

June 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

Email: necs@aaneok.org

It's Party Time!

NECS is holding our annual Parking Lot Party on Saturday, June 11th, from 12pm-5pm! Instead of our traditional raffle we will be having a FREE raffle for some awesome doorprizes, as well as a 50/50 raffle for cash. We will have food and live music, just bring a side dish or dessert to share and a chair! Come join us for fun, fellowship, and help us celebrate A.A.'s 87th Birthday!

Board of Trustees

- ♦ Paula S.—President
- ♦ Marci M.—Vice President
- ♦ Judy M.—Treasurer
- ♦ Meegan M.—Secretary
- ♦ Greg P.—Alt. Secretary
- ♦ Amy T.—Board Member
- ♦ Ryan F.—Board Member
- ♦ Josh A.—Board Member
- ♦ Lequita L.—Board Member
- ♦ Dee Wayne H.—1st Alternate
- ♦ Jeff S.—2nd Alternate
- ♦ Curt L.—3rd Alternate

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.

Table of Contents

- 2: Meeting Announcements
- 3: What Does NECS Offer?
- 4: 90 Days of June
- 5: Financials
- 7: Area Challenge
- 8: New Stuff!
- 9: The Oklahoma Gratitude Plan

Meeting Announcements!

New Group

Miami Oklahoma Group

Thursdays at 6pm

First Christian Church

2424 N Main St

(Please note that there will not be a meeting June 9th)

Groups Merging

We Agnostics (Tulsa) and The Agnostics (Broken Arrow)

Will be meeting together starting Sunday, June 5th at 9am

In person & online

T.I.E. Club

3010 E King St

Tulsa, OK 74110

Zoom ID: 438 590 0679

Password: BILLW

Group Reopening

Sobriety on the Hudson

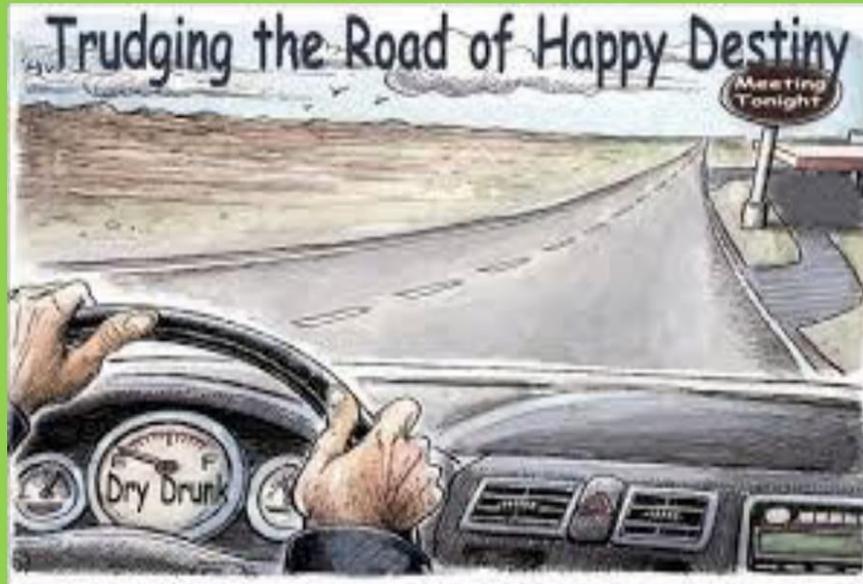
Monday and Wednesday at 6pm

Hudson Villas Apartment Community Bldg

727 S Hudson Ave

Tulsa, OK 74112

*Push button on call box outside gate for entry



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.

90 Days of June

One Summer, a woman with a few years sober decided to kick her program into high gear

Ninety days ago, I asked June B. to be my sponsor. This was not an impulsive decision, by any means. But as I look back over the progress I've made this summer, I now wish I'd done this years before.

What brought me to finding a sponsor was that I'd hit an emotional bottom and was on my knees. I knew that something had to change, and that something was me. My plan was simple—get a sponsor. Beyond that, I didn't have a clue. I felt like a newbie. I had time in the program, but I didn't have much depth. For many years, my AA transmission had been firmly stuck in one gear: Step One. Now, desperation drove my willingness.

But whom should I ask to be my sponsor? As my 27th anniversary approached, I talked with June in the parking lot after a meeting. I told her a bit about myself and about how I typically celebrated my anniversaries in a private way—no spotlight, no fanfare. She suggested that I get a chip presented to me at every meeting that I attended during that anniversary week. I initially balked, as I dreaded public speaking. But if I decided to ask June to be my sponsor, what tone would it set if I refused to take her very first suggestion? Shaking with fear, I stood up twice that week. Almost immediately, I felt a new sense of belonging to AA, like I was finally a part of the program.

A week after my anniversary, I attended a Big Book Step Four workshop in Nashua, New Hampshire. Here I learned that earning money is not my primary job in life. Money just pays the bills. The Third Step says that we have a new employer who will provide for us if we "keep close and perform his work well." This caused a shift in my perspective. Just what was my role here on Earth?

After the workshop ended, I caught a glimpse of June and hustled to catch up with her. Somewhere in that short sprint, I found the courage to ask her to be my sponsor. She agreed and gave me homework. She told me that I had a message to share, although I couldn't see it. Ten days later, I ratted out my disease by telling her that I had been asked to go on a commitment and that I had declined. Clearly, "no" was the wrong answer. I went on that commitment and told my story from the podium. My fear of public speaking had prevented me from sharing anything about myself. In discussion meetings, I used to say, all in one breath, "Hi, I'm Carol. I'm an alcoholic." No wonder no one knew who I was! In these past 90 days, I've spoken at four commitments. I learned that I could survive public speaking.

June taught me the difference between good pain and bad pain. Bad pain is a stabbing pain and requires professional attention. Good pain just makes you uncomfortable, although it can be downright awful. I also learned, through many tearful phone calls, that I don't have to feel good to do good. One day June had me laughing and crying at the same time. No small feat. The tears indicated that something deep inside me had been jostled. Now, instead of being afraid of crying, the tears are a welcome flag telling me, "There's something important here—pay attention."

(cont. on next page)

Before this summer, I had complete faith that the program worked for other people, but I had no faith that I had a personal HP. While I'm still trying to develop a relationship with a God of my understanding, I now have faith that the process can work for me too. June taught me about "God pops." It is only when my brain is quiet and still, that directions from my HP can get through to me.

June also assigned me 90 meetings in 90 days. And it wasn't to be just any 90 meetings. I was to select seven meetings and to stick to that schedule for 13 weeks. First, I learned humility: a 90 in 90 isn't just for folds fresh out of rehab. While I resisted this assignment (to put it mildly), it was a wonderful way for me to step out of the shadows completely. Week after week people saw me and learned my name, and I learned theirs. Having a specific meeting to attend each day grounded me. I planned my day around the meeting, not the other way around. This in turn taught me about priorities: AA comes first. It also taught me about committing to a task, arriving on time and staying for the whole meeting. Now I go even when I'm not feeling well, or when I simply don't want to go.

June stipulated that I was to raise my hand high at discussion meetings and share. I had rarely raised my hand (or been at the podium) in 27 years, so this was very uncomfortable territory for me. June reminded me that doing what was comfortable clearly hadn't worked for me, as it had eventually driven me to my knees, so the way to grow was to do the "opposite of feeling comfortable."

If the meeting format precluded me from sharing, then I was to call three people in the program and ask them how their day was going. Only one problem—I hated the phone! After June saw that I was eventually comfortable calling people who I knew well, the assignment was modified to calling three strangers. "Pick up a phone list at all of your meetings, and use it," she told me. June frequently uses role-playing as a way to teach, so we had a few practice conversations. This taught me how to reach out to a stranger. Some of these strangers are now good friends. It also dawned on me that someday I might be on the receiving end of a stranger's call.

By calling June every day at a designated time, I learned about structuring my day. When my morning call was getting later and later, I readjusted after a simple reminder. I learned that I have to resist making up my own rules; by doing so, it shows that I can take directions.

Over the course of these 90 days, a few people have commented on the positive changes that they see in me. And best of all, I also see the good changes within me. I am happier. I am kinder to strangers. My boiling anger has cooled to a simmer. I'm seeking a personal God in my life. I can meditate for more than five minutes now. Tears are no longer shunned. For a long time, I was out of sight of the herd, and now I've been accepted into the fold. All this in 90 days, all because I was willing to reach out for help to a sponsor—who, in turn, guides me towards God's open arms.

Anonymous

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

37– Anonymous

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/2022/06/2022-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):

NECS	District 30	District 40	OK State	GSO *NEW ADDRESS*
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

Area Challenge

**\$5.14
PER MEMBER
IN 2021:
MEMBERS 1,475,520
COST OF GSO SERVICES \$7,584,173**

**Here's how Areas meet the Challenge to cover their
own share of Group Services for a year:**

Groups collect \$5.14

**Groups send contributions
Before 12/31/2022**

**Contributions can be made online at aa.org. (Be sure
to mention the "5.14 Challenge" and group number)**

**General Service Board
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407**

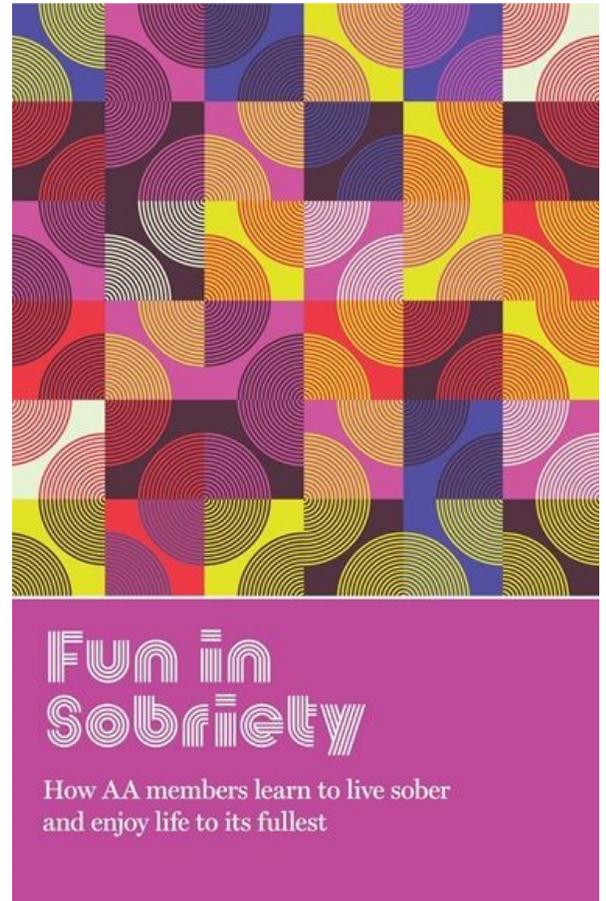


NEW FROM AAWS & GRAPEVINE!

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

\$14.00

Now in stock!



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

- * Hardback Big Books
- * Pocket Big Books
- * Large Print 12&12s
- * As Bill Sees It (all formats)
- * Daily Reflections (both sizes)
- * Living Sober (both sizes)
- * 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.

Came to Believe (small) & Beginners Meeting Guides now in stock!

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

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 \$ _____

PO Box 18415
Oklahoma City, OK 73154



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