Flint Area (1) Unity Council ~ ~ - Newsletter - ~ -



H

A

M

L

 \mathbf{E}

Т

March 2021; No. 66 Vol. 6; Issue 6 A.A. Help Line (810) 234-0815

The F.A.U.C. Website is **www.geneseecountyaa.org**Meetings Opened & Zoom Meetings on Website Home Page.

The A.A.W.S. licensed Smart Phone Meeting Guide app has Flint Area A.A. Meetings on it and is free at the app store.

The famous "To be, or not to be" soliloquy comes from William Shakespeare's play Hamlet (written around 1601) and is spoken by the titular Prince Hamlet in Act 3, Scene 1. Hamlet is struck by indecisiveness, leading him to straddle the line between action and inaction. \(^1\) (Sound familiar?)

"So far as can be determined, no one who has become an alcoholic has ever ceased to be an alcoholic. The mere fact of abstaining from alcohol for months or even years has never qualified an alcoholic to drink "normally" or socially. Once the individual has crossed the borderline from heavy drinking to irresponsible alcoholic drinking, there seems to be no retreat. Few alcoholics deliberately try to drink themselves into trouble, but trouble seems to be the inevitable consequence of an alcoholic's drinking." ²



Can't an A.A. member drink even beer?

There are, of course, no musts in A.A., and no one checks up on members to determine whether or not they are drinking anything. The answer to this question is that if a person is an alcoholic, touching alcohol in any form cannot be risked. Alcohol is alcohol whether it is found in a martini, a Scotch and soda, a bourbon and branch water, a glass of champagne — or a short beer. For the alcoholic, one drink of alcohol in any form is likely to be too much, and twenty drinks are not enough.

To be sure of sobriety, alcoholics simply have to stay away from alcohol, regardless of the quantity, mixture, or concentration they may think they can control.

Obviously, few persons are going to get drunk on one or two bottles of beer. The alcoholic knows this as well as the next person. But alcoholics may convince themselves that they are simply going to take two or three beers and then quit for the day. Occasionally, they may actually follow this program for a number of days or weeks, Eventually, they decide that as long as they are drinking, they may as well "do a good job." So they increase their consumption of beer or wine. Or they switch to hard liquor. And again, they are back where they started.

https://blog.prepscholar.com/to-be-or-not-to-besoliloquy

^{2,3} https://www.aa.org/assets/en_US/p-2_faqAboutAA.pdf Reprinted with A.A.W.S. permission.

"To be, or not to be, that is the question, Whether 'tis nobler in the mind to suffer The slings and arrows of outrageous fortune, Or to take arms against a sea of troubles, And by opposing end them? To die: to sleep; No more; and by a sleep to say we end The heart-ache and the thousand natural shocks That flesh is heir to, 'tis a consummation Devoutly to be wish'd. To die, to sleep; To sleep: perchance to dream: ay, there's the rub; For in that sleep of death what dreams may come When we have shuffled off this mortal coil. Must give us pause: there's the respect That makes calamity of so long life; For who would bear the whips and scorns of time, The oppressor's wrong, the proud man's contumely, The pangs of despised love, the law's delay, The insolence of office and the spurns That patient merit of the unworthy takes, When he himself might his quietus make With a bare bodkin? who would fardels bear, To grunt and sweat under a weary life, But that the dread of something after death, The undiscover'd country from whose bourn No traveller returns, puzzles the will And makes us rather bear those ills we have Than fly to others that we know not of? Thus conscience does make cowards of us all; And thus the native hue of resolution Is sicklied o'er with the pale cast of thought, And enterprises of great pith and moment With this regard their currents turn awry, And lose the name of action.—Soft you now! The fair Ophelia! Nymph, in thy orisons Be all my sins remember'd." 1 ibid

"Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single 'Don't.' They repeatedly say 'We ought . . .' but never 'You **must**!" ⁴

"The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he **must**, but later he discovers a way of life he really wants to live... He learns that the clamor of desires and ambitions within him **must** be silenced whenever these could damage the group. It becomes plain that the group **must** survive or the individual will not. ⁵ "Each needed to consider the others, and in abiding faith they knew they **must** find their real strength." ⁶

So here is where the myth of 'musts' started. What is known is that the Twelve Steps are suggestions, and the Traditions as written are also. However, in discussion, and publication, the Twelve Steps and Twelve Traditions do indeed tell of many **musts**.

Listed above are five just in the discussion of Tradition One in the 12 X 12. In the Contents introducing Step Six it says, "Recognition of difference between striving for objective—and perfection. Why we **must** keep trying." ⁷

The program of recovery outlined has musts in the Big Book (82, the first 164 pages and in the Appendices), also in the 12 X 12 (50) as a guide to recovery. One may say those musts are suggestions, but not following the dictates of the program, doing it as you see fit, may well lead to one's demise, even though one has the desire to quit drinking.

"Why all this insistence that every A.A. **must** hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom." 8

- ⁴ Twelve Steps and Twelve Traditions, page 129.
- ⁵ Twelve Steps and Twelve Traditions, page 130.
- ⁶ Twelve Steps and Twelve Traditions, page 131.
- ⁷ Twelve Steps and Twelve Traditions, page 7.
- Twelve Steps and Twelve Traditions, page 24. Bold must emphasis by editor.

One study of the 'musts 'in the Big Book calls them 'The Explicit MUSTS.' "These are intended for further study and should not be taken out of context." ⁹ Stay tuned for the April Newsletter for "The Explicit MUSTS."

The 12 Promises of Drinking

- 1. If we are casual with this phase of our development, we will be drunk before we are halfway through.
- 2. We are going to know a new imprisonment and a new misery.
- 3. We will relive the past and won't be able to shut the door on it.
- 4. We will comprehend the word and we will know PAIN.
- 5. No matter how far down the scale we have gone, we'll sink even lower.
- 6. That feeling of uselessness and self-pity will deepen.
- 7. We will gain interest in selfish things and lose interest in our fellows.
- 8. Self esteem will slip away.
- 9. Our whole attitude & outlook upon life will SUCK.
- 10. Fear of people, and of economic insecurity will multiply.
- 11. We will intuitively know how to run from situations which never used to bother us.
- 12. We will suddenly realize that God would never have done to us what we are doing to ourselves.

Are these extravagant promises? We think not! They are being fulfilled among those of us who are still drinking; sometimes quickly, sometimes slowly. They will ALWAYS materialize...

....IF WE DRINK FOR THEM! 10

9 http://atlantamensworkshop.org/pdf/Big_Book_Musts 10 http://atlantamensworkshop.org/12PromisesDrinking

Why must we never see an elephant hiding in a tree?
Because they are very good at it.



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.

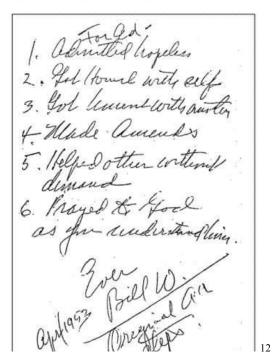
The Twelve Steps in Plain English

(that even I can understand!):

- 1. Alcohol will kill me.
- 2. There's a power that wants me to live.
- 3. Do I want to live or die? (if you want to die, stop here)
- 4. Write about how I got to where I am.
- 5. Tell another person all about me (Let God listen in.).
- 6. Want to change.
- 7. Ask a Power greater than me to help me change.
- 8. Write down who I've hurt.
- 9. Fix what I can without hurting anyone else.
- 10. Accept that I'm human and will screw up. Fix it immediately.
- 11. Ask a power greater than me to show me how to live.
- 12 Keep doing 1 through 11 and pass it on. 11

THE ORIGINAL SIX STEPS OF AA
IN BILL W'S OWN HAND-WRITING

- Step 1: Admitted hopeless
- Step 2: Got honest with self
- Step 3: Got honest with another
- Step 4: Made amends
- Step 5: Helped others without demand



11, 12

http://atlantamensworkshp.org/12StepsPlainEnglish



NO GLUM LOT HERE



An alcoholic wanders home at 3 am. His wife starts right in on him, "Where have you been? You said you'd be home at 11:45?" "Actually, I said I'd be home at a quarter to twelve. You must get your facts right."

Why don't we ever see a headline saying "Psychic Wins Big Lottery?"

If a pig loses its voice, is it disgruntled?

Pavlov is sitting at a pub enjoying a pint. The phone rings and he jumps up shouting, "Oh s---, I forgot to

feed the dog!"

There is
NO
denying
some
MUSTS.





YOU MUST BE

ON THIS SIGN

IS TALL

Ned & Jed



Yo, Jed. What's the latest myth you've heard?

Ha! In a crisis, if we must do something, the demands might set unreachable standards.

Tis' true. But with real expectations we can manage.

"They rush from crisis to crisis and from member to member, pleading; but it's no use, the revolution is on." 11





They say I'll get frustrated and stressed out.

ir's an active process to acceptance. The more we accept the things we cannot change, the better chances are that we ourself can change.

¹¹ 12&12 Tradition Two, page 134.

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:** 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: Joe S.

Corrections: Chris R. Co-Chair: Erica S.

Grapevine: Greg S.

Literature/Meeting Books/Newsletter: James P.

P.I. - Public Information: Erica S.

Treatment: Kamesha M. Website: Doug G.

Young People: OPEN. F.A.U.C. Newsletter

Editor: Doug G. Coeditors: Mike J., Drew K., Tim H The February 2021 Newsletter went to 153 emails. If you would like a Newsletter via email, send Editor a request to farfromittoday@aol.com.

2021 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 Noon, 12 PM, for the
General Assembly. At the Feb. 20th F.A.U.C.
meeting a new 'Home' for F.A.U.C. was set to be
Eastside St. Mary's, meeting times at 12 PM.
Host groups encouraged to Host at their location.
2021 Schedule!

March 20: St. Mary's, Eastside St. Mary's.

2600 N. Franklin, Flint 48506

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 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

CHECK OUT THE #1 RECCOMENDATION HERE!

Don't drink and go to meetings. (By over 2 million members).

At the Feb. 20th F.A.U.C.meeting, Joe S. was nominated and elected to be the Cooperation With

See pages 11, 12 Michigan Mock Conference; a Virtual Event March 27th.

It's AA:30

somewhere.

MICHIGAN

the Professionals Committee Chair.

Erica S. was nominated and elected to be the Public Information

Committee Chair. *Applause!*

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

THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE. March 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).

Thu 18 8:00 pm, St Bart's, Swartz Creek (13).

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

Sat 27 ** 7 pm, Thetford With a POTLUCK (21). Sun 28 7:30 pm, Torrey Rd. Group, Arid Club (6).

Mon 29 7 pm, Montrose H.O.P.E. (9).

He couldn't see that well.

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.



$Pioneers\ of\ Alcoholics\ Anonymous-1934-1939$

All Below Achieved At Least Some Period Of Sobriety.

Some who failed may have achieved permanent sobriety later.

Bolded names achieved permanent sobriety.

Name Location Comment/Big Book Story. 1934
2) □ (2) Jun 10 Dr.Bob Smith Akron Co-Founder of AA − Dr. Bob's Nightmare June Eddie Reilly Akron Sobered in 1949 June Dr. McK. Akron Failed to gain long term sobriety (3) June Bill Dotson Akron, Story: Alcoholics Anonymous Number Three − 2nd Ed (4) July Ernie Gailbraith Akron The Seven Month Slip − (An In-and-Outer Slipper) Aug Wes Wyman Akron Sobered in 1949 (5) Sept Hank Parkhurst, New York The Unbeliever − 4 yrs. Sober, Drunk Sept 1939 Sept Phil Smith Akron (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 10) □ (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Bill R. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 1936 Jan Harold Grisinger Akron 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
2) □ (2) Jun 10 Dr. Bob Smith Akron Co-Founder of AA − Dr. Bob's Nightmare June Eddie Reilly Akron Sobered in 1949 June Dr. McK. Akron Failed to gain long term sobriety 5) □ (3) June Bill Dotson Akron, Story: Alcoholics Anonymous Number Three − 2nd Ed 6) □ (4) July Ernie Gailbraith Akron The Seven Month Slip − (An In-and-Outer Slipper) Aug Wes Wyman Akron Sobered in 1949 8) □ (5) Sept Hank Parkhurst, New York The Unbeliever − 4 yrs. Sober, Drunk Sept 1939 Sept Phil Smith Akron 10) □ (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Brooke B. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Alec New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Original account, Failed, see footnote.[1] 1936 Company of the Weyn of Sailed to gain long term sobriety 1936 □ 1935 Lil New York Failed to gain long term sobriety 1936 □ 1935 Lil New York Failed to gain long term sobriety 1936 □ 1937 White Still New York Failed to gain long term sobriety 1936 □ 1937 White Still New York Failed to gain long term sobriety 1936 □ 1937 White Still New York Failed to gain long term sobriety 1936 □ 1937 White Still New York Failed to gain long term sobriety 1936 □ 1937 White Still New York Failed to gain long term sobriety 1936 □ 1937 White Still New York Failed to gain long term sobriety 1938 □ 1939 White Still New York Failed to gain long term sobriety 1939 □ 1939 White Still New York Failed to gain long term sobriety 1936 □ 1937 White Still New York Failed to gain long term sobriety 1938 □ 1939 White Still New York Failed to gain long term sobriety 1939 □ 1939 White Still New York Failed to gain long te
3) □ June Eddie Reilly Akron Sobered in 1949 4) □ June Dr. McK. Akron Failed to gain long term sobriety 5) □ (3) June Bill Dotson Akron, Story: Alcoholics Anonymous Number Three − 2nd Ed 6) □ (4) July Ernie Gailbraith Akron The Seven Month Slip − (An In-and-Outer Slipper) 7) □ Aug Wes Wyman Akron Sobered in 1949 8) □ (5) Sept Hank Parkhurst, New York The Unbeliever − 4 yrs. Sober, Drunk Sept 1939 9) □ Sept Phil Smith Akron 10) □ (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Brooke B. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
4) □ June Dr. McK. Akron Failed to gain long term sobriety 5) □ (3) June Bill Dotson Akron, Story: Alcoholics Anonymous Number Three − 2nd Ed 6) □ (4) July Ernie Gailbraith Akron The Seven Month Slip − (An In-and-Outer Slipper) 7) □ Aug Wes Wyman Akron Sobered in 1949 8) □ (5) Sept Hank Parkhurst, New York The Unbeliever − 4 yrs. Sober, Drunk Sept 1939 9) □ Sept Phil Smith Akron 10) □ (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Brooke B. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 1936 □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
 5) □ (3) June Bill Dotson Akron, Story: Alcoholics Anonymous Number Three − 2nd Ed 6) □ (4) July Ernie Gailbraith Akron The Seven Month Slip − (An In-and-Outer Slipper) 7) □ Aug Wes Wyman Akron Sobered in 1949 8) □ (5) Sept Hank Parkhurst, New York The Unbeliever − 4 yrs. Sober, Drunk Sept 1939 9) □ Sept Phil Smith Akron 10) □ (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Bill R. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 19) □ 1935 Victor New York Failed to gain long term sobriety 1936 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. 27) □ Sept Holland Spencer Akron
6) □ (4) July Ernie Gailbraith Akron The Seven Month Slip − (An In-and-Outer Slipper) 7) □ Aug Wes Wyman Akron Sobered in 1949 8) □ (5) Sept Hank Parkhurst, New York The Unbeliever − 4 yrs. Sober, Drunk Sept 1939 9) □ Sept Phil Smith Akron 10) □ (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Brooke B. New York Failed to gain long term sobriety 13) □ 1935 Ernest M. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 1935 Place New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 1936 □ 1935 Victor New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
7) □ Aug Wes Wyman Akron Sobered in 1949 8) □ (5) Sept Hank Parkhurst, New York The Unbeliever − 4 yrs. Sober, Drunk Sept 1939 9) □ Sept Phil Smith Akron 10) □ (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Brooke B. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 1935 Lil New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
9) Sept Phil Smith Akron 10) (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 11) 1935 Freddie B. New York Failed to gain long term sobriety 12) 1935 Brooke B. New York Failed to gain long term sobriety 13) 1935 Bill R. New York Failed to gain long term sobriety 14) 1935 Ernest M. New York Failed to gain long term sobriety 15) 1935 Herb D. New York Failed to gain long term sobriety 16) 1935 Alec New York Failed to gain long term sobriety 17) 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 1935 Victor New York Failed to gain long term sobriety 1936 21) 1935 Lil New York Failed to gain long term sobriety 1936 21) 3n Harold Grisinger Akron 22) (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) (9) Apr Myron Williams New York Story: Hindsight 25) (10) July Paul Stanley Akron, Story: Truth Freed Me 26) Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
10) □ (6) Oct John Henry "Fitz" Mayo New York, founder AA Washington DC metro area, story: Our Southern Friend 11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Brooke B. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 19) □ 1935 Victor New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
Southern Friend 11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Brooke B. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 1935 Victor New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
11) □ 1935 Freddie B. New York Failed to gain long term sobriety 12) □ 1935 Brooke B. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 19) □ 1935 Victor New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
12) □ 1935 Brooke B. New York Failed to gain long term sobriety 13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 193 □ 1935 Victor New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
13) □ 1935 Bill R. New York Failed to gain long term sobriety 14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 19) □ 1935 Victor New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
14) □ 1935 Ernest M. New York Failed to gain long term sobriety 15) □ 1935 Herb D. New York Failed to gain long term sobriety 16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 19) □ 1935 Victor New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
16) □ 1935 Alec New York Failed to gain long term sobriety 17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 19) □ 1935 Victor New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
17) □ 1935 Russ R. New York, Original account, Failed, see footnote.[1] 18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year.[2] 190 □ 1935 Victor New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
18) □ 1935 Bill C. New York, Committed suicide after living at the Clinton Street house for a year. [2] 1935 Victor New York Failed to gain long term sobriety 1936
19) □ 1935 Victor New York Failed to gain long term sobriety 20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
20) □ 1935 Lil New York Failed to gain long term sobriety 1936 21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. Sept Holland Spencer Akron
21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. 27) □ Sept Holland Spencer Akron
21) □ Jan Harold Grisinger Akron 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. 27) □ Sept Holland Spencer Akron
 22) □ (7) Feb Walter Bray Akron The Back-Slider, Marie Bray, Story: AN ALCOHOLIC'S WIFE 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. 27) □ Sept Holland Spencer Akron
 23) □ (8) Apr Joe Doeppler Akron, Story: The European Drinker 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. 27) □ Sept Holland Spencer Akron
 24) □ (9) Apr Myron Williams New York Story: Hindsight 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. 27) □ Sept Holland Spencer Akron
 25) □ (10) July Paul Stanley Akron, Story: Truth Freed Me 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. 27) □ Sept Holland Spencer Akron
 26) □ Sept J. D. Holmes Akron, co-founder, AA Evansville, first AA group in Indiana. 27) □ Sept Holland Spencer Akron
27) Sept Holland Spencer Akron
28) □ Dec Bob Oviat t Akron, Story: The Salesman
29) □ Feb Dick Stanley Akron, Story: The Car Smasher
30) □ Feb Don McLean New York
31) □ Feb Bill Rudell New York, Story: A Business Man's Recovery
32) Feb Lloyd Tate Akron, Story: The Rolling Stone
33) □ Feb Bill Van Horn Akron, Story: Ward Of The Probate Court
34) □ Mar Harry Zoellers Akron A Close Shave
35) ☐ Mar Florence Rankin New York, Story: A Feminine Victory - Returned to drinking & suicide
1939[3]
36) ☐ Apr Earl Treat, Akron, Story: He Sold Himself Short, Second through Fourth Edition
37) □ Apr[Feb] Bob Evans , Akron[4]
38) May Wally Gillam Akron, Story: Fired Again
39) ☐ May Charlie Simondsord, Alt spelling: Charlie Simonson Akron, Story: Riding The Rods
40) □ July Jim Scott Akron, Story: Traveler, Editor, Scholar
41) □ July Paul Kellogg New York Failed to gain long term sobriety

Pioneers of Alcoholics Anonymous - 1934 - 1939

All Below Achieved At Least Some Period Of Sobriety.

Some who failed may have achieved permanent sobriety later. Bolded names achieved permanent sobriety.

Bolded names achieved permanent sobriety.					
42) □	Sept Bill Jones Cleveland				
43) 🗆	Oct Jack Williams New York				
44) □	Nov Tom Lucas Akron, Story: My Wife And I				
45) □	Dec Ned Poynter New York Continued Sobriety Unknown				
46) □	1937 Jane S. Cleveland Sober a few months, Failed to gain long term sobriety				
1938					
47) 🗆	Jan Jim Burwell New York, Founder, AA Philadelpia and Harrisburg PA. Slipped, DOS June				
	938 The Vicious Cycle – 2nd through 4th Ed.				
48) 🗆	Feb: Clarence Snyder, Cleveland. Story: Home Brewmeister				
49) 🗆	Feb Charlie Jones Akron				
50) □	Feb Ray Campbell New York, Story: An Artist's Concept				
51) □	Feb Van Wagner New York Continued Sobriety Unknown				
52) □	Feb Jack Darrow New York Continued Sobriety Unknown[5]				
53) □	Feb Norman Hunt New York / Darien, CT, Story: Educated Agnostic				
54) □	Feb Harold Sears New York, Story: Smile With Me, At Me				
55) □	Apr Capt. Coxe New York Continued Sobriety Unknown				
56) □	May Abby Goldrick Akron, Story: He Thought He Could Drink Like A Gentleman, Second				
	and Third Editions				
57) □	May Bert Taylor New York Continued Sobriety Unknown				
58) □	May Bob Taylor New York Continued Sobriety Unknown				
59) □	June George Williams New York Continued Sobriety Unknown				
60) □	June Joseph Taylor New York Continued Sobriety Unknown				
61) □	June Harry Brick (a.k.a. "Fred", chap. 3) New York, Story: A Different Slant				
62) 🗆	June Ralph Furlong (a.k.a. "Jim", chap. 3) New York, Springfield, MA, Story: Another				
Andrew & Comment	Prodigal Story				
63) □	July Bud Emerson New York Continued Sobriety Unknown				
64́) □	Sept Archie Trowbridge Akron and Founder, AA Detroit. Story: The Fearful One, The Man				
	Who Mastered Fear				
65) □	Sept Horace Maher New York, Story: On His Way				
66) □	Oct John Dolan Akron				
67) □	Dec Vaughn Phelps Akron				
68) □	Dec Horace Crystal New York Continued Sobriety Unknown				
69) □	1938 Bill H. Cleveland failed, later permanent sobriety				
70) □	1938 Delmar Tyron Akron Aces Full, Seven-Eleven				
1939					
71) 🗆	Jan Pat Cooper Calif., Story The Lone Endeavor				
72) □	September 13, 1939: Sylvia Kaufman, Chicago. Story: The Keys of the Kingdom, Second				
	through Fourth Editions [6] (Honorable mention)				
Unknown Sobriety Dates					
73) □	Delmar Tyron Akron Aces Full, Seven-Eleven				
74) □	Doc Moran Akron Continued Sobriety Unknown				
75) 🗆	Harold Grissom Akron Continued Sobriety Unknown				
<i>7</i> 6) □	Dr. Howard S. Akron Continued Sobriety Unknown				

41 of 76 achieved long term sobriety. A start of over 53% recovered alcoholics.

Submitted by James P.

Flint Area Unity Council WEBSITE

In February 2021 there were several additions to the Website.

The first is the Tab for the F.A.U.C. Newsletter, which can be accessed by entering https://geneseecountyaa.org/f-a-u-c-newsletter

in a browser on your computer, cell phone, or any other device.

The second is a Tab for Sobriety Counters.

The first counter is from the A.A.W.S. Grapevine from the website

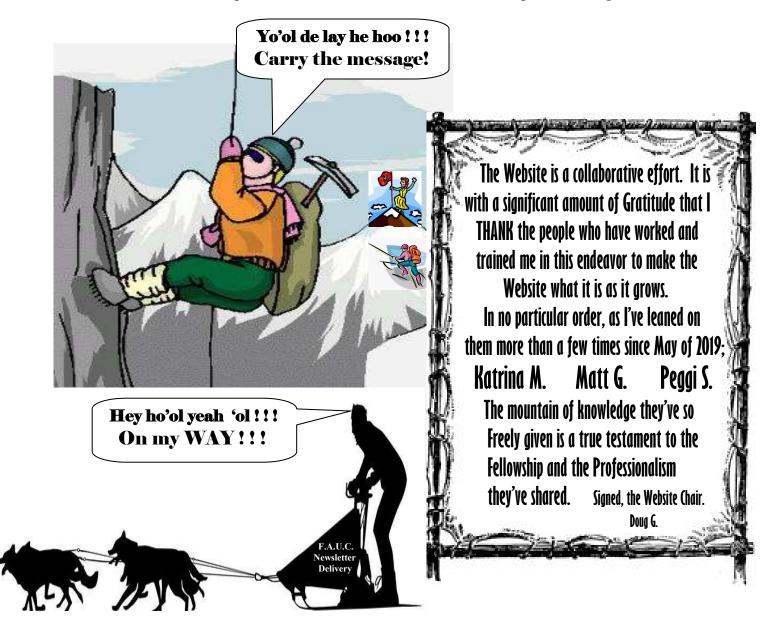
https://www.aagrapevine.org/sobriety-calculator

The second counter is from the website

https://www.aa-meetings.com/main/cal.html

The Sobriety Counter Tab can be can accessed in your browser by entering https://geneseecountyaa.org/sobriety-counters/

The next Tabs are for Committees of the F.A.U.C. On each Tab the G.S.O. Guidelines for the relevant committee will be posted. There will also be pertinent information about committee service work; and any other information the chair deems. The Website is still under construction for this. The Website Tab is complete and one can look at that for an example of coming attractions.



REMEMBERING THE ORIGINAL INTENT OF THE F.A.U.C.

NEWSLETTER WITH THIS ARTICLE THAT WAS PUBLISHED IN THE FIRST

NEWSLETTER IN OCTOBER 2015.

"Flint Area Unity
Council is the business
end of helping the still
suffering alcoholic. It's
the fellowship of GSR's
and A.A. members as a
group putting A.A.
donated dollars to use for
A.A. service work.

F.A.U.C. has committees that work in the communities. These committees have a chair and co-chairs consisting of a two year term. All committees' terms end at the end of this year. Nominations start in November.

F.A.U.C. is informing the fellowship of the service work available to the membership in the Genesee Co. Area. The A.A. Preamble states "Our primary purpose is to stay sober and help alcoholics achieve sobriety."



THE NEW F.A.U.C. CHAIR WROTE THIS FOLLOWING ARTICLE IN FEBRUARY OF 2016.

"My name is Deborah B., and it is my privilege to be the new chair of the Flint Area Unity Council of Area 32, District 12.

I look forward to providing the Service Work this takes, and in working with the fellowship for a smooth and harmonious Council.

Your faith in me to do this in your name reminds me of the First Tradition which states, 'Our common welfare should come first, personal recovery depends upon A.A. unity.'

In the coming months we as a Council will work together, laugh together, and be together in the spirit of the Fifth Tradition, "Each group has but one primary purpose...to carry its message to the alcoholic who still suffers."



THE F.A.U.C.
NEWSLETTER
PRINTED THIS
ARTICLE IN OCTOBER
OF 2017, EVER
REMINDING US OF
THE POWER OF A FIT
SPIRITUAL
CONDITION.

"And we have ceased fighting anything or anyone-even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead. the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition." Alcoholics Anonymous, Page 84-85, reprinted with A.A.W.S. permission.



"I AM RESPONSIBLE
...WHEN ANYONE,
ANYWHERE, REACHES
OUT FOR HELP, I
WANT THE HAND OF
AA ALWAYS TO BE
THERE. AND FOR
THAT: I AM
RESPONSIBLE."

The Responsibility
Statement was written for the 1965 AA International Convention in Toronto.

In an article titled, 'How I am Responsible became a part of AA', from the GSO newsletter, Box 4-5-9. The article identifies former AA trustee, Al S. as the author of the Responsibility Statement. In a Grapevine article in October 1965, the Responsibility Statement is discussed, and Bill W. expresses his views:

"Many sufferers have mental and emotional complications that seem to foreclose their chances. Yet it would be conservative to estimate that at any particular time there are four million alcoholics in the world who are able, ready and willing to get well if only they knew how. When we remember that in the 30 vears of AA's existence we have reached less than ten per cent of those who might have been willing to approach us, we begin to get an idea of the immensity of our task and of the responsibilities with which we will always be confronted." https://www.aacle.org/hist

ory-behind-aasresponsibility-statement/

Letter to Anyone New to A.A.

Dear Friend,

Thank you for your interest in Alcoholics Anonymous. Below are links to A.A. pamphlets that explain our recovery program and give a general idea of how A.A. works. You will see that the first and most important step in our program is admission by the alcoholic that he or she is powerless over alcohol, and that life has become unmanageable. It is often helpful for the alcoholic to talk with an A.A. member, because it may make it easier to understand the nature of the illness, and to accept A.A. help.

Alcoholics Anonymous is a program of a new way of life without alcohol, a program that is working successfully for millions of men and women throughout the world, and in all walks of life. The experience of A.A. members is that alcoholism is a progressive illness that cannot be cured, but which, like some other illnesses, can be arrested—by staying away from the first drink, one day at a time.

We would encourage you to get in touch with the nearest **A.A.** Central Office or Intergroup to get further information on Alcoholics Anonymous, speak to an A.A. member or find local A.A. meetings. Many of these offices have websites and email.

A.A. members, as volunteers, are happy to offer help by sharing their experience, strength and hope in staying sober. One of the ways members stay sober is by helping other alcoholics to achieve sobriety.

Best wishes, General Service Office

- Is A.A. for You?
- Frequently Asked Questions About A.A.
- A new comer asks
- A Message To Teenagers
- Is There an Alcoholic in Your Life?
- Information on Alcoholics Anonymous

https://www.aa.org/pages/en US/letter-to-anyone-new-to-aa

Reprinted with A.A.W.S. permission.

To get any of the above mentioned pamphlets or any other A.A. approved Literature, please contact James P., the F.A.U.C. Literature Chair at 313-613-3703. Thank you.

Alcoholics Anonymous



Alcoholics Anonymous is an international mutual aid fellowship with the stated purpose of enabling its members to "stay sober and help other alcoholics achieve sobriety." AA is nonprofessional, self-supporting, and apolitical. Its only membership requirement is a desire to stop drinking. The AA program of recovery is set forth in the Twelve Steps.

Reprinted with A.A.W.S. permission.

How to Let Go of Resentment Once and For All

Resentment is like a drinking buddy. It keeps you company and lets you tell your story of being wronged. It feels comforting at first, and then starts to work less and less.

1. Admit That You're Still Bothered.

You first have to admit that you're still bothered, which can be hard since it's common to believe you're shrewd and unshakable. The next part is asking, "What's really upsetting?" "It's not about what happened. It's about me,"

(This is a part of Step One; admitting our life had become unmanageable. Resentments come from actions, thoughts and behaviors. As much ours as other's.)

* Read about Resentment in the Big Book, pages 15, 18, 64, 66, 68, 70, 79, 84, 86, 100, 105, 116, 117, 119, 122, 126, 127, and 145.

2. Step Off the Gas.

You can't do anything when you're worked up. (A part of Step Two where we came to believe in being restored to sanity.)

3. Make a Choice

Follow getting that distance with changing the environment. But you also want a new emotional link. It's anything, anything, which makes you feel good. Do it over and over with bigger and bigger accomplishments and it becomes the new habit.

(A part of Step Three; turning our will and our live over to the care of God as we understood Him.)

4. Break Down the Film.

Review what happened and ask, "What could I have done differently?" This isn't about blaming yourself. You were there and there's something to learn. You're wiser and you've stopped replaying an event that can't change and taken control by finding something usable.

(Here is part of Step Four. How many times have we heard, play the tape all the way through? If we do that, we see its time to move on.)

5. Share Your Story.

A confrontation isn't required, or likely, needed. You might see that the person is eternally horrible and you decide to cut all ties. It's not the pretty ending, but it's one of your choosing. Just share it with the right person, someone who's supportive, doesn't let you play the victim, and nudges you to find a different interpretation, "It's not about resolving. It's about accepting."

(Here is major part of Step Five. Give me a minute; I've got to go call my sponsor.)

- * Read about Acceptance in the Big Book, pages 14, 30, 48, 96, and 143.
- * Then read "Acceptance Was The Answer, page 407.
- * page 417, "And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation some fact of my life unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment."

Reprinted with A.A.W.S. permission.

This is an excerpt; read the full How to Let Go of Resentment Once and For All article at: https://www.msn.com/en-us/lifestyle/parenting/how-to-let-go-of-resentment-once-and-for-all/ar-BB1dzXGq Editor's comments (in parentheses) and with asterisks*.



MARCH 27 BEGINNING AT 9 AM

2021 MICHIGAN STATEWIDE MOCK CONFERENCE

REGISTER TODAY AT:
Michigan Mock Conference.com

Unable to register online, call Lori C at (517)414-7662



Subject: The 2021 Michigan Mock Conference - Virtual Edition

Date: Wed, Feb 10, 2021 10:54 pm

Attachments: smime.p7s (1K), MMC2021sm.pdf (191K)

I didn't know if you received the upcoming Mock Conference flyer and registration information. I have attached links to download the flyer for printing as well as sharing on your private AA groups. The Mock Conference this year will be held on March 27.

If you have already received this or if it is a duplicate, I apologize.

Yours in service, Kate L Pagc88Line8@gmail.com

The Michigan Mock Conference planning committee has established a cut off date for registration of SUNDAY, MARCH 21st. Register at MichiganMockConference.com

About this Event

For the first time ever, the Mock Conference is being conducted online via Zoom.

Please register! Tickets are FREE!

Each year since 1951 the A.A. General Service Conference meeting has been held in New York state in April or May. The Conference is comprised of twenty one trustees, ninety three delegates, staff from the General Service Office, Grapevine, and General Service Board chairmen emeriti. The Conference officially begins on Sunday and ends on Friday.

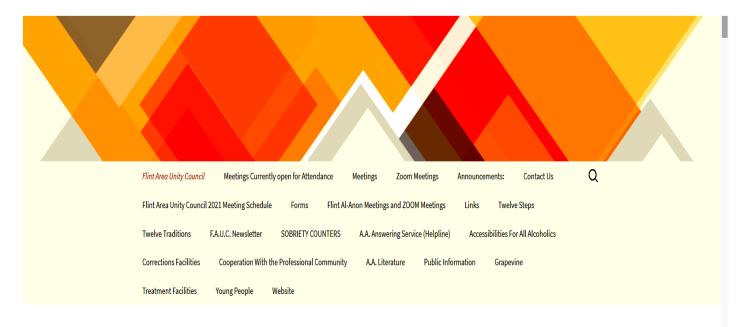
The Michigan Mock Conference is intended to aid both newly seated delegate(s) and members of the Fellowship in their understanding of Conference atmosphere and Conference procedures. Please join us in helping to send our delegates - informed - to the General Service Conference.

You can register at: MichiganMockConference.com

2021 MICHIGAN MOCK CONFERENCE FLYER VERSIONS:

For Printing: https://drive.google.com/file/d/1xrYrrf0znHTNLFkrfyP6luxO-0sN47uh/view?usp=sharing

JPG for social media: https://drive.google.com/file/d/1YSuyHWlo2FeDx-MaJD9ynrvrH9YWTj-t/view? usp=sharing



Flint Area Unity Council

A.U.C. Meetings on the 3rd Saturday of the Month have been moved to Eastside St. Mary's with a new starting time of

12:00 pm (noon) for the General Assembly. Click on F.A.U.C.

Meeting Schedule Tab.

There were many changes and additions to the Website, <u>www.geneseecountyaa.org</u> in the month of February 2021. See the lists of new Tabs below, with a *brief explanation* of what each is for.

- I. Meetings Currently Open for Attendance. 79 in person A.A. Meetings listed.
- II. Zoom Meetings. 133 Meetings listed. Access at www.geneseecountyaa.org/zoom-meetings/
- III. Flint Al-Anon Meetings and ZOOM Meetings. Access at www.geneseecountyaa.org/link-to-flint-al-anon-meetings/
- IV. FAUC Newsletter. Current Newsletter posted. *Access at www.geneseecountyaa.org/f-a-u-c-newsletter/*
 - V. Sobriety Counters. There are two. The first is from the website https://www.aagrapevine.org/sobriety-calculator, a straight forward numbers display and the second is from https://www.aa-meetings.com/main/cal.html, a fun number comparable counter.
 - 1) A.A. Answering Service (Helpline).
 - 2) Accessibilities for All Alcoholics.
 - 3) Corrections Facilities.
 - 4) Cooperation With the Professional Community.
 - 5) A.A. Literature.
 - 6) Public Information.
 - 7) Grapevine.
 - 8) Treatment Facilities.
 - 9) Young People.
 - 10) Website. -

Each of these Tabs has the G.S.O. Guideline appropriate to each A.A. Service Committee of the Flint Area Unity Council, District 12, Area 32 of A.A.

There is no Young People Chair but the tab is not blank as some information from MYCPAA and other sources were included. This is a work in progress and the F.A.U.C. is asking for your help. It has been suggested that a Tri-fold of meetings currently open for attendance be developed and distributed. This page and the next are the effort as it is right now. Please review and email farfromittoday@aol.com any changes needed. Thank you. The two pages after that contain the same contents, but may be easier to read.

Flint Area Al-Anon Website

www.gaais.webs.com

Eastside St. M	Eastside St. Mary's, St. Mary's School.	Fenton Alano Club. 80	o Club. 80
2600 N. Franklin, Flint.	in, Flint.	Sunday	ALL &
Sunday		10:00 AM C	Sunday 3
11:30 AM C	11:30 AM C St. Mary's School	5:00 PM C	Steps To
Monday, Tuesd	Monday, Tuesday, Wednesday, Thursday,	Monday	ALL &
Friday		10:00 AM C	New Hoj
7:30 PM C	St. Mary's School	7:00 PM O	North Ro
Thetford - at tl	I hetford - at the Senior Center, Lower Level.	7:00 PM C	Room To
810-686-2040	810-686-2040 G-11495 N. Center Rd. Clio.		Downsta
	ALL &	Tuesday	ALL &
12:00 PM C 1	Thetford Group.	10:00 AM C	New Ho
5:00 PM C 1	Thetford Group —	7:00 PM C	North Ro
27-1-212	Men's Meeting.	Wednesday	ALL &
7:00 PM C 1	Thetford Group.	11:00 AM C	New Hon
107	ALL &	6:30 PM C	Steps and
11:00 AM C	Thetford Group.		Downsta
7:00 PM C	Thetford Group.	Thursday	ALL &
	ALL &	10:00 AM C	New Hor
11:00 AM C	Thetford Group.	7:00 PM O	Spirit Gr
5:30 PM C	Thetford Group –	Friday ALL	- 40
	Women's Meeting.	10:00 AM C	New Hor
7:00 PM C	Thetford Group.	6:30 PM C	11th Step
Wednesday	ALL &		- Downst
()	Thetford Group.	Saturday	ALL &
T)	Thetford Group.	6:30 PM C	Young P
	ALL &	A.A. ZOOM Meeting li	Meeting li
(3	Thetford Group.	https://geneseecountyaa	ecountyaa
7:00 PM C	Thetford Group.	Al-Anon Zoom Meeting	m Meeting
-	diba	https://gaais.webs.com//	vebs.com/
O	Thetford Group.	ANON%20MEETING%	EETING.
7:00 PM C	Thetford Group.	DATE%20DEC%20207	3C%2020
	ALL &	TIP: At A.A. website;	website;
r)	Thetford Group.	https://geneseecountyaa	ecountyaa
7:00 PM C	Thetford Group.	Anon Meetings and ZO	gs and ZO

ANON%20MEETING%20SCHEDULE%20UP
DATE%20DEC%202020.pdf
TIP: At A.A. website;
https://geneseecountyaa.org/ Click on Flint AlAnon Meetings and ZOOM Meetings, Click on
Zoom Al-Anon Meeting Schedule Update Dec
2020.pdf to view Al-Anon ZOOM Meetings.

THE SERENITY PRAYER
God grant me the serenity
To accept the things I cannot change
The Courage to change the things I can,
And wisdom to know the difference.
(Karl Paul Reinhold Niebuhr 1892-1971)

I want the hand of A.A. always to be there.

help,

And for that: I am responsible. (1965 A.A. International Convention)

When anyone, anywhere, reaches out for

I Am Responsible

This tri-fold is a Service Work of the F.A.U.C. and is not intended to replace the regular Meeting Book. The purpose of this tri-fold is to put the A.A. Meetings that are open for attendance <u>at this time</u> in a resource available to the Fellowship and beyond.

Flint Area Unity Council

4225 Miller Rd. Stc. 119

Flint Arca Groups

2021

oad Group - Upstairs.

o Grow 2.0 -

rizons - Upstairs.

Freedom - Upstairs.

Serenity - Upstairs.

00 North Rd. Fenton.

Flint, MI 48507

Flint Area Unity Council

District 12) Website:

oad Group - Upstairs.

rizons - Upstairs.

d Traditions -

rizons - Upstairs.

A.A. 24 Hour Help Line

810-234-0815

www.geneseecountyaa.org

Flint Area Al-Anon

Telephone 810-234-1460

> Alcoholics Anonymous

Meetings

rizons - Upstairs.

roup - Upstairs.

The Meeting Guide applicensed by AA.W.S. for smart phones has all these Meetings.

"We find it better, when possible, to stick to our own stories. A man may criticize or laugh at himself and it will affect others favorably..."

Alcoholics Anonymous, Page 225, Reprinted with A.A.W.S. permission. Revised 2/26/2021

a.org/zoom-meettings/

eople - Downstairs.

ist can be found at

g list can be found at

ZOOM%20AL-

Meditation Meeting

stairs.

rizons - Upstairs.

C = Closed; Closed meetings are for those with a desire to stop drinking.
O = Open; Open meetings are for A.A.

members and those who seek information on the A.A. program of recovery. Handicap Accessible = & Arranged by Location, Day, Time.

Arid Club,	Arid Club, 715 East St. Flint 810-232-7691	
Sunday	ALL &	00
2:00 PM C	S.I.N. (Spiritual In Nature)	щ
	Atheist & Agnostics	-
6:00 PM C	Torrey Road Grp Open Talk.	000
CANTO OC.O		-

Last Call. 9:30 PM C

Monday

Eye Opener-Big Book Study. 2:00 PM C

Alano 130 Group. 30 PM C

Last Call. 9:30 PM C

ALL & Tuesday

Eye Opener-Big Book Study. 2:00 PM C

Alano 130 Group. 30 PM C

Women's Group 7:00 PM C

Last Call. ALL & Wednesday 9:30 PM C

Eye Opener-Big Book Study. 2:00 PM C

Alano 130 Group. 1:30 PM C

Torrey Road Group. 6:00 PM C

Last Call. 9:30 PM C

Thursday

Eye Opener-Big Book Study. 2:00 PM C

Alano 130 Group. 1:30 PM C

Last Call. 9:30 PM C

ALL & Friday

Eye Opener-Big Book Study Alano 130 Group. 2:00 PM C 1:30 PM C

Drop The Rocks. 7:00 PM C

Last Call. ALL & 9:30 PM C Saturday

Downtown Group 2:00 PM C

Last Call. 9:30 PM C

"Right; it's all about One Day At a Time!" birthday?" I was asked. My reply "24,214 days." "You count in days, not years?" "So how old are you this belly button

were given help is the very thing which "Showing others who suffer how we

Alcoholic's Anonymous, page 124, Reprinted with A.A.W.S. permission.

makes life seem so worth while now."

Church, 353 E. Vienna Rd., 6336 Roberta Street, Burton. 6336 Roberta Street, Burton 3:00 PM C & Blessed Sacrament Church, 3:00 PM C & Blessed Sacrament Church, **Surton,** 1st Friday; Maple Group. **Burton**, 3rd Friday; Maple Group Clio, Thursday; Bethany Baptist 7:30 PM C Rms. 4/5. Rms. 4/5.

8:00 PM C & St. John's Catholic Church, 404 N. Dayton, Davison. Davison, Fellowship Group, Tuesday,

7:30 PM C & St. John's Catholic Church, Davison, Friday Night Group, Friday,

10:00 AM C & 2581 N. Long LK Rd. Fenton. Fenton, LK Fenton Methodist Ch; Saturday 404 N. Dayton, Davison.

Flint, Serenity Group, Tuesday; 7:00 PM C& A&B Hall, 6620 N. Saginaw St., Flint.

Flint, Serenity Group, Thursday, 7:00 PM C & A & B Hall,

6620 N. Saginaw St., Flint.

Flint, Van Slyke Group, Thursday, 7:00 PM C & Local 659, 4549 Van Slyke Rd., Flint.

810-287-4672 4400 S. Saginaw St., Flint. Flint, Thursday; Young People Group, 7:00 PM C & Insight Fitness Center,

0:00 AM C & St. Mark's Catholic Church, 296 Gale Rd. Goodrich. Goodrich-Atlas Group, Wednesday,

2008 N. Van Dyke (M-53), 8:00 PM C & United Methodist Church, Imlay City, Thursday, West Goodland

Metamora, Wednesday,

Imlay City.

3790 N. Oak St., Metamora. Lions Hall, Done Horsing Around, Discussion, 7:00 PM O &

Montrose, Tuesday; H.O.P.E. Family Worship Center, 9453 Vienna Rd., Montrose. 7:00 PM C &

Montrose, Friday; H.O.P.E. Family Worship 7:00 PM C & Center, 9453 Vienna Rd.,

Montrose.

3506 W. Grand Blanc Rd., 8:00 PM C & Presbyterian Church, Rankin (Mundy), Wednesday;

7:00 PM C & St. Francis Xavier Church, Otisville, St. Francis, Monday, Swartz Creek.

7:00 PM C & St. Francis Xavier Church, Otisville, St. Francis, Friday;

212 Center St. Otisville.

212 Center St. Otisville.

Swartz Creek, Tuesday;

St. Bartholomew Anglican Church, 9252 Miller Rd. 8:00 PM C

Swartz Creek, Thursday; 3rd Thur. Open Talk Swartz Creek.

Church, 9252 Miller Rd., S.C. St. Bartholomew Anglican and OPEN Meeting. 8:00 PM C

PREAMBLE

with any sect, denomination, politics, organization experience, strength and hope with each other that through our own contributions. A.A. is not allied they may solve their common problem and help cause. Our primary purpose is to stay sober and (June 1947: Tom Y., Revised September 1958 International Convention). Reprinted with A.A.W.S. permission. requirement for membership is a desire to stop controversy, neither endorses nor opposes any or institution; does not wish to engage in any others to recover from alcoholism. The only drinking. There are no dues or fees for A.A. Alcoholics Anonymous is a fellowship help other alcoholics to achieve sobriety. membership; we are self supporting of men and women who share their

This is a work in progress and the F.A.U.C. is asking for your help. This page and the next contain the same info as the tri-fold, but may be easier to read. Please review, email farfromittoday@aol.com changes needed.

This is an F.A.U.C. Service Work and is not intended to replace the regular Meeting Book. The purpose is to put the A.A. Meetings that are open for attendance <u>at this time</u> in a resource available to the Fellowship and beyond.

the A.A. Meetings that are open for attendance <u>at this time</u> in a resource available to the Fellowship and beyond.						
Arid Club, 715 East St. Flint 810-232-7691		Fenton Alano Club, 800 North Rd. Fenton. 810-354-8279				
Sunday ALL	&	Sunday ALL	&			
2:00 PM C	S.I.N. Spiritual In Nature.	10:00 AM C	Sunday Serenity - Upstairs.			
	Atheist and Agnostic.	5:00 PM C	Steps To Freedom - Upstairs.			
6:00 PM C	Torrey Road Grp Open Talk.	Monday ALL	ል			
9:30 PM C	Last Call.	10:00 AM C	New Horizons - Upstairs.			
Monday ALL	6	7:00 PM O	North Road Group – Upstairs.			
12:00 PM C	Eye Opener-Big Book Study.	7:00 PM C	Room To Grow 2.0 - Downstairs.			
1:30 PM C	Alano 130 Group	Tuesday ALL	ል			
9:30 PM C	Last Call.	10:00 AM C	New Horizons - Upstairs.			
Tuesday ALL	ል	7:00 PM C	North Road Group – Upstairs.			
12:00 PM C	Eye Opener-Big Book Study.	Wednesday ALL	Ł			
1:30 PM C	Alano 130 Group	11:00 AM C	New Horizons - Upstairs.			
7:00 PM C	Women's Group	6:30 PM C	Steps and Traditions - Downstairs.			
9:30 PM C	Last Call.	Thursday ALL	<mark>ል</mark>			
Wednesday ALL	去	10:00 AM C	New Horizons - Upstairs.			
12:00 PM C	Eye Opener-Big Book Study.	7:00 PM O	Spirit Group - Upstairs.			
1:30 PM C	Alano 130 Group	Friday ALL	&			
10:00 AM C	New Strength Group.	10:00 AM C	New Horizons - Upstairs.			
6:00 PM C	Torrey Road Group.	6:30 PM C	11th Step Meditation Meeting Downstairs.			
9:30 PM C	Last Call.	Saturday ALL	ል			
Thursday ALL	8.	6:30 PM C	Young Peoples (All ages Welcome)			
12:00 PM C	Eye Opener-Big Book Study.		Downstairs.			
1:30 PM C	Alano 130 Group	Thetford - at the	Senior Center, Lower Level.			
9:30 PM C	Last Call.	810-686-2040 G-	11495 N. Center Rd. Clio.			
Friday ALL	8.	Sunday ALL	<mark>ል</mark>			
12:00 PM C	Eye Opener-Big Book Study.	12:00 PM C	Thetford Group.			
1:30 PM C	Alano 130 Group	5:00 PM C	Thetford Group - Men's Meeting.			
7:00 PM C	Drop The Rocks.	7:00 PM C	Thetford Group.			
9:30 PM C	Last Call.	Monday ALL	&			
Saturday ALL	8	11:00 AM C	Thetford Group.			
12:00 PM C	Downtown Group.	7:00 PM C	Thetford Group.			
9:30 PM C	Last Call.	Tuesday ALL	ል			
		11:00 AM C	Thetford Group.			
		5:30 PM C	Thetford Group - Women's Meeting.			
		7:00 PM C	Thetford Group.			
Eastside St. Mary's, St. Mary's School,		Wednesday ALL	ል			
2600 N. Franklin, Flint.		11:00 AM C	Thetford Group.			
Sunday		7:00 PM C	Thetford Group.			
11:30 AM C	St. Mary's School	Thursday ALL	ь.			
Monday, Tuesday	, Wednesday, Thursday, Friday	11:00 AM C	Thetford Group.			
7:30 PM C	St. Mary's School	7:00 PM C	Thetford Group.			
		Friday ALL				
		11:00 AM C	Thetford Group.			
		7:00 PM C	Thetford Group.			
		Saturday ALL	&			
		11:00 AM C	Thetford Group.			
		7:00 PM C	Thetford Group.			
			4773			

Burton; 1st Friday, Maple Group.

8:00 PM C & Blessed Sacrament Church, Rms. 4/5.

6336 Roberta Street, Burton.

Burton; 3rd Friday; Maple Group

8:00 PM C & Blessed Sacrament Church, Rms. 4/5.

6336 Roberta Street, Burton.

Clio; Thursday; Bethany Baptist Church

7:30 PM C 353 E. Vienna Rd., Clio.

Davison Fellowship Group, Tuesday,

8:00 PM C & St. John's Catholic Church, 404 N. Dayton, Davison.

Davison Friday Night Group, Friday,

7:30 PM C & St. John's Catholic Church, 404 N. Dayton, Davison.

Fenton, LK Fenton Methodist Ch; Saturday

10:00 AM C & 2581 N. Long LK Rd. Fenton.

Flint, Serenity Group, Tuesday; A & B Hall,

7:00 PM C & 6620 N. Saginaw St., Flint.

Flint, Serenity Group, Thursday, A & B Hall,

7:00 PM C & 6620 N. Saginaw St., Flint.

Flint, Van Slyke Group, Thursday, Local 659,

Flint, Thursday; Young People Group, Insight Fitness Center,

7:00 PM C & 4400 S. Saginaw St., Flint. 810-287-4672

Goodrich-Atlas Group, Wednesday; St. Mark's Catholic Church,

10:00 AM C & 296 Gale Rd. Goodrich.

Imlay City, Thursday; West Goodland United Methodist Church

8:00 PM C & 2008 N. Van Dyke (M-53), Imlay City.

Metamora, Wednesday, Done Horsing Around, Discussion.

7:00 PM O Lions Hall, 3790 N. Oak Street, Metamora.

Montrose, Tuesday, H.O.P.E. Family Worship Center,

7:00 PM C & 9453 Vienna Rd., Montrose.

Montrose, Friday; H.O.P.E. Family Worship Center,

7:00 PM C & 9453 Vienna Rd., Montrose.

Rankin (Mundy), Wednesday; Presbyterian Church,

8:00 PM C & 3506 W. Grand Blanc Rd., Swartz Creek.

Otisville, St. Francis, Monday, St. Francis Xavier Church,

7:00 PM C & 212 Center St. Otisville.

Otisville, St. Francis, Friday; St. Francis Xavier Church,

7:00 PM C 6. 212 Center St. Otisville

Swartz Creek, Tuesday; St. Bartholomew Anglican Church

8:00 PM C 9252 Miller Rd., Swartz Creek.

Swartz Creek, Thursday; 3rd Thur. Open Talk and OPEN Meeting.

8:00 PM C St. Bartholomew Anglican Church,

9252 Miller Rd., Swartz Creek