



## The 2<sup>nd</sup> Step

"Came to believe that a Power greater than ourselves could restore us to sanity." Page 59, Big Book.

If one comes to believe in something, then its true one didn't believe it beforehand.

So a new idea is taking shape in our mind. Thinking there is a Power greater than ourselves initially was a hang up, end of the road, running into the wall, slippery slope thinking for many.

"This, the newcomer thinks, is just about the last straw. This is the beginning of the end. And so it is: the beginning of the end of his old life, and the beginning of his emergence into a new one." Page 26, 12 X 12.

"Religion says the existence of God can be proved; the agnostic says it can't be proved; and the atheist claims proof of the nonexistence of God." Page 28, 12 X 12.

"Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect the contact with Him." Page 46, Big Book.

"Faith has to work 24 hours a day in and through us, or we perish." Page 16, Big Book.

"Then came the insidious insanity of that first drink..." "Again it was the old insidious insanity-that first drink." Page 8 & 154, Big Book.

"Sanity" is defined as "soundness of mind. Yet no alcoholic, soberly analyzing his destructive behavior, whether the destruction fell on the dining-room furniture or his own moral fiber, can claim "soundness of mind" for himself." Page 33, 12 X 12.

Pages 8, 16, 46, 59, & 154 Big Book and Page 26, 28, & 33 12 Steps and 12 Traditions quotes reprinted by permission of A.A.W.S.

## Announcements

The February 17th, 2018 F.A.U.C. meeting will be at the Arid Club, 715 East St. Flint. Please note this is the second **Saturday** meeting. All 2018 meetings are on **Saturdays**.

**Flint Area Unity Council Final Nominations and Elections** for Committees took place at the December 2017 meeting. There are yet openings for a volunteer for the Treatment and Young People's Committees.

## CMA32 Assembly

The F.A.U.C. will be hosting the CMA32 Assembly on April 8<sup>th</sup>, 2018. The normal first Sunday of the every other month Assembly was moved to the second Sunday in April because Easter falls on the first Sunday. A committee has been formed, but is still in need of volunteers. Flint hosted this Assembly on Dec. 2, 2012 and Aug. 3, 2014. Please volunteer and help make it a success reflecting on District 12 hospitality and commitment to the A.A. way of life. Call Jesse P. at 810-814-5891 or Kamesha M. at 810--449-5242 for details.

Special Order seniority "Chips" are available from the Literature Committee. There are many styles to choose from. See below for an example:

Poker "Chip" *Front*



Poker "Chip" *Back*



Details at 313-613-3703.

**"Insanity is doing the same thing over and over expecting different results."**

The quote's attributed to Albert Einstein, but there's debate about this. An old Chinese proverb, Benjamin Franklin or Mark Twain are promoted as originators.

One claim is that Einstein used and published the quote in his "Letters to Solovine 1951" however no reference has been supplied from that source.

Other verified uses of the quote's came from: Rita Mae Brown's 1983 novel, *Sudden Death*, published by Bantam Books, New York p.68 (attributed to Jane Fulton). *Alcoholics Anonymous (AA) pamphlet - Step 2: A promise of Hope*, p10, James G. Jenson, Hazelden, 1980. *Narcotics Anonymous - The Basic Text of Narcotics Anonymous*, copyrighted in 1981. It is found on page 11 of the final "Review Form" which was distributed to the fellowship in November of 1981. The quote in that text is "Insanity is repeating the same mistakes and expecting different results".

However, the quote has been used effectively by Alcoholics Anonymous for many decades to make a simple point; it most probably originated from someone in that organization like Dr. Silkworth or Bill Wilson, as far back as the 1930's. Adapted from: <https://www.quora.com/did-Einstein-really-define-insanity-as-doing-the-same-thing-over-and-over-again-and-expecting-different-results>

## AA Help Line (810) 234-0815

### F.A.U.C. Committees

Committees are listed; names and contact information for chairs will be in the next issue.

Al-Anon Liaison (Interim)  
Joann G. 810-845-5318

Answering Service;  
Chair - Wayne T. 810-875-2939

CPC- Cooperation with the Professional Community;  
Chair - Richard B. 810-938-9755

Corrections;  
Chair - George W. 810-624-2772

Grapevine;  
Chair - Greg S. 810-493-3959

Literature/Meeting Books;  
Chair - James P. 313-613-3703

PI-Public Information;  
Chair - Moe M. 810-908-3449

Special Needs;  
Chair - Kamesha M. 810-449-5242

Treatment;  
Chair - OPEN

Young People;  
Chair - OPEN

Website:  
Chair - Katrina H. 810-347-2330

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, 810-410-7458

### 2018 F.A.U.C. Meetings:

Date: Place: Group.  
All 3<sup>RD</sup> **Saturday** of the Month.  
Feb. 17; Arid Club;  
Mar. 17; Arid Club; Torrey Rd.  
Apr. 21; Arid Club; Thetford.  
May 19; Arid Club; Oak Park.  
Jun. 19; Arid Club; Davison Fellowship.  
Jul. 16; Clover School; Lapeer Grp.  
Aug. 18; Arid Club; Women in A.A.  
Sep. 15; **OPEN**  
Oct. 20; **OPEN**  
Nov. 17; **OPEN**  
Dec. 18; Local 659; Van Slyke

## FLINT AREA UNITY COUNCIL AIMS AND PURPOSES

The F.A.U.C. Aims and Purposes in the entirety may be read on the website [geneseecountyaa.org](http://geneseecountyaa.org). "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 \***

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

**February 2018**

- Thu 1 7 pm Van Slyke
- Fri 2 12 noon Arid Club  
8:30 pm Clover School Lapeer
- Sat 3 7:30 pm Eastside St Mary's  
8 pm St Jude's Fenton  
8 pm Episcopal Church Owosso
- Sun 4 7 pm St Andrews  
7:30 pm Arid Club
- Fri 9 8:30 pm Clover School Lapeer
- Sat 10 7:30 pm Eastside St Mary's  
8 pm St Jude's Fenton  
8 pm Episcopal Church Owosso
- Sun 11 7 pm St Andrews  
7:30 pm Arid Club
- Fri 16 8:30 pm Clover School Lapeer
- Sat 17 7:30 pm Eastside St Mary's  
8 pm St Jude's Fenton  
8 pm Episcopal Church Owosso
- Sun 18 6 pm Otter Lake  
7 pm St Andrews  
7:30 pm Arid Club
- Wed 21 7:30 pm Thump Day!
- Fri 23 \*\* 7 pm Durand Group, Durand  
8:30 pm Clover School Lapeer
- Sat 24 \*\* 7 pm Thetford  
7:30 pm Eastside St Mary's  
8 pm St Jude's Fenton  
8 pm Episcopal Church Owosso
- Sun 25 7 pm St Andrews  
7:30 pm Arid Club
- Mon 26 7 pm Montrose HOPE



Uh, can one take an insanity plea? **(No!)** No, that's insanity. You can't plead stupidity.

God's way.

Man's way.

I define insanity as doing the same thing over and over again, expecting a different result.

It's for sure he's not been a member of Congress!

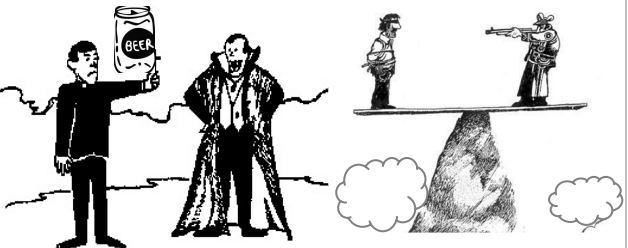


If you'd like to receive the Newsletter via email, then email request to [farfromitoday@aol.com](mailto:farfromitoday@aol.com).

**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.**



No, that doesn't scare me at all. I just don't like how it produces insanity.

Some ideas need thinking about before execution...

Step Two SPONSOR to SPONSEE worksheet.  
 "Came to believe that a Power greater than ourselves could restore us to sanity."

1. Write out definition of "came to" as it applies to Step 2.
2. In the dictionary, look up and write out the definition of the word "believe."
3. Write out your own definition of the word "believe."
4. What is your definition of "a power greater than yourself"?
5. List 3 powers greater than yourself in your active using.
  - 1.
  - 2.
  - 3.
6. List 3 powers greater than yourself in your recovery.
  - 1.
  - 2.
  - 3.
7. What are the 3 characteristics that a higher power should have?
  - 1.
  - 2.
  - 3.
8. What does the word "could" mean to you?
9. In the dictionary, look up and write out the definition of "could."
10. In the dictionary, look up and write out the definition of "restore."
11. Write out how you were insane when using.
12. Write out how you are insane in recovery.
13. Write out your definition of "sanity."
14. In the dictionary, look up and write out the definition of "sanity."
15. What are the benefits of "coming to believe in a power greater than yourself?"
 

1.	2.
3.	4.
16. Name 10 positive things that a power greater than yourself has done for you.
 

5 while using	and	5 in recovery.
1.		1.
2.		2.
3.		3.
4.		4.
5.		5.
17. What is a power greater than yourself?
18. What type of sanity is the second step referring to?
19. How can I apply this step into my life?
20. What does this step mean to me?