

February 2023



NECS Bulletin

4833 S Sheridan Rd Ste. 410
Tulsa, OK 74145

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

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This month we're holding a special Delegates Meeting on the 18th to vote on the 2023 budget. We'll be meeting at the Unanimity Club at 10:00 am. If your group needs a copy of the budget please contact the office via email, and we'll get it sent to you right away. Our email address is necs@aaneok.org. We look forward to seeing all the group representatives there!

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

New Group in Muskogee!

T.G.I.F. meets Fridays at Noon
Muskogee Church of Christ
3206 N York St, Muskogee, OK 74403

New Group in Tulsa!

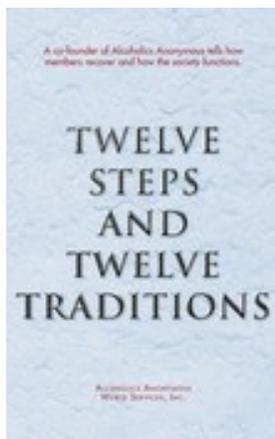
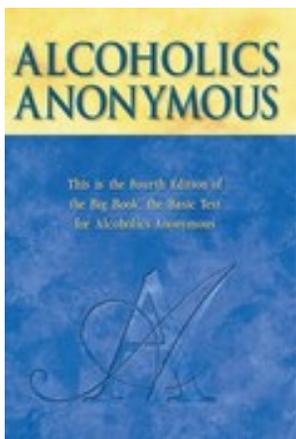
Into Action Group of
Alcoholics Anonymous
Meets Thursdays at 7pm
Coffee Bunker: 6365 E 41st St
Geared towards Military Veterans but
all are welcome
Does NOT meet on the 1st Thursday
each month

New Group in Owasso!

Steps to Freedom
Meets Thurs at 7pm & Sun at 12pm
The Loft
9902 N 161st E Ave

New Location!

A Friend of Bills (Bristow)
Now meeting at
True Vine Indian Baptist Church
615 E 4th Ave



Jacketless Hardcover Big Books
and 12&12s are now in stock!
\$9.50 & \$9.00 each, respectively

Pamphlet P-16, The A.A. Group,
is now available and in stock!
30¢ each



A Simple Program for Complicated People

Living by the Dictates of my Conscience.

By Rick R.

“Desperation” has been the great motivator for me with respect to the thoroughness that I have applied since the day I surrendered and came to Alcoholics Anonymous (A.A.) searching for solutions to my out of control drinking problem. Not everyone that comes to A.A. has that degree of desperation and that, I believe is the difference in the various degrees of success we, as individuals, have when it comes to abstaining from alcohol. The reality is that not everyone gets it on their very first attempt. With time, comes understanding and once I got beyond the initial stages of recovery, it became clear to me that alcohol did not cause my problems, although it eventually become a problem. My mental and emotional troubles started surfacing long before I ever started drinking and I now realize that the drinking masked most of my mental and emotional difficulties for a long time, but, as it happens, my tolerance for alcohol started to dissipate and the heavy drinking became an obvious problem. I failed at marriage, jobs, friendships, parenthood, and trust with just about every one that knew me. I burned so many bridges that, finally, I had no place to turn and by some miracle, I woke up one morning and, with no other options, I desperately called A. A. for help. I was finally ready and from that day on, over fifty-three years ago, I have never wanted a drink since then. The obsession to drink has never showed its face again, but had I not recognized the reason that drinking seemed to work, in the early days, and that the mental and emotional problems would be exposed when I stopped drinking and would need to be addressed if I was ever going to be at peace with myself and with the world around me. I feel fortunate that, from that very first day, I have not been in denial about my condition and have embraced, what I recognized to be, the solution to my disease and the pathway to a future of the contentment that I enjoy today as the result of that thoroughness that I have applied to every facet of my life. I had to relearn how to be a husband, a father, a brother, a friend, an employee, a neighbor, a partner, and a citizen. I had to become an asset and not a liability. I had to question my motives for everything I did and assure that I stayed on the unselfish side of the ledger. I found it helpful to revisit the spirit of the things that I learned as a child in Church, in School, and in the Boy Scouts... and apply them where the selfish and dishonest habits had ruled my life. I came to understand how my Ego had taken over all my mental properties and I had to let my Conscience slowly regain control of my virtues. The A.A. program was there when I was ready to throw in the towel and it helped me to recognize all of these changes, but it doesn't go into detail about how to meet these noble goals of how to be a good husband, father, friend,... so I had to learn from other experienced sources, the details of these neglected issues and go about re-programming my inner self to incorporate all these components of right living. These things take time, and they do not happen overnight, but I could not let that stop me from beginning this new journey and giving me a purpose for living. I am extremely grateful that the A.A. program was established just in time to be available to save this broken spirit and turn it into the person that I am today, as I override my Ego and simply live by the dictates of my Conscience.

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](#)

Anonymous—36 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. Bev Mc. Fred R.

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

<https://aaneok.org/wp-content/uploads/2023/02/2023-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**