



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

### WHAT IS THE HISTORY OF ALCOHOLICS ANONYMOUS?

Alcoholics Anonymous (AA) was founded in 1935 by Bill Wilson (known as Bill W.) and Dr. Robert Smith (known as Dr. Bob). Subsequently, the history of Alcoholics Anonymous (AA) has been documented in books, movies, and AA literature. This history begins with the group's early struggles and follows it through its continued worldwide growth.

"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us." Big Book, page 164. Reprinted with A.A.W.S. permission.

As the quote from paragraph 3 on page 164 states the book "is meant to be suggestive only", the myth that there are no 'musts', only 'suggestions' in this program of recovery may come from taking that quote out of context. Also from the belief that one can work the program as they see fit to their own use and will. Or maybe not...

However, there are a great many 'musts' in that very same book. They begin before one even reads past The Doctor's Opinion. Throughout the first 164 pages, then in the Appendices from page 563 to page 572 there are 'musts' authored into the original text.

Define 'myth': a widely held false belief or idea. Synonyms: folk tale · story · belief · legend. Define 'must': 1. be obliged to; should. 2. something that should not be overlooked or missed. Synonyms: not to be missed · necessity · essential · necessary thing · requirement.

So the must is not a myth. Myths are presented as a trustworthy account; no matter how much the spoken or written outcome contradicts experience.

Put in simpler terms, it just ain't so Joe.

"Reality is a complicated place. All we have to guide us, from an empirical point of view, are the quantities we can measure and observe. Even at that, those quantities are only as good as the tools and equipment we use to make those observations and measurements." <sup>1</sup>

See the list of A.A. tools in this Newsletter from <https://aa.activeboard.com/t48422520/list-of-aa-tools/> on page two.

<sup>1</sup> <https://www.forbes.com/sites/startswithabang/2017/11/22/scientific-proof-is-a-myth/>

### \*\*\* FUNNY MYTHS \*\*\*

#### POODLES



Poodles are an expensive and rare breed of dog in Japan. Some farmers sell Sheep with a Poodle shave. This then makes more money than a sheep would. Some people fell for this ruse, to learn it's a scam when taking the dog to the vet to find out why their dog didn't bark but made a 'baaing' noise instead.

#### WHO SAYS MEN DON'T REMEMBER !

A couple went shopping downtown. It was crowded as the wife walked from shop to shop. After a few stops, she noticed her husband wasn't with her anymore.

She was upset as they had a lot to do. She called him on his cell phone to ask where was he?

"Do you remember the Jeweler's shop we went into about five years ago, where you fell in love with that diamond necklace that I said we couldn't afford? The one I told you one day I would get it for you?"



The wife got all choked up and started to cry as she said, "Yes, I do remember that shop."

"Well," he said, "I'm in the bar next door to that."

**List of A.A. Tools from <https://aa.activeboard.com/t48422520/list-of-aa-tools/>**

01. Prayer partner
02. AA Pamphlets
03. Phone Numbers
04. Grapevine
05. Principles before Personalities
06. Daily Reflections
07. Count my Blessings
08. Listening
09. Chips
10. Awareness
11. 3rd Step Prayer
12. Acceptance
13. Home Group
14. Staying in the Moment
15. Serenity Prayer
16. Willingness
17. Website: AA.ORG
18. Doctors
19. Working with Others
20. Honesty
21. Authentic
22. Big Book
23. AA Girlfriend (for women only)
24. Meetings
25. God
26. Religion
27. Sponsor
28. Open-mindedness
29. Journaling
30. HALT - Don't get to Hungry, Angry, Lonely, Tired
31. Surrender
32. <http://rumradio.org>
33. Highlighting and notes in Big Book
34. Giving a ride to a meeting
35. Fellowship
36. Sponsoring
37. On my knees Prayer
38. Service
39. Big book Study
40. Step study
41. Carrying the message
42. Meditation
43. Showing Up
44. Giving out phone number
45. Calling my sponsor
46. The 12 Steps
47. Have Fun With Life
48. Act as If
49. Be of Service-Give Back
50. Love
51. Tolerance
52. 12 Traditions
53. Anonymity
54. Gratitude List
55. Think it all the way through
56. Daily inventory (page 67 & 68 in BB)
57. Memorize 3rd & 7th Step Prayers and use them
58. Speaker tapes/cds
59. 12 & 12
60. On line AA meetings
61. Participate in the meeting
62. Serve on a committee for AA event
63. Weekly check in phone calls to support system

64. Daily meditation readings
65. Hazelden's Thought for the day via email
66. Work the Steps
67. Put your phone number on the phone list at meetings
68. Get phone number of some one with less time and call them to offer support
69. Morning prayer & meditation
70. Nightly prayer with review of day
71. Always study to grow.
72. SEEK to learn new insight
73. Be quick to see where others (even outside of AA) might just know more.
74. Quick to listen and slow to speak.
75. Trust God. Take your chances with people.
76. Even a newcomer knows something that will help a newer new comer.
77. Pause, don't react, before speaking
78. Laughter
79. Humility
80. Let Go Let God
81. Keep It Simple
82. First Things First
84. Live and Let Live
85. Share at a Meeting
86. Be a speaker at a Speakers Meeting
87. Make Coffee
88. Clean up after a meeting
89. Set up a meeting/  
Open a meeting



“Here is a list of tools started at a Closed Women's meeting of Alcoholics Anonymous on 03/19/2012. Please add tools to the list.” fresher2000  
 “if you would like to see the list and / or add to it...email me @  
[hmbur@yahoo.com](mailto:hmbur@yahoo.com)” Mar 25, 2012.

If you’ve even one day of sobriety, you can probably add another tool or two or three that has worked.

**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.

## MYTHICAL TOOLS NO MORE !

### SKY HOOK



Tool lovers rejoice, there really is a Sky Hook, a previously joked about mythical device that would float through the air unattached to anything and pick up any load you desired. This Skyhook keeps tools tethered to aircraft mechanics so that even if they did drop them, they won't fall far enough to do damage or become lost in the bowels of an aircraft, where they could cause disaster to strike.

### PAUL BUNYAN'S MOTOR AXE



A working chainsaw measuring 23 feet long and 6 feet high and powered by twin V-8 engines was made by Moran Iron Works, Inc. of Onaway, Michigan, USA in 1996. Named 'Big Gus', it was put on display at Da Yoopers Tourist Trap at Ishpeming, MI.

### TENT SHOES:

**FOR WHEN YOU NEED TO CAMP RIGHT NOW !!!**



## NO GLUM LOT HERE



A pencil isn't my favorite writing tool...  
...but it's a solid number 2

My neighbor says a poor craftsman blames his tools.  
Maybe if he had better tools he wouldn't be so poor.  
A bad workman blames his fools. EDIT: \*tools  
...stupid keyboard.

What tool best deals with traumatic events?

A coping saw.

Imagine that you're stuck in a locked room with no windows, no key, no tools, not even a door.  
How do you get out? Stop imagining it.

What is it called when a metal worker fixes metal objects with metal tools?  
Irony.



Don't tell me...  
Let me guess.

**Ned & Jed**

**Say Jed, what tools ya been using lately?**

Well, went to use Big Gus, but my arms weren't long enough.



**That reminds me, "...it must be done if any results are to be expected." That's right in the chopper's manual on page 99.**

**Do tell, that's every choppers dream machine!**

Yep, but cuttin' out the b.s. is something I found useful.

So is, "...that is where our work must be done" on page 130. Fella like me, that's a big change.

**Well, "You will surely meet some of us as you trudge the Road of Happy Destiny," page 164 tells us.**

**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:** Sam 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 March 2021 Newsletter went to 157 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.**

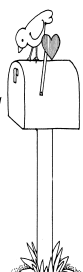
**Next F.A.U.C. Meeting:** Meetings are on the 3<sup>rd</sup> Saturdays of the month at **Noon, 12 PM**, for the General Assembly. **At the Feb. 20<sup>th</sup> F.A.U.C. meeting a new 'Home' for F.A.U.C. was set to be Eastside St. Mary's, meeting times at 12 PM. Host groups encouraged to Host at their location.**

**2021 Schedule!**

- ~~January 16: Arid Club: Van Slyke Group.~~
- ~~February 20: Arid Club: Alano House.~~
- ~~March 20: St. Mary's; Eastside St. Mary's.~~
- 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**

The CMIA32 meeting on April 11<sup>th</sup> is a Zoom Meeting. <https://us02web.zoom.us/j/5174147662?pwd=SGM3d2tKbTV6Q2U3SEoyNjlLeTdHdz09#success>

The April 17<sup>th</sup> F.A.U.C. meeting will be in Thetford at the Senior Center, G-11495 N. Center Rd. Clio, **12:30 pm**.

Soberfest will be on July 18<sup>th</sup> at the Union City Ballfields, volunteers needed for an A.A. table.

A picnic planning committee for the Annual F.A.U.C. Picnic (missed last year!) has been formed. It is being planned for Sunday, the 25<sup>th</sup> of July at Bluebell Beach.

The Alano House renovation is nearing completion. Help is needed to prepare for the Grand Re-Opening! Please contact Chris R. at 810-293-4699 or the Alano House at 810-233-0737.

The 2021 New Year's Eve Dinner/Dance is under consideration for future planning.

Email announcements to [farfromittoday@aol.com](mailto:farfromittoday@aol.com).

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

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

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

- Thu 1 7 pm, Van Slyke (16).
- Fri 2 12 noon, Eye Opener, Arid Club (18).
- Sun 4 6:00 pm, Torrey Rd. Group, Arid Club (6).
- Sun 11 6:00 pm, Torrey Rd. Group, Arid Club (6).
- Sun 18 6:00 pm, Torrey Rd. Group, Arid Club (6).
- Sun 25 6:00 pm, Torrey Rd. Group, Arid Club (6).
- Mon 26 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](mailto:farfromittoday@aol.com) so it can be listed.

“One long-standing misconception about A.A. is that there is such a thing as an “A.A. professional” — an A.A. member paid to help alcoholics recover. Yet as A.A. members, alcoholics are never paid to carry the message of hope and recovery to another alcoholic.

“...there is a misconception that A.A. is somehow against medication,” he says. “This is not true. A.A. as such has no opinion on what medication is appropriate for an individual. While it is true that some people may substitute addictions — pills for alcohol, say — many A.A. members truly need medication, and Alcoholics Anonymous does not offer medical advice.

“...another area of misunderstanding can be A.A.’s singleness of purpose. It is important that people who are being referred to A.A. have a drinking problem (that is who A.A. is for),’ he says, ‘but sometimes they have the false impression that alcoholics who may have a coexisting drug addiction are not welcome. Yet A.A.’s Tradition Three says: ‘The only requirement for A.A. membership is a desire to stop drinking.’”<sup>2</sup>

<sup>2</sup> [https://www.aa.org/newsletters/en\\_US/f-13\\_spring17.pdf](https://www.aa.org/newsletters/en_US/f-13_spring17.pdf)

A myth perpetuated by many in A.A. **“There are no musts in this program.”**

The Explicit Musts-BB Study Guide from the website [www.atlantamensworkshop.org](http://www.atlantamensworkshop.org)

The Explicit MUSTS of the Big Book Page 1

The Explicit "Musts" Found In Alcoholics Anonymous 3rd. Edition [PLEASE NOTE: These are intended for further study and should not be taken out of context; e.g. #45-51, 78, 79 etc. ]

#### THE DOCTOR'S OPINION

1) Page xxiii: As part of his rehabilitation he commenced to present his conceptions to other alcoholics, impressing on them that they must do likewise with still others.

2) Page xxiv: In this statement he confirms what we who have suffered alcoholic torture must believe -- that the body of the alcoholic is quite as abnormal as his mind.

3) Page xxvi: The message which can interest and hold these alcoholic people must have depth and weight.

4) Page xxvi: In nearly all cases, their ideals must be grounded in a power greater than themselves, if they are to re-create their lives.

5) Page xxvii: I must stop, but I cannot!

6) Page xxvii: You must help me!

7) Page xxvii: Faced with this problem, if a doctor is honest with himself, he must sometimes feel his own inadequacy.

8) Page xxvii: Though the aggregate of recoveries resulting from psychiatric effort is considerable, we physicians must admit we have made little impression upon the problem as a whole.

The Explicit MUSTS of the Big Book Page 2

#### CHAPTER 1 BILL'S STORY

9) Page 10: I could almost hear the sound of the preacher's voice as I sat, on still Sundays, way over there on the hillside; there was that proffered temperance pledge I never signed; my grandfather's good natured contempt of some church folk and their doings; his insistence that the spheres really had their own music; but his denial of the preacher's right to tell him how he must listen; his fearlessness as he spoke of these things just before he died; these recollections welled up from the past.

10) Page 14: I must turn in all things to the Father of Light who presides over us all.

#### CHAPTER 2: THERE IS A SOLUTION

11) Page 20: "His will power must be weak."

12) Page 29: Our hope is that many alcoholic men and women, desperately in need will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, "Yes I am one of them too; I must have this thing."

#### CHAPTER 3 MORE ABOUT ALCOHOLISM

13) Page 33: If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.

14) Page 43: His defense must come from a Higher Power.

#### CHAPTER 4: WE AGNOSTICS

15) Page 44: But after a while we had to face the fact that we must find a spiritual basis of life -- or else.

#### CHAPTER 5: HOW IT WORKS

16) Page 62: Above everything, we alcoholics must be rid of this selfishness.

The Explicit MUSTS of the Big Book Page 3

17) Page 62: We must, or it kills us!

18) Page 66: We saw that these resentments must be mastered, but how?

19) Page 69: Whatever our ideal turns out to be, we must be willing to grow toward it.

20) Page 69: We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing.

#### CHAPTER 6: INTO ACTION

21) Page 73: We must be entirely honest with somebody if we expect to live long or happily in this world.

22) Page 74: Those of us who belong to a religious denomination which requires confession must, and of course, will want to go to the properly appointed authority whose duty is to receive it.

23) Page 74: The rule is we must be hard on ourself, but always considerate of others.

24) Page 75: But we must not use this as a mere excuse to postpone.



The Explicit Musts-BB Study Guide. (Continued.)

25) Page 78: We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them.

26) Page 79: We must not shrink at anything.

27) Page 80: If we obtained permission, have consulted with others, asked God to help and the drastic step is indicated we must not shrink.

28) Page 81: In fairness we must say that she may understand, but what are we going to do about a thing like that?

The Explicit MUSTS of the Big Book Page 4

29) Page 82: Certainly he must keep sober, for there will be no home if he doesn't.

30) Page 83: We must take the lead.

31) Page 83: We must remember that ten or twenty years of drunkenness would make a skeptic out of anyone.

32) Page 85: Every day is a day when we must carry the vision of God's will into all of our activities.

33) Page 85: These are the thoughts which must go with us constantly.

34) Page 85: But we must go further and that means more action.

35) Page 86: But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.

CHAPTER 7: WORKING WITH OTHERS

36) Page 89: To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends -- this is an experience you must not miss.

37) Page 90: The family must decide these things.

38) Page 93: To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action.

39) Page 95: After doing that, he must decide for himself whether he wants to go on.

40) Page 95: If he is to find God, the desire must come from within him.

The Explicit MUSTS of the Big Book Page 5

41) Page 99: In many homes this is a difficult thing to do, but it must be done if any results are to be expected.

42) Page 99: But we must try to repair the damage immediately lest we pay the penalty by a spree.

43) Page 99: If their old relationship is to be resumed it must be on a better basis, since the former did not work.

44) Page 100: Both you and the new man must walk day by day in the path of spiritual progress.

45) Page 100: People have said we must not go where liquor is served; [continued]

46) Page 101: we must not have it in our homes; [continued]

47) Page 101: we must shun our friends who drink; [continued]

48) Page 101: we must avoid moving pictures which show drinking scenes; [continued]

49) Page 101: we must not go into bars; [continued]

50) Page 101: our friends must hide their bottles if we go to their houses; [continued]

51) Page 101: we mustn't think or be reminded about alcohol at all. CHAPTER 8 TO WIVES

52) Page 111: Our next thought is that you should never tell him what he must do about his drinking. The Explicit MUSTS of the Big Book Page 6

53) Page 113: Wait until repeated stumbling convinces him he must act, for the more you hurry him the longer his recovery will be delayed.

54) Page 114: But sometimes you must start life anew.

55) Page 115: But you must be on guard not to embarrass or harm your husband.

56) Page 115: You will no longer be self-conscious or feel that you must apologize though your husband were a weak character.

57) Page 117: Often you must carry the burden of avoiding them or keeping them under control.

58) Page 118: Yet you must expect too much.

59) Page 120: Your husband will see at once that he must redouble his spiritual activities if he expects to survive.

CHAPTER 9: THE FAMILY AFTERWARD

60) Page 127: The family must realize that dad, though marvelously improved, is still convalescing.

61) Page 127: But he must see the danger of over-concentration on financial success.

62) Page 127: We know there are difficult wives and families, but the man who is getting over alcoholism must remember he did much to make them so.

63) Page 130: That is where our fellow travelers are, and that is where our work must be done.

The Explicit Musts-BB Study Guide. (Continued.)

The Explicit MUSTS of the Big Book Page 7

64) Page 135: The others must be convinced of his new status beyond the shadow of a doubt.

#### CHAPTER 11: A VISION FOR YOU

(Oddly enough, the numbers 65 to 69 are missing on the website page.)

70) Page 152: "...I know I must get along without liquor, but how can I?..."

71) Page 153: They will approach still other sick ones and fellowships of Alcoholics Anonymous may spring up in each city and hamlet, havens for those who must find a way out.

72) Page 154: There must be many such in this town.

73) Page 156: Both saw that they must keep spiritually active.

74) Page 159: Though they knew they must help other alcoholics if they would remain sober, that motive became secondary.

75) Page 164: God will determine that, so you must remember that your real reliance is always upon Him.

#### APPENDIX I....THE A.A. TRADITION

76) Page 563: We alcoholics see that we must work together and hang together, else most of us will finally die alone. THE TWELVE TRADITIONS (LONG FORM)

77) Page 565: A.A. must continue to live or most of us will surely die.

#### The Explicit MUSTS of the Big Book Page 8 APPENDIX II....SPIRITUAL EXPERIENCE

78) Page 569: Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, must be in the nature of sudden and spectacular upheavals.

79) Page 569: Though it was not our intention to create such an impression, many alcoholics have nevertheless concluded that in order to recover they must acquire an immediate and overwhelming "God-consciousness" followed at once by a vast change in feeling and outlook. APPENDIX III...THE MEDICAL VIEW ON A.A.

80) Page 571: "...I think our profession must take appreciative cognizance of this great therapeutic weapon. 81)



**"THE ANSWERS WILL COME, IF YOUR OWN HOUSE IS IN ORDER."** ← Alcoholics Anonymous, Page 164. Reprinted with A.A.W.S. permission.



Mentally Intuitive? Or Full of Bull? Hard to tell sometimes.

The bartender is finding out who can keep drinking, and who gets cut off. He asks 1 of the 3 seated at the bar, "What is 3 times 3?" After head scratching he replies, "200!" "That is incorrect," the bartender says. He then asks the next 1 seated "What is 3 times 3?" After a long head scratch he responds, "Thursday!" "That is incorrect," the bartender says. He then goes to the last seated 1 and asks, "What is 3 times 3?" The drunk quickly head scratches, "Nine!" Bartender says "Correct! How did you figure that out?" The drunk slurs, "I divided 200 by Thursday squared and added 1."

- Equation for that last joke.  $200 \div 25 = 8 + 1 = 9$ . (Thursday squared = 5th day of the week  $\times 5 = 25$ ).  $200/25 = 8 + 1 = 9$ .

~ SHREK ~  
January 23, 2019



LIFE WITH GOD  
"So much better."

### An Oklahoma SnoRyder

There was a time when I had no life with God, and let me tell you it was hell. A time came when I had had enough and I invited God into my life, it has never been the same since. Today my life is so much better, and I no !!! longer live in the hell I had created. I love my God today, and I thank him each day for all his blessings and grace. This relationship I share with him is the best thing that has ever happened in my life. I am so grateful.

Having problems, ask God for help, he is waiting.

**GOD IS WAITING FOR OUR CALL, HE ALWAYS ANSWERS!!!**

PEACE! 😊



From Rick; a Spirit Rider





**Sometimes, either the directions we are given, or the ones we give, are just not very clear.**

### Yes! No!

My turn signal wasn't working,  
So I asked for help from a friend.  
"Stand behind the car," I said.  
"Let's get this problem to end."  
"When I turn the signal on,  
If it's working, let me know."  
I hit the blinker and then I heard:  
"Yes! No! Yes! No! Yes! No!"

by Joanna Fuchs  
www.poemsource.com.

### Toilet Strategy

A little boy sat on the toilet,  
He was in there way too long.  
His mom came in to check,  
She thought something was wrong.  
He'd sit and sigh, sit and sigh.  
Then he'd slap the top of his head.  
"Why do you do that?" mother asked.  
"Works for ketchup," he said.

by Joanna Fuchs  
www.poemsource.com.

### Golf Chat

Three old men on the golf course,  
(Each had trouble hearing well)  
Were playing a round on a breezy day,  
When one blew over and fell.  
"Windy, isn't it?" said one of them,  
While laughing at his friend.  
"No, it's Thursday," said the second man.  
And they walked off to the next hole.  
The third man had listened intently;  
Now he chimed in, with good cheer;  
"So am I. Let's have a beer!"

by Joanna Fuchs (revised)  
www.poemsource.com.

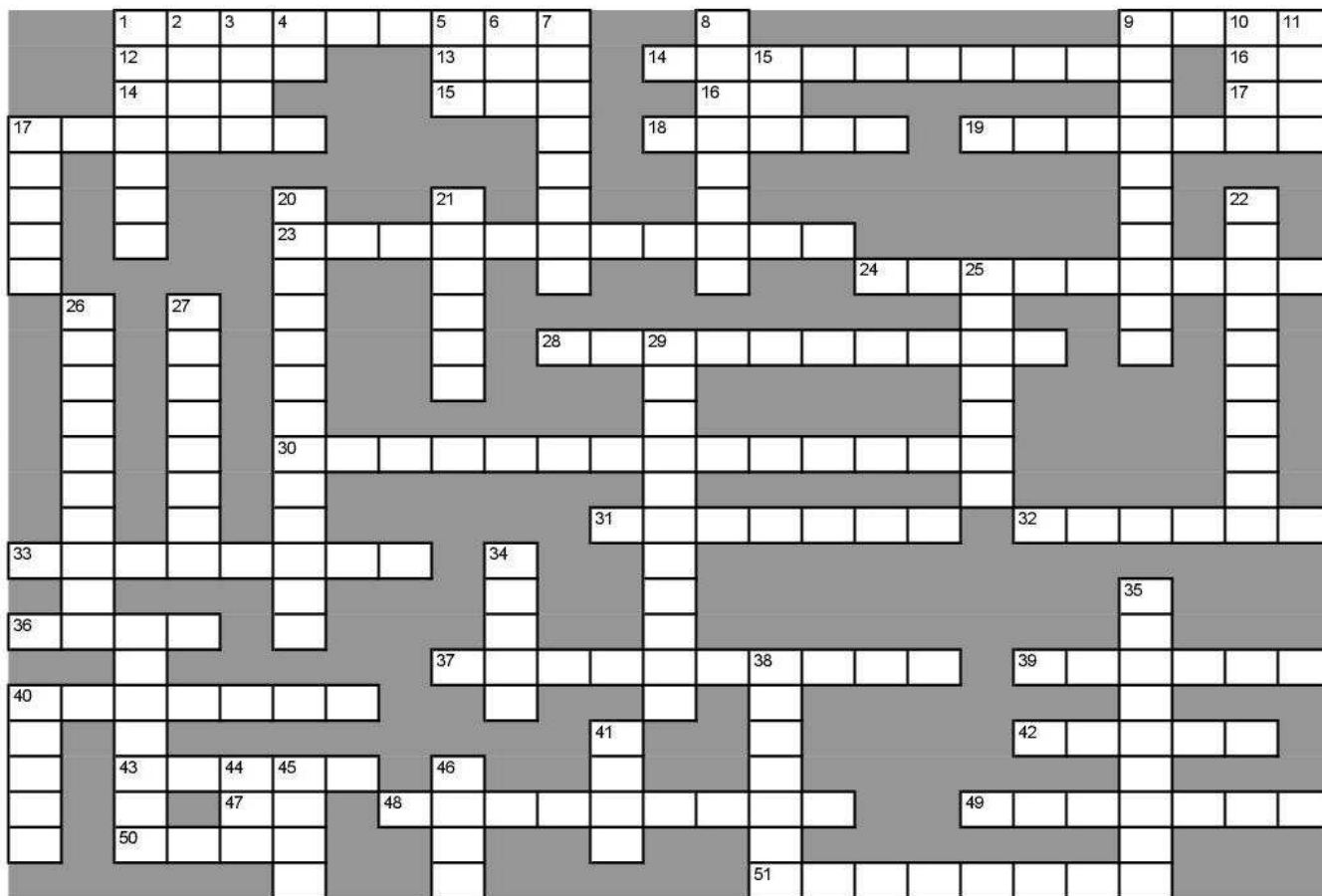


There may be two people who have been dealt the same cards in life. Two individuals with all the same life circumstances. One is miserable, stressed out, and looks twenty years older than he is. The other is the happiest guy you could ever meet and looks twenty years younger than he is. How can this be? The answer is that it is not our life circumstances that make life difficult rather it is the attitude that we view our lives with. Those who are capable of seeing the humor in life and take life lightly will be able to do the best with the circumstances they have been given.  
<https://www.familyfriendpoems.com/poems/funny/life/>

### “ \* ~ \* LIFE QUOTES \* ~ \* “

“Life is like a ten speed bicycle. Most of us have gears we never use. ~ Charles M. Schultz; 11/26/1922 – 2/12/2000.  
“Be careful when looking up life quotes. You might get an insurance company advertisement.” ~ Doug G.; 1954 -  
“Life is what happens when you're busy making other plans.” ~ John Lennon; 11/9/1940 – 12/8/1980.  
“The seeds are all planted and waiting to sprout.” Wellington K. Whitlock; 4/17/1927 – (See Big Book pg. 113).  
"I don't thank God for opening the gates of Heaven and letting me in, I thank God for opening the gates of Hell and letting me out" Anonymous.  
"If I Forget 'What' I am, It doesn't Matter 'Who' I am." Anonymous.  
“Life is really simple, but men insist on making it complicated.  
“When anger rises, think of the consequences.  
“When you see a good person, think of becoming like her/him. When you see someone not so good, reflect on your own weak points.” ~ Confucius; 551–479 BCE.  
“My therapist told me the way to gain true inner peace is to finish what I start. So far I've finished two bags of M & M's and a chocolate cake. I feel better already.  
~ Dave Barry; 7/3/1947 –  
“Can you believe the man rhymed 'Rumplestiltskin' with 'crumpled napkins'?” ~ Christopher Healy; unknown.  
“Water is the most essential element in life, because without it you can't make coffee.” ~ Karen Salmansohn; 1961 -





**ACROSS**

- 1 Stepped over the \_\_\_\_\_ of that home into freedom.
- 12 A minute amount; a jot.
- 13 Ohh \_\_\_!
- 14 The so-called \_\_\_\_\_ treatment.
- 16 Big Eater's Club
- 17 A "stiffie" in Australia came before this.
- 18 An Egyptian snake.
- 19 Oval shaped.
- 20 Nyet.
- 21 The \_\_\_\_\_ only seemed to win.
- 22 Who started "alcoholism is a disease" by referring to it as an allergy.
- 23 We are on the Broad \_\_\_\_\_.
- 27 We talked of \_\_\_\_\_ - while we were...
- 28 We have a written \_\_\_\_\_.
- 32 This may lay the \_\_\_\_\_.
- 34 There is a long period of \_\_\_\_\_ ahead.
- 35 That often makes the difference between \_\_\_\_\_ and success.
- 36 What kind of motorcycle did Bill W. have?
- 37 Their self-pity made them \_\_\_\_\_.
- 40 Only *thought* they had lost their egotism and \_\_\_\_\_.
- 41 \_\_\_\_\_ is the "number one" offender.
- 43 We thank God from the \_\_\_\_\_ of our heart.
- 44 Well, that's \_\_\_\_\_ what this book is about.
- 46 \_\_\_\_\_ without works is dead.
- 47 Damn little to \_\_\_\_\_ about that I can see.
- 51 City in Michigan, ABVR.
- 52 Bill W. stood in the lobby of this hotel.
- 53 Lack of power, that was our \_\_\_\_\_.
- 54 Could be a puppet.
- 55 We, who have recovered from serious drinking, are \_\_\_\_\_.

**DOWN**

- 1 Bill W's sponsor.
- 2 Old use; is a way of saying 'you have'
- 3 A car or other item which has been repossessed.
- 4 Extraterrestria - ABRV.
- 5 Prior to two.
- 6 A cut trunk.
- 7 My attention was caught by a \_\_\_\_\_ on an old tombstone.
- 8 Shivering \_\_\_\_\_ of his mad realm.
- 9 One day I went to \_\_\_\_\_.
- 10 Plural of locus.
- 11 A synonym for woman.
- 15 Laughing out loud.
- 24 He will tell you he is \_\_\_\_\_.
- 25 Free of deceit and untruthfulness.
- 26 Stop this waste and give your \_\_\_\_\_ man a chance.
- 29 The State Dr. Bob was born in.
- 30 Our book is meant to be \_\_\_\_\_ only.
- 31 \_\_\_\_\_ well-being always followed spiritual progress.
- 33 Many of us needed an \_\_\_\_\_ there.
- 38 Our so called will \_\_\_\_\_ becomes pracitacally non-existent.
- 39 \_\_\_\_\_ became interested.
- 38 Who wrote the Wilmington Preamble?
- 45 We have made decisions based on \_\_\_\_\_.
- 48 Universal Resource Locator, ABRV.
- 49 Feels he has struck something better than \_\_\_\_\_.
- 50 \_\_\_\_\_ does it.

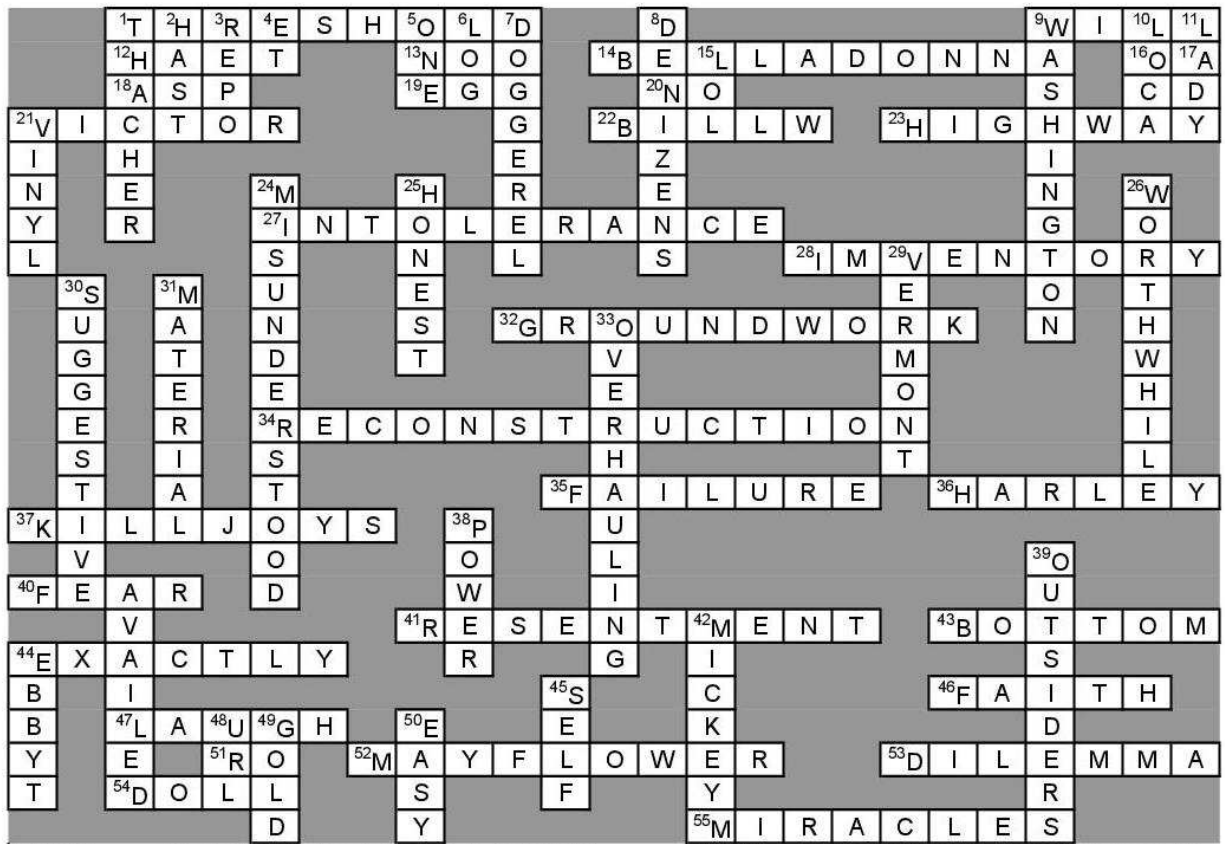
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 by Doug G

# W O R D S E A R C H

When the word search is done, one word is left. Write it on the blank line below.

S P O N S O R S H I P H O P E  
C A M F O R G I V E N E S S L  
O N T O L E R A N C E P V S E  
N G J P R I N C I P L E S E G  
C E P P P A T I E N C E F R A  
E R G R A T I T U D E K D V C  
P A R T I C I P A T I O N I I  
T S F J P A C C E P T A N C E  
S T R A D I T I O N S R U E S  
N E K O R E S E N T M E N T S  
G P S U R R E N D E R X C U H  
C S P D W H U M I L I T Y N S  
I N V E N T O R Y F E A R I P  
A T T I T U D E T W E L F T H  
R E S P O N S I B I L I T Y P

Acceptance	Gratitude	Patience	Sponsorship
Anger	Hope	Principles	Steps
Attitude	Humility	Resentments	Surrender
Concepts	Inventory	Responsibility	Tolerance
Fear	Legacies	Serenity	Traditions
Forgiveness	Participation	Service	Twelfth
			Unity



**ACROSS** Answer to quotes, page number on right.

- 160 1 Stepped over the threshold of that home into freedom.
- Haet 12 A minute amount; a jot.
- Noo 13 Ohh \_\_\_\_!
- 7 14 The so-called Belladonna treatment.
- OA 16 Big Eaters Club
- CD 17 A "stiffie" in Australia came before this.
- Asp 18 An Egyptian snake.
- Egg 19 Oval shaped.
- No 20 Nyet.
- 66 21 The victor only seemed to win.
- Bill W. 22 Who started "alcoholism is a disease" by referring to it as an allergy.
- 55 23 You can us on the Broad Highway.
- 50 27 We talked of intolerance, while we were...
- 75 28 We have a written Inventory.
- 111 32 This may lay the groundwork
- 83 34 There is a long period of reconstruction ahead.
- 98 35 That often makes the difference between failure and success.
- Harley 36 What kind of motorcycle did Bill W. have?
- 105 37 Their self-pity made them killjoys.
- 73 40 Only thought they had lost their egotism and \_\_\_\_.
- 64 41 Resentment is the "number one" offender.
- 75 43 We thank God from the bottom of our heart.
- 45 44 Well, that's exactly what this book is about.
- 88 46 Faith without works is dead.
- 157 47 Damn little to laugh about that I can see.
- RO 51 City in Michigan, ABVR.
- Mayflower 52 Bill W. called Rev. Tunks from the lobby of this hotel.
- 45 53 Lack of power, that was our dilemma.
- Doll 54 Could be a puppet.
- 133 55 We, who have recovered from serious drinking, are miracles.

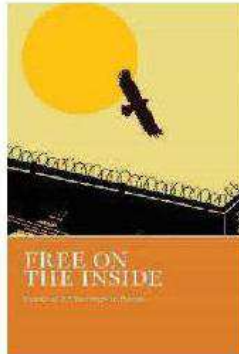
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- 4 Extraterrestria - ABRV.
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- 6 A cut trunk.
- 7 My attention was caught by a doggerel on an old tombstone.
- 8 Shivering denizens Of his mad realm.
- 9 One day I went to Washington.
- 10 Plural of locus.
- 11 A synonym for woman.
- 15 Laughing out loud.
- 24 He will tell you he is misunderstood.
- 25 Free of deceit and untruthfulness.
- 26 Stop this waste and give your worthwhile man a chance.
- 29 The State Dr. Bob was born in.
- 164 30 Our book is meant to be suggestive only.
- 127 31 material well-being always followed spiritual progress.
- 68 33 Many of us needed an overhauling there.
- 24 38 Our so called will power becomes practically non-existent.
- 160 39 Outsiders became interested.
- Mickey M 38 Who wrote the Wilmington Preamble?
- 62 45 We have made decisions based on self.
- URL 48 Universal Resource Locator, ABRV.
- 129 49 Feels he has struck something better than gold.
- 135 50 Easy does it.

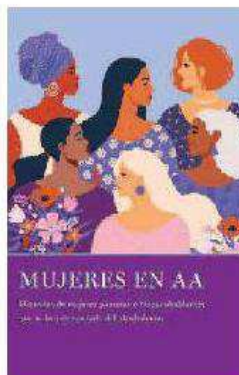
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# GRAPEVINE AND LA VIÑA ARE HERE TO HELP

HOME // GRAPEVINE AND LA VIÑA ARE HERE TO HELP

AS THE U.S. AND CANADA BEGIN THE CAUTIOUS REOPENING OF COMMUNITIES AND BUSINESSES, OUR JANUARY, FEBRUARY, MARCH, APRIL AND MAY GRAPEVINE AND JAN/FEB-MAY/JUNE LA VIÑA ISSUES HAVE REMAINED AVAILABLE AND FREE TO ALL UNTIL JUNE 30TH, 2020.

FOR THOSE WHO WISH TO TAKE ADVANTAGE OF OUR NEW DOWNLOADABLE, DIGITAL EPUB VERSION OF GRAPEVINE (INCLUDING AUDIO), WE ARE MAKING IT AVAILABLE AT A RATE OF ONLY \$1.99 PER ISSUE (EVEN LESS WITH A YEAR OR MORE SUBSCRIPTION AND THE ABILITY TO CANCEL AT ANY TIME).

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GV AA Grapevine  
5,524 subscribers

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A wonderful look at what Grapevine and La Viña are, their history, their place in AA, their various platforms and services, and the many ways they are used by AA members to stay sober and do Twelfth Step work to help alcoholics in need—all in 5 minutes!

Thank you for watching!  
HEAD MORE

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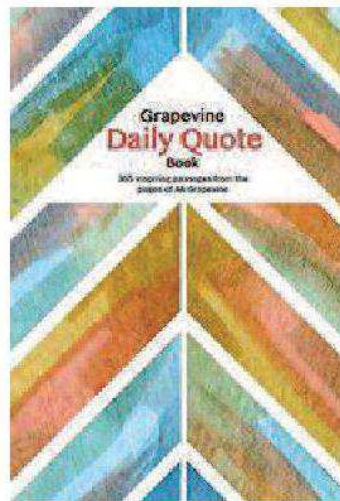
(Note: Auto renewal only available on magazine subscriptions not Books)

Revised: 12/15/20

# THE GRAPEVINE DAILY QUOTE BOOKS

HOME // THE GRAPEVINE DAILY QUOTE BOOKS

## Produced for the 2020 International Convention!



THE GRAPEVINE DAILY QUOTE BOOK, WITH A BEAUTIFUL NEW COVER.  
NOW AVAILABLE IN ENGLISH, FRENCH, AND SPANISH!

Start each day with an inspiring quote from the pages of Grapevine. The quotes—contributed by AA members, with many written by our co-founders—were selected by the Grapevine staff. Makes a great gift for a sober friend. To learn more or to order, visit: [store.aagrapevine.org](https://store.aagrapevine.org)



AS I WATCHED THE DOG  
CHASING HIS TAIL,  
I THOUGHT DOGS ARE  
EASILY AMUSED.  
THEN I REALIZED I WAS  
WATCHING THE DOG CHASE  
HIS TAIL.



MY NEIGHBOR JUST YELLED  
AT HER KIDS SO LOUD THAT  
EVEN I BRUSHED MY TEETH  
AND WENT TO BED.

About how old is  
your grandfather?

50

5

500

Dead  
sorry!



How we  
blocked  
people  
back in  
the 80's

Brain: I can see  
you're trying to  
sleep. Can I offer a  
selection of your  
worst memories from  
the last 10 years?



Walmart thinks  
I want to put up my  
Christmas tree 🎄 & eat  
turkey 🦃 while wearing  
my halloween costume



When I feel down and someone says  
"Suck it up" I feel like breaking their  
legs and telling them, "Walk it off."

AFTER LISTENING TO,  
LINDA, HIS HUMAN, FOR 12 DAYS  
WHILE IN QUARANTINE AS SHE  
COMPLAINED FOR HOURS ON END



Do alcoholics run  
in your family?

No, but they  
stumble around  
and break shit



Not for me to say about others, but  
I did resemble that remark.

A giraffe's coffee would be  
cold by the time it reached the  
bottom of its throat. Ever think  
about that? No. You only think  
about yourself.

NOT TO BRAG  
BUT I'VE BEEN  
AVOIDING PEOPLE  
LONG BEFORE  
THE VIRUS  
OUTBREAK STARTED

## If Alcoholics Anonymous had a Mascot, what could it be?

Start by looking at what a Mascot is, and why.

“From ships and football teams to production companies and restaurants, mascots are a popular way of boosting morale or giving a product a recognizable face. In general, mascots are designed as such from the very beginning. Sometimes, however, a company, team, or political party gains a mascot quite accidentally. Some mascots have survived the test of time, dating back to the early 20th century, while others are long-forgotten. This list combines two groups and explores the extraordinary stories behind the creation and existence of various mascots.

(Editor’s note – for brevity, only a few stories included).

1) Lobster - Restaurant owner offered \$1,000 by Mary Tyler Moore to let it go. Offered \$2,000 by Rush Limbaugh to eat it. Owner kept it until it died.

2) Billy The Goat - Manchester United Football Club. (He may not be well known, just notable. The 1<sup>st</sup> was a Goose, eaten by a fan for Christmas Dinner, the 2<sup>nd</sup> was a dog. And then there’s Billy, who celebrated victory in 1909 with the Club in a Pub, and died of alcohol poisoning).

3) Columbia Pictures – The Torch Lady.

4) Timothy The Tortoise - For HMS Queen.

5) The Florida Gators.”

Excerpt from: <https://listverse.com/2019/01/30/10-iconic-mascots-and-their-surprising-backstories/>

### Pigeons In Bras Go To War!

The pigeon vest was a vest that was created by Maiden Form Brassiere Company to protect carrier pigeons as they parachuted through the air strapped to the chest of paratroopers during World War II. Once the paratroopers hit the ground behind enemy lines, they would release the pigeons so they could fly off to deliver important messages.

<https://americanhistory.si.edu/blog/2013/09/pigeons-in-bras-go-to-war.html>

My A.A. Mascot Nomination? Carrier Pigeon for Carrying the Message. Others say the Camel; from the medallion;

"The camel each day goes twice to his knees. He picks up his load with the greatest of ease. He walks through the day with his head held high. And stays for that day, completely dry."

Send Editor your Nominations.

## BROKEN PIECES ARE HIS SPECIALTY

I was at TJ Maxx today and heard a loud crash and something shattering. Being nosy, I walked towards the sound and saw some people whispering and looking back to the end of the next aisle. When I walked down that aisle, I saw that an older lady had hit a shelf and many things had fallen to the ground and broken. She was kneeling on the floor embarrassed, frantically trying to clean up. I felt so bad for her. Every one was just standing there staring at her.

So I went and knelt beside her and told her not to worry and started helping her pick up the broken pieces. After about a minute, the store manager came and knelt beside us and said, “Leave it, we will clean this up.” The lady, totally embarrassed said, “I need to pay for all this.” The manager smiled, helped her to her feet and said, “No ma’am, we have insurance for this, you do not have to pay anything!”

If you have read this far, give me another minute. Wherever you are, close your eyes, and imagine God doing the same for you! Imagine the broken pieces of your mistakes or the pieces of your broken heart from all the blows life has thrown at you all over the floor and you’re there trying to collect all of the pieces and fix them yourself. Now imagine God comes and kneels right down beside you, smiles and says to you, “Leave it all there, I will clean this up for you.”

He loves you that much and wants to put all of those pieces back together if you will let Him! With Him we have this insurance and it’s called GRACE! It’s free! All you have to do is ask Him to forgive you, help you, and to heal you. He’s faithful, I promise! ❤️

Wow! 🙏❤️

~ Anonymous ~ submitted by Gordon G.



# Recovering Maniacs 2021!

Men's Spring Canoe & Kayak Retreat ~ May 7th - 9th

## Friday

5:30PM Steak Dinner (you cook your steak whenever you make it to camp)  
8:00PM Campfire Meeting

## Saturday

7:00AM Breakfast  
8:00AM 3rd Step Prayer (riverside)  
9:00AM Long Trip Departs (pack a lunch with the food that we provide)  
11:00AM Short Trip Departs (pack a lunch with the food that we provide)  
5:00PM Dinner  
8:00PM A.A. Meeting at Saint Agnes Church in Marion  
10:00PM Campfire Meeting and Sobriety Countdown

## Sunday

7:00AM Continental Breakfast  
8:30AM Group Camp Teardown (then have a safe drive home)

Your \$60 only covers Friday through Sunday. If you are planning on arriving before Friday, Please Contact Heather at the Old Log (231) 743-2775 and pay her direct for the extra day(s)!

## THE OLD LOG RESORT

12062 M-115  
Marion, MI 49665



Ask to join the Recovering Maniacs secret group on Facebook!



Cost is \$60/person and includes all meals, campground fee, and canoe rental. Kayaks are available to rent for an additional \$20/person, paid at

the retreat. No refunds will be issued after the payment deadline **April 23, 2021 NO EXCEPTIONS!**

Get in touch with a local contact for more info. and to make payment:

Britton: Darren S. 517.605.3691 Tecumseh: Dan L. 517.265.9850

Adrian: Toby S. 517.605.2669

Monroe/Dundee: Grant G. 734.497.5220

Ann Arbor/Ypsilanti: Mike C. 248.535.2942 Chelsea: Alan H. 734.320.7737

Battle Creek/Kalamazoo/Jackson: Howard J. 269.491.3230

Flint: Tom B. 810.223.5622

I'D RATHER  
BE A  
YAKER



**BIGFOOT SOUNDS**  
Caught on Tape in  
the Early Morning

dip splash dip splash dip



## In the rooms is where we ...

Find what we are looking for only by being looked for.  
Only share what we know, but we come to know  
only in the sharing.

Find that hope is born while facing the unknown  
and discovering that we are not alone.

Are never more than the co-authors of our  
own stories. - Unknown

~ submitted by Tim H.



"Our departure from drinking and into recovery is no mere attempt to escape responsibility. On the contrary - getting back INTO real life - WITH responsibility - REQUIRES a radical turn."

"I've been given another chance to live - and I'm gonna take it."

"I know I'm engaged, now, in efforts that will endure for the rest of my life - and yet I feel good; I feel healthy, and I feel happy."

"Does recovery seem so demanding? Does abstinence seem extreme? This is nothing more - or less - than waking up to reality and growing into a human adult. These steps are natural and fundamental - and they come with infinite peace and satisfaction."

"I've held on, and I've stayed - sustained on occasion by nothing more than faith and discipline. And every time - and as I've gone on, through the months - my faith has been growing stronger, and my life has been getting better."

"My soul is nourished, here, and I grow; I'll continue coming - so my soul will continue to be nourished, and so I will go on growing."

~ submitted by Drew K.

## More Pigeon Carrying The Message History

- Pigeons carried news to ancient Egyptians of a Pharaoh's ascension to the throne.
- Pigeons carried results to ancient Greek city-states of the first Olympic Games in 776 B.C.
- Pigeons carried military dispatches to commanding officers from Julius Caesar to Genghis Khan.
- Pigeons carried financial details for the Rothschild banking family in the early nineteenth century.
- Pigeons carried posts for the Julius Reuter news-gathering service (over 200 were used!).

Pigeons carried pleas for help during the Battle of the Argonne Forest in 1918. A U.S. Army battalion was under friendly fire and they sent out several pigeons with a message to headquarters twenty miles away. German sharpshooters took them out of the sky. The last one, Cher Ami, was shot in the right leg and had a quarter-size hole in its breastbone. The bird flew on and delivered the message in a canister strapped to its near falling off leg. "We are along the road parallel to 276.4. Our own artillery is dropping a barrage directly on us. For heaven's sake, stop it." Credited with saving 194 lives, Cher Ami was saved by surgeons and awarded the Silver Star. Upon dying, eight months after having been given a wooden leg, the bird was taxidermized and is permanently displayed at the Smithsonian Institution, 1000 Jefferson Dr SW Rm 308, Washington, DC 20560.

Facts from "OUT OF THE CLOUDS," 2018, Hatchette Books, by Linda Carroll & David Rosner, pages 11-12, 22-23.

