



## **IN THIS ISSUE**

**Significant Dates:** This month in AA history

**Can't Miss:** What's happening this month

**Committee Announcements:** What are those Intergroup committees up to this month?

**Your Writings:** You wrote in, we posted it

**SOS Funnies:** Not a Glum Lot

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



# History

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## 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](#)



## Can't Miss Events!

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### Got Home Group Celebration Brunch

When: March 18, 2018 @ 9:00 am – 10:00 am

Where: Carvel Club  
4627 Carvel Ave  
Indianapolis, IN 46205

Cost: Free

See Flyer: [HERE](#)

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# 31st Anniversary Expect A Miracle

When: March 28, 2018 @ 5:30 pm – 7:30 pm

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

Cost: Please bring a side dish  
See Flyer: [HERE](#)

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## Committee Announcements

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- **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](http://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.
  - **Accessibility 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.
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- **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.**



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.

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### **The Change In My Life**

**The change in my life which is profound, which I go back to most often with gratitude, is the nonexistence of depression and loneliness.**

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**I used to wake up, especially in my mess, feeling totally lost, in the wrong place, and unbearably lonely. I wanted to pull my teeth out and scream. But then somebody might hear me and I might be crazy. Or maybe I was too depressed and logical to do it.**

**All was wrong. All was in the wrong place.**

**My atheist belief system was confirmed. Life was meaningless, headed nowhere, from nowhere, and I was a meaningless speck in it. The feeling was... I don't know where I'm at, and I don't know who I am, and it's pointless.**

**My depression was the worst the last few days before recovery began. For me, depression and loneliness were taken away immediately. The Big Book, the fellowship, and finding God, effaced my loneliness and depression instantly.**

**I have not felt the depression to the extent I did before. Only a few short times. And that is the thing I am most often amazed and grateful for through AA.**

**Written by: Anonymous**

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## Changing My Life

**My life before sobriety was truly like a train wreck. I was very self-centered, self-seeking, wanting only what I wanted, right now. When I found I could not have what I wanted, I became depressed and self-destructive. I had eventually sunk to a point that I had no care about anything or anyone, my sole mission was to drink. My mindset was to do whatever I had to do, to reach the oblivion provided by alcohol. I was suicidal, homeless, broke, and literally trying to drink myself to death.**

**Desperate, I reached out to Alcoholics Anonymous. I began working the steps, as guided by my sponsor, and began to grow stronger, both spiritually and mentally. Early on I struggled, and it seemed to me I was making little headway. But I continued to work the program and continued to trust my Higher Power. And even though I was not noticing the change, those who knew me closely, saw them happening. My brothers and sister, my kids, and even my ex-wife all commented on changes they noticed that I had yet begun to notice. I began to grasp an understanding of life that I had not known before. I began to act in a less selfish manner, and began to care about and be willing to help others. I learned that I could be truly happy, without having every material possession I desired. My worries and fears grew fewer and fewer and my caring and compassion grew stronger. I had a purpose and a meaning in my life, and became willing to except the role I was**

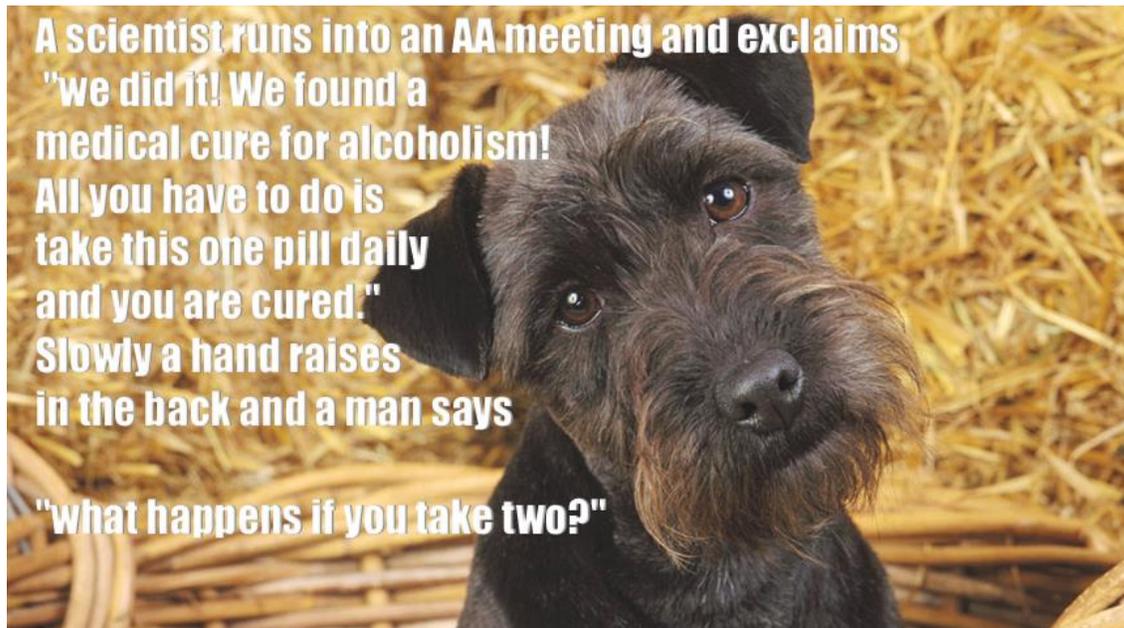
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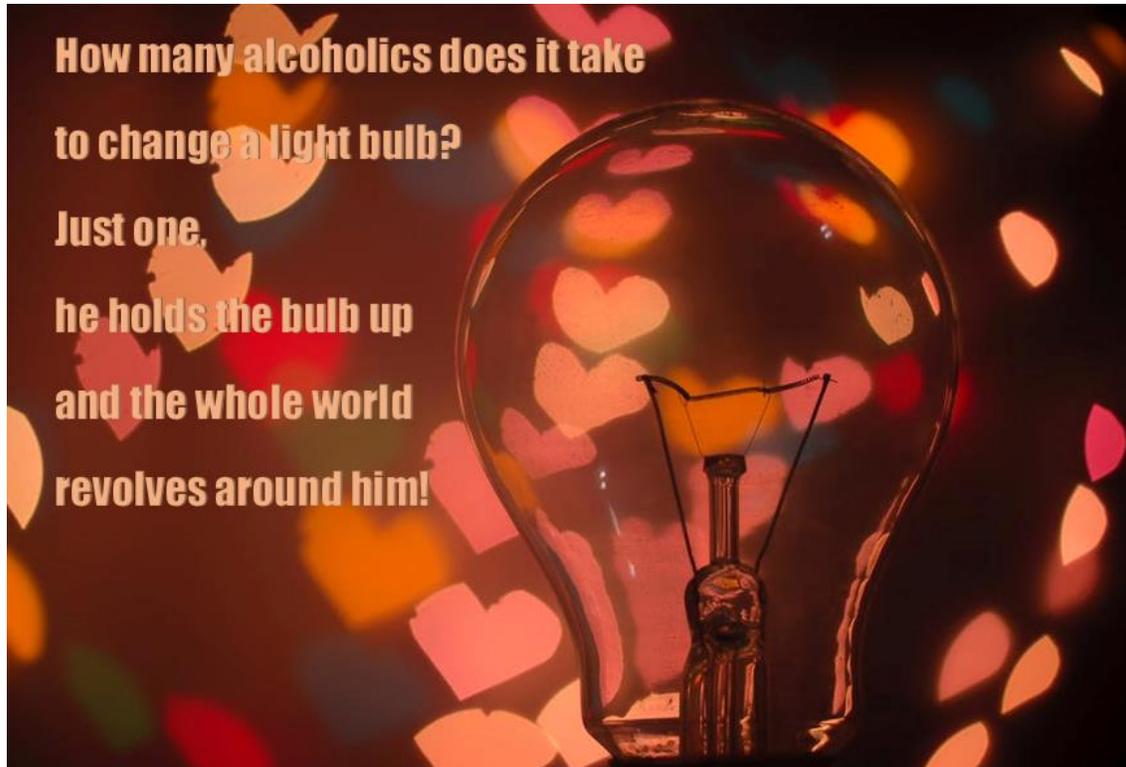
given. The change in me brought about by working the 12 steps of A.A., and being a part of this fellowship, has been truly a miracle.

Today I am leading a happy, serene life, filled with a sense of purpose and usefulness.

Written by: Todd

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**How many alcoholics does it take  
to change a light bulb?  
Just one,  
he holds the bulb up  
and the whole world  
revolves around him!**

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

## 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](mailto: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!**