

Flint Area Unity Council

~ Newsletter ~



December 2020; No. 63

Vol. 6; Issue 3

A.A. Help Line

(810) 234-0815

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

The A.A.W.S. licensed Smart Phone Meeting Guide app has all Flint Area A.A. Meetings on it and is available for free.



Meetings Opened and
Zoom Meetings on Website Home Page.

The Twelve Rewards of the Twelve Step Program

Ann C. wrote this "a number of years before" the 1985 International Convention in Montreal, Canada. She wrote it to show the contrast that can take place in any of our lives if we will try to follow the AA principles.

We can all have **Hope**, instead of **DESPERATION**; **Faith**, instead of **DESPAIR**; **Courage**, instead of **FEAR**; **Peace of Mind**, instead of **CONFUSION**; **Self-respect**, instead of **SELF-CONTEMPT**; **Self-confidence**, instead of **HELPLESSNESS**; **The respect of others**, instead of their **PITY** and **CONTEMPT**; **A clean conscience**, instead of a **SENSE OF GUILT**; **Real friendships**, instead of **LONELINESS**; **A clean pattern of life**, instead of a **PURPOSELESS EXISTENCE**; **the love and understanding of our families**, instead of their **DOUBTS AND FEARS**; **and the freedom of a happy life**, instead of the **BONDAGE OF AN OBSESSION**. All this and more through AA, are we grateful enough? Gratitude will continue the miracle of your sobriety, I found that out. As written by Ann C. of Niles, Ohio - sober April 1, 1948.

"Respect must be earned, it is not given".

Those were words of the old timers in my upbringing. Is it as true today as it was then? Maybe, as a parent, most certain; it can become a gauge for obedience and/or discipline.

Conversely; respect is given, not earned. We learn to first respect ourselves in our new God consciousness. "To thine own self be true," we say. Then we learn to respect others, not because they earned it, but because they are worthy of it and we are all equal as God's children. We've learned to not be (so) judgmental and put people down before we even know them. We can't even fall back on that saying, "Your reputation precedes you." If mine did it would preclude any chance of my becoming useful to my fellow man.

So respect is our start, everyone's equal in receiving it; when one is offended it may begin withdrawal (or forgiveness?). Do we balance love and respect, for ourselves, for others?

My Steak is burnt and crispy!



Shh! Please Sir, a little respect! The chef was cremated just this morning!

Have we used irrelevant facts to try to get our way in the name of respect?

PRINCIPLE OF CONCEPT XII

The principle of Concept XII is Respect.

12 Kinds of Respect;

1. Self-respect.
2. Respect to others.
3. Respect for social norms.
4. Respect over cross-culture.
5. Respect for our own culture.
6. Respect for nature.
7. Respect for values.
8. Respect for patriotic symbols.
9. Respect for human life.
10. Respect for laws.
11. Respect in the family.
12. Respect for visionaries. (Can you walk on water?)



CONCEPT XII SHORT FORM

“Every service responsibility should be matched by an equal service authority with the scope of such authority well defined.”¹

CONCEPT XII LONG FORM

“General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that, though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.”²

CONCEPT XII EXPLAINED

“In its long form, the Twelfth Concept is actually Article 12 of the Conference Charter. It is considered so important that it can be changed only by written consent of three-quarters vote of the directory-listed AA groups, and then only after six months has been allowed for deliberation.”³

Thieves don't understand the concept of jokes... They always take things literally.

Always remember you're unique, just like everyone else.

Respect and Forgiveness to an Offender?

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 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.

CONCEPT XII CHECKLIST (Service Material from the General Service Office).

- How do we guard against becoming a “seat of perilous wealth or power”?
- How do we practice prudent use of our Seventh Tradition contributions and literature revenue?
- Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?
- Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?
- As guardians of A.A.’s traditions, are we ever justified in being personally punitive?
- Are we careful to avoid public controversy?
- Do we always try to treat each other with mutual respect and love?⁴

“Self respect permeates every aspect of our lives.”⁵

I was a workaholic: every time I thought about work, I got drunk.

Here is the word respect used in a different context, meaning ‘in regard to’.

“Then there are types entirely normal in every respect except in the effect alcohol has upon them. They are often able, intelligent, friendly people.”⁶

2018 – 2020 Edition of The A.A. Service Manual Combined with Twelve Concepts for World Service. Reprinted with A.A.W.S. permission.

¹ Page IV.

² Page VI.

³ <https://www.tapatalk.com/groups/recoveryinn/12-concepts-explained-t4286.html>.

⁴ https://www.aa.org/assets/en_US/smf-91_en.pdf

⁵ Charles Joseph Clark (born June 5, 1939) served as the 16th Canadian prime minister.

⁶ Alcoholics Anonymous, 4th edition, page XXX, Doctor’s Opinion. Reprinted with A.A.W.S. permission.

“Three Legacies of AA”

“The Three Legacies of Alcoholics Anonymous are Recovery, Unity, and Service. These legacies are so-called because they have been passed down to us from the cofounders and old-timers of AA. The Legacy of Recovery is contained in the Big Book, the Twelve Steps, and Twelfth Step work. The Legacy of Unity is contained in the Twelve Traditions. The Legacy of Service is contained in every act which helps AA function or which carries the AA message to those who need it and is described in detail in the Twelve Concepts for World Service.”⁷

“Recovery”

“In AA, we agree that there is no cure for alcoholism. Once an alcoholic always an alcoholic means that we will never gain the ability to drink normally. However, we can recover. The foreword of the Big Book opens with, “We, of Alcoholics Anonymous, are more than one hundred men and women [in 1939] who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book.” Some members describe themselves as “recovered” in the sense that they have got over the main problems drinking had on them. Some members prefer to describe themselves as recovering alcoholics to emphasize that getting well is an ongoing process which is never fully complete.”⁸

“Service in Recovery”

“The 12th step in the Big Book discusses the role of service for the recovering alcoholic and gives you the responsibility of carrying on the message about AA, recovery, and the sober life. An integral part of the AA philosophy is that to remain sober, you must help other alcoholics (or addicts) find their way to the program and help them find their way to recovery.

“Part of the role of service and the 12th step is about being active at the local level and includes being at meetings, engaging with the new members, and showing them the benefits of the program.”⁹

“Tradition One: A Pathway to Unity”

“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.”¹⁰

⁷⁻⁸ <https://aa.org.au/new-to-aa/frequently-asked-questions/glossary-of-terms/>

⁹ <https://alcoholicsanonymous.com/the-role-of-service-in-addiction/>

¹⁰ <https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/twelve-traditions-group-conscience-mob-rule/tradition-pathway-unity/>



NO GLUM LOT HERE



No one is allowed to congregate for funerals; instead, people drive by the cemetery and honk their horns in respect. One man drives by blasting “Another One Bites The Dust.” Imagine the respect he garnered.

One of my daughters thinks I don't respect her privacy. Why would she write such stuff in her diary?

During these uncertain times, it is important to remember that we are all still human beings and we should treat each other in a polite and respectful manner. If I come within 6' of you, just politely remind me about social distancing.

None of this, "I have a restraining order, creep!"

Guys, we should start respecting spiders at least a little. I mean they are great at web design.



Q. How do vampires start a letter they are writing?

A. "Tomb it may concern..."

Sleep is a weak substitute for coffee.

The four most satisfying words in any language?

I told you so.

Ned & Jed



Say Jed, do you feel you need to gain respect with the choppers?

Funny thing that. They treated me as an equal with respect since I showed up.



Tis true. We've all been reminded there are others there also, Gotta' give them a chance.

Do tell, and you've been listened to?

Well yes, though I have gotten long winded at times. Was asked to make my point and wrap it up.

Yep, I get that. It's easier when you are respected fer sure.

Do tell, and by being treated that way, we learn to treat others with that same respect, long winded though they be, impatient though as we may be.

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: Gordon G.

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

Pass The Hat Assoc. Treasurer (PTHA): George W.

Accessibility for All Alcoholics: Ruth H.

A.A. Answering Service: Wayne T.

CPC- Cooperation with the Professional Community: Gordon G.

Corrections: Chris R.

Grapevine: Greg S.

Literature/Meeting Books/Newsletter: James P.

PI-Public Information: OPEN

Treatment: Kamesha M. **Website:** Doug G.

Young People: OPEN

F.A.U.C. Newsletter

Editor: Doug G. Co-Editors: Mike J, Drew K.

Newsletter Distributors

Bob W, Carl D, Chris R, Doug G, Drew K, Gordon G, Jack B, James P, Jared B, Jerry S, Kamesha M, Kelly S, Tom S.

There's been no hard copy distribution of the Newsletter since March 2020 due to closing of meetings due to the Corona virus.

The November 2020 Newsletter went to 133 emails. If you would like a Newsletter via email, send Editor a request to farfromittoday@aol.com.

2020 F.A.U.C. Meetings; Date: Place: Host Group.

Next F.A.U.C. Meeting: Meetings are on the 3rd Saturdays of the month at 1:15 pm for the General Assembly.

December 19: Local 659, Van Slyke Group

**From the F.A.U.C. Literature Chair,
The Big Book in Large Print is now \$9.50.
Call 313-613-3703 to order yours today!**



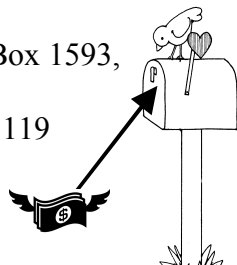
A.A Treasurer's addresses:

A.A.W.S., Inc., P.O. Box 459, Grand Central Station, New York, NY 10163

C.M.I.A. 32, % kdonoghue PO Box 1593, Midland MI 48641

F.A.U.C. 4225 Miller Rd. Suite 119 Flint, MI 48507

Please make checks payable to **Pass The Hat Association, Inc.**



Group NEWS

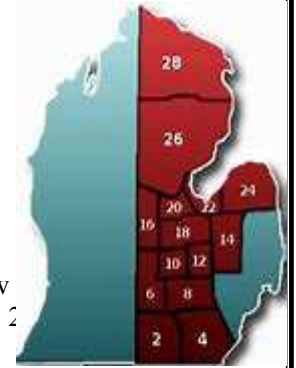
The 164 Pages To Freedom meeting on Monday at 7:30 pm has closed until further notice.

Fenton Alano New Horizon's is a Zoom meeting, 10 am. (See Website on the Homepage) on Sunday, Monday, Wednesday, Friday and Saturday.

Eastside St Mary's has a new Zoom password, 500218. Sunday 11:30 am, Tuesday and Thursday 7:30 pm.

Bristolwood Sunday 10 am has a new Zoom password, 2020. The December 6, 2 is on Zoom only.

CMIA 32 Districts



Group wants a Newsletter announcement? Email farfromittoday@aol.com by the 20th of the month.

**THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.
December 2020 Flint Area Open Speaker Meetings ***

* = Addresses of Locations can be found in the 2020 Flint Area Groups Meeting Book. (Page #).

- Thu 3 7 pm Van Slyke (16).
- Sun 6 7:30 pm Torrey Road Group Arid Club (6).
- Fri 11 12 noon, Eye Opener, Arid Club (18).
- Sun 13 7:30 pm Torrey Road Group Arid Club (6).
- Sun 20 7:30 pm Torrey Road Group Arid Club (6).
- Sat 26 ** 7 pm Thetford With a POTLUCK (21).
- Sun 27 7:30 pm Torrey Road Group Arid Club (6).
- Mon 28 7 pm Montrose HOPE (9).

If your meeting is now opened for attendance with an Open Speaker, please contact the editor at farfromittoday@aol.com so it can be listed.

Once an old man spread rumors that his neighbor was a thief. As a result, the young man was arrested. Later the young man was proven innocent. After being released, the man felt humiliated as he walked to his home. He sued the old man for wrongly accusing him.

In court, the old man told the Judge, "They were just comments, didn't harm anyone." The judge, before passing sentence on the case, told the old man, "Write all the things you said about him on a piece of paper. Cut them up and on the way home; throw the pieces of paper out. Tomorrow, come back to hear the sentence".

The next day, the judge told the old man, "Before receiving the Sentence, you will have to go out and gather all the pieces of paper that you threw out yesterday". The old man said, "I can't do that! The wind must have spread them anywhere in any direction and I won't know where to find them".

The judge then replied, "The same way, simple comments may destroy the honor of a man to such an extent that one is not able to fix it. The old man realized his mistake and asked for forgiveness".

The next two pages are a condensation of the 2021 F.A.U.C. Meeting Book. There are 238 meetings hosted by 91 Groups. Please review your group's information and email farfromittoday@aol.com any changes needed. Look for Days, Times, Addresses, and if Handicap Accessible or not. Thank you!

Flint Area Unity Council A.A. Meetings by Groups. Revised 12/12/2020

	O	Su	9:30 AM	Central Michigan Inter Area 32	1st Sunday every other month.	Website www.cmia32.org for locations.
Number of Migs	O	Sa	1:15 PM	Flint Area Unity Council	3rd Saturday each month - 810-234-0815.	Website www.geneseeunityaa.org for locations.
OC/C	Day(s)	Time	Meeting Name	Address, City, Zip Code	Location, notes.	
1	C	Sa	7:00 PM	Grand Blanc 12 X 12	6494 Belsay Rd, Grand Blanc 48439	1st Congregational Church
2	O	Tu	7:00 PM	Primary Purpose	6494 Belsay Rd, Grand Blanc 48439	1st Congregational Church
3	C	M	11:00 AM	Lapeer Downtown	433 N. Calhoun St. Lapeer 48446	1st Presbyterian Church
4	C	Tu	8:00 PM	Byron	101 S. Ann St. Byron 48418	1st United Methodist Church
5	C	Th	5:00 PM	Rising Women; Book Study	4105 Keyes, Flint 48504	4105 Keyes, Flint 48504
7	C	Tu,Th	7:00 PM	Serenity Group	6620 N. Saginaw, Flint 48504	A & B Hall
9	C	Th,Sa	9:30 PM	Candlelight	2608 Maplewood, Flint 48506	Alano House
11	O	W	1:30 PM, 5 PM	Ladder To Success; Alano House	2608 Maplewood, Flint 48506	Alano House
12	C	M	5:30 PM	Men's Meeting	2608 Maplewood, Flint 48506	Alano House
15	O	M,Th,F	1:30 PM, 1:30 PM, 5 PM	New Way of Life	2608 Maplewood, Flint 48506	Alano House
18	C	M,W,F	7:30 PM	Safe Haven	2608 Maplewood, Flint 48506	Alano House
21	C	Su,Tu,Sa	1:30 PM	Starting Anew	2608 Maplewood, Flint 48506	Alano House
23	C	W,F	9:30 PM, 1:30 PM	Steps To Freedom	2608 Maplewood, Flint 48506	Alano House
27	C	M,Tu,F,Su	9:30 PM	Serenity and Beyond;	2608 Maplewood, Flint 48506	Alano House
28	C	Su	5:00 PM	Tranquility; Alano House	2608 Maplewood, Flint 48506	Alano House
29	C	M	5:30 PM	Women In Sobriety	2608 Maplewood, Flint 48506	Alano House
30	C	Sa	12:00 PM	Downtown Group; Aird Club	715 East St. Flint 48503	Aird Club
35	C	M,Tu,W,Th,F	12:00 PM	Eye Opener; Big Book Study	715 East St. Flint 48503	Aird Club
40	C	M,Tu,W,Th,F	10:00 AM	New Strength Group	715 East St. Flint 48503	Aird Club
46	C	Su,M,Tu,W,Th,F	7:30, 6,6,6,6 all PM	Torrey Road Group	715 East St. Flint 48503	Aird Club
47	C	Tu	7:00 PM	Women In AA	715 East St. Flint 48503	Aird Club
48	C	M	7:30 PM	164 Pages To Freedom;	4010 Lippincott Blvd. Burton 48519	Atherton United Methodist Church
49	C	Th	7:30 PM	Clio Group	353 E. Vienna Rd. Clio 48420	Bethany Baptist Church
51	C	Su,Sa	10:45 AM, 7 PM	Fresh Start	1309 N. Ballenger Hwy. Flint 48504	Bethel United Methodist Church
53	C	Tu,F	8:00 PM	Maple Group	Rms. 4/5: 6336 Robetta Street, Burton	Blessed Sacrament Church
54	C	W	10:00 AM	Calvary United Methodist	15010 N. Holly Rd. Holly 48442	Calvary United Methodist
56	C	M,W	7:00 PM	New Dawn	910 E. Gillespie Street, Flint 48505	Canaan Baptist Church
57	C	Tu	5:00 PM	The Solution	901 Chippewa St. Flint 48503	Catholic Charities
60	C	W,W,Sa	11 AM, 8 PM, 7:30 PM	Owosso	120 E. Goodhue, Owosso 48867	Christ Episcopal Church
66	C	M,Tu,W,Th,F,Sa	11:00 AM	Oak Park;	317 E. Hamilton Ave. Flint 48505	Christ Fellowship Missionary Baptist Church
69	C	W,Th,F	11:AM, 8 PM, 11 AM	Durand Group	403 N. Saginaw Street, Durand 48429	Congregational Church
70	C	W	4:30 PM	Our Lives Matter	800 E. Court St. Flint 48503	Court St Apartments, Bldg 800 Rec. Center
71	C	Sa	10:00 AM	Slice of Serenity; Faith City Church	806 Main St. Fenton 48430	Faith City Church
72	C	W	8:00 PM	Grand Blanc Grapevine; Big Book	12534 Holly Rd. Grand Blanc 48439	Faith Lutheran Church
77	C	Su,M,Tu,W,Th,F,Sa	10 AM to 8 PM	Fenton Alano	800 North Rd. Fenton 48430	Fenton Alano; www.fentonalanoclub.org for info.
88	C	Su	10:00 AM	Bristolwood Group	1181 Scottwood Ave, Flint 48507	Fenton Lawn School
89	C	Su	7:00 PM	Progress Not Perfection; Big Book	119 S. LeRoy St. Fenton 48430	Fenton United Methodist Church
90	C	M	8:00 PM	Deerfield	30 Burnside Rd. North Branch 48461	Fire Hall
91	C	Th	11:00 AM	Another Downtown Lapeer Meeting	433 N. Calhoun St. Lapeer 48446	First Presbyterian Church
94	C	Tu,Th,Sa	5:00 PM	Courage To Change	2608 Maplewood, Flint 48506	Flint Alano House
95	C	F	7:00 PM	Sober at Seven	Church, 8071 S. State Rd. Goodrich 48438	Goodrich United Methodist
98	C	M,Tu,F	7:00 PM	H.O.P.E. Family Worship Center	9453 Vienna Rd. Montrose 48457	H.O.P.E. Family Worship Center
100	C	2 M,Su	7:30 PM, 3 PM	Holly; Presbyterian Church	207 E. Maple Rd. Holly 48442	Holly; Presbyterian Church
101	C	Th	8:00 PM	Open Door	215 Bush St. Grand Blanc 48439	Holy Family Church St. Joseph Hall

117	45	C	Su,M,Tu,W,Th,F,Sa	9 AM to 8 PM	Lapeer Clover School	3496 Davison Rd. Lapeer 48446	Lapeer Clover School - Meeting info on Website.
118	46	C	Su	11:30 AM	New Life Group	1376 N. Main St. Lapeer 48446	Lapeer Regional Medical Center
119	47	C	W	7:30 PM	Lennon; Big Book Study	1014 Oak Street, Lennon 48449	Lennon United Methodist Church
120	48	C	W	5:30 PM	Women's Life Enrichment	2512 S. Dye Rd. Flint 48532	Life Enrichment Center
121	49	C	M	8:00 PM	Linden; 12 X 12	119 W. Broad Street, Linden 48451	Linden Presbyterian Church
122	50	C	Th	8:00 PM	The Linden Group	119 W. Broad Street, Linden 48451	Linden Presbyterian Church
125	51	C	Tu,F,Sa	7:00 PM	Second Chance;	2001 W. Carpenter, Flint 48505	Living Word Ministry
126	52	C	Th	7:00 PM	Van Slyke	4549 Van Slyke Rd. Flint 48507	Local 659 1st Th Open Talk
127	53	C	Sa	6:00 PM	Durand	9725 E. Monroe Rd. Durand 48429	Nazarene Church
128	54	C	M	7:30 PM	Hadley Country Comfort;	3551 S. Hadley Rd. Hadley 48440	Old Township Hall
129	55	C	W	8:00 PM	Rankin (Mundy)	3506 W. Grand Blanc Rd. Swartz Creek 48473	Presbyterian Church
130	56	C	Th	7:30 PM	Flint Central Group	429 NB Chavez Dr., Flint 48503	Riverside Tabernacle - Choir Room.
132	57	C	Su,Th	6:00 PM	Otter Lake A.A	5811 Forest Avenue, Otter Lake 48464	St John's Episcopal Church
133	58	C	W	10:00 AM	Goodrich-Atlas	296 Gale Rd. Goodrich	St Mark's Catholic Church
137	59	C	M,W,Th,Sa	10 AM, 7:30 AM, 10:30 AM, 10:30 AM	Foglifters; 12 Steps	1922 Iowa, Flint 48506	St. Andrews Episcopal Church
138	60	O	Su	7:00 PM	St. Andrews OPEN Talk;	1922 Iowa, Flint 48506	St. Andrews Episcopal Church
139	61	C	Tu	8:00 PM	Davison Fellowship/Newcomers Meeting	8192 Davison Rd. Davison 48423	St. Andrews Presbyterian Church w/Al-Anon
141	62	C	Tu,Th	8:00 PM	Swartz Creek Group	9252 Miller Rd. Swartz Creek 48473	St. Bartholomew Anglican Church
143	63	C	M,F	7:00 PM	Otisville	212 Center St. Otisville 48463	St. Francis Xavier Church
145	64	C	M,Th	7:00 PM	Owosso	429 N. Washington, Owosso 48867	St. John's Church
146	65	C	F	7:30 PM	Davison Friday Group	425 Genesee St. Davison 48423	St. John's Parish
147	66	C	Su	7:00 PM	Owosso	915 E. Oliver St. Owosso 48867	St. Joseph Catholic Church
149	67	C	F,Sa	8:00 PM	Fenton Discussion Meeting of A.A	106 E. Elizabeth, Fenton 48430	St. Jude Episcopal
150	68	C	Tu	7:00 PM	The Fenton Group;	106 E. Elizabeth, Fenton 48430	St. Jude Episcopal Church
152	69	C	M,F	7 PM:6:30 PM	Durand	700 Columbia, Durand 48429	St. Mary's Church
155	70	C	M,W,F	8:00 PM	Mt. Morris Group	11110 N. Saginaw St. Mt. Morris 48458	St. Mary's Church Rectory
159	71	C	Su,Tu,Th,Sa	11:30 AM, 7:30 PM, 7:30 PM	East Side	2600 N. Franklin, Flint 48506	St. Mary's School
161	72	C	M,Th	8:00 PM	Imlay City	200 N. Cedar St. Imlay City 48444	St. Paul Lutheran
163	73	C	Tu,F	7:00 PM	Flushing Group;	214 E. Henry, Flushing 48433	St. Roberts School
165	74	C	M	9:30 AM	The Refuge	1009 N Saginaw St. Lapeer 48446	The Refuge
166	75	O	F	7:30 PM	The 11th Step Meeting; Prayer & Meditation	720 Ann Arbor St, Flint 48503	The Stockton Center
189	76	C	Tu	5:30 PM	Theford	G-11495 N. Center Rd. Cilo 48420	Theford Senior Center - Meeting info on Website.
194	77	O	M,Tu,W,Th,F	10:00 AM	TLC - Fenton Morning Group	14176 N. Fenton Rd. Fenton 48430	Transfiguration Lutheran Church
197	78	C	3 Su,W,Sa	8:00 AM	Main Street Sobriety	745 1/2 E. Main, Flushing 48433	Trinity Episcopal Parsonage
212	79	O	Su,M,Tu,W,Th,F,Sa	7:00 PM	Victory Today	745 1/2 E. Main, Flushing 48433	Trinity Episcopal Parsonage - Meeting info on Website.
213	80	C	W	7:00 PM	Easier, Softer Way	1025 Main St. Fenton 48430	Trinity Lutheran Church
215	81	C	M,Th	7:00 PM	Richfield Road Group	6259 Richfield Rd. Flint 48506	United Brotherin Church
217	82	O	W,Sa	8:00:00 PM, 10 AM	Lake Fenton Fresh Start	2581 N. Long Lake Rd. Fenton 48430	United Methodist Church
218	83	C	W	7:00 PM	North Branch	4141 Huron St. North Branch 48461	United Methodist Church
220	84	C	Tu,F	10:00 AM	Burton Group	G-2474 S. Ballenger Hwy. Flint 48507	Universal Unitarian Church
225	85	C	M,Tu,W,Th,F	12:00 PM	Lunch Bunch	G-2474 S. Ballenger Hwy. Flint 48507	Universal Unitarian Church
232	86	C	Su,M,Tu,W,Th,F,Sa	6:30 AM	Early Bird Special	G-2474 S. Ballenger Hwy. Flint 48507	Universal Unitarian Church
233	87	C	Su	7:30 PM	Young People in A.A;	G-2474 S. Ballenger Hwy. Flint 48507	Universal Unitarian Church
234	88	C	Th	7:00 PM	Hogarth St;	G-2474 S. Ballenger Hwy. Flint 48507	Universal Unitarian Church
235	89	C	Su	9:00 AM	Oxford	22 W. Burdick, Oxford 48371	Vets Hall, at Old Fire Hall
236	90	C	M	7:00 PM	Vernon Group	120 W. Main Street, Vernon 48476	Village Hall
238	91	C	Su,W	5:30 PM	Oh That Meeting; LGBT;	503 Gariand, Flint 48503	Woodside Church, Auxiliary Room

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copies of each issue.



BOX 4-5-9

NEWS AND NOTES FROM THE GENERAL SERVICE OFFICE OF A. A.

Holiday Issue 1967

Vol. 12 No. 6

• 305 East 45th Street, New York • Mail address: Box 459, Grand Central Post Office N. Y. 10017 •

Nothing Quite Like an A.A. Christmas



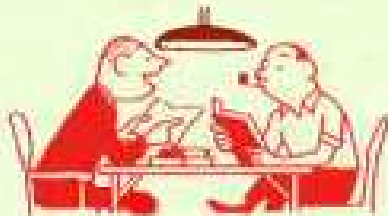
Anyone for Resolutions?

... ONE DAY AT A TIME

Want to start a rich new A.A. life? We've asked lots of long-sober members about this, and here are some of their ideas for putting new enthusiasm and delight into your A.A. life.

1. Work at a group or Intergroup office you've never held before.

2. Start a daily study program of A.A. pamphlets and the four A.A. books. (It's more fun if you do it with a friend.) Third Legacy Manual, too.



3. See if some group wouldn't like you to start some new Newcomers' Meetings (there's a G.S.O. kit on this).

4. Start helping out the weakest group you can find. Or start a new group?

5. Get three new pigeons—or just one (see Big Book P. 89).

6. Write a letter for Grapevine, and keep it up even if the first six don't get printed.



7. Become a tape-worm. Start small—get an inexpensive tape recorder and buy a few A.A. tapes. You'll tune in a whole new world of exciting A.A.

8. Start sponsoring some Loners. Read the "Loners Meeting" bulletin and write a few letters.

9. Become responsible for some meeting in an Institution in your region.

10. DO ONE OF THE ABOVE—even if you don't want to—at least just for one day.

10 Tips for Staying Sober During the Holidays

1. Be prepared.

Have a few lines ready for when you may have to turn down a drink; or turn down a holiday party. Doing so will make these instances of temptation less stressful. You owe no one a reason why you are not drinking. “No thank you, but I’ll take one of those other beverages.” or, “No thanks, I’m allergic to alcohol, every time I over drink I break out in handcuffs!” Use your own words and feelings. If you feel comfortable disclosing why or that you don’t drink, fine. But you don’t have to tell everyone you’re in recovery.

2. Remind yourself why staying sober is important to you.

List the things you will do to make this time enjoyable, healthy, and sober and why it’s important to you. Read it when you’re feeling especially vulnerable and need a reminder. Also, read 24 Hours A Day for January 6th. *“Keeping sober is the most important thing in my life. The most important decision I ever made was my decision to give up drinking. I am convinced that my whole life depends on not taking that first drink. Nothing in the world is as important to me as my own sobriety. Everything I have, my whole life, depends on that one thing. Can I ever afford to forget this, even for one minute?”*

3. Choose holiday parties wisely.

Holidays are spent with friends and family, it’s not realistic to avoid every party you receive an invitation to. There will be gatherings that you wish to attend – alcohol may be flowing freely. If you decide to attend that party, where alcohol is present, ask yourself: Is the event really about sharing quality time together? Would all be here if alcohol was not being served? If the answer is no, a few hours at a party are not worth risking. It’s not that you don’t want to see family, it’s staying sober that is important. **In this time of Corona Virus precautions –Do not**

4. Plan an escape route.

attend anything that puts your health at risk.

If you are attending an event where people will be drinking make sure you can leave if you begin to feel strong urges or simply feel uncomfortable around the other guests. When possible, go with a sober friend so you can keep each other accountable. Don’t do it alone if possible. Safety is in numbers. It’s a “WE” recovery.

5. Stay away from slippery places.

What reason is there to stop by an old hangout just to say hello? They will find you if it’s important to them.

6. Be careful of overeating.

Holidays are full of feasts and treats to be enjoyed, but be careful of eating so much you feel bad about it. Guilt feelings may give you a reason to return to using. Plan ahead and reach out to those who support you.

7. Spend time with people who support your recovery.

Now’s an important time to reach out to friends and family who support you. If you attend meetings—keep going! Those who know about your recovery will not only be happy to support you in your recovery, but they know what you’re going through, which can be very beneficial. Attend sober events in your community and keep a list of at least 5 people you can call if you feel lonely, overwhelmed, or just need someone to talk to.

8. Start new traditions.

1. Host a Substance free Party. 2. Take it Outside and Stay Active. 3. Volunteer at a soup kitchen or spend your spare time sorting clothes and toys for your next vacation or local children’s charities. These places always need extra help, but especially around the holidays. 4. Grab a few friends and spend a weekend before (or even during) Christmas away from home. Perhaps you can find a rental just a few hours from home in the wilderness. Aim to go somewhere new each year. This will give you all something to look forward to during a time that can otherwise be very hard to deal with. 5. Browse the web and you’ll find hundreds of delicious alcohol-free drink recipes that any guest will go crazy over. If you’re going to a party that includes alcohol, be sure to bring along one of your creations so you don’t get stuck drinking plain water all night. **In this time of Corona Virus precautions –Do not**

9. Exercise.

attend anything that puts your health at risk.

Regular exercise, yoga, meditation, and any other activities you use for staying sober on a day to day basis now become even more important. Even if exercise hasn’t been a solid part of your recovery thus far, now is a great time to start!

10. Remember the spirit of gratitude and giving.

The true spirit of the holiday season is of gratitude and giving. You can give your time, your kindness, and your smile. Make a daily gratitude list at the beginning or end of each day and name at least 3 things you can be grateful for each day throughout the holiday season.