



S.O.S Sheets of Sobriety June
2019

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In Your Own Words: You wrote in; we posted it

SOS Funnies: Not a Glum Lot: In the meme-time

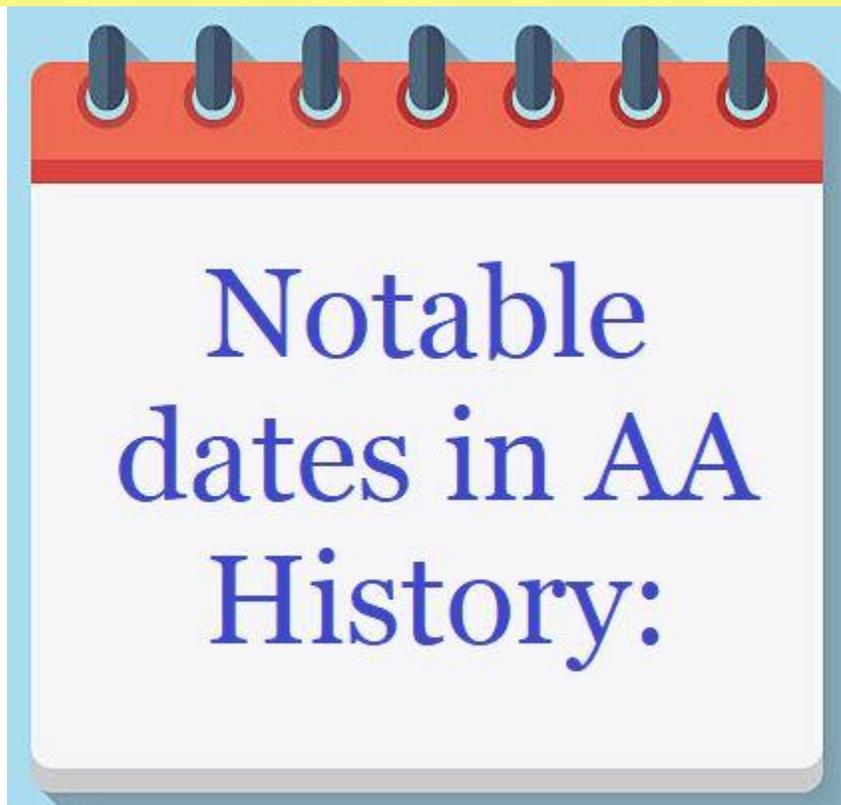
Topic Time: Topic for next month and call for entries.

What is an Intergroup?

Indianapolis's Intergroup (also known as Central Office) consists of 12 standing committees and 1 service committee. We exist to help the over 500 Indianapolis area A.A. groups in carrying the A.A. message to the alcoholic who still suffers.

To learn more about Indianapolis Intergroup as well as view a list of all the committees and what service they provide click on the link below.

[Indianapolis Intergroup Information](#)



June 10, 1935 - The date that is celebrated as Dr. Bob's last drink and the official founding date of AA.

June 28, 1935 - Dr. Bob and Bill Wilson visited Bill Dotson (AA #3), at Akron's City Hospital.

1940 - First AA Group in Baltimore, MD, was formed.

1940 - The first AA Group in Richmond, VA, was formed.

1940 - One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.

1941 - Ruth Hock showed Bill Wilson the Serenity Prayer and it was adopted readily by AA.

1941 - The first AA Group in St. Paul, Minnesota, was formed.

1944 - The first Issue of the AA Grapevine was published.

1945 - Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.

1948 - A subscription to the AA Grapevine was donated to the Beloit, Wisconsin, Public Library by a local AA member.

1979 - AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois Wilson, Bill's wife, in New York.

1981 - AA in Switzerland held its 25th Anniversary Convention with Lois Wilson and Nell Wing in attendance.

2000 - More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

Notable Deaths

June 1, 1949 - Anne Smith, Dr. Bob's wife, died.

Upcoming Events

Tradition 10 Workshop

June 8, 2019 from 1:30 pm – 3:30 pm

Indianapolis West Side Club

6450 West 10th Street, Suite 7, Indianapolis, IN

[Click Here For Flyer](#)

Founder's Day 2019

June 15, 2019 from 5:00 pm – 9:00 pm

Holy Cross Catholic Church

125 North Oriental Street, Indianapolis, IN

COST: \$25

[Click Here For Flyer](#)

Down Home Group 23rd Anniversary Pitch-In

June 15, 2019 from 6pm - 9pm

Pittsboro Christian Church

216 North Maple Street, Pittsboro, IN 46167

(Parking lot entry from Meridian St. across from Pittsboro Elementary School)

Bring a side dish!

[Click Here For Flyer](#)

Road To Serenity Group 36th Anniversary

June 22, 2019 @ 5:00 pm – 8:00 pm

Danville Christian Church

180 West Main Street, Danville, IN

[Click Here For Flyer](#)

Progress House 4th of July Celebration

July 4, 2019 from 5:30 pm – 9:30 pm

Progress House

201 Shelby Street, Indianapolis, IN

Food - \$5 Ice Cream - \$5

[Click Here For Flyer](#)

**To see the calendar of all
upcoming events: [Click Here](#)**

District and Area Meeting Schedule

DISTRICT 20 MONTHLY MEETING

June 3, 2019 @ 7:00pm - 8:00pm

Avon United Methodist Church

6850 E US Hwy 36

Avon, IN 46123

INDIANAPOLIS INTERGROUP SUNDAY

June 9, 2019 @ 9:30 am-11:00 am

UAW 933 - Party Barn (Back of Parking Lot)

2320 S. Tibbs Ave.

Indianapolis, IN 46241

DISTRICT 36 A/B MONTHLY MEETING

June 10, 2019 @ 7:00 pm

Paragon Restaurant

118 S. Girls School Road

Indianapolis, IN 46214

DISTRICT 26 MEETING

June 11, 2019 @ 6:30 pm – 7:30 pm

Allisonville Friends Church

7701 Allisonville Road

Indianapolis, IN 46250

DISTRICT 24 MEETING

June 11, 2019 @ 6:45 pm – 8:00 pm
Carvel Club
4627 Carvel Avenue
Indianapolis, IN 46205

DISTRICT 30 MEETING

June 23, 2019 @ 1:00 pm – 2:30 pm
Club East
441 S Ritter Ave.
Indianapolis, IN 46219

DISTRICT 22 MEETING

June 27, 2019 @ 6:30 pm – 7:30 pm
Orchard Park Presbyterian Church
1605 East 106th Street
Indianapolis, IN 46280

COMMITTEE ANNOUNCEMENTS:

A Message From Our Intergroup Chairperson

Hi, I'm Cari M., and I'm the current chair of intergroup for 2019. My hope this year is to make Intergroup better. I am reaching out to get your suggestions on what Intergroup is doing well and what you'd like to see us implement in the future to make this organization better. We are here to serve you. Please email suggestions to chair@indyaa.org In Service, Cari M.

Indianapolis Intergroup Meeting:

June 9, 2019 @ 9:30 am-11:00 am
UAW 933 - Party Barn (Back of Parking Lot)
2320 S. Tibbs Ave.
Indianapolis, IN 46241

We Need Your Help With:

Corrections – Take AA meetings into Marion County and Morgan County jails

Telephone Answering Service – Take calls after office hours

SOS Sheets of Sobriety Newsletter – Submit your stories and meeting news.

Intergroup Volunteers Needed in **Central Office**

Call 317-632-7864 if you can help



In your own words:

How I finally powered through the 4th and 5th steps

I've been in and out of AA a few times. The only times I came to AA before was because I was court ordered to, which is how a lot of people end up there. I never went of my own volition and I always did just enough to get by. I appease them, they stay off my back, I won't get in trouble, and as soon as I'm done with the program, I'm outta here. Sure, I did four steps: 1, 2, 3, and 12. At one point, I had managed to rack up 6 ½, almost 7 years, of consecutive clean time. But again, I didn't get past step three. I did get involved with a little service work. I stayed focused on others and never myself. This last time coming into the rooms after being out there, something inside me knew that things had to change. I couldn't keep doing what I had been doing; it wasn't working.

One of my first meetings coming back, I saw somebody that I remembered from when I was in the last time. I basically went up to him to get his phone number, and he said, "yeah I'll give you my phone number but on one condition...I'm going to be your sponsor and you're gonna call me every day". So, working with him, opened my eyes to how convoluted I was making everything in the past...how big I was making everything. We went through steps 1 and 2 pretty quickly, played around with step 3 for about a month. This time, I guess I was just ready to go to any length; I was done, with the past crap.

When it came to step four, my sponsor and I went over it, read how it works, and the guidelines on how to do it. And he said, "that is it; it's just that simple". But I questioned it and said, "what if I don't do this or what if I don't do this, what if I mess it up?". And he said, "you can't, it's your fourth step. Just do it!" And that's the bottom line, I'm an alcoholic, and I'm a procrastinator. My house motto is: "procrastinate now, panic later". So, he gave me a deadline of when I had to have a done because he knows how I am. When I did it, I thought about it and did it over a period of a couple of weeks. Each time I went back to it, I would re-read it and add a few things and before I even got to talk to him about it, I started seeing the patterns immerge. And all the hokey AA sayings that I never bought into before start making sense. So, I got my fourth step done and we met in the parking lot of another meeting. I read him my fourth step. He asked me, "is that it?". And I said, "that's it". And he said, "OK, it's done". I guess at that point I realized how big of an ordeal I was making it and everything else.

And that's probably one of the reasons I didn't do it because I thought it was gonna be this big horrendous thing that I had to do. And this time, after getting through the 4th and then the 5th step, I thought this program could work if I follow the guidelines. I realized, that I don't have to pick up a drink to cover up the problems.

If I could go back to all the other times I didn't want to do the 4th step, I'll tell myself, "Just man up and do your fourth step!". I made this big ordeal out of it for too long, like I was afraid of looking myself in the mirror. Really all that stuff had been in there this whole time anyway, so why hang on to it? It's like an anchor, why hang onto an anchor in the middle of the ocean. Let go of it and save yourself. I still don't know why I never did it other than being stubborn.

I consider myself a rebel; you tell me to do something and I'm not going to do it and vice versa. I surrendered this time. I had to be willing to go to any length and to stop fighting the alcohol. So, I finally did. I was ready. I haven't really had a struggle going through any of the other steps; I'm not perfect but I am making progress. I may not do it right every day, but I do try every day and that's all we can ask of ourselves.
-Josh

Topic of the Day : The root of our troubles

P.62 "Selfishness - self-centeredness! That, we think, is the root of our troubles."

This is an extremely powerful statement. I believe equally as powerful to a newcomer finding out they have an allergy and obsession. The big difference is the statement on p.62 has nothing to do with being alcoholic. Anyone can be selfish. I remember the first time I read the Big Book during one of my many trips to rehab, when I got to "How it Works", I honestly said to myself this must be the chapter that is going to explain how not drink...how to deal with not drinking on a daily basis, one day at a time. I had no clue the direction the Book was going to take me. When I saw words like self-will, selfish, self-centeredness, self-seeking, dishonesty, I began to realize there was a lot more to this thing called recovery.

When a newcomer walks into the rooms are they doing so because they think they need to get rid of selfishness or be spiritual? No, they just want to be sober and stay sober. They have no clue that they are selfish to the extreme. They have no clue that recovery is a spiritual program designed to remove self-will that has blocked them off from God. The truth about "How It Works" is that as soon as we get past the A,B,C's on p.60 our book is no longer about drinking; it's about thinking. It's about spiritual change and the action we must take to achieve it.

The statement selfishness; self-centeredness! That, we think, is the root of our troubles is one of those powerful statements after p.60. It is one of my favorites and to explain I use this analogy. Above ground is a visible flower that everyone can see - it represents alcohol.

What is not visible is the root because it's under the ground. In that root is selfishness, self-centeredness, self-will, self-pity, self-delusion, fear, resentment, remorse, guilt, shame, doubt, misery, depression, restless (high anxiety), irritable (easily pissed off), discontented (never satisfied), pride, high or low self-esteem, and one last important ingredient - the mental obsession. That's a lot on their mind. That's a lot between us and God.

So the alcoholic stops drinking and eliminates his symptom alcohol (removes the flower). He decides to go to AA because there are sober people there. He raises his hand and declares himself an alcoholic. He gets a sponsor, does steps 1,2 and 3, goes to 2 or 3 meetings a day, gets a couple months sober, looks better, gets his job back, and his wife's talking to him again. Life couldn't be better??

The problem with-in (under the ground the root) is still there; he is insane and has an obsession whipping his ass. Soon he drinks. Why did he drink again? If I need to get rid of weeds in my back yard and use a weed eater, every weed would grow back because I didn't remove the root. I only did a temporary fix; I didn't remove the problem. Our alcoholic friend drank again because he didn't remove the root of his problem insanity and by removing that so goes the obsession. And the only way that can happen is by doing steps 4 thru 9. He drank again because all he did was remove the symptom alcohol (the flower). I think I just described the majority of AA. People get sober, go to meeting after meeting, get a sponsor, they don't get past step 3 or don't do the steps at all (what's the difference?), they get stuff back, therefore, they don't take action (4 thru 9) and they drink again. People need to stop pruning the symptom and get to the root of the problem.

-Bill. B.

Almost

I almost had everything I ever wanted
I almost had the man of my dreams
I only wanted a good lover,
a good conversationalist,
a ready adventurer,
a good cook,
and a good friend.

I almost had that.

I almost had complete happiness.

I almost had peace and joy.

I almost had a relationship that I was proud of,
that I could brag about.

I almost had that.

I almost had the adventure of a lifetime.

I almost had a partner in life.

I almost had a person who defended me,
even when I was wrong.

And he would have the same in me.

I almost had that.

I almost didn't wake up from this dream that I was having until it was too
late.

I almost got tethered to a man who has had nothing but bad decisions
and turmoil all his adult life.

I almost lost my children, my security, and my peace of mind.

I almost lost my will to live.

Again.

I almost had it all.

-Anonymous

One Man's Approach – and Devotion – to AA

While on a business trip in southeastern Wisconsin, I arrived a day early, as was my habit, and found a local meeting to attend. Using the web, I discovered a noon meeting at the local Alano Club and was glad to be there. It was an unusual meeting, to say the least.

The chairman started the meeting and did all the readings – How It Works, Acceptance, the Promises, the Daily Reflection, the Twenty-Four Hours and even the short version of the Twelve Traditions! On top of that, he introduced himself and told the meeting that once he had learned everyone's name in AA, he could stop coming to meetings. Once he was on a roll, he told the people attending that it was easier to report for work than look for work. When you are unemployed, it's hard to find a job, but when you're already employed it's easier to find a job, he pointed out.

He reiterated his assertion that once you've learned the name of everyone in the program, you can stop coming to meetings, and just employ the 12 steps in your life. (Since there are millions and millions of AA members, his aspiration to learn all the names seemed a bit unreachable.) In a confusing, yet strangely compelling manner, he explained some of his experiences in his decades of sobriety. He'd been chairman of intergroup and the co-chairman committee of delegate in the area.

And his wisdom, gained from years of experience, amounted to this:

- No one calls the club phone looking for a sponsor who insists on black ink rather than blue ink meeting while compiling a fourth step because the big book is black print.
- Or when talking to a guy on the phone, you do not say “don't attend that meeting, it's so dry we have to call the fire department.”
- Perhaps, refrain from telling the person on the phone that a certain group is so autonomous they have not made a donation to our intergroup District Delegate Area or to the GSO. (But those groups are still in the Where and When in print or on the web site.)

- The easy part of the program is putting your butt in the chair at a meeting and \$2.00 in the basket for the use of the homegroup treasurer, since “we haven’t found a bank yet that will accept BS!” It takes cash to pay the bills.

After the meeting, I made a point of talking to him and asked whether he had a speaker tape of himself. He told me he didn’t, but that he had served on many and varied AA conferences. “Mine wasn’t the tape given to the conference committee – there are register bleeding deacon on conference committee that would not have I. Was not on anybody’s short list, the long list or the last-minute list!”

We went for coffee; and he shared his experience, strength, and hope. He showed me the list of conference committees on which he’d served. That was in three states. He asserted his opinion that the United States Postal Service is more dependable for communicating to the fellowship than anything else. He asked what lists we had – a Central Office List, a list of intergroup, of 12 Step Clubs, or Alano Clubs? Do you have a list of all the AA meetings in your state? I checked the web and didn’t find any of those lists. I formed a committee to get a database started, of all the meetings in the state. Once we had the database, we approached other conferences and figured out ways to share the cost of mailing. One conference had a non-profit bulk mailing permit. A few more conferences came in to take part in a mailing. Over the next few months, our conference and others had a record in attendance.

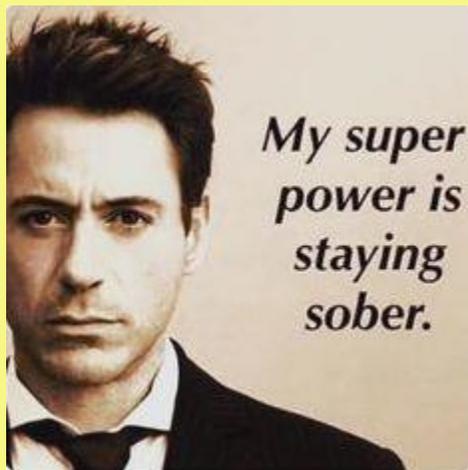
That old-timer, who said a good mailing list and a bulk mailing permit ensures a good conference was right. The next year, when I went on another business trip to southeastern Wisconsin, I went to the Alano Club looking for him. I wanted to ask him to be the keynote speaker for our next conference. Sadly, they told me he had passed away. I am so sorry I did not have him for the conference, so I could have his speaker tape for advice, for remembrance, and in gratitude.

There are, actually, times to place personalities before principles.

-Anonymous



**Not A Glum Lot
S.O.S
Funnies**







JULY TOPIC SUGGESTION

"Humility"

Step 7. Humbly asked Him to remove our shortcomings.

Share your Experience, Strength, and Hope regarding STEP 7 for the July 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 July Edition are due by June 25th. Any submissions received after June 25th will be included in the August 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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