

Sheets Of Sobriety
September
2019



IN THIS ISSUE

A.A. History: This month in AA history

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

District Meetings: Dates, Times and Locations of District Meetings

Upcoming Events: See What Special Happenings Are In The Area

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.



What exactly is the Indianapolis 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 Information [Click Here](#)

****Mark The Date-Get Your Tickets****

A.A. Intergroup Banquet

Celebrating 79th Year Of Indianapolis Intergroup
Saturday October 26, 2019 @ 6:00 PM
Primo South
2615 National Avenue
Indianapolis IN 46227

Speaker: Larry S. - Atlanta Ga.

Tickets \$35 - Tickets on sale thru October 18th

[Click Here For Flyer](#)



SEPTEMBER HISTORICAL DATES

- 1937 - Florence R, 1st female in AA in NY
- 1938 - Bill W & Hank P form Works Publishing Co
- 1939 - Morris Markey runs story on AA, "Alcoholics and God", in Liberty Magazine
- 1939 - 1st AA group founded in Chicago
- 1940 - Bill 12 steps Bobbie V who replaced Ruth Hock as his secretary in NY
- 1940 - AA group started in Toledo by Duke P & others.
- 1941 - WHJP in Jacksonville, FL airs Spotlight on AA
- 1942 - U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob
- 1946 - 1st AA group in Mexico City is formed
- 1947 - Dallas Central Office opens its doors
- 1948 - 1st issue of Grapevine published in "pocketbook" size
- 1975 - Bill W a biography by Robert T is published
- 2001 - 30 Vesey St, New York, AA's first Office is damaged during the World Trade Center attack

Notable September Deaths

September 17, 1954: Bill D, AA #3 dies.

September 19, 1975: Jack Alexander, author of Saturday Evening Post articles, dies

Morris Markey Article, Liberty Magazine

"Alcoholics and God" September 1939

<http://silkworth.net/pages/aaahistory/print/alcsandgod2.html>

Jack Alexander Articles Saturday Evening Post

"Alcoholics Anonymous" March 1, 1941

<https://www.saturdayeveningpost.com/2015/12/aa/>

"The Drunkard's Best Friend" April 1, 1950

<https://www.saturdayeveningpost.com/2015/12/the-drunkards-best-friend/>

Committee **Announcements**

A Message From Our Intergroup Chairperson

Hi,

I'm Cari M., And I'm the current chair of intergroup for 2019. My hope this year is to make intergroup better. I am reaching out to get your suggestions on what Intergroup is doing well and what you'd like to see us implement in the future to make this organization better. We are here to serve you. Please email suggestions to chair@indyaa.org

In Service,

Cari M.

Corrections Committee

In need of Men & Women to carry the message of recovery into both Men's and Women's Jail. They will be holding an orientation session For both Men and Women Volunteers.

When: September 24, 2019 @ 6:00 pm – 8:00 pm

Where: Intergroup Central Office

1915 West 18th Street

Indianapolis, IN

Please contact correction@indyaa.org to confirm your seat and attend the orientation.

Indianapolis Intergroup Sunday

September 8, 2019 @ 9:30 am-10:30 am

UAW 933 - Party Barn (Rear Of Parking Lot)

2320 S. Tibbs Ave.

Indianapolis, IN 46241

We Can Always Use Help With

Corrections – Take AA meetings into Marion County Jail and Morgan County Jail

Telephone Answering Service – Take calls after office hours

SOS Sheets of Sobriety Newsletter – Submit your stories and meeting news.

Intergroup Volunteers Needed in Central Office

Call 317-632-7864 if you can help

District and Area Meeting Schedule

DISTRICT 20 MONTHLY MEETING

September 2, 2019 @ 7:00 pm - 8:00 pm

Avon United Methodist Church

6850 E US Hwy 36

Avon, IN 46123

DISTRICT 34 MONTHLY MEETING

September 7, 2019 @ 9:00 am - 10:30 am

Southport United Methodist Church

1947 E Southport Rd

Indianapolis, IN 46227

INDIANAPOLIS INTERGROUP SUNDAY

September 8, 2019 @ 9:30 am - 10:30 am

UAW 933 Party Barn (Located at Rear Of Parking Lot)

2320 S. Tibbs Ave.

Indianapolis, IN 46241

DISTRICT 36 A/B MONTHLY MEETING

September 9, 2019 @ 7:00 pm

Paragon Restaurant

118 S. Girls School Road

Indianapolis, IN 46214

DISTRICT 26 MEETING

September 10, 2019 @ 6:30 pm – 7:30 pm

Allisonville Friends Church

7701 Allisonville Road

Indianapolis, IN 46250

DISTRICT 24 MEETING

September, 10, 2019 @ 6:45 pm – 8:00 pm

Carvel Club

4627 Carvel Avenue

Indianapolis, IN 46205

DISTRICT 30 MEETING

September 22, 2019 @ 1:00 pm – 2:30 pm

Club East

441 S Ritter Ave.

Indianapolis, IN 46219

DISTRICT 22 MEETING

September 26, 2019 @ 6:30 pm – 7:30 pm

Orchard Park Presbyterian Church

1605 East 106th Street

Indianapolis, IN 46280



Upcoming Area Events

Fun In Sobriety Cookout-Hosted by District 2

September 7, 2019 @ 11 AM

Morristown Community Park

381 Morrison St

Morristown In.

Speaker, Games, Family Fun

Bring a Dish or Dessert-Burgers and Dogs Provided

No Flyer Link Available

Tuesday Night Group 61 Year Anniversary Celebration

September 10, 2019

Fellowship 6:30 - Dinner 7:00 - Speaker, Brenda P. @ 8:00

First Presbyterian Church

124 N. Broadway

Shelbyville IN. 46176

Sloppy Joe, Pulled Pork, Mac & Cheese & Baked Beans

Please Bring Side or Dessert to Share

No Flyer Link Available

Y.U.R. Here Group 23rd Anniversary Pitch-In Dinner

September 14, 2019 @ 5:00 pm – 7:30 pm

Immanuel Presbyterian Church

3620 East 38th Street

Indianapolis, IN 46218

[See Flyer](#)

Primary Purpose Day

September 21, 2019 @ 12:00 pm – 4:00 pm

Carvel Club

4627 Carvel Avenue

Indianapolis IN 46205

[See Flyer](#)

Marion County Jail Orientation

September 24, 2019 @ 6:00 pm – 8:00 pm

Intergroup Central Office

1915 West 18th Street

Indianapolis IN 46202

No Flyer Link Available

Fellowship Of The Spirit

September 27, 2019 @ 8:00 am – September 29, 2019 @ 5:00 pm

Camp Kirkwood

5719 State Road 73

West Wilmington OH 45177

[See Flyer](#)

District 34 Chili, Cake And Concepts

Bi-Annual Workshop-The 12 Concepts of Service

September 28, 2019 @ 1-4 PM

Rosedale Hills Church

4450 S. Keystone Ave.

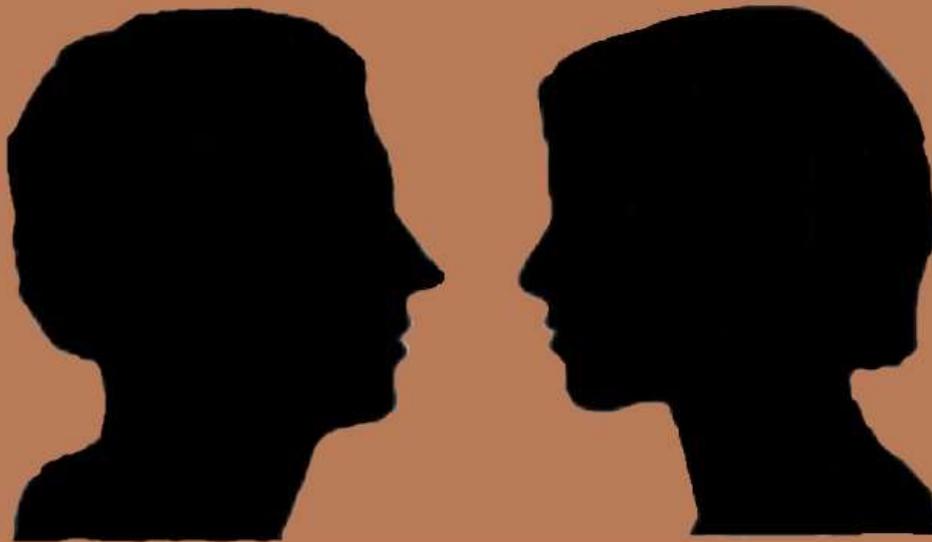
Indianapolis In. 46227

Bring Your Chili & Cake To Win A Prize!

No Flyer Link Available

To See The Calendar Of All Upcoming Events: [Click Here](#)

Share
Your
Story



Boundaries

In my time in AA I have had to constantly reassess my boundaries and boundaries of others towards me. Who and what I am responsible for, and equally importantly, who and what I am not responsible for. I saw this list of boundaries sometime ago. Here is what the list means to me and my life:

- It's not my job to fix others

As an AA member I have responsibility: *I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that I am responsible.* I have a responsibility to ensure that when someone reaches out, the AA hand is there, it doesn't have to be my hand, others can be asked to help. Once they have been introduced to the meetings and the programme they have the information needed, how they use it (or not) is not my responsibility.

- It's okay if others get angry

We have all seen some people in AA get angry for whatever reason, I have, in the past, agreed with them and jumped on their justified bandwagons over some decision a group or Intergroup has made. For me today, that anger is not good – for me or those around me. Keeping calm and doing the next right thing is far better for me. I can let others have their anger, justified or not, it's theirs to do with as they wish.

- It's okay to say no

Real BIG one for me this is. In the past, I have put other things in my life off because of AA commitments. Given over too much of my time for something someone else could do just as well, if not better. But in my thinking, they wouldn't do it as well as me. It is okay today for me to say no, as long as I am not saying no to everything, still do my share of the work, and let others gain the experiences I have already gained.

- **It's not my job to take responsibility for others**

I have no responsibility for others, once we take someone round the meetings and introduce them to the programme of recovery, that responsibility becomes theirs and they have their path to walk. I need to know when to step back and allow them to make their own mistakes.

- **I don't have to anticipate the needs of others**

Someone said to me, "I don't know what is good for me, so how would I know what is good for you?" What another might need could be far different from what I would need in the same situation. So, as long as I am there to help *when asked* I have no need to think what would be best for them.

- **It's my job to make me happy**

"Most people are as happy as the make up their mind to be" it says in the *Just For Today* card... Wow, what revelation that was to me! When drinking I thought if I had a better job, different partner, had a different upbringing, lived in a different area I would be far happier. Today I accept my lot in life and fit myself too it. I don't need external influences to be happy, I can accept the good and bad things in my life with good grace, accept the things I cannot change, and change the things I can, and the wisdom to know the difference comes easier today.

- **Nobody has to agree with me**

I love AA, it gives me the right to be wrong, it gives me the right to completely change my mind and no one will pull me up over it. But with that right, I have to be able to give others that same right too. AA's Concept IV also gives me the right to be heard, even if no one agrees with me.

- **I have the right to my own feelings**

Today, I have the right to my own feelings – sad, mad, bad or glad. I am not on happy street all the time. I have good days, bad days and in-between days. For me, I have to have the bad days to appreciate, all the better, the good days. Life on the one plane would be very boring. Ups and downs are good, ask anyone who has been hooked up to a heart machine!

- **I am enough**

- Peace and contentment, for me, is priceless in AA. Through the work I have done on myself, I am happy with the way I am right now, still striving for spiritual growth. I remember well, at 4 months sober, saying “if it doesn’t

•

- get any better than this, it will do me fine” and it has continued to get better. I am a version of myself that I am happy with, even with my faults and failings. But I have had many years of peace and contentment in my sobriety and still have room to grow.

At the start of this article the theme of it was supposed to be boundaries, on reading it back I have spoken more about my personal conduct and what I accept (or don’t accept!) from others. In the time I have been sober in AA, I have made many mistakes and will probably continue to. There are people not in my life today based on personal choices I have made. They have not liked what I have decided or I have decided not to be part of their lives, and that includes a sponsor and a sponsee based on their attitude towards me.

By Arthur Z.

Reprinted with permission from The ArenA Newsletter of the Continental European Region of Alcoholics Anonymous

Not So Bad

When the time came for me to go out and make my amends to those I had harmed, I found that I had built it up to be a much harder task than it turned out to be. The people who were first and foremost on my list, My ex-wife, My Children, My family, were all very understanding and readily accepted the amends I made. Most were very happy of the fact I was not drinking, and encouraged me to keep "Doing what I was Doing". A Lot of the people on the "Fringes", that I had on my list, had either no recollection at all, or had long ago forgiven for whatever the transgression was. I have some on my list, that I have located, but after talking things over with my sponsor, we decided the amends would at this point cause more harm than good. There are still several people on my list that I do not know where they might be, but I remain ready to make those amends should we meet again.

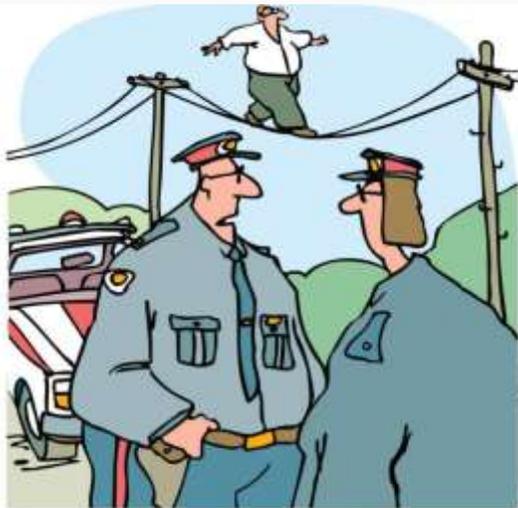
I have done my best to make the financial amends necessary and still continue to pay on those debts that I owe from my drinking days. I know I might never complete amends to all on my list, but the willingness and desire is present should the chance arise.

By Anonymous

Not A Glum Lot SOS Funnies

LAUGH SMILE BE HAPPY

You are on a horse, galloping at a constant speed. On your right side is a sharp drop off, and on your left side is an elephant traveling at the same speed as you. Directly in front of you is another galloping horse but your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the horse in front of you. What must you do to safely get out of this highly dangerous situation? Get your drunk ass off the merry-go-round!



"He passed the sobriety test. Now I think he's just showing off."

**Roadside sobriety tests
are getting ridiculous.
Last night I had to fold
a fitted sheet...**

A man is in a bar talking to his friend. 'Last night, while I was out drinking, a burglar broke into my house.' 'Did he get anything?' Asks his friend. 'Yes,' says the man. 'A broken jaw, six teeth knocked out, and a pair of broken ribs. My wife thought it was me coming home drunk.'

i got so drunk
last night i
walked across
the dance floor to
get another drink
and won the
dance contest.

Alcohol does not
make you FAT

It makes you

Lean..

Against

tables,

chairs,

floors,

walls

and ugly people.



Will was trying to teach his son the evils of alcohol.

He put a worm in a glass of water & another in a glass of whiskey.

The worm in the water lived while the one in the whiskey curled up & died.

"All right, son," Said Will, "what does that show you?"

"Well dad, it shows that if you drink alcohol you will not have worms."



If you knew me
in my
drinking days,
I am sorry.
Please allow me
to re~introduce
myself.

OCTOBER TOPIC SUGGESTION

STEP 10 "Continued to take personal inventory, and when we were wrong promptly admitted it."

Share your Experience, Strength, and Hope regarding STEP 10 for the October 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 October Edition are due by September 25th. Any submissions received after September 25th will be included in the November 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!

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