

# Flint Area Unity Council Newsletter

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



November 2018  
Vol. 4; Issue 2  
AA Help Line  
(810) 234-0815



Circa 1905; erected for Flint City's 50<sup>th</sup> anniversary.

## November 2018 Flint Area Open Speaker Meetings \*

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

\*\* = With a Potluck Dinner.

- |        |  |
|--------|--|
| Thu 1  | 7 pm Van Slyke (19).   |
| Fri 2  | 12 noon Arid Club (22).<br>8:30 pm Clover School Lapeer (23).  |
| Sat 3  | 7:30 pm Eastside St Mary's (24).<br>8 pm St Jude's Fenton (24).<br>8 pm Episcopal Church Owosso (25).  |
| Sun 4  | 7 pm St Andrews (6).<br>7:30 pm Arid Club (6).   |
| Fri 9  | 8:30 pm Clover School Lapeer (23).   |
| Sat 10 | 7:30 pm Eastside St Mary's (24).<br>8 pm St Jude's Fenton (24).<br>8 pm Episcopal Church Owosso (25).  |
| Sun 11 | 7 pm St Andrews (6).<br>7:30 pm Arid Club (6).   |
| Fri 16 | 8:30 pm Clover School Lapeer (23).   |
| Sat 17 | 7:30 pm Eastside St Mary's (24).<br>8 pm St Jude's Fenton (24).<br>8 pm Episcopal Church Owosso (25).  |
| Sun 18 | 6 pm Otter Lake (7).<br>7 pm St Andrews (6).<br>7:30 pm Arid Club (6).   |
| Wed 21 | 7:30 pm Thump Day! (15).   |
| Fri 23 | 8:30 pm Clover School Lapeer (23).   |
| Sat 24 | 11 am Oak Park (24).<br>** 7 pm Thetford (25).<br>7:30 pm Eastside St Mary's (24).<br>7:30 pm Episcopal Church Owosso (25).<br>8 pm St Jude's Fenton (24). |
| Sun 25 | 7 pm St Andrews (6).<br>7:30 pm Arid Club (6).   |
| Mon 26 | 7 pm Montrose HOPE (11).   |
| Fri 30 | ** 7 pm Durand Group, Durand (21).<br>8:30 pm Clover School Lapeer (23).   |

If a Group wants the Speaker listed, email to  
[farfromtoday@aol.com](mailto:farfromtoday@aol.com); Group, Day, Time & Name.

## WHAT IS PRAYER?

Prayer is the privilege of touching the heart of God. Prayer changes the one praying because in prayer, you are in the presence of God as you lay before Him your complete self in confession and dependence. There is nothing to hide when in quiet supplication we are reaching in to the deepest part of ourselves and admitting our needs and failures. Prayer is the practice of the presence of God. It is the place where pride is abandoned, hope is lifted, and supplication is made; is the place of admitting our need, of adopting humility, and claiming dependence upon God; is the needful practice of the Christian. Prayer is the exercise of faith and hope.

## WHAT IS MEDITATION?

Meditation can be practiced in different ways with a common thread in all of them.

\* Quiet Mind: With meditation, the thinking mind becomes quiet and one stops focusing on daily stressors, life's problems, as well as solving these problems. Just let that voice in your head be quiet, easier said than done. For example, start thinking of nothing now. (It's OK; I'll wait). If you're not practiced at quieting your mind, it probably didn't take long before thoughts crept in.

\* Being in The Now: Rather than focusing on the past or future, virtually all meditative practices involve focusing on right now. This involves experiencing each moment and letting it go, experiencing the next. This too, takes practice, as many of us live most of our lives thinking towards the future or relishing and rehashing the past.

\* Altered State of Consciousness: With time, maintaining a quiet mind and focus on the present can lead to an altered state of consciousness that isn't a sleeping state but isn't quite your average wakeful state, either. Meditation increases brain activity in an area of the brain associated with happiness, and positive thoughts and emotions, and some evidence shows that regular practice brings prolonged positive changes in these areas.

Adapted for space from <http://carm.org/matt-slick>.  
Submitted by James P.

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## The 11<sup>th</sup> Step

*“Sought through prayer and meditation to improve our conscious contact with Go as we understood Him, praying only for knowledge of His will for us and the power to carry that out”.*

Step 11 directions for **When We Retire:** are on page 86, paragraph 2, lines 1-14; **On Awakening:** page 86, paragraph 3, lines 1-5; **As We Go Through The Day:** page 87, paragraph 4, lines.

To summarize: “When we retire at night, we constructively review our day”. We don’t beat-up on ourselves, rather, “...we ask God’s forgiveness and inquire what corrective measures should be taken”. “On awakening let us think about the twenty-four ahead”. No grandiose plans here, “...we ask God to direct our thinking...” Finally, “As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action”. Decisions from humble guidance.

## The 11<sup>th</sup> Step Promises

1. Step Eleven suggests prayer and meditation. ....It works, if we have the proper attitude and work at it. (86)
2. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. (86)
3. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives. (86)
4. In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. (86)
5. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. (87)
6. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it. (87)
7. We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. (88)
8. We become much more efficient. (88)
9. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. (88)
10. It works it really does. (88)

What these Promises can mean when we work, use, and live the 11<sup>th</sup> Step is the epitome of serenity. Part of this is apparent in the promise that says, “We relax and take it easy” and “...it becomes a working part of our mind”.

Big Book quotes (Page) used with A.A.W.S. permission.

## 2019 Sober Canoe Trip



Time is drawing near to get January reservations in for the Sober Canoe Trip. We need at least 10 campsites to get a group discount. A tentative list is needed of people to have an idea of how many campsites are needed. Even if a deposit is made, you can give notice of cancellation; your money will be refunded. Consider sharing a site to help defray the cost. There were times when we nearly filled the campground. Let's try to make this as big an event as possible. Fun in recovery is very important in my opinion. Please keep the trip in conversations with friends and family. Contact Gordon G at the F.A.U.C., P.O. Box 465, Flint, MI 48501 for details. His phone # is on the flyer. WE CAN DO THIS, God Bless all.

In Service, Gordon G.

**OK FINE, I'LL GO CAMPING!**



## 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 **F.A.U.C. Aims and Purposes with Election Procedures** 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.



## WORK THE BIG DEAL

This disease we have, this malfunction of human conditions; physical, mental and spiritual, this craving for addictive substances is ours to deal with. **BIG WHOOP!** Well, it is, actually it is a Big Deal.

Even A.A.'s co-founder's had trouble at times with the problem of dual substances. This led to more of the dilemma of lack of choice, the insanity of abuse.

"A doctor came with a heavy sedative. The next day found me drinking both gin and sedative". Pages 6-7 (BILL'S STORY), Big Book. Dr. Bob states "I did not take the morning drink I craved so badly, but instead would fill up on large doses of sedatives to quiet the jitters". Page 176, (DOCTOR BOB'S NIGHTMARE), Big Book.

So what was it that enabled these two to lead a productive life without the influence of mind altering substances coming from either a physical or of a mental compulsion?

"...we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it". Page 26, (THERE IS A SOLUTION), Big Book. "Both saw that they must keep spiritually active", page 156, (A VISION FOR YOU), Big Book. There was "a vast change in feeling and outlook". Page 567, (SPIRITUAL EXPERIENCE), Big Book.

In a few words, these two picked up Honesty, Open mindedness, and Willingness to not only survive, but to grow into useful individuals to themselves and of others. "Our real purpose is to ourselves to be of maximum service to God and the people about us". Page 77, (INTO ACTION), Big Book.

"We realize we know a little. God will constantly disclose more to you and to us". Page 164, (A VISION FOR YOU), Big Book.

Big Book quotes reprinted with permission of A.A.W.S.



SO YOU ARE UPSET YOU  
LOOK LIKE YOUR MOTHER?  
**BIG WHOOP!** SON, I'M  
YOUR FATHER AND I LOOK  
LIKE YOUR MOTHER.

Not on the map, but not a  
fork in the road either.



## H.O.W. in print to live by.

"Nothing counted but thoroughness and *honesty*". Page 65, (HOW IT WORKS), Big Book.

"Faced with alcoholic destruction, we soon became as *open minded* on spiritual matters as we had tried to be in other questions". Page 48, (WE AGNOSTICS), Big Book.

"...what we have accomplished is only a matter of *willingness*, patience and labor". Page 163, (A VISION FOR YOU), Big Book.

The three major tenets of behavior, thought, and attitude are encompassed in these principles of A.A. recovery; *HONESTY*, *OPEN MINDEDNESS*, and *WILLINGNESS*.

There are many more instances the author of the book Alcoholics Anonymous used to show these as principles, and how they apply in recovery.

An entire chapter is devoted to gaining an understanding of a God, a Power Greater than ourselves. This is first put forth by the author on page 12, (BILL'S STORY), Big Book, when this quote appears, "Why don't you choose your own conception of God?"

So we have a chance to recover, to become more useful, and to gain an insight we did not previously have. But really, does it work? Without a doubt, it does, will you? "It works it really does". Page 88, (INTO ACTION), Big Book.

"...they found that a new power, peace, happiness, and sense of direction flowed into them. This happened soon after they wholeheartedly met a few simple requirements" Page 50, (WE AGNOSTICS), Big Book.

"The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing, if we try hard and work at it continually". GRAPEVINE, 1958.

"*Honesty* is the best policy, but insanity is the best defense". Author unknown.

"We talked of intolerance, while we were intolerant ourselves". Page 50, (WE AGNOSTICS), Big Book.

In this article, honesty, open mindedness and willingness in *italics* are the editor's emphasis. Big Book & GRAPEVINE quotes used with A.A.W.S. permission.



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

Committee Chairs with names & contact info.

**Al-Anon Liaison;** Brad S. **Accessibility for All Alcoholics;** Kamesha M.A.A. **Answering Service;** Wayne T. **PI-Public Information;** Moe M. **CPC- Cooperation with the Professional Community;** Richard B. **Corrections;** George W. **Grapevine;** Greg S. **Young People;** **OPEN Treatment:** Ben J. **Literature/Meeting Books;** Chair – James P. **Website;** Katrina H.

**F.A.U.C. Officers;** **F.A.U.C. Chair;** Deborah B **F.A.U.C. Secretary;** Aaron B.

**Pass The Hat Assoc. Treasurer (PTHA);** Gordon G.

**F.A.U.C. Newsletter** (part of Literature Committee);

### Newsletter Distributors

Editor; Doug G.

Bob W, Carl D, Doug G, Gordon G, Jeff G,

**THANK YOU** to Drew K, former co-editor for his Service.

Drew K, Kamesha M, James P, Chris R, Tony B.

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

**Next F.A.U.C. Meeting:** Nov. 17; Arid Club, Courage to Change.

Then Next is **Dec. 15;** Local 659, 4549 Van Slyke Rd; Van Slyke Grp. Meetings are on 3<sup>rd</sup> Saturdays.

**Saturday Nov 17<sup>th</sup>** 2018 F.A.U.C. has 11:30 am Committee Meetings and 12:30 pm General Assembly.

The October Newsletter went to 126 meetings & 54 emails. See note bottom left.

### CORRECTIONS to 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.

The Sunday **Otter Lake** 6 pm is now an OPEN meeting.

Day time I don't believe in ghosts. Night time I'm more open minded. So where does illogic come from? One's mind it appears.



I'm seeing stars, can God consciousness be far behind?



Kind of like God, there's an unseen hand in all we do.

I admit I've a problem. So I pray to your pointy ears and they will fix me?



F@#king amazing. Are humans so illogical?

### REAL TRIVIA Gameshow



God's done it again. A.A. is the answer! Score is now 38,760 to 0! Wow, Douglas, the current champion has yet to score.

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

### A.A Treasurer's addresses:



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C.M.I.A. 32, % Cindy Rowley, 2903 Ronan St. Apt 2, Midland MI 48642  
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Pass The Hat Association, Inc.