



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.

“We found many in A.A. who once thought, as we did, that humility was another name for weakness. They helped us to get down to our right size. By their example they showed us that humility and intellect could be compatible, provided we placed humility first.”¹

“Where humility formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient that can give us serenity.”²

“The positive value of righteous indignation is theoretical -- especially for alcoholics. It leaves every one of us open to the rationalization that we may be as angry as we like provided we can claim to be righteous about it.”³

“Self-righteousness, the very thing we had contemptuously condemned in others, was our own besetting evil.”⁴

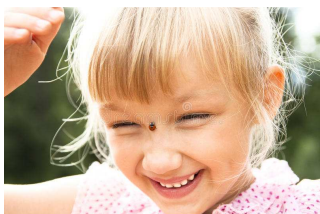
“And he well knows that his own life has been made richer, as an extra dividend of giving to another without any demand for a return.”⁵

7 Simple Lessons in Humility for Your Everyday Life

1. Deliberately get behind someone walking or driving slow.
2. Clean up someone else's mess.
3. Next time something isn't done your way, leave it if it works.
4. Spend a whole day not correcting anyone.
5. Let a bug live.
6. Arrive for a meeting 20 minutes early.
7. Next time someone annoys you, don't tell anyone.

Excerpt from: <https://bustedhalo.com/ministry-resources/7-simple-lessons-in-humility-for-your-everyday-life>.

Now some of those suggestions are definitely going to take an Attitude Adjustment.



¹ 12 X 12, STEP 2, page 30.

² 12 X 12, STEP 7, page 74.

³ AS BILL SEES IT, number 58, page 32, RIGHTEOUS INDIGNATION.

⁴ 12 X 12, STEP 2, page 30, STEP 2.

⁵ GRAPEVINE, January 1958.

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“One of the most important understandings, we come to gain, through our physical journey, is the lesson of humility. The truth is that power can/will become corrupt in the absence of humility. As the famous spider-man dialogue goes – ‘With great power comes great responsibility’, and without a sense of humility we cannot stand true towards using our power responsibly. Life-energy is invincibly powerful owing to its ability for creation, it can create through ‘thought’ and hence has the power to manifest anything – good as well as bad.

“Humility comes from ‘understanding’, it's not a ‘nature’. We are all streams of life-energy and you can see the various imbalances that are exhibited by us. So, a stream of life-energy has to gain understanding of itself before it can come to a conscious balance, in the absence of this understanding it will always move into some imbalance or the other.”

Excerpt from: <https://www.calmdownmind.com/a-lesson-in-humility/>

**“A great man is
always willing to
be little.”**

Ralph Waldo Emerson



“If you have decided you want what we have and are willing to go to any length to get it -- then you are ready to take certain steps.”⁶

“Indeed, the attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps.”⁷

“A.A. does not demand belief; Twelve Steps are only suggestions.”⁸

“A.A.’s Twelve Steps are principles for personal recovery.”⁹

“As we approach the actual taking of Step Seven, it might be well if we A.A.’s inquire once more just what our deeper objectives are.”¹⁰

Those quotes above are reminders of who we are, what we hope to accomplish, what there is to offer a newcomer.

At one time, as a newcomer, we decided we wanted what others had, but had no clue how to get there. They laughed so much, we wondered were we in the right place?

But we found they didn’t laugh at others’ misfortunes, if anything, they laughed at their own. In their humility, they found humor, not despair.

Things like “find your own conception” were common phrases to let one exercise our own intellect and convictions. “Believe in what works for you,” was another that gave impetus to belonging to a supportive Fellowship, not a demanding one.

The principles we avoided to live by were already qualities that we saw in others, maybe not ourselves.

So in learning to practice humility, through honesty, open-mindedness, and willingness, it led us to reassert our goal and restate our purpose of the endeavor. Our deeper objective(s) of sobriety, freedom from trouble, and regaining of relationships all became a focus on rebuilding our lives. ~ Editor.

⁶ ALCOHOLICS ANONYMOUS, page 58, HOW IT WORKS.

⁷ 12 X 12, Step Seven, page 70.

⁸ 12 X 12, Contents (Step Two), page 5.

⁹ ALCOHOLICS ANONYMOUS, page 574, Appendix VII, Twelve Concepts (Short Form),.

¹⁰ 12 X 12, page 76, Step Seven,.

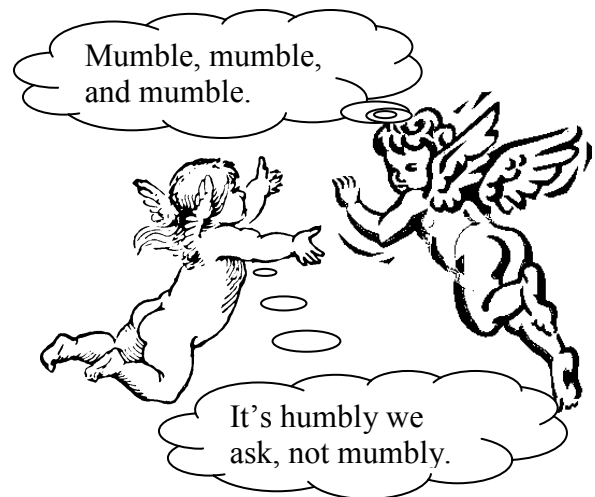
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They may indeed be lofty goals, but the serenity is worth it. “I never said it would be easy, I only said it would be worth it.” Mae West, 8/17/ 1893 – 11/22/1980

“Then he asked for the grace to bring love, forgiveness, harmony, truth, faith, hope, light, and joy to every human being he could.”¹¹

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”¹²



¹¹ 12 X 12, page 101, Step Eleven.

¹² ALCOHOLICS ANONYMOUS, page 76, INTO ACTION.

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.

SHORT STUDY OF HUMILITY

"It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility." ¹³

"But while this was a humiliating experience, it didn't necessarily mean that we had yet acquired much actual humility." ¹⁴

"By their example they showed us that humility and intellect could be compatible, provided we placed humility first." ¹⁵

Here are three instances where humility is discussed as part of the A.A. program of recovery.

The first gives actions to take, namely placing principles before personalities. That does not mean people do not come first in our endeavor to be useful.

Then we are reminded we had humiliating experiences that had nothing to do with gaining humility.

The third quote showed we can be smart, if we assume no airs. Intellect is fact based. Through our intellect we gain intelligence. Intelligence is the feeling that helps determine our life journey.

An example of intellect and intelligence working together: "You are about to step off the sidewalk and cross the road as a car is bearing down. You visually recognize it as such; register its color, size, make, estimate its speed, the distance between yourself and it, and the time factor involved in crossing safely to the other side: (Intellect—the Cognitive factor.) Immediately, a 'Feeling' response sets in, allowing one to be confident, apprehensive, or even fearful about crossing the road (the Intelligence, or Affective factor). And the combination of these two modes of consciousness will determine the nature of your actions: whether you stand still, stroll across the street, hurry across, or run like a scalded cat." ¹⁷

The jaywalker story on pages 37 and 38 of the Big Book is now reality based believability. Is it possible to go from being dumb as a rock to wise as an owl? "A wise old owl sat on an oak; the more he saw, the less he spoke; the less he spoke, the more he heard. Why aren't we like that wise old bird?" ¹⁸

¹³ ALCOHOLICS ANONYMOUS, page 566, Appendix I, THE TWELVE TRADITIONS.

¹⁴ 12 X 12, PAGE 58, Step Five.

¹⁵ 12 X 12, page 30, Step Two.

¹⁶ 12 X 12, page 187, Tradition Twelve.

¹⁷ <https://www.psychologytoday.com/us/blog/the-consciousness-question/201205/intellect-and-intelligence>.

¹⁸ Edward H. Richards

A.A. quotes reprinted with A.A.W.S. permission.



NO GLUM LOT HERE



3

A college student is going door to door trying to earn money for next semester in college. Comes up to a house and rings the doorbell. "Yes?" the man answers. "Hi there!" greets the student happily. "I'm trying to earn money for college. Do you have any jobs around the house you need done?"

The man smiles. "Sorry, not really. I was going to paint the porch, but other than that, not really" The student jumps excitedly. "OOH! OOH! I CAN DO THAT FOR YOU! I'LL DO A GREAT JOB!! PLEEEEEEASE??!"

The guy is humbled by the student's tenacity and work ethic so he agrees. "Sure. The paint is in the garage. Just knock when you're all done." The student happily skips away to get the paint.

An hour later, covered in paint, the student returns. "All done!" the student declares cheerily. "Even gave it an extra coat!" "Well thank you very much!" the man says as he pulls his wallet out. "What do I owe you?" The student smiles. "\$50 is fine. Oh, and by the way, your car is a Ferrari, not a Porch."

Well to be perfectly honest, in my humble opinion, of course without offending anyone who thinks differently from my point of view, but also by looking into this matter in a different perspective and without being condemning of one's view's and by trying to make it objectified, and by considering each and every one's valid opinion,

I honestly believe that I completely forgot what I was going to say.

Ned & Jed



Do tell, Ya mean ya learn from others?

Not really. They took the award away as I wore it all the time!

Say Jed, have ya felt humble lately?

Ain't it the truth? I won an award for being so humble.



Understand Lumberjacks don't leave anybody behind?

Ok, ok! I want to write a book about humility. I'm sure it'll be a best seller.

You've some work to do my friend. Finding your humility is like finding a bone in an egg.

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 June 2021 Newsletter went to 173 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 12:30 pm for the General Assembly. **Host groups are encouraged to Host at their location** (but will meet at St. Mary's School if needed).

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

~~February 20: Arid Club; Alano House.~~

~~March 20: St. Mary's School; Eastside St. Mary's.~~

~~April 17: Thetford Senior Center; Thetford A.A.~~

~~May 15: St. Mary's School; F.A.U.C.~~

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

July 17: St. Mary's School; Eastside St. Mary's

August 21: Main St. Sobriety, Flushing?

September 18: St. Bartholomew's; Swartz Creek PM Group.

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

November 20: Otter Lake A.A.?

December 18. Local 659; Van Slyke Group.



A.A. Treasurer's addresses:

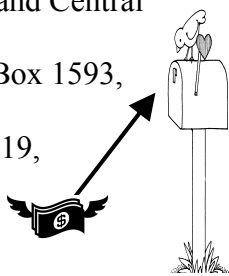
A.A.W.S., Inc., P.O. Box 459, Grand Central Station, New York, NY 10163

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

* F.A.U.C. meets July 17 at St. Mary's School, 2600 N. Franklin, Flint.

* The F.A.U.C. Annual Picnic is on 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/>

* A.A. has a table at Soberfest and could use volunteers.

* Sober at Seven, Fridays at 7 PM, United Methodist Church, S. State Rd., Goodrich has reopened.

* Otisville St. Francis is now a Big Book Study, Fridays 7 PM, 212 Center St., Otisville.

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

THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

July 2021 Flint Area Open Speaker Meetings *

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

| | |
|--------|---|
| Thu 1 | 7:00 pm, Van Slyke (17). |
| Fri 2 | 12 noon, Eye Opener, Arid Club (8). |
| Sat 3 | 7:30 pm, East Side St. Mary's (6) |
| Sun 4 | 6:00 pm, Torrey Rd. Group, Arid Club (8). |
| Sat 10 | 7:30 pm, East Side St. Mary's (6) |
| Sun 11 | 6:00 pm, Torrey Rd. Group, Arid Club (8). |
| Sat 17 | 7:30 pm, East Side St. Mary's (6) |
| Sun 18 | 6:00 pm, Torrey Rd. Group, Arid Club (8). |
| Sat 24 | 7:30 pm, East Side St. Mary's (6) |
| Sun 25 | 6:00 pm, Torrey Rd. Group, Arid Club (8). |
| Mon 26 | 7:00 pm, Montrose HOPE (10). |
| Sat 31 | 7:30 pm, East Side St. Mary's (6) |

If your meeting opened for attendance with an Open Speaker, please contact farfromittoday@aol.com to list it.

A traveller walking through the mountains came to a great monastery, being far from home, he knocked on the door seeking shelter.

A monk greeted him asking if he'd stay for the night. "First, we would like you to join us for our humble meal"

The traveller sat down with the monks and ate their humble meal. When they were done one of the monks stood up and said "Fifteen", all the other monks had a small chuckle. Then another monk stood up and said "Twenty Three" again the monks had a small laugh.

Confused, the traveller asked, "What's going on? Why do you laugh at numbers". The monk replied "Well, we don't get many new jokes here and we've all heard them all before, so we numbered them and then we remember the joke by number".

Intrigued, the traveller asked if he could tell a joke. He stood up and said "Urm... Two Hundred and Sixty Seven"... Dead Silence. Every head turned towards the traveller, and lingered for a moment. Then the lead monk began to laugh a little bit, and then another monk and another and before long the whole room was in an uproar of laughter that lasted for 5 minutes. The man asked the monk next to him "What's so funny?" The monk replied "They hadn't heard that one before"

I get it, I get it. If and when I do have some of these character defects removed, all I want to do is help others. Barbecuing a lost parrot or calling the police on my neighbor's kid or their sleeping horses though tells me I've got a lot more work to do.



Hi, my name is Carl and that Kool-Aid is about to go right through me.



The 7th Step of the 12 Step Process of Recovery: What is Humility?

The seventh step of Alcoholics Anonymous urges us to embrace pursuit of humility as a fundamental aspect of staying sober. Humility is equally vital on the path towards a useful, happy life. Yet AA and NA meeting participants often struggle when trying to define humility. The modern world tends to associate humility with weakness, or at the least, an almost passive mode of existence. But is humility the way of weakness? In the opening paragraphs of the chapter devoted to step seven in *The Twelve Steps and Twelve Traditions*, Bill Wilson emphatically states, “the attainment of greater humility is the foundation principle of each of AA’s twelve steps.” The legendary alcoholic goes on to claim that, “. . .without some degree of humility, no alcoholic can stay sober at all.” So even if humility is for sissies and lame ducks, if I don’t have it, I’m not going to be sober long. Same goes for any alcoholic or drug addict reading this humble article. Another problem with today’s concept of humility lies in its association with punishment. How many times have we heard how a situation involved a dose of humble pie*? Punishment, however, is not synonymous with this misunderstood virtue. We can chalk up this misguided notion to the advent of American exceptionalism.

At the time the big book of *Alcoholic Anonymous* was published (1935), and later when *The Twelve Steps and Twelve Traditions* was published (1952), the quality of humility referred to a “reasonable perspective of oneself.” Bill Wilson expanded this definition when he wrote that humility was, “the clear recognition of what and who we really are, followed by a sincere attempt to be what we can be.”

I’m not sure about you, but I had no idea who I was with a belly full of booze and drugs. You were likely to see a variety of personas on me, depending on the quantity and mixture of intoxicants. There was out-of-my-mind me, incoherently rambling about a variety of topics which I knew nothing about. There was also the pitiful drunk sitting at the bar while sobbing over the somber cards life had dealt. Substance abuse brought out more faces on me than Medusa.

In postwar America, sincere recognition of a necessary reliance upon a Higher Power was expected of any social or political leader. This spiritual relationship helped mold the core of

American culture. Unfortunately today, spirituality has lost its luster. In walked iPods, cell phones, pop music and social media. Out walked genuine compassion, service and self-sacrifice.

Even in 1952, however, the idea that “character building and spiritual values had to come first” and “material satisfactions were not the purpose of living” was no easy task for the authors of 12 step recovery to sell. Visions of fortunes and modern convenience burned bright in the United States, and pursuit of wealth tended to prevail over personal character development. So while today’s problems of power and prestige aren’t fresh news, I think it’s safe to say the scope of our culture’s spiritual sickness continues to grow.

Humility in Sobriety

So what does a humble person look like today? How does a person who has genuine humility walk and talk today? How can we recognize the precious sobriety sustaining quality of “humility” that Bill Wilson was trying to convey when he pointed to it “as the foundation of each of AA’s 12 steps?”

According to several dictionaries, the definition of a person displaying humility is one who acts “stable, steady, calm, patient, open-minded, nonjudgmental, temperate and realistic.” Certainly, no one can reasonably argue with this long litany of desirable character traits. All of these demonstrations of humility possess great merit. Yet none of these descriptions of a humble person mention the “essential ingredient” or “essence” of all humility, which Bill Wilson carefully points out, is “the desire to seek and do God’s will.”

In the 12 steps, “. . .the desire to seek and do God’s will” is the essential ingredient. Over time, unless the word humility is enlarged in *Alcoholics Anonymous*’ lexicon, the essential, sobriety sustaining notion that seeking the will of God is the most important ingredient in the 12 step recipe for recovery may be lost. Unless, the essential concept of “humility” is clarified and enlarged in modern AA culture, this vital glue will become lost in translation. In a nutshell, humility is the honest desire to seek and do God’s will; nothing more and nothing less.

Your Conception of Humility

Words are symbols to express ideas normally larger than the word itself. Consequently, many of our biggest and most important ideas are represented by several words that surround a complex notion.

(Continued on Page 7).

*humble pie – see recipe page 8.

Your Conception of Humility

(Continued from page 6).

It seems the concept of humility might be best expressed today by a group of words rather than just one word. Word Clouds, popular on the internet today, work well to express an idea that is bigger than just one word.

What would your word cloud for humility look like? Would it contain only the visible attributes of humility like “stable, calm, patient, open minded, nonjudgmental, temperate and realistic” or would your word cloud also contain the all-important, historic essence of the concept of humility: the desire to seek and do God’s will?

Ultimately, the seventh step teaches us a useful, happy life is only attainable if we spend our lives seeking and doing God’s will. Humility is merely a natural demonstration of a fulfilling, spiritual life.

From: <https://discoveryplace.info/the-7th-step-of-the-12-step-process-of-recovery-what-is-humility>



What is Humility?

Oh Puleeze,
Ask ALEXA!

Alcoholics Anonymous Step 7: Ask a Higher Power to Remove Your Faults

What Is the Purpose of Alcoholics Anonymous Step 7?

You cannot overcome your character flaws without humility. Too often, alcoholics are victims of pride and selfishness. During this step, you begin to practice modesty and welcome a change of attitude, which will lead to a happy life.

How Do You Complete Alcoholics Anonymous Step 7?

It’s important to feel the pain you masked with alcohol.

- * Give up self-reliance for reliance on a higher power—whatever that may be to you.
- * Learn to practice humility and put character-building ahead of comfort.
- * Make “honesty, tolerance, and true love of man and God the daily basis of living.”¹⁹
- * Accept that humility is necessary to achieve a sober and fulfilled life.
- * Change your perspective from a self-centered one to a humble, selfless one.

What Are Some Tips for Completing This Step?

- * Be willing to suffer and feel pain. It’s important to feel the pain that you masked with alcohol.
- * It is a necessary step toward recovery and spiritual well-being. Be patient. You can’t change your life overnight.

What Are Some Myths About Step 7?

Humility isn’t necessary for recovery. You can’t see your shortcomings without stripping yourself of your ego and pride. This unfiltered look into yourself allows you to develop a humble attitude and correct your moral defects.

References

¹⁹. Twelve Steps and Twelve Traditions. (1981). New York: Alcoholics Anonymous World Services.

Available at: www.aa.org/assets/en_US/en_step7.pdf

From: <https://www.recovery.org/alcoholics-anonymous/step-7/>

The secret to humility is to land a sneaker contract! (NOT!).



If you see a man opening a car door for a woman, it means one of two things. It’s either a new woman, OR A NEW CAR!

~ PRINCE ~ June 7, 1958 – April 21, 2016



“Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity.”

12 & 12 Step Seven, page 74. Reprinted with A.A.W.S. permission.

Recipe for Humble Pie

By Kerstin Auer

Eating a slice - or two - of Humble Pie is an experience everyone should have. In fact, I think it should be a regular part of the menu. Humble pie tastes tart and sweet at the same time... it's more of an acquired taste. It doesn't need to be on the menu daily, but it's an important part of learning a lesson or two in humility.

Eating Humble Pie is a great way to remind ourselves of a few things:

- There are other people, who are just as dedicated and hardworking as we are.
- There is more than one way of doing things.
- It's not about being “right” or “wrong”, but about respecting differences.
- We should never assume that we're “too good” for certain jobs or better than other people.
- Starting at the bottom and not having everything fall into our lap can be a lifesaver.
- Failure tastes like whipped cream when eaten on Humble Pie.

Here's a recipe to try (make it from scratch for best results).

For the crust:

- A whole bunch of confidence
- A good portion of “expertise”
- A dash of know-it-all

For the filling: Use equal parts of:

- Computers crashing and data being lost
- Forgetting something
- Not showing up for someone
- Breaking a promise
- Sprinkle with a dash of bad luck and stir well.

In a separate bowl, add:

- One unhappy customer or coworker
- Being wrong about something
- Being schooled by one of your peers
- Not being able to prove something
- Really screwing up and making a bad choice
- Stir well.

Mix the two batches together and add the secret ingredient: losing a friend over a social media dispute - that really makes the filling stick together.

For the topping:

Mix a heaping spoonful of realization with someone showing you grace and sprinkle on top.

Let sit overnight, then bake at 350° for 60 minutes. Enjoy regularly and try it with a side of failure sometime...

Bon appetit!

I have to warn you - you probably won't like it the first time you try it - but it kind of grows on you... In fact, the taste changes from bitter to bittersweet and finally to sweet. Because we grow - as entrepreneurs, as coworkers, as friends, as people - with every slice we eat. It's a great reality check and something to keep us grounded.

P.S. - Humble Pie can be enjoyed at any age, so don't be afraid to serve a slice to your kids!

From: https://www.huffpost.com/entry/recipe-for-humble-pie_b_8260400



"I earnestly advise every alcoholic to read this book through..."

Alcoholics Anonymous, The Doctor's Opinion, page xxxi.

"...read this book or at least the chapter on alcoholism."

Alcoholics Anonymous, To Wives, page 112.

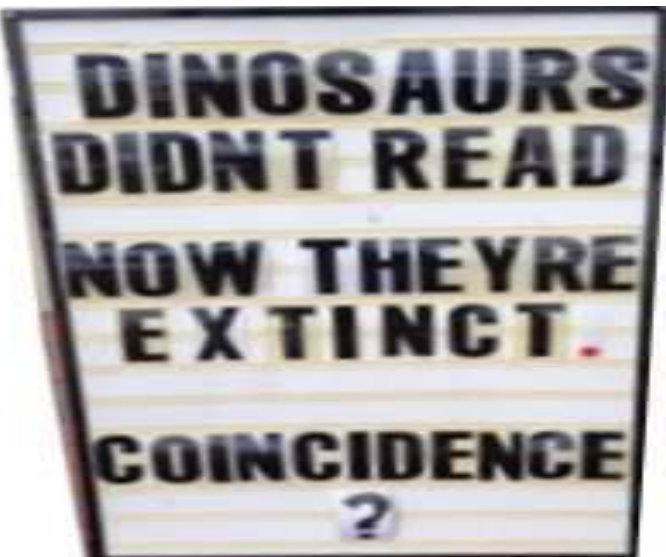
"He read aloud, 'The only requirement for A.A. membership is a desire to stop drinking.'"

12 & 12 Tradition Three, page 144.

"Unhappy drinkers who read this page will understand!"

Alcoholics Anonymous, A Vision For You, page 151.

Quotes used with A.A.W.S. permission.



**Not the same as Absolute Abstinence.
If you spot it, you got it?**

I wonder where this meeting is at?

"Meeting places cost something."

12 & 12 Tradition Seven, page 161.



"We have no right to save our own skin at another person's expense."

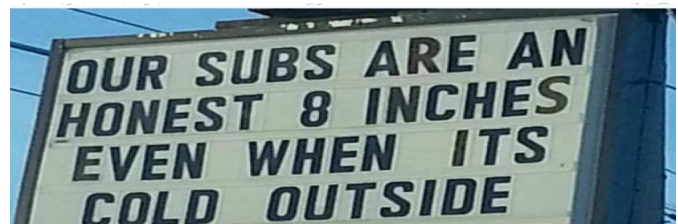
Alcoholics Anonymous, Into Action, page 74.

Used with A.A.W.S. permission.



"You may rely absolutely on anything they say about themselves."

Alcoholics Anonymous, The Doctor's Opinion, page xxvi. Used with A.A.W.S. permission.



Step Seven; “Humbly asked Him to remove our shortcomings.”²⁰

“Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can’t afford it yet? How generous was I when tanked in a barroom?

2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?

3. If GSO runs short of funds some year, wouldn’t it be okay to let the government subsidize AA groups in hospitals and prisons?

4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?

5. Is a group treasurer’s report unimportant AA business? How does the treasurer feel about it?

6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?²¹

“Now that we are sober in A.A., the word ‘support’ has to do with sharing, people, self-respect, gratitude, and what we are privileged to give — not take — in material terms.

“While the Fellowship has always faced problems of money, property and prestige in one form or another, through the wisdom of the Seventh Tradition we have never been diverted from our primary purpose of carrying the message to the alcoholic who still suffers — wherever he or she may be. This is the fundamental work of Alcoholics Anonymous, and to ensure that the hand of A.A. will always remain outstretched, money and spirituality must continue to mix. And for that, we are all responsible.”²²

²⁰ Alcoholics Anonymous, HOW IT WORKS, page 59. Reprinted with A.A.W.S. permission.

²¹ Service Material from the General Service Office, TRADITIONS CHECKLIST, Rev.8/21/02

²² <https://www.aanoc.org/7th-tradition/> (North Orange County Intergroup Association/Central Office).

“The Seventh Concept of the Twelve Concepts of World Service states that:

“The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

“This concept at first appears to set up a conflict -- the trustees are given full legal authority, but the concept acknowledges that without the backing of the Conference and through it the funds and support of the local groups, the trustees could not, as a practical matter, go completely off on their own.”²³

What is a combining thread for the Seventh Step, Tradition, and Concept of A.A.?

It comes down to humility. In our approach to our character defects, in our approach to financing our own groups, and in the approach to World Service.

We humbly asked, we humbly support our groups, we humbly support A.A. as a whole, empowering others to manage world service affairs.

DON’T WORRY, WE’LL GET THIS FIGURED OUT.

Humble leadership does not get confused with weak leadership.

Never let an earthly occurrence disable you spiritually.

Don’t be upset with the results you didn’t get with the work you didn’t do.

My dentist said I need a crown. I was like, I know, right?

I don’t need anger management. I need people to stop pissing me off.

Sometimes the blessings are not in what you get, but in what is taken away.

Infamy, infamy. They’ve all got it in for me.

It’s a slow process, but quitting won’t speed it up.

My Mom beat your Mom at Fantasy Football.

²³ <https://www.taptalk.com.groups/recoveryinn/12-concepts-explained-t4286.html>

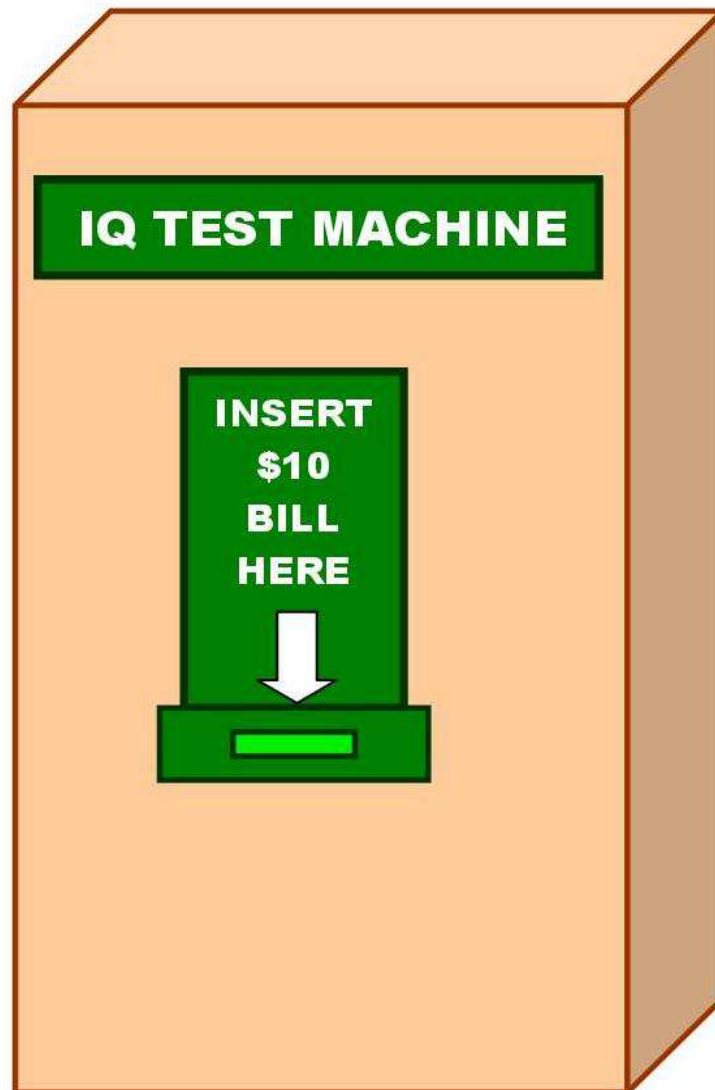
THE ULTIMATE IQ TEST 90% OF ADULTS FAIL.

$$A + A + A = 39$$

$$B + B - A = 25$$

$$6 + C + B = 50$$

$$A + B + C = ?$$



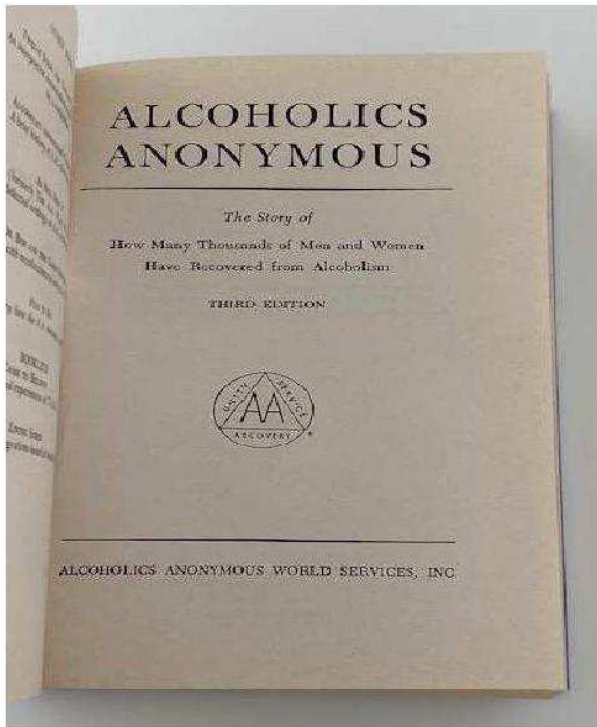
Seriously?
You got a
136 on the
IQ test? If
you get a
132 you're
a genius!



I know, right?
Talk about
a bumner. I
so wanted a
132....

Alcoholics Anonymous Big Book IQ Test

1. To drink
 - A. Is a social event.
 - B. Is to die.
 - C. Makes no difference.
2. The number one offender is
 - A. In-Laws.
 - B. Clergy.
 - C. Resentment.
 - D. None of the above.
3. What was "hung high"?
 - A. The goose.
 - B. The laurels.
 - C. Passion
4. What will we know?
 - A. Perfection.
 - B. Plausibility.
 - C. Peace.
 - D. All of the above.
5. ...victory, followed by...
 - A. Party!
 - B. Serenity.
 - C. Disillusionment.
6. ...being _____ and drugged ...
 - A. Weakened.
 - B. High.
 - C. Drunk.
 - D. Warped.
 - E. All of the above.
7. Its _____ over the dam.
 - A. Beavers.
 - B. Logs.
 - C. Water.
8. The only relief...is...
 - A. Abstinence. Acceptance.
 - B. Affections.
9. ...be happy, _____ and free.
 - A. Justified.
 - B. Jealous.
 - C. Joyous.
10. ... _____ about the twenty-four hours ahead.
 - A. Pray.
 - B. Scheme.
 - C. Sleep through.
 - D. None of the above.
11. ... _____ rigorous honesty.
 - A. Gains.
 - B. Gives one.
 - C. Demands.
 - D. None of the above.
12. _____ in the Florida sunshine.
 - A. Golfs.
 - B. Fishes,
 - C. Lolls.
 - D. Drinks.



The Ultimate IQ Test Answers.

A = 13

B = 19

C = 25

? = 57

Big Book IQ Test Answers.

1. B. How It Works, page 66.

2. C. How It Works, page 6.

3. A. Bill's Story, page 7.

4. C. Into Action, page 83-84.

5. B. Bill's Story, page 14.

6. D. To Employers, page 142.

7. C. Into Action, page 78.

8. A. The Doctor's Opinion, page xxx.

9. C. The Family Afterward, page 133.

10. A. Think. Into Action, page 86.

11. C. How It Works, page 58.

12. D. How It Works, page 61.

1 – 12 printed with A.A.W.S. permission.

Are Intelligence and Humility Inversely Proportional?

by MidnightBlue (AZ)

You may be gifted, but you cannot accurately measure the intelligence of those around you. Despite all too common feelings of superiority, (reinforced by lifetimes of praise, high test scores, and advanced placement classes), we have no true means to assess or compare our intelligence to those around us. Let me illustrate my point:

Certainly, you can judge a person by their grades, classload, accomplishments, exam scores, and daily vocabulary. But how much of the picture are you really getting before you write them off as "inferior?"

For instance, the intelligent do not flaunt their vocabulary, for it is impractical. The insecure do. When a word is not common or widely understood, it is not effective to use it, so an effective communicator will choose a more appropriate phrase. They may even use a less advanced word when speaking to YOU, as they, like you, assume others are inferior. How would you know? Limited conversations prevent you from recognizing instances such as these. If your words are bigger, it may be that you have something to prove, are less appropriate to your audience, or that you're more inclined to an over the top or "ostentatious" presentation.

Another example? Certainly. The quickest problem solvers are not usually the ones to blurt out the answer, announcing their speed to others present. Someone who is secure in their intelligence does not need to raise a hand, volunteer a response, join a competition, or otherwise brag about their intellectual prowess to those around them, for it only breeds envy, attempts to cheat, academic leeches, and rivalry. How many people have solved problems BEFORE you, yet remained quiet, while you stole the spotlight moments later?

We are often aware of our own intelligence. We are complimented, praised, and rewarded to keep us motivated. But at what cost? Is it possible that the same superiority that keeps us motivated and self-aware also blinds us to the gifts of others? Being a top dog in a small kennel proves nothing. If you know none more intelligent than yourself, it is not a sign of intelligence at all, but of ignorance to the outside world.

From: <https://www.personality-and-aptitude-career-tests.com/are-intelligence-and-humility-inversely-proportional.html>

HOW HUMILITY CAN HELP YOU BECOME A MORE INFLUENTIAL PERSON

Lifetime Achiever / By Adam Sicinski

If I have seen further than others, it is by standing upon the shoulders of giants. – Isaac Newton

The Two Types of Influential Forces

There are essentially two kinds of people in this world (there could, of course, be more, but for the purposes of this article let's just keep it to two). And these people tend to live on completely opposite sides of the social spectrum.

The first kind of person has a very fleeting influence over others. They often come across as very strong and able, but their strength is shallow and as a result, they struggle to wield influence over others over the long-haul. The second kind of person has more of a subtle influence at first, however, this influence slowly builds and grows stronger over time.

Before exploring these two types of people in detail, let's go through a quick self-analysis process to determine on which side of the social spectrum you tend to reside. Ask yourself:

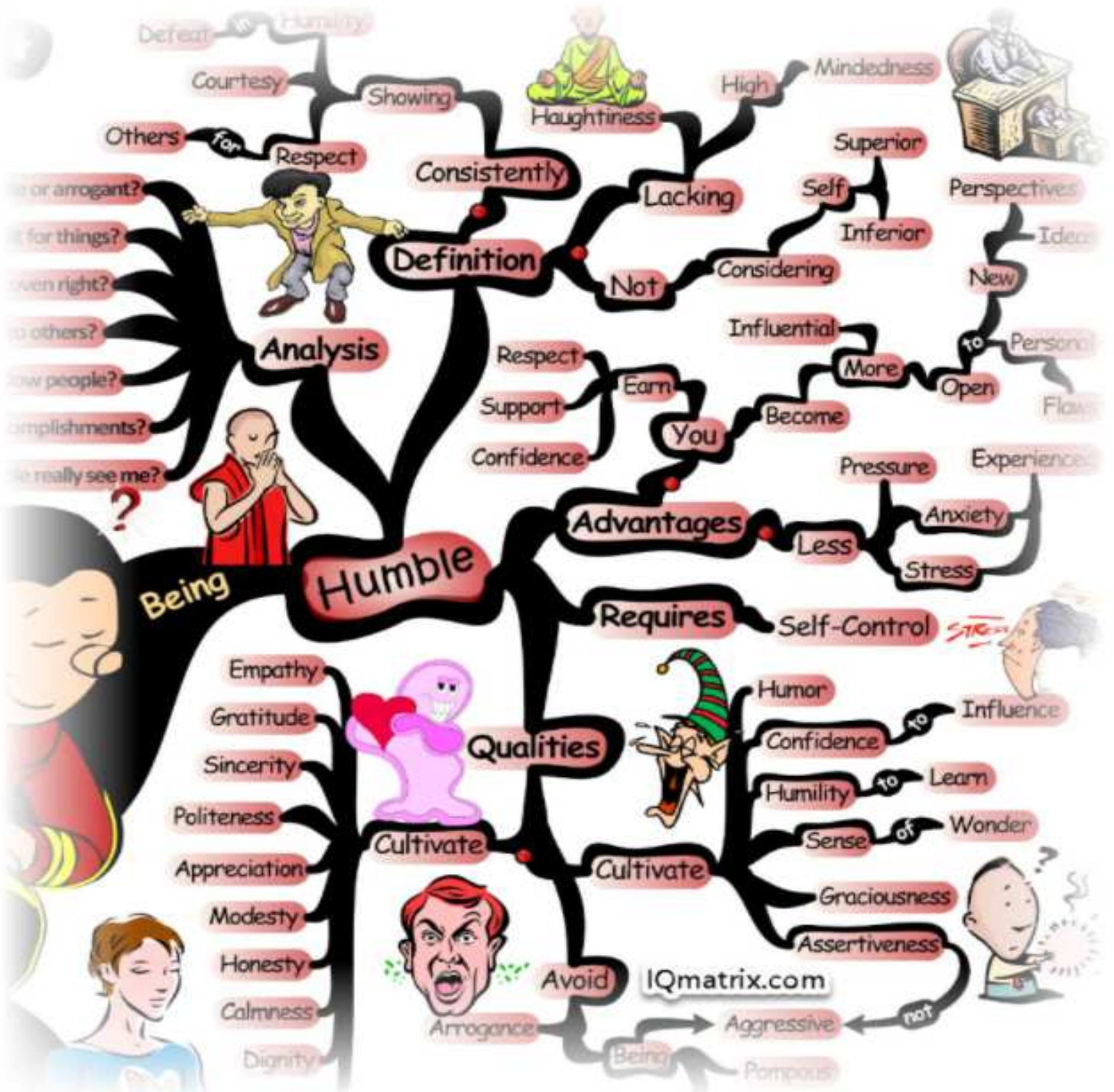
- * Do I act out of a sense of fear or from a place of gratitude?
- * Do I typically like to take credit for things or do I give credit to others?
- * Do I always seek to be proven right, or am I okay with being wrong?
- * Do I feel superior to others or do I see other people as my equals?
- * Do I typically overshadow people or do I allow them to take the spotlight?
- * Do I often brag about my accomplishments, or do I prefer to talk about other people's accomplishments?

Given your answers to these questions, how do you feel you are coming across to others in social situations? How are you presenting yourself to the world, and how does this help or hinder the influence you have over the people in your life?

The amount of influence we have over others, of course, depends on a various number of factors. I've discussed many of them in depth within the Becoming a Person of Influence article. However, there is one factor that stands out above all others that significantly impacts the amount of influence you have on people. That factor, of course, comes down to whether you operate coming from a place of gratitude or from fear. Or in other words, from humility or arrogance (in the form of domination).

Humility and arrogance, of course, operate on opposite sides of the social "influence" spectrum. Both certainly hold some power, but for one, that power is fleeting, while for the other it is subtle but lasting.

Excerpt from: <https://blog.iqmatrix.com/humility>



How to Develop the Humility to Influence Others

How do we work against human nature? How do we actually work against our natural tendencies in order to live with more humility?

They are two very good questions, and there is no one single answer I could give you. There is instead a multitude of things that we must focus on making “a part of ourselves” in order to live with a humble heart. It is only when all these small elements work in unison and harmony do we begin to truly grasp what humility is all about.

The easiest way to go about this is to simply list the actions, habits, behaviors, and beliefs that create the humility cocktail. Mixing all these ingredients together is the only way to grow a true, genuine and authentic humble heart.

Excerpt from: <https://blog.iqmatrix.com/humility>

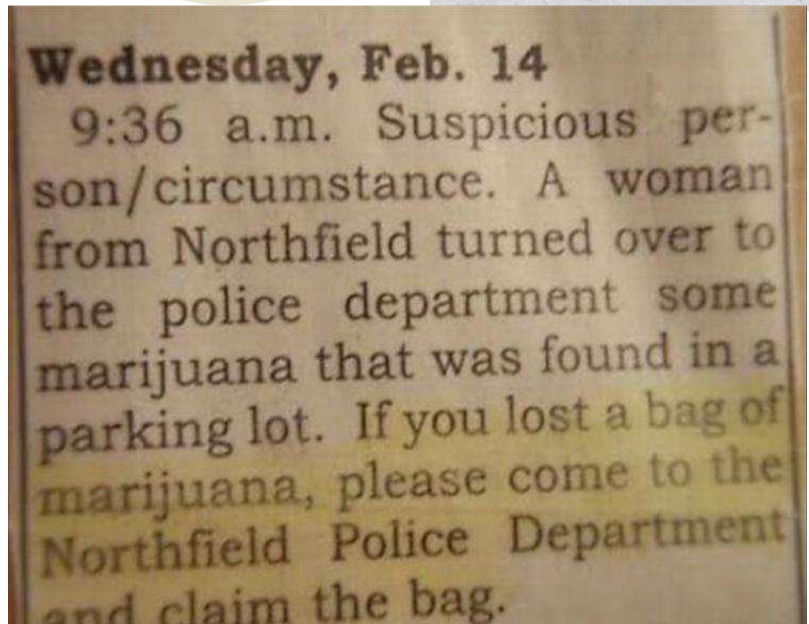
Be humble and never think that you're better than anyone else. For dust you are; and unto dust you shall return.

Being Humble, Courteous, and Honest everyday means it's no big deal and doesn't need a special day to remind us how to be.



BE HUMBLE
YOU COULD
BE WRONG

I might be just the sort of lunatic you're looking for.



The opposite of do as I say, not as I do?

**WHAT WE MAY GET IF WE
TALK FAST WITHOUT
ENGAGING THE FILTER
BETWEEN THE MOUTH AND
THE BRAIN.**



**OILING THE TONGUE
CAUSES
BRAIN SLIPPAGE.**



**THERE ARE NO SIGNS TO
TELL US HOW, WHEN, WHERE
TO BE HUMBLE. OBSERVE
AND DESERVE is the practice of
DO UNTO OTHERS AS YOU
WOULD HAVE OTHERS DO
UNTO YOU!**



**BEING HUMBLE CAN BE THE
DETERMINING FACTOR IN
GETTING PAST DEAD ENDS,**



DON'T BE



The next three pages are part of an Open Talk from Doug G given at 6 pm, May 31, 2021 at the Flint Arid Club.

Mr. William G.W.
Alcoholics Anonymous
Box 459 Grand Central Station
New York 17, New York
Dear Mr. W.

Your letter has been very welcome indeed.

I had no news from Roland H. anymore and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason that I could not tell him everything was that those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Roland H. But what I really thought about, was the result of many experiences with men of his kind.

His craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval language, the union with God.*

How could one formulate such an insight in a language that is not misunderstood in our days?

The only right and legitimate way to such an experience is, that it happens to you in reality and it can only happen to you when you walk on a path which leads you to higher understanding. You might be lead to that goal by an act of grace or a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Roland H. has chosen the second way, which was under the circumstances, obviously the best one.

I am strongly convinced that the evil principle prevailing in this world leads the unrecognized spiritual need into perdition, if it is not counteracted either by real religious insight or by the protective wall of human community. An ordinary man, not protected by an

action from above and not isolated from society, cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouses so many mistakes that one can only keep aloof from them as much as possible.

These are the reasons I could not give a full and sufficient explanation to Roland H. but I am risking it with you because I conclude from your very decent and honest letter that you have acquired a point of view above the misleading platitudes one usually hears about alcoholism.

You see, alcohol in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: *spiritus contra spiritum* (spirit against spirit).

Thanking you again for your kind letter

I remain

Yours sincerely

C.G. Jung

* "As the hart panteth after the water brooks, so panteth my soul after thee, O God." Psalm 42, 1.

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From: <https://silkworth.net/wp-content/uploads/2020/07/The-Bill-W-Carl-Jung-Letters-Jan-1963.pdf>

Carl Gustav Jung, (born July 26, 1875, Kesswil, Switzerland—died June 6, 1961, Küsnacht).

Carl Gustav Jung



You have to give it away to keep it!



Some of Carl Jung's Quotes

Be silent and listen: have you recognized your madness and do you admit it? In humility and honesty you'll find pain, envy and fear but you'll also find strength, beauty and truth.

Do not compare, do not measure. No other way is like yours. All other ways deceive and tempt you. You must fulfill the way that is in you.

Thinking is difficult, that's why most people judge.

Until you make the unconscious conscious, it will direct your life and you will call it fate.

Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.

Everyone you meet knows something you don't know but need to know. Learn from them.

On January 23, 1961, Bill sent a letter of appreciation to Dr. Jung thanking him for his contribution to A.A.'s solution for alcoholism through his work with Rowland H. The Big Book refers to part of the story on pages 26 - 27. The letter on page 17, dated January 30, 1961, was Dr. Jung's immediate reply.

The meaning behind the Latin phrase "spiritus contra spiritum" is that alcohol counters spiritualism. The word "spiritus" in Latin means both "alcohol" and "religious experience," while "contra" means "against." This phrase was said in a letter written by Carl Jung to one of the founders of Alcoholics Anonymous (AA).

Carl Gustav Jung (pronounced YUUNG); born Karl Gustav Jung, German: 26 July 1875 – 6 June 1961, was a Swiss psychiatrist and psychoanalyst who founded analytical psychology. Jung's work has been influential in the fields of psychiatry, anthropology, archaeology, literature, philosophy, psychology and religious studies. While Jung worked as a research scientist, he came to the attention of Sigmund Freud, the founder of psychoanalysis. The two men collaborated on a joint vision of human psychology.

Abraham Abulafia (1240 – 1291) turned his attention to cultivating a mystical system: one that could assist in achieving a state of unio mystica [i.e. (Latin) union with God, or mystical union], this is the first record of that phrase that Carl Jung used, referring to as it as in medieval language. (Medieval era is from 400 – 1400 AD).

Rowland Hazard III's struggles with alcoholism led to his involvement in the chain of events giving rise to Alcoholics Anonymous (A.A.). He is remembered as "Rowland H.," though he himself never joined AA. His efforts at recovery were influenced by consultation with psychologist Carl Jung, and subsequent involvement with the Oxford Group, one of the most highly visible Christian Evangelical movements of the 1920s and '30s.

Recent research further suggests that he was treated by Courtenay Baylor (1870-1949), a lay therapist of the psycho-spiritual therapeutic effort known as the Emmanuel Movement. Baylor focused on secular therapies.



Rowland Hazard III



Courtenay Baylor

Four Founding Moments of A.A.

Excerpt from: <http://aabacktobasics.org/New-Hazard-Baylor%20Connection.html>

1. Rowland Hazard joins the Oxford Group in 1933 and carries the message of recovery to Ebby T. in Manchester, Vermont in August 1934. He had previously worked with Carl Jung in 1926 and again in 1930 or 1931.
2. Ebby T. carries the message to Bill W. on November 25, 1934 at 182 Clinton Street in Brooklyn, New York.
3. Bill W. had a "white flash" spiritual experience at Towns Hospital in New York City on or about December 14, 1934. The white flash was likely due to the Belladonna Treatment,
4. Bill W. carries the message to Dr. Bob S. on May 12, 1935 at the Seiberling Estate Gatehouse in Akron, Ohio.

Belladonna Treatment

Briefly stated, it consists in the hourly dosage of a mixture of belladonna, hyoscyamus and xanthoxylum. The mixture is given every hour, day and night, for about fifty hours. There is also given about every twelve hours a vigorous catharsis of C.C. pills and blue mass. At the end of the treatment, when it is evident that there are abundant bilious stools, castor oil is given to clean out thoroughly the intestinal tract. If you leave any of the ingredients out, the reaction of the cessation of desire is not as clear cut as when the three are mixed together. The amount necessary to give is judged by the physiologic action of the belladonna it contains. When the face becomes flushed, the throat dry, and the pupils of the eyes dilated, you must cut down your mixture or cease giving it altogether until these symptoms pass. You must, however, push this mixture until these symptoms appear, or you will not obtain a clear cut cessation of the desire for the narcotic.

Deadly nightshade (Belladonna); a perennial herb with dark purple flowers and black berries. Leaves and root contain atropine and related alkaloids which are anticholinergic. (inhibiting the physiological action of acetylcholine, especially as a neurotransmitter.) It is a powerful excitant of the brain with side effects of delirium (wild and talkative), decreased secretion (Hypopituitarism is the decreased (hypo) secretion of one or more of the eight hormones normally produced by the pituitary gland at the base of the brain.), and diplopia.(double vision).

A.A. 12 Steps found in the Carl Jung letter to Bill W.

(Regular print-Steps. Bold print- C. Jung quotes. Italics- Editor's notes.)

- Step 1 We admitted we were powerless over alcohol – that our lives had become unmanageable.
“craving for alcohol”
The phenomenon of craving Dr. Silkworth refers to, (Alcoholics Anonymous, THE DOCTORS OPINION, page xxx), means I can't take that first drink, as, from experience and history, I can't control my intake after that first one. To eliminate the craving, I practice Absolute Abstinence.
- Step 2 Came to believe that a Power greater than ourselves could restore us to sanity.
“you walk on a path which leads you to higher understanding”
My thinking got me where I WAS, and I needed to learn to rely on more than I am.
- Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.
“the union with God”
As it is said, Let go and Let God. But I've still got work to do.
- Step 4 Made a searching and fearless moral inventory of ourselves.
“the evil principle prevailing in this world leads the unrecognized spiritual need into perdition”
Recognizing my spiritual weakness through my previous acts, I acquired the need to change.
- Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
“he has adequately reported to you had an aspect of which he did not know”
Talking, not only to my sponsor, but listening and verbalizing with the Fellowship helped me see what I had become, that the solution was in change of my thoughts, actions, and study.
- Step 6 Were entirely ready to have God remove all these defects of character.
“not protected by an action from above and isolated in society, cannot resist the power of evil”
I have to do the work, being alone traps me in my own mind, I asked for help.
- Step 7 Humbly asked Him to remove our shortcomings.
“beyond the confines of mere rationalism”
I can't think my way out of this by myself, Self knowledge is not the answer, I humbly asked for help, through God, through the Fellowship he works through,
- Step 8 Made a list of all persons we had harmed, and became willing to make amends to them.
“what I really thought about was the result of many experiences”
My list of those I've harmed led me to see the nature of my wrongs and what needs changing.
- Step 9 Made direct amends to such people where ever possible, except when to do so would injure them or others.
“it is not counteracted either by real religious insight or by the protective wall of human community”
Religious insight is not my spiritual experience; I don't use the Fellowship to protect me, but to learn from and feel a part of like minded people seeking improvement in their lifestyles.
- Step 10 Continue to take personal inventory and when we were wrong promptly admitted it.
“the use of such words arouses so many mistakes”
Nowadays, my words cause more injury than my actions, they cause many mistakes I atone for.
- Step 11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
“you have acquired a point of view above the misleading platitudes”
From prayer and meditation, a view point above my being was attained, and change was possible.
- Step 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 our affairs.
“be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind”
Change in myself, for myself, gave me the contact with the Fellowship's knowledge to use my experience, strength and hope to help others. In doing so, I help myself, the awakening became spiritual through understanding more, reaching out for more, doing more.



Heard it *'Round the Rooms!*



- * Wow, you can eat fruit in the morning and text people that you know. —Newcomer, with 12 days.
- * We recognize people in their first 30 days; there should be recognition for people in their last 30 days.
- * HOPE – Hold On Pain Ends.
- * If you're sitting in a meeting thinking about drinking, that beats the hell out of sitting in a bar thinking about getting sober.
- * Alcohol is my drug of no choice.
- * I've learned to ask: Why is God doing this for me instead of why is God doing this to me?
- * I didn't come to AA to get sober, I came to AA cause I thought there'd be donuts.
- * What we ask you to do seems kind of crazy. Come to a meeting today when you were just at a meeting yesterday. Seems kind of drastic.
- * You guys are the only square friends I've got. (Newcomer with 28 days).
- * Humility is making friends with the facts.
- * I didn't know how to have conscious contact with God. In the morning I asked him to keep me sober and in the evening I said thank you. In between, I told God jokes.
- * If you're not growing, you're going.
- * I'm not an alcoholic because I drink too much, I'm an alcoholic because I can't drink enough once I start.
- * I finally understand what my sponsor would tell me all the time. You're special. You're just not extra special.
- * Do I have to attend meetings forever? That will be up to you, but as one member suggested "My sobriety is a living thing and must be tended diligently, or it will wither and die."

From: <https://eastbayaa.org/>



For any fellowships, groups, or meetings using a New York Intergroup hosted Zoom account, please be aware that your access will expire on February 28, 2021 and you will need to transition your meetings to another non-NYIG account.

For more information please visit:

NY Intergroup Guide to Transition FAQ

NY Intergroup Guide How to Claim Your Zoom Account

From: <https://eastbayaa.org/>

East Bay Intergroup of Alcoholics Anonymous Central Office

Mailing Address: 4096 Piedmont Avenue Box 407 Oakland, CA 94611

Office Staff:
Administrator: Belle K. (650) 200-3829
officeadministrator@eastbayaa.org

*Especially in your own mind –
believing all you hear is a no-no.*



An old, crumpled letter with a message from my disease

{Tim H. – I can't remember when I received this letter. I discovered it in my bedroom in the top drawer of my dresser, under some socks, and saw it was post marked on the anniversary – March 12, 2015 – of my third time in the program of Alcoholics Anonymous.

It was from an old lover who wrote that it missed the romance we use to make when I would hold it in a shot glass, put it to my lips, swish it around and around in my mouth and then feel it burn down my throat.

I knew then the letter was from my disease letting me know that it still harbored deep feelings for me ... it missed the intimacy between us ... was waiting ... and would always have me in its heart. Here is the letter.)

Good luck with your recovery. But, I have to say I hate you right now. I hate your meetings. I hate your Higher Power. I hate anyone like you who has a program of recovery. Because to all who have been with me, they know that at some point in our relationship I will bring them suffering and ultimately death.

If you don't know who I am by now, I am the disease of alcoholism/addiction – cunning, baffling and powerful ... that's so totally me! Pick your poison or script ... alcohol, drugs, pills. I'll imprison you while you cherish the delusion of your freedom.

In your love for me I will make you hurt. I will bring you to your knees and bring you to tears. Better yet, I love to make you feel so damned numb you will neither hurt nor cry. And, when you can't feel anything at all then I am in my true glory. This is the command and control I have as you slowly progress into becoming me.

I love to catch you with the element of surprise, especially when I make you say and do the wrong things while you get on the wrong side of the wrong people and watch how you can't handle anything in the right way. I love pretending I am your friend and lover.

Haven't I consoled you and massaged your wounded ego? I've always been there for you. When things weren't right it was you who invited me into your life. You said you didn't deserve these bad things happening and I was the only one – THE ONLY ONE – who would listen and agree with you.



And, together we were able to DESTROY ALL GOOD THINGS IN YOUR LIFE!

You cannot have both me and recovery. If you are not moving forward in your recovery than I am moving forward toward you. Believe me, if you're not on your program I'll be on you like ugly on a drunk. You cannot see, feel, smell, taste or touch me while in your recovery. You do not have the sensory capacity to know I am still with you. I AM GROWING, EXPANDING RIGHT NOW! I am actually larger than your life.

Remember, I have the shorter distance to travel ... you have 12 Steps to keep ahead of me, and I have only one small step straight to you. When fully in your alcoholism/addiction, you only exist as I live. When you are in your recovery you live, as I only exist.

Here are some suggestions I do not want you to know:

When you hear, "Read the Big Book", "Get a sponsor", "Go to meetings", "Work the 12 Steps", and "Believe in a Power greater than, outside and beyond yourself" ... these are words that come from recovering drunks who have found a way to 'stop starting' that first drink ... who are alive to tell their stories ... their experience, strength and hope ... who are members of Alcoholics Anonymous.

I want to leave you with a short poem in memory of our love affair and life together:

*What is mine is yours
And what is yours is mine
I will be with you
Until earth's end time
Wear your armor of recovery well
Cause you won't have time to think
When your mind is already made up
To pick up that next drink*

Good bye to alcohol letter

My name is Robin, and this is my goodbye letter to alcohol.

It has become time in my life to say goodbye to you and for us to part ways. You have caused nothing but problems for me in life. You have stolen so much from me in this life, money, time, quality of living etc. etc... Almost every major problem I have had emotionally, physically, and mentally you, "alcohol" had your hand in and had something to do with. I can honestly say I hate you.

Alcohol you are now my arch nemesis and my immortal enemy. You will never enter my body again and cause your chaos in my life ever ever again. We will cross paths at public functions occasionally but I repeat again, you will never enter my body again.

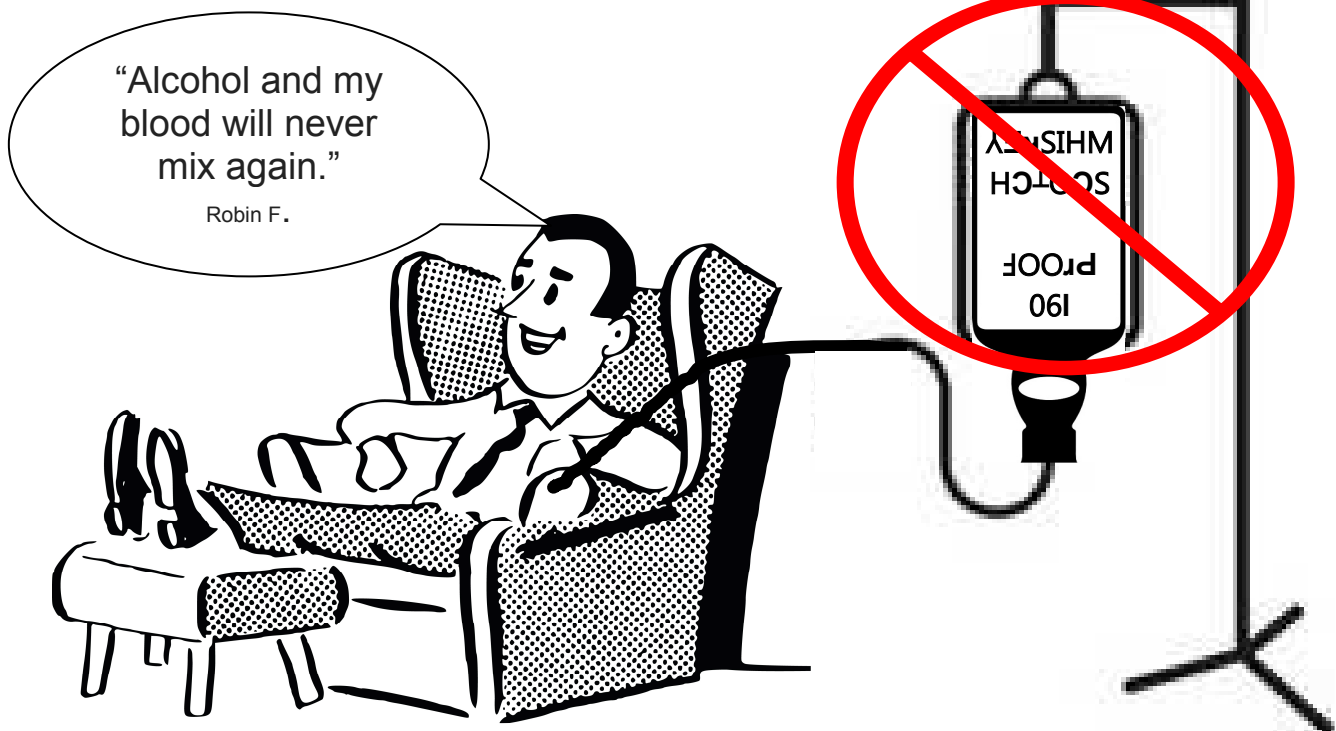
My bitter hate for you is so strong that alcohol and my blood will never mix again.

My life without you is so much better. I defeated you alcohol you did not defeat me.

So this is my final farewell to you alcohol and may you rot in hell for all the chaos and negative things you have caused. I now have my family back a beautiful home serenity and mental peace in my life now. I have a wonderful life that you will never interfere with again.

From the bottom of my heart, goodbye forever

Sincerely: Robin F.



The Burton Group is interested in Opening back up but the people who were doing Service Work here have moved on, in more ways than one. Is there any one interested in going to the meeting that can work with the church for keys and etc? Call Greg B. to express your interest, 810-931-6277.

The meetings were held on Tuesdays and Fridays at 10 AM at the Unitarian Church, G-2474 S. Ballenger Hwy., Flint 48507.

The Grand Blanc Grapevine meeting on Wednesday at 8 PM will re-open on July 14th at the Faith Lutheran Church, 12534 Holly Rd., Grand Blanc.

The Grand Blanc Open Door meeting re-opens Thursday July 1st at 8 PM at Holy Family Church, St. Joseph Hall, 215 Bush St., Grand Blanc.

AA Preamble

Alcoholics Anonymous is a fellowship of people 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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From
The
July
2021
Grapevine
Issue.

RESPONSIBILITY DECLARATION I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

THE AA GRAPEVINE STATEMENT OF PURPOSE

A.A. Grapevine is the international journal of Alcoholics Anonymous in print, digital and audio. Written, edited, illustrated, and read by A.A. members and others interested in the A.A. program of recovery from alcoholism, Grapevine is a lifeline linking one alcoholic to another.

Often referred to as our "meeting in print," A.A. Grapevine communicates the experience, strength, and

hope of its contributors and reflects a broad geographic spectrum of current A.A. experience with recovery, unity, and service. Founded in 1944, Grapevine does not receive group contributions, but is supported entirely through magazine and web subscription sales and additional income derived from the sale of related items.

The awareness that every A.A. member has an

individual way of working the program permeates the pages of Grapevine, and throughout its history the magazine has been a forum for the varied and often divergent opinions of A.A.s around the world. As such, articles are not intended to be statements of A.A. policy, nor does publication of any article imply endorsement by either A.A. or Grapevine.

As Bill W. expressed it in 1946, "The Grapevine will be the voice of the Alcoholics Anonymous movement. Its editors and staff will be primarily accountable to the A.A. movement as a whole.... Within the bounds of friendliness and good taste, Grapevine will

enjoy perfect freedom of speech on all matters directly pertaining to Alcoholics Anonymous.... Like the Alcoholics Anonymous movement it is to mirror, there will be but one central purpose: The Grapevine will try to carry the A.A. message to alcoholics and practice the A.A. principles in all its affairs."

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Revised: December 2013

Conference Advisory Action, 1986: "Since each issue of the Grapevine cannot go through the Conference-approval process, the Conference recognizes the AA Grapevine as the international journal of Alcoholics Anonymous."

NEED HELP WITH A DRINKING PROBLEM?

If you want to stop drinking and need to find AA near you or wish to learn more about Alcoholics Anonymous, visit: www.aa.org

68th Michigan State AA Convention

Hosted by Area 34 ~ Western Lower Michigan & The Eastern U.P. www.wmaa34.org

Friday October 1, 2021



Through



Sunday October 3, 2021

AA Speakers
 Fri- **Bob C. Livonia, MI**
 Sat - **Mike D. Sioux Falls, SD**
 Sun - **Maureen (Mo) J. Cadillac, MI**

Shanty Creek Resort
 5780 Shanty Creek Road
 Bellaire, MI 49615
 866.695.5010



Shanty Creek Resort Room Reservations

Rooms \$134.52 per night + Tax
 (Single & Double Occupancy)

<https://www.shantycreek.com/reservations/2021-mi-state-convention/>
www.wmaa34.org For convention web page

The room block is available until 9/1/21. People can cancel up to 5 days prior to arrival or first night will be charged. If they are a no-show and don't cancel, they'll be charged for all nights.

QR Scan Code
 Shanty Creek
 Reservations



QR Scan Code
 Eventbrite
 Registration



BADGES MUST BE WORN TO ALL CONVENTION FUNCTIONS
 Registration Opens at 3:00 PM

Mail/Make Checks to: **WMAA 2021 State Convention,**
ADDRESS REVISED → 561 Andover St. SE Kentwood, MI 49548
 Registration Form (Please Print Clearly)

For your convenience an **Eventbrite** page has been set up to take your registration and banquet ticket purchases. There is a **service charge (Non-Refundable)** for using this service.
https://2021_michigan_sc.eventbrite.com

✂ A.A. Al-Anon Guest ASL Spanish Interpreter

Name(s): _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

Email: _____

Registration \$25.00 _____ X-\$25
 *After August 31st \$30.00

Banquet \$35.00 ea.

Cherry pecan stuffed pork loin _____ X-\$35
 Rosemary chicken _____ X-\$35
 Vegetarian _____ X-\$35

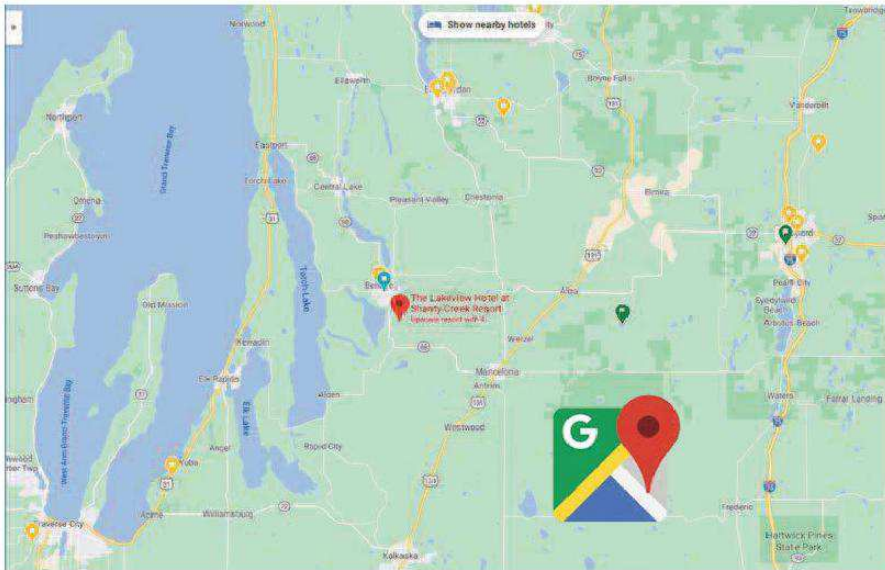
Bundle-Reg./Ban. \$60.00 X _____
BUNDLE RATE AFTER Aug. 31, 2021 \$65.00

Total Number of Attendees X _____
 Total Amount Enclosed _____

MAIL-IN EXPIRES SEPTEMBER 15, 2021. DOOR REGISTRATION OCT. 1-3 2021

WOULD YOU LIKE TO VOLUNTEER? - CHECK AREA(S) OF INTEREST BELOW

ALKATHON GREETER SECURITY HOSPITALITY REGISTRATION



- Alkathon ~
- Skit TBA
- Variety of Panel Discussions
- A.A. & Al-Anon Speakers
- Banquet & Dancing
- Ice Cream Social
- Committee Displays
- Archives Displays
- Corrections - Jail Sale
- Hospitality Room w/treats
- Fellowship & Much More!

AA Conventions: Why do I have to Pay?

While there are no dues or fees for membership in AA, there are many conventions around the world and the most common misconception of these gatherings is that they are AA meetings, and “there are no dues or fees for AA membership.” However, Conventions and Conferences are special events, not regular AA meetings.

This Convention requires months of planning, preparation and money to present. Since all of the events are held at a Hotel, there is a charge to the Committee for the use of the facility.

Other expenses include travel and lodging for speakers, printing costs, postage and supplies. The event is paid for through the cost of the registration. No baskets are passed. As responsible AA members.

Direct any concerns or questions to our Co-Chairs;

Rick P. rickp987@gmail.com, 616.291.5060

Jodie S. jackieoh1@gmail.com, 206.310.1833