

January 2023



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

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Happy New Year from NECS!

We hope you all had a safe and sober holiday season! This month we have our Quarterly Delegates Meeting on the 14th. It will be held at the Unanimity Club at 9:00am. We are starting an hour early because our Delegates will be electing new members to the Board of Trustees, which can take a little longer than our typical meeting. We hope to see CSRs/GSRs/or other representatives from every group!

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!

Table of Contents

- 2: Announcements
- 3: What Does NECS Offer?
- 4: A Search for Humility and Happiness
- 5: Financials
- 6: The Oklahoma Gratitude Plan

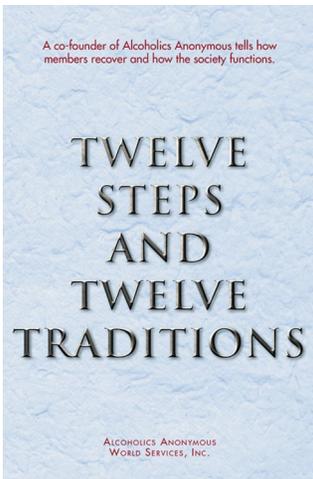
Announcements

New Group in Jenks!

Jenks Group meets Tuesdays at 6:30pm
1st Meeting on January 3rd
St. James Presbyterian Church
11970 S Elm St

New Group in Haskell!

Haskell Group meets Tuesdays at 7pm
Landmark Bible Church
221 N Broadway

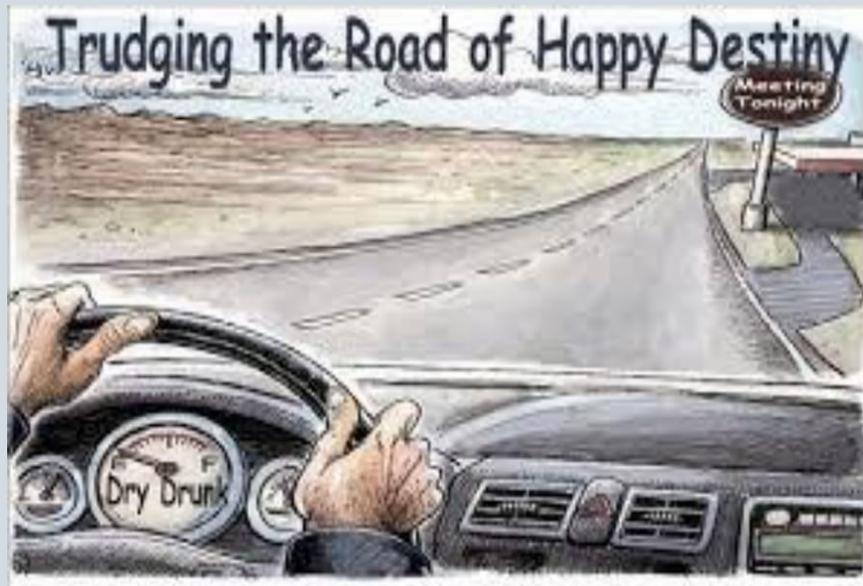


Large print **Twelve Steps and Twelve Traditions** are back in stock!

\$9 each

Pamphlet P-16, The A.A. Group, is still backordered at this time. It is now expected to be back in stock in March.





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.

A Search for Humility and Happiness

Not an End in Itself

By Rick R.

On Page 70 in my version of the 12&12 it says that "humility, as a word, is often misunderstood". When asked, what is the opposite of humility; my first guess would be Pride. Who could argue with that? It was in my 22nd year of sobriety when I had a phone call from my first wife's husband at the time and the conversation started going south. I was trying to refrain from bickering with him and when he couldn't get any traction, he made the statement that, "He had heard stories about me in the past, and that I was no angel. I thought about it for a few seconds and responded, "I've done a lot of things in my life that I'm not proud of, but I'm not ashamed of anything I've done in the last 22 years." The call ended peacefully. It didn't occur to me at the time, but in that phone call, the polarity of pride and shame was evident. About 16 years later, at a step study meeting on Step Seven, the discussion of Humility came up and I listened to all the different points of view. The memory of that phone call came back, and I questioned where humility fits in. In the 12&12 Step 5, it amounts to "a clear recognition of what and who we really are followed by a sincere attempt to become what we could be". With Pride at one extreme and Shame at the other, I see Humility right in the middle. It simply means doing the things we are supposed to be doing every day and doing them without fanfare. I always knew what I was supposed to be doing but with an overbearing sense of insecurity and neediness, seldom was I strong enough to do the right thing. I developed a sense of unworthiness that prevailed until I found a solution in the bottle which only deepened my guilt and shame. In one of my more recent articles, I explained that I was doing a little research to find the definition of the word happiness and discovered that it is often described as "a byproduct of right living, and not an end in itself" Happiness is not a goal, but it is the result of living right. A friend once shared at a meeting that, satisfying his wants will never make a person happy. Another person shared that she had read something that described it like this: "happiness is like a butterfly, the more you chase it, the farther away it gets, but when you stand still, it will land on your shoulder". If my motive is to create happiness, it's probably not going to happen. I believe that this perspective applies to Humility as well. I also believe that right living is a good start. I don't believe that anybody can claim humility for themselves, but we can see it in others, and it seems to be a by-product of the way they live. I've known some humble people, in and outside of the program, and they all have some things in common: they seldom bring attention to themselves, they never criticize others, they are always comforting, and they are always an asset and never a liability. Humble people do the things they were taught as a child. They treat others with respect. They are trustworthy, loyal, helpful, friendly, courteous, kind.... Sound familiar? I learned it in the boy scouts. I learned the Golden Rule in church, but I was never strong enough to live by it. If you're not sure what you're supposed to be doing, Read the 11th Step Prayer in the 12&12 or The Boy Scouts Laws, or try practicing The Golden Rule. That should be a pretty good start. When I found Alcoholics Anonymous, I was reintroduced to these values and helped to rein in my ego, and today I am at peace with myself and with those around me.

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

Kim M—17 years

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/2023/01/2022-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

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**