

March
2024

NECS Bulletin



4833 S Sheridan Rd Ste. 410

Tulsa, OK 74145

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

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THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

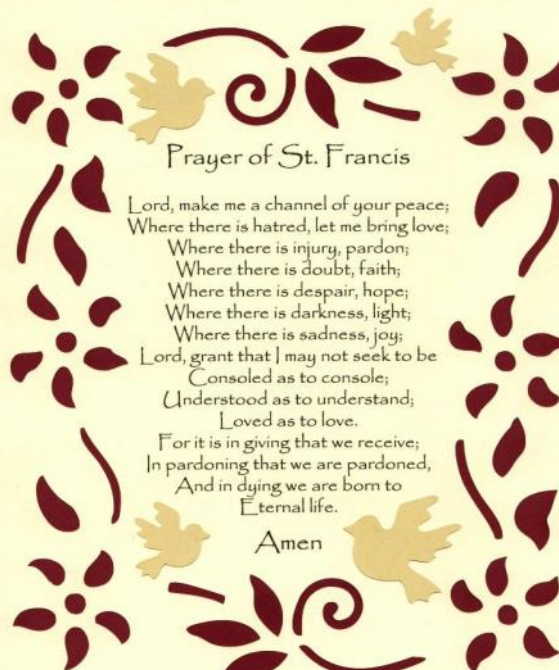


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Service Kept Me Sober!!!

I was five years sober and believed I was using Alcoholics Anonymous in all my affairs, but I was getting antsy and bored. Going to meetings just didn't seem enough. I was restless, irritable and subtly discontent.

Alcoholism was silently creeping back into my life. A friend at my home group suggested going to something called a "district meeting", that was coming up in a few weeks. This special AA meeting was inconveniently held on a Sunday, an hour and half a way. I had nothing else going on, so why not. I went to my first district meeting, confused about what was going on but very intrigued to see the passion of the other members being so involved in AA outside their home group. This was something new in my sobriety. I finally started putting all the pieces together that AA was so much bigger than me, my home group, and even my state. I got the "service bug".

I felt like this is where I truly belonged to help carry the AA message to the newcomers. So I got busy. Very busy.

From years 5 to 10 in sobriety I took on too many commitments. I put my family in the background and my marriage fell apart in part because I was changing. We grew apart. It was a very painful time in my life. I was learning to live life as a single mom. I had to learn balance. If it wasn't for my service commitments, I don't think I would have gotten through that divorce sober.

I know now that service work kept me going and working the steps helped me grow into a stronger person. Service work helped me through the stuff to keep me sober. I continued to be in the service structure but I was making sure I wasn't taking on too many jobs. I also realized that when I had several jobs, I was taking away from allowing someone else to be of service.

At my first district meeting, they were looking for a District Treatment Chair so I said I was willing and took on that position. And so the journey began there and has led me to do so many amazing jobs. From GSR to District Chair to secretary at my home group.

I have learned the longer I am in service I get the gift of meeting so many amazing people around my state. I really felt part of something big. I also got to see how big and important AA was and how hard people worked to keep the traditions whole and united.

One of the biggest struggles I see is getting more people involved in service. Lives are so busy today. People I have met feel like they just can't fit it into their schedule. I love to show people that being busy is good for their sobriety.

Learning work/life/aa/family balance is a tough one but it's worth it.

I was one month pregnant when I was elected for Alt Area Chair in my state and I asked my service sponsor, can I do this? Should I stand for this position? And she told me yes, if God wants me to have the job, I'll get the job and I will do the job well.

Today I can't imagine not being a part of the service structure, so I find a way to make it work. I plan and schedule and make sure I don't overdo it today and continue to show my service enthusiasm by carrying the message and getting more people involved.

Today I get to serve as your Area Chair and it's been the best roller coaster by far, but I say that about every job I get to serve.

Service helps me stay involved, accountable, sober, and happy.

Diane W.

Announcements

2023 Christmas Ornaments 1/2 price!

New Meetings:

Recovery on Route 66: 621 S. Roland, Bristow
Wed & Thurs 12pm—& 5pm-6:30 Tue, Wed & Fri

Group Changes:

The Sobriety Book Club in Bartlesville only meets
on Tuesday's at 6pm

Vian Awakening added 7pm, Mon & Fri meetings.

The Oak Street Group in Holdenville changed times was 7pm
now meetings are 5-6:30pm on Tues, Wed & Fri.

Personal 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

Michael F.– 32 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.

Personal Contributions

Mick C.
Elizabeth C.
Anonymous
David F.



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

CONTRIBUTIONS BY GROUPS 2024

Group	Feb 2024 Contribution	YTD
Awakening NS	\$434.84	\$654.18
Bottoms Up(Tahlequah)	\$58.32	\$58.32
Broken Arrow Wisdom	\$450.00	\$450.00
Broken Bottle Group	\$0.00	\$129.22
Catoosa Group	\$20.00	\$20.00
Checotah AA	\$50.00	\$50.00
Grove Nooners Group	\$0.00	\$125.00
Happy Hour Dry Dock	\$250.00	\$250.00
House on Jamestown	\$10.00	\$10.00
Lake Eufaula Group	\$0.00	\$50.00
Langley Group	\$25.00	\$25.00
Last Call	\$114.00	\$128.00
Last Chance	\$0.00	\$78.00
Locust Grove	\$0.00	\$15.00
Miracles Group	\$75.00	\$250.00
Muskogee Donut Hole	\$0.00	\$260.00
New Haven	\$674.36	\$674.36
ODAT	\$95.66	\$339.40
Original Westside	\$0.00	\$107.46
Owasso Group	\$0.00	\$97.52
Promises Group Grove	\$0.00	\$95.00
Rip Cord Group	\$0.00	\$169.00
Rose Garden	\$167.00	\$217.00
Serenity Harbor	\$784.31	\$784.31
Skiatook Broken Brain	\$0.00	\$500.00

CONTRIBUTIONS BY GROUPS 2024

Group	Feb 2024 Contribution	YTD
Sooner Group	\$15.00	\$30.00
SOS	\$0.00	\$540.00
South Bixby AA	\$0.00	\$210.24
Southside Traditions	\$0.00	\$151.10
Sunrise Group	\$46.88	\$81.88
Tanglewood Sand Springs	\$0.00	\$500.00
Three Legacies Grp	\$0.00	\$25.00
Tulsa Acceptance	\$0.00	\$28.83
Tulsa Big Book	\$908.56	\$908.56
Tulsa Group	\$25.00	\$50.00
Turning Point Grove	\$32.00	\$32.00
We Care Grove	\$0.00	\$45.83

February Total: \$4,235.93

Being Honest with Myself

The Denial Within Me Was Gone

By Rick R.

Years before I came to AA, I was aware that there was something dreadfully wrong with me but not one person ever suggested that I might be an alcoholic or that I should try AA. Perhaps that was due to the denial of the people around me that drank like I did. Suggesting that I had a problem with alcohol would mean outing themselves and others. Looking back on it now, I feel fortunate that I survived those last few years of failed attempts at life and when I ran out of options, I came to AA looking for answers. The denial within me was gone. My mind was open and for the first time in my life I was desperate, and I was listening. At my first AA meeting I was moved by what I heard. It was different than anything I had experienced before. The people were being honest and candid about things that only brought shame and guilt to me in the past. I felt safe for the first time in my life and could discuss those things openly, that had been taboo up until then. Prior to that, everything in my life was a façade. At that moment On October 15, 1969, my perception of the world had changed, and I have not wanted a drink since. Call it a Spiritual Awakening if you like, and it was for me, but it came in the form of a Profound Change in Perception. In appendices 2, in the Big Book, (Alcoholics Anonymous) it describes a man who had “undergone a profound alteration in his reaction to life”. I began to question all the decisions I had made in the past, and how the residue of those decisions had tarnished and eroded any chance of a successful, happy life. I became aware that the values system that I had learned as a child, at church and at the Boy Scout meetings etc. was lost in the dust and was replaced with guilt and shame. I was in trouble when I violated my own value system. I now realize that I was not a bad kid, but I was a child that was not strong enough to do the things I knew to be right. The more I broke the rules, the easier it became, and moral standards were meaningless. Soon drinking was the only thing that eased my conscience. When that quit working for me, I found myself at the door of AA. Once I had that change of perception, I knew what to do. It may be as simple as “trying to stop doing the things that I regret” but the key to it all is “Being honest with myself,” and never going back to my old way of thinking. I said that I was fortunate to have survived those last few years of drinking and that I came to AA looking for answers. Being desperate enough to ask for help was the most important part of that experience. I do not believe that anyone could have convinced me to stop drinking against my will. I may have stayed dry long enough to get the heat off, but I doubt that I would have surrendered to the degree necessary to have that change of perception and therefore no spiritual awakening. Getting off in the right direction from the start was especially important to any success I have had in AA.

I know that I only live once, and I do not want to waste one moment of the precious life God gave me.

Today, as I continue to practice all the things I have learned in the Program, it has resulted in a peace of mind that was unimaginable when I first walked through the doors of AA and, for that, I am extremely grateful.

HOW I WAS LED TO AA AND SOBRIETY THROUGH THE AA CHAT LINE.

My drinking got much worse after the death of my husband, Covid and my beloved pet. I'd known for years that I was an alcoholic, but it had become life threatening to the point I went to rehab for the first time ever. A nurse there told me she was a recovering alcoholic and that for her the only true and lasting help she'd found was through AA. After I got out of rehab I didn't have the courage to just walk into a room of strangers. But I was desperate to find a solution to sobriety that had evaded me for nearly all of my adult life. So I looked up the number of the AA chat line and the man who answered was so easy to talk to that I was pouring out my story of the shame,, remorse and guilt I'd carried for so many years. Then he asked me to hold on a minute, that he wanted his wife to join the conversation. That couple put me at such ease and made me feel hope again. They offered to pick me up to go to a meeting with them, and also suggested I join the Zoom room that evening which I did. There, on Zoom I found recovering alcoholic souls who made me feel more hopeful than I'd been for a long time, people who could share stories much like mine...people who were like a cheerful and loving family. I haven't had a drop to drink since, and I thank God for the AA chat line and all the wonderful people of AA.

Carolyn F. 1/12/22

We are asking all who's lives have been touched by Northeast Central Service to please write your memory for the newsletter that comes out each month and is posted on the website Home page, just like Caroline with her story above you can read how the office has made a difference in your life. You can email your submission to

necs@aaneok.org,

thank you for you time and consideration.

Office tally sheet: for February 2024

Phone calls: 172

Over phone sales: 7

People in Store/Customers: 208

Office tally sheet: for January 25-31, 2024

Phone calls:37

Over phone sales: 5

People in Store/Customers: 55

My apologies to those I have omitted, it was not intentional and I will be more alert to that fact.

I'm human and do learn from my mistakes hopefully. I am a work in progress.



Poem by Janet P.

You all mean so much to me, without you all I don't know where I'd be...

Divorced-confused-unhappy with my life, But no I'm married, at peace, a great mom and wife...

So I'm thankful-I'm grateful and receiving all of Gods Grace- I'm more myself every day not hiding but showing my face...

We share special-glad-sad thoughts and experiences every day- Truly listening to what-each have to say...

Our guardian angels are right here-There is just nothing to fear...

Sitting in this sweet little room, sharing out hearts and more-good and bad we fear not and change from who we were before...

I give you all my gratitude and love-for the gifts I have received and praise God for the recovery from above...

So through all this time more than friends through and through may all you be at peace with the past and your dreams all come true...

**Thank You to all those who cooked Chili, Cornbread,
Groups who contributed raffle gifts, those who helped to make
the event possible!**

Special Thanks to:

<i>Escaping Disaster-</i>	<i>NEC& Board</i>
<i>12 & 12 Group</i>	<i>Together</i>
<i>Alice M.</i>	<i>NEC& Employees</i>
<i>Amy J</i>	<i>New Haven</i>
<i>Anne C.</i>	<i>Evening Sunrise Grp</i>
<i>Ariel H.</i>	<i>Genesis Group</i>
<i>Awakening N& Group</i>	<i>Going to Any Lengths</i>
<i>BA Action</i>	<i>Happy Hour</i>
<i>Bad Girls Meeting</i>	<i>Havenets</i>
<i>BA Wisdom</i>	<i>Hope G.</i>
<i>Creager Audio</i>	<i>Jenks Group</i>
<i>Christina G.</i>	<i>John M.</i>
<i>Christy M.</i>	<i>Lambda Group</i>
<i>Chris-Tanglewood</i>	<i>Last Chance Group</i>
<i>Dave D.</i>	<i>Meegan M.</i>
<i>Diana W.</i>	<i>Midtown Men's Group</i>
	<i>Miracles Group</i>
	<i>Nancy C.</i>
	<i>To all those we Forgot, please Accept our apologies!</i>



GRAND TOTAL: \$1672.25 before supplies subtracted!



KINDLY JOIN US FOR THE NECS

CS Rep Meeting

@ The Unanimity Club

Make sure your CSR/CSR attends!

APRIL
13th
10 AM

All are welcome!

8749 S Lewis Ave, Tulsa

Zoom ID: 429 010 1394