

Flint Area Unity Council Newsletter

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



June 2018

Issue No. 33

The 6TH Step

"Were entirely ready to have God remove all these defects of character." Page 59, Big Book.

Willingness has never been a problem for us. We were always entirely ready to do what we wanted, when we wanted, with who we wanted (even if it was alone). As George Thorogood sang, "...when I drink alone, I prefer to be by myself."

So the 6th Step is asking for us in the way of willingness to change. All the things about us that are objectionable; habits, thoughts, or behaviors are a defect of character.

What then is character? "The mental and moral qualities distinctive to an individual." The definition from an Oxford Dictionary.

Recognition and acceptance of our self is being ready.

Each Step has a principle associated with it. Willingness is the principle of Step 6.

The important part in this principle is consent to let go of old behaviors. As a friend has said many times, "If you turn it over but don't let go, then all you've done is turn it upside down".

Many things ended up being upside down in the lives of alcoholics. House mortgages, cars, employment, relationships, etc.

"So is our work solid so far?" Page 75, Big Book. This is at the end of Step 5 which then takes us to Step 6. Page 76, Big Book.

Big Book quotes used with A.A.W.S. permission.

A CLASSIC COP-OUT

I was young and cocky because I wasn't aware of character defects. Now I'm old and cocky because I don't remember what they were. (Keep coming back!).

6TH Step Promises

The Big Book has no promise for the 6th Step which is one paragraph long.

"If we can answer to our satisfaction, we then look at *Step Six*. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things we have admitted are objectionable? Can He now take them all – everyone? If we still cling to something we will not let go we ask God to help us be willing." Page 76. After that comes the prayer for *Step Seven*.

However, from those that have completed the Steps, it is known that Step Six is a promise all unto itself. Our gaining willingness in the form of being 'entirely ready' is a freedom from fear of change in our lives.

When we tried to clean ourselves up with our own power and "discipline" we kept ourselves agitated, confused, in denial, and worn out, and we were in almost constant emotional pain

In doing the Sixth Step I had become so exhausted. I'd been trying to do God's part in the spiritual growth and healing process. In the program I was told that my part was being "entirely ready", or, being ready "To let go and let God".

The attitude of readiness to let God reach into our lives and remove things that make us spiritually and emotionally sick is paradoxically the doorway to active and effective change of specific lifelong habits.

Big Book quotes used with A.A.W.S. permission.

Announcements

The **Saturday** June 16th, 2018 F.A.U.C. meeting will be at Canaan Church, 910 E. Gillespie Ave, Flint hosted by the New Dawn group. **Please enter at the Pasadena St. entrance.** All 2018 meetings are on **Saturdays**.

Cooperation With the Professional Community committee (C.P.C.)

"By action of the General Service Board, January 1970, the trustee's Committee on Cooperation With the Professional Community (C.P.C.)- a spin off from the Public Information Committee- was developed."

Purpose of the Committee.

"Members of these committees provide information about A.A. to those who have contact with alcoholics through their profession. This group includes health care professionals, educators, members of the clergy, lawyers, social workers, union leaders, and industrial managers, government officials, as well as those working in the field of alcoholism. Information is provided about where we are, what we are, what we can do, and what we cannot do."

"G.S.O.'s A.A. Web site (www.aa.org), which is available in English, Spanish and French, has been successful as a C.P.C. tool. We have received positive comments from many professionals interested in Alcoholics Anonymous. We invite you to visit the Web site and provide information about it in your C.P.C. presentations."

"One suggestion is to work with one group of professionals at a time."

Quotes from the G.S.O. Guideline MG-11, with A.A.W.S. permission.

Contact Richard B. 810-938-9755 for information on how you can do Service Work benefiting the community, both in and out of A.A.

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 – Ben J. 810-513-9899

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

F.A.U.C. Newsletter Editor:

Doug G, 810-410-7458

Here's A Service Manual Study;

Davison Fellowship on Tuesday,

6:30 pm. St. Andrew's, 8192

Davison Rd, Davison. 48423

2018 F.A.U.C. Meetings:

Date: Place: Group.

All 3RD **Saturday** of the Month.

Jun. 16; Canaan Church, 910 E.

Gillespie Ave, Flint; New Dawn.

Jul. 21; Clover School, 3496

Davison Rd; Lapeer Group.

Aug. 18; **OPEN**

Sep. 15; **OPEN**

Oct. 20; Arid Club, 715 East St.

Flint; Women in A.A.

Nov. 17; Arid Club, 715 East St.

Flint; Courage to Change.

Dec. 15; Local 659, 4549 Van

Slyke Rd; 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.

June 2018

- Thu 3 7 pm Van Slyke
- Fri 4 12 noon Arid Club
8:30 pm Clover School Lapeer
- Sat 5 7:30 pm Eastside St Mary's
8 pm St Jude's Fenton
8 pm Episcopal Church Owosso
- Sun 6 7 pm St Andrews
7:30 pm Arid Club
- Fri 11 8:30 pm Clover School Lapeer
- Sat 12 7:30 pm Eastside St Mary's
8 pm St Jude's Fenton
8 pm Episcopal Church Owosso
- Sun 13 7 pm St Andrews
7:30 pm Arid Club
- Wed 16 7:30 pm Thump Day!
- Fri 18 8:30 pm Clover School Lapeer
- Sat 19 7:30 pm Eastside St Mary's
8 pm St Jude's Fenton
8 pm Episcopal Church Owosso
- Sun 20 6 pm Otter Lake
7 pm St Andrews
7:30 pm Arid Club
- Fri 25 ** 7 pm Durand Group, Durand
8:30 pm Clover School Lapeer
- Sat 26 11 am Oak Park
** 7 pm Thefford
7:30 pm Eastside St Mary's
8 pm St Jude's Fenton
8 pm Episcopal Church Owosso
- Sun 27 7 pm St Andrews
7:30 pm Arid Club
- Mon 28 7 pm Montrose HOPE

Cooperation With the Professional Community committee (C.P.C.) Literature.
 "The Conference-approved Literature and Other Service Material catalog has a section on C.P.C. specific items. G.S.O. has C.P.C. Discount Packages for sale to help C.P.C. committees with quantity purchases of basic A.A. information for the public. C.P.C. discount packages are available in English, Spanish and French. For information about Discount Packages, please contact G.S.O., Grand Central Station, Box 459, New York, NY 10163, (212) 870-3400, or e-mail cpc@aa.org.

For C.P.C. Committee Members

Speaking at Non-A.A. Meetings A.A. Membership Survey
 C.P.C. Workbook How A.A. Members Cooperate. . .
 Understanding Anonymity A Member's-Eye View of A.A.
 Information on Alcoholics Anonymous Let's Be Friendly With Our Friends

For Professionals

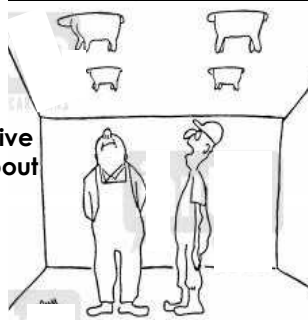
Understanding Anonymity A.A. as a Resource for the
 If You Are a Professional. . . Health Care Professional
 Members of the Clergy Ask About A.A. A.A. as a Resource for Drug & Alcohol
 Problems Other Than Alcohol Court Professionals
 Is There an Alcoholic in the Workplace? A.A. Membership Survey
 This Is A.A. A Message to Corrections A.A. In Your Community Professionals
 A.A. Fact File Information on Alcoholics Anonymous
 A Brief Guide to A.A. Three Talks to Medical Societies by Bill W.
 The A.A. Member- A.A. at a Glance Medications and Other Drugs
 The A.A. Grapevine Let's Be Friendly With Our Friends La Viña

For the People Professionals Serve

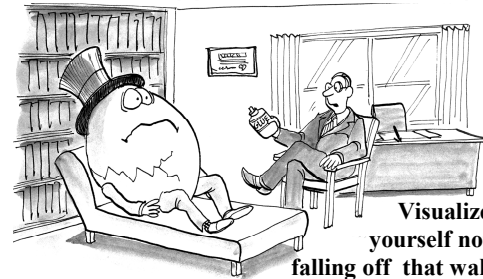
Young People and A.A. A.A. for the Older Alcoholic A.A. at a Glance A.A. for the Black and African
 A Message to Teenagers American Alcoholic This Is A.A. A Brief Guide to A.A.
 Is A.A. for You? Too Young? A.A. for the Woman Do You Think You're Different?
 Frequently Asked Questions About A.A. Is There an Alcoholic in Your Life?
 A.A. for the Gay/Lesbian Alcoholic Problems Other Than Alcohol
 A.A. for the Native North American"

From the G.S.O. Guideline MG-11. used with A.A.W.S. permission.

"The two most important days in your life are the day you were born and the day you find out why." ~ Mark Twain.



Well, I see both Advantages and Disadvantages in this design of a milking barn.



Visualize yourself not falling off that wall.

I'm not finding the will to avoid compulsive negative thoughts about them.



If you'd like to receive the Newsletter via email, email request to the Editor at 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.

A.A. is everywhere Contest.



Find this gas station cover in Burton. Be the 1st to email a pic with location to the Editor: Win 5 Pocket Big Books, A.A.W.S. #B-35.