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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.

“Made a list of all persons we had harmed, and became willing to make amends to them all.”¹

**What Is the Purpose of Step 8?
In Step 8 we identify who we had wronged. Then we willingly develop plans to right those wrongs.**

**What is the Principle that supports it?
Goodwill - which means having an understanding of our past actions, and a new found caring for others.**

The 12 Steps are meant to be worked in progression. As that happens, old attitudes, thought processes, behaviors and past events are left behind. The freedom of lasting sobriety starts to take hold. As one of the Promises tells us, “We will comprehend the word serenity and know peace.”²

To get to the heart of the problem (ourselves) has taken much delving into our own thoughts, actions and deeds. When we have admitted and accepted that we were the problem all along, even when others had their faults and actions against us, then peace came.

Getting away from alcohol; an impetus of our prevailing anger, resentments, retaliations and chancieries was but just a start. Now we are on to deciding what amends should be made.

Just what are these ‘amends’? For some misdeeds, an apology may be all that is needed. For other trunants of character, where communication is all but shut off, a different approach is warranted.

First and foremost, a living amend should be evident, meaning our actions and words of hurt have changed, they are all but gone. To change entirely may be too much to expect at this early stage in our sobriety, but the willingness to change has to be obvious. In some cases, others will see this change in us before we do as we are so intent on the effort.

“But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.”³

“Looking at those who were only beginning and still doubted themselves, the rest of us were able to see the change setting in.”⁴

I’ll be rigorously honest with this disclaimer:

“To be thorough, the 36 principles are the Twelve Steps, Twelve Traditions and Twelve Concepts. There are many different spiritual virtue lists that refer to the Twelve Steps which have been printed by other AA’s over the years. Although used by many AA members, they are not Conference Approved and the origin of these lists are unknown.” Anonymous internet citing.

So the Principle of Step 8 talked about here is a spiritual principle, used in a way to express what to practice in order to be helpful to others.

“We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action.”⁵

“Brotherly love appears as the primary principle behind Step Eight in other lists. When the Alcoholics Anonymous was written – back in the late 1930s – the phrase brotherly love was more commonly used than it is today. Brotherly love comes from the ancient Greek word philia; Aristotle translated philia as friendship or companionship. (Interestingly, its opposite is phobia.) To practice brotherly love one shows kindness and compassion towards others without expecting anything in return. There is no doubt that brotherly love is a big part of this step.”⁶

~ Editor.
ALCOHOLICS ANONYMOUS, 4th Edition.

¹ HOW IT WORKS, page 59.

² INTO ACTION, page 83-84.

⁵ THERE IS A SOLUTION, page 17.

TWELVE STEPS AND TWELVE TRADITIONS.

³ STEP EIGHT, page 77.

⁴ STEP TWELVE, page 109.

⁶ <http://www.allisnow.com/addictionrecoverytn/>

“Back to Basics” by Wally P. is based on two years of research, and more than one hundred interviews of old-timers who found lasting sobriety in the 1940's. In this book, Wally P., archivist, historian and author, will take you through the Twelve Steps as they were taken in the "original" A.A. Beginners' Meetings. You will learn how to develop a direct two-way communication with the "God of your understanding", and how to follow the "Guidance" you receive. You will have the opportunity to experience the life-changing spiritual awakening that occurs as the direct result of completing the Twelve Steps in four one-hour sessions. In addition, you will learn how to become a "life changer" by bringing the Beginners' Meetings to others.

“The book Back to Basics--The Alcoholics Anonymous Beginners' Meetings has been dedicated to Dr. Bob, who endorsed this meeting format. His daughter, Sue Smith-Windows, has whole-heartedly agreed that her father was an absolute believer in the "Keep It Simple" approach detailed in this book.”⁷

When I first started the Back To Basics course, I did not drive and was only able to get to the first two sessions, both moderated by a local visionary and legend, Leonard Ageson. I tried later the next time it was offered, once again dropping out after two sessions due to transportation problems. Finally I was able to complete the 4 week course.

One of the things that I got to understand about myself when doing the 8th Step was this; I pulled Madeline's pigtails on the School Bus because I could and I liked to make her scream. There was never any real trouble for me from it so I did it repeatedly. And I stomped

on my brother's can of worms in the rowboat because he caught more and bigger fish than I did.

I grew up immature, and ended up staying that way and put myself first before others.

It stayed with me for about forty years, me before you.

I've even learned how to spell narcissistic now.

More importantly, I've learned that my early behaviors and thought patterns being uncorrected, or evading discipline, led to an unhealthy self.

My getting out in life on my own, marrying, raising a family, working a job, and so many other things became contentious with the narcissism in full bloom. It all came down to understanding myself, not just making a list of those I'd harmed.

Maybe for me it was a continuation of a fourth Step where I was still learning more about myself.

I haven't seen Madeline since I went into third grade, can make no amends there. When I talked to my brother, he laughed and said he didn't remember that. What this all leads to is that the Eighth Step revealed to me more than it actually intended to. Just part of "having had a spiritual awakening as a result of these Steps..."⁸

~ Editor



⁷ <http://www.aabacktobasics.org/B2B%20Book.html>

⁸ Alcoholics Anonymous, HOW IT WORKS, page 59. ^{1,2,3,4,5,8} quotes used with A.A.W.S. permission.



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.

Animal Alcoholics?



This moose likely ate fermenting apples on the ground and got drunk. (Photo/Per Johansson). And that's a lot of apples!

The pen-tailed treeshrew of Malaysia is the animal noted for a very high alcohol tolerance. There are seven different animals that feed off the fermented nectar of the Bertram Palm plant. The treeshrew feeds all day long but never gets drunk as per the scientists in a 2008 PNAS (Proceedings of the National Academy of Sciences) Study.

Fruit Bats are another animal with a high tolerance to alcohol. Scientists fed wild bats sugar water with alcohol added, and a control group with only sugar water. Many of the bats would get a flying-under-the-influence citation while flying through a maze, but they had no more problems than the sugar water only group. Thus researchers hypothesized this enabled the bats to seek their food, fermented or not, for a longer time span.

Monkeys have a well-documented love of alcohol. Monkeys have been observed stealing drinks from tourists at tropical destinations all over the world.

Bees, especially honey bees, can easily become drunk because they sipped too much fermented nectar. This occurs when summer heat warms the nectar and causes it to go slightly bad.

Birds often get drunk after eating bad berries. A bird doesn't usually realize the berries are fermented because they don't taste a difference in them. Some berries do ferment sooner than normal because of an early frost.

Butterflies enjoy nibbling on flower nectar or sugary fruit. If these start to ferment, their sugar turns into ethanol, something which can make a butterfly get drunk. When butterflies are drunk they stand still where it is. Some might try to fly, but most enjoy resting where their fermented treasure is. This mellow attitude allows people to easily pick them up without the butterfly flying away.



NO GLUM LOT HERE



A German Shepherd, a Doberman, and a cat died. In Heaven, all three faced God, who wanted to know what they believed in.

The German Shepherd said, "I believe in discipline, training, and loyalty to my master."

"Good!" said God. "Sit at my right side." Then God asked, "Doberman, what do you believe in?"

The Doberman answered, "I believe in the love, care, and protection of my master."

"Aha," said God, "you may sit on my left."

Then God looked at the cat and asked, "And what do you believe in?"

"I believe," replied the cat, "that you are sitting in my seat."

A Dachshund and a Labrador are walking together when the former suddenly unloads on his friend.

"My life's a mess, my owner is mean, my girlfriend ran off with a Poodle and I'm as jittery as a cat."

"Well, go see a psychiatrist," suggests the Labrador. "I can't. I'm not allowed on the couch."

An F-111 was flying escort with a B-52, generally being a nuisance by flying rolls around the old bomber.

The message for the B-52 crew was, "Anything you can do, I can do better."

Not to be outdone, the bomber pilot announced that he would rise to the challenge.

The B-52 continued its flight, straight and level, however.

Perplexed, the fighter pilot asked, "So? What did you do?" "We just shut down two engines."

Ned & Jed

Say Jed, you make your 8 list yet?

Lists, lists, lists. You'd think I'm on a sinking ship here.



Kind of the point here, Sink or swim, eh?

We are choppers, not mariners.

And yet, without a guide to our past, we're certain to relive it.

"This attitude, of course, is the end result is purposeful forgetting."⁹

"Calm, thoughtful reflection upon personal relations can deepen our insight."¹⁰

^{9, 10} 12 X 12; page 79. page 80.



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: OPEN.

A.A. Answering Service: Wayne T.

C.P.C. - Cooperation with the Professional Community: Sam S.

Corrections: Erica S. **Jail meetings reopened. Need volunteers. Call 810-406-7161.**

Grapevine: Greg S.

Literature/Meeting Books/Newsletter: James P.

P.I. - Public Information: Erica S.

Treatment: OPEN **Website:** Doug G.

Young People: OPEN.

F.A.U.C. Newsletter

Editor: Doug G. Coeditors: Mike J, Drew K. Tim H.

The July 2021 Newsletter went to 174 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 Group.

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

August 21: Main Street Sobriety, Trinity

Parsonage, 745 1/2 E. Main St, Flushing

September 18: St. Bartholomew's; S.C. Group.

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

November 20: Otter Lake

December 18. Local 659; Van Slyke Group.

**PLASTIC SURGERY ANONYMOUS TONIGHT!
HOPE TO SEE NO NEW FACES.**

A.A Treasurer's addresses:

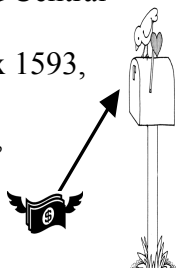
A.A.W.S., Inc., P.O. Box 459, Grand Central Station, New York, NY 10163

C.M.I.A. 32, c/o kdonoghue, PO Box 1593, Midland, MI 48641

F.A.U.C. 4225 Miller Rd., Suite 119, Flint, MI 48507

Please make checks payable to

Pass The Hat Association, Inc.



Group NEWS

The F.A.U.C. meets August 21 at 12:30 pm.

The CMIA32 meets Sunday August 1st at the Hillman Senior Center, 421 Pineview Court, Hillman, MI 49746. Flyer at end of this Newsletter. This is an in person/Zoom hybrid meeting.

The Tri-County Conference takes place Sept 10-12. Flyer at end of Newsletter and visit the website;

<https://tricountyconference.org>

The Michigan State A.A. Convention is Oct. 1 – 3. See Flyer at end of Newsletter and visit the website;

<https://www.wmaa34.org/michigan-2021>.

The Burton Group reopens on Tuesday, August 17th at the Unitarian Church, G-2475 S. Ballenger Hwy, Flint. This is a Tuesday and Friday 10 AM CLOSED meeting.

Group wants a Newsletter announcement?

Email farfromittoday@aol.com by the 20th of the month.

THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

August 2021 Flint Area Open Speaker Meetings *

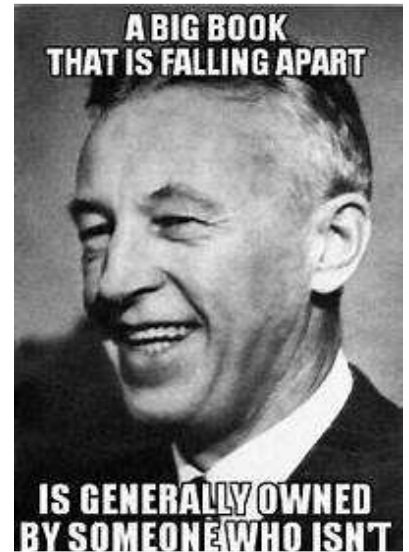
* = Addresses of Locations can be found in the

2021 Flint Area Groups Meeting Book or on the website www.geneseecountyaa.org under the Meetings Tab.

- Sun 1 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Thu 5 7:00 pm, Van Slyke (17).
- Fri 6 12 noon, Eye Opener, Arid Club (8).
- Sat 7 7:30 pm, East Side St. Mary's (6)
- Sun 8 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 14 7:30 pm, East Side St. Mary's (6)
- Sun 15 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 21 7:30 pm, East Side St. Mary's (6)
- Sun 22 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 28 7:30 pm, East Side St. Mary's (6)
- Sun 29 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Mon 30 7:00 pm, Montrose HOPE (10).

If your meeting opened for attendance with an Open @aol.com to list it.

**No matter how
Big and bad
You think you are.
When a two year old
hands you
a toy phone.
YOU ANSWER IT!**



“Actually we were fooling ourselves, for deep down in every man, woman, and child, is the fundamental idea of God.”

Alcoholics Anonymous, page 55, WE AGNOSTICS

THE Ego AND THE Id TEAMS

“We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic, flaws which sometimes were responsible for the pattern of our lives.”¹¹

Here is the real building block of Step Eight. To gain an understanding of ourself in a way that then allows changing. Having recognized some deep rooted (basic) flaws, we see that we can adjust our patterns of thought and behavior to become that better person we are seeking. Through all this change, we are able to maintain our personality, our sense of humor, the Id of our mind which controls our impulsiveness.

For this to happen in a constructive pleasurable fashion, we must use a healthy Ego, which may be called the reason and common sense team, to counteract the Id, the passion team.

Generally, our passions are stronger than our common sense. Which may be where the saying, “Common sense ain’t all that common” comes from.

In what ways have we harmed others? “To define the word ‘harm’ in a practical way, we might call it the result of instincts in collision, which cause physical, mental, emotional, or spiritual damage to people.”¹²

This then represents the potential conflict and harm caused by the teams when the Id has overcome the Ego. To be sure, not all of Id is bad; emotions of love, empathy, concern, all have a part in a healthy Id.

Anger, fear, worry, stress, impatience are just some of the emotions in Id that the Ego can help with.

Ego helps us set, and stick to, healthy boundaries with no compromise. (Absolute Abstinence for example comes with Attitude Adjustment). ~ Editor

¹¹ 12 X 12, page 80, Step Eight.

¹² 12 X 12, page 80, Step Eight.



Superego TRANSCENDS Ego AND Id

Illustration from: <https://www.simplypsychology.org/psyche.html>



Id:

Instincts

Ego:

Reality

Superego:

Morality

The Id is the quirks of our personal traits. It is our inner self without the influence of nature or society. It is present at birth and this aspect of our personality is entirely unconscious with instinctive and primitive behaviors, some call it child like. Its impulsiveness means it lives in the past.

The Ego activity is based within the boundaries of reality. What it knows it and uses is when it refers to its experience, memories, and future expectations of imagings.

Superego comes through boundaries imposed by the discipline from growing up (nurturing) and ideal expectations of society.

Ego is the balance against the Id. The Superego and Id are in conflict using the Ego to stay in reality to satisfy the Id and its impulsiveness.

The Ego can only be in command of what it knows. It lives in the present moment unlike the Id. Therefore it can not hold one honest means for all situations. It must adapt and counter the Id.

The Superego is the last of the three components of personality to develop. It is dependent upon the internalization of one’s parent’s values and societal prohibitions according to Freud.

Hence, our morality is a learned, disciplined trait of personality. This then has the Superego acting as both our conscience and the inner ideal sets, strong noteworthy behavior influencers.

With the Id as a quirk, the Superego can be our quasar - a massive, extremely remote celestial object, emitting exceptionally large amounts of energy, and typically having a star like image in a telescope. It has been suggested that quasars contain massive black holes and may represent a stage in the evolution of some galaxies.

The Superego relies upon the experience of the Ego and society’s norms to continue evolving. The Superego invokes the Ego to aspire to be moralistic.

~ Editor

A.A. of years long ago

Dusting off the past

(My name is Tim H. and I'm an alcoholic. I am also chairperson of the Area 32 Archives Committee with a passion for the past of which I want to share with you articles that come from books with tattered covers, frayed bindings and pages set by typewriters.

This month's blast from the past is a bi-monthly publication in a magazine format entitled 'Recovery' put in print by an A.A. group of the State Prison of Southern Michigan in Jackson. Anonymity of the authors will be respected by publishing only the initials of their first and last names.

This is a publication from the 1969 November /December issue. Permission is granted to reprint any article in this publication, providing credit is given to the source. The opinions expressed herein are those of the author and do not necessarily reflect those of A.A. as a whole, or the prison administration. This article is not edited and appears as is to honor its authenticity)

Let's take prison AA

to the free world. When an alcoholic leaves an institution he feels alone and becomes depressed very easily. This feeling could be easily eliminated if he would contact the nearest AA group in his area.

Only in an AA group can he really find the help he needs in combating his disease. Many ex-cons are afraid to enter an AA club after they are released from an institution. Why are they afraid, you say? Well, after a person is removed from society for two, three, or more years he becomes very self-conscious; he feels everybody is watching him; he feels society doesn't want him; he feels society doesn't trust him.

For this reason the ex-con alcoholic feels AA doesn't want him. This isn't the true feelings of society or AA but nevertheless the ex-con feels this way. So unfortunately, many of the ex-con alcoholics hit the bottle and eventually return to prison.

What can be done to change this? I believe it's time for us to bring the convict AA member to AA in the free world. Think of how much society and the inmate would benefit by having inmates as guests to their club. The inmate would learn what AA is all about in the free world and he could see that AA does want the ex-con with an alcoholic problem. This would be a tremendous asset to him when he is

released from prison. Society would benefit by seeing an inmate better himself through AA and hearing him tell what alcohol did to him.

After hearing a convict talk, people in society would know he is trying to find a way to live within the laws of our society.

Many other states are letting inmates attend outside meetings. The Federal Government is finding this idea a great success. Isn't time Michigan tries it?

Editor

What is to happen to us when we leave the locks and forced sobriety?

Some day we will go home. The doors will open and the freedom and alcohol will be there for the taking.

WHAT WILL WE DO?

Will the fact that we are on equal footing with the alcoholics who have been living all the while in the same world with the demons of their woes ... alcohol?

Will the fact that we have been 'good' AA members while in prison be enough of a start for us to stand against the temptations of drinking, a habit long possessed and long denied?

I am not saying that we will not have the strength and will power to abstain, but will it be harder for us who have been made to remain sober by the fact that we could not do otherwise?

You and I must ask this important question of ourselves or live in constant doubt.

Unsigned

Asst. editor speaks

It gives me great pleasure this month to be able to write the editorial for the Recovery magazine. As assist. editor I have the pleasure to work with L.T.

If I may say, and I will anyway, I truly feel the A.A. group could not have picked a better man for the job of editor. Not only has L.T. had the experience as an editor, but has been an A.A. member for a decade or more.

Along with the editor, we of the S.M.P.A.A. group have a new sponsor! He is a man I feel will give his best to help our group grow. I wish to dedicate this issue to both the editor and to the sponsor.

So, to Mr. D.T., sponsor, and also L.T., editor,, I say Hats Off! Keep up the good work, man!

Asst. editor L.B.

If you feel that your sobriety means as much to you as life itself; then by all means stay sober! And the way that helps us to stay sober is by being an active member in your A.A. group!

Asst. editor L.B.

SPONSORSHIP

ALCOHOLICS ANONYMOUS began with sponsorship. When Bill W., only a few months sober, was stricken with a powerful urge to drink, this thought came to him: “You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!”

The word “sponsor” was not used then; the Twelve Steps had not been written; but Bill carried the message to Dr. Bob, who in turn safeguarded his own sobriety by sponsoring countless other alcoholics. Through sharing, both of our co-founders discovered, their own sober lives could be enriched beyond measure.

“But life was not easy for the two friends. Plenty of difficulties presented themselves. Both saw that they must keep spiritually active” Page 156, Big Book.

“For us, material well-being always followed spiritual progress; it never preceded.” Page 127, Big Book. “If you think he will be shy of a spiritual remedy, ask him to look at the chapter on alcoholism.” (Chapter 3, More About Alcoholism).

Page 112, Big Book. “When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet”.

Page 25, Big Book. “Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay down the kit of spiritual tools for his inspection”. Page 95, Big Book.

What does A.A. mean by sponsorship? To join some organizations, you must have a sponsor — a person who vouches for you, presents you as being suitable for membership. This is definitely not the case with A.A. Anyone who has a desire to stop drinking is welcome to join us!

In A.A., sponsor and sponsored meet as equals, we first begin to attend A.A. meetings, we may feel confused and sick and apprehensive. Although people at meetings respond to our questions willingly, that alone isn’t enough. Many other questions occur to us between meetings; we find that we need constant, close support as we begin learning how to “live sober.”

So we select an A.A. member with whom we can feel comfortable, someone with whom we can talk freely and confidentially, and we ask that person to be our sponsor.

Sponsorship can also mean the responsibility the group as a whole has for helping the newcomer.

How should a sponsor be chosen?

The process of matching newcomer and sponsor is as informal as everything else in A.A. Often, the new person simply approaches a more experienced member who seems compatible, and asks that member to be a sponsor. Most A.A.s are happy and grateful to receive such a request.

May a newcomer have more than one sponsor?

Many feel it is best for a newcomer to have only one sponsor. Choosing one sponsor helps to avoid the precarious practice of a newcomer going from sponsor to sponsor seeking the advice he or she wants to hear.

May a newcomer change sponsors?

We are always free to select another sponsor with whom we feel more comfortable, particularly if we believe this member will be more helpful to our growth in A.A.

Is it ever too late to get a sponsor?

No. An A.A. who has been in — or “around” the Fellowship for many years often finds that getting a good sponsor, talking frankly, and listening can make the whole program open up as it never did before. Most A.A.s feel that sponsorship is a vital part of their ongoing growth and progress in recovery, including persons who have long term sobriety.

What does a sponsor do and not do?

DO’s

- A sponsor does everything possible, within the limits of personal experience and knowledge, to help the newcomer get sober and stay sober through the A.A. program.
- Shows by present example and drinking history what A.A. has meant in the sponsor’s life.
- Encourages and helps the newcomer to attend a variety of A.A. meetings — to get a number of viewpoints and interpretations of the A.A. program.
- Suggests keeping an open mind about A.A. if the newcomer isn’t sure at first whether he or she is an alcoholic.
- Introduces the newcomer to other members.
- Sees that the newcomer is aware of A.A. literature, in particular the Big Book, Twelve Steps and Twelve Traditions, and Grapevine, As Bill Sees It, Living Sober, and suitable pamphlets.
- Is available to the newcomer when the latter has special problems.
- Goes over the meaning of the Twelve Steps, and emphasizes their importance.

(Continued on page 8).

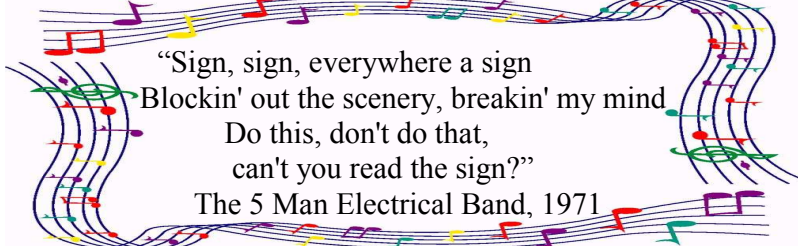
(Continued from page 7).

- Urges the newcomer to join in group activities as soon as possible.
- Impresses upon the newcomer the importance of all our Traditions.
- Tries to give the newcomer some picture of the scope of A.A., beyond the group, and directs attention to A.A. literature about the history of the Fellowship, the Three Legacies, the service structure, and the worldwide availability of A.A. — wherever the newcomer may go.
- Explains the program to relatives of the alcoholic, if this appears to be useful, and tells them about Al-Anon Family Groups and Alateen.
- Quickly admits, “I don’t know” when that is the case, and helps the newcomer find a good source of information.
- The sponsor encourages the newcomer to work with other alcoholics as soon as possible, and sometimes begins by taking the newcomer along on Twelfth Step calls.

DON'Ts

- Never takes the newcomer’s inventory except when asked.
- Never tries to impose personal views on the newcomer. A good sponsor who is an atheist does not try to persuade a religious newcomer to abandon faith, nor does a religious sponsor argue theological matters with an agnostic newcomer.
- Does not pretend to know all the answers, and does not keep up a pretense of being right all the time.
- An A.A. sponsor does not offer professional services such as those provided by counselors, the legal, medical or social work communities, but may sometimes help the newcomer to access professional help if assistance outside the scope of A.A. is needed. The sponsor underscores the fact that it is the A.A. recovery program — not the sponsor’s personality or position — that is important. Thus, the newcomer learns to rely on the A.A. program, not on the sponsor. A sponsor well-grounded in the A.A. program will not be offended if the newcomer goes to other A.A. members for additional guidance or even decides to change

sponsors



Types of Sponsors:

- 1) The A.A. Group acting as a temporary sponsor until the newcomer finds one of his own.
- 2) An A.A.'er who has been asked to become a sponsor. Not all A.A.'s are comfortable with being a sponsor. I know one who has over thirty years of real, solid, dedicated sobriety who reaches out and does service work galore. But if asked to be a sponsor will reply, “No, I won’t be your sponsor, but I will share my sponsor with you, God.”
- 3) Service Sponsor. This is an A.A.'er who has done much, and varied kinds of service work that can guide another to the types of service work needed, and provide the introductions of others doing the same. So just what is service work? In a nutshell, it is working with others, who are working with others. So a Twelfth Step call made by two or more is service work. Making coffee, being a greeter at a meeting, chairing a meeting, all these people work together to have a meeting that is comfortable, secure and harmonious. That is a type of service work.
- 4) Then there is the fourth kind which is not talked about at all in the pamphlet Questions and Answers On Sponsorship nor the Big Book. I sat in a meeting one morning, next to my sponsor, and the day’s topic was sponsors. What he said brought reality to me. I had become complacent, had life by the tail now, was out of legal problems, and had improved relationships, new friends. What he said is this, “Then there is the fourth kind, the sponsor who never receives a phone call from his sponsee anymore.” Right off my blood pressure went up, my indignation arose; my biting of the inside of my cheek to keep quiet was getting painful. It’s a two way street I wanted to yell out! But if I shut down my side of the street, is it really two ways anymore?

Much of this information on pages 7 and 8 came out of, or was paraphrased from, the Pamphlet, Questions and Answers on Sponsorship, P-15. Reprinted with A.A.W.S. permission. The rest is the editor’s commentary from an Open Talk on 6-16-2018.

GOODWOOD UNITED CHURCH
FREE COFFEE
EVERLASTING LIFE
YES MEMBERSHIP HAS
ITS PRIVILEGES
SERVICE 9:30 AM-11:00 AM REV. CLARENCE LUSH, M.D.

THE CASHIERS
AROUND HERE
ARE ALWAYS
CHECKING
ME OUT

*Congratulations
you made it
out of bed*

WHY ARE ANTEATERS
NEVER SICK
THEY RE FULL OF
ANTY BODIES



EAT HERE
OR
WE WILL
BOTH
STARVE

NEVER IRON A
FOUR LEAF CLOVER
YOU DON'T
WANT TO PRESS
YOUR LUCK!
UnKNOWN PUNster @2018

PLEASE CANCEL
MY SUBSCRIPTION
TO YOUR
ISSUES

HAUNTED FRENCH
PANCAKES
GIVE ME
THE CREPES

GO AHEAD
DRINK AND DRIVE
↗ 🚗 JAIL
↖ ♿ HOSPITAL
→ ☠️ MORGUE

COLD?
CHECK OUT
A BOOK!
YOU'LL STILL
BE COLD
BUT YOU'LL
HAVE A BOOK

LOOKING BACK
I REALLY HURT
MY NECK

BIG SHOUT OUT
TO MY FINGERS
I CAN ALWAYS
COUNT
ON THEM

CAN'T GET UP
TO VOTE?
YOU MAY HAVE
ELECTILE
DYSFUNCTION

IRONY.
THE OPPOSITE
OF
WRINKLY

NATIONAL
APATHY SOCIETY
BECOME A MEMBER
OR NOT
WE DON'T CARE

HANDLE HOLIDAY STRESS
LIKE A DOG, IF YOU CANT
EAT OR PLAY WITH IT THEN
PEE ON IT & WALK AWAY

IF YOU GET LOCKED
OUT, TALK TO
THE LOCK CALMLY
COMMUNICATION
IS THE KEY

Follow Grapevine and La Viña on Instagram!

We are happy to announce that following the 2021 General Service Conference action, AA Grapevine, Inc. will be starting Instagram accounts for both AA Grapevine and La Viña magazines.

Our launch date is July 7, 2021. You'll be able to see our Daily Quote each morning, know when our new magazine issues release, learn about new books and be inspired by both AA pioneers and today's members.

We hope that through Instagram we'll help members stay connected to Grapevine and La Viña, and to AA as a whole, by finding inspiration when engaging with this social media platform. We also hope to attract those who might benefit by learning more about Alcoholics Anonymous.

To follow us on Instagram, use these addresses starting on July 7, 2021:

@alcoholicsanonymous_gv

@alcoholicosanonimos_lv

¡Sigue a Grapevine y La Viña en Instagram!

Nos complace anunciar que después de la acción de la Conferencia de Servicios Generales del 2021, AA Grapevine, Inc. abrirá cuentas de Instagram para las revistas AA Grapevine y La Viña.

Nuestra fecha de lanzamiento es el 7 de julio del 2021. Podrás ver nuestra Cita Diaria cada mañana, saber cuándo se publican las nuevas ediciones de nuestra revista así como la publicación de libros nuevos, y tomar inspiración tanto de los pioneros de AA como de los miembros de hoy.

Esperamos que a través de Instagram podamos ayudar a los miembros a mantenerse conectados con Grapevine y La Viña, y con AA en su conjunto, al encontrar inspiración por medio de la interacción con esta plataforma de redes sociales. También esperamos atraer a aquellos que podrían beneficiarse aprendiendo más sobre Alcohólicos Anónimos.

Para seguimos en Instagram, use estas cuentas a partir del 7 de julio de 2021:

@alcoholicosanonimos_lv

@alcoholicsanonymous_gv

Need help with customer service?

Call 800 631-6025 (English), 800 640-8781 (Spanish), 818 487-2093 (French) or email: customerservice@aagrapevine.org | preguntas@aagrapevine.org

It's either Ego, Id, or Superego

An Ego and a Super Ego walk into a bar
The bartender says "I can't serve you without ID."

I went to the psychologist to treat my big ego.
I think it worked, I'm feeling much better than all of
you today.

I used to have a major ego problem.
But since I got rid of it I'm pretty much perfect.

A woman who lived next door to a preacher was
puzzled by his personality change. At home he was
shy, quiet and retiring, but in the church he was a real
fire orator, rousing the masses in the name of God. It
was as if he were two different people.

One day she asked him about the dramatic
transformation that came over him when he
preached.

"Ah," he said, "That's my altar ego."

Had a fake ID made.

Now I have an extra identity, Justin Case.

This is in memory of Dick Rose, who always
reminded me, "Free Haircuts Tomorrow!"

I just saw a guy running down the road with a
cape on, I shouted "Are you a Superhero?"
He replied "No!! I haven't paid for my haircut!!!"

When I become a superhero, I'm going to call
myself "Ironic".

So when there's trouble & I'm running away,
people will be like "Isn't that ironic?!"

A mother and daughter are in the doctor's office,
and he asks, "Okay, what seems to be the problem?"
The mother says, "It's my daughter. She gets these
cravings; she's put on weight and is sick most
mornings." The doctor nods his head, examines the
patient, then says to the mother, "Only one way to say
this, but she's pregnant."

The mother says, "She can't be, she has never
ever been left alone with a man! Have you, Dear?"
"No mom! I've never even kissed a man!" The
Doctor walks over to the window and just stares out
of it. A few minutes later, the mother says, "Is there
something wrong out there, Doctor?" The



Doctor replies, "No, not
really, it's just that the last
time this happened, a star
appeared in the East and
three wise men came over
the hill. I'm not going to miss
it this time! "
(This is called diplomacy).

~ Editor

AS BILL SEES IT

Toward Honesty

The perverse wish to hide a bad motive
underneath a good one permeates human affairs
from top to bottom. This subtle and elusive kind of
self-righteousness can underlie the smallest act or
thought. Learning daily to spot, admit, and correct
these flaws is the essence of character-building and
good living.

<<<<<<>>>>>>

The deception of others is nearly always rooted
in the deception of ourselves.

<<<<<<>>>>>>

Somehow, being alone with God doesn't seem as
embarrassing as facing up to another person. Until
we actually sit down and talk aloud about what we
have so long hidden, our willingness to clean house
is still largely theoretical. When we are honest with
another person, it confirms that we have been honest
with ourselves and with God.

1. TWELVE AND TWELVE, pages 94-95.
2. GRAPEVINE, AUGUST 1961.
3. TWELVE AND TWELVE, page 60.

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What Jiminy Cricket said "[after Pinocchio falls
down the stage stairs during Stromboli's puppet
show] **"Go ahead, make a fool of yourself, then
maybe you'll listen to your conscience."**

AS BILL SEES IT

Daily Acceptance

"Too much of my life has been spent in dwelling upon the faults of others. This is a most subtle and perverse form of self-satisfaction, which permits us to remain comfortably unaware of our own defects. Too often we are heard to say, 'If it weren't for him (or her), how happy I'd be!'"

<<<<<<>>>>>>>

Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives. Provided we strenuously avoid turning these realistic surveys of the facts of life into unrealistic alibis for apathy or defeatism, they can be sure foundation upon which increased emotional health and therefore spiritual progress can be built.

1. LETTER, 1966.
2. GRAPEVINE, MARCH 1962.

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HAPPY, JOYOUS, AND FREE!

Alcoholic's Anonymous, page 133,
THE FAMILY AFTERWARD.
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DAILY REFLECTIONS

AUGUST 2

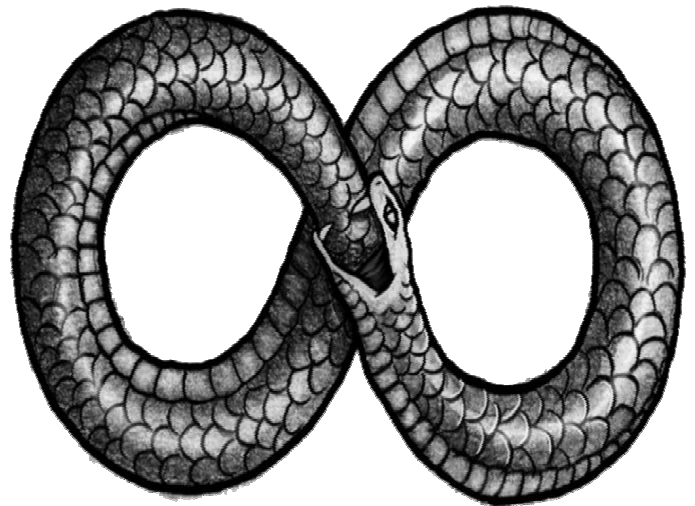
WE BECOME WILLING

At the moment we are trying to put our lives in order. But this is not an end in itself.

ALCOHOLICS ANONYMOUS, page 77.

How easily I can become misdirected in approaching the Eighth Step! I wish to be free, somehow transformed by my Sixth and Seventh Step work. Now, more than ever, I am vulnerable to my own self-interest and hidden agenda. I am careful to remember that self-satisfaction, which sometimes comes through the spoken forgiveness of those I have harmed, is not my true objective. I become willing to make amends, knowing that through this process I am mended and made fit to move forward, to know and desire God's will for me.

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THIS IS NOT AN END IN ITSELF.

Rent-A-Sponsor

- Are you tired of being told like it is?
- Still looking for that easier, softer way?
- Had enough of that same old time-tested direction?

No Reading! No Writing! No Deadlines!

STANDARD FEATURES INCLUDE:

- *Listening to your sniveling without constant reference to the Big Book or Steps!
- *Co-signing your excuses and rationalizations!
- *Work only the Steps you want, in the order you choose!
- *Learn the secret of giving it away before you even have it!
- *Why "walk the walk" when you can just "talk the talk?"
- *Remember, it's better to look good than to feel good!
- *Why save your ass at the cost of losing your face?

**FOURTH STEP WRITING SERVICE NOW AVAILABLE
YES, WE WILL WRITE YOUR INVENTORY FOR YOU**

**Yes, at Rent-A-Sponsor we know how
unique you are and we do understand!**

HALF MEASURES ARE OUR SPECIALTY!

Call 1-900-O-POOR-ME or 1-900-POUR-ME-1

**Call now and receive a free copy of
"Staying Sober on War Stories Alone"!**

Elvin Morton Jellinek (1890-1963) was an important figure in the research of alcohol and addiction in the post-prohibition era. Known as “Bunky” by his close friends, Mr. Jellinek is probably best known as the modern father of the disease concept of alcoholism. His work is still well known and respected with the Jellinek Memorial Fund Award being rewarded yearly to a scientist who has made an outstanding contribution to the advancement of knowledge in the alcohol/alcoholism field.

Dr. Jellinek published many monumental scientific articles and books on addiction. One of his most important published books is Disease Concept of Alcoholism (Hillhouse Press, New Haven, Conn., 1960).

The Jellinek Memorial Fund Award

Jellinek was one of the earliest pioneers of the disease model of addiction. His work was monumental at the time and helped to change the way that addiction and recovery are viewed and treated today. Jellinek noticed patterns in the progressive trajectory of addiction and came up with three distinct phases of addiction. They are crucial, chronic and rehabilitative stages of addiction. Other charts added or changed phases in accordance with the publishers’ beliefs but all. His work showed how the disease progressed with time.

It took Jellinek 12 years to fully research and develop his work and come up with the Jellinek Curve. Through his work, treatment centers, providers and programs worldwide were given an outline of the addicts decline.

The Jellinek Curve is a useful tool to show the universal destructive patterns of addiction so we can better understand our addictions and turn our life towards recovery. The curve shows how addiction is progressive.

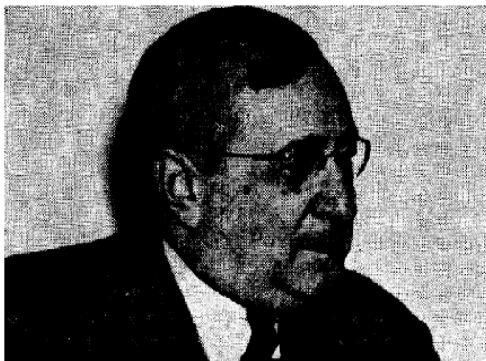
The Jellinek Curve is not meant to be a diagnostic tool, but rather an educational and motivational one. It reminds us of where we have been and where we are going.

The Jellinek Curve shows the common way addictions progresses. It was no single thing that made one an addict but was many stages and symptoms. The same is true with recovery. This is true of all addictions whether gambling, porn, drugs or alcohol. The addiction starts as habit and then progresses into a destructive patterns that can finally hit bottom and start an upwards path towards recovery and sobriety.

One can not think of the Jellinek Curve without recognizing the equally important work and monumental work of the British psychiatrist Max Glatt. Jellinek actually only came up with half of the curve even though it has his name. Jellinek’s work recognized the universal trajectory and patterns in the downhill portion of The Curve which outlined the stages of addiction. Glatt modified the Jellinek Curve by including the upper arc of the curve and outlining rehabilitation stage of addiction. Glatt recognized that people in recovery also have universal patterns. One can not understand addiction if there were no understanding of recovery as well.

Glatt’s work gave us a more complete understanding of addiction and recovery that allows us to make full use of the Jellinek Curve while seeking recovery from our addictive behaviors.

A person needs to understand how their addiction developed in the first place, what steps they can take to recover, and how they can maintain sobriety and avoid relapse before one can really be successful with treatment process.

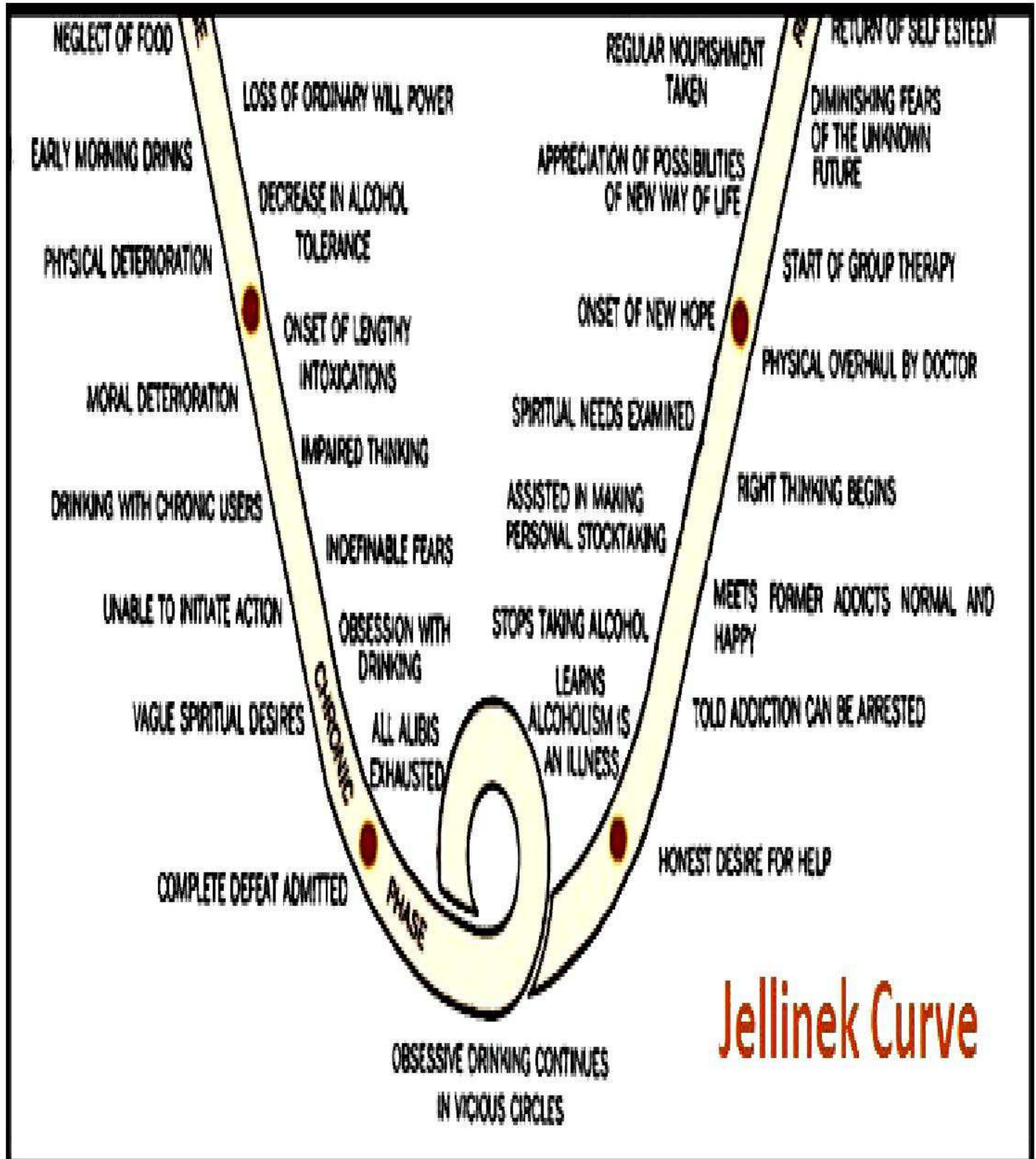


Elvin Morton "Bunky" Jellinek,
15 August 1890 – 22 October 1963
E. M. Jellinek was a biostatistician, physiologist,
and an alcoholism researcher, fluent in nine
languages and able to communicate in four others.



Dr Max Meier Glatt,
26 January 1912 – 14 May 2002
Perhaps more than anyone else, he was
responsible for a change in attitude - from one
that regarded alcoholics as nuisances to one
that saw them as patients requiring treatment.

The Jellinek Curve is a useful tool to show the universal destructive patterns of addiction so we can better understand our addictions and turn our life towards recovery. The curve shows how addiction is progressive. The Jellinek Curve is not meant to be a diagnostic tool, but rather an educational and motivational one. It reminds us of where we have been and where we are going.

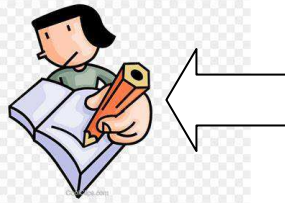




Heard it *'Round the Rooms!*

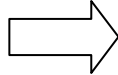


I HAVE SUFFERED FROM BEING MISUNDERSTOOD, BUT I WOULD HAVE SUFFERED A HELL OF A LOT MORE IF I HAD BEEN UNDERSTOOD.



I usually bring a notebook to my meetings and have a (somewhat small but growing) collection of quotes or interesting things said in meetings. I'll share one I heard tonight that I could relate to. "The only time I refused a drink was because I misunderstood the question."

I once said something when I was new to an old timer which began with "In my opinion...", and he stuck a finger in my chest and (JOKINGLY) said "The only opinion in the Big Book is the Doctors!"



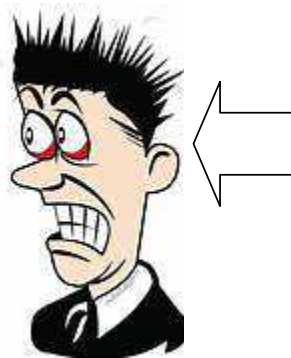
THE DOCTORS OPINION



WE OF Alcoholics Anonymous believe that the reader will be interested in the medical estimate of the plan of recovery described in this book. Convincing testimony

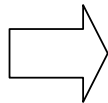


????



A comment I used to hear all the time is "Everything's subject to change without notice." and of course " Became unduly alarmed" followed by "You're never too late."

A friend of mine (who graduated Sober to whatever's next in May) was known for his adaptation of the Power Company's slogan. He would advise his sponsees..."Call before you Dig"



Who Ya Gonna Call?



I have no idea what really happened because I was there.

I am pretty sure I heard this one from Tommy S:
"We don't shoot our wounded."

How about "Don't believe your own magnificent BS" :)

One of my favorites is "I never suffer as much as when trying to avoid suffering"

I like: "You can't fix a broken tool with a broken tool"

This disease wants me dead, but it will settle for me dead drunk.

UPDATED: AUG 29, 2018 ORIGINAL: FEB 3, 2016

What Was the Gordian Knot?

EVAN ANDREWS

The term “Gordian Knot,” commonly used to describe a complex or unsolvable problem, can be traced back to a legendary chapter in the life of Alexander the Great.



As the story goes, in 333 B.C. the Macedonian conqueror marched his army into the Phrygian capital of Gordium in modern day Turkey. Upon arriving in the city, he encountered an ancient wagon, its yoke tied with what one Roman historian later described as “several knots all so tightly entangled that it was impossible to see how they were fastened.”

Phrygian tradition held that the wagon had once belonged to Gordius, the father of the celebrated King Midas. An oracle had declared that any man who could unravel its elaborate knots was destined to become ruler of all of Asia.

According to the ancient chronicler Arrian, the impetuous Alexander was instantly “seized with an ardent desire” to untie the Gordian knot. After wrestling with it for a time and finding no success, he stepped back from the mass of gnarled ropes and proclaimed, “It makes no difference how they are loosed.” He then drew his sword and sliced the knot in half with a single stroke.

In another version of the legend, he simply pulled out a lynchpin running through the yoke, loosening the knot enough that he was able to unfasten it. Whatever method he used, the young king was immediately hailed as having outsmarted the ancient puzzle. That same night, Gordium was rocked by a thunder and lightning storm, which Alexander and his men took as a sign that he had pleased the gods. True to the prophecy, he went on to conquer Egypt and large swaths of Asia before his death at age 32.

Thanks to the enduring popularity of the Alexander fable, the phrase “Gordian knot” has entered the lexicon as shorthand for an intricate or intractable obstacle. One of its earliest appearances came in the Shakespeare play Henry V, where the titular character is praised for his ability to “unloose” the Gordian knots of politics. Likewise, the saying “cutting the Gordian knot” is now commonly used to describe a creative or decisive solution to a seemingly insurmountable problem.

November 27, 2017

Quote of the Week

Willingness is the key.

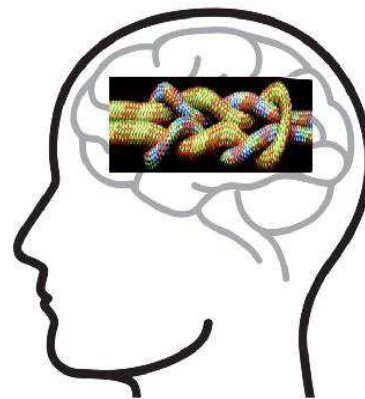
I was one big Gordian knot of self-will when I got to the program. I bristled at your suggestions to attend meetings every day, and took offense at many of my sponsors directions. I was too good to sweep the floors, and had no interest in shaking peoples hands as a greeter. I was going to do the program my way, and when I did, I was drunk a short time later.

When I took Step One again, my sponsor asked me if I was willing to try things the A.A. way. I grudgingly admitted that I was. Secretly, however, I didn't think I could do Step Three you know, the God Step. As I vacillated between avoidance and outright resistance, my sponsor asked me if I was willing to believe in a Power Greater than myself. I said I was, and that was all it took. As the Big Book says, with the door to faith opened only slightly, God would help me open it more and more.

As I made my way through the Steps, I repeatedly had to call upon the tool of willingness. At Steps Six and Seven, there were some character defects I was not going to let go of. Gently, my sponsor listened to my resistance then asked me, Are you at least willing to be willing? I admitted I was. Then simply pray for that. As I prayed, I felt the door open just slightly, and as it did, my Higher Power opened it some more. Eventually, I walked through those open doors to freedom and to a new life.

***Willingness was the key to my recovery,
and it remains
the key to my happiness today.***

From: <https://aa.activeboard.com/t64151659/wisdom-of-the-rooms-11-27/>



“After all, our problems were of our own making.”

Alcoholics Anonymous, page 103,

WORKING WITH OTHERS.

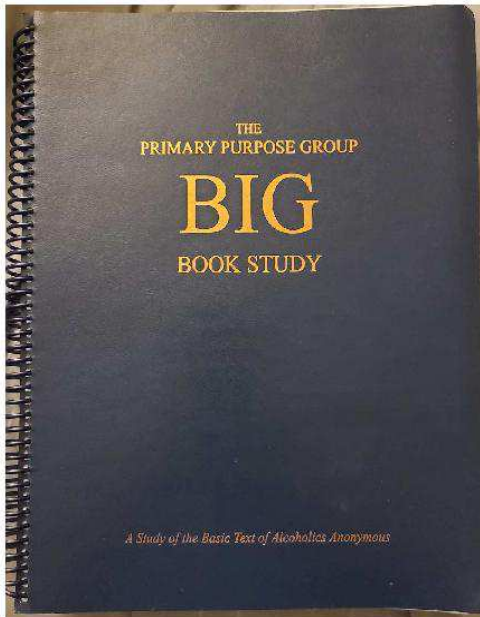
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The Editor's Animadversion to THE PRIMARY PURPOSE GROUP BIG BOOK STUDY GUIDE

"Animadversion Has Latin Roots. Animadversion comes ultimately from the Latin phrase *animus advertere*, meaning "to turn the mind to." It is easy to see how we also get "adverse" and "adversary" from "advertere," especially when we remember that "to turn to" easily becomes "to turn against." Other English words descended from "advertere" include *advert*, meaning "to turn the attention (to) or "to make reference (to)," and "advertise." From <https://www.merriam-webster.com/dictionary/animadversion>.

With the previous definition in mind, this article and source of study comes with no critical criticism at all. It is in line with the thoughts of "to turn the attention (to)" and "to make reference (to)".

This resource was made known to me by Bill W's friend Mike T., who encountered it during an A.A. meeting in Island Lake, IL. It is with great thanks and appreciation that I give credit to Mike for his invaluable help in carrying the message.



THE PRIMARY PURPOSE GROUP **BIG** BOOK STUDY GUIDE

A Study of the Basic Text for
Alcoholics Anonymous

This book belongs to:

The Big Book Study Guide was developed by the Primary Purpose Group of Dallas. The purpose of the Study Guide is to enable the student to better understand the information the authors of the book, Alcoholics Anonymous, intended to impart to each of us based on their experience and knowledge of alcoholism and their Program of Recovery.

A downloadable .pdf version can be found at <https://ppgaadallas.org/study-guide-foundation>

I encourage any and every one to do so.

Excerpts from this Service Work will become a tool of the F.A.U.C. Newsletter until either the source, or the editor, are exhausted.

PREFACE

There is evidence that alcoholism has been around since the beginning of recorded history. Noah gave good signs of possibly having a problem with alcohol after the Great Flood. He reportedly drank of the wine and passed out naked in his tent. But only twice in the history of mankind has there been a group of serious drinkers who figured a way to stay physically sober.

The first of these were the Washingtonians. They stayed away from drink by having meetings and telling their stories. They had no program to live by nor did they have a set of guidelines for the conduct of their Fellowship. As the result of these deficiencies, they lasted only a very short time. The life span of that Fellowship was approximately ten years -- from 1840 to somewhere around 1850.

The other group of alcoholics, successful in sobriety, is known as Alcoholics Anonymous. By God's grace and mercy, the Founders of this Fellowship were given a very practical Program of action which assures permanent emotional sobriety. They also learned, through success and failure, how to preserve the Fellowship which is vital to those suffering alcoholics not yet reached.

Our Founders learned from the mistakes of the Washingtonians and the alcoholics who had died, ignoring the mistakes of others who had failed. This book, *Alcoholics Anonymous*, was written to provide each of us with an opportunity to learn how to live and enjoy life and how we may protect the future of this Fellowship.

In this Text Book for permanent sobriety, we find the Twelve Steps of Alcoholics Anonymous, which assure a method of escaping death by drinking or permanent insanity for chronic alcoholics. We also are given the Twelve Traditions of Alcoholics Anonymous, which assure the unity, survival and growth of the Fellowship, so necessary for most alcoholics seeking a solution for their problems.

FOREWORD TO THIS STUDY GUIDE

The purpose of this Study Guide is to enable the student to understand the information the authors of the book, *Alcoholics Anonymous*, intended to impart to each of us based on their experience and knowledge of alcoholism and their Program of Recovery. It can be used by an individual or by a group. This Guide is intended to examine the content of virtually every sentence in the basic text of the Big Book.

The beginning of a paragraph is identified by the letter (P) preceding the number of the first question of that paragraph. Some sentences contain more than one important piece of information that we will want to consider. To indicate these sentences, the questions will be indented with the number of the question followed by a lower case letter (i.e. 8-a, 8-b, 8-c, etc.). The number of the question is repeated to indicate that we are still in that one sentence.

The study begins with the "dust jacket." The "dust jacket" is reversible. On one side is the title of the book and the other side is blank so persons wishing to maintain their anonymity can simply turn it over and re-cover the book in "plain white paper."

The titled side also tells us what the book *Alcoholics Anonymous* is to members of the Alcoholics Anonymous Fellowship. In the lower right-hand corner it reads, "This is the Third Edition of the Big Book, the Basic Text for Alcoholics Anonymous." A similar statement is made in the middle of the Fourth Edition dust cover. The "Basic Text" for any subject contains the experience and knowledge of the authors so that the student can establish a foundation of understanding in and of the subject. The authors of this Basic Text Book, *Alcoholics Anonymous*, present their experience and knowledge of the Problem - Alcoholism, the Solution - God, *as we understand Him*, and the Practical Program of Action they followed that will produce recovery from alcoholism (The Twelve Steps of Alcoholics Anonymous). They did such a perfect job that members of the Fellowship of Alcoholics Anonymous have been unable to improve the effectiveness of this book in the Second

FOREWORD TO THIS STUDY GUIDE

and Third Editions -- a remarkable truth considering that the first principal author had only four years of sobriety. The second principal author had three and one-half years. The rest of the authors had even less.

This book also contains the Twelve Traditions so very vital to the survival of the Fellowship. So long as our individual groups stay within the boundaries of the Twelve Traditions, the Fellowship of Alcoholics Anonymous will flourish.

Since the students and practitioners of this Text Book rarely, if ever, return to drinking, its true authorship must have been derived from a Higher Power. It has proved to provide a Solution to all our problems. This fact is demonstrated by the large number of Fellowships that have borrowed and adapted our Twelve Steps and Twelve Traditions to find a solution to their particular problems which have nothing to do with drinking.

It isn't enough to just have faith. We must also do good works to prove we have faith. Faith that doesn't show itself by good works is no faith at all; it is dead and useless. This Book provides clear-cut directions on what we must do to have that faith. It does not fail.

Since Bill W. was so precise in the use of the English language in his authorship of this Book, it is a good idea to keep a dictionary nearby. For example, the real problem of the chronic alcoholic is the "insidious insanity" that leads to the first drink. According to Webster, circa 1936:

- insidious** - awaiting a chance to ensnare.
 - ensnare** - to lure, entice or capture.
 - insanity** - state of being insane, unsoundness of mind, derangement of mind esp. without recognition of one's illness
-

I was at the Otter Lake meeting one Sunday evening and the topic of discussion was the 3rd Step. Having had one of the Fellowship read the 3rd Step Prayer out of the Big Book, the question was asked, "Why do you think alcohol was not mentioned in that prayer as we are alcoholics?" Gainful insights lead to the conclusion that the "bondage of self" was the inherent problem we faced. Be it alcohol, drugs, women, fast cars, workaholism, the no balance in family life, the bondages seemed endless. All of them seemed but symptoms of the bondage to an inner unbalanced self.

A day later I get a text from Mile T., who is out of state (but not out of mind) and he introduced me to this work study book. Now I thought to myself, these three things. 1) It is no coincidence here, but according to His plan. 2) "Surely this was the answer -- self-knowledge." Big Book, page 7, BILL'S STORY. **Now I had to gain some.** 3) "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs." Big Book, page 60, HOW IT WORKS.

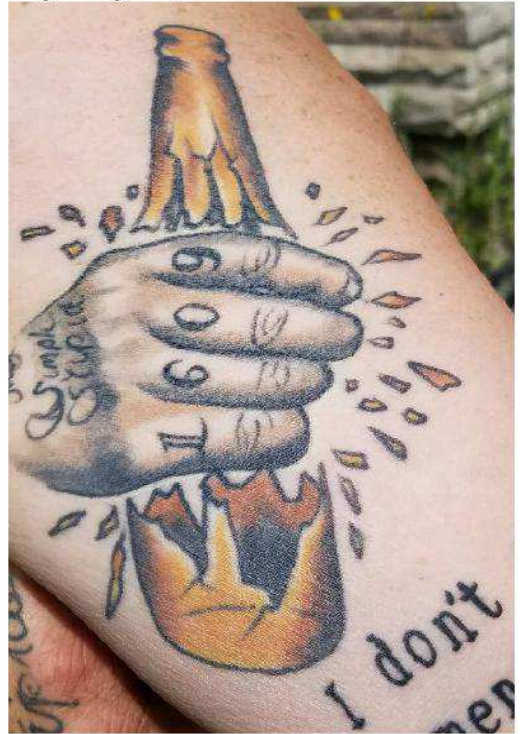
THE PRIMARY PURPOSE
GROUP BIG BOOK STUDY
GUIDE, page 80.

MORE ABOUT ALCOHOLISM

(Page 30)

- (P) 1. What are most alcoholics unwilling to admit?
 - 2. What would nobody like to think?
 - 3. What do our drinking careers demonstrate?
 - 4. What is the great obsession of every alcoholic?
 - 5. What is astonishing in the life of an alcoholic?
 - 6. Where does the obsession or the illusion take many of us, in fact, most of us?
- (P) 7. What did we learn that is absolutely necessary for success in sobriety?
 - 8. Why is this so important?
Comment: Until the problem is completely understood, the solution will be out of reach.
 - 9. Like the obsession and illusion, what must happen to the delusion?
- (P) 10. One more time, what is the alcoholic's problem?
 - 11. What do we know?
 - 12-a. What have all of us believed on occasions?
 - 12-b. Where did this lead us?
Comment: When we speak of a "bottom," is it a set of external events or just a single emotional event within each of us?
 - 14. Of what are we convinced?
 - 15. Will it get better?
- (P) 16-a. Who are we compared to?
 - 16-b. Why?
- 18. What treatment will let us become like other people where drinking is concerned?

1. What are most alcoholics unwilling to admit?
"... we were real alcoholics."
2. What would nobody like to think?
"... he is bodily and mentally different from his fellows."
3. What do our drinking careers demonstrate?
"... have been characterized by countless vain attempts to prove we could drink like other people."
4. What is the great obsession of every alcoholic?
"The idea that somehow, someday he will control and enjoy his drinking..."
5. What is astonishing in the life of an alcoholic?
"The persistence of this illusion..."
6. Where does the obsession or the illusion take many of us, in fact, most of us?
"Many pursue it into the gates of insanity or death."
7. What did we learn that is absolutely necessary for success in sobriety?
"... we had to fully concede to innermost selves that we were alcoholics."
8. Why is this important?
"This is the first step in recovery."
9. Like the obsession and illusion, what must happen to the delusion?
"The delusion that we are like other people, or presently may be, has to be smashed."
10. One more time, what is the alcoholic's problem?
"We alcoholics are men and women who have lost the ability to control our drinking."
11. What do we know?
"... that no real alcoholic ever regains control."
- 12-a. What have all of us believed on occasions?
"All of us felt at times that we were regaining control."
- 12-b. Where did this lead us?
"... but such intervals-usually brief-were inevitably followed by still less control..."
14. Of what are we convinced?
"... to a man that alcoholics of our type are in the grip of a progressive illness."
15. Will it get better?
"Over any considerable period we get worse, never better."
- 16-a. Who are we compared to?
"We are like men who have lost their legs..."
- 16-b. Why?
"... they never grow new ones."
18. What treatment will allow us to become like other people where drinking is concerned?
"Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other men."

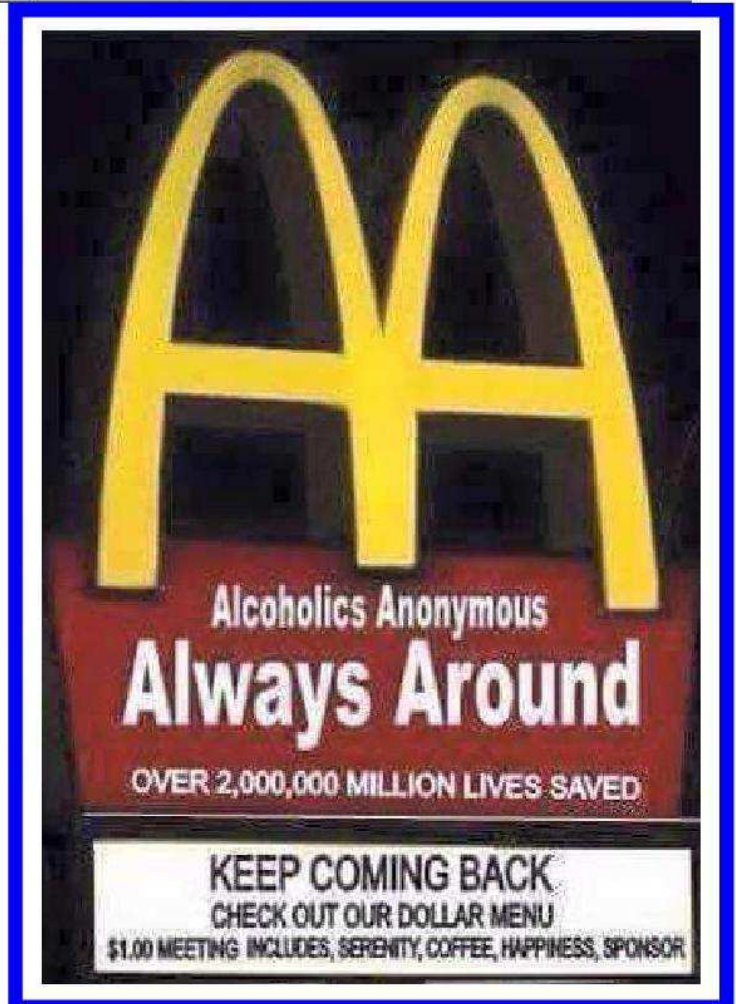


All quotes in *italics* from Alcoholics Anonymous, page 30, MORE ABOUT ALCOHOLISM. Reprinted with A.A.W.S. permission.

HAPPY WIFE; HAPPY LIFE!?

A man and his wife were awoken at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.
“Not a chance,” says the husband, “it is 3:00 in the morning!” He slams the door and returns to bed.
“Who was that?” asked his wife. “Just some drunk guy asking for a push,” he answers.
“Did you help him?” she asks. “No, I did not, it is 3:00 in the morning and it is pouring rain out there!”
“Well, you have a short memory,” says his wife. “Can’t you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!”
The man does as he is told, gets dressed, and goes out into the pounding rain.
He calls out into the dark, “Hello, are you still there?” “Yes,” comes back the answer.
“Do you still need a push?” calls out the husband. “Yes, please!” comes the reply from the dark.
“Where are you?” asks the husband.
“Over here on the swing,” replied the drunk

From: <https://toledoameetings.com/alcoholics-anonymous-jokes-aa-humor/>



“Our human resources, as marshaled by the will, were not sufficient; they failed utterly”. . . .

“Every day is a day when we must carry the vision of God’s will into all our activities.”

Alcoholics Anonymous, pages 45 85,
WE AGNOSTICS INTO ACTION.

“In addition to these casual get-togethers, it became customary to set apart one night a week for a meeting to be attended by anyone or everyone interested in a spiritual way of life.”

Alcoholics Anonymous, page 159,
A VISION FOR YOU.

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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**

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<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.

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 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

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Rosemary chicken _____ X-\$35

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 Aug. 31, 2021 \$65.00**

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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

CMIA Area 32 Assembly

August 1, 2021

Hillman Senior Center

421 Pineview Court, Hillman, MI 49746

VIA Zoom: Zoom code: 517 414 7662

Password: area32

9:00-9:30 Fellowship, coffee

9:30-9:45 Opening and Group concerns (Main)

9:45-11:00 General Service Meeting (Main)

9:45-10:30 Finance Committee (Auxiliary Rm)

10:30-11:00 DCM Meeting (Auxiliary Room)

11:00-12:00 Committee Meetings (Main Room)

12:00-12:30 Lunch

12:30-2:30 General Assembly (Main Room)

Ted (989) 429-8100

We are LIVE and in person in 2021 !



34th Annual Tri-County Conference September 10-12, 2021

The Steps We Took

Auburn Hills Marriott Pontiac

Scan for event info



**4p Friday
Kickoff
Panel !**

CONFERENCE REGISTRATION

AA & Al-Anon ~ \$20 through 8/27

\$25 after 8/27

Alateen ~ \$5 flat rate all weekend

Reserve online at tricityconference.org

SATURDAY NIGHT BANQUET

\$40 banquet ticket includes your meal and *priority seating* for all main speakers!

HOTEL

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hotel questions ~ 248-253-9800

Speakers

Panel
Discussions

Alkathon

Literature

Banquet

Fellowship

Welcome to our main speakers!

Don M. (Louisville, KY)

Michael D. (Sioux Falls, SD)

Cyndi M. (Louisville, KY)

Al-Anon Speaker TBA

100% of the proceeds from the Tri-County Conference go to support our local AA Intergroup offices in Detroit, Ferndale, and Pontiac!

Thank you for your support!

AA AL-ANON ALATEEN GUEST HH/DEAF

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- Saturday Night Banquet..... \$40
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