



AREA 57 COMMUNITY

Oklahoma's A.A. Newsletter

Check out YOUR OK A.A. website at aaoklahoma.org

Keeping Oklahoma Fellowship Informed

2025 1st Quarter

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Thank you for being a part of your
Area 57 Newsletter!
for more information:
newsletter@aaoklahoma.org



Chapter 7 WORKING WITH OTHERS

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.



*Happy Holidays
to all
and enjoy the gifts
of giving!*

The purpose of human life is to serve, and to show compassion and the will to help others.

Albert Schweitzer

Don't Forget! 

Mock Conference is where our members discuss the upcoming General Service Conference agenda items to help inform the Delegate of our Area conscience on matters affecting AA.

Schedule for 2025 Area Meetings:



Sundays

March 23, 2025

June 22, 2025

September 14, 2025

December TBA



Area 57 Office Information:
Website: www.aaoklahoma.org
Phone: 405-842-1200
secretary@aaoklahoma.org
Mailing Address:
P.O. Box 18415, OKC, OK 73154
Physical Address:
4509 Classen, #101. OKC OK 73118



Area Meeting

Sunday

March 23, 2025

9:00 a.m. Registration
(No fee, sign-in only)

9:30 a.m. Meeting Begins

Mock Conference

To help our Delegate prepare for the General Service Conference, we will divide into groups to review and discuss the Agenda items.

All are welcome!

Embassy Suites OKC
741 North Phillips Avenue
Oklahoma City, OK 73104

Your Area 57 Panel 75 Officers and Committee Chairs

January 1st 2025-January 1st 2027

Area Chair Diane W.
Alt. Area Chair Gary K.
Area Delegate Ryan F.
Area Alt. Delegate Bryan T.
Area Treasurer Curt L.
Area Alt. Treasurer Jennifer N.
Area Secretary Novie H.
Area Accessibilities Chair Maria E.
Area Archives Chair Gabe S.
Area Bridge the Gap Chair Julie S.
Area Corrections Chair Tony P.
Area CPC Chair Marina T.
Area Grapevine Chair Scott B.
Area Gratitude Chair Joann D.
Area Newsletter Chair Mary Beth H.
Area Policy & Procedures Chair Sharon S.
Area Public Information April W.
Area Technologies Chair Josh L.
Area Treatment Chair Josh A.
Area Webmaster Laura T.
Area 2024 State Conference Chair Laura T.
Area Archivist Mark Mc
Area Recorder Nancy C.
Area 2024 Fun in the Fellowship Chair Reba H.

chair@aaoklahoma.org
alt-chair@aaoklahoma.org
delegate@aaoklahoma.org
al-delegate@aaoklahoma.org
treasurer@aaoklahoma.org
alt-treasurer@aaoklahoma.org
secretary@aaoklahoma.org
accessibilities@aaoklahoma.org
archives@aaoklahoma.org
bridgethegap@aaoklahoma.org
corrections@aaoklahoma.org
cpc@aaoklahoma.org
grapevine@aaoklahoma.org
gratitude@aaoklahoma.org
newsletter@aaoklahoma.org
policy_and_procedures@aaoklahoma.org
pi@aaoklahoma.org
technologies@aaoklahoma.org
treatmet@aaoklahoma.org
webmaster@aaoklahoma.org
conf_chair@aaoklahoma.org
archivist@aaoklahoma.org
nancy-creager@cox.net
fif_chair@aaoklahoma.org



for more information go to aaoklahoma.org

STATE CONFERENCE 2025

Are you Registered?

PLEASE help support your Conference and register early!
Thank you!

Area 57 presents:

WE THRIVE IN '25

OKLAHOMA STATE CONFERENCE

MAY 16-18, 2025
EMBASSY SUITES - NORMAN, OK

Our Guest Speakers:

- AA - Paul M., Rockaway Beach, NY
- AA - Tara R., Stewart, FL
- AA - Tami P., Santa Rosa, CA
- Al-Anon - Mike M., Oklahoma City, OK
- GSO - Teresa J., SWR Trustee, Albuquerque, NM

Conference Activities:

- The Delegate's Report
- Service Fair
- AA Speakers
- Al-Anon Speaker
- First Timer's Panel
- Long Timer's Panel
- Marathon Meetings
- Entertainment
- Hospitality Room
- Sobriety Count Up/Dn
- Fellowship & Fun!

Hotel Reservations:

Embassy Suites by Hilton Hotel & Conference Center
 2501 Conference Drive, Norman, OK 73069
 For Reservations and Conference discounted rate: 1-800-EMBASSY
 (1-800-362-2779) contact Hotel by: April 25, 2025, Group Code: 92Q
 Room Rate: \$144 per night (plus tax & fees) King Suite or 2 Queen Suite



PLEASE
 support your
 Conference
 and Register
EARLY!

\$30 NOW!
 \$35 at the Door



Conference Registration:

First Conference?
 Yes ___ No ___

Name: _____

Name on Badge: _____

Home Group: _____

City / State: _____

Phone: _____

Email: _____

AA ___ Al-Anon ___ Alateen ___

Interpreter? Yes ___ No ___

Spanish ___

ASL ___

Other Accessibilities? Yes ___ No ___

Contact: conf_chair@aaoklahoma.org

Thank you for your
 Contributions to help
 carry the message!



Checks payable to:
 OK State Conference '25
 Mail to: 801 Sky Court
 Norman, OK 73026

\$30 NOW!
 \$35 at the Door

Registration: \$ _____

Contributions: \$ _____

Total Amount: \$ _____

El Área 57 presenta:

PROSPERAR EN EL '25



Conferencia Estatal de Oklahoma

MAYO 16 al 18 del 2025
EMBASSY SUITES - NORMAN, OK

Nuestros oradores invitados:

- AA - Paul M., Rockaway Beach, NY AA
- Tara R., Stewart, FL AA
- Tami P., Santa Rosa, CA Al-Anon
- Mike M., Oklahoma City, OK
- OSG-Teresa J., Custodia de la Region Suroeste, Albuquerque, NM

Actividades de la conferencia:

- El Reporte del Delegado
- Feria de Servicio
- Oradores de AA
- Oradores de Al-Anon
- Panel para Nuevos
- Panel de Veteranos
- Maratonicas
- Entretenimiento
- Habitación de Hospitalidad
- Conteo de Sobriedad
- Compañrismo y Diversión

Reservaciones de Hotel:

Embassy Suites de Hilton Hotel y Centro de Conferencia
 2501 Conference Dr. Norman, OK 73069
 Para Reservaciones y Conferencia a costo reducido llame: 1-800-362-2779
 Contacte al Hotel antes del 25 de Abril del 2025 Código de Grupo: 92Q
 Costo de Habitación: \$144 por noche (más impuestos y tarifas)
 Una Suite King o Una Suite con 2 Queens



Apoye a la Conferencia y Regístrese Por Adelantado



\$30 Ahora!
\$35 A la Entrada



Registración para la Conferencia

Primera Conferencia?
Sí _____ No _____

Nombre en el Gafete _____

Grupo Base _____

Ciudad/Estado _____

Telefono _____

Email _____

AA _____ Al-Anon _____ Alateen _____

Intérprete: Si _____ No _____ : ASL _____ Español _____

Otras Accesibilidades: Si _____ No _____

\$30 Ahora \$35 En la Entrada

Contacte: conf_chair@aaoklahoma.org

Gracias por su contribución para pasar el mensaje!

Haga cheques a nombre de:
 OK State Conferencia '25
 Envíe a: 801 Sky Court
 Norman, OK 73026

\$30 Ahora
\$35 En la Entrada

Registracion: \$ _____
 Contribucion: \$ _____
 Total: \$ _____



Diane W.

Diane W., Area 57 Chair

Hello Area 57,

As I am getting ready to rotate out and help our new incoming Area Chair get ready for the position, I can't help but think of how grateful I am to serve Area 57 these past two years.

Gratitude is a central tenet of Alcoholics Anonymous. This means that gratitude is essential for recovery from alcoholism. There are many ways to practice gratitude in AA. One way is to simply say "thank you" to others. This can be done for anything, from a small gesture to a major life event. Gratitude is not just about being thankful for what you have. It is also about taking action to help others. This is because gratitude is a form of love. When you are grateful for something, you are acknowledging that it is a gift. And when you love something, you want to take care of it. In AA, this means taking action to help others recover from alcoholism. Gratitude is a powerful force that can change lives. It can help you to stay sober and to live a happy and fulfilling life. By practicing gratitude, you can help yourself and others to recover from alcoholism.

I have truly loved serving our Area and it has been such a great experience. This definitely was not on my bucket list of things to do in AA when I first walked into the rooms 18 years ago. It shows me that we really have no idea what God's plans are for us and my only job for today is to keep putting one foot forward and to continue taking action to carry the message so AA will always be available for the next suffering alcoholic.

Thank you Area 57 for allowing me to serve!

Diane W.
Area 57 Chair

SPIRIT OF ROTATION

In the fellowship of Alcoholics Anonymous, the principle of rotation is a cornerstone of our organizational structure and spiritual practice. This concept, which involves regularly changing leadership roles, ensures that no single member holds too much power or influence, fostering a spirit of equality and shared responsibility. It is the season not only for gratitude, but also for the rotation of our leadership positions.

Why Does Rotation Matter?

- 1. Prevents Burnout:** Serving in a leadership role can be demanding. By rotating positions, we prevent burnout and ensure that no one member becomes overwhelmed by their responsibilities. This helps maintain the overall health and vitality of our members who serve AA.
- 2. Encourages Participation:** Rotation encourages more members to step up and take on leadership roles. This inclusivity strengthens our community, as diverse perspectives and talents are brought to the table.
- 3. Promotes Humility:** One of the spiritual principles of AA is humility. God's will cannot shine through our ample alcoholic egos. By rotating roles, we remind ourselves that no one is indispensable and that the group is more important than any individual. This helps us stay grounded and focused on our primary purpose: to stay sober and help other alcoholics achieve sobriety.
- 4. Ensures Fresh Ideas:** New leaders bring fresh ideas and perspectives, which can invigorate our activities. This continuous infusion of new energy helps keep us dynamic and responsive to the needs of our new and existing members.
- 5. Fosters Unity:** Rotation helps to distribute the workload evenly among members, fostering a sense of unity and shared purpose. When everyone has the opportunity to contribute, it strengthens our bonds and reinforces the idea that we are all in this together.

The principle of rotation is vital to the health and sustainability of Alcoholics Anonymous. It ensures that our groups, districts, areas, and trusteeship remain vibrant, inclusive, and focused on our mission. By embracing rotation, we honor the spirit of AA and continue to support each other on our journey to sobriety.

Also, don't forget to register for the 2025 Area 57 Conference! GO CONFERENCE!

-Laura T.
2025 Area 57 Conference Chair
Outgoing Area 57 Webmaster



Leadership in A.A.: Ever a Vital Need

(Excerpts from Bill W.'s article in the April 1959 Grapevine.
See Concept IX, page C29 of "Twelve Concepts for World Service" for the full article)

Somewhere in our literature there is a statement to this effect: "Our leaders do not drive by mandate: they lead by example." In effect, we are saying to them, "Act for us, but don't boss us...." Therefore, a leader in A.A. service is a man (or woman) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own — well, he really isn't a leader at all....



Bill W.
William Griffith Wilson
11-26-1895 to 1-24-1971

Good leadership originates plans, policies, and ideas for the improvement of our Fellowship and its services. But in new and important matters, it will nevertheless consult widely before taking decisions and actions. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source....

Good leadership never passes the buck. Once assured that it has, or can obtain, sufficient general backing, it freely takes decisions and puts them into action forthwith, provided, of course, that such action be within the framework of its defined authority and responsibility....

Another qualification for leadership is give-and-take, the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction. Compromise comes hard to us all-or-nothing drunks. Nevertheless, we must never lose sight of the fact that progress is nearly always characterized by a series of improving compromises. We cannot, however, compromise always. Now and then, it is truly necessary to stick flat-footed to one's conviction about an issue until it is settled. These are situations for keen timing and careful discrimination as to which course to take...

Leadership is often called upon to face heavy and sometimes long-continued criticism. This is an acid test. There are always the constructive critics, our friends indeed. We ought never fail to give them a careful hearing. We should be willing to let them modify our opinions or change them completely. Often, too, we shall have to disagree and then stand fast without losing their friendship.

With love and appreciation

Area 57 Panel 73 Officers 2022-2024

- Ryan F. - Delegate
- Bryan T. - Alternate Delegate
- Diane W. - Chair
- Gary K. - Alternate Chair
- Curt L. - Treasurer
- Jennifer N. - Alternate Treasurer

★ Thank you for your service to our A.A. fellowship.
Area 57 is grateful for your excellent works; they have made a significant impact on A.A. in Oklahoma.

HUGE THANKS!

Area 57 Secretary
Novie H.
and
Area 57 Recorder
Nancy C.

Thank you for your service to Area 57 and being helpful to others behind the scenes.
Thank you for being available at every Area Meeting to ensure our records are accurate!

2022-2024 Area 57 Committee Chairs

Maria E.
Accessibilities

Gabe E.
Archives

Tony P.
Corrections

Julie S.
Bridge the Gap

Scott B.
Grapevine

Marina T.
Cooperation with the Professional Community

Sharon S.
Policies & Procedures

Josh A.
Treatment

Joann D.
Gratitude

April W.
Public Information

Mary Beth H.
Newsletter

Laura T.
Webmaster

Amy T.
State Conference

Josh L.
Technologies

Reba H.
Fun in the Fellowship

Mark M.
Archivist

Thank You! for setting an outstanding example of Area 57 Service!



Hello Area 57,

I want to take a moment to express my heartfelt gratitude for the opportunity to serve as your Delegate. Being elected to represent our Area at this level has been an honor, and your trust and confidence in me have deeply humbled me. This role has been a profound experience, and I've approached it with a deep sense of responsibility to carry forward the message of unity and service on behalf of our fellowship.

Over the past two years, it has been a rewarding journey filled with learning, collaboration, and service. From participating in workshops and committee meetings to engaging directly with the fellowship, every experience has been a reminder of the incredible work we do together. Whether attending the Southwest Regional Forum, SWRAASA, contributing to the group inventory process, or connecting with our trustees, these moments have shown me the power of collective action and dedication to our principles.

As my time in this position begins to wind down and I prepare to rotate out, I want to reflect on how much this experience has meant to me. Serving as your Delegate has been a privilege, and I am grateful for every opportunity to represent and serve our Area. I look forward to supporting and encouraging those who will step into this role next, as rotation ensures that the wisdom and energy of new voices continue to move our fellowship forward.

Please know that I remain available to share updates, answer questions, or simply connect as we transition this responsibility. You can reach me by email or phone anytime—I'm here to help in any way I can.

Thank you again for this incredible opportunity to serve and the privilege of carrying your voice to New York. I look forward to seeing what we can accomplish together in the future and am confident in the strength and spirit of our fellowship.

In love and service,
Ryan F.
P72/A57 Oklahoma Delegate

Ryan F., Panel 72, Area 57 Delegate

Bryan T. Panel 73 Area 57 Alternate Delegate

Area 57,

As I type this, we are just a few weeks out from our December Area meeting. I can't wait to see everyone again, and hope that all new or incoming GSRs and DCMs attend to be a part of the breakout sessions to help set them up for their new positions, emphasizing how their service directly contribute to our primary purpose.

I've attended the joint services meetings in OKC and Tulsa whenever it did not conflict with other AA commitments.

The Inventory Committee also met one last time to discuss how to hand off the inventory to the DCMs. I will give a final report about this at the December Area meeting, but suffice to say I can't wait to see what's next with that.

Primarily, however, I have been getting ready to rotate into the role of delegate for our Area, staying in close contact of course with our outgoing delegate Ryan. I am likewise chatting regularly with the other delegates in our region as we all begin to get ready for the 75th general service conference in New York in April. This includes of course monthly meetings with our SW region trustee, Teresa. The final agenda items will be made available to the fellowship in the next few months. Stay tuned for more about how you will have the opportunity to share your feedback and the conscience of our Area. I am so looking forward to representing Oklahoma at conference, which is right around the corner.

See you all very soon! Or sooner!

Bryan T.
P73/A57 Alternate Delegate

Bryan T.



November is Gratitude Month

November is my favorite month of the year. Why?

To start, November 1 is a highly anticipated day. That's when all the Halloween candy is marked down to half price. Braum's eggnog shows up on the shelves. It's the best! (Even more so without the bourbon.) Speaking of good nutrition, there's always Thanksgiving. By then I'm usually up about 10 pounds.

I had the distinct privilege of serving in the United States Air Force from 1989 to 1992, and being deployed during Operation Desert Storm. So Nov. 11, Veteran's Day, is a day that I revere. However, and for me more importantly, November 11, 2012, began what is now 12 years of continuous sobriety. Oorah!

And lastly, November 17, 2024, concluded my 68th year around the sun. On that very day District 20 elected me to be their chair. I am truly honored and humbled with this appointment. I am especially grateful to my home group, Lakeside Serenity, for introducing me to AA service. I promise all members of my district to be vigorous, thorough, and enthusiastic about us taking the message to those who suffer. I'll be calling on many of you to help me, for advice, and to fill positions of service.

I plan on working closely with our area chair, Jason B, our DCM's, and our committee chairs, as well as with other districts. District 20 is going to shine!

Please do not hesitate to call on me for any questions, comments, critiques, or suggestions. I am open to all. And you can hit me up for banjo lessons anytime, or not!

In Love and Service,
Ned H., District 20 Chair
Lakeside Serenity Group



Ned H.

Gary K., Area 57 Alternate Chair

Greetings Oklahoma Trudgers,

As I sit here on the eve of Thanksgiving, a season deeply rooted in gratitude, I can't help but reflect on my incredible service journey here in Oklahoma. Back in January 2017, a shift in my professional life brought me to Tulsa, Oklahoma. Feeling like a newcomer, I took the advice of my sponsor to heart, find a Home Group and find people to help. It wasn't long after I arrived that I attended my first District 30 meeting—and, true to form, they quickly put me to work!

Serving the members of Area 57, Oklahoma, has been one of the greatest blessings of my life. If you've heard my story, you'll know that I faced a particularly tough season in sobriety around my eight-year mark. I truly believe that service to this beautiful fellowship carried me through those challenging times. For that, I owe all of you a debt of gratitude that words can hardly express.

As we welcome the incoming Area Committee, I want to extend my heartfelt congratulations. We are so fortunate to have a remarkable group of trusted servants stepping in, and I know they will serve us with dedication and grace.

Looking ahead, I have just one humble request for our new area committee: as we navigate our path forward, let's work together to bridge the divide in our fellowship regarding how we approach business at the area level. In reviewing the notes and surveys from our area inventory, it's clear there are differing perspectives, some feel we should follow the service manual more closely, while others are drawn to maintaining the ways we've always operated. My ask is this: take time to listen to one another, to our fellowship, and seek common ground. I truly believe that compromise is within our reach if we approach one another with love, open hearts and a willingness to understand. And always be prayerful and invite God into the conversation!

Consider the following from the Leadership Essay written by Bill W.:

Another qualification for leadership is "give and take" - the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction. Compromise comes hard to us "all-or-nothing drunks." Nevertheless, we must never lose sight of the fact that progress is nearly always characterized by a series of improving compromises.

I look forward to whatever God has in store for me and continued service to our fellowship and Area 57. I Love You all and please do not hesitate to reach out if I can do anything for you, your group, or your district. I am standing by to serve you! For serving you has been the bright spot in my sobriety.

In Love and Service,

Gary K.
Alternate Chair, Area 57, Oklahoma



Gary K.

G.S.R. General Service Representative

Your group's link
to A.A. as a whole

This is A.A. General Service Conference-approved literature.

G.S.R. General Service Representative

Just as you rely on your group for help in your personal recovery, so the A.A. groups of Canada and the U.S. rely on the General Service Conference in maintaining the unity and strength of our Fellowship — our obligation to all the alcoholics of today and tomorrow. It's up to you to keep two-way communication going between your group and the Conference. Via your DCM and your delegate, you can see to it that your group's conscience on matters of importance to all A.A. becomes a part of the consensus when these matters are discussed at the annual Conference meeting in April. In return, you can enable your group to benefit from the meeting's sharing of experience among area delegates and the other Conference members. Your DCM may want to present your delegate's report at a special group meeting. The DCM receives a copy of the Conference Final Report, a full account of proceedings. Copies of the report are available to groups upon request.

Group services

As GSR, you are "group contact" in the original sense, too. Upon your election, your name and address are sent (by you or your group secretary) to the secretary of your area committee, or your district or area registrar and to GSO. (Be sure to include, as well, the name of the GSR you are replacing, so the records won't be confused.) You will be listed as contact for your group in the Fellowship Connection database.

In return, GSO sends you the GSR Kit (or check GSO's website, aa.org, for some of its contents), and the quarterly bulletin Box 4-5-9. You use these — and share them with the other members of your group. Are some pamphlets marked "new" on the Literature Order Form? Check the literature rack to make sure your group is offering all the sobriety tools available. Does Box 4-5-9 carry news of a future International Convention? Spread the happy word.

Because you've made a special point of studying the information listed at aa.org, you can help when your group faces a problem involving one of the Traditions. You don't have to know all the answers — no one member possibly could — but you learn where to look for good suggestions, drawn from broad A.A. experience.

Thinking of Tradition Seven particularly, you work with the group treasurer to remind your group of its part in keeping all of A.A. self-supporting. You explain the importance of financial support of your intergroup/central office, GSO, district and area committee, and the Birthday Plan for individual contributions. Contributions can also be made online through aa.org as recurring monthly, quarterly or annual contributions.

Since you're in touch with A.A. throughout your area, you can bring to your group the news of upcoming local conventions. As GSR, you share with your fellow members the joy of widening A.A. horizons. Information you'll need.

On the general service structure: The A.A. Service Manual/Twelve Concepts for World Service, "Inside A.A." and "Circles of Love and Service" — all in the GSR Kit; in addition, the Conference Final Report, and the video "Your A.A. General Service Office, the Grapevine, and the General Service Structure" (DV-07). 10 On the Traditions: "A.A. Tradition — How It Developed" (kit); also Twelve Steps and Twelve Traditions.

On the general service structure: The A.A. Service Manual/Twelve Concepts for World Service, A.A. Comes of Age, and "The Twelve Traditions Illustrated."

On group affairs: "The A.A. Group" and "Self-Support: Where Money and Spirituality Mix" (both in the kit); the A.A. Guidelines (listing of titles and prices in the Literature Catalog), which suggest ways your group can work with other groups and with agencies outside A.A.

Financial Support: Current experience indicates that many groups provide financial support for their general service representatives to attend service functions. When your group elects a GSR You remember, as the cover of this leaflet says, that "the GSR is your group's link to A.A. as a whole." The GSRs of the U.S. and Canada are the very foundation of our general service structure. Through your GSR, you can make your group's voice heard at district meetings, at area assemblies, and eventually at the General Service Conference. Through your GSR, your group is strengthened by the shared experience of the other U.S. and Canadian groups, just as your own sobriety is strengthened by the shared experience of other A.A. members. When and how

The two-year terms of an area's GSRs coincide with those of its DCMs and Conference delegate. So a group usually elects its GSR before the assembly meeting at which the delegate is elected. September is a good month, since that gives the new GSR time to study the responsibilities of the job before taking office — most often on January 1, along with the new DCMs and the new delegate.

An informed group enjoys a special election meeting, where a member with a solid background in service work explains the function of the GSR, and a currently available DVD or CD (from www.aa.org) that explains the functions of GSO may be played.

Procedures for electing a GSR are the same as for any other group officer. There should be time for nominations from the floor, then for written ballots. A plurality is usually enough for election.

Prompt notification about your choice of GSR is essential. If your district or area committee and GSO do not have your new GSR's name and address, communication breaks down.

At the same election meeting, it is important also to elect an alternate GSR (by the same voting procedure). The two will work together closely, so that the alternate can be a knowledgeable replacement if the GSR is unable to attend a district or area meeting.

What happens if your group's GSR is elected committee member for your district? Then the alternate automatically becomes your GSR — an extra reason for care in filling both offices. The makings of a good GSR.

Two or three years' sobriety is generally the required minimum. Active membership in a home group — yours — is also important, and your GSR should hold no other offices in any group.

Prior A.A. service experience provides a long head start for a GSR's success. Consider former group officers and members who have shouldered responsibility at your intergroup or central office or on special committees.

Does your group include people who already have a keen interest in the Twelve Traditions and the service structure? If so, you're in luck!

Look for the same character qualities that mark a good trusted servant of any sort (and a good A.A.): patience, understanding and a firm determination "to place principles before personalities."

Most future Conference delegates will come from the ranks of today's GSRs. So your choice now can help to insure good representation for your whole area in years to come and continuing vitality for our General Service Conference — the heart of our co-founders' Third Legacy to all of A.A.



Go to aa.org for this pamphlet

"By choosing its most qualified member as GSR, a group helps secure its own future — and the future of A.A. as a whole."

When you're a general service representative (GSR)

You are linking your home group with the whole of A.A. In 1950, a new type of trusted servant, "group representative," was suggested to help in the selection of delegates to the newly formed General Service Conference. By 1953, the job of group representative was also seen as a good means of exchanging up-to-date information between individual groups and "Headquarters" (now the General Service Office). That's still an important side of your work. But now, as general service representative, you have an even bigger responsibility: You transmit ideas and opinions, as well as facts; through you, the group conscience becomes a part of "the collective conscience of our whole Fellowship," as expressed in the General Service Conference. Like everything else in A.A., it works through a series of simple steps. For the complete picture in detail, read *The A.A. Service Manual*.

At district meetings, you join with GSRs from other groups. Perhaps you've already worked with an intergroup or central office, where groups band together to help alcoholics just in your locality. But your general service district is the second link in an entirely different chain, which extends much farther. Your district is one part of a general service area. With your fellow GSRs, you elect a district committee member, and all the DCMs make up the area committee. Now, do you just sit back and let your DCM take it from there? No! GSRs stay very much in action in each of the 93 areas in the U.S. and Canada.

You attend area assemblies four times a year (in most areas). At the electoral assembly (held every two years), along with the other GSRs and the DCMs from the whole area, you elect committee officers — and your area's Conference delegate. — the heart of our co-founders' Third Legacy to all of A.A.

D.C.M. District Committee Member

This is A.A. General Service Conference-approved literature

Your D.C.M.

District
Committee
Member

What is a DCM?

The heart of A.A. is the group, which elects a general service representative (GSR). The GSR attends district meetings that are made up of the groups in that district. The GSRs elect a district committee member (DCM). Thus, the DCM is the vital link between the group's GSR, and the area service structure, including the area's delegate to the General Service Conference.

Where does the DCM come from?

GSRs in each district usually elect their DCMs. The qualifications for a good district committee member are not complicated: background in A.A. service work that goes with the GSR job, and perhaps some central office/intergroup service; enough sobriety (say four to five years) to be eligible for election to area office; and the time and energy to serve the groups and district well.

When is the DCM elected?

DCMs are usually elected before the area assembly meeting at which the delegate is elected. Some areas, however, rotate half their committee members each year.

How long does the DCM serve?

Most DCMs serve for a two-year period.

What does the DCM do?

The DCM carries the collective group conscience of the A.A. groups in the district to the area committee. Among the two-way communication responsibilities of the DCM are:

- Holding regular meetings of all GSRs in the district.
- Assisting the delegate in obtaining group information in time to meet the deadline for appropriate A.A. directories.
- Keeping GSRs informed about Conference activities.
- Acquainting GSRs with The A.A. Service Manual, Box 4-5-9, and other A.A. literature.
- Holding workshops on carrying the message of the Seventh Tradition to nonsupporting A.A. groups.
- Holding sharing sessions on just about any service subject.
- And, of course, making a regular practice of talking to groups (new and old) on the responsibilities of general service work.

Are there growing responsibilities for the DCM?

Continuing growth of the Fellowship brings new opportunities for service to the DCM. As the numbers of groups in an area increase, the maintenance of a vital active link between the groups and the Fellowship as a whole becomes a challenge to the DCMs. By maintaining active contact, both with the groups in the district and with the area delegate, the DCM is a key link in ensuring that all the A.A. groups are aware of the importance of their total participation in local, district, area and world services.

Go to aa.org for this pamphlet

"It did not satisfy us to be told that we could not control our drinking just because we ... were outright mental defectives. These things were true to some extent, in fact, to a considerable extent with some of us." - Alcoholics Anonymous

OUTRIGHT MENTAL DEFECTIVES 2025

January 24-26th, 2025

St. Crispin's Conference Center • 36302 SH-9 • Wewoka, OK 74884

Facilitated by:
Joe C. (Palm Coast, FL) & Tommy T. (Staten Island, NY)

Registration: \$300 - Includes weekend program, hotel-style room, T-shirt, snacks & all 5 meals

This is an "ALL-IN" Experience, and we SUGGEST registering only if you will be present for the entire weekend. Refunds will be considered on individual basis.

PLEASE register online at:
<http://tinyurl.com/OMDRetreat2025>
or scan the QR code to the right.



Name: _____ Email: _____
Address: _____ City, State: _____ Zip: _____
Phone#: _____ T-Shirt Size: _____ Sobriety Date: _____
Home Group: _____ Sponsor's Name: _____

** If registering offline, send above registration form and check/money order to:
Chuck Knutter, 430 NW 12th St., Apt 204, Oklahoma, OK, 73103

DISTRICT 30 WINTER CONFERENCE

JANUARY 24 - 26, 2025

Claremore Conference Center
1400 W Country Club Road Claremore, OK 74017

La Quinta Inn & Suites by Wyndham Claremore
774 S Lynn Riggs Blvd Claremore, OK 74017
Call hotel at 918-965-1877 & mention D30 Winter conference for a rate of \$90 + tax.



REGISTRATION \$25
<https://www.district30aa.com>

Dave C - Dallas, TX
Melisa S - Stuart, FL
Mark B - Little Rock, AR
Lori G (Al-Anon), OKC
Scott S - Stuart FL
Joy H - Shawnee, KS

Scholarships available upon request

For more information on the events listed, please go to:
aaoklahoma.org
okcintergroup.org
or
aaneok.org

21st Annual Southwest Unity Conference

SUNLIGHT of the SPIRIT

21-23 February 2025



SPEAKERS
Joann D. AA Norman, OK
Andy D. AA Norman, OK
Leigh Ann W. AFG Bowling Green, KY
Mary Beth H. Guthrie, OK
Kathleen L. AFG Lawton, OK
Jeff G. AA OKC, OK

Pre-Registration
\$30, if received by 7 February
\$35 at the Door
(Registration begins 4:30 Friday)
1st Speaker is at 8pm

Sunlight of the Spirit

- ACTIVITIES:**
- Night Owl Meetings
 - Women's Meeting
 - Entertainment (Trivia, Music, Bingo)
 - Morning Meditations
 - Hospitality Suites
 - Sunrise over the lake
 - Sunset over the mountains
 - Yoga (Bring your own mat)
 - Hiking
 - Friends, Fellowship & Fun!
 - Fishing
- *must have OK fishing license.

For information or flyers, email us:
sosconference@yahoo.com

Quartz Mountain Resort Arts & Conference Center

- Book by 10 January to ensure lodging availability.
- Lodge website: www.quartzmountainresort.com
- Special Conference room rates \$147 prior
- Please identify yourself as a Southwest Unity Conference participant use code.
- Reservations: 580-563-9174 **discount code 1377.**
- All rooms blocked til 10 January.

*To have a pre-printed badge, pre-registration must be received by 7 February

Mail this form with a check written to: SW UNITY CONFERENCE, PO Box 3464, Lawton, OK 73502

Name: _____ AA _____ Al-Anon _____ Home Grp: _____
Badge Name: _____ AA _____ Al-Anon _____ Home Grp: _____
Name: _____ Badge Name: _____ AA _____ Al-Anon _____ Home Grp: _____
Email: _____ Phone: _____

The conference will contact you via email if you provide an email address or by mail if an email is not provided.

Mailing Address: _____ City: _____ State: _____ Zip: _____

REGISTRATIONS: _____ @ \$30 each = \$ _____
Please accept my donation toward SCHOLARSHIPS: \$ _____
Please accept my donation toward HOSPITALITY SUITE: \$ _____

SS T-Shirts: Small _____ Med _____ Lg _____ X _____ XXL _____ XXXL _____ @ \$20 each = \$ _____
LS T-Shirts: Small _____ Med _____ Lg _____ X _____ XXL _____ XXXL _____ @ \$25 each = \$ _____
Hoodie: Small _____ Med _____ Lg _____ X _____ XXL _____ XXXL _____ @ \$40 each = \$ _____
Coffee Mug: _____ @ \$10 each = \$ _____
TOTAL ENCLOSED \$ _____

1 February deadline to guarantee Shirts & Hoodies size.

OKLAHOMA CORRECTIONS CONFERENCE

MORE INFO COMING SOON!

MARK YOUR CALENDAR:

March 15, 2025
9:00am - 5:00pm

call or text PJ 405-464-4647

Christview Christian Church
2525 S. Garnett Rd, Tulsa, OK 74129



Northeast Central Service:
4833 S Sheridan Rd.
Suite 410
Tulsa, OK 74145

Mon.-Fri. 9:00am - 5:00pm
Saturday 9:00am - 1:00pm

Office Phone: (918) 627-2224

Email: necs@aaneok.org

OKC Intergroup Services
3833 NW 63rd St,
Oklahoma City, OK 73116
9am-6pm Mon. - Fri.
and Saturdays 10am-3pm

Mon.- Sat. on the office number: 405-949-0910.

Our Hotline is 405-524-1100 - answered by a recovering alcoholic 24/7/365.

Tenemos una línea que habla español, el número es 405-722-0184, 405-408-7927
okcintergroup.org

24TH ANNUAL PROMISES

MEN'S GETAWAY WEEKEND
April 4-6, 2025

Guest Speaker:
Jimmy A. Spring Lake Hill, NJ

Camp Egan
26633 Highway 62
Tahlequah, OK 74464
(11 miles East of Tahlequah, OK on Hwy. 62)

\$140 - Cabin (per person)
Sleeps 10 and climate control.
Bring toiletries, towels, bedding or sleeping bag.

\$220 - Holliman Lodge (per person)
Hotel-style: Sleeps 2 and climate control.
Bring toiletries and towels. Bedding provided.

(Non-Smoking Lodging)
Check-in at 3:00 pm on Friday the 4th.
Check-out by 12:00 noon on Sunday the 6th.

All Registrations include:
Friday and Saturday night lodging,
Friday night dinner,
Saturday breakfast, lunch & dinner, and
Sunday breakfast.

PROMISES



If you are painstaking about this phase of our development, we will be amazed before we are halfway through. (BB, p. 85)

Third Step Exercise on Saturday morning!

Bring your Hawaiian shirt for Saturday night! Also, footballs, motorcycle, hiking boots, fishing gear, board games, etc.

Name: _____
Phone: _____
Email: _____
Home Group: _____
Cabin Registration (\$140) _____
Holliman Lodge Registration (\$220) _____
T-Shirt (\$15) _____
(circle shirt size: S/M L/XL XXL 3XL 4XL)
Scholarship contribution _____
TOTAL \$ _____

Must include your name, homegroup and T-shirt size (if applicable).



○ First time to Promises? (✓check here!)
Registration by Mail
Deadline is March 25, 2025 and
Venmo Deadline is April 1, 2025.

Send your Registration Form and check made payable to Promises Weekend to:

Promises Weekend
P.O. Box 453112
Grove, OK 74145
For more information email promiseweekend@gmail.com or contact Brad O. 405.326.2966

9TH ANNUAL RED DIRT ROUNDUP

SAVE THE DATE!
11 & 12 JULY 2025

★ Guest Speakers:
Don L., Bellingham, Washington (AA)
Mari G., Toronto, Ontario, Canada (AA)
Heidi S., Grove City, Pennsylvania (AA)
Sherry S., Bloomington, Minnesota (Al-Anon)
MORE TBA!

★ Location: Cole Community Center
4400 Northwest Expressway
Oklahoma City, OK 73116

Hotel Suggestions 1-2 miles:
Please note: Hotel Prices are subject to change.

Embassy Suites by Hilton \$147
3233 NW Expressway
Oklahoma City, OK 73112
405-842-6633

Home2 Suites by Hilton \$95
4110 NW Expressway
Oklahoma City, OK 73112
405-608-6094

Fairfield Inn & Suites \$76
by Marriott
5700 NW Expressway
Oklahoma City, OK 73132
405-470-8464

Country Inn & Suites \$57
by Radisson
3141 NW Expressway
Oklahoma City, OK 73112
405-943-2002

★ Registration: \$25 (per person) on or before July 1st and \$30 after July 1st, 2025.

Name _____
Address _____
Home Group _____
Name on Badge _____
Email _____
AA _____ Al-Anon _____

Register online at www.okdrd.com
Red Dirt Roundup
reddirtroundup.com

Please make check(s) payable to Red Dirt Roundup.
Mail to: Red Dirt Roundup
c/o Bella L.
9216 Raven Ave.
OKC, OK 73121

\$25 (per person) X _____ = \$ _____
Contribution Fund \$ _____
Total \$ _____



Mark Mc. Area 57 Archivist (Retired 2024)

"Thank You"
for all of your extraordinary work
and years in service as our Area 57
Archivist!

SERVICE THROUGH ARCHIVES

Whenever a society or civilization perishes there is always one condition present; they forgot where they came from.

—Carl Sandburg

To understand the significance of archives, consider the following points:

- Preservation of History: Archives safeguard historical documents and artifacts for future generations.
- Research Resource: They provide essential materials for academic and historical research.
- Cultural Identity: Archives help maintain and promote cultural heritage and identity.
- Legal Evidence: They serve as legal proof and documentation for various transactions and events.
- Transparency and Accountability: Archives support transparency in governance and hold institutions accountable.
- Knowledge Sharing: They facilitate the sharing of knowledge and information across different fields.
- Public Access: Many archives are accessible to the public, promoting education and awareness.
- Support for Memory Institutions: Archives complement libraries and museums in preserving collective memory.
- Digital Preservation: They play a crucial role in the digital preservation of information in the modern era.
- Community Engagement: Archives often engage communities through programs and exhibitions, fostering local history appreciation.

Oklahoma AA Milestones

- 1934, December 11: Bill W. finds sobriety after a startling spiritual experience in New York Hospital.
- 1935, May-June: Bill and Dr. Bob S. meet in Akron, Ohio. Dr. Bob's last drink, June 10, 1935. Alcoholics Anonymous is founded.
- 1940, June 7: Johnny P. finds sobriety in Chicago. Starts AA in Kansas City, Topeka, and in Oklahoma City September 14, 1941.
- 1941, September 14: First meeting Biltmore Hotel attended by Johnny P., Harry A., Ellis F., Melvin B., and one other.
- 1941, September 16: First newspaper advertisement. Clarence A. responded, attended second meeting on September 21, 1941.
- 1941, November: Started Friday night at Biltmore Hotel, closed meeting on Tuesday nights at Harry A.'s office in Hightower Building, Oklahoma City.
- 1941, All drunks detoxed at Coyne Campbell Hospital for years.
- 1941, December 26: AA number 19. Earle G. started continuous sobriety.
- 1942, January 7: AA number 20. Jack D. started continuous sobriety.
- 1942, February: First woman attended AA; Norene H. did not stay.
- 1942, June: Second woman, Bertha H., came to AA and stayed; helped so many yet unable to have continuous sobriety.
- 1942, August 10: Roy S. came to AA, remained sober from December 15, 1942; became first delegate Panel One in 1951, Trustee in 1964.
- 1942, September: Daily Oklahoman newspaper story by Josephine Hawk appeared; excellent story which went all over U.S., contributed to growth of AA nationally.
- 1942, December: Total AA membership 42 men, 1 woman.
- 1942, March: First Oklahoma AA Club House, rented building at 1016 NW 42nd Street.

- 1944, January 18: Bill and Lois visited AA members in Oklahoma City. Bill decided anonymity should be paramount for AA's future.
- 1944, Wacs and Air Force members from Will Rogers Air Force Base and Tinker Air Force Base attended AA.
- 1944, February: Tulsa group started by Carrol Mc., requested in New York May 19, 1944. Parent group divided into original and pioneer group. Ted R. visited June 1944. Later two car loads from Oklahoma City helped AA form in Tulsa, Muskogee, McAlister, Shawnee, Duncan and Lawton.
- 1945, Mark W. started AA in Chickasha.
- 1945, Bob B. started AA in Lawton, Jimmy F., Charley Y., Harold A.
- 1945, July: Alcoholics Anonymous of Oklahoma was incorporated by Roy S., Fritz B. and Bon B.
- 1945, July 31: Left Club House at 1016 NW 42nd. Formed eight home groups.
- 1945, Ponca City group started by Matt and Verna S., Ted R.
- 1945, July 26 to May 31, 1946: Open meetings at Little Theatre Court House, Shrine Auditorium.
- 1945, December: El Reno group—Dutch C., A.D.S., Cotton M., John Mc., R.L.J., Jebe G., and Morece M.
- 1945, December 15: Paul and Virginia C., Elk City.
- 1945, Duncan, Andy A., Herb S. Tommie J., Roni P., Johnny H., Jim F., and John S.
- 1945, Sam K. came to Oklahoma City on bus from Altus.
- 1945, December 31: Twelve women and 186 men were members in Oklahoma.
- 1946, February-June: Jay G. built Kelly Club.
- 1946, New groups: Shawnee-January 8, Clinton-February, Bartlesville-May, Alva-August, Altus-August, Cordell-September, Norman-December.
- 1946, June: Kelly Club opened; Monday night-mixed group one. Beginner group Tuesday night men only group 2, Women only group 3 in 1947. Wednesday mixed group 4, Thursday mixed group 5, young people group February 1953. Friday

Adoption of the 12 Traditions - AA's 1st International Conference Cleveland, Ohio-Summer 1950

Article by: Mary Harkins, Pawhuska, OK



Mark H.
Dist. 10 Archives Chair

The purpose of the International Conference was to officially adopt AA's 12 traditions. The following was taken from Mary Harkin's talk at the Kelley Club on August 11, 1950, where she related her experiences of the Conference. The Conference was also a celebration of the first 15 years since AA's founding. Many of the original members attended along with Bill Wilson and Dr. Bob Smith.

"On Sunday, the final afternoon of the Conference, Dr. Bob and Bill were the speakers. This was the only appearance Dr. Bob made. He arrived from Akron by ambulance and left the same way, following his speech. His talk was one of the finest I have ever heard in AA, knowing it was a miracle for him to be there due to his illness. It was a supernatural effort. In his talk he expressed the hope that those of us who were in attendance could impart to the AAs back home the tremendous impact of this Conference."

"Bill talked next. After about ten minutes Dr. Bob left the stage. Bill heard the commotion and the flurry behind him. He turned and saw the empty chair. A look of stark sorrow crossed his face and I believe his heart must have stood still for just that minute. Then he seemed to pull himself upright, as though he knew that chair would always be empty, and went on with his talk."

"The General Chairman of the Conference, stepped to the mike as soon as Bill had finished, and told us that Dr. Bob didn't want any of us to worry, that he hadn't had any sudden change for the worse, but the heat and excitement had been a too much for him and that he felt that he should get back to the hospital in Akron. Those of us down close to the front heard the ambulance roar off. It was a sad moment for us all."

"Then the Chairman asked us if we were willing to adopt the Traditions as part of our plan for the future. He said that we did not have time to engage in a lengthy debate, but if there was anyone there who opposed the traditions, please stand and be recognized. No one stood. Then he said, in this hour of destiny, shall we all rise and confirm these Traditions as our plan for the future. All 8,000 of us rose to our feet. There was no applause. This was too solemn of an occasion and too historic a moment for applause."

"This was why we had come to Cleveland. This was the seriousness beneath all of our fun and fellowship. This Conference had been promoted for quite some time, with the purpose of adopting the 12 Traditions. As I stood there, I had to believe that AAs everywhere were standing there with us confirming these Traditions. It was quite an overwhelming moment. I stood in the front row, and as far back as I could see, people were standing with tears in their eyes. Even Bill had tears in his eyes. There was such a feeling of unity in that room as we just stood there. It's as though we were proclaiming to the Chairman and to each other that from that day forward we would do our best to keep AA simple, to keep it clean, and to keep it unorganized. We were letting him know in effect that the Traditions were not something merely to be honored, but something to be lived, and to be lived by. It was truly the high moment of the Conference. It was AA coming of age after 15 years of trial and error. We were maturing. We were saying for all the world that AA is no longer an experiment, that it works."

"Now for the highlight of my trip. When the Conference was over, I went outside to get a taxi. As I sat back in the taxi I was aware that someone had walked up to my door. I looked over and saw Bill Wilson standing there. He asked if I was going over to the Carter. I told him no, that I was going to the cathedral. He then asked me if I would mind if he rode along. I expect you all know what my answer was. As we drove across town, we talked about the Conference, and about our personal feelings towards it. We talked about Dr. Bob, and about ourselves. I had talked with Bill many times after meetings during the Conference, but this was the first time I had been alone with him. When we pulled up in front of the cathedral, he stepped out and helped me out of the taxi. We stood there talking, both of my hands in both of his, and I thought how fitting it was that this man who had dedicated his entire life to people, such as myself, should be standing there on that bright sunshiny afternoon. Because without this man and his influence on my life, I know I wouldn't be alive. As we stood there it occurred to me that all the AAs in my life were with me at this time, clear down to my Gramps and my sponsor. In that moment I tried to dedicate my life to those who have come before and those who are to follow, and that I shall never let any of them down. When he got back into the taxi, he leaned forward and very affectionately blew me a kiss. At that moment I lost my identity, it seemed that I became any AA and every AA in the world, as he said to me, 'God Bless you my dear, and pray for me!'

Thank you."

-Mary Harkins

Article submitted by:
Mark H., District 10 Archives Chair

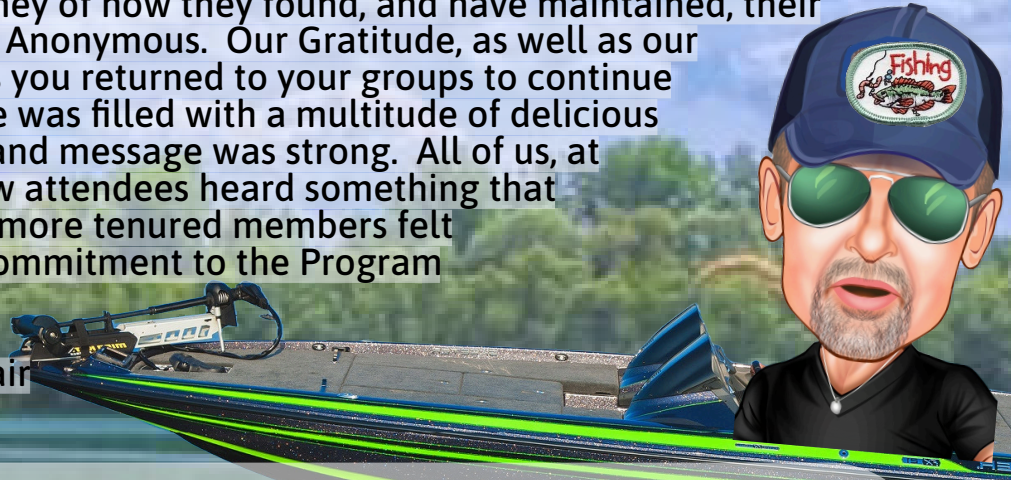
Gratitude from the 73rd Annual NW District 50 Conference

Hello Area 57!

'A Design for Living' was the theme for this years District 50 Conference. "What seemed at first a flimsy reed. Has proved to be the loving and powerful hand of God. A new life has been given us, or if you prefer, "a design for living" that really works". I am so thankful for the fellowship that supported our conference by their attendance. Your presence reminded us how important our Unity is to us all. You reinforced the reality that together we flourish, but, alone we wither, and die. I would also like to thank the Mid-Town Mens Group, Tulsa, OK, the Rule 62 Group, San Antonio, TX, the New Beginnings Group, Norman, OK. The Guthrie 89'er Group, Guthrie, OK, the Primary Purpose Group, Norman, OK, the Broken Bottle Group, McAlister, OK, and the Acceptance Group, Ponca City, OK, for their members' that carried their message of Hope from the podium during the Conference. This "Design for Living" was boldly evident in the narrative of their journey of how they found, and have maintained, their sobriety through the Program of Alcoholics Anonymous. Our Gratitude, as well as our Thoughts and Prayers, traveled with you as you returned to your groups to continue your journey. As usual, the Hospitality Suite was filled with a multitude of delicious options, the entertainment was first class, and message was strong. All of us, at District 50, hope that the new, or nearly new attendees heard something that helped them on their journey, and that the more tenured members felt something that revitalized their personal commitment to the Program of Alcoholics Anonymous

Many thanks!

73rd Annual NW District 50 Conference Chair
Keith C., Newkirk Group, Newkirk, OK



District 50 Conference Gratitude Notes-

Several of you ask to see the "I'm Thankful For...." Cards that were on the tables at the District 50 Conference. I have recorded those comments here. I hope that you enjoy reading them as much as I did. Thank you all for such a wonderful Conference experience. - Keith C.

Jim's Sobriety thru God
My Addiction
The Fellowship
The Rain
The Ability to help Newcomers
AA Conferences
For My first visit to District 50
Improving Health
Th family I've created and a second chance at life. Thanks to this program for giving me the tools to live this life.
Others
Family and This new way of Life in Sobriety Life
Having the opportunity to be in the company of Sober People, which keeps me Sober
Fishin' with Ron
Family
Retirement
AA
My Sponsor
The Beautiful diversity within AA
Cool Weather
Joe's Food
Life Sober
God, Family, and All
1 Year, 10 months, and 3 days (673 days), AA Family, My Wife
Grateful to be Sober Today, AA saved my Life
My Sobriety, Fun, Fellowship, and Food
Great Sponsorship
Coffee
Cool Weather and Healing
My Relationship with God and the Fellowship

My Program and Supportive Family
The Ability to Make Better Choices Today
That God Never Gave Up on Me and The Life He and AA have Blessed me With.
The Tools / The Fellowship /The Program / This Design for Living / And The Life I have been Gratefully Given.
The Opportunity to be of Service
Strong Sponsorship who stressed the importance of the Steps, Traditions, and Concepts, And Sponsorship.
This Conference, which gives me another chance to be a small part of the whole. See, We Are Not a Glum Lot. Completely Different (Better) Context than Me in a Bottle.
My Relationship with God
The Love and Fellowship of AA. -Charles K.
My Family, AA, And Sponsorship
Sober, Sponsor, AA
Fellowship, Sponsor, Big Book
December 27, 2019
I am Thankful for AA and God giving me my family back.
Life!!!
The Lord Keeping me on the right path, to have my family back in my life and the blessings He has provided for me, and Another Day Sober. -Cory E
Not Being Alone, Higher Power, Like Minded People, Not Having to Drink
My Brothers and Sisters at Hope and Recovery
Hope and Recovery, Kids, Mom, PO
Just to be Sober
To Recover Out Loud
Just For Today

Message from our General Service Manager, Scott H.

PLAIN
LANGUAGE
BIG BOOK
A Tool for Reading
Alcoholics Anonymous

Plain Language Big Book and Changes

November 24, 2024

To: GSRs, Alt GSRs, DCMs and Chairs, Area Officers and Committee Chairs, Delegates, Alt Delegates, Appointed Committee Members, Non-trustee Directors, Trustees, GSO Employees, Intergroups and Central Offices, Group Contacts

Dear A.A. Friends:

The response to the release of the Plain Language Big Book has been heartwarming. The initial print run of just over 70,000 copies sold out in only two weeks!

In preparation for a second printing, the General Service Board noted revisions that better align with the 74th General Service Conference's recommendation (Advisory Action) to move ahead with the printing of the book.

Prior to the first printing, the General Service Board made adjustments to align with the Conference's direction. However, the Board now realizes the adjustments that were made fell short. A regrettable and unintentional mistake had been made. We have worked together to correct those mistakes quickly.

The changes outlined below may be very consequential for some, and less significant for others, but the Board feels responsible to see that the Advisory Action from the Conference is carried out.

In addition to the changes to the text of the Plain Language Big Book outlined below, the language on the back flap will be amended to better reflect the progress of this project. The third sentence will now read, "The 72nd GSC reviewed a progress report, and sample chapters were reviewed at the 73rd GSC."

My sincere apologies for any inconvenience this may have caused any of our members, and I appreciate your patience and understanding. The order for the second printing has been placed to include the changes outlined below. We expect the book to be back in stock in approximately 4-6 weeks.

Thank you again for your understanding. I hope you find the Plain Language Big Book a useful tool for reading the Big Book, Alcoholics Anonymous, and helpful with carrying our life saving message.

Scott H., Chair, General Service Board

On page 64, remove the sentence "It seems to control and punish people who are addicted to it" from the last paragraph.

On page 9, remove the definition of "Addiction" from the Glossary section.

On page 11, revise the sentence "Dr. Silkworth ran the Charles B. Towns Hospital for Drug and Alcohol Addictions in New York City during the 1930s."

To read:
"Dr. Silkworth ran the Charles B. Towns Hospital for alcoholism and drug addiction in New York City during the 1930s."

On page 14, revise the sentence "I help people recover from their alcohol and drug addictions"

To read:
"I help people recover from their alcoholism and drug addiction."

"On page 139, revise the sentence "In one of these cities there is a well-known hospital for the treatment of alcohol and drug addiction."

To read:
"In one of these cities there is a well-known hospital for the treatment of alcoholism."

The Enigma of Self

The 3rd step is an enigma. At the heart of all this, it transitions away from drinking or not drinking as my problem to ME as my problem. It's not a decision, but it's a pact. If you look closely there are two conditions to my third step decision: I must "perform work well" and I must "draw close to Him." Thus the subsequent steps, are just an elaboration on these two themes." "When you sincerely take such a position, all sorts of remarkable things follow. You have a new Employer. Being all powerful, He provides what we need, if we keep close to Him and perform His work well..." On another level we know is the root of the "spiritual malady" and also the "unmanageability" of the first step.. In my humble opinion, this mutation of "self" can come at us in varying degrees (paranoia, depression, anger, arrogance) . This looks different to everyone so with newcomers I really don't like to unpack it that much.

But the one thing that I know for certain is that this "delusion of self" its primary architects are: fear, resentment and sexual misconduct. The third step is really a watershed moment of the 12 steps. -Ruben D.



Ruben D.
Los Angeles, CA

Judith N. - Lake Eufaula Group



LIVING IN THE MAINTENANCE STEPS

What are the maintenance steps? The aggregate of steps 10, 11, and 12 has been referred to as such in the 55 years I have been an A.A. member. Those three steps, when considered and attended to daily, are meant to encompass all the one-day-at-a-time goals to which the first nine steps led us.

I repeat myself often in October, when so many tenth-month meetings are about the first of the three maintenance steps. "I don't know how they let me live until I got to the 10th Step in the 12 x 12," I always laugh. Looking back at the sneaky character defects I didn't discover until then, in my 5th year of sobriety, (don't be as slow as I was, BTW!) it's probably only half a joke.

Our Big Book tells us a bit about the tenth step when it lists it: we are now in the realm of the spirit; we should have quit fighting anything and everything; we should be watchful for selfishness and fear and talk to someone about those character defects if they crop up. But, strangely enough, it doesn't tell us HOW to do the nightly 10th step until it lists Step Eleven on page 86!

I was doing what passed for a nightly 10th step when I finished the 5th. My sponsor said I could keep my front porch clean that way, and not have to ever do a 4th and 5th again ... unless "more was revealed." (But, isn't it always?) The practice went on through the character defects steps and the amends steps and continues to this day.

So why do I think the first of those maintenance steps, the 10th Step the in the 12 x 12 book, is so great? My joy in it began with "It is a spiritual axiom that..." (look it up on page 90.) This concept drilled through my hardened intellect and reached my heart, and I no longer could rationalize my often-occurring anger as justified. Then it gave me a mantra against my habit of arguing or writing snarky letters when I was certain I was right: "Nothing pays off so much as restraint of tongue and pen." Finally, I cried when I realized it was talking about me toward the end of the chapter – a master manipulator at burying a really bad motive under a good-sounding one.

And then, the tenth step stuck a pin in the balloon of my perfectionism. In my whole life I had to be best at everything I did, or I just wouldn't do it to begin with. The step told me to also take an inventory look at anything I had done well or better, during that day. "Even when you have tried hard and failed, you may chalk that up as a great credit." My world widened with the freedom this idea imparted to me.

10th Step: This nightly inventory, done "without fear or favor", keeps us on our daily spiritual trek.

11th Step: Asking in the morning, thanking at night, keeps the pipeline to our Higher Power open. It continues to remind us where our release from booze came from in the first place and serves to increase our elusive humility.

12th Step: We may be the only copy of the Big Book an active alcoholic sees, so we try to practice AA's principles wholeheartedly in the world, as well as in our blessed Fellowship. This is as important to Alcoholics Anonymous as a whole as is our work with the drunk who still suffers.

You've "done all your steps"? Not doing a nightly 10th Step, though? Try it – You'll like it!

Al-Anon: WHAT Is It and WHO Is It For?



**Hello Area 57,
I asked myself that same question before walking
into my first Al-Anon meeting.**

This is part of what they shared with me:

**“The Al-Anon Family Groups are a fellowship of
relatives and friends of Alcoholics who share their
experience, strength and hope in order to solve their
common problems. We believe that alcoholism is a
family illness and that changed attitudes can aid
recovery**”

**At that time there was not a lot of Al-Anon
Conference Approved Literature available. It was
strongly suggested that I read the 8th chapter in the
AA Big Book, TO WIVES, and Chapter 9, THE FAMILY
AFTERWARDS.**

**Today, Al-Anon has numerous books and pamphlets
available for Newcomers and Old Timers alike.**

**Our 5th Tradition states “Each Al-Anon Family
Group has but one purpose: to help families of
alcoholics. We do this by practicing the Twelve Steps
of AA ourselves, by encouraging and understanding
our alcoholic relatives, and by welcoming and giving
comfort to families of alcoholics.”**

**We Al-Anon members are not perfect.
From our Al-Anon Closing, “The welcome we give you
may not show the warmth we have in our hearts for
you. After a while, you’ll discover that though you
may not like all of us, you’ll love us in a very special
way, the same way we already love you.”**

**Next time you are attending an AA or Al-Anon
Conference you may stop by the Al-Anon literature
table. We will also have a public outreach table at the
2025 AA conference with free literature.**

Hope to see you all in May.

**“WE THRIVE IN 25”
Belinda B. – El Reno, Al-Anon
Ok Al-Anon AA Convention Coordinator – West**

Districts 10, 20, 30, 40, 50, 60, 70, 80 & 90

Area 57

**DISTRICT
CHAIRS,
D.C.M.s &
G.S.R.s**

**THANK
YOU!**

**For doing a FANTASTIC
job in service!**

**Are you on Area 57's
email list? Go to
aaoklahoma.org**

Congratulations!

**to our newly elected
Area 57 Panel 75 Officers!**

Bryan T. – Delegate

5th Tradition Group, Oklahoma City, OK

Mary Beth H. – Alt. Delegate

Guthrie 89er Group, Guthrie, OK

Jason B. – Chair

Lakeside Serenity Group, Oklahoma City, OK

Andy D. – Alt. Chair

Primary Purpose Group, Norman, OK

Jennifer N. – Treasurer

Miracles Group, Tulsa, OK

Phil S. – Alt. Treasurer

Edmond Group, Edmond, OK

Congratulations!

**to our new
Archivist
Ken E.**

Drexel Group, Guthrie, OK

We are having a
Celebration of Life For

Archelaus (Lester) Martin III
A Member of the SOS Group

(11/10/1954-11/2024)

This will held
at the **Unanimity Club**
Sun. Dec. 8th 1:30p to 2:30p
8749 S. Lewis Ave., Tulsa
Snacks & Refreshments
will be provided!

Thank you

4 years of
Whiskey in Milk

Mexican themed potluck at 5:30
Call Up, Group History at 6:30
Speaker at 7

Reba H
PATS Group, Tulsa

14th of December, 2024
Wesley United Methodist Church
1401 NW 25th Street OKC, OK 73106
(enter in the doors on the west side of the church)

Feel free to bring a side or dessert!
Open meeting, all are welcome!

Northeast Central Service

Holiday Open House

JOIN US TO CELEBRATE THE HOLIDAYS!

Gifts and Special Items for Sale:
Big Books & 12&12S:
10% Off

Sat December 14th
9:00-1:00
Snacks, Hot beverages, & Fellowship
Hourly Drawings - Must be present to win.

There will be a Door prize!
at 1:00pm - (You do not have to be present to win)

NECS
4833 S Sheridan Rd Ste. 410
Tulsa, OK 74145
(Parking in Back of Building)

Area 57
State Sponsored Workshop
Hosted by: **Primary Purpose Group**

There seems to be no reason why several AAs cannot join, if they wish, with a group of straight addicts to solve the alcohol and the drug problem together. But, obviously, such a dual-purpose group should not insist that it be called an A.A. group, nor should it use the A.A. name in its title. - Bill W., 1958

So what CAN we do? Let's cooperate with other 12 Step Programs!

◆ **Cooperation without Affiliation:
Other 12-Step Programs**

**SATURDAY
DECEMBER 14, 2024
9 AM TO 1 PM CST**

In Person:
Primary Purpose Group
225 W. Gray Street
Norman, OK 73069

Online/Zoom:
ID: 372 934 3700
PW: 12steps

Problems other than alcohol

This is an A.A. event featuring a panel of presentations from:

- Alcoholics Anonymous
- Al-Anon Family Groups
- Narcotics Anonymous
- Cocaine Anonymous
- Heroin Anonymous
- Gamblers Anonymous

Potluck! Please bring a dish and/or dessert to share!
Thank you!

Guthrie 89er Group

SPEAKER & BIRTHDAY NIGHT
**FRIDAY NIGHT
DECEMBER 27, 2024**

Our Guest Speaker:
**Ed L. Guthrie 89er Group
Guthrie, Oklahoma**

All are welcome!

7:00 p.m. Potluck Dinner
8:00 p.m. Speaker

CHILI potluck, sides or desserts to share are appreciated but not required!
Thank you!

Guthrie 89er Group
Old Red Brick School House
3522 S. Division
Guthrie, OK 73044

North Meridian Group's

12TH ANNUAL
CHILI COOKOFF

Friday Night / January 10, 2025

Speaker: Sharon S. Area 57, Panel 71
Triangle Group, Norman, OK

5:00 p.m. Chili Set-Ups followed by Chili Supper
7:00 p.m. Speaker

Please bring your favorite Chili! Side dishes, cornbread, and/or desserts are appreciated!

Prize Awarded for top voted Chili! Sign-up Sheet in Clubhouse 50/50 Raffle

Bring a friend and come hungry!

N. Meridian Group
4407 NW 50th Street
Oklahoma City, OK 73112

Whiskey In Milk
Closed Meetings for Women

WE'VE MOVED!
As of October 1, 2024, we've moved so please come see us at our new location!

1401 NW 25th Street
OKC, OK 73107
(Wesley United Methodist Church)

Meetings:
Tuesday - On line at 5:30 p.m.
Zoom ID: 764 273 7701

Thursday - In person at 5:30 p.m.
1401 NW 25th St, OKC, OK

OKC CITYWIDE

**SPEAKER:
PAULA P CHAMPAIGN, IL**

**SATURDAY
DECEMBER 28, 2024**

CONTACT: JERRI DAWN J
405.779.5428
COLE COMMUNITY CENTER
4400 NW EXPWY, ORC, 73116

FREE CHILD CARE
5:30PM - DINNER
7:00PM - SPEAKER

GUTHRIE 89ER GROUP

SPEAKER & BIRTHDAY
FRIDAY JAN. 31, 2025

Our Guest Speaker:
**BOBBY B. PRIMARY PURPOSE GROUP
NORMAN, OK**

8:00 P.M.

7:00 p.m. Potluck Mexican Dinner

Bring your favorite Mexican dish to share! Sides or desserts appreciated! *Thank you!*

A friendly welcome for all!
Guthrie 89er Group 3522 S. Division
Red Brick Schoolhouse Guthrie, OK 73044

5TH
TRADITION

11TH ANNIVERSARY
Celebration

**GUEST SPEAKER: RYAN F.
FROM TULSA, OKLAHOMA**

FRIDAY, FEBRUARY 21ST
DINNER AT 6PM
SPEAKER AT 7PM

QUAIL SPRINGS BAPTIST CHURCH
14613 NORTH MAY
OKLAHOMA CITY, OK 73134
IN THE FELLOWSHIP HALL

OPEN MEETING FOR MEN AND WOMEN

DISTRICT 40 Meeting

MARCH 8TH, 2025

**WHERE: PAT'S GROUP
8749 S LEWIS TULSA, OK 74137**

Fellowship: 9:00
Meeting: 9:30

HARMONY HOUSE
A House of Recovery & Hope

Harmony House Meetings:

AA- Noon, Monday thru Sat, all open meetings.
AA- Sunday morning at 9:00- this is a closed meeting (alcoholics only)
AA- Every evening, EXCEPT FRIDAY, at 6:00, all open meetings.
(NOTE- The FRIDAY evening 6:00 meeting is canceled for the time being. All other nights, including Sunday, take place at 6:00.)

SPEAKER MEETING: Last Friday of each month at 8:00 p.m. at Harmony House, open meeting.

Al-Anon Family Group meets in the auditorium on Monday evening at 7:30 p.m.

Other Ponca City, Newkirk and Blackwell Meetings:

God Of The Preachers Group:
Monday thru Friday at noon, open meetings. Connect Church at the corner of Grand Avenue and Peachtree Street, Ponca City, OK. (enter thru the East door on Peachtree.)

The 4th Dimension Group:
Monday and Thursday evenings at 8:00 p.m. All open meetings at this time. Connect Church at the corner of Grand Avenue and Peachtree Street, Ponca City, OK. (enter thru the East door on Peachtree.)

Love and Fellowship Group:
Meeting at Woodlands Christian Church, 1400 E. Hartford Avenue, Ponca City, OK. (across from the hospital), Tuesday and Friday at 6:00 p.m., open meeting.

SPEAKER MEETING (Begins April 6th) The first Saturday of each month, 6:00 p.m., Love and Fellowship Group, Woodlands Church, 1400 E. Hartford Ave., room #106, enter south door.

Newkirk Group, Newkirk, OK:
Closed meeting, (alcoholics only) Tuesday at 8:00 p.m., at 8th and Walnut street, Newkirk, OK. (Enter the south east door of this church) If a closed meeting also. Please contact Keith C. for Zoom information if needed. 580-761-0423.

Blackwell, OK:
AA meeting on Monday and Friday at 7:00 p.m., First Christian Church, 306 E. Coolidge, Blackwell, OK

ALCOHOLIC SQUAD

**Thursday Night
Men's Big Book Study**

7:00 pm CST
Zoom ID: 812 8677 7721
Passcode: billw

Elk City Original Group
est. 1948

Meeting Schedule

7 Days a Week

Monday: Noon and 7:00 p.m.
Tuesday: Noon and 7:00 p.m.
Wednesday: Noon and 7:00 p.m.
Thursday: Noon and 8:00 p.m.
Friday: Noon and 7:00 p.m.
Saturday & Sunday 7:00 p.m.

ELK CITY ORIGINAL GROUP
Upper AA Service
Recovery

Meadow Ridge Business Center
113 Meadow Ridge Drive, Suite K
Elk City, OK 73644

LAKESIDE SERENITY
Meetings for Men

7:00 p.m. each Tuesday
Closed
Big Book Study

7:00 p.m. Last Tuesday
of each Month
Open
Birthday / Speaker

3913 N. Shannon Avenue
Bethany, OK 73008
(Behind Lake Overholser
Naz Church in house)

PURCELL UNITY GROUP

Meeting Schedule:
Monday 7-8 pm Closed (Big Book)
Tuesday 7-8 pm Closed (Topic)
Thursday 7-8 pm Closed (12 Step Study)

Meeting Locations:
118 South 2nd
Purcell, OK

Last Thursday of each month
7-8 pm Open
Speaker / Birthday meeting

Landmark Church (Sanctuary)
1106 W. Grant Street
Purcell, OK

Purcell Unity Group welcomes all who have a desire to stop drinking.

You're invited to

Archives Committee's
3rd Annual
Open House



Saturday
April 12, 2025
10:00 a.m. to 2:00 p.m.



come and go
refreshments served



Area 57 Office
4509 Classen, Suite 101
Oklahoma City, OK 73118



The history of A.A. on display!

The A.A. Fellowship is one of the world's major sociohistorical movements. We owe it to future A.A. members, as well as to historians, scholars and researchers, to maintain as complete a record as we can of this society at all times, so its message, meaning, and contributions, not only to alcoholics but in other problem areas, can be recalled and assessed for whatever future purpose, fully and accurately."

— NELL WING
(NONALCOHOLIC), GSO'S FIRST ARCHIVIST

FOR MORE INFORMATION, GO TO:
archives@aaoklahoma.org



A.A. service piece describing the historical importance and functionality of A.A. Archives at the group, district, area, intergroup/central office, region or General Service Office levels.



my love and gratitude...

I'd like to thank our Area Chair, Diane W., for believing and trusting in me to create our Area 57 Newsletter as I envisioned. I have learned the valuable lesson of why we don't say, "no" when it comes to A.A. service. I first said, "no" to being the Area 57 Newsletter Chair, and I was wrong. Faith and my dear friend, Julie S., helped to change my decision, otherwise, I would have missed the amazing gifts of love and friendship I've received from all of you, our Oklahoma fellowship.

I've gotten to know the groups and districts on a closer level and I truly appreciate your participation with gratitude lists, BB quotes, jokes, flyers and articles which made our Area 57 Newsletter feel like home. Thank you for giving me this incredible opportunity to serve you. Best A.A. ride of my sober life, so far! Thank you! ❤️

In love and service,

Mary Beth H.

Your Area 57 Newsletter Chair
newsletter@aaoklahoma.org

