

Flint Area Unity Council

Newsletter



May 2021; No. 68
Vol. 6; Issue 8
A.A. Help Line
(810) 234-0815
Meetings Opened and
Zoom Meetings on Website

The F.A.U.C. Website is www.geneseecountyaa.org
Newsletter at <https://geneseecountyaa.org/f-a-u-c-newsletter>

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

“MAY 1

HEALING HEART AND MIND

“Admitted to God, ourselves, and to another human being the exact nature of our wrongs.”

TWELVE STEPS AND TWELVE TRADITIONS pg. 55

Since it is true God comes to me through people, I can see that by keeping people at a distance I also keep God at a distance. God is nearer to me than I think and I can experience Him by loving people and allowing people to love me. But I can neither love or be loved if I allow my secrets to get in the way.

It’s the side of myself that I refuse to look at that rules me. I must be willing to look at the dark side in order to heal my mind and heart because it is the road to freedom. I must walk into darkness to find the light and walk into fear to find peace.

By revealing my secrets – and thereby ridding myself of guilt – I can actually change my thinking; by altering my thinking, I can change myself. My thoughts create my future. What I will be tomorrow is determined by what I think today.”

Daily Reflections, pg. 125. Reprinted with A.A.W.S. permission.

“...much shocked by their son’s refusal...”¹

Yes, that is the way it is. People are shocked by our refusal to admit to ourselves what to them is an obvious and detrimental direction our lives have taken.

“We never see ourselves as others see us.”²

“The alcoholic is like a tornado roaring his way through the lives of others.”³

“Everyone knows about the others’ alcoholic troubles.”⁴

“Moreover, it is usually a fact that our behavior when drinking has aggravated the defects of others.”⁵

“Quite often friends of the newcomer are aware of the difference long before he is himself.”⁶

¹ Alcoholics Anonymous, A VISION FOR YOU, page 158.

² Oliver Hardy, Born: 1/18/1892, Died: 8/7/1957.

³ Alcoholics Anonymous, INTO ACTION, page 82.

⁴ Alcoholics Anonymous, THE FAMILY AFTERWARD, PAGE 125.

⁵ Twelve Steps and Twelve Traditions, Step Eight, page 78.

⁶ Alcoholics Anonymous, Appendix II, SPIRITUAL EXPERIENCE, page 567.

The last quote in the previous column can refer to us both before, and after we cease drinking.

“This tragic situation has already arrived in practically every case long before it is suspected.”⁷

“Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn’t quite belong.”⁸

It is not that we were consciously fooling ourselves,” It is truly awful to admit that, glass in hand, we have warped our minds...”⁹

So although we may not be entirely aware of our precarious existence, we are responsible for the self infliction of the circumstances and damaged relationships.

“Yes, there is a long period of reconstruction ahead.”¹⁰

We’ve reached a point of self realization. The first Step is obtainable, and quite honestly we can say, “We admitted we were powerless over alcohol – that our lives had become unmanageable.”¹¹

⁷ Alcoholics Anonymous, THERE IS A SOLUTION, page 24.

⁸ Twelve Steps and Twelve Traditions, Step Five, page 57.

⁹ Twelve Steps and Twelve Traditions, Step One, page 21.

¹⁰ Alcoholics Anonymous, INTO ACTION, page 82.

¹¹ Alcoholics Anonymous, HOW IT WORKS, page 59.

Step 5. Admitted to God, ourselves, and to another human being the exact nature of our wrongs.

Catharsis – noun - the process of releasing, and thereby providing relief from, strong or repressed emotions.

Catharsis (from Greek κάθαρσις, katharsis, meaning "purification" or "cleansing" or "clarification") is the purification and purgation of emotions—particularly pity and fear—through art or any extreme change in emotion that results in renewal and restoration. It is a metaphor originally used by Aristotle in the Poetics, comparing the effects of tragedy on the mind of a spectator to the effect of catharsis on the body.

"[Venting] helps take the feelings out from inside of yourself, it helps you to process them," she says. "It's kind of like the pressure cooker analogy: If you don't open a lid periodically, the steam can build up and cause you to feel even more stressed. If you let it out, it can help you process whatever it is you're worried about.

"If you discuss how you feel with somebody who's able to validate your feelings — whether they have personally experienced the same issues or not — that's going to be helpful because everyone wants to feel heard.

"A lot of times if you continue over and over to think about a negative experience, it can just remind you of those negative feelings.

"At some point, it helps to talk about it and vent, and once you've processed it, it helps to either let it go and move on or come up with a plan as to how to deal with it and improve whatever the situation is."

~ Eva Stubits, PhD, a clinical psychologist.



"There are a lot of reasons talking about our problems can be difficult. Sometimes the very emotions you're dealing with — like guilt over something you did, or shame about how you think you're perceived — can feel so overwhelming that you can't get up the motivation to talk it out.

"Regardless of the reason you might keep it in, talking has powerful psychological benefits that might not be obvious. "Talking about it" is a broad phrase, though, so let's clarify a bit. When we discuss talking about your problems, it can take a few forms.

"When you are feeling very intense feelings — especially fear, aggression or anxiety — your amygdala is running the show. This is the part of the brain that, among other things, handles your fight or flight response. It is the job of the amygdala, and your limbic system as a whole, to figure out if something is a threat, devise a response to that threat if necessary, and store the information in your memory so you can recognize the threat later. When you get stressed or overwhelmed, this part of your brain can take control and even override more logical thought processes.

"Choose the right people to talk to. If you've ever talked about how you're feeling and it seems as if you got nothing out of it, you might be talking to the wrong person. Having a trusted friend who will support you (without enabling bad habits like co-rumination) can help. If you need specific advice on a problem, find someone who has faced similar problems and, ideally, has resolved them."

~ Eric Ravenscraft, a freelance writer from Atlanta, covering tech, media, and culture for The New York Times, Medium, and more.

That moment when the person you're talking bad about is standing right behind you...



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.



An excerpt from <https://www.jasonwahler.com/12-steps-of-aa/step-five-of-aa-alcoholics-anonymous/>

“In its simplest form, the fifth Step is basically a confession of personal wrongdoings and the beginnings of your spiritual housecleaning.

“Successful completion of Step 5 marks a return to sanity, and a much clearer recognition of who and what we are.

“STOP THE CYCLE

“While working Step five the repetition of the same type of situation and patterns of behavior reveals itself quite obviously! We begin to focus attention on what is behind the patterns of our addiction and the reasons we act out in the ways that we do. This is a great point in recovery when we can start calling these patterns of behavior ‘character defects.’ Destructive behaviors usually reflect underlying character defects, which is the engine that drives most of our off-the-wall actions.

“INTO ACTION: WHY YOU SHOULD DO YOUR FIFTH STEP

“Why should you do a fifth step? In case the above wasn’t enough reasons, you should do it because there are certain damaging memories or beliefs that can only live in the dark, and shining a light on them can banish them for good.

“But don’t just take it from me. Check out what the ‘Big Book’ of Alcoholics Anonymous says about working Step five:

“We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story.” ~ A.A. Big Book, p. 72-73

“Why settle for difficult when with a little effort you can be impossible?” Abram Hewitt, 1822- 1903

A lumberjack went into a magic forest to cut a tree. Upon arrival, he started to swing at the tree. It shouted, “Wait! I’m a talking tree” The lumberjack smiled saying, “and you will dialogue”.

I once knew a lumberjack with a PhD. He was a smart feller.

Did you hear about the lumberjack that got a promotion? Now he’s a branch manager.

What’s the difference between being a lumberjack and any other job? You get the axe when hired, not fired.

An alcoholic goes to the U.P. foreman of a logging company who offers to give him a job. “You realize each of us cuts down 100 trees a day,” he is told. Not seeing this as a problem, he went out with the chainsaw and did his best. Came back drenched in sweat. “Geez, how many trees did you cut down?” asked the foreman. “6” he replied. “What!? You have to do better than that. Get up earlier tomorrow!” So he did. Out he went with the chainsaw, came back that night exhausted. “How many this time?” asked the foreman. “12” he said. The foreman says, “That does it. I’m coming out there with you tomorrow morning!” The next morning, the foreman reaches the first tree and says, “This is how to cut down trees really quickly.” He pulls the rope on the chainsaw and it gives off a loud BRRRRRRUUUMMM. He notices the hired hand looking at him frantically, so he asks, “What’s wrong?” The reply, “What the hell is that noise?”

Ned & Jed



Say Jed, y’know what the exact nature of wrongs is?

Well, that’s when the wind blows the falling tree the wrong way.



Not that either. It’s the inherent character, or the basic constitution, of our wrongs.

So I need to tell the truth and “Just the facts Ma’am” to actually know the exact nature?

That’s right, and the trees will fall mostly any way they want in a wind, y’know..

Do tell, that’s not so.
Then when I use an axe instead of a wedge for direction leverage?

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: 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 April 2021 Newsletter went to 167 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.**

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: St. Mary's School; F.A.U.C.

June 19: St. Bartholomew's; Swartz Creek Group.

July 17: OPEN.

August 21: OPEN.

September 18: OPEN.

October 16: St. Mary's School; Women in A.A.

November 20: OPEN.

December 18. Local 659; Van Slyke Group.

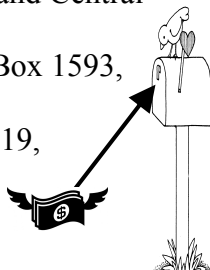
A.A. Treasurer's addresses:

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

- * C.M.I.A.32 – June 6th Meeting Host/Location TBD.
 - * F.A.U.C. meets May 15 at St. Mary's School, 12:30 pm.
 - * There is a new meeting that opened by the Gaines A.A. group at the Faith Church, 303 Walnut St. Wednesdays at 7 pm, this meeting is an OPEN meeting for any who wish to attend.
 - * May 8th, 3 – 9 pm, at the Arid Club, a Mother's Day event with 4 Open Speakers, food and beverages.
 - * The Young People in A.A. meeting has moved to First United Church, 1116 W. Hill Rd, Flint, 48507. Thursday at 7:00 pm, a CLOSED meeting.
 - * The F.A.U.C. Annual Picnic planning committee has the date of Sunday, July 25th at Bluebell Beach, 5500 Bray Road, Flint, 48505.
 - * The Soberfest contact number to register Baseball and/or Softball teams is 810-236-6834. July 18, 2021. Visit <https://www.facebook.com/FlintSoberfest/>
 - * Go to <https://geneseecountyaa.org/meetings-currently-open-for-attendance/> for meetings open for attendance.
- Group wants a Newsletter announcement? Email farfromittoday@aol.com by the 20th of the month.

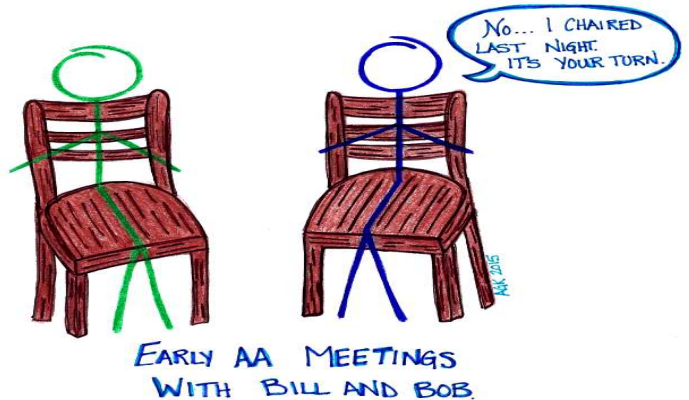
THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

May2021 Flint Area Open Speaker Meetings *

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

- Thu 6 7 pm, Van Slyke (16).
- Fri 7 12 noon, Eye Opener, Arid Club (18).
- Sun 9 6:00 pm, Torrey Rd. Group, Arid Club (6).
- Sun 16 6:00 pm, Torrey Rd. Group, Arid Club (6).
- Sun 23 6:00 pm, Torrey Rd. Group, Arid Club (6).
- Sun 30 6:00, Torrey Rd. Group, Arid Club (6).
- Mon 31 7 pm, Montrose HOPE (9).

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



And now, the rest of the story. Then Dr. Bob said, "I finally figured out the nature of my wrongs. I always knew I married Mrs. Right. I just didn't realize for many years that I married Mrs. Always Right?"

10 Tips to Quit Drinking (or at Least Cut Back).

1) Know your why. There's a reason you've reached the decision to quit or cut back. Write it down and keep it handy so you see it often. Whether it's improved relationships, better health, or weight loss, keeping the "why" in sight can help boost your motivation.

1) *"For a few days he was depressed about his condition. He made up his mind to quit drinking altogether. It never occurred to him that perhaps he could not do so..."*¹ Page 39.

2) Have a plan. Don't just announce you're going to quit or scale back. Write down the steps for how you'll do it. What day will you begin? Who will you tell about your decision? What will you do if you backtrack? Have a guide for how you'll move forward.

2) *"On awakening let us think about the twenty four hours ahead. We consider our plans for the day."*² Page 86.

3) Note the positives. With less alcohol in your life, you're likely to have clearer skin, better sleep, and you may see a boost in your overall mood. Some people also lose weight as they taper off their drinking. Celebrate the wins along the way, no matter how small.

3) *"The door opened and he stood there, fresh skinned and glowing. There was something about his eyes. He was inexplicably different."*³ Page 9.

4) Understand Detox. If you used to be a heavy drinker, your body may go through detox when you quit. It's normal to feel anxious, restless, grumpy, or to have a headache and sweat a lot. These symptoms usually pass within 5 to 7 days. Keep your doctor in the loop and call if you have serious symptoms like visions, confusion, or high blood pressure.

4) *"God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons."*⁴ Page 133.

5) Follow a guideline. To drop the number of drinks you have each week, start with a daily limit. The federal government's Dietary Guidelines for Americans recommends not drinking at all, but suggests that if you do, keep it under two drinks a day for men and one for women. Talk to your doctor about how that goal could work for you.

5) *"We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed."*⁵ Page 30.

6) Create a script. Drinking is a social affair. You're likely to be in situations where you'll be offered a drink. Know how you'll say "no thank you" ahead of time. And practice what you might say as a follow-up explanation if someone asks.

6) *"So our rule is not to avoid a place where there is drinking, if we have a legitimate reason for being there... Why sit with a long face in places where there is drinking, sighing about the good old days. If it is a happy occasion, try to increase the pleasure of those there."*⁶ Pages 101, 102.

7) Pinpoint your triggers. You have places, people, and events that are tied to drinking. Being around them could make it harder to stick to your plan. If you can, avoid them. If that's not possible, admit your desire to drink and don't judge yourself for it. Call or text a friend and have your goals handy to remind yourself why you've dropped drinking.

7) *"But there was always the curious mental phenomenon that parallel with our sound reasoning there inevitably ran some insanely trivial excuse for taking the first drink."*⁷ Page 37.

Share your goals. Tell trusted family and friends about your plan to quit or cut back on alcohol. When those around you are in the know, it can help them know not to offer you drinks. It may even help if you spend time with other nondrinkers for a while so you can support each other.

8) *"But if you are shaky, you had better work with another alcoholic instead!"*⁸ Page 102.

Find stand-ins. Drinking is often the focus of social activities. If you're having trouble doing the same things you used to do, try new hobbies to fill your time. Join a gym, learn a new skill, or find sober social groups you can enjoy.

9) *"Your job now is to be at the place where you may be of maximum helpfulness to others..."*⁹ Page 102.

10) Keep going. Changing habits takes time and work. If you slip up on your goal, don't give up. Start over the next day. Learn from your mistakes and move forward.

10) *"Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for a lifetime."*¹⁰ Page 84.

Reviewed by Hansa D. Bhargava, MD on February 22, 2021. This tool does not provide medical advice.

<https://www.webmd.com/balance/ss/slideshow-how-to-quit-drinking>. Footnotes 1-10 added by editor and are quotes from the book 4th Edition of Alcoholics Anonymous; reprinted with A.A.W.S. permission.

PEOPLE WRITE
CONGRATS
BECAUSE THEY
CANT SPELL
CONGRAJLASHINS

IN FLATULENCE
EMERGENCY
DO NOT
USE
ELEVATOR
USE STAIRWAY

If our food, drinks, or service
is not up to your expectations,
please lower your expectations.
~ Thank you

AIRCRAFT HAVE
RIGHT OF WAY
ON ROADS

THOU SHALT NOT
TRY ME BEFORE COFFEE

PRESCHOOL RULES AND
BAR RULES ARE THE SAME
YOU PEE YOUR PANTS.
YOU GO HOME

WARNING
PROPERTY PATROLLED BY
A CRAZY BITCH
WITH
DOGS
AND
AUTOMATIC WEAPONS
ANYONE
FOUND HERE AT NIGHT
WILL BE FOUND HERE
IN THE MORNING
HAVE A NICE DAY

The fact that Jellyfish have
survived for 650 million years
despite not having brains
gives hope to many people.

KEEP YOUR SOCIAL DISTANCE

WRONG	RIGHT
WRONG	RIGHT

WHEN THIS VIRUS IS
OVER, I STILL WANT
SOME OF Y'ALL TO
STAY AWAY FROM ME

BRING LAPTOP AND OFFICE CHAIR ON AN
ELEVATOR. WHEN PEOPLE TRY TO GET ON
ASK IF THEY HAVE AN APPOINTMENT

ASKHOLE
[ask-hohl] | noun
A PERSON WHO CONSTANTLY
ASKS FOR YOUR ADVICE,
YET ALWAYS DOES THE
OPPOSITE OF WHAT
YOU TOLD THEM.

WHO HATES SPEEDING
TICKETS? RAISE
YOUR RIGHT FOOT

SPEED
LIMIT
55
50
40

This year thousands of men
will die from stubbornness.
NO WE WON'T

Learn the preventative medical tests you need. ahrq.gov



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ASL Big Book & 12x12
are now available on the
A.A.W.S. YouTube
channel

 **Alcoholics Anonymous
World Services, Inc.**

**ASL now on the A.A.W.S.
YouTube Channel!**

**ASL Big Book and 12x12 Have
Arrived in English!**

Dear Friend,

Good news! The Big Book and
Twelve and Twelve in ASL are
available with closed captions on
the [A.A.W.S. YouTube channel](#). All
videos have closed captions and are
in English only. We hope you enjoy!

"Who are you to say there is no God?"¹²

"Why don't you choose your own conception of God?"¹³

"WHAT ABOUT GOD?"

Slim's mind drifted to the thought: Is there an existence after life? Is there something within one's body that doesn't age with years? It's hard to be an agnostic up here in the *Spirit of St. Louis*, aware of man's frailty, that he is a speck in the universe between earth and stars. When one confronts nature, either by storm, on the sea, or especially in the air, it becomes painfully obvious that humans are just guests here. We think we control the planet and all that is on it, but that arrogance is a farce. *If one dies, all this goes on existing in a plan so perfectly balanced, so wonderfully simple, so incredibly complex that it's far beyond our comprehension.* There's the infinite magnitude of the universe and man conscious of it all... a worldly audience to what, if not God?"¹⁴

The book 'The Flight' is about Charles Augustus Lindbergh's, (February 4, 1902 – August 26, 1974), first ever solo flight across the Atlantic Ocean from New York to Paris in 1927. He was an avowed Agnostic.

Although the above excerpt is not cited in the book's index, the author Dan Hampton researched deeply into Lindbergh's personal diary and writings, as well as family letters and aviation archives.

These all predate by a decade the writing of the book *Alcoholics Anonymous*. So the conundrum some A.A. Agnostics contemplate was a long thought out matter before A.A. even came into existence.

Some of A.A.'s writings sound so familiar, was Lindbergh a source of A.A.'s own contemplation?

Lindbergh wrote and was then published by G. P. Putnam's Sons a 318 autobiography. "WE", was published in 1927, just 57 days after his historic flight. The dust jacket notes said that Lindbergh wanted to share the "story of his life and his transatlantic flight together with his views on the future of aviation", and that "WE" referred to the "spiritual partnership" that had developed "between himself and his airplane during the dark hours of his flight."

Interesting enough, here is some debatable proof of his belief in a Higher Power.

"Our friend's gorge rose as he bitterly cried out: 'If there is a God, He certainly hasn't done anything for me!' But later, alone in his room, he asked himself this question: 'Is it possible that all the religious people I have known are wrong?' While pondering the answer he felt as though he lived in hell. Then, like a thunderbolt, a great thought came. It crowded out all else:

'Who are you to say there is no God?'"¹⁵

"My friend suggested what then seemed a novel idea. He said, 'Why don't you choose your own conception of God?'"

"That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years. I stood in the sunlight at last."¹⁶

"To one who feels he is an atheist or agnostic such an experience seems impossible, but to continue as he is means disaster, especially if he is an alcoholic of the hopeless variety. To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face."¹⁷

"Doubtless you are curious to discover how and why, in the face of expert opinion to the contrary, we have recovered from a hopeless condition of mind and body."¹⁸

"The spectacle of years of waste threw us into panic."¹⁹

"Yet often such men had spectacular and powerful recoveries."²⁰

"Everybody nowadays, believes in scores of assumptions for which there is good evidence, but no perfect visual proof. And does not science demonstrate that visual proof is the weakest proof? It is being constantly revealed, as man studies the material world, that outward appearances are not inward reality at all."²¹

Alcoholics Anonymous 4th Edition.
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¹² *We Agnostics*, Page 56.

¹³ *Bill's Story*, Page 12.

¹⁴ *The Flight, The Empire of the Night*, page 139, Dan Hampton, Copyright 2017 by Ascalon, LLC, HarperCollins Publishers.

Alcoholics Anonymous 4th Edition.

¹⁵ *We Agnostics*, Page 56.

¹⁶ *Bill's Story*, Page 12.

¹⁷ *We Agnostics*, Page 44.

¹⁸ *There Is A Solution*, Page 20.

¹⁹ *12 Steps and 12 Traditions*, Tradition Seven, Page 165.

Alcoholics Anonymous 4th Edition.

²⁰ *To Wives*, Page 113.

²¹ *We Agnostics*, Page 48.

Becoming an Atheist Renewed My Faith in AA

I got sober in AA in June 1987 and have remained sober ever since. Before coming to AA I didn't think much about God but knew I did not believe in the Christian God. When I first came to AA, I was afraid my uncertainty about God would prevent me from staying sober. My first sponsor was a devout Christian but told me to not worry about it, "As long as you don't think **you're** God". I always remembered that because that is exactly what I thought when I was drinking,

During the early years of my sobriety I investigated a number of religions and Christian denominations but none of them ever felt right. I always found the more I followed a particular set of religious practices, the more confused I felt about God. After the first year or two of sobriety I stopped praying because I never felt any different when I did. Because I did not pray, or regularly attend church, my spiritual life wasn't similar to most other people's in the program, and I often thought I must be doing something wrong. The longer I stayed sober, though, the less I worried about not knowing exactly what God meant to me because **what I was doing in AA worked**. I stayed sober and every aspect of my life - work, family, personal relationships - improved. My faith in God settled into a vague belief in karma, thinking that what goes around comes around.

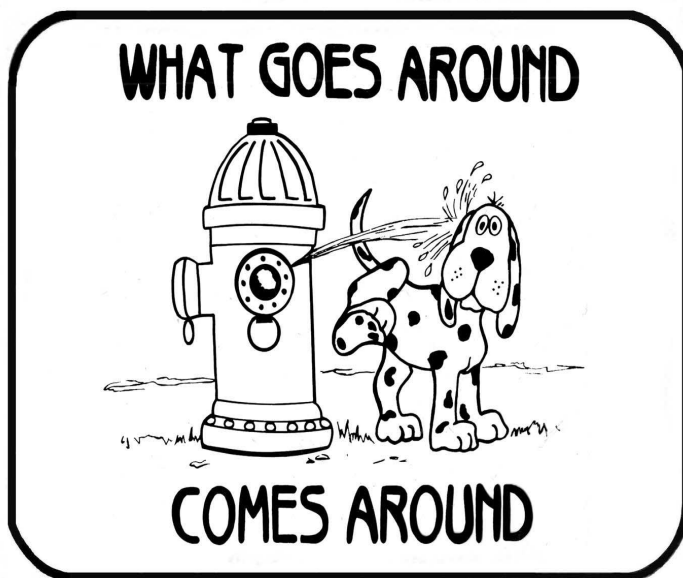
For the next 23 years I would always say at meetings that I believed in God but wasn't sure exactly who or what God was. I nevertheless strove to practice the AA principles in all my affairs. Specifically, I tried to:

- Always tell the truth.
- Treat others as I wanted others to treat me.
- Admit my mistakes promptly.
- Make amends when I did something wrong.
- Perform service work, both in and out of AA.
- Remember I was not God.

All of these practices come directly from the Big Book, working the twelve steps and attending meetings. I now believe practicing these principles leads to the slow but steady Spiritual Experience described in Appendix II of the Big Book.

I never questioned my belief in God because I was afraid I might get drunk if I did. At the same time, I increasingly felt like a hypocrite at meetings. I said I believed in God but did not really have a sense of God in my life. Finally, in early 2010, I felt safe enough in my sobriety, and troubled enough by my hypocrisy to begin really questioning whether God exists. With a little study I soon realized that, in fact, I was an atheist and no longer believed in a supernatural God. The people in Alcoholics Anonymous were my higher power. I still believe that what goes around comes around, but now attribute it to my good and bad actions rather than a cosmic law.

After deciding I was an atheist, I continued to go to meetings. When Step 2 was discussed, I talked about becoming an atheist after more than 20 years of sobriety. People always looked away when I said this, and no one ever smiled and nodded as people do when they identify with what you're saying. This made talking about my atheism at meetings difficult. However, the discomfort proved worthwhile when Alan, a newcomer, approached me after one of these meetings and said he was also an atheist and unsure AA could work for him if he did not believe in God. He was encouraged by my story and I'm happy to say I still see him at meetings and he's still sober.



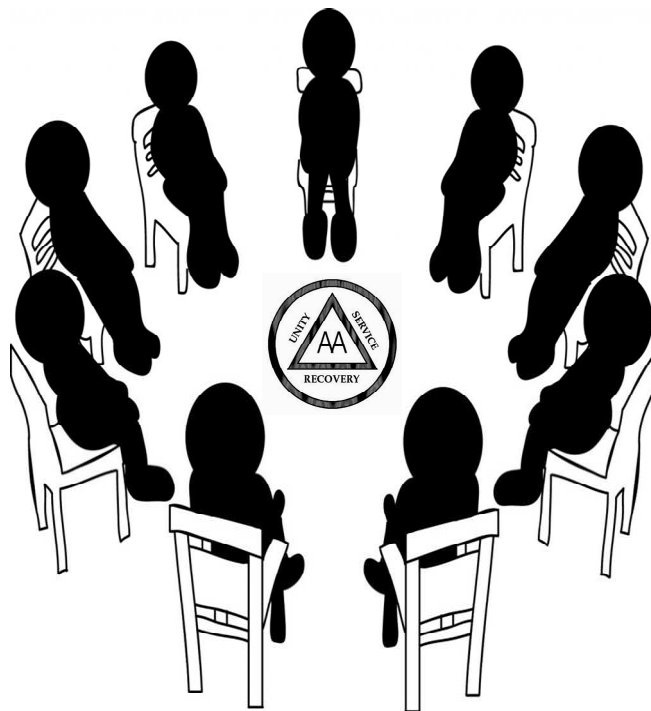
After hearing from Alan, I began to wonder if others like him were scared away from AA without giving it a chance, and whether I could do anything to help them. I regularly attend a conference in my area and in March 2014 I offered to lead a workshop on being atheist or agnostic in AA. I was hoping five or six people might attend. Instead, more than 20 people came. Virtually all of them said they did not believe in God and had struggled to find a way to work the twelve steps without betraying deeply held convictions.

One of the people at the workshop said there really ought to be a meeting for atheists and agnostics in AA. The conference is in a large metropolitan area but there are no meetings in the area specifically for atheists, agnostics, and freethinkers. After the workshop we collected names of people who might be interested in starting a meeting, and in May 2014 a group of us started "Sober Atheists and Agnostics".

The meeting opens with a moment of silence for the still suffering alcoholic and closes with the Responsibility Pledge. In every other way it is a typical closed AA meeting. We read The Preamble, the 12 Steps, the 10th Step Promises and a selection from More About Alcoholism.



The meeting is registered with AA World Services and we annually send the funds in excess of our prudent reserve to other levels of AA. The biggest difference between "Sober Atheists and Agnostics" and other AA meetings is no one looks away or acts uncomfortable if someone says they are an atheist or have doubts about God. Admitting to being an atheist or agnostic is just not a big deal.



Helping to start an AA meeting for atheists and agnostics is the best AA experience I have had in years. I feel more connected to AA now than I ever have, and know I am helping other alcoholics who might otherwise never get sober in AA. I've now been sober over 33 years and I am happy and grateful that instead of getting drunk when I stopped believing in God, it renewed my faith in AA.

Kirk J.
Ypsilanti, Michigan

“We are sober and happy in our A.A. work.”



12 X 12,
Step Twelve,
page 112. ¹²

From the editor; much of this Newsletter is dedicated to like minded sober people helping others. As Tradition One says, “Our common welfare should come first: personal recovery depends upon A.A. unity.”¹³ Tradition Five is, “Each group has but one primary purpose...to carry its message to the alcoholic who still suffers.”¹⁴ “...happy, joyous, and free”¹⁵ The Big Book, page 133. “Of course, my answer was 'My own sobriety and a mighty happy life.’”¹⁶ 12 X 12, Tradition Five, page 152.
^{12, 13, 114, 15, 16} Reprinted with A.A.W.S. permission.

About AA

The A.A. Program — Spiritual But Never ‘Religious

One of the most common misconceptions about Alcoholics Anonymous is that it is a religious organization. New members especially, confronted with A.A.’s emphasis on recovery from alcoholism by spiritual means, often translate “spiritual” as “religious” and shy away from meetings, avoiding what they perceive as a new and frightening set of beliefs. By the time they walk into their first meeting, many alcoholics have lost what faith they might once have possessed; others have tried religion to stop drinking and failed; still others simply want nothing to do with it. Yet with rare exceptions, once A.A. members achieve any length of sobriety, they have found a source of strength outside themselves — a Higher Power, by whatever name — and the stumbling block has disappeared.

A Program Of Action

A.A.’s Twelve Steps, which constitute its program of recovery, are in no way a statement of belief; they simply describe what the founding members did to get sober and stay sober. They contain no new ideas: surrender, self-inventory, confession to someone outside ourselves, and some form of prayer and meditation are concepts found in spiritual movements throughout the world for thousands of years. What the Steps do is frame these principles for the suffering alcoholic — sick, frightened, defiant, and grimly determined not to be told what to do or think or believe.

‘God As We Understood Him’

Bill tells us in *Alcoholic Anonymous Comes of Age*, a history of the Fellowship’s early years, that “the hot debate about the Twelve Steps and the book’s content was doubled and redoubled. There were conservative, liberal, and radical viewpoints.” (page 162) Some thought the book ought to be Christian; others could accept the word “God” but were opposed to any other theological proposition. And the atheists and agnostics wanted to delete all references to God and take a psychological approach.

Bill concludes: “We finally began to talk about the possibility of compromise. . . . In Step Two we decided to describe God as a ‘Power greater than ourselves.’ In Steps Three and Eleven we inserted the words ‘God as we understood Him.’ From Step Seven we deleted the words ‘on our knees.’ And, as a lead-in sentence to all the steps we wrote these words: ‘Here are the steps we took, which are suggested as a program of recovery.’ A.A.’s Twelve Steps were to be suggestions only.” (ibid., page 167) More than sixty years later, those crucial compromises, articulated after weeks of heated controversy, have made it possible for alcoholics of all faiths, or no faith at all, to embrace the A.A. program of recovery and find lasting sobriety.

Editor’s Note; an area Secular A.A. meeting:
Flint Arid Club, 715 East St., Flint. 810-232-7691
Sunday 2 PM C &
S.I.N. (Spiritual In Nature) Atheist & Agnostics.

AboutAA (continued).

What About

This Spiritual Awakening Thing?

Spirituality, A.A. style, is the result of action. Step Twelve begins, “Having had a spiritual awakening as the result of these Steps. . .” (italics added), and in the book *Twelve Steps and Twelve Traditions* (page 106), Bill W. describes what happens: “Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. . . . When a man or woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going some where, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself.”

Excerpted Pamphlet F-13, reprinted with A.A.W.S. permission.

International Conference of Secular AA

October 29 - 31, 2021

Hyatt Regency, Bethesda, Maryland

We Are Secular Members of Alcoholics Anonymous Mission Statement

Our mission is to assure suffering alcoholics that they can find sobriety in Alcoholics Anonymous without having to accept anyone else’s beliefs or deny their own. Secular AA does not endorse or oppose any form of religion or belief system and operates in accordance with the Third Tradition of the Alcoholics Anonymous Program: “the only requirement for A.A. membership is a desire to stop drinking”

Our Vision

Secular AA recognizes and honors the immeasurable contributions that Alcoholics Anonymous has made to assist individuals to recover from alcoholism. We seek to ensure that A.A. remains an effective, relevant and inclusive program of recovery in an increasingly secular society. The foundation of Secular AA is grounded in our experience that anyone – regardless of their spiritual beliefs or lack thereof – can recover in the fellowship of Alcoholics Anonymous. Secular AA exists to serve the community of secularly-minded alcoholics by supporting worldwide access to secularly formatted A.A. meetings and fostering mutual support within a growing population of secularly-minded alcoholics.

From <https://aasecular.org/>



[Home](#) [Start a meeting!](#) [FAQ](#) [Judicial Outreach](#) [Links](#) [List of Meetings](#) [Contact](#) [About](#)

Why we are here

This website is here primarily to encourage members of Alcoholics Anonymous to establish more secular meetings of A.A. in Michigan. Currently, there are ten A.A. groups in Michigan that identify themselves as secular and fourteen secular meetings of A.A. weekly in the state. There are hundreds worldwide.

Many dictionaries define the word “secular” as “not religious.” For more on that, visit our FAQ page.

The only difference between secular meetings of A.A. and other A.A. meetings is the way the meetings are scripted. No one is asked to recite any prayers or readings that invoke the name of any deity as part of the regular format of most secular meetings of A.A.. Instead, other A.A. General Service Conference-approved literature may be read aloud, for example, the beginning of Chapter 3 of the “Big Book” of Alcoholics Anonymous, “More About Alcoholism;” or Appendix II, “Spiritual Experience.”

Secular A.A. is an international movement within Alcoholics Anonymous that seeks to widen our gateway so that all who suffer from alcoholism may feel free to join us and maintain long-term sobriety in A.A. “regardless of their belief or lack of belief”* in a God.

The secular A.A. movement traces its roots to one of A.A.’s first atheists, Jimmy B., who helped convince A.A. co-founder Bill W. to substitute the term “Higher Power” for God and add the words “as we understood Him” in a few places in our Big Book. Jimmy B. was also a driving force behind our Third Tradition: “The only requirement for A.A. membership is a desire to stop drinking.”

Despite what some may think, secular meetings of A.A. are not just for atheists and agnostics. As written on Page 181 of the Big Book, A.A. co-founder Dr. Bob said he felt “sorry” for atheists and agnostics because of their “intellectual pride.” Similarly, on Page 21 of Twelve Steps and Twelve Traditions, Bill W. characterized atheists and agnostics as “belligerent” and having “savage” minds.

It’s true that secular meetings of A.A. are often attended by those who prefer not to be judged for their lack of belief in the God that Bill W. and Dr. Bob believed in. Secular meetings of A.A. are also attended by people of religious faith who would rather pray and worship at church services than at A.A. meetings.

Anyone with a desire to stop drinking is welcome to attend secular meetings of A.A. or even start A.A. groups that identify themselves as secular.

Why does A.A. need to be more secular?

A.A.’s own survey data show that A.A. membership has declined since the early 1990’s even though the overall population has increased. At the same time, other demographic data show that the percentage of Americans who characterize their religious affiliation as “none” has gone up dramatically in recent decades. In fact, the largest single category of religious affiliation among young people in the U.S. currently is “none.”

In addition, more state and federal courts across the U.S. are finding the A.A. program to be “inherently religious,” thus inhibiting A.A.’s ability to provide volunteer support for publicly-funded corrections and substance abuse treatment programs. Courts are increasingly requiring that “secular” options be made available to those who ask for them.

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

We hope you will take the time to read our [Start a meeting!](#) page, our [Frequently Asked Questions \(FAQ\)](#) page, our [Judicial Outreach](#) page, and the other pages on this website. Most of all, we hope you will help us welcome an increasingly secular population of newcomers into the fellowship of Alcoholics Anonymous.

*“...this was the great contribution of our atheists and agnostics. They had widened the gateway so that all who suffer might pass through, regardless of their belief or lack of belief.” (A.A. co-founder Bill W. in A.A. Comes of Age, 1957)

[Click on the Tab for ‘Links’ and these come up.](#)

The Secular A.A. website is our international flagship: <https://aasecular.org/>
A.A. Agnostica is the grand-daddy of secular A.A. websites: <http://aaagnostica.org/>
A.A. Beyond Belief is a newer secular A.A. website that is the coolest of all: <http://www.aabeyondbelief.com/>
Last but not least, here is the link to A.A.’s official website: <http://www.aa.org/>

A Power greater than, outside and beyond ourselves!

Atheist, agnostic a part of A.A. since founding

(This article is reprinted with permission of the author.)

By John S.

Back in December, I was contacted by a reporter who wanted me to help him with an article he was writing about secular people in Alcoholics Anonymous. I don't think he ever published the article, at least not yet. I ran across the questions he sent and my answers to them, and thought I would go ahead and publish them upon a request by Tim H. of this newsletter's editorial staff.

I am host of the AA Beyond Belief podcast and the founder and webmaster of the AA Beyond Belief website. AA Beyond Belief is a community of A.A. members who walk a secular path to sobriety within Alcoholics Anonymous.

I am a recovered alcoholic. My sobriety date is July 20, 1988, so I have been sober for over 32 years. Alcohol was my drug of choice. I didn't get involved with other substances. I first recognized that I might have a drinking problem when I was 19 years old, but I didn't seek help until just before my 26th birthday. I sought help in A.A., and I've been happily sober ever since.

I can't speak for every secular A.A. member or group. However, I have talked with a few hundred of them over the years. We have also conducted surveys on our website, so I understand the agnostic and atheist community within A.A. as good as anyone.

A.A. groups are autonomous and can do as they wish, but A.A. groups don't generally take a position on any of the 12 Steps. It is up to each individual to determine for themselves what the Steps mean to them personally. Some A.A. members, secular or otherwise, don't bother with the Steps at all, but most of us do, and all of us, whether we believe in God or not, have to interpret them. We have to ask ourselves what these things mean to us personally as an individual.

When I was a newcomer in A.A., even before I realized that I was an atheist, I understood Step

Three as a decision. Many people focus on the part about turning our will over to God, but they forget the most important part of this step, in my opinion. That is WE make a decision! WE make a decision to change and that can be done by working the rest of the 12 Steps. Those of us with a secular world-view respect the experiences of our more religious members who rely on their faith to make this change. However, there is no reason that WE can't make the same decision without a belief in God.

The way that I see Step Three is "We made a decision to change." I don't need to turn my will over to something that I don't believe in and there have



always been many loving people around me who will help me when I need help. I didn't go through the steps alone. Other people helped me.

Believers and atheists in A.A. who work the Steps have more in common with each other than not, and they have similar experiences with the Steps. The 12 Steps are practical. There is a phrase in the Big Book that I like which describes the Steps as a "practical program of action." As an atheist, I focus on the action I take, not on what I believe. However, I would never suggest that my understanding or my way of expressing my experience should be the way for everyone. The only difference between the experience of a believer and nonbeliever when it comes to the Steps is how they describe the experience. I learned that from the former Chair of the General Service Board of Alcoholics Anonymous, Rev. Ward Ewing. He was a Class A non-alcoholic trustee of A.A. and is a supporter of secular A.A. members.

There is another website called AA Agnostica that publishes articles written by secular A.A. members, and they have been doing this for almost 10 years now. A little over five years ago, the person who runs

(Continued on page 14)

(Continued from page 13)

that site thought he would retire and asked me if I would be willing to start a new website to carry on his work. I agreed and decided that with the website I would also have a podcast.. It turns out that the person from AA Agnostica never retired, but we continued with AA Beyond Belief none-the-less.

I do this as a service, but it is a labor of love. My experience with the website and podcast has been transformative, and I'm grateful to have this opportunity and participate in such a supportive community.

AA Beyond Belief provides a space for secular A.A. members through the sharing of personal experience. When somebody recognizes their own story in that of another person, it can be incredibly comforting to know that if that person who had the same experience as me could get sober, then maybe I can too.

“The only difference between the experience of a believer and nonbeliever when it comes to the Steps is how they describe the experience” — Rev. Ward Ewing, former Chair of the General Service Board (Trustees) of Alcoholics Anonymous.

Alcoholics Anonymous is a brilliant organization because there isn't a top-down hierarchy that insists all A.A. groups operate the same way. Each group, as I mentioned before, is autonomous. For many years, decades, there have been special-purpose groups in A.A. There are A.A. groups for medical professionals, young people, LGBTQ+, pilots, women and men, and there are special-purpose groups for agnostics and atheists.

It is helpful to have these groups so people can be with others who understand them. I like to go to secular A.A. meetings because I am around others who understand me and my approach to recovery in A.A. I have had some negative reactions from believers in meetings, as have other nonbelievers, and it can feel uncomfortable when groups close with the Lord's Prayer when you are an atheist. However, for the most part, other members in A.A. understand each other. The same is true for the LGBTQ+ community, or young people or

medical professionals.

Atheists and agnostics have been a part of A.A. since its' founding. Hank Parkhurst, one of the original A.A. members, was an atheist, and we may not have the Big Book if not for him. Jim Burwell, also one of the early members, was an atheist and is credited with widening the gateway in A.A. by insisting that the steps read “God as we understand him, or “Higher Power”. Secular A.A. meetings have been going on since 1975 and today are well established and accepted by the fellowship at large.

Our primary purpose in A.A. is to stay sober and to help other alcoholics achieve sobriety. We don't care what they believe or don't believe. Anyone with a desire to stop drinking is welcome at an A.A. meeting, secular or otherwise.

The Alcoholics Anonymous

Agnostic 12 Steps

1. We admitted that we were powerless over alcohol and that our lives had become unmanageable
2. Came to believe and accept that we needed strength beyond our awareness and resources to restore us to sanity
3. Made a decision to turn our will and our lives over to the care of the collective wisdom and resources of those who have searched before us.
4. Made a searching and fearless moral inventory of ourselves
5. Admitted to ourselves without reservation, and to another human being, the exact nature of our wrongs
6. Were ready to accept help in letting go of all our defects of character
7. With humility and openness sought to eliminate our shortcomings
8. Made a list of all persons we had harmed and became willing to make amends to them all
9. Made direct amends to such people wherever possible, except when to do so would injure them or others
10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sought through meditation to improve our spiritual awareness and our understanding of the A.A. way of life and to discover the power to carry out that way of life
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics and to practice these principles in all of our affairs

(Originally published on the AA Agnostics of the San Francisco Bay Area website)

This pamphlet is from A.A. of Great Britain. The location to read it in its 24 page entirety is the url in the document footer note. It can be ordered by calling the A.A. General Service Office, P.O. Box 1, 10 Toft Green, York, YO1 7NJ AT 0800-917-7650.

THE “GOD” WORD

Agnostic and Atheist
Members in AA



AA literature and resources you may find helpful:

Tradition 3, short and long forms

AA World Services Pamphlets:

'A Newcomer Asks' (in particular, questions on AA and religion and 'God')
'Do You Think You're Different?' (in particular, Ed's story and Jan's story)
'Many Paths to Spirituality'

Books:

Alcoholics Anonymous (the 'Big Book')

In particular:

- Foreword to First Edition
- Foreword to Second Edition, p. xvi
- Chapter 2, 'There is a Solution', pp. 26-29
- Chapter 4, 'We Agnostics', pp. 44-57
- Story, 'The Vicious Cycle'
- Appendix 11, 'Spiritual Experience'

Twelve Steps and Twelve Traditions, 'Step Two'

Living Sober

Came to Believe

As Bill Sees It, selections on 'Higher Power'

Pass It On

AA Comes of Age, 'Unity: The Second Legacy', p. 81 and
'Service: The Third Legacy', pp. 166-167

The "God" Word

Agnostic and Atheist Members in AA

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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AA is not a religious organization. Alcoholics Anonymous has only one requirement for membership and that is the desire to stop drinking. There is room in AA for people of all shades of belief and non-belief.

Many members believe in some sort of god and we have members that come from and practice all sorts of religions; but also many are atheist or agnostic. It's important to remember that AA is not a religious organization; we have a simple idea that there is a power greater than us as individuals.

What we all have in common is that the programme helps us find an inner strength that we were previously unaware of – where we differ is in how we identify the source. Some people have the thought of the word God as standing for "good orderly direction", or even "group of drunks", but many of us believe that there is something bigger than ourselves which is helping us today.

This power may lie within some person's religious beliefs, or it can be completely separate from any religion. For example, one member looks at the sea and accepts that it is a power greater than him. We could ask ourselves 'Do I believe that somehow there is a *power greater than myself*'

As Bill W wrote in 1965...*"We have atheists and agnostics. We have people of nearly every race, culture and religion. In AA we are supposed to be bound together in the kinship of a common suffering. Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of AA, so long as he or she declares"*.

Whatever you do, please don't let someone else's religious beliefs prevent you from finding the solution that is available to you through Alcoholics Anonymous.

Grapevine Articles:

You may also find some of the *Grapevine* articles on these topics helpful. Articles in *Grapevine* are written by AA members from around the world and represent their experience, strength and hope in print. These divergent opinions of AA members are not statements of AA policy and are not those of the Fellowship as a whole or AA. The *Grapevine* is not Conference approved, as the articles cannot go through the process of Conference approval. The articles listed here are provided only as potential sources of information and experience shared by AA members.

The *Grapevine* is available in print and digital formats by subscription. Both may be ordered through its website, which also has searchable digital archives of articles from past issues.

'The Dilemma of No Faith' by Bill W (AA Co-Founder), April 1961. Published as 'God as We Understand Him: The Dilemma of No Faith' in *The Language of the Heart*

'From Atheist to Agnostic', by R C, April 1961

'An Atheist Speaks Out', by E L, May 1962

'Can an Atheist Find a Place in AA?', by Anonymous, June 1964

'Unbeliever in AA', by L W, July 1966

'Sober For Thirty Years', by Jim B (author of Big Book story, 'The Vicious Cycle') May 1968 (reprinted November 1999)

'The Power of Good', by Anonymous, April 1978

'Listening for the Reality', by June L, April 1991

'An Agnostic Alternative', by Mike F, March 2003

'The Only Faith You Need', by Michael B, February 2004

'Finding Our Way', by Jerry S, September 2013

'Danger, Construction Ahead', by Jim D, March 2015

'Out of the Closet', by Anonymous, March 2015

'Ready to Bolt', by Tom F, March 2015

**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.**



Approved by
The AA General Service Conference in Great Britain

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Registered Charity No. 226745

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This we owe to AA's future:

**To place our common welfare first;
To keep our Fellowship united;
For on AA unity depend our lives,
And the lives of those to come.**

AA General Service Office, P.O. Box 1,
10 Toft Green, York, YO1 7NJ

www.alcoholics-anonymous.org.uk
National Helpline 0800 9177650

32670716



A cement mixer from a 1971 wreck near Winganon, Oklahoma lies abandoned because it's too heavy to move. It was supposed to be buried in place, but a local politician saved it because he'd proposed to his wife there. In 2008 Barry and Heather Thomas turned it into a NASA space capsule

*"There is a solution."*¹² (And it might not be what you think.)
¹² Alcoholics Anonymous, THERE IS A SOLUTION, page 25, reprinted with A.A.W.S. permission.



*Tell 'em
 Shrek sent ya!*

RoadsideAmerica.com

Heather Thomas

Alano House of Flint

(We're almost home!)

Though it's sad that we can't be fully back home, we're getting closer (renovations as well as physically).

Effective 4/6/21 (Tuesday)

What: Candlelight Meeting

(Closed A.A. meeting)

Where: 2500 N. Franklin

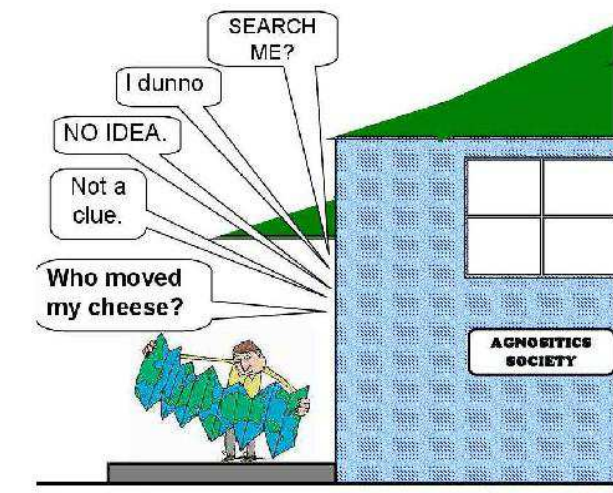
(AKA East Side St. Mary's)

When: 9:30p Every day

(That's 7 days/week, YES!)



Chair positions have been filled for every meeting for all of April, thanks to those who have committed to service!



ABSOLUTE WORST PLACE TO ASK FOR DIRECTIONS.?

I JUST BOUGHT A PERFUME MADE OF HOLY WATER... ERU MY GOD.

Does God Exist?

Yes

No

Don't Know

God Only Knows!

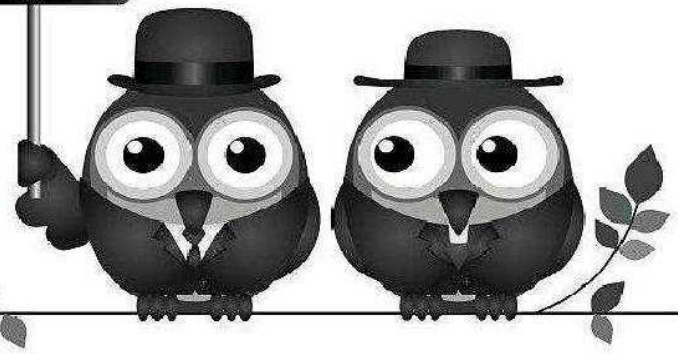
Market research

How do you make holy water? Boil the Hell outta' it.

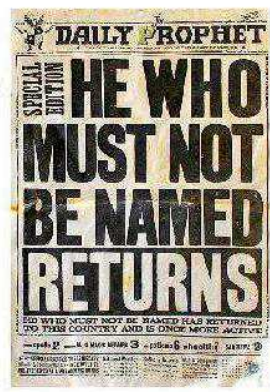
Dear Lord; the gods have been good to me. For the first time in my life, things are absolutely perfect. So here's the deal; you freeze things the way they are. I won't ask for anything more. If that's ok, give me no sign. Ok, deal. In gratitude I offer you all these cookies and milk. If you want me to eat them for you, just give me no sign. Thy will be done.



God, grant me the serenity to accept the terms and conditions I did not read.



God was fired from his preaching job at our church after not showing up for thousands of years.



My Love For You is like God. Not real.

Atheism is a non-prophet organization.



WHEN YOU TALK TO GOD IT'S PRAYER, BUT WHEN GOD TALKS TO YOU, IT'S SCHIZOPHRENIA.

