



December 2018 Flint Area

December 2018 Open Speaker Meetings *

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

** = With a Potluck Dinner.

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|--------|---------|-------------------------------|
| Thu 6 | 7 pm | Van Slyke (19). |
| Fri 7 | 12 noon | Arid Club (22). |
| | 8:30 pm | Clover School Lapeer (23). |
| Sat 7 | 7:30 pm | Eastside St Mary's (24). |
| | 8 pm | St Jude's Fenton (24). |
| | 8 pm | Episcopal Church Owosso (25). |
| Sun 8 | 7 pm | St Andrews (6). |
| | 7:30 pm | Arid Club (6). |
| Fri 14 | 8:30 pm | Clover School Lapeer (23). |
| Sat 15 | 7:30 pm | Eastside St Mary's (24). |
| | 8 pm | St Jude's Fenton (24). |
| | 8 pm | Episcopal Church Owosso (25). |
| Sun 16 | 7 pm | St Andrews (6). |
| | 7:30 pm | Arid Club (6). |
| Wed 19 | 7:30 pm | Thump Day! (15). |
| Fri 21 | 8:30 pm | Clover School Lapeer (23). |
| Sat 22 | 7:30 pm | Eastside St Mary's (24). |
| | 8 pm | St Jude's Fenton (24). |
| | 8 pm | Episcopal Church Owosso (25). |
| Sun 23 | 6 pm | Otter Lake (7). |
| | 7 pm | St Andrews (6). |
| | 7:30 pm | Arid Club (6). |
| Fri 28 | ** 7 pm | Durand Group, Durand (21). |
| | 8:30 pm | Clover School Lapeer (23). |
| Sat 29 | 11 am | Oak Park (24). |
| | ** 7 pm | Thetford (25). |
| | 7:30 pm | Eastside St Mary's (24). |
| | 7:30 pm | Episcopal Church Owosso (25). |
| | 8 pm | St Jude's Fenton (24). |
| Sun 30 | 7 pm | St Andrews (6). |
| | 7:30 pm | Arid Club (6). |
| Mon 31 | 7 pm | Montrose HOPE (11). |

If a Group wants the Speaker listed, email to farfromittoday@aol.com; Group, Day, Time & Name of Speaker.

A RIDDLING A.A. QUESTION

Contemplate two A.A. philosophical tenets, (Admit or Desire) following them in the way as;

Which came first, the chicken or the egg?

1) Admit powerlessness, or, 2) Had a desire?

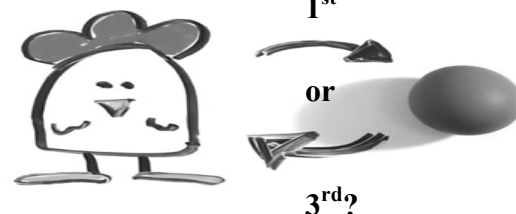
1st Step: We admitted we were powerless over alcohol - that our lives had become unmanageable.

3rd Tradition: The only requirement for membership is a desire to quit drinking.

I debated these with myself over this. I still can't say; did I come in surrendering (as in Step One), or because, I had desire (as in the Third Tradition)? I could just say, yes, or, neither one was on my mind at the time. To which I say, "Oh, really?"

Of course the answer is it really makes no difference. The result is the same, initially. There are other slogans that helped me. In no particular order:

- ☪ Fake it 'till you make it.
- ☪ If you're not an alcoholic, you'll do until one comes along.
- ☪ You have my permission to stop drinking.
- ☪ You can leave anytime you want, we'll refund your misery.
- ☪ Like a car coming to a stop sign, it's not the stopping drinking that gets you; it's the starting up again.
- ☪ You don't ever have to start over again.
- ☪ I'm here to work on my Honesty, Open-mindedness, and Willingness.
- ☪ Meeting makers make it.
- ☪ WELCOME!



The 12th Step

“Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs”.

Step Twelve directions are in the Alcoholics Anonymous (Big Book) on page 89, paragraph 1, lines 4-5. “Carry this message to other alcoholics! You can help when no one else can”.

There are so many ways to do this which could be listed here; but there are as many ways to carry the message as there are alcoholics it appears, and that can not be listed here.

In the FOREWORD TO FOURTH EDITION, published in 2001, it is stated that there’s an “estimated 2 million or more” members of A.A. My friends, that’s better than the odds of winning a lottery!

“There was a sense of victory, followed by such a peace and serenity as I had never known”. (14).

“We would like it understood that our alcoholic work is an avocation”. (In the FOREWORD TO FIRST EDITION, published in 1939). (Definition: Avocation, An activity taken up in addition to one's regular work or profession).

“He suddenly realized that in order to save himself he must carry his message to another alcoholic”. (In the FOREWORD TO THE SECOND EDITION, published in 1955).

“...they knew they must help other alcoholics to remain sober...” (159).



“A.A.’s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics”. (In the FOREWORD TO FOURTH EDITION).

“Tell him enough about your drinking habits, symptoms, and experiences to encourage him to speak of himself”. (91).

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

The 12th Step Promises

- 1.” Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. (89)
2. Life will take on new meaning. (89)
3. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends, this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives. (89)
4. Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. (100)
5. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. (100)
6. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances! (100)
7. Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. (100)
8. Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed. (102)
9. The power of God goes deep! (102)
10. We have stopped fighting anybody and anything. We have to! “(103)

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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** in it’s entirety is on the website www.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.

2019 Sober Canoe Trip

An editor's short note: I too have enjoyed this outing for years with my family. Go to the website www.campancanoe.com for River Country Campground info and photos. View the tab for "Kid Stuff" to see how great this is for a family outing also. The serenity is genuine.

Here's just one photo from one of the trips.



Campsite rates are \$30 Off-River \$40 On-River.

Canoes are \$40 each for two people for the M-66 trip which is 2 -3 hours long. Kayaks are \$25 for a single person, \$40 for a double kayak. Tubes are \$20 for a single person.

The A.A. Sober Canoe Trip is Friday August 2nd, 2019 through Sunday August 4th, 2019.

Friday at 8 pm is the Sweet Tooth A.A. in Evart at the Methodist Church at 1st and Cherry Streets.

Saturday at dusk is the Campground Fireside A.A. Meeting.

For reservation details contact Pass The Hat Association Treasurer on the website; www.geneseecountyaa.org. Group rates may apply.

WHO'S PLAN?

I don't drink over decisions anymore.
Either mine or yours.

But surely I may agonize over them.
The closer I feel to some one,
The harder it is to Let Go & Let GOD.
So harder means I need more trust.
A stronger F.A.I.T.H.
Firmly Anchored In Trusting Him.

While I may not care for your plan,
Who am I to say it is not GOD's plan?
Serenity will come with acceptance, and by
practicing these principles in all my affairs.

SEVEN STAGES OF GRIEF

Normally one thinks of the Seven Stages of Grief as caused by the death of a loved one, which, yes, may even be a loved pet. Emotions are instantly overwhelmed; logic becomes hostage to mourning.

Realization seated itself in my consciousness that alcohol and I had to part ways, the suffering began. And so the same seven stages took root in me and one by one by one the cycle of healing began, helped along truly by others, who may, or may not have gone through this same intense bondage that created stifling sadness and another form of insanity.

There's a process I went through to reach the grief stages. First; intense anger at others when telling, implying, insisting on my abstinence. Second; "I'll show you" where alcohol abuse became a weapon against them, my trying to blot out the reasonableness of the suggestions. Third; the real choice to say 'goodbye' to my old self by having one last drunken spree as if it were some kind of wake; that repeated itself until finally needed change became apparent.

☪ The Shock Stage. The paralysis from not knowing what to do, and so while abstinent, accomplished little, if anything towards self reconciliation.

☪ The Denial Stage. Trying to rationalize that I really wasn't what I proved, even to myself what I was. That is, out-of-control. The words from my younger brother's song came at me in waves, "*Even my excuses sounded hollow to myself*".

☪ The Anger Stage. Blaming others, frustrated emotional responses that wouldn't come out led me to deep umbrage at my condition.

☪ The Bargaining Stage. Seeing others with an improved life from seemingly out-of-control conditions. I placed demands on what they had achieved to reward me for changing. Trying to get something for nothing.

☪ The Depression Stage. Circumstances demanded change, unless I chose one of these of the 3 I's; Insanity, Incarceration, or Infirm Fatale.

☪ The Testing Stage. Finding a way out of the shock, denial, anger, bargaining, and, depression. Seeking and trying matter-of-fact answers.

☪ The Acceptance Stage. "I yam what I yam and that's all that I yam," Popeye said. And now it became time to work on that yam of mine above the shoulders.

"Don't throw good ideas away until you've considered all of your options."

David Eddings; July 7, 1931 – June 2, 2009.

F.A.U.C. Committees; Officers & Chairs.

Committee Chairs with names. (Visit the website www.geneseecountyaa.org to email the F.A.U.C.).

F.A.U.C. Chair: Deborah B.

F.A.U.C. Secretary: Aaron B.

Pass The Hat Assoc. Treasurer (PTHA): Gordon G.

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.

Literature/Meeting Books: James P.

Treatment: Ben J.

Website: Katrina H.

Young People: OPEN

F.A.U.C. Newsletter

Editor: Doug G.

Co-Editor: OPEN; contact Editor if interested.

Newsletter Distributors

Bob W, Carl D, Doug G, Drew K, Gordon G, Jeff G, Kamesha M, James P, Tony B,

CORRECTIONS to 2018 Meetings

The Thursday **Otter Lake** Group is at 6 pm.

The Saturday **Owosso OPEN SPEAKER** is at 7:30 pm.

The Wednesday **North Branch** is at 7 pm.

The Thursday **Torrey Road** group is at 8 pm.

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

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

Next F.A.U.C. Meeting: Dec. 15; Local 659, 4549 Van Slyke Rd; Van Slyke Group. Meetings are on the 3rd Saturdays of the month. The **Saturday** December 15th, 2018 F.A.U.C. Meeting has the 11:30 am Committee Meetings; 12:30 pm General Assembly.

The November Newsletter went to 153 meetings and 55 emails. See note bottom left.

Group NEWS

The F.A.U.C. New Year's Dinner/Dance will be on December 31st at the Faith Lutheran Church, 12534 Holly Rd. Grand Blanc 48439. Doors OPEN at 6 pm, Dinner at 7 pm, Open Speakers 8 – 9 pm, Dance 9 pm to midnight (HAPPY NEW YEAR'S !!!). Tickets are \$12.50 each up to December 7th and \$15.00 afterward and available at the door the night of the event.

The P.T.H.A., Inc. mailbox at P.O. Box 465, Flint MI 48501 has been discontinued. Please use P.T.H.A., Inc., 4225 Miller Rd., Ste. 119 Flint, MI 48507.

The Literature Committee has recommended a new price for Medallions: Discussion at December F.A.U.C. meeting led to the following changes: 24 hour and months 1 – 11 (Aluminum) are \$.050 each and Years 1 and beyond (Bronze) are \$1.50 each.

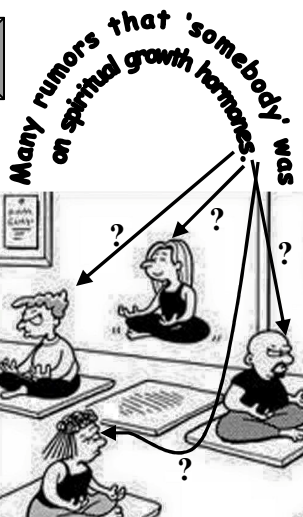
If a Group wants a Newsletter announcement. email the

“Every morning I jump out of bed and step on a landmine. The landmine is me. After the explosion, I spend the rest of the day putting the pieces together.”
Ray Bradbury 8/22/1920 – 6/5/2012

SPIRITUAL GUIDANCE



I'm afraid you've the wrong idea about us sir. We are NOT liquor consultants.



THERE'S AN AWAKENING

GOING ON.

YOU KNOW THAT.



After a 12th Step call, “What's next?” one may ask. REPEAT the shampoo bottle says.

If you would like to receive the Newsletter via email, send request to the Editor at farfromittoday@aol.com.

A.A Treasurer's addresses:



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