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History

SIGNIFICANT DATES

Notable April Dates In A.A. History

1938: Alcoholic Foundation held its first meeting.

1939: Marty Mann attended her first meeting at the home of Bill and Lois Wilson in Brooklyn. (Founder of National Council on Alcoholism)

April 1, 1939: Alcoholics Anonymous AA's Big Book was published.

1940: First AA group in Little Rock, Arkansas, was formed.

1940: The first AA pamphlet, "AA", was published.

1941: First Florida AA meeting was held.

1941: Ruth Hock reported there were 1,500 letters asking for help, as a result of the Saturday Evening Post Article by Jack Alexander published on March 1st.

1950: Saturday Evening Post article "The Drunkard's Best Friend" by Jack Alexander. (Follow up to 1941 article)

1951: AA's first General Service Conference was held.

1960: Bill Wilson refused to be on the cover of Time Magazine.

1973: Dr Jack Norris Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.

1989: The film "My Name is Bill W.," a Hallmark Hall of Fame presentation, was broadcast on ABC TV.

Notable Deaths

April 3, 1960: Fr. Ed Dowling, S.J., died. He was Bill W's "spiritual sponsor."

April 1, 1966: Sister Ignatia died at the age of 77. She worked with Dr. Bob in treating many early AA members at St. Thomas Hospital in Akron.

April 2, 1966: Harry Tiebout, M.D. died. (Psychiatrist who first promoted the Alcoholics Anonymous approach to the public, patients and fellow professionals)

[Links to read the Saturday Evening Post articles from Jack Alexander](#)

March 1st,1941 article "Alcoholics Anonymous".. [Read Here](#)

April 1st, 1950 article "A Drunkards Best Friend"..[Read Here](#)

NEW AREA MEETINGS

New Monday Men's Meeting

WHEN: April 2, 2018 @ 7:00 pm – 8:00 pm

WHERE: All Saints Episcopal Church

1559 Central Ave

Indianapolis, IN 46202

[See Flyer](#)

HERstory New Meeting

WHEN: April 3, 2018 @ 7:00 pm – 8:00 pm

WHERE: Club East

441 S Ritter Ave

Indianapolis, IN 46219

[See Flyer](#)



April

EVENTS

Can't Miss Events

TLC Dinner

WHEN: April 6, 2018 @ 6:00 pm – 9:00 pm

WHERE: Hendricks County Fairgrounds

1900 E Main St

Danville, IN 46122

USA

COST: Free

See Flyer: [Click Here](#)

32nd Annual West Central Indiana Mini Conference

WHEN: April 7, 2018 @ 8:00 am – 6:00 pm

WHERE: Hendricks County Fairgrounds

1900 E Main St

Danville, IN 46122

USA

COST: \$10.00

See Flyer: [Click Here](#)

9th Annual Wabash Valley Men's Spring Workshop

WHEN: April 20, 2018 – April 22, 2018 all-day

WHERE:

Shakamak State Park

6265 IN-48

Jasonville, IN 47438

USA

COST: \$60.00

See Flyer: [Click Here](#)



Committee Announcements

The Telephone Answering Service Committee is hosting a workshop on Sunday April 15th from 10 to 11 A.M. at the Central Office, 1915 W 18th St. for anyone interested in service work answering incoming phone calls. [See Flyer](#)

What is Intergroup?

Indianapolis Intergroup consists of 12 standing and 1 service committee listed below.

- **Special Events Committee** – Coordinates, publicizes and documents all special events throughout the year for the use of the Committee in following years, such as the Annual Banquet.
- **Correctional Facilities Committee** – Coordinates the work of individual A.A. members and groups who carry the message of recovery to alcoholics in correctional facilities.
- **Treatment Facilities Committee** – Coordinates the work of individual A.A. members and groups who carry the message of recovery to alcoholics in treatment facilities, hospitals, and rehabilitation centers. Arranges volunteer groups to attend scheduled A.A. meetings.

- **Telephone Answering Committee** – Coordinates individual A.A. members to answer telephone calls on their personal phones when the Indianapolis Intergroup office is closed.
- **Public Information Committee** – (School Talks) Carries the A.A. message to the Indianapolis and surrounding communities through school, news media, civic groups, business organizations, clergymen, doctors, alcoholic treatment centers, hospitals, judges, and court programs. Handles requests by area schools, the media, and civic and business groups. Provides individual members to staff health fair booths and other entities as they may appear.
- **Sheet Of Sobriety (S.O.S.) Committee** – Assembles articles and submissions for publication from Indianapolis A.A. Members, Intergroup Committee Chairs, and the Central Office Manager for the monthly newsletter, Sheets Of Sobriety (S.O.S.). Publications provided digitally via email subscription and on the www.indyaa.org, both free of charge.
- **Finance Committee** – Reviews and oversees pertinent financial concerns, budgets, and accounting.
- **Nominating Committee** – Seeks out individual A.A. members to stand for election on the Service Committee.
- **Cooperation with Professional Community (CPC) Committee** – Acts as a liaison between the professional community and Alcoholics Anonymous to further public awareness.
- **Development Committee** – Develops greater group representation at the monthly intergroup meetings.
- **Archives Committee** – Collects, categorizes, displays, and protects the historical A.A. documents and memorabilia of Indianapolis Intergroup.
- **Accessibilities Committee** – Makes A.A. available to Special Needs A.A. members, i.e. blind, visually impaired, deaf, confined to beds, or wheel chairs. Provide A.A. literature printed in Braille, large print or on CD. Locates interpreters in American Sign Language. Recruits A.A. members to take meetings into nursing and rest homes, etc.
- **Service Committee**- Includes Representatives for the four designated areas of town (North, East, South, West), the Intergroup Chair, Co-Chair and the Service Committee Chair. The Central Office Manager is an ex-officio member.



"4th Step"

"There must be this deep rooted, profound, and disturbing layer of anger, fear, and sins lying deep down within myself in a dark corner of my subconscious, ready to snap back if I try to poke into it," was what I thought my first inventory was about.

I thought what I was going to find was unknown to me, like it was psychology. Like there were all these strange and perverted connections in my brain to things and people in my life hiding behind the door of the subconscious.

And so I learned very little about myself my first 4th step. The gem of it was getting honest with myself and later someone else. But I still had no idea what drove my thinking and actions.

After completing the rest of the steps, somewhat rigidly, I started them again with a new sponsor and learned the 4th step according to the Big Book. I was supposed to have written it going downward, one column at a time. Everyone and everything I'm angry at. Then why I'm angry at each one in short sentences. Then what it affects. The prayer for the sick man to relieve the resentments. Then look at my wrongs, and there figure out my character defects. Personally I found that to be much more effective. And actually enjoyable too.

By Andrew E

"Step 4: It Just Makes Sense"

What was my greatest frustration with active addiction?

I didn't make sense.

I was angry without knowing why.

I was driven by fleeting emotions and unable to connect where it was coming from or going to.

The whole world felt heavy and I didn't understand why I would be so "put upon", so "unlucky" all the time.

Then Step 4 happened.

Slowly, I began to understand myself better. I saw patterns. I made connections. I realized that I wasn't "unlucky".

I was wrong.

Step 4 gave me my power back. It showed me that my problems weren't outside myself where I have no control. They were inside me all along, waiting to be healed with God's help. With the help of Step 4, I finally made sense.

By: Anonymous

"Taking Inventory"

When I did my first 4th step inventory, I was truly scared and very unsure of what I was doing. But with the help of my sponsor, and reading and following the examples in the Big Book, I set out to complete the task. The results may not have been perfect, but I was as honest and as thorough as my memory would allow me to be. I tried my best to list all of my resentments, my faults, and my defects. I did not overlook the deep secrets that I had never shared. I was really amazed at how much "junk" I had been carrying around within me for years. It identified for me, all the defects and faults that I needed to set right in order to be able to live and grow in a spiritual manner. Without the inventory, I do not believe I would ever have gotten over my sick thinking. Over time, I know I have discovered more resentments, faults, and defects that were not initially found. I have remembered things that had simply been forgotten over time. And although my original inventory was not perfect, I know I did my best, to be honest, to search deep, and to find all the defects within. The defects I needed to be rid of, to live my life in a more spiritual and sober manner.

By Todd C.

"Don't Let Me Go"

I prayed for this.
Countless times
I lay on the floor
sobbing, surrendered.
Readily offering it all to you,
grateful for how you had reduced me.
Willing to take up my humble state and walk on with you by my side.
Only with you by my side.

The dawn would come.
Countless times
my tears would dry
and I would forget the promises made
while I lay on the floor
sobbing, surrendered.
Dusting myself off and walking on alone.
A new conviction in my step.

Lord,
we meet again.
Laying on the floor
sobbing, surrendered.
Please,
don't let me forget the promises made.
Keep my face wet.
Secure me to the floor if you must.
But please,
Don't let me walk on tomorrow
as if tonight never happened.

By: Anonymous



A famous brain surgeon opened a resale store in a big city to sell used brains for transplant. He offered a doctors brain for \$50,000, a Philadelphia Lawyers brain for \$100,000 and an alcoholics brain for \$1,000,000! When asked "Why so much for the alcoholic's brain?" He said, "Because it's NEVER been used!"

This guy buys an old bottle at a yard sale. Upon polishing the bottle, a magical genie suddenly appears. The genie exclaims, "Thanks for letting me out of the bottle, I've been in there for a long time. I'll grant you one wish." "I've always wanted to go to Hawaii, but I'm afraid to fly and I get sea sick, so build me a road." Hmm. That's too hard, got any other ideas?" replied the genie. "OK," replied the guy, "I can't control my drinking once I have the first drink, and if I stop I can't stay stopped. I want to be able to drink like a normal person. The genie replies, "Two lanes or four?"

Rent-A-Sponsor

- *Are you tired of being told how it is?
- *Still looking for that easier, softer way?
- *Had enough of that same old time tested direction?

NO READING! NO WRITING! NO DEADLINES!

Standard Features Include:

- *Listening to your sniveling without constant reference to the Big Book or steps!
- *Co-signing your excuses and rationalizations!
- *Work only the steps you want, in the order you choose!
- *Learn the secret of giving it away before you even have it!
- *Why "Walk the Walk" when you can just "Talk the Talk"?
- *Remember it's better to look good then to feel good!

**FOURTH STEP WRITING SERVICE NOW AVAILABLE!
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Topic Suggestion for May

"Admitting Our Faults"

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

Share your Experience, Strength, and Hope regarding Step 5 for the May 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 May are due by April 25th. Any submissions received after April 25th will be included in the June 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 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. 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 you submit them.

We look forward to hearing from you!

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