

Flint Area Unity Council Newsletter

F.A.U.C. Website: www.geneseecountyaa.org



April 2018
Issue No. 31

The 4TH Step

"Made a searching and fearless moral inventory of ourselves." Page 59, Big Book.

Step Four directions begin on page 64, paragraph 1, lines 1-9; "Therefore we started on a personal inventory. *This was Step Four.* A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of a business is to be successful, he can not fool himself about values." Resentments) page 64, paragraph 3, lines 1-2, 6-9; (**Fears**) page 68, paragraph 1, lines 1-3; and (**Harms**) page 69, paragraph 1, lines 1-6.

"Resentment is the "number one" offender. It destroys more alcoholics than anything else. (Pg. 64; 1-2) In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. (Pg. 64; 6-9). "We reviewed our Fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them." (Pg. 68; 1-3). "We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we Hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it." (Pg 69; 1-6).

How to conduct this inventory? Bill W. tells us on Pg. 13; paragraph 3, lines 1-4. "My schoolmate visited me, and I fully acquainted him with my problems and deficiencies. We made a list of people I had hurt or toward whom I felt resentment."

So now we know **WHY** the personal inventory is taken, **WHAT** it should cover (Resentments, Fears, Harms), **HOW** (put it on paper!), and lastly **WHO** we should do it with. (nowadays referred to as a sponsor). **WHEN** is as follows after Step Three, "So we had to get down to causes and conditions." Page 64.

Big Book quotes page 13, 59, 64, 68, and 69 used with A.A.W.S. permission.

4TH Step Promises

1. When the spiritual malady is overcome, we start to straighten out mentally and physically. Page 64.
2. We cannot be helpful to all people but at least God will show us how to take a kindly and tolerant view of each and every one. Page 67.
3. Just to the extent that we do what we think He would have of us and humbly rely on Him, does He enable us to match calamity with serenity. Page 68.
4. We ask him to remove our fear and direct our attention to what he would have us be. At once, we commence to outgrow fear. Page 68.
5. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it. Page 69.
6. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. Page 70.
7. We have begun to comprehend their futility and their fatality. Page 70.
8. We have commenced to see their terrible destructiveness. Page 70.
9. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on the them as sick people. Page 70.
10. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. Page 70.

Big Book quotes pages 64, 67, 68, 69, 70 used with A.A.W.S. permission.

Announcements

The April 21st, 2018 F.A.U.C. meeting will be in Thetford, G-11495 N. Center Rd, Clio 48420. Please note this is the fourth **Saturday** meeting. All 2018 meetings are **Saturdays**.

LOOKING WITHIN

"Made a searching and fearless moral inventory of ourselves."

— TWELVE STEPS AND TWELVE TRADITIONS, p. 42

Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been, and are. I want to find exactly how, when, and where my natural desires have warped me. I wish to look squarely at the unhappiness this has caused others and myself. By discovering what my emotional deformities are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me. To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self awareness is permanent. Everyone has the capacity for growth, and for self-awareness, through an honest encounter with reality. When I don't avoid issues but meet them directly, always trying to resolve them, they become fewer and fewer.

Daily Reflections for April 1st.
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The "Special Needs" committee has been renamed by A.A.W.S. to "Accessibility for All Alcoholics". The G.S.O. Guideline pertaining to this committee's work is MG-16. On page 2 of this Newsletter is an extract, edited for space, of the G.S.O. Guideline for guidance. Contact Kamesha M. 810-449-5242 for any questions.

AA Help Line (810) 234-0815

F.A.U.C. Committees

Committees listed with names and contact information for chairs.

Al-Anon Liaison:
Brad S. 810-516-8449

Accessibility for All Alcoholics:
Chair – Kamesha M. 810-449-5242

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

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 3RD **Saturday** of the Month.
Apr. 21; Thetford; Thetford.
May 19; Arid Club; Oak Park.
Jun. 19; Arid Club; New Dawn.
Jul. 16; Clover School; Lapeer Group.
Aug. 18; **OPEN**
Sep. 15; **OPEN**
Oct. 20; Arid Club; Women in A.A.
Nov. 17; Arid Club; Courage to Change.
Dec. 18; Local 659; Van Slyke Group

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.

"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.

April 2018	
Thu 5	7 pm Van Slyke
Fri 6	12 noon Arid Club
	8:30 pm Clover School Lapeer
Sat 7	7:30 pm Eastside St Mary's
	8 pm St Jude's Fenton
	8 pm Episcopal Church Owosso
Sun 8	7 pm St Andrews
	7:30 pm Arid Club
Fri 13	8:30 pm Clover School Lapeer
Sat 14	7:30 pm Eastside St Mary's
	8 pm St Jude's Fenton
	8 pm Episcopal Church Owosso
Sun 15	7 pm St Andrews
	7:30 pm Arid Club
Fri 20	8:30 pm Clover School Lapeer
Sat 21	7:30 pm Eastside St Mary's
	8 pm St Jude's Fenton
	8 pm Episcopal Church Owosso
Sun 22	6 pm Otter Lake
	7 pm St Andrews
	7:30 pm Arid Club
Wed 25	7:30 pm Thump Day!
Fri 27	** 7 pm Durand Group, Durand
	8:30 pm Clover School Lapeer
Sat 28	** 7 pm Thetford
	7:30 pm Eastside St Mary's
	8 pm St Jude's Fenton
	8 pm Episcopal Church Owosso
Sun 29	7 pm St Andrews
	7:30 pm Arid Club
Mon 30	7 pm Montrose HOPE

Volunteers Needed for District 12 to Host CMIA 32 on April 8, 2018.

Set up begins at 7:30 at Carman Ainsworth Middle School, 1409 W. Maple Ave. Flint 48507

Contacts:

Jesse P. 810-814-5891, Deborah B. 810-493-5312 Al-Anon Contact: Liz P. 810-814-0403

ACCESSIBILITIES CHECKLIST - For Meetings and Groups

The General Service Office publishes an Accessibilities Checklist to help groups determine overall accessibility of meeting spaces. A checklist is available in its entirety from the General Service Office at www.aa.org.

Introduction - People with physical challenges should be able to arrive on site, approach a building, and enter as freely as everyone else.

PARKING: ☐ Are an adequate number of accessible parking spaces available?

ROUTE OF TRAVEL: ☐ Is there a clear route of travel that does not require the use of stairs? ☐ If the meeting is at night, is the pathway well lit?

ENTRANCE: ☐ Does the entrance have steps, a threshold, or other physical barriers? ☐ If so, is there a ramp, lift, or an alternate entrance that is accessible?

☐ Is the entrance door adequate width (32"), clearance to accommodate a wheelchair?

INSIDE THE BUILDING: ☐ Is there level access from the wheelchair accessible entrance to the meeting area? ☐ If there is an elevator or a lift, is it in good working order? ☐ Are corridors clear for wheelchair passage? Can any potential obstacles along corridors or walkways be detected by a person with a visual impairment using a cane — including hanging objects?

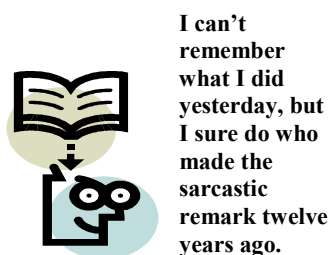
RESTROOMS: ☐ If there are restrooms for the general public, are wheelchair accessible restrooms in the same location?

☐ If not, is at least one fully accessible restroom available (one for each sex or unisex) within reasonable proximity?

THE MEETING ROOM: ☐ Are chairs set up with adequate aisle space for a wheelchair?

☐ Is the lighting adequate? ☐ Is there a designated section for members who are Deaf or Hard-of-Hearing? ☐ Is the meeting set up with the same configuration each time to help people who are Blind or have low vision become familiar enough with the layout to navigate without assistance? ☐ Is the coffee service accessible to a person in a wheelchair or with another type of mobility device?

You may also want to search the aa.org for a variety of Accessibilities Guides and information. Reprinted from the MG-16 G.S.O. Guideline with A.A.W.S. permission.



Cheer up and get rid of them, promptly and with no regrets.



If you'd like to receive the Newsletter via email, then email request to farfromitoday@aol.com.



Bad news Chief. Something that happened in Vegas has been spotted in Flint.

Great, you open tomorrow and its Inventory count day.



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.

