

SHEETS OF SOBRIETY Indianapolis, IN

MAY 2016

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... But for the Grace of God ...



An Indianapolis Intergroup Publication Spreading the message one paper at a time:

The opinions and viewpoints expressed in these Sheets of Sobriety are not necessarily those of AA as a whole, or Indianapolis Intergroup. They are the expression of the individuals sharing their experience, strength and hope, for publication to our fellowship.

This Month in History. AA celebrates its origin-- Bill W.'s meeting with Dr. Bob

On May 11, 1935, Bill W. encountered a threat to his newfound sobriety. During a business trip to Ohio, he found himself standing in the lobby of a hotel, craving a drink. With growing anxiety he contemplated his options. Bill narrowed his choices to two: order a cocktail in the hotel bar or call another recovering alcoholic and ask for help in staying sober. Bill knew that this choice came with high stakes. As an alcoholic who had nearly drunk himself to death, he'd endured four hospital stays for "detox." During his last visit he'd hit bottom and cried out for divine mercy: "If there be a God, let him show himself." At that moment, Bill felt a white light blaze through his hospital room. He was seized with "an ecstasy beyond description" and concluded that he was free from any need for alcohol.

But there was no divine blaze in the lobby of the Mayflower Hotel in Akron -- only the dim lights of the bar and the lure of a drink.

Pacing through the lobby, Bill passed the bar and found a church directory. Within minutes he was on the phone with a local minister. A series of calls put him in touch with an alcoholic surgeon named Dr. Bob. Bill arranged to visit the doctor at home.

Dr. Bob initially agreed to see Bill for only 15 minutes, but their meeting lasted for hours. Bill simply told of his drinking history and Bob identified with it immediately. Bill thanked Bob for hearing him out -- for his fellowship. "I know now that I'm not going to take another drink," Bill said, "and I'm grateful to you." But the relationship did not end there. Bill stayed with Dr. Bob for the next three weeks. Through their friendship, Dr. Bob also gained sobriety. The surgeon never took another drink after June 10, 1935. That day -- Dr. Bob's "dry date" -- is officially counted as the start of Alcoholics Anonymous.

Bill and Bob began working with other alcoholics, helping them achieve sobriety one day at a time. Four years later, they published the book *Alcoholics Anonymous*, which explained their Twelve Step program of recovery.

Step, Tradition, Concept of the Month

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

Tradition 5 "Each group has but one primary purpose to carry its message to the alcoholic who still suffers. "

THE FIFTH CONCEPT OF SERVICE: "We serve the group by having the courage to state a minority opinion when needed and we respect this right in others."

AA Did you know?

AA History of Coins

The actual history of how the A.A. chip came about after this is still a mystery. It is believed to have originated in 1942 in **Indianapolis**. The man who began the Alcoholics Anonymous section in **Indianapolis**, Doherty S., is thought to have started the sobriety coin tradition within this section of A.A.



AA. New Meeting of the Month—*Straight From The Big Book*

We read the big book together. One word at a time. Knock when you have something to say. To gain an understanding of the Big Book One Word at a time!

The 164 @ 125 Meeting type C,D, Lit, NS

Holy Cross Church

125 N Oriental

Indianapolis 46202

Story of the Month

Submitted by Noel P

When I drank I had no control, no decency, and no contact with a higher power. Then I got in a car accident at the age of 25. It was the evening/morning of Thanksgiving in 2010 and I was leaving work from the bar I worked at the time. Even though I lost a wheel driving in a construction zone in the rain, I still managed to park my car at a country club and leave a very nicely written note, "Please forgive this car using your parking lot, I have been in an accident and will have a tow truck pick up the vehicle in the morning. Sincerely yours, N."

To me this note was almost funny, I thought myself clever to have escaped being pulled over by the police and able to write a letter in my state. With over 30 shots of alcohol in my system I walked in the rain to another bar I frequented to wait out the weather and calm my "nerves" as a friend came to pick me up. Then at 8am Thanksgiving morning I realized I am an alcoholic! I shared this revelation with my family who encouraged me to seek counseling, where I entered an outpatient program that led me to the rooms of AA. There were moments where I did not work a program or have trust in a higher power of my own understanding, but those times passed. It has been nearly 6 years since that accident, and everyday I am grateful my higher power kept others safe from my careless and powerlessness surrounded by alcohol. If it was not for my higher power I would not be here with a little over 18 months sobriety and over 5 years of AA in my head. Today I have a control that only comes from taking it one day at a time. Working the steps as outlined by the Big Book and keeping in contact with a sponsor have been paramount to me being shown another way to living life that returned me to sanity and is allowing me to be in contact with something greater than myself.

AA Jokes

An Alcoholic, A Coke Addict and a Meth Addict are in a car...Who's Driving?
The Police



The Gift of Sobriety:

I'm still mystified by how I got sober, and the only answer that makes sense is that I stopped drinking through the grace of God. I was thinking about the difference between those of us who get sober and those who are still drinking, and I believe the difference is that we have accepted the grace that was offered. Every day, my Higher Power gives me the grace to be sober, and every day I make the choice not to drink, to accept the grace.

Jack D.

HELPFUL ACRONYMS

AA – Alcoholics Anonymous ACTION- Any Change to Improve Our Nature

AA- Absolute Abstinence AA – Altered Attitudes

AA- Attitude Adjustment

ANONYMOUS- Actions not our names Yield Maintenance of Unity and service

ASAP- Always Say a Prayer

ASK- Ass Saving Kit

ANGER- Any No Good Energy Rising

Editor Note:

We are really looking to change the Sheets of Sobriety. As when we all hit our bottoms and realized we couldn't do it alone we asked for help from others in AA. Remember "When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible."

Please send Articles to SosIndyNewspaper@gmail.com

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