story on page 41 (1st full paragraph) illustrates how Fred just *dood it* . . . and practically without thinking!

So, I maintain that a practicing real alcoholic, such as I, had no choice to '*not drink*,' because there was something wrong with my decision-making apparatus. Self will and self knowledge could not provide adequate prevention for a real alcoholic such as I. Page 43 tells us: "*The alcoholic at certain times has no effective mental defense against the first drink. . . . His defense must come from a higher power.*"

So, think before you think. Oops! . . . err . . . err . . . I mean: **Pray** before you think!

Bob S.,
Richmond, 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:

Enclosed is my contribution of \$ _____ for _____ Months

Name _____

Address _____

City, State, Zip _____

Phone number _____

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

3 year - Michael B.

5 year - Tom M.

6 year - Stacy C.

8 year - Jeanie V.

9 year - Catherine L.

13 year - Gregg B.

14 year - Jack C.

14 year - Joe R.

17 year - Scott B.

18 year - Pat W.

20 year - Skip D.

22 year - Tom F.

24 year - Amy A.

24 year - Ben S.

24 year - Lisa S.

24 year - Diana W.

25 year - Ranga W.

26 year - Brenda M.

27 year - Charlie N.

27 year - Bella C.

28 year - Lynn McD.

32 year - Marty P.

36 year - Carole L.

36 year - Patricia W.

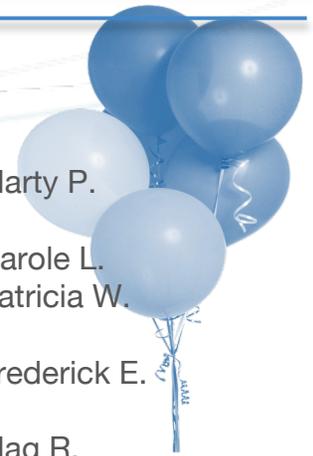
39 year - Frederick E.

40 year - Mag R.

40 year - Mary L.

43 year - Kathleen H.

45 year - Fran E.



August Birthdays