



## ~ ~ - Newsletter - ~ ~

### **A few Alcoholics Anonymous slogans to lean on when you break a New Year's resolution.**

**One day at a time.** You can start over whenever you wish.

**Let go and let God.** I can't; He can; I think I'll let Him.

**Recovery is a journey, not a destination.** Where ever you go, there you are.

**But for the grace of God...** Well, who did you think?

**Progress not perfection.** I didn't say it'd be easy; I said it'd be worth it.

**Feelings are not facts.** Although it's a fact I've now got honest feelings.

**You can't think your way into a new way of living...** So very true, you have to live new.

**Change is a process, not an event.** It doesn't happen overnight, but it is eventful.

Define Slogan ['slōgən] NOUN

A short and striking or memorable phrase used in advertising.

A motto associated with a political party or movement or other group.

Synonyms: catchphrase · catchline · catchword · jingle · saying · formula · legend · watchword · motto · mantra · rallying cry · shibboleth (Hebrew - a custom, principle, or belief distinguishing a particular class or group of people, also a tradition), · tag line.

Are Alcoholics Anonymous slogans catchy?

Alcoholics Anonymous, A.A. for short, uses many rather catchy slogans throughout the program. Some outside the program may consider these sayings banal or folksy. That is okay. It works if you work it.

There are literally hundreds of A.A. slogans. Like the meetings, like what our sponsor may say, like what we may read in the A.A. books and pamphlets; take what works for you, and save the rest for later if/as needed. (See page 3, paragraph 6.)

Who  
Thinks  
Up These  
Things  
Any  
Way?



"The general opinion is that most alcoholics are doomed." <sup>1</sup>

"I forgot the strong warnings and the prejudices of my people concerning drink." <sup>2</sup>

"Out of this alloy of drink and speculation, I commenced to form the weapon that one day would turn in its flight like a boomerang and all but cut me to ribbons." <sup>3</sup>

"Scoffers could scoff and be damned." <sup>4</sup>

"Liquor ceased to be a luxury, it became a necessity." <sup>5</sup>

"Gradually things got worse." <sup>6</sup>

"The subject presented in this book seems to me to be of paramount importance to those afflicted with alcoholic addiction." <sup>7</sup>

"...there exists among us a fellowship, friendliness, and an understanding that is indescribably wonderful." <sup>8</sup>

"The tremendous fact among every one of us is we have discovered a common solution." <sup>9</sup>

"Some of us have taken very hard knocks to learn this truth." <sup>10</sup>

And so slogans give us humor, wisdom, and perseverance.

Alcoholics Anonymous, 4th Edition.

<sup>1</sup> The Doctor's Opinion, page xxxi.

<sup>2</sup> Bill's Story, page 1.

<sup>3</sup> Bill's Story, page 2.

<sup>4</sup> Bill's Story, page 3.

<sup>5,6</sup> Bill's Story, page 5.

<sup>7</sup> The Doctor's Opinion, page xxvii.

<sup>8,9</sup> There Is A Solution, page 17.

<sup>10</sup> Working With Others, page 98.

# HAVING FUN WITH SLOGANS!

**KEEP IT SIMPLE STUPID.**



How Morse Code came back into fashion.

**ALCOHOLISM IS AN EQUAL OPPORTUNITY DESTROYER.**



**EXPECT MIRACLES.**



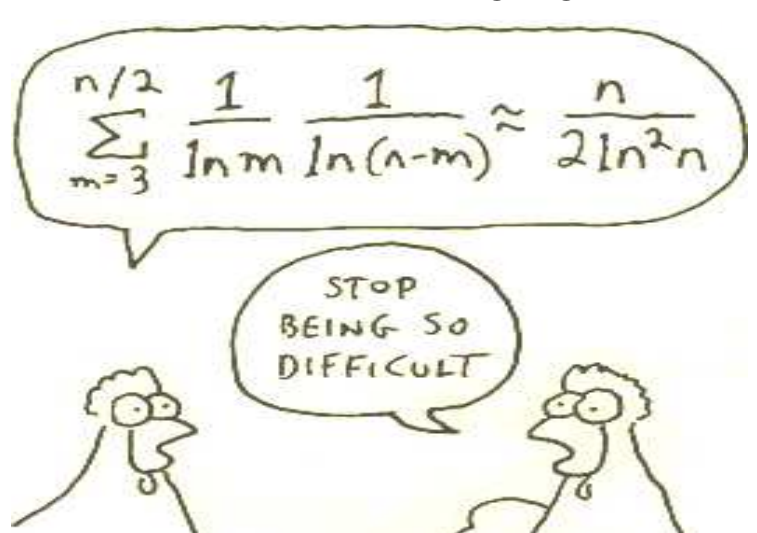
**YEAH, BUT.....**



**MORE WILL BE REVEALED.**



**BRING THE BODY AND THE MIND WILL FOLLOW.**



**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](http://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.

## MYTHS and Fact Checks.

“My friend suggested what then seemed a novel idea. He said, *‘Why don’t you choose your own conception of God? ...It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required for me to make a beginning.’*”<sup>11</sup>

The Higher Power Myth:

“Your Higher Power can be whatever you want It to be; a door knob, a Dr. Pepper can, a light bulb, just any old thing.”

The Higher Power guidance in Alcoholics Anonymous, Fourth Edition.

Page 59, **Step 2**: “Came to believe that a Power greater than ourselves could restore us to sanity.”<sup>12</sup> (A door knob?)

Page 45, Paragraph 2: “Lack of power, that was our dilemma. We had to find a Power by which we could live, and it had to be a Power greater than ourselves.”<sup>13</sup> (A Dr. Pepper can?)

Page 25, Paragraph 3: “The great fact is this, and nothing less: That we have had deep and effective spiritual experiences\* which have revolutionized our whole attitude toward life, toward our fellows and toward God’s universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way that is indeed miraculous. He has commenced to accomplish those things for us that we could never do by ourselves.” (A light bulb?)<sup>14</sup>

\* Fully explained, - Appendix II. (Read “Spiritual Experience” Alcoholics Anonymous, page 567).

Myth: “Take what you want and leave the rest.” Page 17, paragraph 3: “The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism.”<sup>15</sup>

Page 29, paragraph 2: “Further on, clear-cut directions are given showing how we recovered.”<sup>16</sup>

<sup>11</sup> Alcoholics Anonymous, 4th Edition, page 12.

<sup>12</sup> <https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/aa-myths/aint-big-book/>

<sup>13, 14, 15, 16</sup> Alcoholics Anonymous, 4th Edition.

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It was the perfect crime, until I deducted my burglar tools as a business expense.

If we really did profit from our mistakes, I’d be extremely rich by now.

The man with a new idea is a crank, until the idea succeeds. Mark Twain. (1835 – 1910, American author and humorist)

Don’t be afraid to take a big step. You can’t cross a chasm in two small jumps. David Lloyd George (1863 – 1945, British politician and statesman)

He decided to call his father-in-law the “Exorcist” because every time he came to visit he made the spirits disappear.

What do you call an apology written in dots and dashes? Remorse Code.

What did the fallen horse say? Help! I’ve fallen, and I can’t giddy-up!

Most people are shocked when they find out how bad I am as an electrician.

Maybe if we start telling people their brain is an app, they’ll want to use it more.

What’s the difference between ignorance and apathy? I don’t know and I don’t care.

I can tell when people are being judgmental just by looking at them.

What if there were no hypothetical questions?

Ned & Jed

**Say Jed, you heard any good slogans lately?**



Crank said one the other day; sobriety delivers everything alcohol promised.



**I like that. Try this on fer size; resentments are like stray cats: if you don’t feed them, they’ll go away.**

**Do tell, and there’s; the chopper way of life is meant to be bread for daily use, not cake for special occasions**

Yep, and; When all else fails, try following directions.

Yeah but.... It's not old behavior if I'm still doing it

**And so; have a good day unless of course you have made other plans.**

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

Committee Chairs with names. (Visit the website [www.geneseecountyaa.org](http://www.geneseecountyaa.org) to email the F.A.U.C.).

**F.A.U.C. Chair:** Gordon G.

**F.A.U.C. Secretary:** Doug G.

**Pass The Hat Assoc. Treasurer (P.T.H.A.):** Steve C.

**Accessibility for All Alcoholics:** Ruth H.

**A.A. Answering Service:** Wayne T.

**C.P.C. - Cooperation with the Professional Community:** Gordon G.

**Corrections:** Chris R.

**Grapevine:** Greg S.

**Literature/Meeting Books/Newsletter:** James P.

**P.I. - 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. Tim H

There's been no hard copy distribution of the Newsletter since March 2020 due to closing of meetings as to Corona Virus precautions. In January, 30 copies went to the Arid Club.

The January 2021 Newsletter went to 146 emails. If you would like a Newsletter via email, send Editor a request to [farfromittoday@aol.com](mailto:farfromittoday@aol.com).

**2021 F.A.U.C. Meetings; Date: Place: Host Group.**

**Next F.A.U.C. Meeting:** Meetings are on the 3<sup>rd</sup> Saturday of the month at 1:15 pm for the General Assembly. **2021 Schedule!**

January 16: ~~Arid Club: Van Slyke Group.~~

**February 20: Arid Club: Alano House.**

March 20: OPEN.

**April 17: Thetford: Thetford A.A.**

May 15: OPEN.

June 19: OPEN.

July 17: OPEN.

August 21: OPEN.

September 18: OPEN.

**October 16: Arid Club: Women in A.A.**

November 20: OPEN.

**December 18. Local 659: Van Slyke Group.**

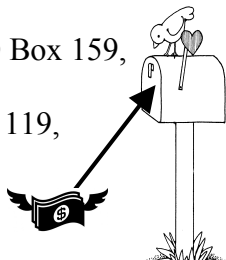
**A.A. Treasurer's addresses:**

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

C.M.I.A. 32, c/o kdonoghue, PO Box 159, 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**

C.M.I.A.32 meeting is February 2, 2021 at Perry Township Hall, 2770 W. Ellsworth Rd., Perry, MI 48872. 9 AM-2:30 PM.

Steve C. is the new Treasurer for the F.A.U.C. through P.T.H.A., Inc.

Doug G. is the new F.A.U.C. Secretary. Both voted in during the January 16, 2021 F.A.U.C. meeting.

"There have been some reported difficulties finding Women Only Meetings for A.A. in the Meeting Schedule. Please see the Announcements page where they are called out individually to help ease the search for these important meetings. Men's Meetings will also be identified here for ease of use. Thank you." That is a new announcement on the Website Homepage at [www.geneseeciuntyaa.org](http://www.geneseeciuntyaa.org).

Group wants a Newsletter announcement? Email [farfromittoday@aol.com](mailto:farfromittoday@aol.com) by the 20<sup>th</sup> of the month.

**THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.**

**February 2021 Flint Area Open Speaker Meetings \***

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

Thu 4 7 pm, Van Slyke (16).

Fri 5 12 noon, Eye Opener, Arid Club (18).

Sun 7 7:30 pm, Torrey Rd. Group, Arid Club (6).

Sun 14 7:30 pm, Torrey Rd Group, Arid Club (6).

Sun 21 7:30 pm, Torrey Rd. Group, Arid Club (6).

Mon 22 7 pm, Montrose HOPE (9).

Sat 27 \*\* 7 pm, Thetford With a POTLUCK (21).

Sun 28 7:30 pm, Torrey Rd. Group, Arid Club (6).

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

**LET GO OF OLD IDEAS**



**I WANT WHAT I WANT, AND I WANT IT NOW!**





# Heard it 'Round the Rooms!



From Drew: Heard in a meeting.

"I'd always had goals, growing up; I'd always be striving towards goals, with hope and a sense of purpose. In this way, I was living - and I knew that I was living. Throughout my drinking years, there were no goals - no striving, no hope, no purpose, no life, no peace."

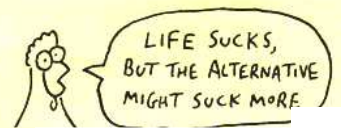
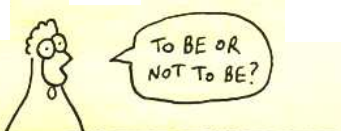
"Drinking erased all my strength - and my ability to cope with life. And as drinking had taken my ability to think, as well, it was always to the bottle - where my lack of strength would of course be sustained - that I would turn for support."

"However wrong and destructive, external circumstances that I can not change are not my responsibility. This I came to understand through sobriety. And with this understanding, I found that I could now ACCEPT, where I had once felt compelled to RESENT; sobriety had set me free."



**Configuration files** (commonly known simply as **config files**) are files used to configure the parameters and initial settings for some computer programs.

Stay tuned for the upcoming March issue for more on "To be, or not to be."



"We reviewed our fears thoroughly... We asked ourselves why we had them... Perhaps there is a better way - we think so." Alcoholics Anonymous, 4th Edition. HOW IT WORKS, page 68. Reprinted with A.A.W.S. permission.

When I die, I want to be cremated.  
It's my last chance to have a smokin' hot body.

## Coronavirus and alcoholism

- We are MADE to survive this!
- We are USED to an unseen illness that is trying to kill us.
- We are USED to taking things as they come, one day at a time.
- We are USED to isolation. We have survived loneliness many times.
- We are USED to quarantine, jails, institutions, detoxes, treatment centers and more.
- We are USED to turning to a Higher Power for faith, hope and constancy.
- We are USED to letting go of what we can't control; to turning it over.
- We are USED to working every day to keep others alive; to keeping hope alive.
- We are USED to fighting against the odds to RECOVER from a disease; to help others RECOVER.
- We have the best skill set in the world to make it through this. And, somehow, someway, at the end of the day, we will become better people from this.
- We know how to allow that to happen.
- One Day at a Time .....

- Unknown  
Submitted by Tim H.

