



## The 8<sup>th</sup> Step

*“Made a list of all persons we had harmed, and became willing to make amends to them all.”* Page 59.

“Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*” Page 76. More suggestions on taking Step 8 on page 76, paragraph 3, lines 2-5.

Pick up willingness; it can be like coping with the 7 stages of grief. 1. SHOCK/DENIAL- We can be shocked at the true nature of our wrongs and try to deny we did them. 2. PAIN/GUILT- As we cope with the shock, emotional pain of guilt and remorse can be experienced. It's important to experience the pain fully, not hide it, avoid it or escape from it. 3. ANGER - Anger through frustration may lash out and lay blame on others. Control this; permanent damage to relationships may occur. 4. DEPRESSION/LONELINESS - If family, friends think you should be getting on with life, a long period of sad reflection can overtake you. This is alluded to on page 83 of the Big Book, "...there is a long period of reconstruction ahead." 5. THE UPWARD TURN - As you start to adjust to willingness, life becomes a little calmer. 6. RECONSTRUCTION/WORKING THROUGH - Becoming more functional, the mind starts working again to find realistic solutions to problems onset by ourselves. 7. ACCEPTANCE/HOPE - Willingness to deal with the reality of the situation(s) gives Acceptance, which does not mean happiness. In experience of pain and turmoil, Acceptance will find Hope, a way forward.

Forgiving ourselves first is what helps us to forgive others.

Page 59 & 76 Big Book quotes reprinted by permission of A.A.W.S.

## Announcements

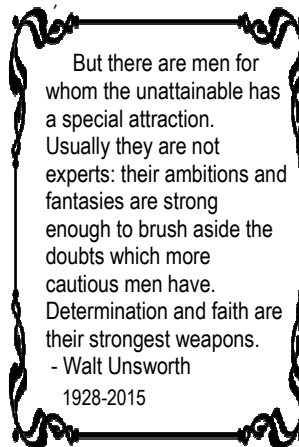
The August 20<sup>th</sup>, 2017 F.A.U.C. meeting will be hosted by the Women in A.A. group at the Arid Club, 715 East Street, Flint. "A sure sign of summer; an Annual F.A.U.C. picnic. What a great day! A.A.'s 4 F's; Fellowship, Family, Fun, & Friends. Weather was a perfect cool 71 degrees, just a hint of a breeze. Kids enjoyed a many activities; Sack Race, Face Painting, Hula Hoops, Arts & Crafts. The horseshoe tournament was a success & the 1<sup>st</sup> place trophy was well deserved. Euchre games sprang up, competition for all! With the abundance of food, salads, desserts, hot dogs with Coney sauce all had a good meal. An outstanding job by the picnic committee from set up to clean up. The picnic is proof positive that we are not a glum lot. Look forward to next year and many years to come." ~ Gordon G. ~

## Need Volunteer Action

The Special Needs Committee needs a Chair. Call Deborah B, 810-493-5312 for details

Volunteers needed for the Corrections Committee. Call George W, 810-624-2772 for details.

The Literature Traveling Display will come to your group for information and sales. Please contact James P. at 313-616-3703 to schedule your group today.



## F.A.U.C. Committees

Al-Anon Liaison  
Wanda [www.gaais.webs.org](http://www.gaais.webs.org)  
Answering Service;  
Chair - Wayne T. 810-962-5036  
Co chair Doug G. 810-410-7458  
CPC- Cooperation with the Professional Community;  
Chair - Richard B 810-938-9755  
Co chair Bob W. 810-814-7988  
Corrections; Chair  
George W. 810 - 624 - 2772  
Grapevine: Chair  
Kamesha M. 810-449-5242  
Literature/Meeting Books:  
Chair - James P. 313-613-3703  
Co chair; Doug G 810-410-7458  
PI-Public Information: Chair  
"Moe" M. 810 - 908 - 3449  
Special Needs: Chair OPEN  
Treatment: Chair  
Bridgette W. 810-931-3381  
Young People: Chair OPEN  
Website: Chair  
Katrina H 810-347-2330  
Co chair Doug G. 810-410-7458  
FAUC Secretary;  
Ruth H. 810 - 660 - 8173  
PTHA, Inc. Treasurer:  
Gordon G 810-845-9953  
FAUC Chair:  
Deborah B 810-493-5312  
*FAUC Newsletter Editor - Doug G,  
Any/all comments welcome; email  
farfromittoday@aol.com*

## FLINT AREA UNITY COUNCIL AIMS AND PURPOSES

1. To promote Unity among Flint Area A.A., and harmony with Al-Anon and Ala-teen groups
2. To exchange group ideas.
3. The G.S.R.'s and Alternates shall act as trusted servants of their groups.
4. Each group shall be represented by a G.S.R. or Alternate. One vote per Group shall be allowed in the determining matter of policy and action affecting the groups. (Committee persons are allowed one vote.)
5. To continue advancement of Twelve Step work and sponsorship.
6. To help financially any member group of this Council who needs help. A two-thirds majority vote will pass on any such loans which shall not be in excess of sixty days.
7. The Twelve Traditions and Twelve Concepts of A.A. shall prevail at all times.
8. No monies will be spent or sent out of the Council area without a two-thirds majority vote of the groups that have paid into the council in the last three months. If they are not present they will be contacted for a vote on the issue within one week.
9. The Council will create service committees and be financially responsible for them.

"Any group or district of the Fellowship is free to use the symbol of a circle and triangle on newsletters, meeting schedules or other A.A. material." From "The A.A. SERVICE MANUAL Combined With the TWELVE CONCEPTS for WORLD SERVICE by Bill W. page S41, reprinted by permission of A.A.W.S.



**Flint Area Open Speaker Meetings\* for the Month**

NOTES: \* = Addresses of Locations can be found in the F.A.U.C. Meeting Book.  
 \*\* = With a Potluck Dinner.

**August 2017**

| SUNDAY   | MONDAY   | TUES | WED | THURS DAY              | FRIDAY   | SATURDAY  |
|--|--|------|-----|------------------------|--|---|
|  |  | 1    | 2   | 3<br>7 pm<br>Van Slyke | 4<br>12 noon Arid Club<br>8:30 pm Clover School Lapeer   | 5<br>7:30 pm Eastside St Mary's<br>8 pm St Jude's Fenton<br>8 pm Episcopal Church Owosso                      |
| 6<br>7 pm St Andrews<br>7:30 pm Arid Club  | <b>29th Annual Mackinac Island Fall Weekend</b><br>October 13 – 15, 2017. Info at <a href="http://www.AALansingMI.org">www.AALansingMI.org</a> .<br><b>MCYPAA 39</b><br><b>2017 Michigan Convention of Young People</b><br>November 24 – 26, 2017. Info at: <a href="http://www.geneseecountyaa.org">www.geneseecountyaa.org</a> <a href="http://mcpaa.org">http://mcpaa.org</a> |      |     |                        | 11<br>8:30 pm Clover School Lapeer   | 12<br>7:30 pm Eastside St Mary's<br>8 pm St Jude's Fenton<br>8 pm Episcopal Church Owosso                     |
| 13<br>7 pm St Andrews<br>7:30 pm Arid Club   |  |      |     |                        | 18<br>8:30 pm Clover School Lapeer   | 19<br>7:30 pm Eastside St Mary's<br>8 pm St Jude's Fenton<br>8 pm Episcopal Church Owosso                     |
| <b>20 FAUC Meeting</b><br><b>11:30 am; Committees</b><br><b>12:30 pm General Assembly –Arid Club</b><br>7 pm St Andrews<br>7:30 pm Arid Club |  |      |     |                        | 25<br>8:30 pm Clover School Lapeer<br>** 7 pm Durand Group, Durand   | 26<br>** 7 pm Thetford<br>7:30 pm Eastside St Mary's<br>8 pm St Jude's Fenton<br>8 pm Episcopal Church Owosso |
| 27<br>7 pm St Andrews<br>7:30 pm Arid Club   | 28<br>7 pm Montrose HOPE   | 29   | 30  | 31                     | <b>FAUC Meetings: Date: Place: Group</b><br>August 20: Women in AA; Arid Club<br>September 17: Arid Club; Burton Group<br>October 16 and November 19: OPEN for Hosting Group<br>December 17: Local 659: Van Slyke Group. |   |

**A.A Treasurer's addresses:**



A.A.W.S., Inc., P.O. Box 459, Grand Central Station, New York, NY 10163  
 C.M.I.A. 32, % Cindy Rowley, 2903 Ronan St. Apt 2, Midland MI 48642  
 F.A.U.C., P.O. Box 465, Flint, MI 48501 Please make checks payable to  
**Pass The Hat Association, Inc.**

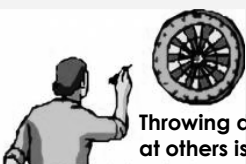
From the Newsletter Editor:

If you'd like to receive the Newsletter via email, then email request to [farfromitoday@aol.com](mailto:farfromitoday@aol.com).

We are not human beings having a spiritual experience; we are spiritual beings having a human experience. Teilhard de Chardin. 1881 – 1955.



**NOT Step 8 Willingness.**  
 The world will remember me when I'm gone, at least the part I owe money to.



Throwing darts at others is not part of the solution.



What cha doin'?

Compiling all my lists into a spreadsheet... ....DUH.

You're a dweeb.

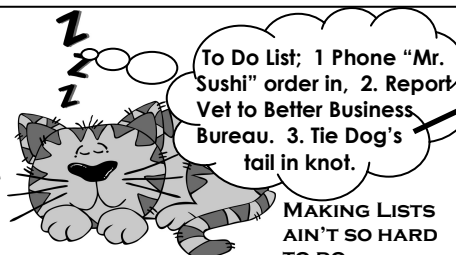
Now adding you to my Insensitive list.

Get a life.

Now cross referencing to a "Personal Abuse (Received)" list.



Good chance of hurting ourselves in the throwing.



To Do List; 1. Phone "Mr. Sushi" order in, 2. Report Vet to Better Business Bureau. 3. Tie Dog's tail in knot.

MAKING LISTS AIN'T SO HARD TO DO.



Our seven course 8th Step dinners start with Denial Salad, followed by Guilt, Anger & Depression and an Upward Turn on Reconstruction, with dessert of Acceptance topped with Hope.



**SUNDAY NIGHT GOOD GRIEF SUPPORT GROUP**