

# The Paper III

## All I Have to do is Ask

I don't often recognize them as such, but there are angels in my life. They seem to appear right when I need them. Typically when I don't know I need them.

They are always there. I just have to know where to look. It's a reminder that my Higher Power is at work.

Today the angel came in the form of a seventeen-year old girl, the same age as my daughter. She gave a brief presentation during church and spoke about the need to ask for help in times of trouble and how doing so plays a part in her life. As a teenager, she talked about the prospect of being on her own and finding her independence

I was mesmerized. It was wonderful that such a young girl could be so insightful. I thought it was amazing she had the courage to speak in front of a large crowd of people. And I marveled at how lucky she was. She has discovered at seventeen that she does not know it all, cannot do it all, and asking for help is a better choice than struggling through on her own. It took me much longer. Out of the mouths of babes ...

I did not understand the gravity of, or the strength behind, asking for help until about four years ago. My drinking was at the very worst and my life was completely unmanageable.

(continued on page 2)

To Ask

page 2

Special Events

page 3

Birthdays

page 4

Special Events 2

page 5



[Paper3indy@hotmail.com](mailto:Paper3indy@hotmail.com)

*There is no you or me or them. Everything is connected and the salvation of each of us is linked to the salvation of all of us.*

Paul M.  
Riverside, Ill., July 1975  
AA Grapevine

The Paper III is published monthly by Indianapolis Intergroup with help from area AA members. Please send submissions, comments and questions to The Paper III via e-mail at [paper3indy@hotmail.com](mailto:paper3indy@hotmail.com) or via snail mail to Indianapolis Intergroup, 1915 West 18<sup>th</sup> Street, Suite 6, Indianapolis, IN 46202. Opinions expressed herein are not necessarily those of Indianapolis Intergroup or AA as a whole, and publication does not imply endorsement by AA at any level. The names Alcoholics Anonymous and AA are registered trademarks of AA. Once printed, all original material becomes the property of Indianapolis Intergroup, Inc., but the author or any other publication may use any material with attribution.

## All I Have to do is Ask

(continued from page 1)

Until that point I had been plugging along, muscling through tough times, keeping everything to myself, putting up a front while suffering on the inside. My main objective was to make everything look pretty on the outside. I didn't let anyone know how unhappy I was. With every passing day I withdrew from friends and family. My way of handling my life was to numb, tuck and hide. I thought I was showing the world how perfect everything was. I thought I had it all together and had everyone fooled. The only person I was really fooling was myself. I was a hot mess.

I continued the charade for years until one day I realized how exhausting pretending had become. On November 27, 2008 everything shattered. It was very evident that everything was not perfect. I finally woke up to the thought that I was done being miserable. I was finished wrapping everything up in a beautiful package. The ugly truth hidden by lovely wrapping paper and a bow. I found the courage to ask for help.

I entered treatment and thanks to the help of many human angels and my Higher Power, I am a completely new person today. I frequently feel as if I'm the girl I was in college. Starting anew, with a bright future ahead of me. It doesn't matter how long it took me. Sometimes it just takes what it takes.

I owe my continued sobriety to angels in meetings, my Higher Power and the Twelve Steps of Alcoholics Anonymous. Without which, I would not be alive today.

I do not regret my past. It is what it is, and I've grown from every life experience. All of my mistakes and weaknesses have molded me into the woman I am today. I have morphed into a woman who is not afraid of confrontation. I am not afraid of change or progress. I welcome new opportunities. I am remarkably happy and confident. I am a triathlete.

I have developed new and improved ways to face tribulations today. It is a daily routine of meditation, thought, discussion with my sponsor and action. I absolutely do not "stuff" my feelings anymore. I approach difficulties with strength head on. My favorite outlets today are writing, exercise, music and daily application of the twelve steps in my life.

There are times, especially recently, when my gut tells me to play the tough girl. Muscle through. I can ride 100 miles then run 13 or more in a training session, surely I'm resilient enough to face an emotional endurance event with equal mental toughness. I don't need anyone's help!! Bullshit. It is a sign of strength when an individual recognizes when it's time to ask for help. To take on the world solo is dangerous territory.

It is comforting to no longer feel lost and lonely... Every person I come into contact with gives a little of themselves and makes a difference in my life

That is my serenity today.

*Michelle A.*



## 2013 Special Events

**Wanna Pick the Theme for**  
The 2014 Indiana State Convention?  
We picked the time and place . . .  
You pick the theme

**February 1, 2013**

*35th Anniversary Pitch-In*

St. Timothy's Big Book Discussion Group - We Are Turning 35!!  
Fellowship @ 6:30 PM, Dinner @ 7 PM, Speaker @ 8 PM - Donald W.

**Saturday, February 9, 2013**

*GRAPEVINE WRITING WORKSHOP*

THE CARVEL CLUB

Light lunch provided

9:30 AM - 4:00 PM

*Mentored by Nathan D, an experienced writer, with an emphasis on writing for AA Grapevine*

4627 Carvel Ave

Indianapolis 46205

**February 9, 2013**

How about a Movie on a Cold February Afternoon?

*Special 1-Time Viewing of "My Name is Bill W."*

Movie Buff Theater

Saturday February 9<sup>th</sup> 1-4 PM

3535 West 86th St.

Indianapolis, IN 46268

(Continued on page 5)

---

For more information on these and other events, see the Intergroup Web site at  
[www.indyaa.org/events/january.htm](http://www.indyaa.org/events/january.htm)

## Become a Faithful Fiver

Remember wasting more than \$5 drinking? Why not contribute \$5 to carry the message?

*Faithful Fivers* are A. A. members who donate \$5 or more per month to help support Indianapolis Intergroup.

Become a Faithful Fiver. Your contribution will help carry the message of Alcoholics Anonymous.

**Indianapolis Intergroup Faithful Fiver Form**    Date \_\_\_\_\_

**YES**, I want to help continue to carry our life-saving message of hope.

I will contribute: \_\_ Annually (\$60) \_\_ Quarterly (\$15) \_\_ Monthly (\$5)

Please send email reminder to this email address:

\_\_\_\_\_

Enclosed is my contribution of \$ \_\_\_\_\_ for \_\_\_\_\_ Months

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

**Please make check payable to: Indianapolis Intergroup**  
 1915 West 18<sup>th</sup> Street, Suite 6  
 Indianapolis, IN 46202

*When we meet and defeat the temptation to take large gifts we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who still suffer.*

Language of the Heart----Bill W.

Kathy W - 4 years  
 Aaron W - 5 years  
 Grant P - 5 years  
 Pat C - 7 years  
 Kathy M - 8 years  
 Lisa H - 8 years  
 Kevin S - 9 years  
 Mike F - 9 years  
 Terri P - 11 years  
 Terri M - 11 years  
 Sherry B - 11 years  
 Denny R - 14 years  
 Darlene M - 16 years

Denny R - 14 years  
 Darlene M - 16 years  
 Kaye P - 18 years  
 Jo G - 20 years  
 Larry N - 21 years  
 Katrina H - 21 years  
 Alice U - 23 years  
 Peggy G - 25 years  
 Carol M - 27 years  
 Carol B - 28 years  
 Ray F - 29 years  
 Sandra D - 33 years  
 Howard S - 37 years

Bernie B - 41 years  
 John K - 45 years

**February Birthdays**



# 2013 Special Events

Continued from page 3

**Saturday, February 9, 2013**

*DISTRICT 34*

*ANNUAL CHILI SUPPER*

Featuring "Where It Begins"

Chili and Drinks provided

\*please bring a side dish or desert

Starts @ 5:30 PM

Rosedale Hills United Methodist Church

4450 S. Keystone Ave.

**February 12, 2013**

**WE'RE TURNING 4!!**

Lunch with Bill W.

Lunch @ 11:30 AM, Speaker @ 12 - 1 PM

Sandwich & Beverage Provided - Please  
Bring a Side

Indiana Government Center South

Conference Center Room 130

302 West Washington Street

Indianapolis, IN

**February 14, 2013**

*CLUB EAST CO-ED BIG BOOK STUDY*

441 S. Ritter Ave. Indianapolis, IN 46219

**Sunday, February 24, 2013**

*7th Annual - Tree of Sobriety*

1 - 4 PM

Chapel Rock Christian Church

2020 N. Girl School Rd. Entrance 12 or 14

Indianapolis, IN 46214

**FebruaryY 24, 2013**

**46TH ANNIVERSARY!!**

Greenwood Sunday Night Group

Meat and Drinks Provided!!

Starts at 6:30 PM, Dinner at 7:00 PM

Speaker at 8:00 PM

**Feb 23, 2013 & Mar 2, 2013**

9 AM - 12 PM

*2013 ANNUAL 12 TRADITIONS  
WORKSHOP*

Sponsored by District 36A&B & Dist. 20  
Want to know HOW the AA Program has  
survived for 77 Years?

Come and Find out about the 12  
Guidelines Handed down from OUR  
Founding Members!!

**February 24, 2013**

*T. A. S. WORKSHOP!!*

Guess What???

Time for another workshop!!

Starts at 4 PM

Unity Church

907 N. Delaware St.



Indianapolis Intergroup, Inc.  
1915 West 18<sup>th</sup> Street, Suite 6  
Indianapolis, IN 46202

---

## Subscription form

Please consider buying a subscription for yourself or as a gift for someone else.

Please send \_\_\_\_subscription(s) at \$15 per year to:

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_ Zip\_\_\_\_\_

Email address:\_\_\_\_\_

For group subscriptions: Group name\_\_\_\_\_

Group Contact\_\_\_\_\_

This is a: \_\_\_\_\_New subscription                      \_\_\_\_\_Renewal

Please tell us your birthday so we can list it in Monthly Birthdays.\_\_\_\_\_

To pay by credit or debit card, please call us at (317) 632-7864

To pay by check or money order, mail this subscription form to Indianapolis Intergroup