

**April 2022**



# **NECS Bulletin**

4833 S Sheridan Rd Ste. 410  
Tulsa, OK 74145

Monday—Friday: 9am-5pm; Saturday: 9am-1pm

24 Hour Phone: 918-627-2224

Website: [www.aaneok.org](http://www.aaneok.org)

Email: [necs@aaneok.org](mailto:necs@aaneok.org)

## **Going Through Changes**

**The office is currently changing to a new Point of Sale program and new accounting software, so please bear with us as we adjust to these changes and get used to the new processes! We will now be able to email each group's monthly statement if your group would prefer, and you will have the option of paying online by card or ACH bank transfer as well! Please let us know if this is something your group is interested in, and make sure we have the correct email address for your group treasurer!**

## **Board of Trustees**

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## **HELP US HELP THE NEXT SUFFERING ALCOHOLIC**

**We need your help to keep our directory up to date! Please take a moment to check your group's information on our website, and contact us with any updates or corrections. We want to be sure that newcomers are getting accurate meeting information—showing up for your first meeting and finding nobody there is extremely disheartening—please help us prevent this situation! Even if you have updated your information with your DCM or Registrar, PLEASE double-check it on our website, as this is what is reflected in the Meeting Guide App.**

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# Important Announcements!

The **Tulsa Into Action Group** has a new location and a new name! The group is now called **Escaping Disaster Together**, and they started meeting again on March 28th. They meet Mondays & Fridays at 6:30pm.

Foundations Church  
905 N Olive Ave  
Broken Arrow, OK 74012  
Use the South entrance

The **Sooner Group** started holding hybrid meetings on Monday, April 4th. They meet Mondays & Thursdays at 7:30pm.

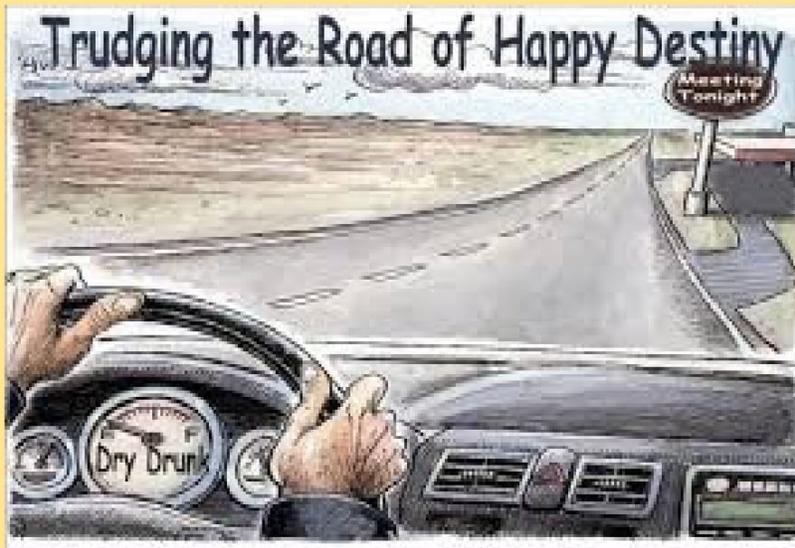
Fellowship Congregational Church  
2900 S Harvard Ave  
Tulsa, OK 74114

## **Looking to be of service?**

The **2022 State Conference** is just around the corner, May 13th-15th! Volunteers are needed to greeters and to chair the marathon meetings:

Sign up here to be a greeter—<https://www.signupgenius.com/go/70a0e4daeac28a6fa7-aa2022>

Sign up here to chair a meeting—<https://www.signupgenius.com/go/9040948a9ad2ba5fe3-2022>



## Did You Know?

The Northeast Central Service Office has many options to help you through your journey of sobriety!

We offer:      A Book Store      A Library      24/7 Hotline  
Supplies      Activities      Speakers

*As well as service materials and assistance needed for an effective operation*

Call 918-627-2224 to set up a time for our volunteers to visit your group, answer your questions, and help you discover what the Central Service Office has to offer. They will give you guidance to further your knowledge of the vast resources available to the individual and the group.

# Look It Up

When I was new in sobriety, I'd go to my sponsor with the burning question of the day and he'd listen patiently and say, "What does the Big Book say about that?" I'd look at him dumbfounded and think, You're the sponsor, you're supposed to tell *me* what the book says!

Then he'd smile patiently and say "Go look it up." And of course, he never knew where it was in the book. With my keen alcoholic mind, it took me months to realize that he was getting me to read the Big Book.

At a recent meeting, a member shared that when he told his sponsor of his problems, they'd talk briefly about each one and then his sponsor would tell him to go home, relax in his recliner and repeat the word "issue." This chant sounded strange, but he did what his sponsor said. After repeating the word "issue" for several minutes he heard himself saying, "It's you," "It's you," "It's you." It made him begin to re-think the problems he was having. He had no idea he was usually the problem. Things worked out.

Sponsors don't always say things that are completely off the wall. In fact, one sponsor told his sponsee to take the Steps "off the wall" and put them into his life. When my friend had only a day or two sober, his sponsor told him to see if he could grasp any of the slogans that were up on the wall. "One Day at a Time" was the one the sponsor told him to work on first. Then they moved right along the wall, understanding each of the slogans. When the sponsee asked, "Why?" the sponsor said it was preparation for doing the Steps.

I often wonder where our sponsors come up with their loving words of wisdom. There's no course in sponsorship that teaches us things to say when we become sponsors. It is my belief that these inspirations are given by our Higher Power.

Al G.

*Margate, Fla.*

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# 2022 CONTRIBUTIONS

**Faithful Fivers are members who donate \$5 a month to Northeast Central Service as an act of gratitude. Please consider becoming a Faithful Fiver, and we will list your name in our monthly newsletter!**

## Birthday Contributions

Kristin M — 24 years

## Faithful Fivers

Jay M.      Diana K.      Sharon M.  
Mark H.      Marcia L.  
Justin D.      Betty M.  
Bob G.      Tony Y.

**[To view total contributions and a breakdown by each group, click here:](https://aaneok.org/wp-content/uploads/2022/04/2022-Contributions.pdf)**

<https://aaneok.org/wp-content/uploads/2022/04/2022-Contributions.pdf>

## **Example of Group Contributions to A.A. Service Entities:**

**50% to Central Service**

**10% to District**

**10% to Area**

**30% to GSO**

(Reprinted with permission from AA World Services/Self Support Pamphlet)

Donations can be mailed to these addresses

(pre-addressed envelopes are available at the Office):

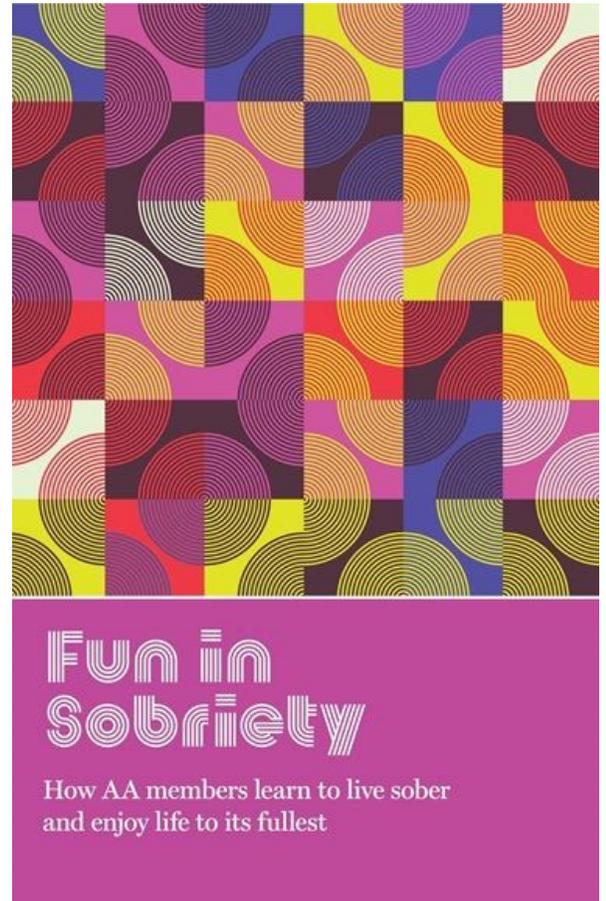
<b>NECS</b>	<b>District 30</b>	<b>District 40</b>	<b>OK State</b>	<b>GSO *NEW ADDRESS*</b>
4833 S Sheridan Suite 410 Tulsa, OK 74145	P.O. Box 14083 Tulsa, OK 74159	P.O. Box 701092 Tulsa, OK 74170	P.O. Box 18415 OKC, OK 73154	P.O. Box 2407 James A Farley Station New York, NY 10116-2407

# NEW FROM AAWS & GRAPEVINE!

Grapevine has a new book coming out about how members of AA learned to have fun and enjoy life in sobriety!

\$14.00

We don't have this in stock just yet, but we will



There are a multitude of books on backorder from AAWS at the moment, including:

- \* Pocket Big Books
- \* Large Print 12&12s
- \* As Bill Sees It (all formats)
- \* Daily Reflections (both sizes)
- \* Came to Believe (small)
- \* Living Sober (both sizes)
- \* AA Comes of Age

- \* Dr. Bob & the Good OldTimers
- \* Pass it On
- \* Experience, Strength & Hope
- \* All Service Kits
- \* The Group Handbook

Please be patient with us, as we may not have the quantities of these items that you need. We have already been waiting several months for some of these items.

# OKLAHOMA GRATITUDE PLAN

Started in Oklahoma, stays in Oklahoma and used to benefit all 12th step work in the State of Oklahoma.

## HOW THE OKLAHOMA GRATITUDE PLAN WORKS:

On your A.A. birthday (or that of a friend) you send the Oklahoma State Office \$1.00 (suggested) for each year of sobriety.

Although it is your own expression of gratitude for each year of sobriety, your group can also benefit by posting your group number either on the envelope or on your check.

Sounds simple, IT IS. It also came about in just as simple a process. In 1990, the State Office started receiving some inquiries about making birthday contributions to the state as well as to the national office. In addition there were some contributions received at the State Office earmarked as a "Birthday contribution". Thus the idea was started.

## REMEMBER

The Gratitude Plan is for everyone ... active newer members filled with gratitude at the miracle of sobriety, and Old Timers who may be less active, but still want to help carry the message.

Participation in the Gratitude Plan is a privilege. Only by staying sober do we earn the right to have a part in it.

NOVEMBER IS GRATITUDE MONTH. Did you send in your contribution on your last A.A. birthday? If not, send it today.

Have questions? Email the Gratitude Committee Chair: [gratitude@aaoklahoma.org](mailto:gratitude@aaoklahoma.org)

**OKLAHOMA STATE GRATITUDE PLAN**

Please make checks payable to: "Oklahoma State Committee" (3 ways to use this envelope)

1) **Individual Gratitude Contribution:**  
This is my personal contribution in the amount of \$ \_\_\_\_\_ showing my gratitude for my \_\_\_\_\_ year(s) or my \_\_\_\_\_ month(s) of sobriety.

My Name \_\_\_\_\_ My Sobriety Date (Optional) \_\_\_\_\_ District (if known) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
My E-mail address (optional) \_\_\_\_\_  
My Home Group \_\_\_\_\_ Group's Service ID No. (optional) \_\_\_\_\_

**SUGGESTED INDIV. GRATITUDE CONTRIBUTION: \$1.00 for each year of sobriety**

2) **Group Contribution:**  
Group Name \_\_\_\_\_ Group Service ID No. (optional) \_\_\_\_\_  
This is a group contribution of \$ \_\_\_\_\_ District \_\_\_\_\_ Area 57

3) This is a **Memorial Contribution** in remembrance of \_\_\_\_\_ in the amount of \$ \_\_\_\_\_

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PO Box 18415  
Oklahoma City, OK 73154



**Oklahoma State Committee**  
Post Office Box 18415  
Oklahoma City, OK 73154-0415