



Circa 1916

## October 2018 Flint Area Open Speaker Meetings \*

\* = Addresses of Locations can be found in the  
2018 Flint Area Groups Meeting Book.

\*\* = With a Potluck Dinner.

- |        |  |
|--------|--|
| Thu 4  | 7 pm Van Slyke   |
| Fri 5  | 12 noon Arid Club; 8:30 pm Clover School Lapeer  |
| Sat 6  | 7:30 pm Eastside St Mary's<br>8 pm St Jude's Fenton & Episcopal Church Owosso  |
| Sun 7  | 7 pm St Andrews<br>7:30 pm Arid Club   |
| Fri 12 | 8:30 pm Clover School Lapeer   |
| Sat 13 | 7:30 pm Eastside St Mary's<br>8 pm St Jude's Fenton<br>8 pm Episcopal Church Owosso  |
| Sun 14 | 7 pm St Andrews<br>7:30 pm Arid Club   |
| Wed 17 | 7:30 pm Thump Day!   |
| Fri 19 | 8:30 pm Clover School Lapeer   |
| Sat 20 | 7:30 pm Eastside St Mary's<br>8 pm St Jude's Fenton<br>8 pm Episcopal Church Owosso  |
| Sun 21 | 6 pm Otter Lake<br>7 pm St Andrews<br>7:30 pm Arid Club  |
| Fri 26 | ** 7 pm Durand Group, Durand<br>8:30 pm Clover School Lapeer   |
| Sat 27 | 11 am Oak Park<br>** 7 pm Thetford<br>7:30 pm Eastside St Mary's<br>7:30 pm Episcopal Church Owosso<br>8 pm St Jude's Fenton |
| Sun 28 | 7 pm St Andrews<br>7:30 pm Arid Club   |
| Mon 29 | 7 pm Montrose HOPE   |

If your Group wants the Speaker listed then email to [farfromtoday@aol.com](mailto:farfromtoday@aol.com) the Group, Day, Time and Name. Those received will be printed.

## Shared Experience (and Strength and Hope)

Like most who enter this program, Jody had come to recognize the fatal nature of his addiction – and he knew that recovery was imperative. Yet he began in a quiet way; his sobriety – essential to the quality (and the very continuation) of his own life – would not mean quite so much to those around him, so he would not impose on them with any grand declaration or ostentatious gesture.

At dinner one evening, though, early in his recovery, Jody was asked by his son – nine years old, at the time – to explain the absence of beer from the table. Jody's answer was simple and even casual; he told the boy that Dad had quit drinking – in tones rather common among parents speaking to their children, as Jody was not sure that his son would have any real interest in the matter.

In reality, of course, there was little or nothing that could have meant more to his son; sharing this experience at a recent meeting, Jody remembered how the child's face had reacted – and how those eyes had awakened him.

Oblivious for years to the effects of his addiction on those who needed him, Jody now understood that his son had suffered. This hurt – but Jody also learned from that face that his son had loved and cared about him – and still loved and still cared. Maybe the child had never in nine years been this happy; nor could Jody have been happier himself – happy in that moment, and happy with the future, ahead – having taken up this “new way of living”, through which he could turn the most profound misery into such absolute joy.

shared by Jody J. for  
an article by Drew K.

# Flint Area Unity Council Newsletter

F.A.U.C. Website: [www.geneseecountyaa.org](http://www.geneseecountyaa.org)



October 2018  
Vol. 4; Issue 1  
AA Help Line  
(810) 234-0815

## THE JELLINEK CURVE

The Jellinek Curve (on page 3) is divided into three 'phases'; Crucial, Chronic, & Rehabilitation; recovery path.

The shape has meaning in the curve. It starts while one is on the 'level', meaning only occasional drinking. The drinking can escalate, and as it does, so does alcohol tolerance. This is where the Crucial phase starts. Drinking to blackouts, hidden drinking episodes of driving, dependence and also urgency for a first drink increases. To drink in secret and other dishonesty worsens; while guilt and remorse of behaviors tends to make one less able to discuss them.

The addictive condition gets worse with more blackouts, and using more excuses for drinking. One moves further into the Crucial Phase; becoming grandiose, at times aggressive. There is even more remorse so one may try 'controlled' drinking, doesn't help. Promises made that one can't keep, so a change of location and faces maybe tried. That's no cure. One loses interest in all but drinking, and now many legal problems may become reality. It's not clear to the drinker; but the economics, work episodes, avoidance of friends and family, appetite loss, morning shakes 'cured' by a quick drink, other indications of lessening personality is seen by others.

Physical, mental, moral and financial conditions continue worsening. Other people we blame and hold resentments against. There's anger for no reason plus more inhibitions leave us. Alcohol tolerance decreases causing intoxication to last longer.

Enter the Chronic Phase; warped thinking, fears abound, maybe undefined but there none the less. We are low on motivation unless it's something to drink a lot over. Maybe some spiritual thoughts, but excuses for our actions make no sense. We may stay that way until drinking kills us.

With an honest desire, one can leave the Chronic Phase into Rehabilitation, which simply put means a new way of life. With alcohol accepted as a disease, and by adhering to abstinence, a doomsday is arrested. Entering a life of recovery we meet others happily engaged in a new way of life. The personal inventory and contemplating needs of a spiritual nature have one focused in an affirmative way. Improved longing with a physical renewal are the mantras for serenity. Unknown fears decrease while ego meets reality in the lucid capability of this new life. Right feeding of the body and spirit lead to more right habits of nourishment and resting naturally, getting the sleep we need, and we don't look to evade reality.

Tolerance for a life without alcohol increases, and we find an "enlightened and interesting way of life..." To one's total satisfaction, the curve of Rehabilitation does not flat line; rather it just keeps ascending to new aspirations.

## The 10<sup>th</sup> Step

*"Continue to take personal inventory and when we were wrong promptly admitted it".*

Directions for Step 10 are found on page 84, paragraph 2. "...we continue to take personal inventory and continue to set right any new mistakes as we go along... This is not an overnight matter. It should continue for our lifetime... We discuss them with someone immediately and make amends quickly if we have harmed anyone".

This Step gets referred to as a daily leveling of ego. "Every day is a day when we must carry the vision of God's will into all our activities. ...These are thoughts which must go with us constantly". A prayer put forth (use it in your own words) is this, "How can I best serve Thee – Thy will (not mine) be done". (Page 85).

## The 10<sup>th</sup> Step Promises

Step 10 Promises are on pages 84, 85 in the Big Book. Here's a few, there's others.

1. "And we have ceased fighting anything or anyone even alcohol".
2. "For by this time sanity will have returned".
3. "If tempted, we recoil from it as from a hot flame" (*the moth effect-ed note*). (Page 84).
4. "We react sanely and normally..."
5. "...That is how we react so long as we keep in fit spiritual condition".
6. "...we have begun to sense the flow of His Spirit into us".
7. "What we really have is a daily reprieve contingent on our spiritual condition". (Page 85). Big Book quotes used with A.A.W.S. permission.

## 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.
- 9) The Council will create service committees and be financially responsible for them.

The **FLINT AREA UNITY COUNCIL AIMS AND PURPOSES with Election Procedures** in its entirety is on the website [geneseecountyaa.org](http://geneseecountyaa.org).

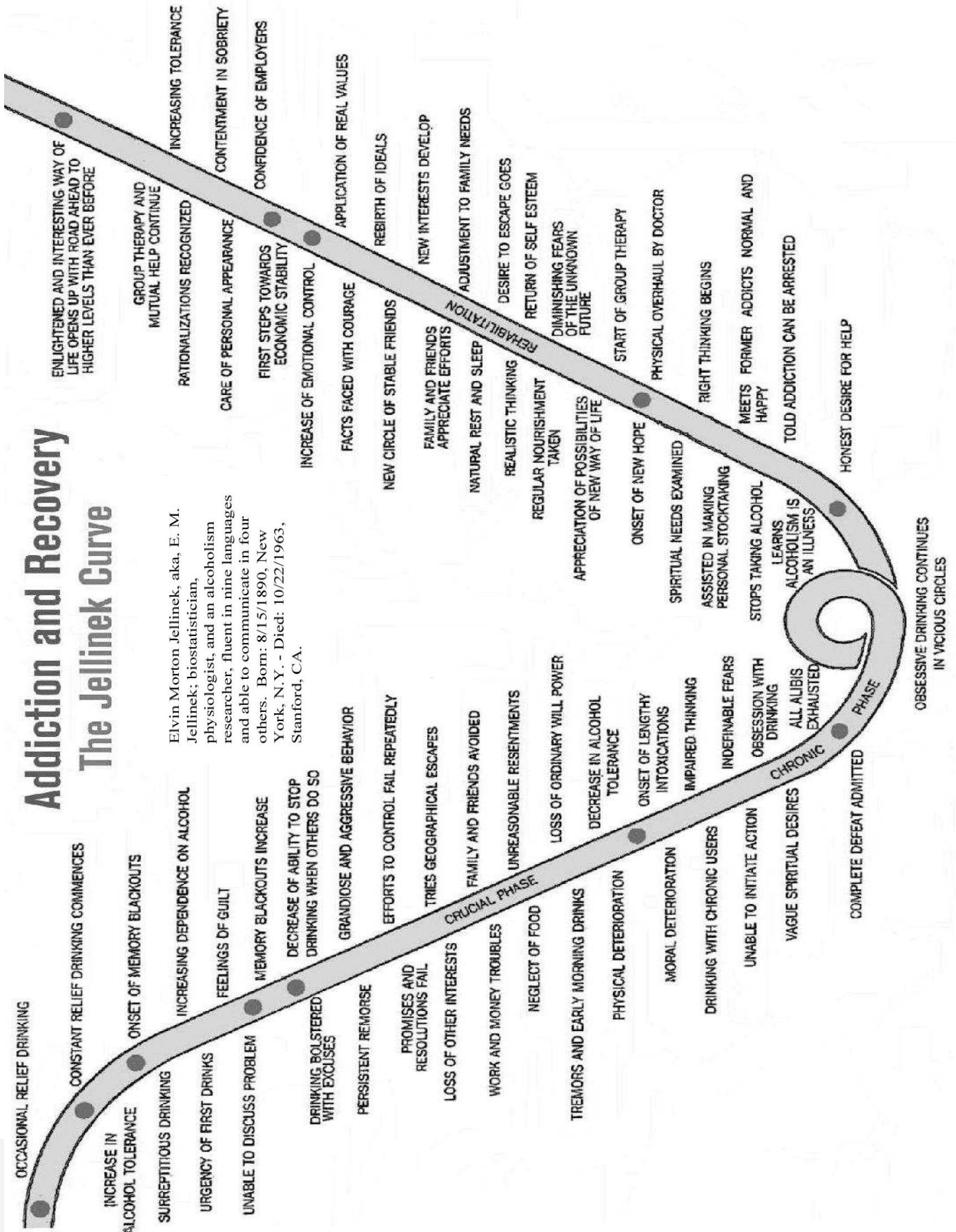
"Any group or district of the Fellowship is free to use the symbol of a circle and triangle on newsletters, meeting schedules or other A.A. material."

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.



## Addiction and Recovery The Jellinek Curve

Elvin Morton Jellinek, aka. E. M. Jellinek; biostatistician, physiologist, and an alcoholism researcher, fluent in nine languages and able to communicate in four others. Born: 8/15/1890, New York, N.Y. - Died: 10/22/1963, Stanford, CA.



# Flint Area Unity Council Newsletter

F.A.U.C. Website: [www.geneseecountyaa.org](http://www.geneseecountyaa.org)



**October 2018**  
**Vol. 4; Issue 1**  
**AA Help Line**  
**(810) 234-0815**

## F.A.U.C. Committees & Chairs & Officers and Contact telephone numbers.

**Al-Anon Liaison:** Brad S. 810-516-8449    **Accessibility for All Alcoholics:** Kamesha M. 810-449-5242  
**A.A. Answering Service;** Wayne T. 810-875-2939    **Grapevine:** Greg S. 810-493-3959  
**CPC- Cooperation with the Professional Community;** Richard B. 810-938-9755  
**Corrections;** George W. 810-624-2772    **Literature/Meeting Books:** Chair – James P. 313-613-3703  
**PI-Public Information:** Moe M. 810-908-3449    **Treatment:** Ben J. 810-513-9899  
**Young People:** Chair – OPEN    **Website:** Katrina H. 810-347-2330

## F.A.U.C. Officers

F.A.U.C. officers with names & contact info.    **F.A.U.C. Chair:** Deborah B 810-493-5312 **F.A.U.C. Secretary:** Aaron B. 810-858-0267    **Pass The Hat Assoc. Treasurer (PTHA):** Gordon G. 810-845-9953

## F.A.U.C. Newsletter

Editor/Doug G, 810-410-7458, [farfromtoday@aol.com](mailto:farfromtoday@aol.com)

Bob W, Carl D, Drew K, Doug G, George W.

Co-Editor/Drew K. 810-441-5541; [akeast75@protonmail.com](mailto:akeast75@protonmail.com)    Gordon G, Jeff G, Kamesha M, James P, Tony B.

## Newsletter Distributors

## 2018 F.A.U.C. Meetings; Date: Place: Group.

Sep. 15; Arid Club, 715 East St. Flint; Eye Opener    Oct. 20; Arid Club, 715 East St. Flint; Women in A.A.    Nov. 17; Arid Club, Courage to Change.    Dec. 15; Local 659, 4549 Van Slyke Rd; Van Slyke Grp.    **Next F.A.U.C. Meeting:** Meetings are on 3<sup>rd</sup> Saturdays.    The **Saturday** October 20th, 2018 F.A.U.C. Meeting has 11:30 am Committee Meetings with a 12:30 pm General Assembly.

The September Newsletter went to 119 meetings & 51 email addresses. Didn't get one? Call the Editor or Co-editor to get some!

## CORRECTIONS for 2018 Meetings

The Thursday **Otter Lake** Group is at 6 pm, not 8 pm as in the Meeting Book.

The Saturday **Owosso OPEN SPEAKER** is at 7:30 pm, not 8 pm in the Meeting Book.

The Wednesday **North Branch** is at 7 pm, not at 8 pm as was on the website.

The Thursday **Torrey Road** Group is at 8 pm, not at 9 pm as was on the website.

## Group NEWS

The 2018 F.A.U.C. New Year's Dinner/Dance needs a chair.

The F.A.U.C. Committee Inventory Guidelines will be discussed at the October 20 meeting. GSR's, DCM's, committee members, any A.A., are encouraged to attend.

"www.aa.org" has info on Pre-Release for inmates. Call George W, Corrections Committee, 810-624-2772 for details.

The 2018 GRATITUDE Meeting is on Nov. 21<sup>st</sup> at U.A.W. Local 659, 4549 Van Slyke Rd. Flint 48507. Doors Open at 5 pm, meeting starts at 6 pm.

Group's wanting a Newsletter short announcement can call or email the Editor or Co-Editor by the 20<sup>th</sup> of the month to get it in print. A.A.'s can submit articles (about 300 words).

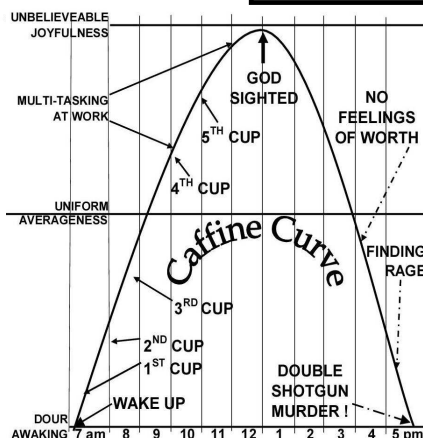


For Dead Man's Curve



Your condition went from bad to worse, now it's going bad again.

If you would like to receive the Newsletter via email, email request to the Editor at [farfromtoday@aol.com](mailto:farfromtoday@aol.com).



## A.A. Treasurer's addresses:



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 F.A.U.C., P.O. Box 465, Flint, MI 48501    Please make checks payable to

**Pass The Hat Association, Inc.**



S C  
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Trip  
2019

at River Country Campground,  
 Ewart, MI on the Muskegon River.  
 August 2 - 4, 2019. Details from  
 Gordon G; 810-845-9953.



STEP CURVE

Life is a  
 Learning  
 Curve

Enjoy the  
 Climb