

# Flint Area Unity Council



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



Reaching Out to the A.A. Community since October 2015, Volume 1; Issue 1. It's been a collaborative effort of editor's, co-editors, article submitters, and YOU the readers and donators that made it possible to Carry The Message with our public relations policy based on attraction rather than promotion for six years.

“...join us on the high road to a new freedom.”<sup>1</sup> “...this concept was the keystone of the new and triumphant arch through which we passed to freedom.”<sup>2</sup> “Many a man ... has stepped...into freedom ...”<sup>3</sup> “They spoke with great freedom ...”<sup>4</sup> We ask especially for freedom from self-will...”<sup>5</sup>

Step Nine: “Made direct amends to such people wherever possible, except when to do so would injure them or others.”<sup>6</sup>

“Making amends may seem like a bitter pill to swallow, but for those serious about recovery, it can be good medicine for the spirit and the soul.

“Step 9 is another one of the 12 steps, that initially appears most difficult, but the rewards of putting this principle into practice can be immense. The spiritual principle involved is that of forgiveness, not only from others but forgiveness of self, which can bring healing to both parties.”<sup>7</sup>

“You can't put a price on peace of mind, and in my own words I would define it as *'freedom from all unresolved mental issues'*.

“This step does carry a condition—except when to do so would injure them or others. The benefit of making amends to the recovering person does not outweigh the need to do any more harm.

“What is an amend? The technical answer is an amend is a change.

“An amend is not an apology. It is a clear and purposeful act designed to clear up a problem from the past.

“If the act of making amends will open old wounds or create new harm, then making direct amends should be avoided.”<sup>8</sup>



“The Big Book describes the results of taking the Steps in a passage on pages 83 and 84, which has come to be referred to as the Twelve Promises. Most recovered alcoholics report experiencing these upon completing the Ninth Step.”<sup>9</sup>

This Ninth Step, this step of action, calls on us to utilize what we have put into practice so far. With our new found honesty, open mindedness, and, willingness, and remembering that half measures availed us nothing, we complete this step to gain freedom and forgiveness of self, and get rid of self recrimination from past behavior, thoughts, and deeds. Our freedom of self relieves us of the bondage of self as described in one of the Twelve Promises.

~ Editor

### GOT COFFEE?



Maybe, might be, there's a possibility, you won't see me, at this meeting again.

We admitted we were powerless over our coffee – that our meetings became unmanageable.

Alcoholics Anonymous, 4<sup>th</sup> Edition.

<sup>1</sup> FOREWORD TO SECOND EDITION, page xxi.

<sup>2</sup> HOW IT WORKS, page 62.

<sup>3</sup> A VISION FOR YOU, page 160.

<sup>4</sup> DOCTOR BOB'S NIGHTMARE, page 178.

<sup>5</sup> INTO ACTION, page 87.

<sup>6</sup> HOW IT WORKS, page 59.

<sup>7</sup> <https://www.verywellmind.com/a-study-of-step-9>

<sup>8</sup> <https://www.aacle.org/freedom-in-sobriety/>

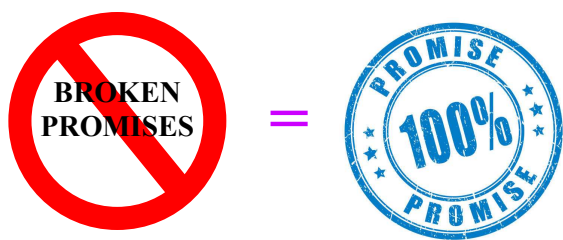
<sup>9</sup> <https://aahouston.org/about-aa/the-twelves/>

### The Ninth Step Promises

“If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.”<sup>10</sup>

There are the Twelve Promises referred to earlier on page one. It is only through the diligent and completeness of all the Steps, up to, and including Step Nine that these assurances come to be for us. Because of my chosen lifestyle and thought patterns and behaviors, none, not a single one of those was present in my life until I worked the steps, with guidance where I needed it. And I needed it.

<sup>10</sup> Alcoholics Anonymous, INTO ACTION, pages 84-85.



**That's right folks!  
No Broken Promises!  
As soon as one takes Step 1,  
You are filled with Promise.  
And that's a 100% Promise.**

### “Step 9 of Alcoholics Anonymous”

“Step 9 requires the recovering alcoholic to be willing to go to any lengths to make amends. Here's why that matters.

“Step 9 of AA: Be Willing to Make Amends

“Step 9 requires the recovering alcoholic to be willing to go to any lengths to make amends. The individual must be willing to take this step no matter how severe the personal consequences. If making amends requires the person to report a past crime, he or she must be willing to go to jail to complete this step on the road to recovery. The spiritual aspect of the mandate encourages the recovering individual to seek strength and guidance to do the right thing from a higher power and from the others engaged in the program.

“The way a recovering alcoholic transitions into the 9th step of Alcoholics Anonymous is to take the list he or she created of people harmed from step 8 and divide the list into four categories. These categories determine the way the person approaches the process of making amends. The first category should include all of the people to whom the person can make full amends as soon as he or she is sober. The second category should include those people to whom the person will make partial amends, because full restitution would cause more harm than good.

“The third category should include the people who should not be contacted until a full and certain recovery has been achieved. This might include a child who could be disappointed if a recovery process results in a relapse. Last, the fourth category should separate out anyone to whom it is impossible to make amends, such as a person who has since passed away. The guiding principal of this step is to make full amends at the earliest opportunity, as long as such action is feasible, proper, and will not cause additional harm.

“Making amends must involve sincere efforts to apologize. The notion of being sincere involves adopting the right attitude before making an approach. A recovering alcoholic in the program is encouraged to forgive himself or herself and to forgive the person on the list for any actions done in retaliation. Step 9 should be

(continued in page 3)

#### FLINT AREA UNITY COUNCIL AIMS AND PURPOSES

- 1) To promote Unity among Flint Area A.A., and harmony with Al-Anon and Ala-teen groups.
- 9) The Council will create service committees and be financially responsible for them.

The **F.A.U.C. Aims and Purposes with Election Procedures** is on the website [www.geneseecountyaa.org](http://www.geneseecountyaa.org).

“Any group or district of the Fellowship is free to use the symbol of a circle and triangle on newsletters, meeting schedules or other A.A. material.”

From “The A.A. SERVICE MANUAL Combined With the TWELVE CONCEPTS for WORLD SERVICE” by Bill W. page S41, reprinted by permission of A.A.W.S.

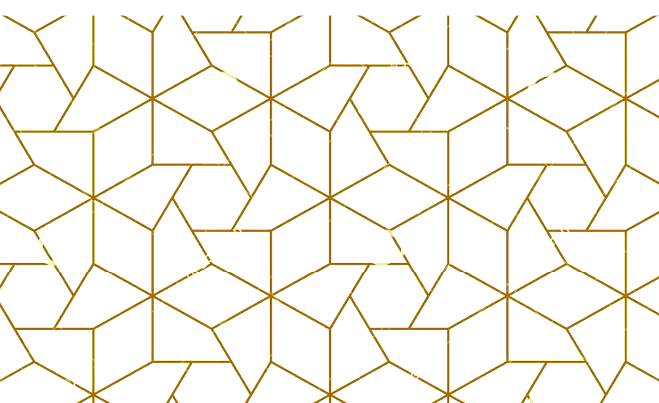
(continued from page 2)

pursued according to a plan that does not assign blame and allows the person who has been harmed the freedom to respond, even if the response is angry or unforgiving.

“A recovering alcoholic who successfully completes step 9 can find the process has built a bridge to new relationships with friends and loved ones. It can also help to remove the guilt and shame of past actions that can act as a stumbling block to full recovery.”<sup>11</sup>

<sup>11</sup> <https://www.alcohol.org/alcoholics-anonymous/step-9/>

**AMENDS ILLUSION RUMINATION MODEL:  
DIFFERENT PAST, WORDS, TIMING, OUTCOMES.**



**THIS MODEL CAN BE DISCARDED  
AND USE HOPE AS A GUIDE.**

In our endeavors to complete the four categories of amends, we can fall prey to complicating things through rumination. It is not what we wanted the past to be, it isn't what should have been said, it was just a matter of unfortunate timing. Our excuse machine works overtime trying to rationalize who we should, what we should, how we should, if we should, make amends. It becomes an illusion in our mind, so instead of facing it head on, we procrastinate, or worse, decide not to deal with it at all.

We are simply cheating ourselves by not forgiving ourselves. We are simply cheating others by not owning up to our past. We are not building on the 3<sup>rd</sup> Step where we turn our will and our lives over to the care of God as we understood Him.

To come so far, and fall short is not failure. Meditate upon these amends. Talk to a Bill W. confidant. To thy own self be true. Be willing.

~ Editor



## NO GLUM LOT HERE



Three American men are on a beach in the Caribbean sipping their rum and they get to talking. Soon they happen to inquire about each other's backgrounds.

The first man says, "I used to own a matchstick factory back in California. But one day there was a fire and the entire factory was burned to the ground. I collected my insurance money and decided to retire here in the Caribbean."

The second man said, "Oh, how odd! I used to own a jewelry store in Chicago. One night there was a break-in and I lost all my wares. So I collected my insurance and headed down here."

The third man looks at the two of them and says, "You won't believe it! I used to run a warehouse in Kansas. One day a tornado destroyed the entire business, so I collected my insurance and here I am!"

The first two men look at each other for a while. Finally one asks, "How do you make a tornado?"

Vodka with ice damages kidneys, rum with ice damages liver, gin and ice damages the heart, whisky with ice damages the brain. Why is Ice so dangerous?

A man walks in to a bar and says "I'll have a Rum and Coke." The bartender says "Is Pepsi okay?" and the man agrees. The bartender comes back with a drink and says "Here's your Pepsi and Coke, that'll be \$11.50"

## Ned & Jed

**Say Jed, get to amends yet?**  
Makin' do. Some easy, others been tough. Others no can do.



**What's the problem?**  
The part about forgive me, then others.



**T'ain't so hard, practicing forgiveness garners serenity; something worth choppin' for.**  
I've found so far my work's all been accepted with just but a few hiccups that gives me just a bit of heartburn.  
**Best medicine for that dis-ease is humility, so grin & bear it.**  
I don't much grin at bears.

**F.A.U.C. Committees; Officers & Chairs.**

Committee Chairs with names. (Visit the website [www.geneseecountyaa.org](http://www.geneseecountyaa.org) to email the F.A.U.C.).

**F.A.U.C. Chair:** Gordon G.

**F.A.U.C. Secretary:** Doug G.

**Pass The Hat Assoc. Treasurer (P.T.H.A.):** Steve C.

**Accessibility for All Alcoholics:** OPEN

**A.A. Answering Service:** Wayne T.

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

**Corrections:** Erica S.

**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 August 2021 Newsletter went to 177 emails  
If you would like a Newsletter via email, send  
Editor a request to [farfromittoday@aol.com](mailto:farfromittoday@aol.com).

**2021 F.A.U.C. Meetings; Date: Place: Host Group**

**Next F.A.U.C. Meeting:** Meetings are on the 3<sup>rd</sup>  
Saturdays of the month at 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, Flushing~~

September 18: St. Bartholomew's; S.C. Group.  
9252 Miller Rd., Swartz Creek.

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

November 20: Otter Lake

December 18. Local 659; Van Slyke Group.

**A.A. Treasurer's addresses:**

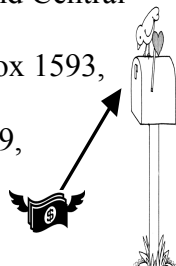
A.A.W.S., Inc., P.O. Box 459, Grand Central  
Station, New York, NY 10163

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

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

Please make checks payable to

**Pass The Hat Association, Inc.**



**Group NEWS**

The F.A.U.C. meets September 18, 12:30 pm, hosted by  
Swartz Creek AA, at St. Bartholomew's, 9252 Miller Rd.

The Tri-County Conference takes place Sept 10-12.

Flyer at end of Newsletter and visit the website;

<https://tricityconference.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>.

CMIA32 is October 10 at RE/MAX Platinum, 6870  
Grand River Ave. Brighton 48114. (Newsletter page 26).

Victory Today is Open in Flushing at the Trinity  
Parsonage, 745 1/2 E. Main St. Su, M, Tu, W, Th, F, Sa at 2  
pm and Su, M, Tu, Th, F, Sa at 7 PM.

The Flint Alano House is having a Golf Outing Sept.  
10<sup>th</sup>, see flyers at end of Newsletter.

The Burton Group did NOT reopen August 17<sup>th</sup> as  
previously announced. The reopening will be announced.

Group wants a Newsletter announcement? Email  
[farfromittoday@aol.com](mailto:farfromittoday@aol.com) by the 20<sup>th</sup> of the month.

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

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

\* = Addresses can be found in the 2021 Flint Area Groups  
Meeting Book or [www.geneseecountyaa.org](http://www.geneseecountyaa.org), Meetings Tab.

- Thu 2 7:00 pm, Van Slyke (17).
- Sun 5 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Fri 10 12 noon, Eye Opener, Arid Club (8).
- Sat 11 7:30 pm, East Side St. Mary's (6)
- Sun 12 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 18 7:30 pm, East Side St. Mary's (6)
- Sun 19 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 25 7:30 pm, East Side St. Mary's (6)
- Sun 26 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 28 7:30 pm, East Side St. Mary's (6)
- Mon 30 7:00 pm, Montrose HOPE (10).

If your meeting opened for attendance with an Open  
Speaker, please contact [farfromittoday@aol.com](mailto:farfromittoday@aol.com) to list it.

Three bass players walk into a bar. They're actually  
in the middle of performing Beethoven's 9th symphony,  
there's a long section near the end where they don't play, so  
they decide to go to the bar next door and grab a drink.

To know when to come back for the end of the  
symphony, one of the bassist ties a string to the  
conductor's score a few pages before they start playing  
again. When he turns the page, it'll tug on the string and  
they'll know to head back to the concert hall.



So the symphony goes on,  
and pretty soon the conductor  
realizes he's in BIG trouble.

It's the bottom of the  
ninth, the score is tied, and  
the basses are loaded.

# AND NOW IT'S TIME FOR YOUR 4th STEP.

"We will not regret the past nor wish to shut the door on it."<sup>1</sup>

"The first impulse will be to bury these skeletons in a dark closet and padlock the door."<sup>2</sup>

Doug G.

LIES

FEARS

BROKEN  
HEARTS

R  
E  
S  
E  
N  
T  
M  
E  
N  
T  
S

HURTFUL  
DEEDS

Bones!  
How  
many  
did I  
throw  
under  
the  
bus?

DON'T  
FORGET  
ABOUT ME!

You can shut  
the door, but I  
don't go away  
that easy.

What? You  
thought you  
"could find an  
easier, softer  
way"?<sup>3</sup>

ALCOHOLICS ANONYMOUS.

<sup>1</sup> Page 83, INTO ACTION.

<sup>2</sup> Page 123, THE FAMILY  
AFTERWARD.

<sup>3</sup> Page 58, HOW IT WORKS.

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# *What if it becomes*

## *Our last chance*

*(This is not a popular topic of discussion. It is, however, a reality of truth, a conclusion that many alcoholics face if they cannot find sobriety - the truth that alcohol kills.*

*What follows is a look at what happens when the line is crossed – the line that our disease draws and we cross over into a void, a space of no return. It is not a failure of fault. Whoever crosses the line did the best they could at their attempt for sobriety; maybe they were not ready or did not want what we have. Perhaps Chapter 11 ‘A Vision for You’, page 152 of the Big Book explains it better:*

*“He will be at a jumping-off place  
He will wish for the end.”*

*The skeleton in the cartoon prompted this article which explains the alcoholic’s perverted view of our mortality. The term ‘alcohol use disorder’ used in this article is an accepted expression in the medical field as another way of saying ‘alcoholism’. Facts are provided by Google Search – Tim H.)*

Globally, 107 million people are estimated to have an alcohol use disorder. A breakdown by gender shows 70 percent globally (75 million) were male relative to 32 million females.

People hospitalized with alcohol use disorder have an average life expectancy of 47-53 years (men) and 50-58 years (women) and die 24 – 28 years earlier than people in the general population.

Researchers found that in 2017 nearly 3 percent of roughly 3 million U.S. deaths involved alcohol. Nearly half of those deaths were caused by liver disease or overdosing on alcohol alone or in addition to other drugs.

Most often when death occurs after a fall, it is due to bleeding in the brain and not the fall itself. A person in the end stage of alcohol abuse is also at risk of intentional self-harm.

The loss of control over alcohol consumption can leave a person feeling powerless.

Withdrawal can be very painful and could require of up to one week of hospitalization to safely detox the poison of alcohol from the body.

People can very easily die from the detox process.

Alcohol acts as a depressant impairing basic bodily functions such as the gag reflex leaving

people vulnerable to choking on their own vomit and dying in their sleep.

Chronic alcoholics may die suddenly from trauma, intoxication and pre-existing conditions, In many cases there is no obvious cause of death in chronic alcoholics following postmortem examination.

Symptoms of alcohol overdose include confusion, difficulty remaining conscious, vomiting, seizure, trouble breathing, slow heart rate, clammy skin, dulled responses such as gag reflex (which prevents choking) and extremely low body temperature.

Since the death toll caused by alcohol use disorder is so high, it is important to understand the ways in which alcohol can kill someone. The major causes of alcohol-related death are alcohol poisoning, cancer, car accidents, heart failure, liver damage and violence.

Excessive alcohol consumption over a lengthy period of time can lead to brain damage and may increase the risk of developing dementia.

You might hear the dated term “wet brain” used in reference to Wernicke-Korsakoff syndrome (WKS). However, the term “wet brain” carries and perpetuates stigma by inaccurately conveying that people willfully contract it. The truth is two people can have similar alcoholic drinking patterns and one will develop the syndrome and the other won’t. It’s a complex condition with many factors and, like alcohol use disorder, no one chooses it. It is recommended that the term “wet brain” be avoided in favor of the more accurate “Wernicke-Korsakoff syndrome.”

WKS is a severe life-threatening disorder of the brain that is actually comprised of two conditions: Wernicke’s is a neurological disease that causes confusion, the inability to coordinate voluntary movement and eye abnormalities while Korsakoff is a mental disorder that causes memory loss. A person with WKS might be too confused to find their way out of a bedroom or remember what’s been said just 20 minutes before. They consistently repeat questions or comments.

So, now that the alcoholic is dying the next phase is likely their death. Here is the journey that returns us to the skeleton.

Hearing is widely thought to be the last sense to go in the dying process. However, a study investigating hearing in patients who are close to death provides evidence that some may still be able to hear while in an unresponsive state.

*(continued on next page)*

The end-of-life period – when body systems shut down and death is imminent – typically lasts from a number of days to a couple of weeks. Some patients die gently and tranquil while others seem to fight the inevitable. Reassuring your loved one that it is okay to die can help both of you through the process.

A person survives an average of 23 hours after the onset of death. At this time, friends and family should try to say their goodbyes to their loved one. They still might hear you.

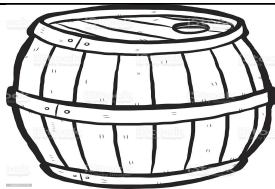
The Lazarus sign or Lazarus reflex is a movement in brain-dead or brainstem failure patients which causes them to briefly raise their arms and drop them crossed on their chests (in a similar position to some Egyptian mummies.)

As death nears, a person's eyes may stay open without blinking. There may be long pauses between breaths. You may also notice some skin changes, which occurs as blood circulation slows. The skin may become blue and blotchy.

People were initially buried six feet under ground to keep bodies out of the hands of body snatchers. Medical schools in the early 1800's bought cadavers for anatomical study and dissection, and some people supplied the medical school demand by digging up corpses. Gravesites reaching six feet helped prevent farmers from accidentally plowing up bodies.

And finally we come home to our skeleton in the cartoon.

In a temperate climate, it usually takes three weeks to several years for a body to completely decompose into a skeleton, depending on factors such as temperature, humidity, presence of insects, and burial in a substrate such as water. ~ Tim H.



The Old Keg Of Rum

*Andrew Barton Paterson 1864*

And when harvest time was over,  
And we'd get our harvest fee,  
We'd meet, and quickly rise the keg,  
And then we'd have a spree.  
We'd sit and sing together  
Till we got that blind and dumb  
That we couldn't find the bunghole  
Of the Old Keg of Rum.

Oh! the Old Keg of Rum! the Old Keg of Rum!  
That we couldn't find the bunghole  
Of the Old Keg of Rum.

## Diabetes

“It is often said that drinking rum helps to lower the level of cholesterol in the body and keeps diabetes at bay. If a person suffering from diabetes drinks one or two spoon of Old Monk every day, it is said that he would be benefited with decreased level of sugar in the body. Rum comprises medical property and proves beneficial in lowering the risk of diabetes.

“Undoubtedly, the most celebrated rum, if not drink, in India, Old Monk is manufactured by Mohan Meakin Ltd. (Launched in 1954, the year of my birth). Dark brown in color with a slight vanilla flavor, the brand that comes encased in an arty square latticed bottle has triumphed with zero advertising.”<sup>12</sup>

I was diagnosed with Diabetes in 2006. A call from the Doctor after an annual physical where he told me, “You have sugar in your urine. Do you know what that means?” Ever the smartass I replied, “Yes, I'm an overdosed sweetheart.” “Not quite,” he claimed, “Come see me in the morning.” So began an education of the likes I would have never wanted. I was told I did it to myself. My chronic alcohol abuse damaged my liver. It produces the enzymes for the pancreas to produce insulin. This fact of my chosen lifestyle was really a poor enduring long term choice of mine. I can live without alcohol; I won't live if I don't keep the diabetes under control. Next to drinking, eating is a past time I enjoy. This is something to work at also.

Yes I am diabetic, that didn't stop my drinking, it got worse. Now my doctor and I work closely to keep me motivated, accountable, and properly provided with numerous supplies. Yes controlling my glucose level can be a task. No I don't drink at this time (at any time in the last 12 3/4 years). So now here is a conundrum of no importance to me, good grief, just imagine, ‘one or two spoons...every day’. Wouldn't be long I'd be looking for an extra large soup ladle I'd call a spoon.

Now I'm all about, “Thank you, Lord, for thinkin' 'bout me. I'm alive and doin' fine. Whoo!”  
The 5 Man Electric Band, 1971. ~ Editor



<sup>12</sup> <https://www.healthbenefitstimes.com/rum/>

Don't Wait  
for Your  
Ship to Come In...



Swim Out  
to Meet It!



I have a bumper sticker that says

**HONK IF YOU THINK I'M SEXY**

Now I just sit at green lights until I  
Feel better about myself.



My ego  
is not  
my amigo



**BEFORE 6 BEERS**



Much more than an optical illusion for some of us...

**AFTER 6 BEERS**



**PLAN AHEAD**, or not...

Let go  
of the people who  
dull your shine,  
poison your spirit,  
and bring you drama.  
Cancel your subscription  
to their issues.

Stop the lies  
Stop the hate  
Stop the anger  
Stop being selfish  
Stop being vindictive  
Stop being manipulating  
Stop causing emotional damage  
**Step in time to number  
NINE!**



# IS ALCOHOLISM HEREDITARY?

“Is alcoholism hereditary?” This is a topic that came up near the end of an A.A. meeting recently. It was an OPEN meeting with alcoholics and non-alcoholics alike being present.

The first one to answer the query to a visitor at this OPEN Meeting said, “Yes it is. My parents drank, and I began drinking at a young age due to seeing it was okay, and I liked the way it made me feel.”

I disagreed when he was done talking and said, “No it is not, you are wrong about that. It has more to do with our upbringing, environment, and our own choices due to peers or what ever, but it is our choice to drink. If we didn’t drink to abusiveness, we would not have become alcoholics.”

The visitor turned to me and said he liked my answer; it made sense to him as his brothers were alcoholic, yet he was not. “Don’t get me wrong,” he said, “I have a beer with dinner occasionally and enjoy it. But when it’s gone, I’m done. They on the other hand are different than that.”

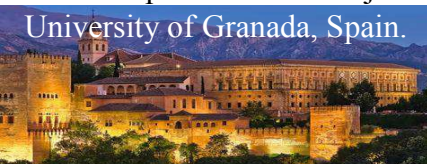
I really thought no more about it until the next day when my phone rang and the first one to answer the question was on the other end. He told me he didn’t agree with what I said. He said that he was right; he had the documentation to prove it.

I then asked, “This documentation you have, is it the study from the University of Granada in Spain from 2007?” He was so silent, I concluded it was and I continued.

That is a study that showed people who lack a certain amount of beta-endorphins in their body may have a predisposition to become alcoholics. The test group was small, of 200 families, but showed some interesting results nonetheless.

The point of the study is that those who abuse alcohol may become alcoholics due to a lack of beta-endorphins. Not that we are alcoholic due to a lack of beta-endorphins.

There was no test or control group of alcoholics and/or non-alcoholics whose parent’s were not alcoholics. There were none with having a normal beta-endorphin level. A conjecture study, not science.



They proved what they wanted to, with no proof. You may read it differently.

## “Alcohol Abuse Is Hereditary”

“PUBLIC RELEASE: 18-DEC-2007

“According to a study by the research group ‘Alcoholism and drug addiction’, of the University of Granada (Universidad de Granada), although there are no specific reasons to become an alcoholic, many social, family, environmental, and genetic factors may contribute to its development. Thanks to this study, researchers have shown that the lack of endorphin is hereditary, and thus that there is a genetic predisposition to become addicted to alcohol.

“Beta-endorphin is a kind of “morphine” released by the brain in response to several situations, such as pain. In this way, beta-endorphins can be considered “endogenous analgesics” to numb or dull pains.

“Researchers have focused on the low beta-endorphin levels in chronic alcohol abusers. According to José Rico Irlles, lecturer of Medicine of the UGR, and head of the research group, this low beta-endorphin level determines whether someone may become an alcoholic. When a subjects' brain with low beta-endorphin levels gets used to the presence of an exogenous surplus, then, when its own production stops, a dependence starts on the external source: alcohol.

“Who may become an alcohol abuser?”

“A total of 200 families of the Southern Spanish province of Granada participated in the research. There was at least one chronic alcoholic parent in each family. From birth, each subject presented predetermined beta-endorphin levels. However, children of this population group aged between 6 months and 10 years old, registered lower beta-endorphin levels than other children of the same age. “These levels were even lower in children whose both parents were alcohol abusers”, the researcher states.

“According to the researcher, although alcohol consumption does not affect all people in the same way, differences in endorphin levels make some subjects more vulnerable to alcohol. Therefore, they are more likely to become alcohol dependent.

“Beta-endorphins constitute a useful biological marker to identify specifically those subjects who have a higher risk of developing alcohol abuse, the research claims.

(continued on page 10).

(continued from page 9).

“Regarding the results of this study, professor Rico states the following: ‘alcohol-abuse prevention must consist of locating and identifying genetically predisposed subjects.’ More campaigns for children and teenagers should be launched before these young people make contact with alcohol. Alcohol awareness is fundamental to prevent addiction, the researcher affirms, because alcohol is a drug with reversible effects up to a point.

“In relation to the ‘botellón culture’ (gathering in the streets to drink with friends), José Rico states that some of these ‘social drinkers’ could have low beta-endorphin levels and, therefore, a higher predisposition to become “solitary drinkers” and to develop alcohol abuse.”

MEDICAL NEWS TODAY NEWSLETTER  
Alcohol / Addiction / Illegal Drugs Genetics  
+ 2 sources

- Prof. José Rico Irlés. Department of Medicine, University of Granada.
- <http://www.ugr.es/>

Written by undefined on Invalid date.

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Never once does the study conclusively state that alcoholism is hereditary. It couches its results in generic terms. And at the onset proclaims, “...although there are no specific reasons to become an alcoholic, , many social, family, environmental, and genetic factors may contribute to its development.”

“May”, then “the lack of endorphin is hereditary, and thus that there is a genetic predisposition to become addicted to alcohol.”

Define predisposition; “a liability or tendency to suffer from a particular condition, hold a particular attitude, or act in a particular way.”<sup>13</sup>

Synonyms are; “susceptibility · proneness · tendency · liability · inclination · disposition · vulnerability · weakness · miasm · preference · predilection · leaning · propensity · bent · proclivity · penchant · liking · bias · prejudice · velleity.”<sup>14</sup>

So the study points out that if one drinks alcohol, with low beta-endorphins (genetic) one may be become alcoholic due to a “genetic predisposition”.

The study does not say alcoholism is hereditary, it says the genetic lack of beta-endorphins is, which may make one predisposed to alcoholism.

<sup>13</sup> [www.dictionary.com](http://www.dictionary.com)

<sup>14</sup> [www.dictionary.com](http://www.dictionary.com)

## Genetics and Addiction: Is Alcoholism Hereditary or Genetic?

“While genetics and heredity are closely linked – because parents pass their genes down to their children, so children inherit the genes –from a medical perspective, there are some differences when discussing genetic versus hereditary diseases. A person with a genetic disease has an abnormality in their genome; an individual with a hereditary disease has received a genetic mutation from their parents’ DNA. When scientists debate whether alcohol use disorder is hereditary or genetic, they debate whether the condition stems from a larger set of genes that are passed down or the disease stems from mutations in some genes.

“Alcoholism is a serious problem in the United States. One estimate suggests that as many as 18 million adults in the country struggle with alcohol use disorder; that is one in 12 individuals. Around 100,000 people die every year because of alcoholism, including deaths due to cirrhosis and other organ damage. Chronic heavy drinking also increases the risk of kidney disease, diabetes, and several cancers.

“Genetics are 50 percent of the underlying reason for alcohol use disorder. If a person is predisposed to metabolize alcohol in such a way that the pleasurable effects are more prominent than feeling nauseous, overheating, or experiencing mood swings, the person may be more likely to develop alcohol use disorder. A 2008 study conducted by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) reviewed much of the research on alcohol use disorder and a possible genetic contribution. The study concluded that genetic factors account for 40-60 percent of the variance among people who struggle with alcohol use disorder. Since then, some specific genes that contribute to alcohol use disorder have been found, and they correlate with the development of the reward centers in the brain.

“The phenotypic expression of genes is complex, however. For example, a person may have one parent with blue eyes and one parent with brown eyes, so they have genes for both eye colors, but only one eye color will be expressed. Strong genes are the exception to the rule, and a gene responsible for the movement of gamma-aminobutyric acid (GABA) in synapses between neurons appears to be a strong gene associated with a higher risk of alcoholism. It is still unknown how, precisely, this genetic sequence can ultimately influence the outcome for a person genetically predisposed to alcohol use disorder.”

(continued on page 11)

(continued from page 10)

“Genes that influence alcoholism may be expressed in various ways.

Smaller amygdala: People who have a family history of alcoholism have, in some studies, been shown to have a smaller than average amygdala. This is the part of the brain that likely plays a role in the emotions associated with cravings.

Different warning signs: People who have a genetic predisposition to alcohol use disorder may experience fewer or different warning signals from their brain or body when they need to stop drinking. Abnormal serotonin levels: Serotonin is one of the most important mood-regulating neurotransmitters and closely associated with depression. Unusual levels of serotonin have also been associated with people who are genetically predisposed to alcohol use disorder.”<sup>16</sup>

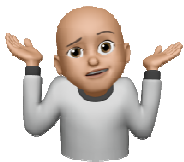
Once again, this second study (which also cites a 2008 National Institute on Alcohol Abuse and Alcoholism study) relies on words such as ‘predisposed’, ‘may be more likely’, ‘appears to be’, ‘It is still unknown how, precisely, this genetic sequence can ultimately influence the outcome for a person genetically predisposed to alcohol use disorder’.

Although the studies show genetic make-up to possibly being a factor to developing alcoholism, neither of them conclude that this is inherent.

Define inherent; “existing in something as a permanent, essential, or characteristic attribute.”<sup>17</sup>

I discussed my first friend’s opinion and the two studies presented here with another close friend of Bill W. of mine after the previous phone conversation. He sent me an article on “CRAVING: No Longer A Phenomenon” and then stated, “And when all else fails I will refer to our basic text. Just about everything I need to know is in that book. So the main problem of the alcoholic centers in the mind rather than the body.”

Along with that came this image,



So I’ve heard many sides of the same conundrum, and although I can assume the image means, “I dunno,” the understood clarity of my

personal alcohol abuse is greatly described in the Big Book, and that’s what “I need to know”. ~ Editor

<sup>16</sup> <https://americanaddictioncenters.org/alcoholism-treatment/symptoms-and-signs/hereditary-or-genetic>  
Last update on July 21, 2021 by Marisa Crane, B.S.

<sup>17</sup> [www.dictionary.com](http://www.dictionary.com)

### CRAVING: No Longer A Phenomenon

Now back in the 1930's (the Phenomenon of Craving) was part of the Doctor's Opinion. In the 1930's they knew very little about metabolism. Today they know lots about it.

Metabolism:

1) Today they know that if you put anything in your system such as a piece of bread or a piece of Beefsteak, that the mind and body recognizes what that is. And...

2) Certain organs in the body begin to produce some things called enzymes.

3) These enzymes attack that food and begin to break it down and separate it into useable and non-useable items.

4) What the body can use such as the proteins, amino acids and vitamins - the body will retain.

5) What it can't use it will dissipate through the urinary and intestinal tract.

They call that metabolism. Today they have proven that The Doctor's Opinion is no longer just an opinion, its actually true. And just to stress the obvious: this is not “official” A.A. information. A.A. won't get involved into why we're allergic, because that “outside issue” might bring controversy. But this information, which was presented a few years ago by members of the medical community, is so interesting and has such depth and meaning for people like us, I think we would be remiss if we didn't look at it. So let's look at it for just a moment.

Take for example, the group of “normal/social” drinkers who are able to drink “safely”.

They are at ease with alcohol. They take a drink or two, and their mind and body sense it, the enzyme production starts, and the enzymes attack the alcohol,

1st Stage: The enzymes break it down into acetaldehyde,

2nd Stage: then to diacetic acid,

3rd Stage: then to acetone,

Final Stage: In the final stages it becomes a simple carbohydrate made up of water, sugar, and carbon dioxide.

- The water would be dissipated through the urinary and intestinal tract.

- The sugar is a form of energy which the body will burn and store the excess as fat to be used at a later date.

- The carbon dioxide will be dissipated through the lungs.

(continued on page 12)

(continued from page 11)

In the normal social drinker this takes place at the rate of approximately one ounce per hour. While it varies with different people, the average seems to be about one ounce per hour. And if they don't drink more than an ounce per hour they can't get drunk. Their body metabolizes it, burns it up and gets rid of it at that rate. Very seldom do you see a social drinker consuming more than an ounce per hour. If you're with one of them and they're drinking more than an ounce an hour, you better get out of the way. Cause they're going to puke on you after a while. They'll either go to sleep or they'll puke on you, one of the two, every time.

Now, lets look at the Alcoholic, the one who cannot drink with impunity - he's at dis-ease with alcohol. And that separates us from the norm. When alcoholics put it in our body, the same thing happens. Their mind and body sense it, the enzyme production starts, and the enzymes attack the alcohol,,

1st Stage: break it down to acetaldehyde,

2nd Stage: then to diacetic acid,

3rd Stage: then to acetone.

Final stage: It seems as though, in our bodies, the enzymes necessary to break it down from acetone to the simple carbohydrate, are not as they are in the body of the nonalcoholic. Therefore it stays in our body for a longer period of time as acetone. And: It is proven today, that acetone ingested into the human system that remains there for an appreciable period of time, will produce an actual physical craving for more of the same. This shows how alcohol is not completely processed through the alcoholic's body, and the resulting havoc it creates.

In a non-alcoholic's body, that acetone goes through that final stage of conversion to simple carbohydrate so rapidly that the craving never occurs.

In our body it stays there long enough, thereby allowing that craving to develop – which demands a second drink....etc

The Alcoholic's acetone level goes up - and if the acetone is what causes the craving, then the craving becomes harder with a second drink.

Now you put in the third, and the acetone increases, causing the craving to intensify, and that demands a fourth as the acetone level increases with each drink, the craving becomes greater and greater and greater.

Because the more you drink, the greater the craving.....it's just endless once it starts. And, we know that Alcoholism is a progressive disease. This is true whether we are drinking, or sober twenty some odd years. In relation to the physical aspect, for each year that we grow a little older in sobriety, our bodies grow older too. And as the body ages, the production of enzymes needed to break down alcohol, slows down as well. If an alcoholic picks up a drink after twenty years of sobriety, the acetone that will now remain longer in his system will trigger stronger cravings than he has ever felt before.

The drinking will be much worse and it will be much harder to stop if he so desires. We do not pick up where we left off; we pick up as if we never stopped. So not only do we have a physical illness, but it is progressive because of:

(a) damage to the body, and also

(b) due to the aging factor.

Now that we can see that, we can hopefully accept the fact that we can no longer successfully drink alcohol. Until we could see this we always felt there had to be a way we could drink without getting drunk, and it damn near kills us. But now that we can see this - we can more readily accept the fact that we can no longer drink like "other people." <sup>18</sup>

<sup>18</sup> thebigbookstudy@aol.com from: "Need It Want It Do It" / hhe3.20.21



When the other kids ask...

**WHAT DOES YOUR DAD DO?**

How does your boy answer them?

**He has genetic dispositions of low beta-endorphins and he doesn't metabolize correctly? ....Or....**

**Drinks 'till drunk, and has other assorted nastiness then.**

**Or.... He sets good examples and is happy, joyous and free.**

## Is a hereditary joke funny? Depends on what you've been handed down.

A new study claims that fertility is hereditary. If your parents didn't have children, chances are you won't have them either.

My dad handed down to me a hereditary disease that causes diarrhea all the time. It runs in the jeans.

My grandma has been diagnosed with a hereditary brain disorder.

The main symptoms are forgetting what you were talking about, repeating yourself, repeating yourself, and a quarter pounder with cheese.

Today I learned that black eyes are hereditary. You get them when you drink Dad's last beer.

My Doctor says my kid has some form of hereditary ADHD. He explained it to me, but I didn't really listen.

Death is hereditary.

There was once a psych researcher with a rare genetic defect that produced four buttocks. Got fired for being bi-assed.

I don't always feel like I won the genetic lottery, but when I do... I'm at Wal-mart.

Paleontologists have determined that there once was a genetic mutation millions of years ago that resulted in the creation of a five-legged dinosaur. As far as we know, this is the first evidence ever seen of a reptile dysfunction.

A brown paper bag visits the doctor, who gives some terrible news.

"I'm so sorry to tell you this, but you have a genetic disease."

The brown paper bag, understandably, is horrified, "But how can that be? I'm a brown paper bag!"

The doctor replies, "Yes of course, but one of your parents must have been a carrier."

A genetic botanist doesn't show up to the church picnic. Her concerned husband finds her in her lab working feverishly on a new pesticide resistant strain of maize.

"Aren't you coming to the congregation picnic?" he asks.

"Screw them and their impossible deadlines! They told me I have until today to get the corn bred!"

My alcoholic uncle wants to be a lawyer. But he can never pass the bar.

If you're genetically predisposed to spelling and grammar errors, does that mean you're... typo positive?

Professor San Holo was busy at his lab. He was experimenting with splicing genetic material from rams into eggs of bees. With global warming, certain species of flowering plants flourish while others perish. The idea was to give bees the ability to digest leaves and grass to make honey and thereby reduce the need to be reliant on nectar and pollen from flowers.

The first splicing was a disaster. The bee digestive system became dysfunctional.

The second attempt disrupted the honey production with lactose contaminant.

The bee grew tiny horns in the third!

He then tried DNA from a sheep and Eureka! Yes indeed. It worked because he (wait for it...), made the Fourth Bee with Ewe.

Father, Mother and their 3 sons, John (the oldest), Mike (middle) and Steve (youngest) are conversing around the table after dinner. The subject of traits of parents being passed on to children comes up.

The Father says, "John has my eyes, Mike has my creativity, and Steve has my intelligence."

Steve responds, "Daddy, what's intelligence?"

There is no such thing as a grouchy old person. Heredity in my family says as you get older, you get more honest. Some of them died pretty young.

A hereditary alcoholic (as if there were such a thing) wakes up in jail. He asks the first police officer he sees, "Why am I here?" "For drinking," replies the officer.

"Great," says the man, "what time do we start?"

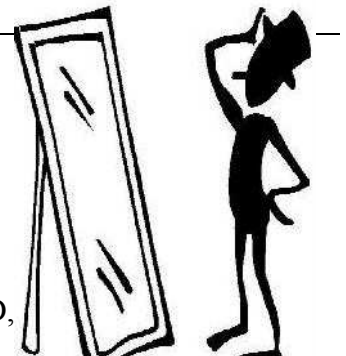
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Some jokes are based on truth that brought down politicians, clergy, even school teachers. Some make people laugh. Many genetic and hereditary jokes are supposed to be funny, yet invariably offend some people. Jokes can go too far, so its suggested to only use jokes that don't resemble someone, or are such a piece of nonsense, they could only be a joke, not a reference to somebody. It's better to laugh at yourself first.

---

"We find it better, when possible, to stick to our own stories. A man may criticize or laugh at himself and it will affect others favorably...."<sup>19</sup>

<sup>19</sup> Alcoholics Anonymous, THE FAMILY AFTERWARD, page 125.



## Step Nine.

In the book Alcoholics Anonymous, page 76, the paragraph says, “Now we need more action, without which we find, “Faith without works is dead. Let’s look at *Steps Eight and Nine.*”

Going to the Big Book Study Guide from the Primary Purpose Group, referring to the Big Book:

### “INTO ACTION

(Page 77)

“1. If we get heavy on spirituality, how might that affect them?

2. What are we really trying to do?

3. Is that just what this program is all about?

4. What is the real purpose of the Twelve Steps of Alcoholics Anonymous?

*Comment: Can this be achieved by just not drinking and going to meetings?*

5. What wouldn’t be a very smart thing to do?

6. To do so would be like doing what?

7. If we do, what may they think of us?

8. What is a far more important reason?

9. What will the person be impressed by?

*Comment: A condition which must exist before making amends is a “sincere desire to set the wrongs.” [The WHEN]*

10. What will the person be interested in?

*Comment: Again, the message is what we **do** – not what we **say**.*

11. We don’t use this as an excuse for shying away from what?

12. If it can help, what are we willing to do?

13. What question will arise?

14. What if he has hurt me more than I have hurt him?

15. Nevertheless, what do we do?

16. Even though it is difficult going to an enemy, what are the results?

17-a. In what frame of mind do we go to him? (The WHEN)

*Comment: Could this be termed “love?” – to want to help and forgive?*

17-b. What do we confess? (The How)

*Comment: Step Nine is the Step that lets us forgive those we have hated, feared, wished bad times toward, etc... Who on your Fourth Step lists did you not have ill feelings towards? If we want to be forgiven, then we must forgive, and then we are free!!!*

*Comment: From this point in Chapter Six to the last paragraph on page 83, we will be told WHEN & HOW to “make direct amends to those we have harmed, except when to do so would hurt them or*

*someone else “for specific situations and WHAT the results will be. Watch for them.”<sup>20</sup>*

The Primary Purpose Group BIG BOOK STUDY GUIDE continues discussion of Step Nine through page 83 of the Big Book. The page numbers in the Study Guide are pages 155 – 166 for Step Nine. It is a very interesting and thought provoking exercise in why we do what we do and how to do it also as per the Twelve Steps.

A download .pdf version is at:

[https://www.aastudy.org/\\_bbsg/The\\_Big\\_Book\\_Study\\_Guide.pdf](https://www.aastudy.org/_bbsg/The_Big_Book_Study_Guide.pdf).

This is a good tool for our own instruction or improvement, both morally or intellectually, and particularly in guiding newcomers through the Twelve Steps. “Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.”

Our experience is that we don’t know it all, and the text of the Big Book has been instrumental in giving us a new life. A Study Guide on this material of this sort you may find beneficial.

“Our book is meant to be suggestive only.”<sup>21</sup>

“To return to the subject matter of this book: It contains full suggestions...”<sup>22</sup>

“To show other alcoholics precisely how we have recovered is the main purpose of this book.”<sup>23</sup>

I use a free digital tool found at “<http://www.164andmore.com/>” from Recovery Press to find words, phrases, sentences in the Big Book and the 12 X 12. Many times I remember reading about something, and the thought is pertinent to discussion or meditation, but I can’t remember where exactly it is.

164 and More runs on smart phones including the iPhone, Android phone, BlackBerry, and Windows Phone 7. Also on Kindle, iPad & Android tablets & PC or Mac computers. Install a free Reading App before purchase, you will need to go to the Kindle Store on Amazon.com; Reading Apps are listed on left margin.



<sup>20</sup> THE PRIMARY PURPOSE GROUP BIG BOOK STUDY GUIDE, INTO ACTION, pages 155 -156.

<sup>21</sup> Alcoholics Anonymous, A VISION FOR YOU, page.164.

<sup>22</sup> Alcoholics Anonymous, TO EMPLOYERS, page 143.

<sup>23</sup> Alcoholics Anonymous, FOREWORD TO THE FIRST EDITION, page.xiii.



# Heard it *'Round the Rooms!*



We had a fellow who recently passed on who was always bringing new ones to us. Some of my favorites are:

- About spirituality/tenth step, "They should teach this S\*\*\* in first grade."
- "There is no such thing as a slip, it's just premeditated carelessness."
- "How the cow eats the cabbage. Slowly, one day at a time."
- "That's like tryin' to stretch a gnat's ass over a rain barrel."
- "Don't know sic 'em from come here."
- "He was just giving me some chin boogie." (Idle talk).
- "You don't know whether you're playin' the banjo or talking to a goose."
- "I am the self-appointed master of non-acceptance". (An anonymous quote I once heard in a meeting). I liked it, because it sounded familiar, for some reason. "Nothing comes to stay. Everything comes to pass".



Together, we don't have to cave in or wimp out to that Fatal First One, no matter what today!

"Happiness is not a place you arrive at, it is a way you travel."

My friend Larry's parents went on vacation; they left the car behind, telling him not to drive it. Soon as they were out of sight, he downs a six pack of beer and drives to the bar to get hammered; leaving the bar he sees someone hit it while it was in the parking lot, it was nearly totaled.



The whole two weeks passed in a frenzy, he begged borrowed and pleaded for shifts, he begged his friend's father who owned a body shop to get started on it, he borrowed money, he worked 16 hour days, and he got it back the day his parents returned.



That night he was on the phone with his mother, his brother was on the extension, and the conversation turned to the car, his mother asked, "Larry.....umm....did you drive the car while I was gone?"

"Larry replied with indignation, offended to the very core by the very IDEA he would take the car,

"Of COURSE not Ma, why would you even ask?????"

His mother continued, "Are you sure you didn't take the car?"

He states at that point he went to the old stand by, ATTACK!

"Why do you think I would drive the car Ma? Would you ask Billy if it was him (the perfect "model" older brother) I am DEEPLY offended that you would think that about me and blah blah blah....

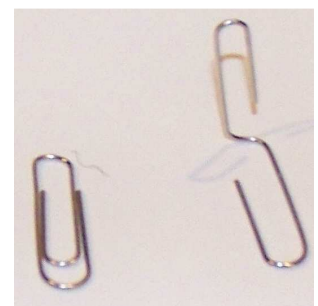
Ma, why do you ask by the way?"

"Well...." his mother said, "You see, the day I left I was in a terrible accident....." at that point his brother was laughing so hard he couldn't hear what Ma was still saying. He never even heard her THANK him for fixing the car.



IF THE MEETING CHAIRPERSON ASKS WHAT YOU LEARNED IN THE MEETING TODAY, INSTEAD OF WAFLING, YOU MIGHT SAY:

"Something really fascinating, actually. Did you know that by bending a paper clip just once, you can make a perfect "S"?"



## DAILY REFLECTIONS

SEPTEMBER 1

### WILLINGNESS TO GROW

*If more gifts are to be received, our awakening has to go on.*

AS BILL SEES IT, p. 8

Sobriety fills the painful "hole in the soul" that my alcoholism created. Often I feel so physically well that I believe my work is done. However, joy is not just the absence of pain; it is the gift of continued spiritual awakening. Joy comes from ongoing and active study, as well as application of the principles of recovery in my everyday life, and from sharing that experience with others. My Higher Power presents many opportunities for deeper spiritual awakening. I need only to bring into my recovery the willingness to grow. Today I am ready to grow.<sup>24</sup>

#### AS BILL SEES IT

88

#### Will Power and Choice

"We A.A.'s know the futility of trying to break the drinking obsession by will power alone. However, we do know that it takes great willingness to adopt A.A.'s Twelve Steps as a way of life that can restore us to sanity.

"No matter how grievous the alcohol obsession, we happily find that other vital choices still be made. For example, we can choose to admit that we are personally powerless over alcohol; that dependence upon a 'Higher Power' is a necessity, even if this be simply dependence upon an A.A. group. Then we can choose to try for a life of honesty and humility, of selfless service to our fellows and to 'God as we understand Him.'

"As we continue to make these choices and so move toward these high aspirations, our sanity returns and the compulsion to drink vanishes."

*Letter, 1966*<sup>25</sup>

<sup>24</sup> DAILY REFLECTIONS, WILLINGNESS TO GROW, page 251.

<sup>25</sup> AS BILL SEES IT, Will Power and Choice, page 47.

## DAILY REFLECTIONS

SEPTEMBER 30

### THE CIRCLE AND THE TRIANGLE

*The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession.*

A.A. COMES OF AGE, p. 139

Early in my A.A. life, I became employed in its services and I found the explanation of our society's logo to be very appropriate. First, a circle of love and service with a well-balanced triangle inside, the base of which represents our Recovery through the Twelve Steps. Then the other two sides, representing Unity and Service, respectively. The three sides of the triangle are equal. As I grew in A.A. I soon identified myself with this symbol. I am the circle, and the sides of the triangle represent three aspects of my personality: physical, emotional sanity, spirituality, the latter forming the symbol's base. Taken together, all three aspects of my personality translate into a sober and happy life.<sup>26</sup>

#### AS BILL SEES IT

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#### Circle and Triangle

"Above us, at the International Convention at St. Louis in 1955, floated a banner which was inscribed the then new symbol for A.A., a circle enclosing a triangle. The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies: Recovery, Unity, and Service.

It is perhaps no accident that priests and seers of antiquity regarded this symbol as a means of warding off spirits of evil.

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

*A.A. COMES OF AGE*  
*1. P. 139*<sup>27</sup>

<sup>26</sup> DAILY REFLECTIONS, THE CIRCLE AND THE TRIANGLE, page 280.

<sup>27</sup> AS BILL SEES IT, Circle and Triangle, page 157. Reprinted with A.A.W.S. permission.



State	Cost of DUI	Divorce Avg Filing Fees	Other Divorce Costs and Attorney Fees
Alabama	\$3,907	\$400	\$10,000 (None of this includes lost home, vehicle, savings, retirement, etc.).
Alaska	\$5,793	\$250	\$10,000+
Arizona	\$5,509	\$280	\$10,000+
Arkansas	\$4,387	\$165	\$8,000+
California	\$5,418	\$435	\$14,000
Colorado	\$4,568	\$230	\$11,000+
Connecticut	\$4,675	\$360	\$12,000+
Delaware	\$3,426	\$165	\$12,000+
Florida	\$4,010	\$409	\$10,000+
Georgia	\$5,543	\$400	\$11,000+
Hawaii	\$4,158	\$215	\$9,000+
Idaho	\$3,100	\$154	\$8,000+
Illinois	\$3,482	\$334	\$10,000+
Indiana	\$3,281	\$157	\$9,000
Iowa	\$4,083	\$185	\$9,000+
Kansas	\$4,044	\$400	\$8,000+
Kentucky	\$3,690	\$148	\$8,000+
Louisiana	\$4,291	\$250	\$10,000
Maine	\$3,422	\$120	\$8,000+
Maryland	\$3,600	\$165	\$11,000
Massachusetts	\$5,194	\$200	\$12,000+
Michigan	\$3,869	\$175	\$10,000+
Minnesota	\$3,086	\$365	\$9,000
Mississippi	\$2,309	\$400	\$8,000+
Missouri	\$2,691	\$133.50	\$10,000+
Montana	\$3,601	\$170	\$6,000+
Nebraska	\$4,058	\$158	\$8,000+
Nevada	\$3,498	\$217 (1st appearance)	\$10,000+
New Hampshire	\$4,038	\$400	\$9,000+
New Jersey	\$3,284	\$300	\$12,000+
New Mexico	\$2,767	\$137	\$6,500+
New York	\$3,351	\$335	\$13,500+
North Carolina	\$4,431	\$75 (absolute divorce)	\$10,000+
North Dakota	\$2,930	\$80	\$8,000+
Ohio	\$2,562	\$350	\$9,000+
Oklahoma	\$5,289	\$183	\$9,000+
Oregon	\$4,500	\$301	\$10,000
Pennsylvania	\$3,235	\$201.75	\$11,000+
Rhode Island	\$4,605	\$400	\$10,000+
South Carolina	\$3,518	\$150	\$10,000
South Dakota	\$1,391	\$95	\$8,500+
Tennessee	\$3,704	\$184.50	\$9,500+
Texas	\$3,965	\$300	\$12,500
Utah	\$5,628	\$325	\$10,400
Vermont	\$2,612	\$90	\$9,000
Virginia	\$3,067	Use calculator to find district's fees.	\$11,500
Washington	\$4,355	\$314	\$10,000+
Washington, DC	\$4,355	\$80	\$10,000
West Virginia	\$3,048	\$134	\$8,000+
Wisconsin	\$3,537	\$184.50	\$8,500+
Wyoming	\$3,200	\$85	\$9,000

**Why Sure! I'll have one for the road!!!**

“The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink.”

“Lack of power, that was our dilemma.”

Alcoholics Anonymous

There Is A Solution, page 24.

We Agnostics, page 45.

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



**This is not giving it away to keep it...**

**DUI & Divorce Costs?**

LEAST expensive:

Montana = \$9,771.

MOST expensive:

California = \$19,853.

Read the Big Book, on page 17 is the chapter

“THERE IS A SOLUTION.”

It's never too late, but advisable to read it before, not after. Then you won't say,

“Ma, you should of told me!”

“And how shall he ever straighten out that awful jam that cost him the affection of his family and separated him from them?”

12&12 Step Three, page 39.

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

August 9, 2021

## Quote of the Week

### **"Improve your memory—tell the truth."**

Toward the end of my drinking, my memory got worse and worse. To start with, my mind was a big blur from being constantly loaded, or from recovering from a blackout. In addition, it got harder and harder to remember what story or excuse I had recently made up or told to different people. Because my drinking had become the most important thing in my life, I had begun lying to protect it, and because most of the lies and stories I made up were followed by a drinking binge, I couldn't keep anything straight. It's no wonder people stopped hanging around me.

When I got sober and my head began to clear, I went right on lying and telling stories. As I worked the Steps, I realized that I was lying to protect my ego and get my own way. I quickly found the truth in the statement that "self-centeredness and self-seeking" was my natural state as an untreated alcoholic. It took a lot of inventories and conversations with my sponsor before I was ready to get honest. I also had to uncover, discover, and discard a lot of character defects that were keeping me sick before I could fully recover.

These days, my life is much easier now that my default is to just tell the truth. I no longer feel the need to defend or construct a big story because today I've learned how to be responsible and honest. Now I go through life looking for ways to be of service rather than to cheat or deceive. It's a wonderful feeling being able to look someone in the eye again and feel a part of the human race. And best of all, my memory has improved because today, I tell the truth.

Subscribe for Free: <http://www.thewisdomoftherooms.com>

Know someone who might enjoy this quote?

Please Pass it On!

Copyright © 2021

This is more than just daily meditation book—this is a book of Twelve Step quotes and daily reflections that come right from the meeting rooms of recovery. These are the 'Aha' moments shared by people in the program, like: "Humility is not thinking less about yourself, but rather thinking about yourself less." Each timeless piece of practical recovery wisdom like this is followed by a three-paragraph reflection of "What it was like, what happened, and what it's like now." The most loved recovery quotes, across our Twelve Step programs are here: "There are no victims, only volunteers—you always have a choice," and they instantly offer the perspective we need to keep growing along spiritual lines. Fill your spiritual toolkit with your favorite quotes, "Once you change the way you look at things, the things you look at change," and see why these unique quotes resonate deeply with members—because they come directly from the meeting rooms of recovery. These quotes—by newcomers as well as old timers—offer people in recovery the experience, strength, and hope, they need, just when they need it: one day at a time. This book will remind you that "It is what it is, but it will become what you make it."

The 365 Twelve Step Quotes collected here are the ones we hear in meetings, the quotes and sayings that offer us instant relief and revelation—the ones we wish we had written down and saved. Now you have them all at your fingertips. Quotes like, "We go to meetings for relief; but we work the Steps for recovery," and "Half measures do avail us something—it's just the half we don't want," and "When I say NO to you I'm saying YES to me," and hundreds of others help us all in the Fellowship both develop our practice of daily meditation and deepen our experience in the program. The Wisdom of the Rooms aids in our individual practice of recovery as well as provides inspiration for group discussions, reminding us all that "I'll never be all right, until it's all right, right now."

<https://thewisdomoftherooms.com/>

## Humility: A Spiritual Aspect of Recovery

Just as love, patience and honesty are spiritual aspects of ourselves, so is humility. Humility grounds us and opens our hearts to become rawer and more vulnerable to others. Self-responsibility, appreciation and respect become fluid when humility is practiced, because we've been able to gain a new perspective on ourselves and others. This approach to recovery can help us a great deal in our journey; a 2017 study published in the journal *Spirituality and Clinical Practice* found that humility can have many direct (and indirect) positive effects on recovery:

- Higher service to others was found linked to lower relapse rates and greater humility.
- The combination of service and love can improve the rate of incarceration as well as defiance, two elements that often go hand in hand.
- Spiritual virtue overall predicts a more promising pathway in recovery.

As humans, we can't do it all alone. We need help – from a Higher Power, from others, from the tools, lessons and resources we develop over time. Humility combats addiction because it takes out that inflated sense of self and replaces it with a more humble, loving, caring perspective that we're merely all part of this journey called "life", together – and it's a beautiful journey, indeed.<sup>28</sup>

I find it very encouraging that a recovery watch organization finds that Service to others is a strong suit of recovery. I have known and practiced that for years, almost all A.A.'ers do.

It tells us right in the Big Book, on several occasions to work with others to gain sobriety.

"This work is necessary to maintain his sobriety."<sup>29</sup>

"Now we try to put spiritual principles to work in every department of our lives."<sup>30</sup>

"It also indicated that strenuous work, one alcoholic with another, was vital to permanent recovery."<sup>31</sup>

"Both saw that they must stay spiritually active."<sup>32</sup>

<sup>28</sup> <https://highwatchrecovery.org/what-is-humility-and-how-does-that-relate-to-recovery/>

Alcoholics Anonymous,

<sup>29</sup> TO EMPLOYERS, page 146.

<sup>30</sup> TO WIVES, page 116.

<sup>31</sup> FOREWORD TO THE SECOND EDITION, page xxvii.

<sup>32</sup> A VISION FOR YOU, page 156.

Okay, there's TP rolls, Newspaper, glue, empty plastic bottles and paper clips. Each team has 600 seconds to make a product spiritually relevant some one can use and appreciate. GO!



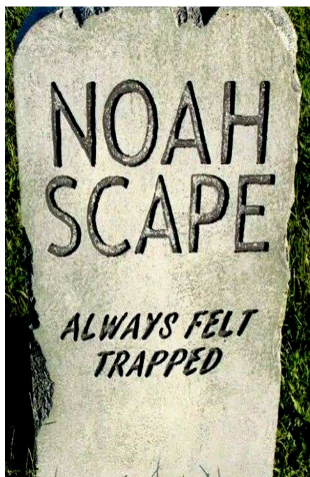
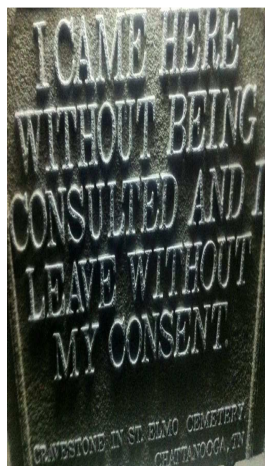
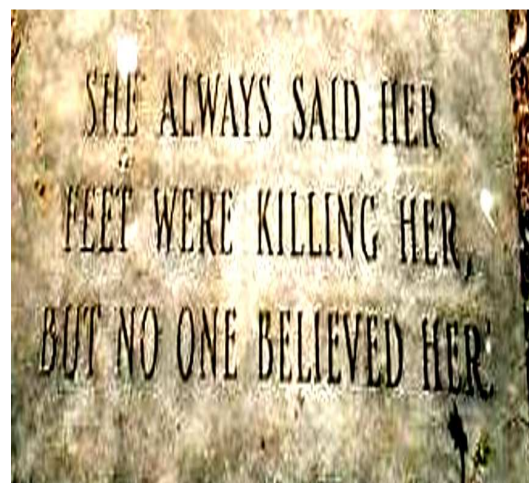
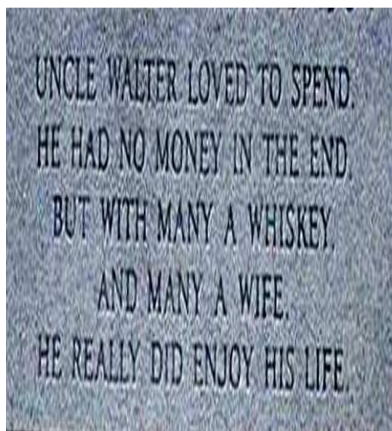
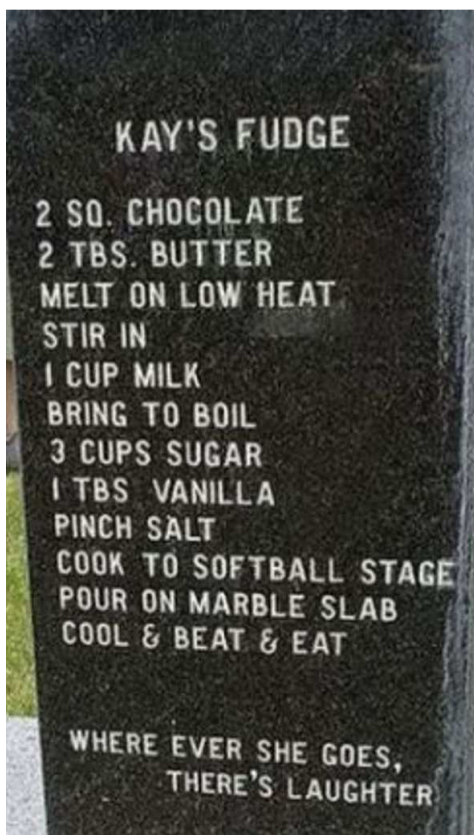
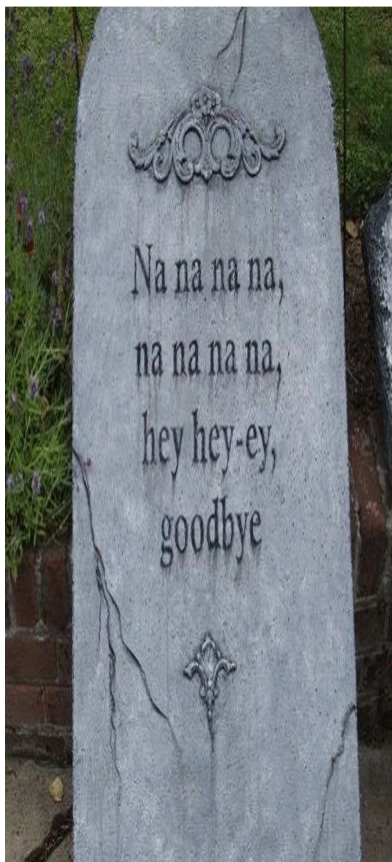
We're makin' a car window beer can holder for my Dad.

Ahh, they learn so young from us. And some things they will never ever forget and some will try to imitate us.

## MY SPONSOR SAID IT AIN'T SO JOE !



**BEING DEAD SERIOUS HERE; SOME OF THESE ARE FUNNY. OTHERS NOT SO MUCH.**



## Why The Our Father Prayer?

Why is it that almost all A.A. meetings say, we are not a religious program, but are spiritual in nature? And the meeting closes with “Our Father”, known also as the “Lord’s Prayer”, or in Latin as “Pater Noster”? One train of thought is the Lord's Prayer is a guide on how to pray, not repeat by rote.

“Our Father who art in heaven; hallowed be thy name. Thy kingdom come. Thy will be done, on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation: but deliver us from evil.”

Jesus taught the disciples this prayer as a way to pray to his Father in heaven. It is in two gospels of the Bible, Matthew, 6:9-13, and Luke has a shorter form in 11:1-4. The present day prayer in use comes from the Common Book of Prayer editions in 1549 and 1552 AD.

I have developed an affinity for this prayer, in the Big Book, page 25 it says, “...we have been rocketed into a fourth dimension of existence...” This fourth dimension is a spiritual experience, and it has been a miracle to me.

There are only six sentences in this prayer, yet it can cover all 12 Steps for me. The first sentence of the prayer, “Our Father who art in heaven; hallowed be thy name.” brings to me Step work in many different Steps. The 2<sup>nd</sup> Step, “...a Power greater than ourselves...”, the 3<sup>rd</sup> Step, “...God as we understood Him...”, the 5<sup>th</sup> Step, “Admitted to God...”, the 6<sup>th</sup> Step, “...ready to have God...”, the 7<sup>th</sup> Step, “Humbly asked Him...”, the 11<sup>th</sup> Step, “...conscious contact with God as we understood Him...(and)...His will for us...”.

The second and third sentences of the prayer, “Thy kingdom come. Thy will be done on earth, as it is in heaven.” This comes out for me in Steps 3, 11, and 12. “...turn our will over...”, “...praying only for knowledge of His will for us...”, “...to practice these principles...”.

The fourth sentence, “Give us this day our daily bread.” Here I stretch a little bit and think that if He gives me the acceptance of the first Step, and I abstain from alcohol, I instead am getting what I need, my daily bread, the physical sustenance for life. But now into the fourth dimension again, that spiritual experience that I need daily. The 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Steps are part of my praying. For if I “Continue to take personal inventory...”, “Sought through prayer and meditation...” and “...had a spiritual awakening...”, I have fulfilled myself with God’s will and nourishment for my living.

The first part of the fifth sentence, “And forgive us our trespasses...” Many to mention here; the 4<sup>th</sup>, 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> Steps. To know my trespasses is Step 4, to admit my trespasses is Step 5, to know who I have trespassed against is Step 8, to forgive those trespasses to others by making direct amends is Step 9, and to continue to find my self in opportunities where I need to work the previous Steps all over again is Step 10.

The last part of the fifth sentence, “... as we forgive those who trespass against us.” is all the same Steps, but looking outward instead of inward. Who do I owe amends too? How, where, will I make them? And now I add in Step 11 to provide the guidance also to have “...the power to carry that out.” And of course the 12<sup>th</sup> Step where I “...practice these principles in all our affairs.”

“And lead us not into temptation.” This first part of the sixth and last sentence touches me on many of the Steps also. Obviously is the 1<sup>st</sup> Step, where Absolute Abstinence, the second meaning of A.A. is paramount. Then I’m into the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 10<sup>th</sup> Steps. All of these have to do with self reflection, character defects, and the way to deal with them on a continual basis. Sometimes it occurs more times in a day than I’d like to admit, but it happens.

And now the last part of the sixth sentence, “...but deliver us from evil.” Herein is the first step again, admitting the alcohol leads to abuse as I have used it. And the tenth step where I remarkably continue personal inventory and evolve past my evil daily doings.

Here I am at the conclusion, and I can tell you that every single Step has a part here for me. My life is becoming manageable, sane and I’m coming to believe that I’ve made a decision for that searching and fearless moral inventory where I’ve admitted my wrongs and become entirely ready to be humble, and to the people I have harmed have made direct amends to them while continuing an inventory and reparations all the while still seeking through prayer and meditation to gain the spiritual awakening allowing me to carry this message and practice these principles in all my affairs.

*Doug G.*

3/26/2014

## THE TWELVE STEPS REVEALED IN THE BIBLE

**STEP ONE** - We admitted we were powerless over alcohol -- that our lives had become unmanageable  
*I know that nothing good lives in me, that is in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. (Romans 7:18)*

**STEP TWO** - Came to believe that a power greater than ourselves could restore us to sanity.  
*For it is God who works in you to will and to act according to His good purpose. (Philippians 2:13)*

**STEP THREE** - Made a decision to turn our will and our lives over to the care of God as we understood Him.

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. (Romans 12:1)*

**STEP FOUR** - MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

*Let us examine our ways and test them, and let us return to the Lord. (Lamentations 3:40)*

**STEP FIVE** - ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

*Therefore confess your sins to each other and pray for each other so that you may be healed. (James 5:16a)*

**STEP SIX** - WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

*Humble yourselves before the Lord, and He will lift you up. (James 4:10)*

**STEP SEVEN** - HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

*If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)*

**STEP EIGHT** - Made a list of all persons we had harmed and became willing to make amends to them all.

*Do unto others as you would have them do unto you. (Luke 6:31)*

**STEP NINE** - Made direct amends to such people wherever possible, except when to do so would injure them or others.

*Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. (Matthew 5:23-24)*

**STEP TEN** - Continued to take personal inventory and when we were wrong promptly admitted it.

*So, if you think you are standing firm, be careful that you don't fall. (1 Corinthians 10:12)*

**STEP ELEVEN** - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

*Let the word of Christ dwell in you richly. (Colossians 3:16a)*

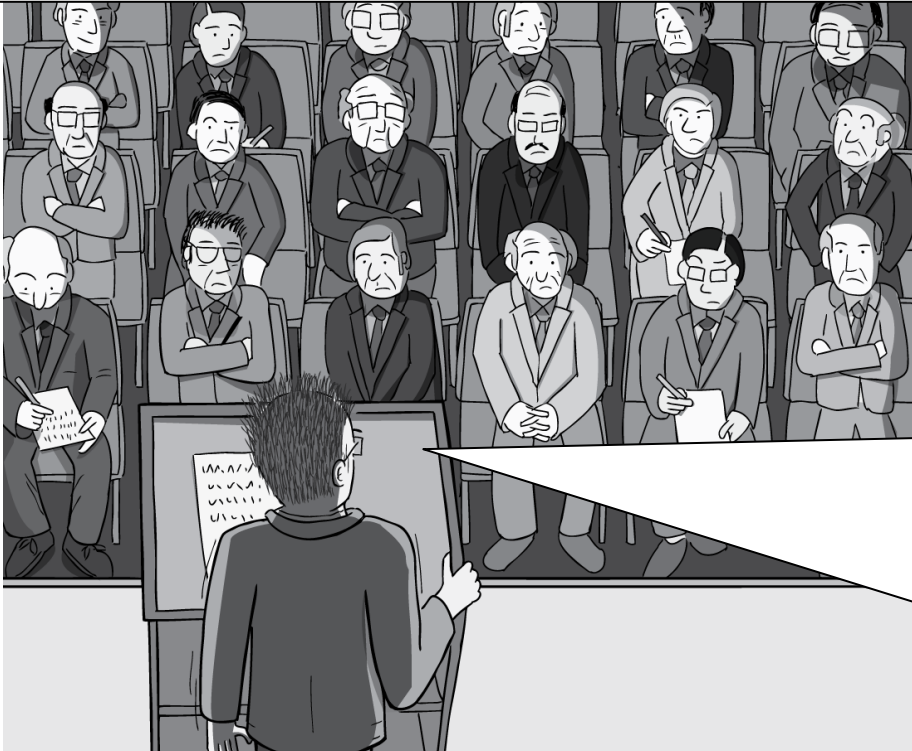
**STEP TWELVE** - Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

*Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)*

*For the word of God is living and powerful, and sharper than any two-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

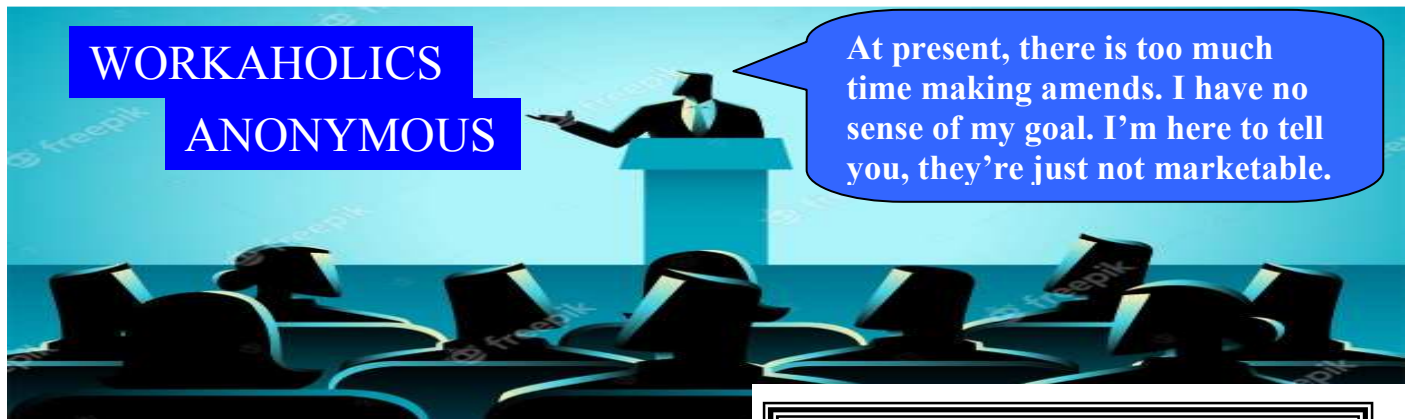
*(HEBREWS 4:12)*

## METEOROLOGISTS ANONYMOUS – OPEN FORECASTER NIGHT



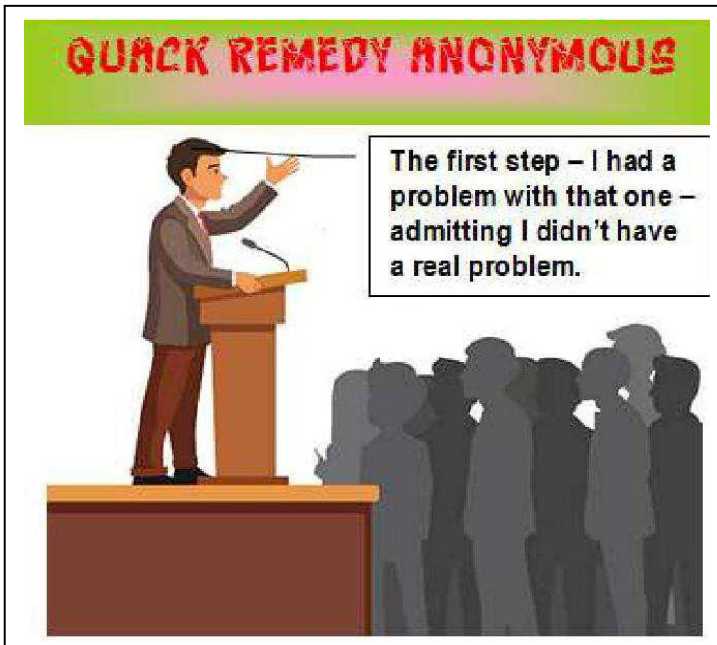
I thought I was controlling the weather, in actuality, it was controlling me. If only I could predict just a little bit, then I would not have to keep going. Go ahead, try some **Controlled Forecasting**. My hat's off to you if you can do a right-about-face.

## WORKAHOLICS ANONYMOUS



At present, there is too much time making amends. I have no sense of my goal. I'm here to tell you, they're just not marketable.

## QUACK REMEDY ANONYMOUS



The first step – I had a problem with that one – admitting I didn't have a real problem.

## OVER-THINKERS ANONYMOUS

It happened - like a flash of bright white light - clarity filled me! I've worked 22 years in the program waiting for it to happen again.



# 68<sup>th</sup> Michigan State AA Convention

Hosted by Area 34 ~ Western Lower Michigan & The Eastern U.P. [www.wmaa34.org](http://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](http://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:

**ADDRESS REVISED**



**WMAA 2021 State Convention,**  
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](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



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](http://tricityconference.org)

#### SATURDAY NIGHT BANQUET

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

#### HOTEL

Auburn Hills Marriott Pontiac  
3600 Centerpoint Parkway, 48341

\$99 per night (+tax)

Book by 8/27 for special conference rate  
reserve online at [bit.ly/2SSK8VG](http://bit.ly/2SSK8VG)

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

NAME \_\_\_\_\_  
(First) (Last)

HOME GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

ONE FORM PER REGISTRATION  
PLEASE PRINT NEATLY

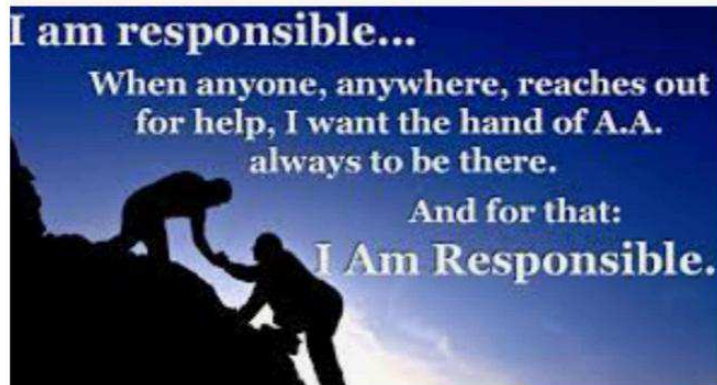
- Registration postmarked by 8/27/2021..... \$20
- Registration after 8/27/2021..... \$25
- Saturday Night Banquet..... \$40
- Alateen Registration..... \$ 5
- I would like to donate to the A.A. Hospitality Suites \$ \_\_\_\_\_
- I would like to donate to the Al-Anon Hospitality Suites \$ \_\_\_\_\_
- I would like to donate to the Alateen Hospitality Suites \$ \_\_\_\_\_
- I would like to donate to the Coffee Fund \$ \_\_\_\_\_
- I would like to donate to the 2021 Scholarship Fund \$ \_\_\_\_\_

Please mail registration form to:  
Tri-County Conference  
P.O. Box 4324 • Troy, MI 48099

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

THIS IS AN INDIVIDUAL DONATION

THIS IS A GROUP DONATION (PLEASE FILL OUT "HOME GROUP" ABOVE)



**CMIA 32 Area Assembly  
Hosted by District 8  
Sunday, October 10**

**At -RE/MAX Platinum  
6870 Grand River Ave. Brighton 48114  
(2 story building, w. American Flag)**

Lot in back, use middle doors, (w. Pillars). Handicapped ramp at left end of building

**Directions**

From South – US 23 N. to I 96 W. to exit 145. Turn Right, (W), 2 Miles, on Left

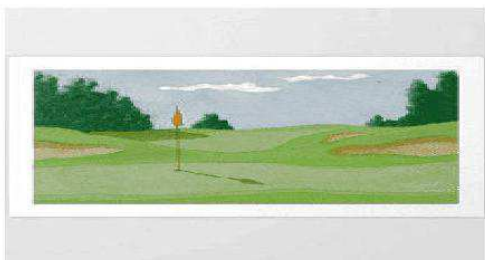
From North – US 23 S. and to I 96 W. to exit 145. Turn Right, (W), 2 Miles on Left

From East – I 96 W to exit 145. Turn Right, (W), 2 Miles on Left

From West – I 96 E to exit 140, turn left, go Approx. 2/3 mile to Grand River. Turn Right. 3 Miles on Right

**Coffee and Donuts at 9am – Morning Session Begins at 9:30**

See [cmia32.org](http://cmia32.org) for full agenda



FLINT  
ALANO HOUSE

**HOSTS...**

## **1ST ANNUAL Marlene Lennon Memorial Golf Outing!**

**September 10, 2021 Kearsley Lake Municipal Course  
4266 E. Pierson Road Flint, Michigan**

Cost of Event:

\$50.00/per golfer      \$200.00/per Team (4)

*(Individual Golfers will be paired to teams)*

Registration begins at 9:45AM inside Club House

10:30 AM Shotgun start

Various skill and luck games during event

**Team Payments for Golf Outing may be made using :<https://checkout.square.site/merchant/518H3VFK19KQA/checkout/VDBGKOYDRV6OXQLGMDLICBSU>. (call contact person for link via text message for easy one-click payment option)**

**Contacts:**

**Randy (810) 577-1602**

**Erica (810) 406—7161**

OR visit:

[flint-alano.square.site](http://flint-alano.square.site)

\*\*Do not use "www"



***Hole sponsorships available***



**Alano Club**  
**Marlene Lennon**  
**1st Annual Golf Outing**

**Kearsley Lake Golf Course**  
**Flint, MI**

**Friday September 10, 2021**

**Sponsorship for 1st Annual Golf Outing**

Sponsor Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

**Hole Sponsor \$ 200.00**

Golf package per person \$50.00 or \$200 per team

Names of Golfers:

1. \_\_\_\_\_ 2. \_\_\_\_\_  
 3. \_\_\_\_\_ 4. \_\_\_\_\_

Check enclosed for \$ \_\_\_\_\_

**All Sponsorships must be received by *Friday, August 27, 2021***

- Yes, I would like to volunteer for set-up
- Yes, I would like to donate promotional items (golf towels, shirts, hats, giveaways, etc.)

Please remit to:  
 Alano House of Flint  
 Contacts: Randy 810-577-1602 or Erica 810-406-7161  
 2608 Maplewood Ave  
 Flint, MI 48506

Email Jpeg with logo to [mleach2200@gmail.com](mailto:mleach2200@gmail.com)

Proceeds to benefit Alano House of Flint.