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Sheets of Sobriety

June 2020

sos@indyaa.org

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History of AA: Remembering the roots of AA

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Meetings: We are still Zooming our way to meetings! Check out some new meetings.

Topic Time: How did you gain Freedom in Sobriety?



What does this slogan mean?

Where did originate from?

"My sponsor told me it meant that I should be prepared to articulate the reasons for deciding what action I need to take before making the decision. He told me it was a gentle reminder to stop acting on my feelings without conscious thought, which for me, is a pretty good description of self will run riot. I have no idea about its origin, however."

"Means to think it through. If you can't remember your last drunk, chances are you haven't had it. In early sobriety, my sponsor told me that one didn't apply to me- she said I had analysis paralysis."

"It should be upside down when we see it because we need to change the way we think"

"Our feelings tend to override our thoughts process and we must work the steps to change the way we feel about things"

"To me it means to Think about your words, Think about your actions, Think about the consequences."

"I always see it upside down. We alcoholics are pretty smart people. We need to turn our constant over thinking on its head if we are to recover. That's what was told to me."

"I think I'm impulse driven. And I've seen something that says "don't make permanent decisions with temporary feelings" - which is why I need to stop and "think" - so that I won't respond emotionally."

"Your first answer is usually always wrong so wait for the second or third answer, that's when you're probably hearing from your Higher Power"

"I use this slogan a lot. For the newcomer I would say it means think the drink. Think the drunk, think the misery. For me it means think the reaction, think the consequences, think how it will affect my serenity. Generally it means think things through before you act and think where that action will take you."

"Page 66. "The grouch and

"A reminder to engage my brain and act rather than to go on auto pilot and react."

"Think think think is from a member of the third group in Cleveland. He found it on an IBM device. It was his experience strength and hope."

"I believe it means that you need to think before doing. Meaning "Why am I feeling this way?" Am I hungry, angry, lonely, tired (HALT) also Think before you speak. Is it worth it to yell at someone driving too slow? Am I going to hurt someone's feelings with what I'm about to say? There is so much that Us, alcoholics and addicts, have to Think about before we react."

"My sponsor always tells me this doesn't apply to me! Especially in early sobriety. Seek... seek... seek. The program is about God reliance, not self reliance."

the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison."

"This leads us to remember, think then remember, this will tell you how bad you were."

"Don't...Don't...Don't"

"I don't know where this comes from... but my "opinion" is this is a wasted slogan in AA... If the problem for the alcoholic centers in our mind... There isn't any amount of "thinking" that is going to solve my problem... I can't solve the problem with the problem... It should say ACT / ACT / ACT or Do / Do / Do..."

Indy Online AA Meetings

Submit your story ~ sos@indyaa.org



Somewhere in the Bottle

The pain I feel... (nobody knows)
The shame I feel... (nobody knows)
The scars are real... (nobody knows)
 (Nobody knows but me)...
The tears inside... (nobody knows)
The fears inside... (nobody knows)
The years inside... (nobody knows)
 Nobody knows but me...

Chorus

Because the answers in the bottle.
It must be somewhere in the bottle.
I hope it's somewhere in the bottle.
Nobody knows but me... Nobody knows but me...
 Nobody knows but me...

V2

The pain I feel...(nobody knows)
The shame I feel...(nobody knows)
The rage is real...(nobody knows)
 Nobody knows but me...

Bridge

Fake a smile...do the dance...it's all a charade...
Wear the mask...play the part...the lonely parade...
Make em laugh...it's all you've got...a runaway train...
 Another drink...to seek and find...
The answers in your whiskey mind...

Chorus 2x

But the answers in the bottle
It must be somewhere in the bottle
Please say it's somewhere in the bottle
Nobody knows but me...
The answers somewhere in the bottle.
I hope it's somewhere in the bottle.
Please say it's somewhere in the bottle.
Nobody knows but me.

V3

The tears inside...(nobody knows)
The fears inside...(nobody knows)
The years inside...(nobody knows)
Nobody knows...

Chorus 2x

But the answers in the bottle
It must be somewhere in the bottle
Please say it's somewhere in the bottle
Nobody knows but me...
The answers somewhere in the bottle.
I hope it's somewhere in the bottle.
God, please say it's somewhere in the bottle.
Nobody knows but me.
Nobody knows but me...Nobody knows...Nobody knows...
Nobody knows but me...

[Write us ~ SOS@indyaa.org](mailto:SOS@indyaa.org)

Interview with an "Old-Timer"

Frank M. 11/9/2002

Why did you come to AA? How did you get here?

I started drinking alcoholically at age 15. My first introduction to AA was through treatment.

How did you know you were powerless over alcohol?

I found that I obsessed over alcohol and couldn't control the amount I took once starting.

What was your first meeting like?

I don't remember the very first meeting. However, I do remember outsiders coming in the treatment center and telling their stories. I thought they must be telling my story.

What was the most memorable thing someone did or said to you and your first years of sobriety?

Getting involved with AA Service really cemented my footing in the program. I served as my Homegroups GSR and eventually became the DCM after four years of GSR service.

Why have you stayed and why do you keep coming back?

AA is home to me. I have had the best experiences in and around AA. I keep coming back because I want to live the life God intended for me.

What does Hope mean to you?

That I don't have to live the way I did before AA. I have found peace and serenity.

What does fear mean to you?

Lack of faith. Every time I am in fear, I am easing God out. I must act and trust God will take care of the outcome.

Have you had a spiritual awakening? Tell me about it.

I start every day with prayer, meditation and the 24-hour book. This helps ground me in God instead of myself. I find great rewards in working with others today. I find myself looking forward to the phone calls, face to face meetings and praying together.

What was your hardest amends?

Making amends to my brother about being critical of him. Essentially, I was talking bad about him behind his back because of my selfishness and fear.

Tell me about how you work steps 10 and 11?

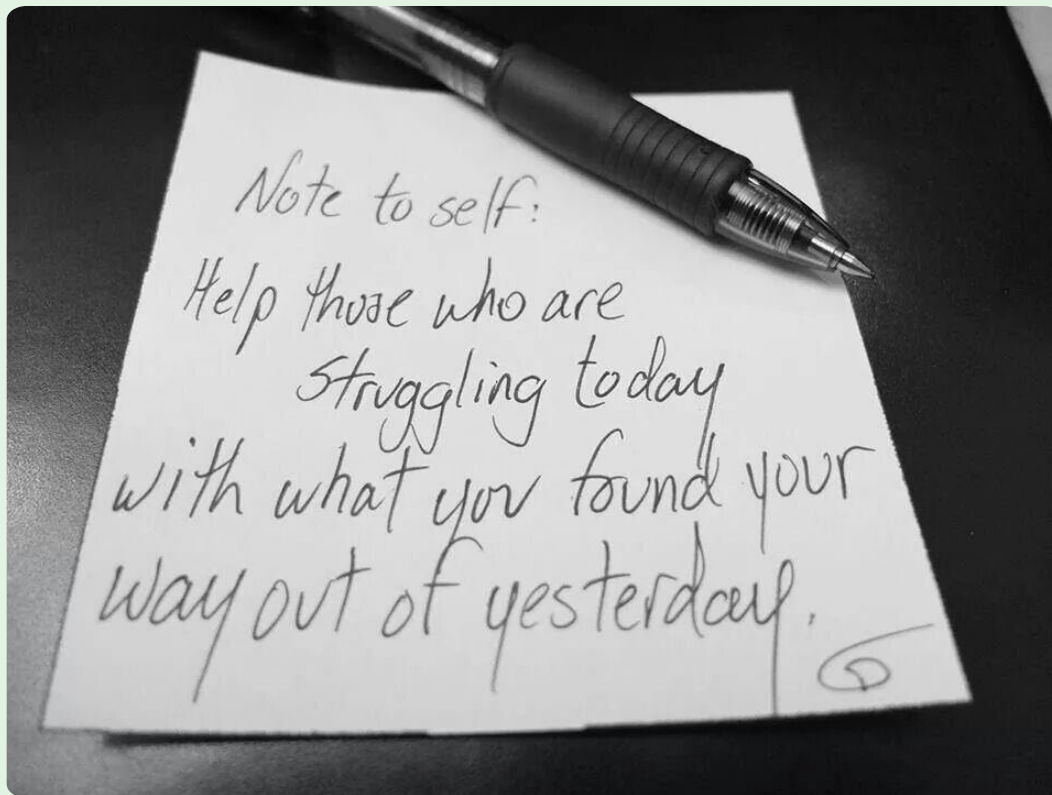
A few years ago, my sponsor and I started the following practice on the way home from meetings. We asked each other where we were resentful, dishonest self-seeking and frightened. After our quick review we pray for each other. This was a great start that has now mushroomed into groups of men following this practice. I now use step 10 to as written in the Big Book. When resentment, dishonesty, selfishness and fear crop up I ask God to remove them, Share them with my sponsor, sponsee or sometimes my wife. Make amends immediately Then turn to who I can help. Step 11 allows me to reflect on my

day either at night or in the morning. I have found that as long as I am acting along the lines God would have me; fear or doubt don't creep in.

What is the best advice you would say to a newcomer?

A) Get involved in AA right away. B) Find a sponsor who has a spiritual experience as a result of working the step precisely the way they are laid out in the book and "grab the solution with which the drowning seizes life preservers"

SOS@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 conscious determines a submission to be overtly offensive or unrelated to Alcoholism.

Submit your story - sos@indyaa.org

All the King's Horses, and all the King's Men

In our big book on page 60 we see a simple sentence whose depth is often overlooked, even by well-healed alcoholics. " That probably no human power could have relieved our alcoholism."

What does this mean? Let's ask the question of what a human power is: What is a church--a bunch of humans, what is a psychologist--a human, what is a doctor--a human, what is a court--an institution of humans, what is a treatment center--a group of humans, what is an AA/NA/CA group--humans, what is a nation or for the matter all the people in the world--just a lot of humans and human institutions. They can't put an alcoholic together again.

So, what is it that puts us back together? A power GREATER than human. That pretty-much rules out doorknobs, chairs and lightbulbs. Now, let's look at the depth of what this infers. When the alcoholic has recovered, because his Higher Power has entered his life and heart. It happens in such a way that it is beyond what human power could have done. There is a part of this person that is in fact no longer human. but a miraculous proof of a living Creator residing within the

heart of the person. In a nutshell, if you have recovered you are a new creature that has entered the world of the spirit, and you are quite different from other humans.

On the other hand, if you are one of these people who have just stopped drinking and using which happens all the time. For a reference I'll direct your attention to the story about the young alcoholic man who at thirty stopped drinking until he was fifty-five. So, we know there are many in our rooms that have done the same, they have just quit drinking. But they haven't treated the disease and become new creatures, the true miracle of spirit. As such, these people can be easily recognized because they have symptoms that don't exist in recovered people. Now we are not saints, so that is not what I'm getting at. Yet, a person who has not had a spiritual awakening seems, as our book says "is almost always in collision with something or somebody."

Therefore, you Will see this self-will seething in some people, and it is easy to spot, they are gossiping, arguing, complaining, condemning and criticizing...in collision with someone or something all the time--those people are not recovered.

So, one can ask, do we want what the program offers or just to be without drink or drug. If we do, then we get something more precious than one can express effectively in word. That is why we call it a new freedom and new happiness, because for us that have experienced it, is NEW fresh life. The freedom is one we have never known before thus it is new and we have a happiness of a sort that is new--a new freedom and a new happiness.

The program is by far the most amazing set of tools one can pick up in this life. And, these tools can do what all the king's horses and all the king's men cannot. Love all of you, may many of God's sweet blessings be upon each and every one of you.

Bill B.



STEP SIX TIMING IS IMPORTANT

Having almost ordered a drink at five months sober, I was rightfully terrified during a visit with a new sponsor—we immediately we went through the first three Steps.

My second visit, the next Saturday, I was still in tremendous fear which provided me with willingness to go to any lengths to find secure sobriety. Consequently, I

felt completely willing, in Step Six, to allow God to remove whatever defects of character might make me drink. If this would have happened months later, I may not have felt that way. I will be eternally grateful that my new sponsor followed the timing suggestions of the Big Book.

Steps Five, Six and Seven are often considered the “same day steps.” The Big Book “timetable” certainly connects them in a timely series, e.g.: Step Four (at once, after Step three); Step Five (at first opportunity after Step four completion), Step Six (Then, not later; and Seven (When ready, when Step six is completed). This

may seem a bit fast, but I am always reminded that Dr. Bob took Earl T. through the “six step program as it was at that time” in three or four hours. (p. 263).

I have not had to drink since! Now, when sponsoring, I try to also “Strike while the iron is hot! I got sober in southern California; back then if you had less than thirty days you were asked to raise your hand. When I was new, one of my newcomer friends enthusiastically jerked his hand in the air at first meeting—the next week a little less and then—you guessed it—not at all. He later informed that these AAs are too fanatic; he and his friend simply go to the bar, drink a few beers, and discuss sobriety. Poor guy was facing years in prison. I never saw him again, but his story makes the point.

I spent much of my youth in a pool room atmosphere and other dens of iniquity. Much of such language followed me into AA. Yes, that I was willing to face and be rid of, plus smoking, bragging, and maybe all they things my sponsor had pointed out to me just a few minutes earlier in Step Five. Of course, this was only a beginning, many more defects were to be discovered later.

Step Six is only two short paragraphs in the Big Book, but for me it was a vitally important beginning. I need to be willing to face and be rid my character defects soon as they pop up!

Bob S

Give us your best recovery joke ~ sos@indyaa.org



AA History

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.

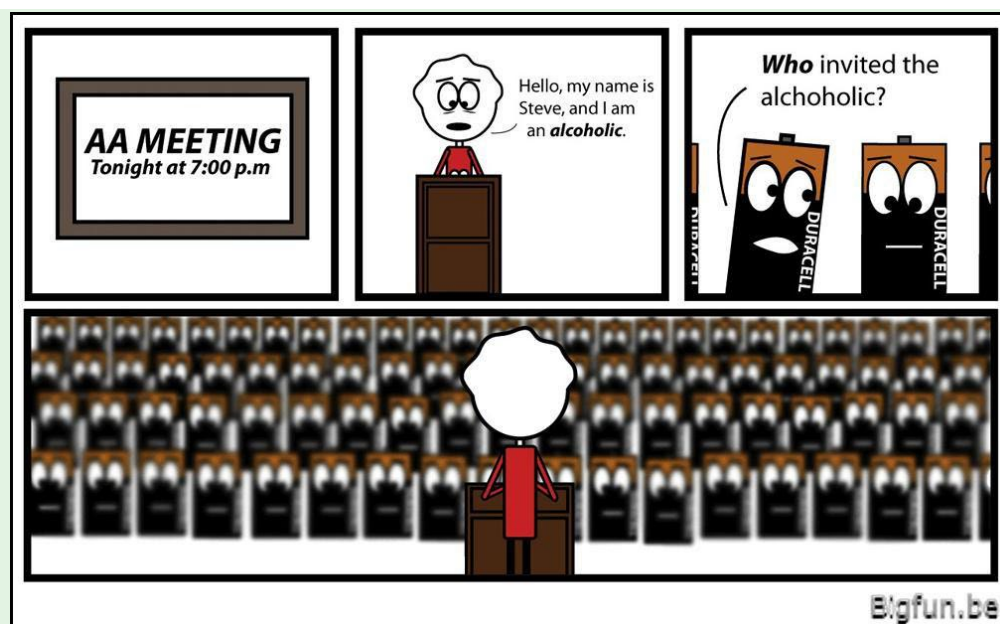
2000 - More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

Notable Deaths

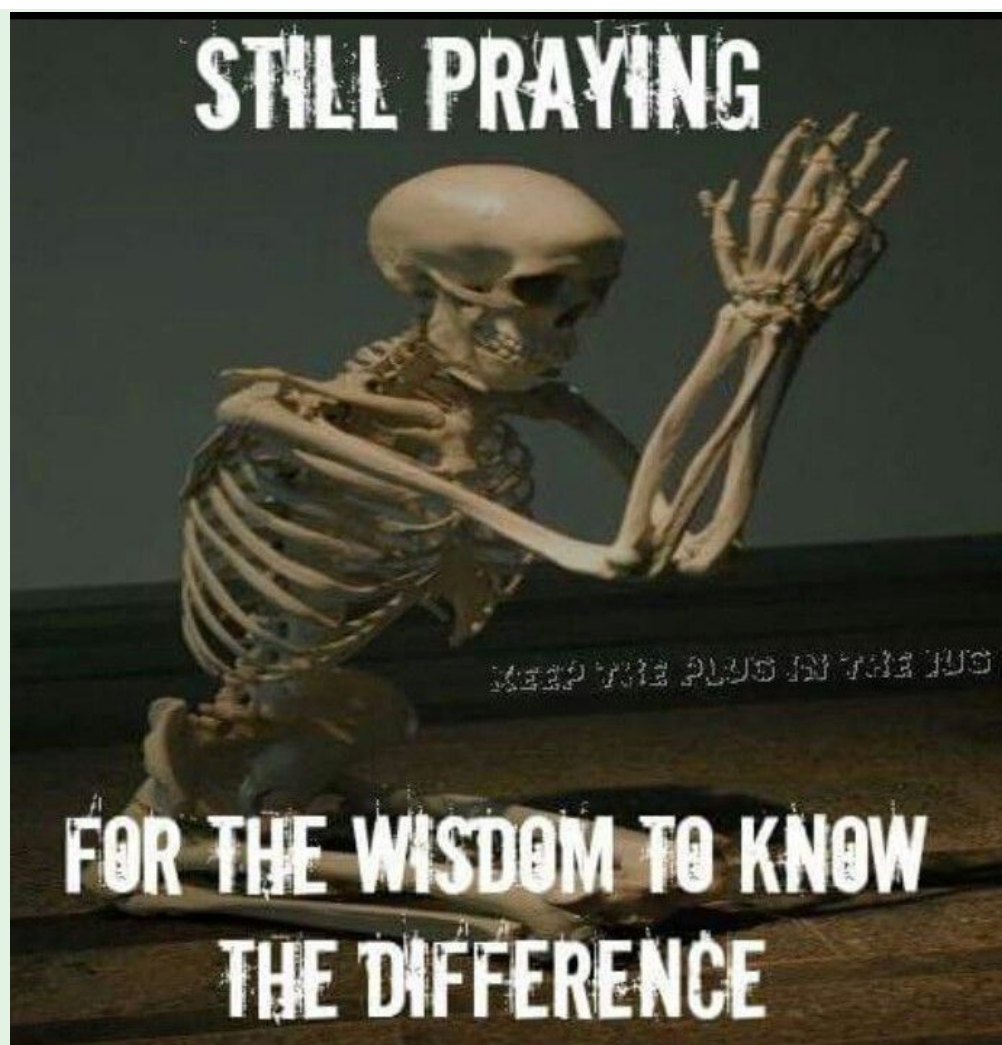
June 1, 1949 - Anne Smith, Dr. Bob's wife, died.

What ideas do you have? sos@indyaa.org





Two drunks go moose hunting deep in the Canadian wilderness. So deep they have to be flown in. After a week and successfully taking two moose, the pilot lands at the strip to pick them up. The pilot informs them that they'll have to leave one of the moose behind as it exceeds the plane's weight capacity. The drunks convince the pilot that the plane can handle it because after all, 'we took two with us last year!' So the pilot reluctantly agrees and off they go. The plane is struggling to gain altitude and crashes shortly after take off. Thankfully everyone survived. The pilot, dazed and confused looks around, and asks, 'where are we?' To which the one drunk replied, 'Oh, from the looks of it, we're only a 100 yards away from where we crashed last year.'



Paddy was getting on his wife's nerves. She scolded, "Do something! Get out of here! Take the dog for a walk!"

Paddy was a little dense, but he was no fool, he took the dog for a walk to the pub.

Paddy tied the dog and entered the pub for a 'few'. More dogs gathered around outside and trouble started.

After a while a policeman entered and inquired, "Who has a dog tied outside?"

Paddy replied, "That is my dog." The cop said, "Sir did you know that your dog is in heat?"

Paddy was a little slow and he answered, "In Heat? No no no, I tied her in the shade!"

**The cop rolled his eyes and said, "Sir you don't understand. Your dog wants bred."
"Bread?" replied Paddy, "I just fed her before we came here!"
Exasperated the cop leaned in close to Paddy and whispered, "Your dog wants to have sex!"
Paddy stepped back and looked the cop in the eye as he thought about it a moment. Then he smiled and winked at the cop and said, "OK then! Go ahead! I always wanted a police dog!"**

Have something to say? ~ SOS@indyaa.org



Committee Announcements

There will be NO Intergroup Meeting for June

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.

Looking for someone who is good with computer graphics.
Always needing stories, funnies, and anything else you want to
share!

Sos@indyaa.org

Next SOS meeting is June 14 @ 5:00 pm via Zoom:

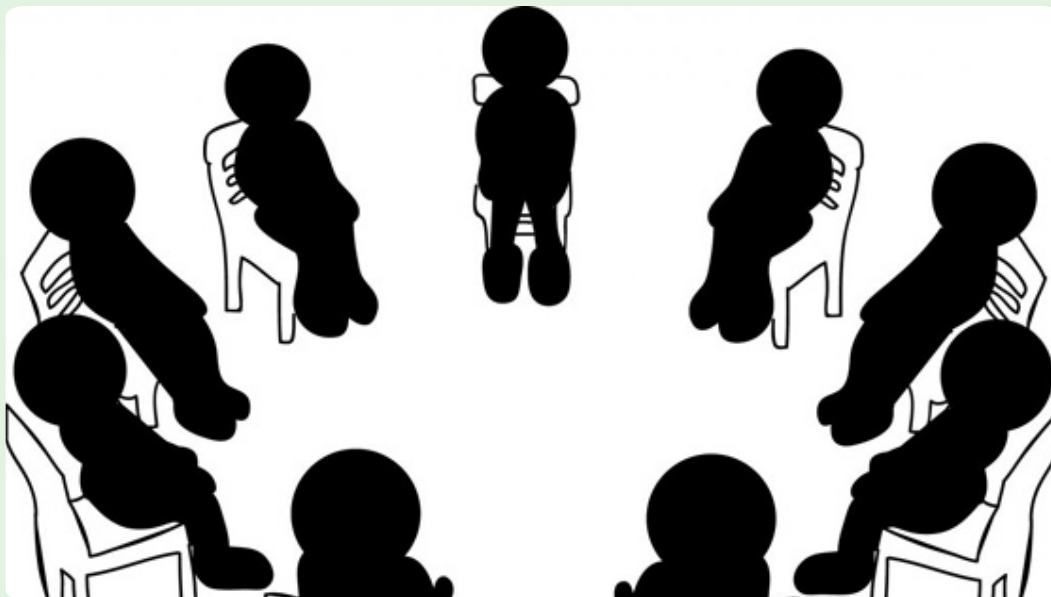
Meeting ID: 949 8616 9918 Password: 12

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

Did you write a song about recovery? Send it to us ~ sos@indyaa.org



Where's the meeting?

Indy Online AA Meetings is the most current and up to date
information on online video meetings in the Indianapolis

area. As meetings begin to go back to their regular brick and **mortar** style we will stay on top keeping this list as updated as possible. Word is that many of these online meetings are going to stick around even after the world goes back to normal. So no worries if you found one you really loved, chances are it's going to stay! Just be aware times/dates/links/passwords may be changing. On the spreadsheet there is an email if you have questions or updated information!

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

TOPIC TIME

Topic Suggestion for July...

Tell us about the first vacation you went on after you got sober.
How do you handle family events and holiday's in sobriety?

How have you gained freedom in Sobriety?

Share your Experience, Strength, and Hope regarding the topic 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 are due by June 25th. Any submissions received after June 25th may be included in later Editions.

Please submit to sos@indyaa.org and title your email "Newsletter Submission".

Please keep all submissions 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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