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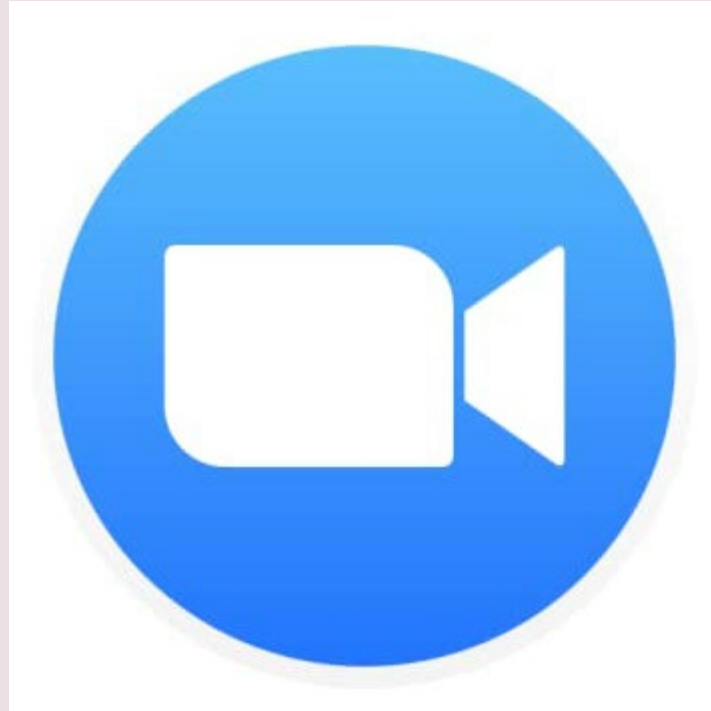
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[Where to find Meetings](#)

Indianapolis Online Meetings

[Indy Online AA Meetings](#)

Want to Add Your Meeting to the list?

[Add your meeting to the Indy Online AA Meeting List](#)
(Indianapolis and surrounding areas only)

Abby Chat is Indy fellowship – meeting before and after the meeting. Come, hang out! Drink your coffee. Shoot the breeze. Available all day, every day!

[Zoom Meeting ID: 551940279](#)

Want to try a meeting in another state?

List of meetings Nationwide! Anywhere & Anytime

[The Token Shop](#)

Dial-a-Meeting

<http://aaphonemeetings.org/>

Podcasts & Speakers

<https://www.aaspeaker.com/>

<https://www.xa-speakers.org>

<https://www.recoveryaudio.org/>

<https://player.fm/podcasts/Alcoholics-Anonymous>

Resources for Sponsorship and to get Tokens

<https://www.hamiltoncountyaa.org/>

To help members during this time, Grapevine is giving everyone [free access](#) to most of our 2020 Grapevine and La Viña issues.

All about online meetings

How to sign up for [Zoom Meetings](#) and [How Zoom Works](#)



Committee Announcements

here will be NO Intergroup Meeting for April

Correctional Facilities Committee - Coordinates the work of individual A.A. members and groups who carry the message of recovery to alcoholics in correctional facilities.
Green can FULLY FUNDED!!!
Correction@indyaa.org

Treatment/Accessibility 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.
Needing groups to sponsor a meetings.
treatment@indyaa.org

Telephone Answering Committee – Coordinates individual A.A. members to answer telephone calls on their personal phones when the Indianapolis Intergroup office is closed.
Contact: tas@indyaa.org
To volunteer for T.A.S Please contact Amy with your email, full name, and phone number. indytas@gmail.com

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. Needs both chair and co-chair
Contact Susan L at cochair@indyaa.org

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.
Always needing stories, funnies, and anything else you want to share!
Sos@indyaa.org

Cooperation with Professional Community (CPC) Committee – Acts as a liaison between the professional community and Alcoholics Anonymous to further public awareness.
Need co-chair.
Requirements: Be available during the day
cpc@indyaa.org

Development Committee – Develops greater group representation at the monthly intergroup meetings.
Need Co-chair
Requirements: Show up!!
development@indyaa.org

Archives Committee – Collects, categorizes, displays, and protects the historical A.A. documents and memorabilia of Indianapolis Intergroup.
Need help during business hours.
archives@indyaa.org

12th Step Call List Committee:- Updates the 12th Step Call List
12steplist@indyaa.org



All submissions are posted in their unaltered state and in no way reflect the opinion

of The Sheets of Sobriety Committee Members. The Sheets of Sobriety reserves the right to edit spelling errors and major typos, but will do so in an extremely limited fashion in an effort to maintain the author's original work. Due to these limited edits, The SOS does not guarantee that posts will be free from errors in spelling, grammar, or punctuation. The SOS will not exclude any submission unless group consensus determines a submission to be overtly offensive or unrelated to Alcoholism.

Step 4 Mines for Gold

I began writing my first inventory when I was 3 months sober. As I began the resentment inventory, it was easiest to begin from my earliest memories. I wrote chronological according to my age. I followed the directions given in the Big Book and started with column one, first writing down the names of all whom I'd ever been angry. Then institutions. Then ideas. So many ideas angered me in the world.

"An eye for an eye." "Sex is for men's pleasure only." "Women are crazy and can't be trusted." "You can only trust your family." "People who attend Ivy Leagues are worth more." All of these were ideas that I inventoried. I was angry at the police because "the blue code" wasn't fair. I had a deep resentment against people who were monetarily wealthy because my distorted perception assumed their worth higher than mine. I had dozens of ideas that contributed to my nonexistent self-esteem, poor financial condition, and lack of true, intimate personal relationships. I resented THE emotions of anger and sadness because they made me feel weak and vulnerable!

Having now taught the steps to sponsees, I've grown to a more useful interpretation of Step 4. I still possess my first inventory, plus all consecutive. I look back in amazement at the detail I was able to transmit onto paper. It is more valuable than gold; I show my old inventories to sponsees if they wish to see them too. When I struggled to see myself in a situation in early sobriety, I reviewed the original inventory reminding myself of my patterns. And like magic, I could see how they recreated and shape shifted in sobriety!

Inventories point me to what needs to be healed within me. They also indicate changes that can be made to achieve goals. I've met all immediate goals in 8 years minus one: a loving and lasting romantic relationship. Inventories continue to help me uncover personal truths. We have distinct similarities as alcoholics, but our lives can look very different.

AA offers a spiritual program of change, unlike medical or religious conversions. My truth is ultimately what and who I believe my Higher Power to be. Inventory continues to help me segregate what I personally believe from what any source outside myself wishes or has taught me to believe. I get in touch with my heart, my soul, with myself. If I could rename my Higher Power which I conveniently call "God," I would simply name Her Truth. I come closer to my Truth with inventory. This is why inventory is ever so personal and intimate. No two people were created identical in ideas, emotions or attitudes. But this step works for all the same, as do all.

God is my truth, and honesty is my relationship with truth. Since my solution to the disease of alcoholism (my problem!) is a spiritual awakening, defined as a complete change of all my old ideas, old emotions and attitudes toward life, Step 4 helps me discover what my old ideas, emotions and attitudes are.

I continue to mine for gold much to my alcoholic chagrin since my NEW ideas, emotions and attitudes learnt in sobriety, aren't always winners either.

How do I know what ideas, emotions, and attitudes aren't winners today? All I do is look to what relationship or area of my life makes me restless, irritable, unhappy or angry. And when I see it, I pick up my pen and paper and write an inventory. Sometimes it is a resentment inventory. Most often its fear. I've inventoried individual relationships or jobs too. Or an emotion in its entirety like shame.

Once the inventory is written, I go further. I also create a set of ideals. My

first inventory gave me my sexual ideals. But as I've grown in sobriety, other ideals of greater importance were discovered. I have written ideals on what type of mom I want to be to my daughter, what type of sponsor to my sponsees and what type of friend I want to be. When I struggle and feel pain, I revisit my ideals and ask God to help me live up to them. In certain cases, my ideals change because I was working with a losing idea, emotion or attitude SOBER.

Inventory is intended to help me find my truth, by becoming aware of what holds me back from my truth. Chuck C. (who wrote A New Pair of Glasses) surmised we must "uncover, discover and discard." I have found his interpretation to ring loud and true.

Step 4 promises are tremendously helpful to all, including newcomers. The ability to match calamity with serenity, outgrowing fear and having a sane and sound sexual ideal are a few of my favorites. I pray that all will come to find this step as useful, rather than as a cruel burden or surface confession.

By: Leona F.

New Guy In AA

I used to use the big book as a coaster.

Now I keep it on me like a gun, I need a holster.
I feel loved when I'm here, a much needed bolster.
Like the metal safety bar on a roller coaster.
I know that I'm young, and they all seem older.
Wisdom and warmth when I'm feeling colder.
They even let me cry when I need a shoulder.
And keep it confidential like a manila folder

Riley T.

Jan 22, 2020 – The first day of the rest of my life

Step #3 – "Made a decision to turn our will and our lives over to the care of God as we understood him."

A famous sailor once said, "I yam what I yam and' that's all that I yam". The sailor was a scrawny looking guy who confidently strut around with a sailor's hat on his head, a corn cob pipe sticking out of the side of his mouth and he had a huge pair of arms and a punch that could knock a guy to the moon. The sailor's name was "Popeye" and he lived in a very tough neighborhood where on a daily basis he was confronted with challenges from sea monsters, witches and a local bully named "Brutus" but all it took for him to defeat his foe was devouring one can of spinach. After eating his spinach, trumpets would roar and in an instant, he was transposed into a Super-Hero with bravery and strength beyond imagination. He was brimming with fortitude, self-reliance, firmness and brevity. Popeye would always vanquish his rival and win the love and admiration of his neighbor's and of course, his gal "Olive-Oyl". Popeye never surrendered and always came out the victor but without his "Spinach", he was "Powerless" and his fight was "Unmanageable". With his can of spinach gone, his only option for "Victory" was to choose to surrender. This was the only way he could win the battle and survive one more day.

On October the 9th, 2016, a one-hundred and twenty-six pound soaking wet, egotistical, self-centered, lanky, melancholy, bitter and resentful shell of a man stumbled his way into an AA meeting room in Noblesville, IN. That man was "ME" and unlike Popeye, I was driven by pain, suffering and utter insanity until I finally put down "My can of Spinach", and completely surrendered. My can of spinach was a bottle of beer, some Vodka and tart shot of Fireball. My "Daily life on life's Terms" antagonist were a combination of multiple "Character Defects", a river called "Denial" and an allergy that

robbed me of my mind, body and soul. For over three decades "My can of Spinach" took me to unbelievable heights I could ever envision and in the end, lowered me to a level to where I had to jump up just to reach bottom. Time after time after time, my attempts to bring my drinking under control failed dismally and a long drawn out record of consequential misery soon began to fill my wretched autobiographical memorial. "I" simply did not have the answer inside of me. If it wasn't inside of me, then where was it?

For some "New-Comers" in the AA Program, Step #3 is a major stumbling block. "Turn my will over to the care of whom?" "God?" "A Power Greater than Myself?" "Hold on a minute man, I didn't come in here to get religion." So, Brother, why did you come in here? You are here right? Was it a "Nudge from the Judge?" Was it a suggestion from a loved one, an employer or a family member? Was it a crack at getting back in the sac with Mommy? Were you just plain sick and tired of being sick and tired? Were you bankrupt spiritually, mentally and physically?

Let me tell you quickly why "I" came in here three years and four months ago. It was life or death. It was a promise to My Higher Power whom "I" chose to call God. I will always remember and recall what I said during that last eternal detoxing day, "Please Father, show me another way. Please tell me you had a little more in-store for me in this life than just this. I will go to any length and any direction you send me. Just get me out of this hell Father please." and so, it began. The Power was outside of me and the answer had been held within me since the day I was born.

I was raised in the Catholic faith and the word "God" was always a word of comfort, strength and judgement to me but as I grew older and I thought wiser, and my addiction grew stronger and stronger, God and I slowly parted ways.... so, I thought. I attended various different churches on and off through my brief but fleeting moments of sobriety where me and God would touch base at a glance. Like "Jenny" in the movie "Forest Gump", God would suddenly appear out of nowhere and just as hastily, He would abruptly be gone. It was always "My will" not His. I repeatedly physically packed up my soul, loaded my belly and prepped my brain, liver and kidneys for more spiritual mortal combat and the weekend binges continued in perpetuum.

I admit at first, I struggled with the "Atheist" and the "Agnostic" in the AA meetings but as I kept going to meetings, kept hearing all of their stories, reading the "Big Book" and working with my sponsor, it became clear to me that "My Will" was simply that, "Mine". It was time for me to forgo the roll of God and let Him do what He needed to do and do what He expected from me. I owed Him that much. I was alive and I was sober and I told Him I would go to any length to get to that point. It took me months to learn from my sponsor that when I was sharing my story in a meeting, that I was more effective when I shared and I didn't use the word, "You". It was me, mine, my and I. "Don't tell them what to do. Tell them what you did to get the spot where you are at now. That's what I did with you. Remember?"

Believing in a "Power Greater than Myself" did have a "Red Line" in the sand with me especially when it came to those that preached about believing in a "Door-Knob" or a "Coffee-Cup". I have yet to see to this day, either of those inanimate objects hand-out a Sobriety Token, hug another member, hand someone a handkerchief or hold their hand during the "Lord's Prayer". When you turn to your left and then turn to your right and all you can see is door-knobs? Chances are, you are in the Hardware Store not in an AA meeting room. Believe in the people in the room if you can't believe in God. The answer was not inside of me. Go back and review my thirty-five-year drinking history. Look at my record. I either surrender to it or I suffer and die from it.

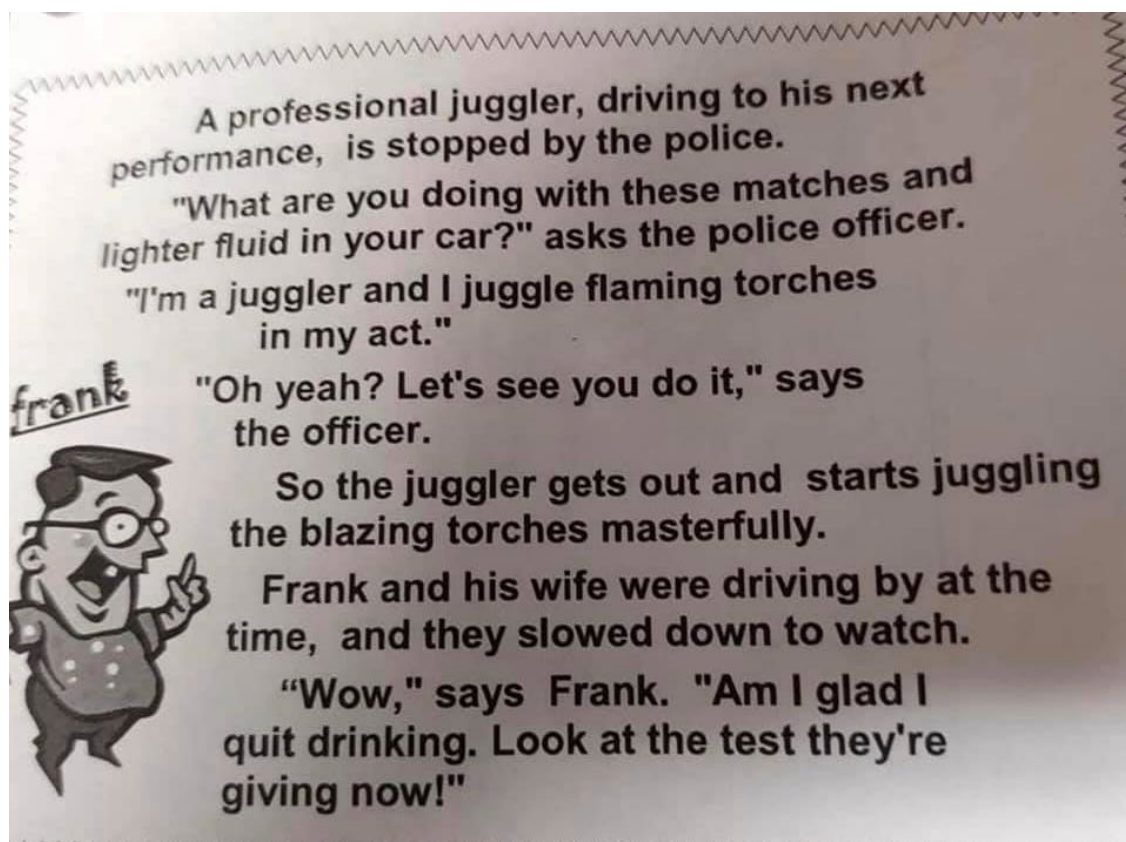
All twelve "Steps" were written in the "Past Tense". Why? Because Bill W. and Dr. Bob did all of them not were going to do all of them or just some of them. That's how they regained their sanity. We admitted we were Powerless over alcohol and our lives were unmanageable. We believed that a Power greater than ourselves could restore us to sanity. Made a decision to turn our will and our lives over to the care of God as we understood him.

I'm not going to meetings to make you believe in my Higher-Power. I'm

going to meetings to show you how you can believe in me and the divine results that occurred by me honestly and thoroughly completing the Twelve-Steps. I want to share with you the miracles that have taken place ever since I looked outside of myself for the answers. I go to meetings to serve and help others. I go to meetings because today, one day at a time, I don't want to pick-up a can of spinach.

Matt T.





Please note:
No member will be
allowed to leave
the group.
The group has
been quarantined
Thanks.

People in Recovery are
doing really well right now.
We are used to a invisible
illness trying to kill us, and
who of us hasn't been
quarantined for at least 28
days in rehab or jail?
We were made for this 🤔🙋

Sobermode

COP: u were swerving a lot so i have to
conduct a sobriety test

ME: ok

COP: lets get taco bell

ME: no

COP: text ur ex

ME: no

COP: ok ur good



History

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)

Receive the SOS monthly in your email. [SUBSCRIBE HERE](#)

TOPIC TIME

Topic Suggestion for May...

How did you continue to work the steps during quarantine?

Share your Experience, Strength, and Hope regarding the topic 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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