

Drug Addiction? Alcoholism?

S O S recovery groups

("Secular Organizations for Sobriety"*
or "Save Our Selves")

Five Tulsa meetings per week:

- **"Café Connection"** Noon Mondays at Green Country Event Center, 12000 E. 31st St. (E. of Garnett)
- **"Cabin Connection Group"** Wednesdays and Fridays 7:00 pm **at the log cabin** of the Hope Unitarian Church (8432 S. Sheridan)
- **"Life After Drugs Group"** Saturdays 6 pm at **Church of the Restoration UU** (1314 N. Greenwood)
- **"Sunday Bryce House Group" (open to all)**
Sundays 8 pm **at Bryce House** (1214 S. Baltimore) -
(west of Boston Ave. Methodist Church)

For more information: Karry Q. (493-6123), Larry H. (384-0299), or Karlea W. 955-4095

email: addictionhelp@cox.net

website: <http://www.sostulsa.org>

An Overview of SOS

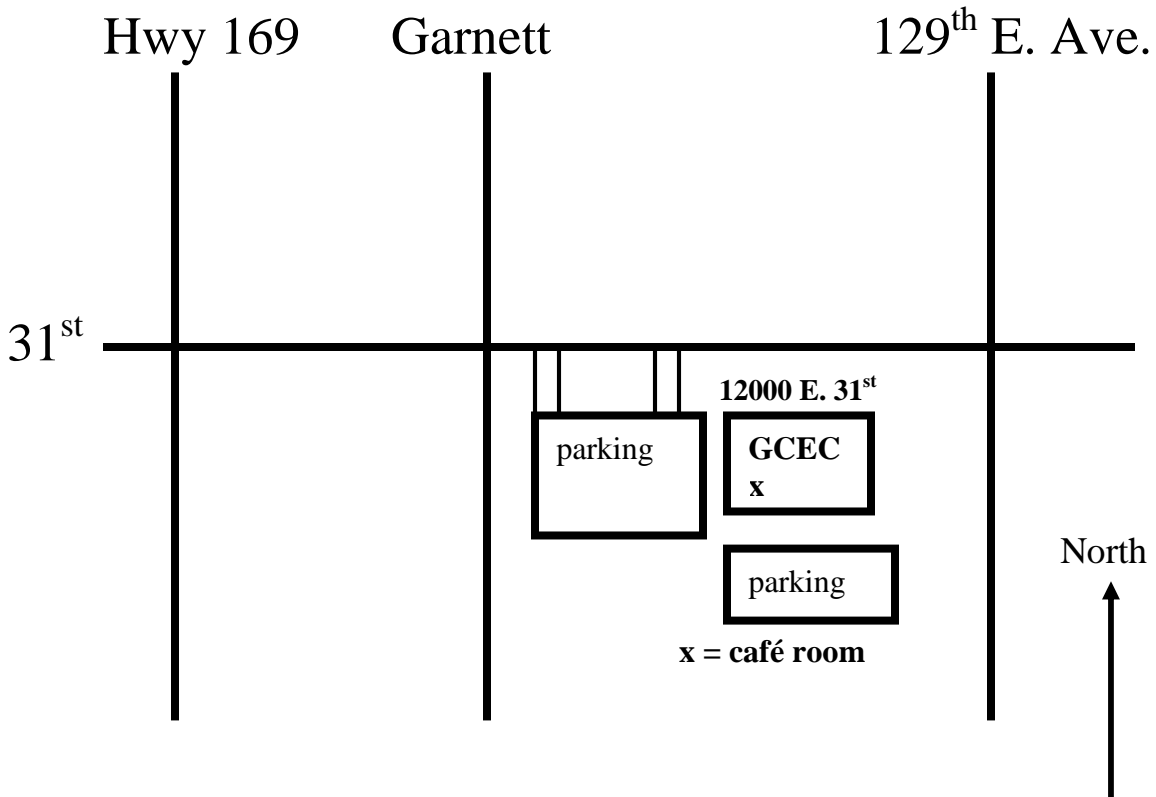
- ❖ SOS is not a spin-off of any other group. It stands alone.
- ❖ SOS uses the "Sobriety Priority."
- ❖ SOS members put together their own "Personal Recovery Plan."
- ❖ SOS practices: "Religious and Nonreligious Freedom." We don't want to interfere with your personal beliefs.
- ❖ SOS is a free thought support group.
- ❖ SOS is a self-empowering support group.

*** note: secular means nonreligious, not anti-religious... SOS prides itself in being tolerant of all paths that lead to recovery**
(maps and description of SOS on next pages)

"Café Connection" SOS Group

meets Noon Mondays (starting 3-1-10)
at Green Country Event Center (GCEC)
12000 E. 31st St. (East of Garnett)

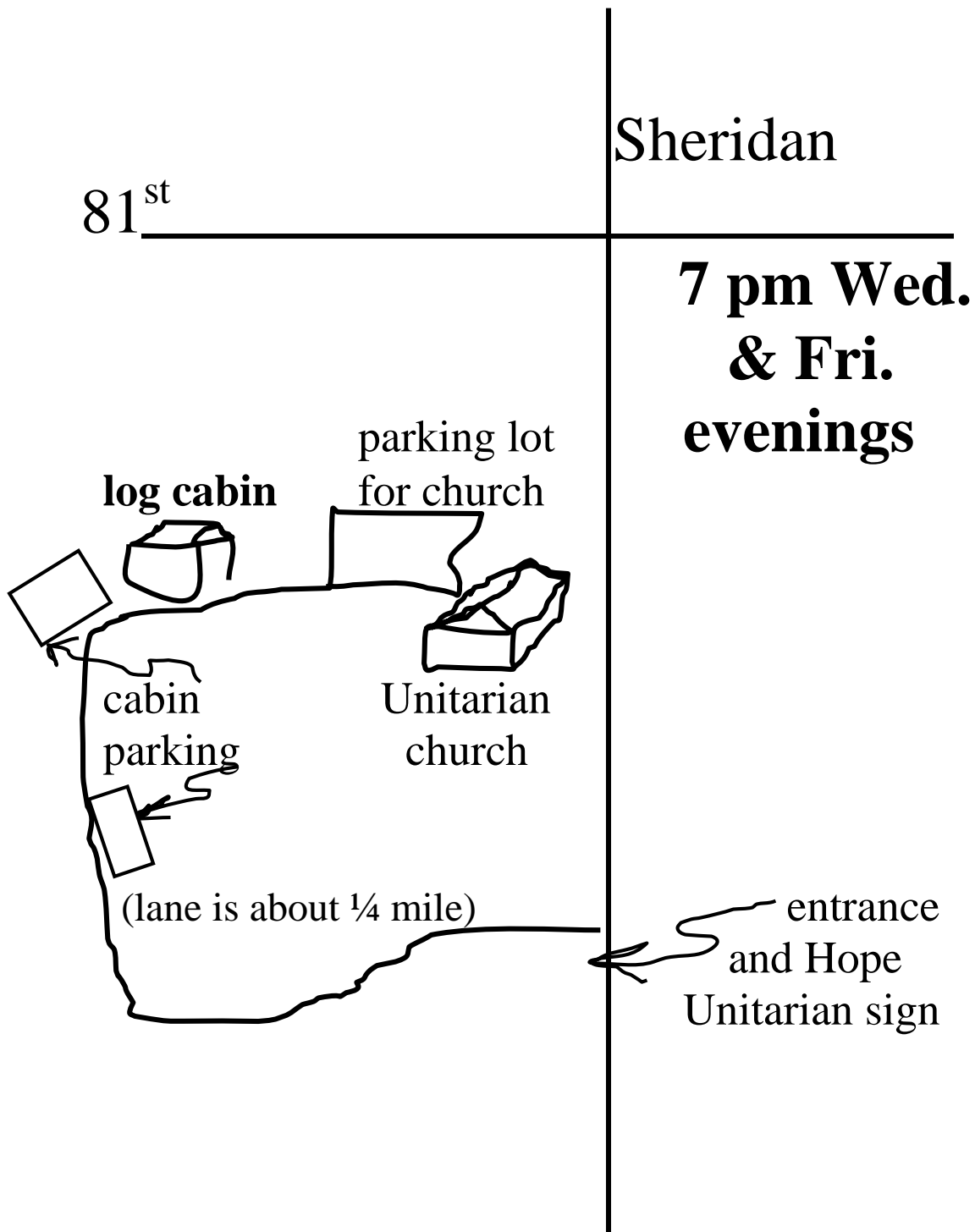
GCEC is easy to find:



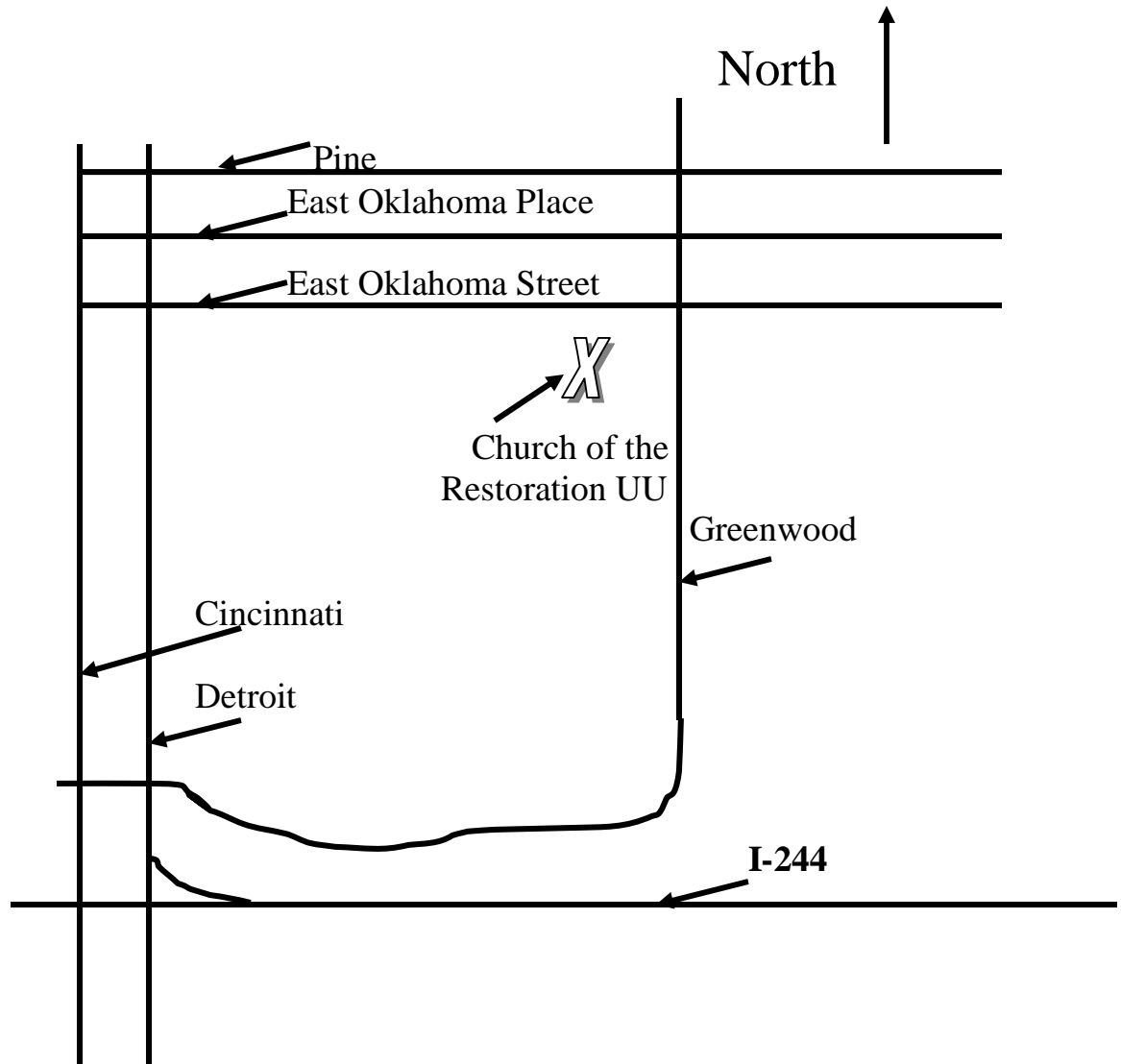
(Note: Café Connection SOS starts **3-1-10**)

"Cabin Connection Group"... the log cabin of the Hope Unitarian Church is just off the driveway of the church and about 50 feet before you come to the largest church parking lot

North ↑



"Life After Drugs Group" map shows how to get to the Church of the Restoration Unitarian-Universalist 1314 N. Greenwood 6:00 Saturdays



*** For immediate release ***

SOS, Secular Organizations for Sobriety or Save Our Selves, is a support organization for individuals recovering from alcoholism and drug addiction. Tulsa SOS has recently celebrated its seventh year of continuous operation. There are now three SOS meetings available:

the CAFÉ CONNECTION group meets Mondays at Noon in the Café Room of the Green Country Event Center, 12000 E. 31st Street

the CABIN CONNECTION group meets Wednesdays and Fridays at 7:00 PM in the log cabin on the grounds of the Hope Unitarian Church at 8432 S. Sheridan

the LIFE AFTER DRUGS group meets at 6:00 PM at 1314 N. Greenwood (Restoration UU Church)

the BRYCE HOUSE group meets Sundays at 7:00 PM at Bryce House, 1214 Baltimore in Downtown Tulsa (west of Boston Avenue Methodist Church)

Wednesdays are "closed" meetings for addicts only (although friends, relatives, and support persons are welcome) and all others are "open" meetings (allowing guests and observers as well as family and support persons).

SOS, also known as "Save Our Selves," was founded by Jim Christopher in 1986 in North Hollywood, California. It is a friendly alternative to such organizations as Alcoholics Anonymous, which many feel have a religious/spiritual basis to their recovery programs. SOS takes a strictly secular approach, emphasizing that each individual must draw upon his or her own resources to deal with the problems of addiction... hence the name "Save Our Selves."

For more information, call Larry H. (384-0299), or Karlea W. (955-4095). E-mail is at addictionhelp@cox.net. Our Tulsa website is <http://www.sostulsa.org> and the national SOS website is <http://www.secularsobriety.org>. Excellent recovery literature at: <http://www.sossobriety.org/fastindex.htm>.

Below are "**Guidelines for Sobriety**" read at the opening of each meeting:

- **to break the cycle of denial and achieve sobriety, we first acknowledge that we are alcoholics or addicts**
- **we re-affirm this truth daily and accept without reservation--- one day at a time--- the fact that as clean and sober individuals we cannot and do not drink or use, no matter what**
- **since drinking or using is not an option for us, we take whatever steps are necessary to continue our sobriety priority lifelong**
- **a quality of life, "the good life," can be achieved... however, life is filled with uncertainties... therefore, we do not drink or use regardless of feelings, circumstances, or conflicts we share in confidence with each other our thoughts and feelings as sober, clean individuals**