

**November
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

Board of Trustees

- ♦ Marci M.—President
- ♦ Greg P.—Vice President
- ♦ Fred R.—Treasurer
- ♦ Jeff R.—Secretary
- ♦ Paula S.—Alt Secretary
- ♦ Amy T.—Board Member
- ♦ Ryan F.—Board Member
- ♦ Meegan M.—Board Member
- ♦ Lee J.—Board Member
- ♦ Paul M.—Alternate
- ♦ Dist. 30 Chair—Patrice T.
- ♦ Dist. 40 Chair—Josh L.
- ♦ Dist. 60 Chair—Joe E.

November is Gratitude Month!!

Gratitude boxes are available at the office if your group still needs one. Show your gratitude for your sobriety and AA by contributing to Central Service! The office is often the first point of contact for the newcomer, help us continue to help the next suffering alcoholic. And remember, gratitude is a verb—show your gratitude through your actions!

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: Desperation is a Great Motivator
- 4: Financials
- 5: Area 57 Group Contributions & Birthday Gratitude Plan

Announcements

Group Updates:

New Meeting

Skiatook Broken Brain is now meeting on Sundays at 2pm

New Group in Stilwell

The Pass it On group meets Wednesdays at 6:30pm

Stilwell Train Depot

1 US-59, Stilwell, OK 74960

East side of the Highway 59 bypass. Intersection of Highway 59 and
Division Street.

Updated Meeting Time

The Last House on the Block group in Stilwell is now meeting on Saturdays at 6:30pm at the Safehouse Foundation

419 W Division St, Stilwell, OK 74960

Desperation is a Great Motivator

Sincerity is a Great Healer

By Rick R.

Recovery in Alcoholics Anonymous (A.A.) affects people in many ways. The first and most obvious is their ability to abstain from the use of alcohol—for without that there can be no recovery. Next is the willingness to abandon the idea that they can do this on their own and to seek the help of something outside of their own failed way of thinking. Third is the act of surrendering and “buying in” completely (so to speak). At this point, the recovery process may differ depending on your age, gender, economic situation, marital status, legal woes, and other side issues. It is not our role to judge anyone who comes to A. A. seeking help, nor is it our job to bail them out of their current situation out of sympathy. That does not mean that we cannot buy a meal for a hungry soul or give them a few bucks for gas. We are recovering alcoholics and our role is to listen and to try to understand what they need from us in consistency with the principles we have learned, and relate our experiences with them. Younger arrivals are often dual addicted and the average long-term alcoholic that has not experienced the drug culture lifestyle may have a difficult time identifying with them. Recovered addicts usually share about their Rip Off mentality as a user, while the average common variety alcoholic talks about guilt and shame and the need to pay their bar-tab. A high percentage of our membership arrive in their forties in the middle of, or on the cusp of the threat of a divorce, and without experienced feed-back, make bad decisions where, in some cases, they could have salvaged their marriage and saved the children the damage caused by divorce. My main question when greeting a newcomer at a meeting is usually “What brings you to A.A.?” Usually, their response comes in the form of a complaint about the situation they are in, (divorce papers, DUI, fired from job) etc. My next question is “If that hadn’t happened, would you be here today?” Their response is usually, “Probably not.” I then explain that my first wife could have filed for divorce ten times before she was desperate enough to do it and, had she not, I would still be out there circling the drain or worse. For two years I tried to convince her to take me back, but it did not happen. Desperation brought me to the door of A.A. where I began the life I live today. This type of perspective usually gets their attention, and they often turn out to be more accepting of the need to change. Next, I will share the experience that worked for me. It may come in a sincere statement such as “I know that I have been wrong about what a husband/father’s responsibilities are and that I am an alcoholic and I believe that I’ve found the solution to my drinking problem. You have suffered from all of this, and I have learned greatly from the mistakes I have made, and I intend to do my best to make it right. Whatever the outcome is, I want to minimize the trauma to the children as we move forward.” This type of sincerity sometimes takes the pressure off and gives them some breathing room and, in some cases, opens the door to salvaging the marriage. My question is: Can you live up to these proposed actions?

Another area where sincerity and ownership of past mistakes has an unexpected outcome is in the courtroom. Judges have heard every flimsy excuse in the world and can see right through all the BS of a con artist, and they are not fooled by them. Believe me when I say that I have witnessed more than my share of these two approaches to resolving the damages of alcoholic behavior, and the sincere approach far outweighs the con job most of the time, and you cannot fake sincerity.

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. Ross D.
Mark H. Marcia L. Michael F.
Betty M. Mick C.
Bev Mc. Fred R.

2023 CONTRIBUTIONS

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

<https://aaneok.org/wp-content/uploads/2023/11/2023-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	General Service Board *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 57
NOW
accepts
online
contributions
with
VENMO!

Area 57

GROUP CONTRIBUTIONS!
THANK YOU, OKLAHOMA!



Birthday Gratitude Plan*

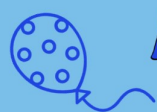
Contributions accepted by Mail!
Check or Money Order payable to:
Oklahoma State Committee
P.O. Box 18415
Oklahoma City, OK 73154-0415

PLEASE INCLUDE:
Your name,
Home Group and
Group ID (if possible),
District and City,
TY!

venmo



Area Fifty Seven
@Area-57



Area 57 Fun Facts!

*Birthday Gratitude Plan

- Originated and proposed by Ab A. and Ted R., both from OK, in 1953.
- Plan was accepted by Area 57 Assembly in 1954.
- "To give one dollar a year for each year of Sobriety, up to \$10"
- Plan was accepted by General Service Office in 1955.
- The Birthday Gratitude Plan is now used around the world.
- Thank you, Ab and Ted!