

**December  
2023**

# **NECS Bulletin**



4833 S Sheridan Rd Ste. 410

Tulsa, OK 74145

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

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**December 9, from 9am-1pm**

**Central Service will be open for all your holiday purchases! There will be snacks and hot beverages. Come shop for your sponsor and meet the board and employees and get some of that holiday spirit without drinking!**

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# Announcements

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## Group Updates:

### **New Meetings**

Broken Arrow Action has a new Open Beginners meeting!

Fridays from 10:45pm to midnight

Bartlesville Downtown has a new Women's meeting

Mondays at 5:30

### **Group Change**

As Bill Sees It Zoom Meeting is replacing

New Day Zoom meeting now  
meets only on Fridays at noon  
Zoom information is the same

# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

**1**



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

**2**



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

**3**



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

**4**



Find out about the special holiday parties, meetings, or other celebra-

tions given by groups in your area, and go. If you're timid, take someone newer than you are.

**5**



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

**6**



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

**7**



Don't think you have to stay late. Plan in advance an "important date" you have to keep.

**8**



Worship in your own way.

**9**



Don't sit around brooding. Catch up on those books, museums, walks, and letters.

**10**



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."

**11**



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

**12**



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

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# Happy Holidays

# A Life of Joy and Happiness

## I Reap More Than My Share

By Rick R.

Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore, the joy of good living is the theme of A.A.'s Twelfth Step (12&12 pg. 125). How appropriate it seems that there are Twelve Months in a year, and we have Twelve Steps in the Program. The joy of good living is the theme, and it blends right in with Thanksgiving in November, and all the Religious Holidays in December, and is topped off with the New Year's Eve celebration. The Holiday season does bring a lot of joy to most of us, but it also brings distress to some of the less fortunate ones who have not yet been blessed with the gift of sobriety and peace of mind, in and outside of Alcoholics Anonymous (AA).

I used to be uncomfortable about the holidays as I never knew how to act around normal people. I felt like a charity case and never got into the spirit of reaching out to others. My family always celebrated Christmas, and I always (due to My discomfort) would put a damper on it by complaining about the tacky gifts that people would buy for each other and the mad rush to go shopping and all the commercializing it had become. I explained this to a dear friend once, and he asked, "Does the rest of the family enjoy it?" I said yes. He then said, "why don't you just take a back seat and watch the joy in their eyes as they experience these things?" I did that exact thing and have been doing it ever since and it has changed my appreciation of this time of year.

This change of attitude has inspired me to apply the unselfish lessons that I have come to understand, and I spend the holiday season looking for the opportunity to brighten the lives of those less fortunate than myself. I often do these things anonymously and without fanfare. I also consider how I used to feel when I was the one on the receiving end of a charitable gesture and am very careful to do these things in a way that preserves their dignity. I do not have to wait for the holidays to do these things. Every day is Christmas at my home. More recently I started to contemplate the difference between Joy and Happiness, as I always thought that they were synonymous, and they are in some respects, but they do have some different qualities. I am a happy person as the result of being very diligent when it comes to working the steps of the program and practicing the principles in all my affairs. I am not without the little inconveniences and irritations that come with my day-to-day living activities, but they are nowhere near the problems I encountered prior to becoming a member of Alcoholics Anonymous. They do not lower my level of happiness because I simply take them as they come. Over a period, as I mature in this journey, my mean level of happiness continues to rise, and I am generally very happy as the result. When I look at the word Joy, I do not feel that I am in a constant state of Joy, but I do have many little things that happen on a day-to-day basis that rise above my state of happiness, and they sometimes bring tears to my eyes. We all can identify with the term "tears of joy." Even unhappy people can have tears of joy occasionally. I was introduced to the principle that "happiness is a byproduct of right living and not an end in itself." I have been living by that principle ever since and you can believe me when I tell you that I reap more than my share of joy.



# 2023 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

Teresa J—13 years

Cecile—9 years

Rick—29 years

## Faithful Fivers

Jay M.      Diana K.      Ross D.  
Mark H.      Marcia L.      Michael F.  
Betty M.      Mick C.      Tony Y.  
Bev Mc.      Fred R.

## Soberfest Contributions

**\$1621.00**

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

<https://aaneok.org/wp-content/uploads/2023/12/2023-Contributions.pdf>

## **Example of Group Contributions to A.A. Service Entities:**

**50% to Central Service**

**10% to District**

**10% to Area**

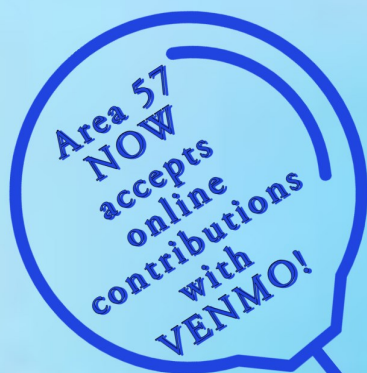
**30% to GSO**

(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
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

## GROUP CONTRIBUTIONS THANK YOU, OKLAHOMA! and

### 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!