

# S.O.S Sheets of Sobriety



## October Edition 2018

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**October Events:** See What Is Happening In The Area In October

**District Meetings:** Dates, Times and Locations of District Meetings

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

**Share Your Story:** You wrote in, we posted it

**SOS Funnies:** Not a Glum Lot

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

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### **Historical October Dates In A.A.**

1939: 1st central committee formed in Cleveland; 1st example A.A. rotation.

1939: Journal of American Medical Association gives Big Book unfavorable review.

1941 - Local news reports 1st AA Group in New Haven, CT

1942 - L.A. Times reports AA groups in 14 California cities

**1944 - National Committee for Education on Alcoholism formed by Marty Mann - later to become "National council on Alcoholism."**

**1945 - AA Grapevine adopted as national publication of AA**

**1947 - "The Melbourne Group" held its first meeting in Australia**

**1951 - Lasker Award presented to AA in San Francisco**

**1951 - Sister Ignatia wrote "Care of Alcoholics - St.Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress" the journal of Catholic Hospital Association.**

**1954 - The "Alcoholic Foundation" renamed the "General Service Board of A.A."**

**1958 - Playhouse 90 TV airs "The Days of Wine and Roses"**

**October 9-11, 1969: 1st World Service meeting held in New York with delegates from 14 countries.**

**1970 - Lois reads "Bills Last Message" annual dinner in NY**

**October 5-7, 1972: 2nd World Service meeting held in New York.**

#### **Notable A.A. Deaths**

**1963 - E M Jellinek, alcoholism educator and AA friend dies**

**1988 - Lois W, Bills wife and a co-founder of Al-Anon, dies at age 97**

# October Events

## SOUTHERN INDIANA AREA 23 GENERAL SERVICE WEEKEND

October 5, 2018 – October 6, 2018 all-day

CLIFTY FALLS STATE PARK

1650 Clifty Hollow Rd

Madison, IN 47250

COST: [See Flyer](#)

## Through The Fire 5th Anniversary Hog Roast

October 6, 2018 @ 4:00 pm – 7:30 pm

PROGRESS HOUSE

201 Shelby St

Indianapolis, IN 46202

Please bring a side dish or beverage. [See Flyer](#)

## Marion County Jails Volunteer Orientation

### Men & Women Needed

October 16, 2018 @ 6:00 pm – 7:30 pm

Central Office

1915 W 18th St

Indianapolis, IN 46202

[See Flyer](#)

**District II 10th tradition Talk & Chili Cook Off**

October 20, 2018 @ 3:00 pm – 6:00 pm

Way Out Club

227 Cherry St

Greenfield, IN 46140

[See Flyer](#)

**4th Annual Chicken & Waffle Dinner**

October 20, 2018 @ 5:00 pm – 8:00 pm

Westminster Neighborhood Services

2325 E New York St

Indianapolis, IN 46201

Please bring a covered dish or desert [See Flyer](#)

**Indianapolis Intergroup Banquet**

October 27, 2018 @ 6:00 pm – 10:00 pm

Primo South

2615 National Ave

Indianapolis, IN 46227

[See Flyer](#)

To See A List Of All Future Upcoming Events: [Click Here](#)

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# **District and Area Meeting Schedule**

## **DISTRICT 34 MONTHLY MEETING**

October 6, 2018 @ 9:00 am – 11:00 am

Southport United Methodist Church

1947 E Southport Rd

Indianapolis, IN 46227

## **DISTRICT 26 MEETING**

October 9, 2018 @ 6:30 pm – 7:30 pm

Allisonville Friends Church

7701 Allisonville Road

Indianapolis, IN 46250

## **DISTRICT 24 MEETING**

October 9, 2018 @ 6:45 pm – 8:00 pm

Carvel Club

4627 Carvel Avenue

Indianapolis, IN 46205

## **DISTRICT 38 GSR MEETING**

October 13, 2018 @ 10:00 am – 11:00 am

St Thomas Catholic Church

4625 N Kenwood Ave

Indianapolis, IN 46208

## **INDIANAPOLIS INTERGROUP SUNDAY**

October 14, 2018 @ 9:30 am-11:00 am

UAW 933

2320 S. Tibbs Ave.

Indianapolis, IN 46241

## **DISTRICT 36 A/B MONTHLY MEETING**

October 14, 2018 @ 5:30 pm

West Side Club

6450 W 10th St

Indianapolis, IN 46214

**DISTRICT 22 MEETING**

October 25, 2018 @ 6:30 pm – 7:30 pm

Orchard Park Presbyterian Church

1605 East 106th Street

Indianapolis, IN 46280

**DISTRICT 30 MEETING**

October 28, 2018 @ 1:00 pm – 2:30 pm

Club East

441 S Ritter Ave.

Indianapolis, IN 46219

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**What is Intergroup?**

**Indianapolis Intergroup consists of 12 standing committees and 1 service committee. 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-CLICK HERE](#)**

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# Committee Announcements

## **INDIANAPOLIS INTERGROUP SUNDAY**

October 14, 2018 @ 9:30 am-11:00 am

UAW 933

2320 S. Tibbs Ave.

Indianapolis, IN 46241

## **MARION COUNTY JAILS VOLUNTEER ORIENTATION** **MEN & WOMEN NEEDED**

October 16, 2018 @ 6:00 pm – 7:30 pm

Central Office

1915 W 18th St

Indianapolis, IN 46202 [See Flyer](#)

## **QUARTERLY COMMITTEE MEETING**

November 3, 2018 @ 1:00 pm – 3:00 pm

Central Office

1915 W 18th St

Indianapolis, IN 46202





### It's My Birthday And I'll Cry If I Want To.

Anyone else keep track of the amount of times they cry on their birthday? I do. This year was the first year in I don't know how long...10 years? I didn't cry on my birthday. I started to because of the sad situation with my separation/divorce. But I turned that around real fast with a gratitude list. I was surrounded by people that love me. The people I teach made me a cake which they carried more than 2 hours on a city bus route. I got a picture drawn for me, a potholder made for me. My parents actually got me a gift...hair straightener. I was clean and sober...first birthday sober in 2 years.

I had a friend tell me yesterday. "Single looks good on you!" I think sober looks good on me, not being depressed looks even better on me, and this is the best year so far!

Chelsea M.

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## A Poem on the 12 Steps

I took Step One, began to moan  
I can't do this one on my own.  
I took Step Two, began to pray  
Restore me God, please now, today.

I took Step Three, gave up my will  
Maybe God could love me still.  
I took a Fourth, I looked inside  
Nothing more would I hide.

And on the Fifth, I said aloud  
I've done some wrong, and I'm not proud.  
I took Step Six, and got prepared  
To lose the defects, I was scared.

Now I'm at Seven, take them away  
My God, for this I do pray.  
And on Eight, the list was long  
Amends to make for all the wrongs.

I took Step Nine, put down my pride  
Amends made, I will not hide.  
Step Ten I take, each day I pray  
I make amends along the way.

And on Eleven I pray to know  
Each day His Will, which way to go.  
I take Step Twelve, I'm like a bird  
To others now, I spread the word....

Anonymous

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## Keeping Things Clean

Step 10 is of great importance to me in maintaining my sobriety, a simple inventory I take every night. After working through the steps, Step 10 allows me to keep things clean in my life. It's a means of checks and balances. Not only to see what I need to work on, but what I am doing right. It allows me the chance to make immediate amends thus, keeping the garbage from piling up again. I look back at my day each night at bedtime, checking to see what harms I might have caused, and what amends I need to make, as well as to see what thing I did well that day. I then will ask my higher power for his continued guidance to continue doing the good I have done and to help me correct the negative actions. Continually working Step 10 allows me to perform an immediate and simple house cleaning of my faults and to maintain a spiritual and meaningful life.

Todd C.



Recently a routine police patrol was parked outside a bar in the Outback. After last call, the officer noticed a man leaving the bar so apparently intoxicated that he could barely walk. The man stumbled around the parking lot for a few minutes, with the officer quietly observing. After what seemed an eternity, in which he tried his keys on five different vehicles, the man managed to find his car and fall into it. He sat there for a few minutes as a number of other patrons left the bar and drove off. Finally he started the car, switched the wipers on and off; it was a fine, dry summer night, flicked the blinkers on and off a couple of times, honked the horn and then switched on the lights. He moved the vehicle forward a few inches, reversed a little, and then remained still for a few more minutes as some more of the other patrons' vehicles left. At last, when his was the only car left in the parking lot, he pulled out and drove slowly down the road. The police officer, having waited patiently all this time, now started up his patrol car, put on the flashing lights, and promptly pulled the man over and administered a breathalyser test. To his amazement, the breathalyzer indicated no evidence that the man had consumed any alcohol at all! Dumbfounded, the officer said, "I'll have to ask you to accompany me to the police station. This breathalyser equipment must be broken." "I doubt it," said the truly proud Redneck. "Tonight I'm the designated decoy."

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# WARNING

When you drink Vodka over ice, it can give you kidney failure.  
When you drink Rum over ice, it can give you liver failure.  
When you drink Whisky over ice, it can give you heart problems.  
When you drink Gin over ice, it can give you brain problems.  
Apparently, ice is really bad for you;  
**warn all your friends!!!**



Me: It's not about how many times you fall, it's about how many times you get back up.  
Cop: That's not how field sobriety tests work!



# November Topic Suggestion

## Topic Suggestion for November.

### "Continue To Improve"

Step 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Share your Experience, Strength, and Hope regarding STEP 11 for the November 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 November Edition are due by October 25th. Any submissions received after October 25th will be included in the December 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*

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*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!**

**[To Subscribe To S.O.S. Monthly Newsletter Click Here](#)**



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