

November 2022



NECS Bulletin

4833 S Sheridan Rd Ste. 410
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The holiday season is quickly approaching, but there's no shortage of things to do in AA! AA does NOT shut down for the holidays, so all regularly scheduled meetings will continue as usual. Many groups are hosting Thanksgiving dinners and gratitude meetings, so there's no reason anyone should be alone during the holidays!

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!

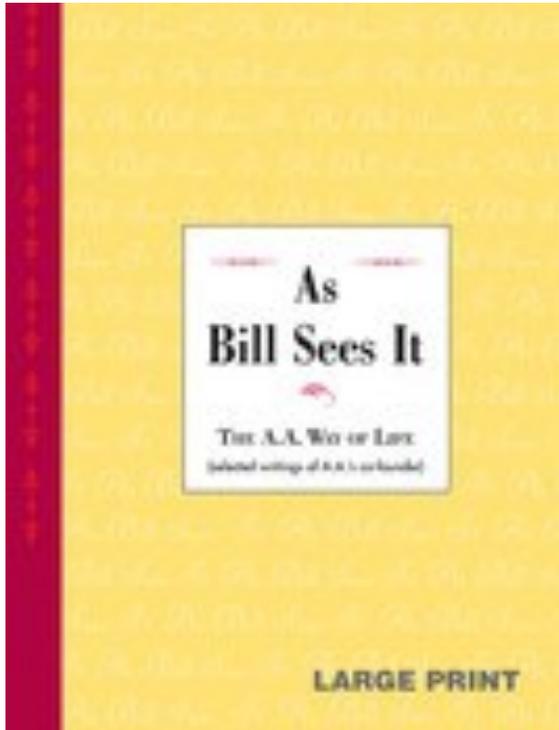
Even if you have updated your information with your DCM or Registrar, PLEASE double-check it on our website, as this is what is reflected in the Meeting Guide App!

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Announcements!

Literature



Large print **As Bill Sees It** are finally here!! They are available now for \$11/apiece.

The only book that's still out of stock is the large print *Twelve Steps and Twelve Traditions*, which is expected sometime in December.

We are also still out of the pamphlet *The AA Group*, which should be available later this month.

Meeting Updates

New Meeting in Skiatook!

Skiatook Broken Brain has a new men's meeting on Tuesdays at 7:30 pm

114 N Broadway St, Skiatook, OK

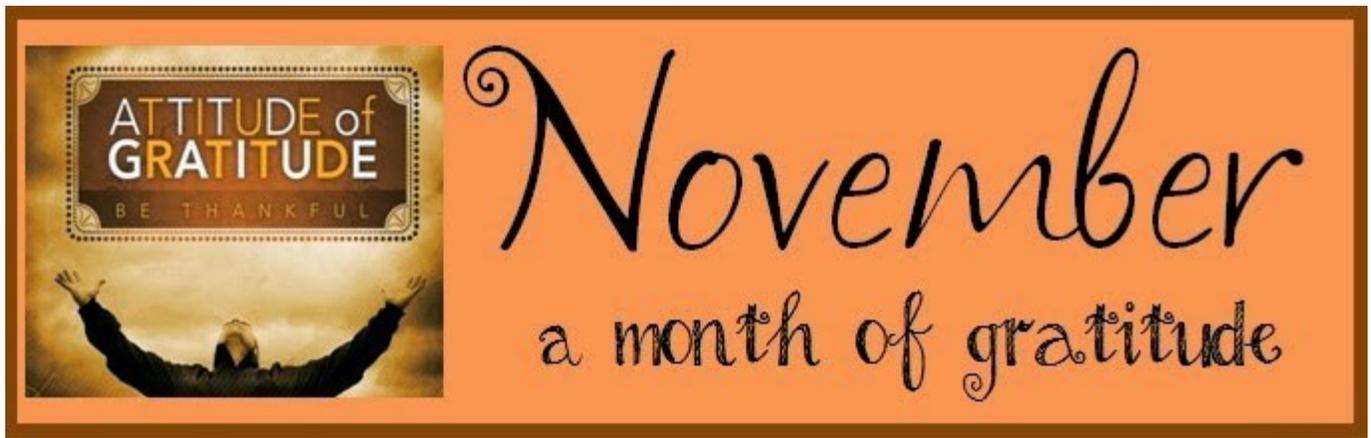
Schedule Change

The Sooner Group will be starting both meetings at 7pm (instead of 7:30) beginning on November 7th.

Temporarily Inactive Meetings

The Tulsa Nursing Center meeting will resume sometime after the first of the year.

Love Without Limits in Bartlesville is not meeting until further notice.



For many decades now, we in the Fellowship have formally carved out from the calendar the month of November as a time to express our collective gratitude for our individual sobriety. Interestingly, no one is exactly sure why that month was originally chosen, though its connection with Thanksgiving seems obvious. AA co-founder Bill W. thought for a while that his sobriety had begun in November, but later calculations established the date of his new beginnings as December 11.

Misty origins notwithstanding, Gratitude Month has, since the 1940s, been November and our shared thankfulness over the years has taken many forms and will continue to do so as membership widens. –Reprinted from Box 459, Oct.-Nov. 1994

In our region, one way we observe Gratitude Month is to prepare Gratitude Boxes for groups to circulate during their meetings. In past years, groups generously filled their boxes and returned them to Northeast Central Services. The office, in turn, used those generous contributions to support the office's work in reaching the next suffering alcoholic.

This year, Northeast Central Service finds itself with a higher-than-normal cash reserve, caused in part by reduced expenses during COVID, which group contributions to the office continued at pre-COVID levels. In order to bring reserves back to the appropriate level, NECS has reduced literature, pamphlet, and coin prices and has offered its usual fellowship events at no charge. NECS will again make Gratitude Boxes available for groups so that their members can participate in Gratitude Month. This year, we ask groups to direct their Gratitude Box contributions to GSO, Area 57, or their districts, to support their work for the fellowship. We all have so much to be grateful for!

In gratitude, love and service,
Paula S., President
NECS Board of Trustees

Gratitude Boxes are available for pickup now!!

The Unselfish Spirit

Accepting The World as It is

By Rick R.

Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety. The degree that the individual carries out these two goals is not mandated by the A.A. body and the only requirement for membership is a desire to stop drinking. The AA program offers suggestions on how to overcome the difficulties brought about by the disease of alcoholism and not simply the act of drinking. These difficulties come in the form of spiritual damage and material wreckage. It seems that our spiritual damage lies in the unseen part of our makeup such as, our thinking, our motive, our fears, our conscience, our ego, guilt, shame, self-esteem, and the like. Our material wreckage often comes as the result of our spiritual damage and is the residue of our spiritual condition. Selfishness- self – Centeredness! That, we think is the root of our trouble. (pg. 62 BB.) That, being said, isn't it apparent that unselfishness would be the solution to our trouble? That seems to oversimplify the solution but, in my experience, it is so simple that it is usually overlooked. Most alcoholics have spent their lives taking advantage of everything and everyone around them and as the result, have been plagued by the guilt and shame that only a drink could mask. The program of Alcoholics Anonymous (A.A.) suggests that we live by principles, and I cannot find one selfish principle in the Big Book or the 12&12. I believe that most of the people that truly have a desire to stop drinking and embrace the A.A. program start to change the behaviors that they recognize as counterproductive simply because they can hear these things that we all share at meetings, and they change the most obvious shortcomings in their day-to-day activities. This is a good start and with time it starts to erode much of the shameful habits of the past that had become commonplace. Talk of inventories and amends cause us to think at a different level about those material matters. That is usually the only thing that we are aware of in the beginning. When we talk about spiritual matters, it seems that we all have different perceptions of exactly what we mean by "spiritual". If, for the sake of simplicity, we think of it as our innermost self, such as our ego, conscience, our mind, our heart, or soul, if you like, and realize that this is where our spirit resides and where our emotions live, and that is also where the pain of our past thrives. If we want to achieve the peace of mind that is promised in step nine, we will have to come to terms with the process of acceptance of the world as it is and of the people in that world. If we want to be accepted and forgiven for our past mistakes, we must be willing to accept all the people that we find fault with and give them the same latitude that we are seeking. To accomplish this, we can stop being judgmental and replace that with an understanding spirit. We will have to replace gossip and character assignation with compassion and empathy. If we can't do that, then how can we expect the world around us to accept us and forgive us for our past mistakes? This is no time to rest on our laurels, so to speak. It's time to begin cleaning out the attic. This is where we begin to free up that space in our minds that has been keeping us awake at night. This is truly the path to developing the unselfish spirit, and with it comes a peace of mind that was hard to imagine while we were still playing God ourselves. It costs me nothing to be kind. My wish for those other people is that they can someday find the same peace of mind for themselves that this process has provided for me. What more can I say?

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](#)

Faithful Fivers

Jay M. Diana K. Sharon M. Ross D.
Mark H. Marcia L. Michael F.
Justin D. Betty M. Mick C.
Bob G. Susan G. Bev Mc.

To view total contributions and a breakdown by each group, click here:

<https://aaneok.org/wp-content/uploads/2022/11/2022-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**



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

Share your
Thankfulness
with the Fellowship

Send us your gratitude list or a short story
of your many blessings – both Temporal and Spiritual!*

WE NEED YOUR EXAMPLES

**We will be publishing some of the submissions anonymously in several of the area newsletters.*

Want to participate in the *Oklahoma Gratitude Plan?*

On your AA Birthday (or that of a friend) you send the Oklahoma State Office a \$1⁰⁰ donation (suggested) for each year of your sobriety up to a \$10⁰⁰ limit (suggested).

INDIVIDUAL GRATITUDE CONTRIBUTION

Name _____ Home Group _____
District _____ City _____

GROUP CONTRIBUTION

Group Name _____ Group Service ID# _____
District _____ or City _____

Please make checks payable to: **Oklahoma State Committee** or **DONATE ONLINE: aaoklahoma.org**