



November Edition



## **IN THIS ISSUE**

Significant Dates: Awesomely cool November dates from AA's History

November Can't Miss: What's happening in November?

Committee Announcements: Intergroup Committees check in, call for service, and share their happenings for the month

Your Writings: You wrote in, we posted it.

Comics: Captain Alki

A Look Ahead: Sheets of Sobriety focus for December and call for entries

---



## *Significant Dates*

- Nov 26, 1895** - Bill W born in East Dorset, VT.
- Nov 1934** - Ebby T. carries message to Bill
- Nov 11, 1934** - Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.
- Nov 1945** -Grapevine reports first of many articles from Indiana.
- Nov 15, 1949** - Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.
- Nov 16, 1950** -Dr. Bob S. passes away
- Nov 1960** -"A 20th Century Miracle" by the Warden of Indiana State Prison speech at the 25th Anniversary Convention of AA, in Long Beach, CA.
- Nov 1986** - Big Book published in paperback.
-

# NOVEMBER CAN'T MISS



## 77th Indianapolis Intergroup Banquet

When:

November 4, 2017 @ 6:00 pm – 9:00 pm

Where:

UAW Union Hall

2320 S Tibbs Ave

Indianapolis, IN 46241

USA

Cost:

\$25.00

Contact:

Central Office

3176327864

---



## Intergroup Committee Announcements

### Sheets Of Sobriety

*The SOS is seeking a co-chair person for 2018! The SOS is a digital platform for AA members and their creative expressions of personal experience, strength, and hope as it relates to Alcoholism. Join this creative and fun service committee for a truly rewarding experience.*

*Please note, the co-chair position is a one year service commitment with the intent of taking on the Chair Person role the following year.*

- **SOS Co-Chair:** The Co-Chair Person will work closely with the Chair Person to establish content and creative for SOS on a monthly basis. The co-chair will be trained by Chair on Mailchimp Design Program with the intent of supporting design execution once trained. Computer access and working knowledge of email necessary. Must be able to meet deadlines, ability and willingness to learn, and good communication skills.

Service position begins January 1st 2018.

**For more information or to express your interest, please email [sos@indyaa.org](mailto:sos@indyaa.org)**

## **Sheets Of Sobriety**

*Interested in serving on the SOS Committee but not sure how? Have a talent you would like to share with the online community? The SOS is seeking several support volunteer*

---

*positions for 2018! Volunteer your skills for the SOS so we can expand the monthly Newsletter!*

*Please see below for a few support positions we currently need filled for 2018. Don't see a position that works with your skill? Reach out to us and we'll see if we can create a position for you!*

- **Significant Dates Fact Finder;** Are you a history buff? Are you fascinated with AA's development and have a passion for sharing it? You could be next SOS Fact Finder! The SOS is seeking one individual to research, compile, and submit significant AA dates for the SOS "Significant Dates in AA History" section. Volunteer must have access to email, good research and fact checking skills, ability to meet deadlines, and committed to one year of service. Service position begins January 1st 2018.
  - **SOS Flyer Development;** The SOS seeks one volunteer to design, print, and submit Informational Flyers for the SOS on a quarterly basis. Duties include; Compiling information as directed by the Chair and Co-Chair into a clean, attractive, one page document for distribution at Intergroup Meetings and submission to indyaa.org website. Documents can be created in whatever design program volunteer sees fit but must be
-

submitted electronically in PDF form for Website inclusion. Volunteer will be responsible for printing multiple copies for Chair and Co-Chair to distribute at intergroup meetings at no cost to the volunteer. Must have a working knowledge of basic graphic design skills and access to your own computer and email. Must be able and willing to follow direction and adhere to deadlines. Position is a one year service commitment. Service position begins January 1st 2018.

**For more information or to express your interest in any SOS position, please email [sos@indyaa.org](mailto: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.

---

## **Topic Of The Day Is the 24 hour plan Step 10?**

In the Big Book when we start a step most of the time tells us. Here are some examples. "Being convinced, we were at Step Three," "Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning," "This brings us to the Fifth Step in the program of recovery mentioned in the preceding chapter." "If we can answer to our satisfaction, we then look at Step Six." "Let's look at Steps Eight and Nine." "This thought brings us to Step Ten" "Step Eleven suggests

prayer and meditation.” “This is our twelfth suggestion: Carry this message to other alcoholics!”

Bill makes it very obvious when we are starting a new step. One of those is step 11 on p.86 when he states “Step Eleven suggests prayer and meditation.” One of the main reasons he is telling us this is to let us know we are no longer at step 10. With that being said I have no idea why people call the 24-hour plan in step 11 on p.86 and 87 step 10. It clearly states on p.85 that we are at step 10 by starting “This thought brings us to Step Ten, (then he tells us what step 10 is) which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. It then goes on to to explain what step 10 is and how we do it. It’s pretty obvious by using the word continue 4 times in that paragraph that step 10 is 4 thru 9. When anyone questions me about step 10 I ask them one question “how can you get past the word continue.” Continue means to keep doing a specified course of action, our specified course of action is step 4 through 9. Read the rest of paragraph and will find all 6 steps.

So you might want to know my point? Simple step 10 is defined for us as 4 thru 9. The 24-hour plan on 87-87 is not step 10. Sure they are familiar 4 thru 9 words used in the nightly review, but they are to dig into your mind to see if you’re keeping up with your continence on inventory. If anything the 24-hour in step 11 is a backdrop to step 10. Its there to simply make sure that there is nothing standing between us and God before we do prayer and meditation.

It’s also plainly obvious that the 24 hr plan is step 11 by all the references to payer and mediation. The nightly review closes with “After making our review we ask (prayer) God's forgiveness and inquire (meditation) what corrective measures should be taken.” On awakening states “Before we begin, we ask (pray) God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.”

In the next paragraph it states “Here we ask (pray) God for inspiration, an intuitive thought or a decision.” And he ends the paragraph by saying “We relax and take it easy. We don't struggle. We are often surprised how the right answers (meditation) come after we have tried this for a while” P.87 “We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems.” This is followed with pray advice. P.87 "As we go through the day we pause, when agitated or doubtful and ask (pray) for the right thought or action." All this prayer and meditation talk sounds a lot like step 11.

It sounds almost strange to be writing about this subject. It’s strange because to me it is very obvious that the 24-hour plan in the Big Book is step 11 and not step 10. I guess the question is why do people call the 24-hour plan step 10? Simple it’s easier. It is way easier to answer a few questions then to write stuff down, talk to someone about it, Let it Go, make amends and turn thoughts over to someone we can help. Calling it step 10 is too easy.

*Written By  
Bill B.*

---

\*\*\*

---

## Gratitude-Giving

My first sober road trip with fellow females and AA'ers to the 53rd Annual Women's Conference in Cincinnati, OH in February remains a gratitude-highlight for 2017. I got to experience an immersion of Sobriety with thousands of other sober women. Every meeting, every speaker and even quiet moments expanded my connection to my Higher Power.

Quotes from the 53rd Annual Women's Conference:

"Cleveland, [is] the Mothership of AA."

"Don't get too damn good by Thursday."

"I would slide my dignity across that bar one more time for a drink."

"I instinctively knew I was supposed to chug it."

"Didn't quit until what alcohol did to me was greater than what alcohol did for me."

"As a recovering alcoholic, I would never sell my Soul for the first drink, but for the second one, I would."

And my favorite... "Be still and know God knows you."

One more... "When the Horse is dead, get off!"

We stopped in Akron, OH on the way home from the conference. We visited the celebrated Home of AA, Dr. Bob and Anne's house. Many of the pictures taken there appeared in the SOS February edition. I felt so many wondrous sensations both of the gooseflesh variety and the movement of my Spirit.

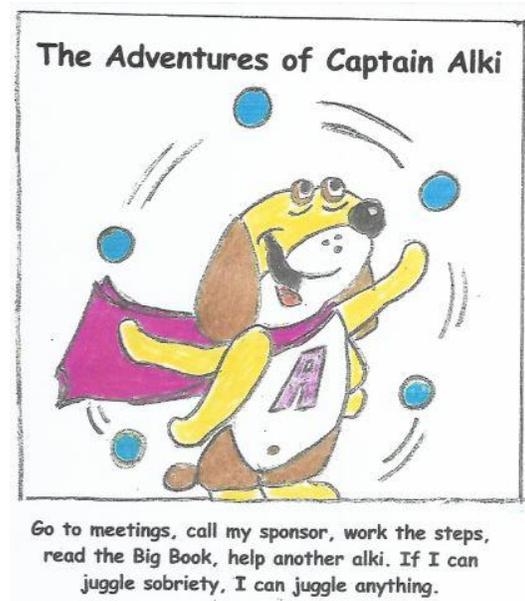
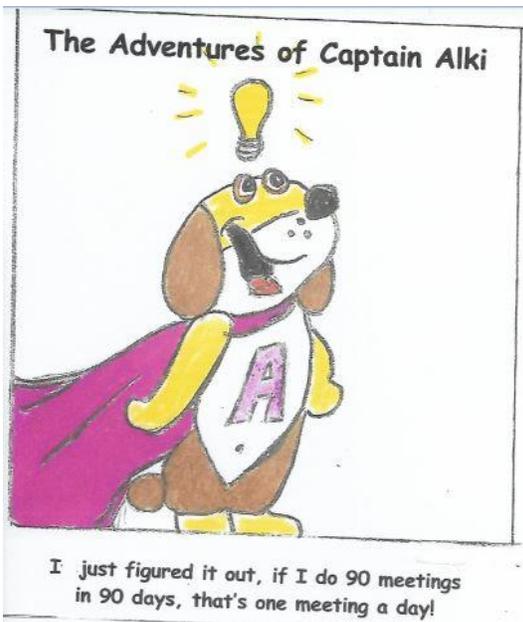
Then I received a call from a Sponsee. I went out onto the porch and as we talked I wondered at the first and the many conversations between, "one alcoholic to another," that's happened on that very porch. What a blessing to place my footprints on the long wending trail of Sobriety, of this Spiritual Solution.

*Written By  
CindyLoc*

\*\*\*

---

---



The Adventures of Captain Alki

Illustrator: Kim W. Caption: Karen W.





## COMING IN DECEMBER

Holiday Gathering:

**Making Merry the Sober Way, Holidays  
Remembered, My First Sober Holiday, and  
more!**

**The SOS wants to hear your experience,**

---

## strength, and hope as it relates to the holidays for December!

*Submissions for December are due by November 25th. Any submissions received after November 25th will be included in January's 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.*

*Please 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.*

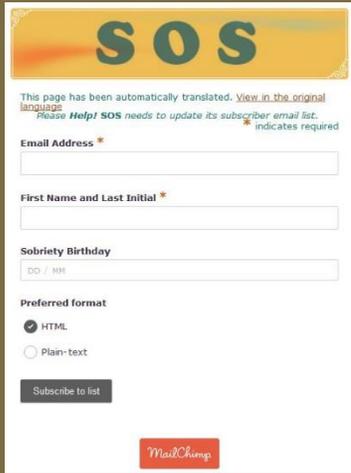
*Please note, only first names, first name and last initial, or initials only, will ever be published. We will never post last names even if you submit them.*

**We look forward to hearing from you!**

---

---

## Ways to manage your SOS



**SOS**

This page has been automatically translated. [View in the original language.](#)  
Please **Help!** SOS needs to update its subscriber email list. \* indicates required

Email Address \*

First Name and Last Initial \*

Sobriety Birthday  
DD / MM

Preferred format  
 HTML  
 Plain-text

Subscribe to list

MailChimp

Subscribe:

<http://eepurl.com/cMaCIb>

Subscribe:

QR Code





*Copyright © [2017] indyaa.org, All rights reserved.*

Sheets Of Sobriety - November - 2017

**Our mailing address is:**

S.O.S.

1915 West 18th St. Suite D

Indianapolis, In 46202

[sos@indyaa.org](mailto:sos@indyaa.org)