

Sheets of Sobriety

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Can't Miss Events!

Tree Of Sobriety

14th Anniversary Dinner

When: March 8, 2020 @ 2:00 pm - 5:00 pm

Where: Chapel Rock Christian Church
2020 N Girl School Road Entrance 12
Indianapolis, IN 46214

Expect A Miracle

34 Years!

When: March 25, 2020 @ 5:30 pm - 7:30 pm

Where: Club East
441 S Ritter Ave
Indianapolis, IN 46219

Cost: Please bring a side dish
Everyone is welcome, Including MEN

Featured Meeting

We challenge you to try a new meeting this month

How It Works Group
(Closed, Discussion)
Garfield Park Baptist Church
1061 East Southern Avenue

Indianapolis, IN 46203

Committee Announcements

• **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!!! Looking for e-mails for pen-pals.

• **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.

Still collecting books! Needing groups to sponsor 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.

Open Shifts: 3rd Thursday- 4:30-11pm

Contact: tas@indyaa.org

• **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.

Needing members for committee!

• **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.

Need co-chair. Always needing stories, funnies, and anything else you want to share!

• **Cooperation with Professional Community (CPC) Committee** - Acts as a liaison between the professional community and Alcoholics Anonymous to further public awareness.

Need chair and co-chair.

Requirements: Be available during the day

• **Development Committee** - Develops greater group representation at the monthly intergroup meetings.

Need Co-chair

Requirements: Show up!!

• **Archives Committee** - Collects, categorizes, displays, and protects the historical A.A. documents and memorabilia of Indianapolis Intergroup.

Need help during business hours.

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 THREE IS ONLY A BEGINNING

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Several marbles began to spin in a somewhat circular motion a few weeks after my first AA meeting. I then began to recite the Third Step Prayer posted on my refrigerator door. I began excitedly chanting it every day, over and over, hoping for recovery to be provided by the “Great Reality deep within,” as promised in the Big Book. (p. 55) The main goal was, of course, to bring about the “personality change sufficient to bring about recovery from alcoholism,” mentioned in Appendix II.

As months passed, I would chant, chant, chant this desperate petition for help, yet the terrifying obsession to drink clung like a tick on a hound dog. What was wrong? I seldom missed my daily meetings and I surrounded myself with AA members and practically lived at the local clubhouse. Then the fateful time came when the Drink-Demon pulled me into a bar with gin & tonic on my lips. However, I didn't speak those words—Thank you God!

A new sponsor brought to light that I had been asking God to become relieved of the “bondage of self, “ but I didn't even know what that was! I didn't know what I was asking God to remove from my deep inner self. I was reminded that “self cannot rid self from self with self,” so I needed to ask God to do this for me, but first I needed to find out what I would be asking for! What was my bondage of self? Well, my sponsor explained that that was what Step Four was about! This vital step would help me discover those ingredients of the bondage of self that activated my drinking obsession. (Step Four was not about my ‘good’ aspects) Step Five, with a sponsor and God, is meant to expand on this newfound knowledge to know precisely what to ask God remove in Step Seven.

The Big Book tells us after praying the Third Step Prayer to “launch out” (hint) on a course of vigorous action and to start Step Four “at once” and to do step Five at “first opportunity; Step Six “then” not later; and Step Seven , “when ready.” So, I believe, Step Three is not actually completed till the “timetable steps” are accomplished as above.

Bob S, Richmond, IN

Step 3 is about COMMITMENT

Step 3 might very well be the most understood step. You hear people say they take it every day. Others say it's where you turn your will over to God. Some say you must have God in order to do it. There are those who insist it's an action step. Many (including myself) got stuck on 3 because people made it way too complicated.

The question is what is step 3 truly about? Step 3 is about commitment. Making a commitment means completely dedicating yourself to

something, it obligates you to it. It's saying I am going to put all my time and energy into a task. It's about dedication. With step 3 we are making a commitment to do steps 4 thru 9. Wait don't you mean it's about commitment to God? No because again step 3 a decision. People often say I turned my will and my life over to God in step 3. If that was the case it would be a 3-step program and our Book would be 63 pages! So if I don't actually turn my will and life over to the care of God in step 3 when does it happen? It happens the second the pen hits the paper in step 4. That's how I turn my will and my life over to the care of God by doing 4, 5, 6, 7, 8, and 9, and then living in that process in step 10. So in essence step 3 is really just a decision to do steps 4 thru 9. That's way I say step 3 is a commitment to do 4 thru 9 (and 10, 11, 12). We are saying in step 3 I am going to do steps 4 thru 9 and I am going to commit myself to it the rest of my life. If we don't stay committed were doomed. And guess what ladies and gentlemen most don't stay committed.

P.58 "Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves."

Completely giving yourself to the program (4 thru 9) is all about commitment.

I guess the real question is does anything happen in step 3? Now I have heard some amazing testimonials of spiritual experiences happening in step 3, so something could happen. But that could also happen on 2 or while writing 4 or walking down the street. For most people taking this step they will just feel the overwhelming motivation and willingness to take action (4 thru 9) and stay committed to that action (4 thru 9 daily which is step 10). Either we meant the words of the 3rd Step Prayer, or we didn't.

Submitted by: Bill B.

Notable March Dates In A.A. History

1938: Bill begins writing the book Alcoholics Anonymous. Works Publishing Inc. established to support writing and printing of the book.

1940: Ebby Thatcher, Bill Wilson's boyhood friend and sponsor, was reported sober again.

1941: Saturday Evening Post article by Jack Alexander created national sensation. AA membership quadrupled in one year from 2000 to 8000.

1941: Second printing of Big Book.

1941: 1st Prison AA Group formed at San Quentin.

1941: 1st AA group was formed in New Haven, Connecticut.

1944: New York Intergroup was established.

1946: The Jefferson Barracks AA Group in Missouri was formed. It is thought to be the first ever in a military installation.

1947: 1st AA group was formed in London, England.

Notable Birthdays

March 21, 1881: Anne Ripley, Dr. Bob's wife, was born.

March 4, 1891: Lois Wilson was born, Bill W.'s wife and Co-founder of Al-Anon

Notable Deaths

March 22, 1951: Dr. William Duncan Silkworth died at Towns Hospital.

March 21, 1966: Ebby Thatcher, Bill Wilson's sponsor, died sober.

To read the Jack Alexander article from March 1, 1941 click here: [Article](#)

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TOPIC TIME

Topic Suggestion for April...

Personal Spring Cleaning with Step 4 "Made a searching and fearless moral inventory of ourselves"

Share your Experience, Strength, and Hope regarding Step 4 for the April 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 April are due by March 25th. Any submissions received after March 25th will be included in the May 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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