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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.

“God grant us the serenity to accept the things we cannot change, Courage to change the things we can, And wisdom to know the difference.”¹

Shades of SERENITY



“When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.”²

Step Ten: “Continue to take personal inventory and when we were wrong promptly admitted it.”³

“Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.”⁴

“We will comprehend the word serenity and we will know peace.”⁵

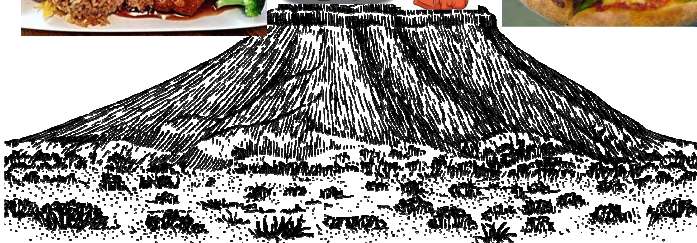
There are two quotes on serenity out of the Big Book preceded by Step Ten. Practicing, and doing this daily Step is part of what is a daily reprieve.

“What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”⁶

As depicted in the illustration above, serenity has different and varied shades. As many as there are people, places, things and situations. At least; maybe more. There are so many things that make us feel content with our past, our present and our future. But what gets us there is a daily reprieve which we must ourselves work for, it is not a given, granted, or an entitlement just because we have absolute abstinence as a history, long or short as it may be. As Bill W. wrote, it is something that comes out of our spiritual condition. It’s apparent we must forgive ourselves first for a word or deed we’ve done before we can go and correct that word or deed. Sometimes an immediate retraction is all that is needed. Sometimes we don’t realize what we’ve done at the outset, but usually through meditating and concerning ourselves with our own actions it becomes revealed. Then the admittance of the wrong becomes an action part of the next near opportunity. Lo, we are entering into a new sense of self in bargained humility. “We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.”⁷

~ Editor

Serenity can be making the right choice in delivery. Pizza with everything or General Tso’s Chicken with rice and egg rolls.



¹ 12 & 12 STEP TWELVE, page 125.

Alcoholics Anonymous, 4th Edition

² ACCEPTANCE, page 417.

³ HOW IT WORKS, page 59.

⁴ HOW IT WORKS, page 58.

⁵ INTO ACTION, page 83-84.

⁶ INTO ACTION, page 85.

⁷ THERE IS A SOLUTION, page 25.

ENLIGHTENMENT?



SEE THE HOT DOG
VENDOR
HE'LL MAKE YOU ONE
WITH EVERYTHING



HOPE

Step 10 - Continue to take personal inventory and when we were wrong promptly admitted it.⁸

It goes without saying that as we discover more about ourselves, we are becoming enlightened. As we become enlightened to our raised usefulness to those about us, we gain hope for the sorry conditions we left behind to not return.

The two cartoons to the left illustrate our newfound awareness gained through Step 10 as our inventories become daily. First, simple things can be satisfying; two, not all is as it seems.

First we begin to we accrue everything we need to know about our self in recognizing recurring defects of characters. It is not that we are insistent in failing to let them go, rather, some old habits die hard.

The hope to righting wrongs promptly is the impetus for a thorough daily inventory which leads to the serenity of having the wisdom to know the difference in what we did, and what we should have done. It is in our control to change ourselves here. As we change, we need to recognize our new self, and be peace within. As a friend told me, "...it is your peace, of mind things happen, you can deal with them."

"The tenth step of Alcoholics Anonymous is a natural progression from step 9, where you make amends. Step 10 helps you to keep your commitment to better behavior by serving as a motivator to act in a manner that doesn't require you to owe any apologies. Essentially, accomplishing step 10 you've worked hard to be the person you want to be."⁹

Not repeating past behaviors is the best way to say "I mean it." Impossible? Not really, it requires constant change. If nothing changes, nothing changes.



⁸ Alcoholics Anonymous, 4th Edition, How IT works, page 59.

⁹ www.alcohol.org/alcoholics-anonymous/step-10/

I'M NOT ARGUING WITH YOU, I'M JUST EXPLAINING WHY I'M RIGHT.

A character defect we should be willing to shed. Lack of diplomacy. Ever see yourself in the mirror of life?

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.

“Understand that Nothing changes if Nothing changes. The statement “Change is inevitable; misery is optional” is truer than many of us care to admit. Somehow, we imagine that it is possible to live without change. However, we can no more live and not have change than we can jump without feeling the impact of gravity.”¹⁰

Another way of putting it is Newton’s third law: For every action, there is an equal and opposite reaction. If we jump, we’re going to land with the same force as we jumped with.

It is near the same with our behaviors towards others. If we retaliate, we get what’s coming some time or other; might be when we least expect it, might be what we fear the most. It is out of our control. And interesting enough, the opposite reaction might be more than the equal action imposed. Newton did not consider the emotions of interactions here. We have learned to consider it.

That attitude has led me on many occasions to do as the Moody Blues (1967) sang about, “Letters I’ve written, never meaning to send.” The catharsis of getting it out, of being able to look at my own words and use “What was my part in It?” gains me enlightenment to change. Did you think the blinding white light Bill W. experienced was ineffective? Our own enlightenments are just as effective for change.

“As most AAs have heard, I was the recipient in 1934 of a tremendous mystic experience or ‘illumination’.”¹¹

“Out of my black depression I found myself crying, just like a child in the dark, ‘If there is a God, will He show Himself? Now I am ready, ready to do anything, even to believe.’ Then came the great experience.

“The room filled with a blinding white light. I was caught into an ecstasy for which there is no description. In my mind's eye I seemed to be on a mountain top; a great wind was blowing. Then I thought, "This is not air, this is spirit. This is the God of the preachers." How long this state lasted I have no idea. But at length I found myself still, of course, on the bed. Now however I seemed to be in a new dimension. All around and through I felt a sense of Presence.”¹²

¹⁰ Nothing Changes If Nothing Changes Sermon by MELVIN MAUGHMER, JR

¹¹ Language of the Heart, Bill W’s. Grapevine Writings, page 275.

¹² <http://www.a-1associates.com/aa/>

LETS_ASK_BILL/wilsonstalktotheclergy.htm



NO GLUM LOT HERE



WHAT DID THE SHY PEBBLE WISH FOR?

That she was a little boulder.

After Beethoven died, he was buried in a churchyard. The next day the town drunk came stumbling through the cemetery and heard strange noise coming from the ground above Beethoven

The frightened drunk ran for the priest to come and listen to it. The priest bent close to the grave and heard some faint, unrecognizable music coming from the ground. Also frightened, the priest ran and got the town magistrate.

When the magistrate arrived, he bent his ear to the grave listening, then said, "Ah, yes, that's Beethoven's Ninth Symphony, being played backwards." He listened a while longer, and said, "There's the Eighth Symphony, and it's backwards, too. Most puzzling."

So the magistrate kept listening for a long time; "There's the Seventh... the Sixth... the Fifth..." Suddenly the realization of what was happening dawned on the magistrate; he stood up and announced to the crowd that had gathered in the cemetery,

"My fellow citizens, there's nought wrong, it's natural. It's just Beethoven decomposing."



Ned & Jed

Say Jed, looked in the mirror of life lately?

HaHa. Got a broken shard hanging in the shed.



Can you see the whole picture?

Nearly; but the top of my head and bottom of my beard is cut off.



Not talkin' 'bout the image of us, It's the image we live.

Oh yeah, that. Well I don't feel the need to apologize so often, or as much as I used to.

Then you're gaining ground on practical serenity.

Y'see, I look in the mirror and I'm certain I'm getting practically serene.

Bill W. - AA Grapevine's most prolific writer, wrote 150 articles, his first in Jun 1944, his last in Dec 1970.

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.

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 September 2021 Newsletter went to 179 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 Saturday 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:

December 18. Local 659; Van Slyke Group.

A.A Treasurer's addresses:

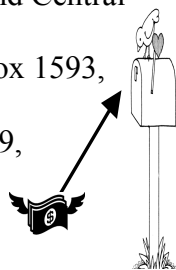
A.A.W.S., Inc., P.O. Box 459, Grand Central Station, New York, NY 10163

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 October 16, 12:30 pm, hosted by Women in A.A. at St. Mary's School, 2600 N. Franklin, Flint.

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 CMIA32 is on October 10th, at RE/MAX PLATINUM, 6870 Grand River Ave, Brighton. See Flyer at end of Newsletter and visit the website; <https://www.cmia32.org>

The MCYPAA 42 Convention is November 19 – 21 at the Auburn Hills Marriott. See Flyer at end of Newsletter and visit the website; <https://www.mcpaa.org/mcpaa42>.

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 Speaker, please contact farfromittoday@aol.com to list it.



ALWAYS BUY MATCHING ACCESSORIES.

Rule #1: Always place heavy cargo as far forward as possible and, whenever possible, balance the load from left to right, or vice-versa. Whenever loading a pickup bed for maximum cargo capacity, whether the truck is a short bed, long bed, or step-side, loading should be performed beginning at the point closest to the cab working toward the rear bumper. *Not hanging over the cab to way past the rear bumper. And use a red flag for a load exceeding bed in length.*

“The Mental-Health Benefits of Spiritual Thinking”

“Spirituality can boost our mood and help protect against depression, says psychologist and author Lisa Miller. Here’s how.

By Elizabeth Bernstein Aug. 17, 2021 10:00 am ET

“Many of us have been searching for meaning during the pandemic. We’ve been asking ourselves questions such as: What are my priorities? What do I want out of my life? How can I live with all the uncertainty?”

“To answer these questions, people often turn to spirituality. And a body of scientific research suggests that spiritual thinking provides some concrete benefits to our mental well-being and outlook.

“Lisa Miller is a clinical psychologist and director of the Spirituality Mind Body Institute at Teachers College, Columbia University, a graduate program and research center, where she studies the intersection of spirituality and mental wellness.

“She teaches clinical psychology and has worked with corporations, schools, faith-based organizations, homeless shelters and the U.S. military to help individuals use spirituality to improve their mental health. Her new book is “The Awakened Brain: The New Science of Spirituality and Our Quest for an Inspired Life.”

“Dr. Miller conducts brain scans of people as they’re thinking spiritual thoughts and analyzes large mental-health studies. Her research has found that spirituality helps protect us from depression and helps us become more resilient and make better decisions. Studies also show that these benefits typically occur regardless of what religion we are—or whether we’re religious at all.

” What is spirituality?

Dr. Miller: Scientists don’t define spirituality—we identify threads within human spiritual life. Two threads stand out. The first is our capacity to have a relationship with the sacred. People may call this God, the universe, a higher power or the force of life. It is the capacity to feel loved, held and guided, that we are never alone. The second thread is to share this with others.

”People can cultivate these two threads both within and without a faith tradition. There are deeply religious people who are also deeply spiritual. And there are people who have deeply cultivated their spiritual core outside of a faith tradition. Often, they do this through service—through altruism—or nature, art, music or poetry.

“Does everyone have the capacity to be spiritual?”

“Yes. Spirituality is innate. Some of us are more predisposed than others to feeling spiritually connected. And how a child is engaged shapes and forms his or her spiritual core. But we can all cultivate this natural capacity and build our spiritual muscle.

“What are the benefits?”

“Hundreds of scientific, peer-reviewed articles have found that a strong spiritual awareness protects against the most prevalent forms of inner suffering, the diseases of despair: addiction, depression and even suicidality.

“The data has also shown that character strengths and virtues such as optimism, grit, commitment and forgiveness go hand-in-hand with strong spiritual awareness. It helps us be more creative. It also leads to more gratitude and more resilience. There is a sense that things will work out.

“Dr. Miller says there are people who have deeply cultivated their spiritual core outside of a faith tradition, often through nature, art, music or poetry.

“Many people seem uncomfortable talking about spirituality. Why?”

“We’re tone deaf to the difference between a natural spirituality and questions of religious liberty. When we speak of spirituality, we have a fear that we are somehow stepping on people’s religious liberty. And there is the issue that people think that if they honor spiritual awareness they are somehow being unscientific.

“What does the brain of a person thinking about something spiritual look like?”

“Brain scans done with MRI, which track changes in blood oxygenation and flow, show four patterns working together.

“The brain’s default mode network gets disengaged. That is the network of rumination. In depression, it takes on a powerful life of its own and is hard to turn it off. People with strong spirituality are less inclined to have a runaway default mode network. There is decreased blood flow to that region.

“The frontotemporal network—the network that processes relationship bonding—becomes more activated. There’s more blood flow. This boosts our sense of relationship bonding.

“The ventral attention network gets activated. This is the seat of perception and guidance. Many people report that their attention is drawn to the right answer.

(Continues on page 6)

(Continued from page 5)

“And there is reduced activation in the inferior parietal lobe, where we navigate distinctions between self and others. When we’re stressed, there’s more blood flow to the parietal lobe and we feel very separate and otherly. When we feel spiritual, less blood flows, we release the grip of the parietal lobe, and we feel a deep awareness of a common experience with one another and with nature.

“Can we cultivate spirituality at any age? Yes. But it is developmentally most accessible during the first two decades of life.

“There are two pieces of good news, though. The first is that there are passages in life when we are primed to grow spiritually. One of them is adolescence. Another is midlife.

“The other good news is that there are specific life events that help us develop spiritually. If someone dies. If someone gets ill. A divorce. The birth of a child.

“How can we strengthen our spiritual fitness? First we need to quiet our brain. Breathing, meditation or prayer can stop the racket. Then we are able to receive and notice new ideas, to see what we would have walked right by otherwise.

“Are there emotions that help us become more spiritual?

If you practice emotions such as gratitude, awe and altruism, you’ll boost your spirituality. And it’s a two-way street. When you are spiritual these emotions are more naturally forthcoming.

“In your book, you recommend looking for something you call synchronicity. Tell me about that.

“Synchronicity is when two physically unrelated events express a deeper common oneness. For example, I might be worried about my son getting a good job after college. Then while I’m walking through the park I see a mother and young boy looking at each other with a profound love, and I realize my job as a mother is to love my son no matter what job he gets.

“When we feel a pop like this, we should treat this inner wisdom as valid. And then throw it to our head to process.”

~ Submitted by Mike J.



“The Role of Spirituality in Altruistic Behavior
Michelle Salem Sonoma State University Abstract
“Research on altruism has focused mostly on individuals’ motivations in demonstrating this form of prosocial behavior. Throughout this research, a relationship between altruistic behavior and an individual’s religious beliefs has been determined, as religions provide individuals with ethical principles to follow throughout their daily lives, emphasizing the importance of engaging in prosocial behavior for the benefit of another and without expectation of rewards for these actions.

“Furthering this research to determine a relationship between altruism and spirituality, in general, the current study hypothesized a positive correlation between altruism and spirituality. The instrument used to determine this relationship was a web survey generated through surveyz.com, which was posted on two Usenet discussion groups that were chosen due to their interest in the topic of study. Although the data collected through the survey did not support the hypothesis, as the correlation between the two variables was statistically insignificant, it yielded interesting information for future research.

“The majority of respondents felt that they were altruistic, however these respondents did not feel that they were spiritual. Respondents also did not feel that their religion or spirituality influenced their lives or stressed the importance of helping others, as was expected. Spirituality was not shown to be an influence in the respondents’ decision to engage in altruistic behavior. However, for the purposes of future research, the study determined that each individual had their own personal definition of spirituality, which had implications for the data collected and the responses given due to the lack of specification.”



SPIRITUAL BLISS in GOLD and SILVER

NOTICE

COMPLAINT DEPARTMENT



200 MILES

NOT FUNNY MOSES !!



I NEVER READ,
I JUST LOOK AT PICTURES

NOW HIRING!

LONG-HAIRED
FREAKY PEOPLE
NEED NOT APPLY



Our problem is not knowing the difference between a telling wisdom of spiritual notion and one of our own half-witted notions. Makes it hard to find remunerative work.

CAUTION

IF YOU THINK OSHA IS A SMALL TOWN IN WISCONSIN, YOU'RE IN TROUBLE

TO ANYONE WHO IS CHRISTMAS SHOPPING FOR ME, I WEAR A SIZE 100 IN \$\$



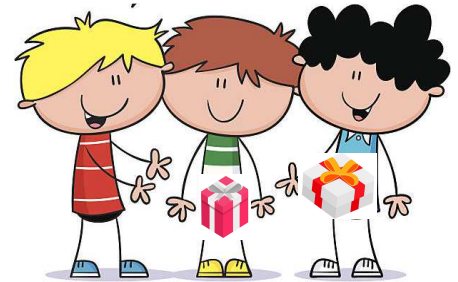
THIS DUDE NEEDS TO TAKE SUNSCREEN 101.

WELL, WELL, WELL, IF IT ISN'T THE CONSEQUENCES OF MY OWN ACTIONS



WOULD YOU EVEN TRY?

Whoa! More SPIRITUAL gifts. How awesome!!!



WHY?

I'LL HAVE THAT ANSWER AND MANY MORE PUT INTO NEXT MONTH'S NEWSLETTER.



“Is It OK to Drink When ... Taking Antibiotics

“Alcohol can cause headaches, flushing, dizziness, vomiting, and a fast pulse with antibiotics like cefotetan, metronidazole, and tinidazole. Doxycycline or linezolid might not work like they’re supposed to, so talk to your doctor or pharmacist before you have a drink if you’re taking them. Other pairings may cause different side effects. Still, alcohol doesn’t seem to interfere with most antibiotics. Just remember that heavy drinking can slow your immune response and make it harder for your body to fight infection, with or without medication.

“Taking Antidepressants

“Drinking while you’re on antidepressants can worsen the very symptoms the medication is supposed to treat. It also might increase the type and level of side effects like dizziness, drowsiness, and slow reactions. Talk to your doctor before you have alcohol. If the doc says it’s OK, take it slow at first and observe your reaction to the combination.

“Managing High Blood Pressure

“Regular or heavy drinking is likely to raise your blood pressure. That’s bad news if you already have high numbers. But you can reverse much of this effect within a few weeks if you cut back or quit altogether. If you’re a heavy drinker, talk to your doctor about easing off slowly. Your blood pressure might spike for several days if you quit too quickly.

“Taking Nonprescription Painkillers

“The three most common ones are acetaminophen, aspirin, and ibuprofen. If you’re otherwise healthy and use them from time to time, a little alcohol shouldn’t be a problem. But drinking could worsen various kidney, liver, and stomach problems that sometimes result from misuse or overuse of these drugs.

“Trying to Get Pregnant

“Even light drinking seems to make it harder for some women to get pregnant. Heavy drinking could disrupt your period and cause ovulation problems. It isn’t a good idea for dads-to-be, either. Alcohol can lower sex drive, lessen sperm quality, and even cause impotence.

“Recovering From a Concussion

“Your brain is extra sensitive as it heals. Even light drinking can slow your recovery and disrupt your sleep, learning, and sexual function. Some people say alcohol affects them more after a brain injury. That means you get drunk more easily and could hurt yourself further.

“Getting Fertility Treatment

“Alcohol lowers your chances of getting pregnant with treatments like IVF (in vitro fertilization) and GIFT (gamete intrafallopian transfer). It also makes a successful pregnancy less likely. And it doesn’t take much. In one study, women who had just four drinks a week had a lower successful birth rate. When both parents had four drinks a week, the rate went down even more.

“Pregnant

“Because of the way your body processes alcohol, your baby’s brain gets even more of it than you do when you drink. The result is often a range of physical and mental birth defects known together as fetal alcohol spectrum disorders. Scientists don’t know what, if any, level of alcohol is safe for your baby. So if you’re pregnant or think you might be, cut out booze out completely.

“Recovering From a Stroke

“Alcohol could interfere with medicine designed to prevent another stroke. Blood-thinners like warfarin are one example. And stroke can make you more sensitive to alcohol’s effects like problems with sleep, balance, and slurred speech. If you’ve just had a hemorrhagic stroke, you shouldn’t drink alcohol for a few weeks. Ask your doctor when it’s safe to drink again.

“Breastfeeding

“When you drink, alcohol enters your breast milk at around the same concentration as it goes into your blood. Any amount could cause problems for your baby’s growth, mental development, or sleep patterns. If you have one drink, wait at least 2 to 3 hours for the alcohol to clear your system before you breastfeed. The amount of time alcohol spends in your milk goes up with each drink. So three drinks could linger for 6 to 8 hours. Add 2 to 3 more hours for each additional drink (glass of wine, beer, or shot of liquor).”

From: <https://www.webmd.com/a-to-z-guides/ss/slideshow-when-to-avoid-alcohol>



**DEAR ALCOHOL,
WE HAD A DEAL
WHERE YOU
WOULD MAKE
ME FUNNIER,
SMARTER AND A
BETTER DANCER
I SAW THE VIDEO
WE NEED TO TALK**



“With the passing of the Eighteenth Amendment I felt quite safe.”¹³

“Eighteenth Amendment to the U.S. Constitution
“Section 1

“After one year from the ratification of this article the manufacture, sale, or transportation of intoxicating liquors within, the importation thereof into, or the exportation thereof from the United States and all territory subject to the jurisdiction thereof for beverage purposes is hereby prohibited.

“Section 2

“The Congress and the several States shall have concurrent power to enforce this article by appropriate legislation.

“Section 3

“This article shall be inoperative unless it shall have been ratified as an amendment to the Constitution by the legislatures of the several States, as provided in the Constitution, within seven years from the date of the submission hereof to the States by the Congress.

“The Meaning: Ratified on January 16, 1919, the Eighteenth Amendment prohibited the making, transporting, and selling of alcoholic beverages. Adopted at the urging of a national temperance movement, proponents believed that the use of alcohol was reckless and destructive and that prohibition would reduce crime and corruption, solve social problems, decrease the need for welfare and prisons, and improve the health of all Americans. During prohibition, it is estimated that alcohol consumption and alcohol related deaths declined dramatically.

“But prohibition had other, more negative consequences. The amendment drove the lucrative alcohol business underground, giving rise to a large and pervasive black market. In addition, prohibition encouraged disrespect for the law and strengthened organized crime. Prohibition came to an end with the ratification of Amendment XXI on December 5, 1933.”¹⁴

**LET ME POUR YOU A TALL GLASS OF JUST GET OVER IT.
OH, AND HERE'S A STRAW SO YOU CAN JUST SUCK IT UP.**



18th Amendment: January 16, 1919 to December 5, 1933 when the 21st Amendment passed.

“Twenty First Amendment to the U.S. Constitution
“Section 1

“The eighteenth article of amendment to the Constitution of the United States is hereby repealed.

“Section 2

“The transportation or importation into any state, territory, or possession of the United States for delivery or use therein of intoxicating liquors, in violation of the laws thereof, is hereby prohibited.

“Section 3

“This article shall be inoperative unless it shall have been ratified as an amendment to the Constitution by conventions in the several states, as provided in the Constitution, within seven years from the date of the submission hereof to the states by the Congress.

“For the first time in American history, a Constitutional amendment had been repealed. Moments later, in a low-key event held under the blaze of motion-picture Klieg lights, Under Secretary of State William Phillips thrust his pen into an inkstand and inscribed his signature to certify the passage of the 21st Amendment.

“An hour later, with little pomp and circumstance, President Franklin D. Roosevelt issued a proclamation declaring the end of Prohibition while also admonishing the country to drink responsibly and not abuse ‘this return of individual freedom.’ ‘I trust in the good sense of the American people,’ the president said, ‘that they will not bring upon themselves the curse of excessive use of intoxicating liquors, to the detriment of health, morals and social integrity.’”¹⁵

Alcoholics Anonymous founded on June 10, 1935.¹⁶

¹³ Alcoholics Anonymous, DOCTOR BOB’S NIGHTMARE, page 175.

¹⁴ <https://www.annenberghclassroom.org/amendment-xviii/>

¹⁵ <https://www.history.com/news/the-night-prohibition-ended>

¹⁶ <https://www.history.com/this-day-in-history/alcoholics-anonymous-founded>

“10 Signs You’ve Been Visited By Your Guardian Angel

“1) Repeating number sequences

Do you constantly see the same number sequences over and over? If any particular digits stand out and ring a bell, know that the higher powers are trying to grab your attention. They require your attention to communicate their future plans for you. Their dream is to guide you forward and make you the best version of yourself.

“2) Seeing white feathers

Finding a white feather along your path is a strong sign of angelic presence. White feathers are reminders that you are loved, cared for and protected. Finding feathers in odd places acts as validation and a blessing from your protectors when you are feeling lost. It’s a way for them to guide you to your destiny.

“3) Sweet odors

If you begin to notice sweet scents out of nowhere, know that you are accompanied by your Guardian Angel. If you remark lovely odors but can’t identify the origin, this is a strong sign. Delicious food, gorgeous flowers or even sweet perfume are techniques your spirit guides us to grab your attention.

“4) You dream of being visited

Dreaming of your Angel visiting you to communicate a message isn’t completely out of sorts. The higher powers want you to feel safe and supported meaning they will often come to you at your most vulnerable moments.

“5) Noticing colorful orbs

Have you recently taken a photo and observed a bright light or colorful orb that wasn’t visible to the naked eye? Orbs are said to transport Guardian Angels to their destinations and help deliver a message of company.

“6) Instant warmth

A rapid sensation of warmth and energy is a sign your Angels are surrounding you. Our protectors are very high energy creatures which means their presence never goes unnoticed. Their inexplicable warmth will make you feel cozy and safe.

“7) Babies and pets seeing things

As such innocent beings, babies, and pets often notice spiritual beings that adults miss. If you have seen your baby or pet staring and smiling at the ceiling for example, the chances are your house has received a special visit.

“8) Seeing Angels in clouds

Laying back and making shapes out of clouds may seem insignificant, however if you spot clouds in the form of Angels, know that these heavenly bodies are reaching out to you.

“9) Hearing unfamiliar voices

Hearing soft whispers when you are least expecting them is also a sign you’ve been visited by your Guardian Angels. Having your Angels speak to you is a beautiful sign of their existence and guidance along your life path.

“10) Angelic music

If you suddenly start hearing angelic type music on the radio, open your heart to the spiritual vibes. Sending messages through music is a common way for your protectors to get your attention and send their feelings.

“Astrologist Susan Taylor's insights: 'Welcoming your Angel into your life and communicating with them will open you up to a world of possibilities. Having their guidance is invaluable and will lead you to making better decisions!'”¹⁷

Bill W. said, “Scoffers could scoff...”¹⁸

“I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray.”¹⁹

One may scoff about any or every thing they have ‘contempt prior to investigation’ of.²⁰ Just because one may not have experienced it does not mean it isn’t necessarily so. This Guardian Angel can be thought of, indeed is referred to as a Higher Power. I don’t recall anywhere in the Big Book where it says the Higher Power has no others. It does talk about “as we understood” and “our own conception.” And these Higher Powers may be as mentioned, trying to get your attention. An interpretation some may use, some others not so much, some not at all. What matters is the “humility as our guide, to move out from ourselves toward others and toward God.”²¹

¹⁷ <https://www.msn.com/en-us/lifestyle/horoscope/10-signs-you-ve-been-visited-by-your-guardian-angel/ar-BB105gWi?ocid=msedgdhp&pc=U531>
Alcoholics Anonymous, Fourth Edition.

¹⁸ BILL’S STORY, page 3.

¹⁹ THE DOCTOR’S OPINION, page xxxi.

²⁰ APPENDIX II, SPIRITUAL EXPERIENCE, page 568.

²¹ Twelve Steps and Twelve Traditions, STEP SEVEN, page 76.

Four really small things that say a lot about you.

1. How you keep time.

It might seem like a small act, but it signals self-respect, discipline, and integrity. When you're tardy, though? Sadly, no one will want to hang around you because you can't be trusted to keep your word. Being late is essentially breaking a promise.

2. How you engage in a conversation.

Next time you're having a conversation, ask yourself, "How am I listening?" Rather than listening while formulating a response in your mind, focus on the words coming out of the other person's mouth.

3. How you dress.

Wear clean and neat clothes when ever you go out, whether it is to work, play, or just socialize. Projecting a clean image goes farther than being conscious of the latest fashions, especially if what you're wearing is unkempt.

4. How you improve yourself.

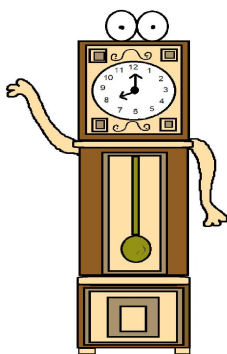
"Make the most of yourself....for that is all there is of you."

— Ralph Waldo Emerson

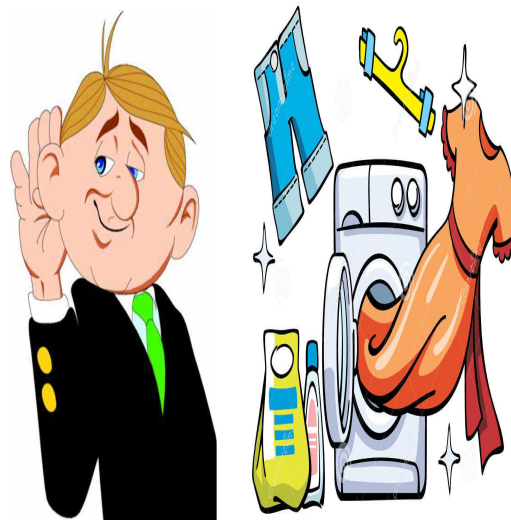
Changing these little things takes time because habits become ingrained in you from an early age. All you need is to make small changes, and over time, the compound effect will transform you.

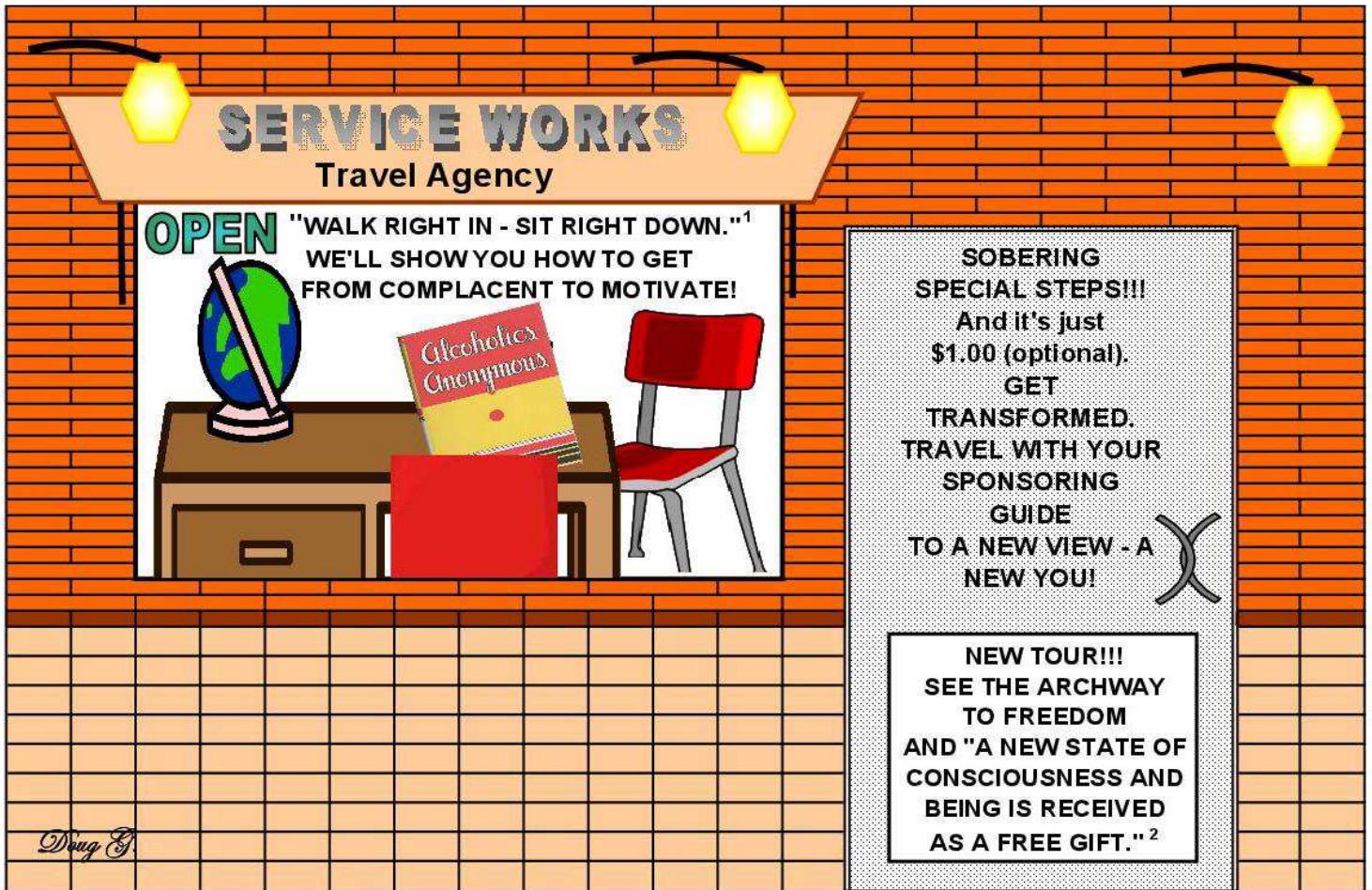
When you're intentional about the image you project to others, it can have a significant impact on your own life.

Excerpt from: <https://leahnjokimbaria.substack.com/p/4-really-small-things-that-say-a>



**I'm late, I'm late for
a very important date.
No time to say hello, good-bye,
I'm late, I'm late, I'm late.**
Alice in Wonderland.





¹ "Walk Right In" is a country blues song written by musician Gus Cannon, recorded by Cannon's Jug Stompers in 1929.
² TWELVE STEPS AND TWELVE TRADITIONS, CONTENTS (Step Twelve), page 8-9.

"Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and our motives."²²

"So our rule is not to avoid a place where there is drinking, *if we have a legitimate reason to be there...* Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive for going is thoroughly good."²³

"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives."²⁴

So we've gone from knowing to have truthful motives, to knowing where and when we can go and how, to developing daily plans for living each twenty-four hours. All this with a clear sober mind. Understanding our motives, how to live them, lets our humility and motivation not only take root in our lives, but grow along the ideal(s) we have chosen for ourselves.

"...we are building an arch through which we shall walk a free man at last."²⁵

At this point in the program of recovery suggested in the Big Book, we have completed Steps 1 – 5. We now move on where willingness is more so indispensable.

There is a good bit of travel between East and West and we foresee a great increase in this helpful interchange.... We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."²⁶

Alcoholics Anonymous, Fourth Edition.

²² HOW IT WORKS, page 70.

²³ WORKING WITH OTHERS, pages 101 – 102.

²⁴ INTO ACTION, page 86.

²⁵ INTO ACTION, page 75.

²⁶ A VISION FOR YOU, pages 162, 165.

Service Work Wrougths Changes in Obstinacies.

By definition, wrought is an archaic noun that means work. It is used as a verb also as in, *wrought up*, meaning stirred up emotions. By definition, obstinacy is the condition of stubbornness.

Service Work is the action part of the program of recovery that in it finest form moves us out of our selves, away from selfish thoughts and actions. Setting up a meeting room, greeting people arriving, making coffee and keeping the pots full, cleaning up the room after are all types of Service Work one can, and usually does, when first getting involved with Alcoholic Anonymous.

Why is it called Service Work? Because there is nothing that gets paid for, it is a volunteer effort, and it has us doing something for others, instead of for ourself.

Getting involved in the Group is the first and best start to experience Service Work on an altruistic plane. People see you doing things they have done before, are appreciative, and the doer gains humbleness through effort and sense of worth to others.

Many of us were sy to take on these tasks. It led to being obstinate. Sure, we like to be greeted at the door, but we don't know everybody, how can we greet everybody? So we would rationalize our way out of making others feel welcome. We typically ignored the fact that you don't get to know people without meeting them and exchanging pleasantries. But when we did start that job, then we found it not a job at all, meeting so many smiles is no task at all. And we felt better then when we did take out seat.

The next step forward in Service also lies in the group. From the chairing of meetings, to being the treasurer of the group, to being secretary of a group conscious meeting to being an alternate or elected G.S.R., all these, and others – like helping put on a work shop – may bring us to a halt in thinking Service Work can be a boon. Now our obstinacy really wants to kick in. we may have never led a group before, public speaking grates our nerves, we don't trust ourselves enough (at this point) to handle other people's money (or we think they don't trust us enough), the reasons of rationalizing go on and on. Our own little squirrel cage put in motion by encountering new trust, new tasks. But with the help of those around us, some guiding words and actions, we find we are indeed capable of these tasks that serve others. We've freed up time in our lives through the lifestyle change of avoiding "wet faces and wet places". We find we have more money in our own

pocket, we find we know more, and happier people than we ever did, we find this all by being a part of the group and following the suggestions of recovery in the Alcoholics Anonymous program.

We find we are constitutionally capable of being honest with ourselves. We find we are capable of grasping and developing a manner of living that demands rigorous honesty. We find that Service Work works! Oh it's true, "At some of these we balked. We thought we could find an easier softer way."²⁷

Using an acronym we can conquer our fear(s), *For Everything A Reason*, instead of succumbing through *Failure Expected And Received*.

To learn and to be of service can be a journey in positive thinking. Here is an acronym used in the Customer Service Industry that can readily apply to our encounters with others in, and out of A.A. – APPLE. Approach customers with a personalized warm welcome.

Probe politely to understand all the customer's needs. Present a solution for the customer to take home today. Listen for and resolve any issues or concerns. End with a fond farewell and an invitation to return.

This acronym has all the ideals that have been discussed towards Service Work here. Approach is the Greeter. Chairing the meeting is the Probe by setting the step/concept and/or discussion topic. Through the Announcements of the meeting one can Present an activity outside the meeting to take part in, such as an Open Talk or a Work Shop another Group may be putting on. Being a good Listener at a meeting is important to supporting others. After the meeting you may want to speak to a person about the same sort of problem, and give your contact information if they appear to want to talk more. End the meeting with a hearty Keep Coming Back or other saying that makes one want to return.

~ Editor

The Comeback is always
greater than the Setback.
The greatest you can give someone is your TIME.
By giving that which you can never take back.

²⁷ Alcoholics Anonymous, HOW IT WORKS, page 58.

The Big Book Study Guide was developed by the Primary Purpose Group of Dallas -- the group that inspired OAPP. 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. The following two pages are based on pages 84 – 85 in the Big Book and are directly out of the **The Big Book Study Guide**.

INTO ACTION

(Page 84 - further continued)

26. As we learn to apply Step Ten, WHAT is the first promise?

Comment: If we learn how to love and tolerate all people, will this make it possible to gain more willingness to make the more difficult amends? Will it make life more livable on a day-to-day basis? We begin to understand that what people think of us is not nearly as important as what we think of them and how we may help meet their needs.

Comment: Let's take a close look at the rest of the Tenth Step promises.

(P) 27. What is the second promise? And we have ceased doing WHAT?

28. The third promise? WHAT are we promised at this point?

*Comment: What was the hope of Step Two? By taking the actions the First Hundred did through the first Ten Steps, we are now sane where alcohol is concerned. Have we now become **recovered** alcoholics?*

29. What is the fourth promise? WHAT will we no longer care about?

30. What is the fifth promise? If tempted, HOW do we react?

(Page 85)

1. What is the sixth promise? HOW do we react around alcohol?

2. What is the seventh promise? HOW did we get such freedom?

3. What is the eighth promise? Do we send off for it? (2 sentences)

4. The ninth promise? Are we either fighting temptation or hiding from where alcohol is served?

5. The tenth promise? HOW do we feel?

6. The eleventh promise? Have we taken the pledge?

7. The twelfth promise? Instead, WHAT has happened?

Comment: WHAT was the promise on page 45?

(Continues on page 15)

8. The thirteenth promise? WHAT happened to it?

9. The fourteenth promise? We are neither WHAT?

10. Are these promises based on someone's ideas or opinions?

11. The fifteenth promise? WHAT is required to keep these promises alive and well?

(P) 12. What is so easy for an alcoholic to do?

13-a. What lies ahead?

13-b. Why?

15. We are not what of alcoholism?

Comment: Recovered but not cured? That presents a conflict to some alcoholics. If we were cured, we would be able to drink responsibly. No, we are not cured. The allergic reaction to alcohol will remain with us for our lifetime. But we have been restored to sanity. That was where the problem existed. "The main problem of the alcoholic centers in his mind, rather than in the body." [p. 23] We are now sane where alcohol is concerned.

*Consequently, we have **RECOVERED.***)

16-a. What do we have?

16-b. What is it contingent on?

18. What must we carry every day?

Comment: The following is the Tenth Step Prayer:

19-a. Who do we want to serve?

19-b. Whose will?

21. Are these thoughts optional?

Comment: And there are those who continue to say, "There are no "musts" in Alcoholics Anonymous" but here are two more of them.

22. What can we now do?

23. Why are we now able to do that?

Comment: If we are now sane when it comes to alcohol, it becomes pretty obvious that we would do well to decide to apply these Steps to our lives through willingness, which can be forced by self-will. Thank God, sanity was returned before we were given the opportunity to apply self-will again.

(P) 24-a. What do we receive?

(P) 24-a. What do we receive?

24-b. Where does this come from?

26. WHAT are we promised if we carefully follow the directions in this Book?

27. WHAT have we begun to be?

28. WHAT have we started to develop?

29-a. Now that we have recovered, can we stop?

29-b. What must we do now?

10th Step Promises

Chapter 6, page 84-85

And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.



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Heard it
***‘Round the
World!
Of Halloween Horrors.***



- “Stare at the dark too long and you will eventually see what isn’t there.” Anonymous.
“Everyone is a moon and has a dark side, which he never shows to anybody.” Mark Twain.
“Just when you think you've hit rock bottom, you realize you're standing on another trapdoor.” Marisha Pessl.
“When I was a child, I was afraid of ghosts. When I grew up, I realized people are more scary.” Anonymous.
“We make our own monsters, then fear them for what they show us about ourselves.” Mike Carey and Peter Gross.
“Sometimes the things in our heads are far worse than anything they could put in books or on film.” C.K. Webb.
“Is evil something you are? Or is it something you do?” Bret Easton Ellis.
“Normal is an illusion. What is normal for the spider is chaos for the fly.” Charles Addams.
“I don’t live in darkness, darkness lives in me.” Anonymous.
“Son, the greatest trick the Devil pulled was convincing the world there was only one of him.” David Wong.
“I have a meanness inside me, real as an organ.” Gillian Flynn.
“When you think about it, most of the good ideas came along to make sin a whole lot easier.” Joe Hill.



“It is a mistake to fancy that horror is associated inextricably with darkness, silence and solitude.” H.P. Lovecraft.

Flint Area Unity Council (F.A.U.C.) Service Work Committees

The F.A.U.C. is comprised of the Area 32, District 12 A.A. Groups in and near Genesee County. It also Services parts of Area 33, District 15 in Oakland County, Area 32, District 10 in Shiawassee County and Area 32, District 14 in Lapeer County.

Its members are A.A. people interested in the A.A. community and its outreach, made up of regular A.A.'s, GSRs, DCMs and visitors are Welcome.

The F.A.U.C. has a set by-laws called Aims and Purposes, and number 9 states,

“9. The Council will create Service Committees and be financially responsible for them.” Revised 8/21/2021.

There are 12 Service Committees with Chairs either needed or identified below and a short summary of the Service Committee's Work from the G.S.O. (General Service Office) Guidelines.

1) Al-Anon Liaison – OPEN.

2) Accessibilities for All Alcoholics – OPEN.

“Accessibility challenges apply to all alcoholics who have difficulties participating in Alcoholics Anonymous, whether those are mental, physical, geographic, cultural, or other factors that vary among people. Some of these alcoholics may experience barriers to accessing the A.A. message, including the literature, meetings, Twelve Step work, and the service structure... If we can do a better job of reaching out to alcoholics who may face barriers to accessing the A.A. message, we help them to carry the message to other alcoholics they may already know or will come into contact with, providing a powerful example that it's possible to achieve sobriety despite access barriers.” G.S.O. MG-16.

3) Answering Service – Wayne T., co-chair Doug G.

“An answering service provides an Alcoholics Anonymous listing in the local telephone directory. As the answering service receives inquiries from those seeking help, they may refer callers to a nearby A.A. group where sponsorship may be arranged, or may have a twelfth stepper contact them.” G.S.O. MG-12

4) Correction Facilities – Erica S.

“The purpose of a corrections committee is to coordinate the work of individual A.A. members and groups who are interested in carrying our message of recovery to alcoholics behind the walls, and to set up means of smoothing the way from the facility to the target A.A. community through prerelease contacts.” G.S.O. MG-06.

5) CPC (Cooperation With the Professional Community) – Joe S.

“A.A. is considered by many professionals to be a valuable resource for alcoholics who want help. When there is a good working relationship between A.A. members in the community and paid alcoholism workers, the sick alcoholic is the winner – he or she gets the help needed from both” G.S.O. MG-11.

6) DCMs (District Committee Members) – James P., Stanley P.

DCMs are discussed, along with the GSR, later in this presentation.

7) Grapevine – OPEN.

There is no G.S.O Guideline for the Grapevine Committee. It is part of Central or Intergroup Offices Guideline MG-02; Function #3. “3) Meeting Lists and Other Literature — At regular intervals, the central office may publish and distribute up-to-date lists of meetings and other information about local A.A. services. Many intergroup/central offices sell A.A. Conference-approved literature for the convenience of local groups.” G.S.O. MG-02

8) Literature – James P.

“BASIC COMMITTEE FUNCTIONS

- “Inform groups, district or area assembly members, through displays and other suitable methods, of all available Conference-approved literature, audiovisual material and other special items.
- Become familiar with the information on G.S.O.'s A.A. Web Site (www.aa.org).
- Consider suggestions regarding proposed additions to and changes in conference-approved literature and audiovisual material.
- Encourage A.A. members to read and purchase A.A. Conference-approved literature.” G.S.O. MG-09.

(Continues on page 19)

8a. Meeting Books – Doug G.

“3) Meeting Lists and Other Literature — At regular intervals, the central office may publish and distribute up-to-date lists of meetings and other information about local A.A. services. Many intergroup/central offices sell A.A. Conference-approved literature for the convenience of local groups.” G.S.O. MG-02. The F.A.U.C. has deemed this to be a part of the Literature Committee.

8b. Newsletter – Doug G.

“8) A.A. Bulletin or Newsletter—The preparation of a publication for periodic distribution to A.A. groups is often a function of the central office.” G.S.O. MG-02. The F.A.U.C. has deemed this to be a part of the Literature Committee.

9) Public Information – Erica S.

“Like all of A.A., the primary purpose of members involved with public information service is to carry the A.A. message to the alcoholic who still suffers. Working together, members of local Public Information committees convey A.A. information to the general public, including the media.” G.S.O. MG-07.

10) Treatment Facility – OPEN.

“Treatment Committees are formed to coordinate the work of individual A.A. members and groups who are interested in carrying our message of recovery to alcoholics in treatment and outpatient settings, and to set up means of ‘bridging the gap’ from the facility to an A.A. group in the individual’s community.” G.S.O. MG-14.

11) Website – Doug G., co-chair James P.

“After an informed group conscience structure is in place to decide the contents, policies and procedures involved in setting up and maintaining an A.A. web site, it has been suggested that a web master (Web manager) be appointed or elected. The Web master is responsible to the committee or the groups served... Local A.A. needs and experience will determine how A.A. communications will develop in this evolving electronic age.” G.S.O. MG-18.

12) Young People – OPEN.

There is no G.S.O Guideline for the Grapevine Committee. The following is from the website for Michigan Young People in A.A. at <http://mcpypaa.org>.

“MCYPAA Aims and Purposes.


Our primary purpose is to stay sober and help alcoholics to achieve sobriety. We direct our attention towards young people by providing the Michigan Convention of Young People in AA, which meets annually around the Thanksgiving Holiday. Experience has shown MCYPAA as a prime opportunity for young people to participate and share their experience within AA as a whole. We encourage all AAs, Al-anons, A.C.o.As, and Al-ateens to participate in and support MCYPAA. Non alcoholics are also welcome to attend all open meetings to further public awareness and understanding of alcoholism.”

There are currently five OPEN chairs, and several with dual responsibilities that fill in gaps needed to be filled through the utmost acts of volunteerism and service. Help lighten the service of others by becoming of Service to the community yourself. The rewards are immediate, satisfying, and everlasting. The life you save may be your own.

For those interested, access www.aa.org for the full G.S.O. Guidelines, or there is also a free publication available locally from farfromtoday@aol.com.

**Flint Area Unity Council
(F.A.U.C.)
Inventory Guidelines
(Committee Responsibilities
from G.S.O. Guidelines et al).**

**A check by check Guide
for District 12
Service Committees.**



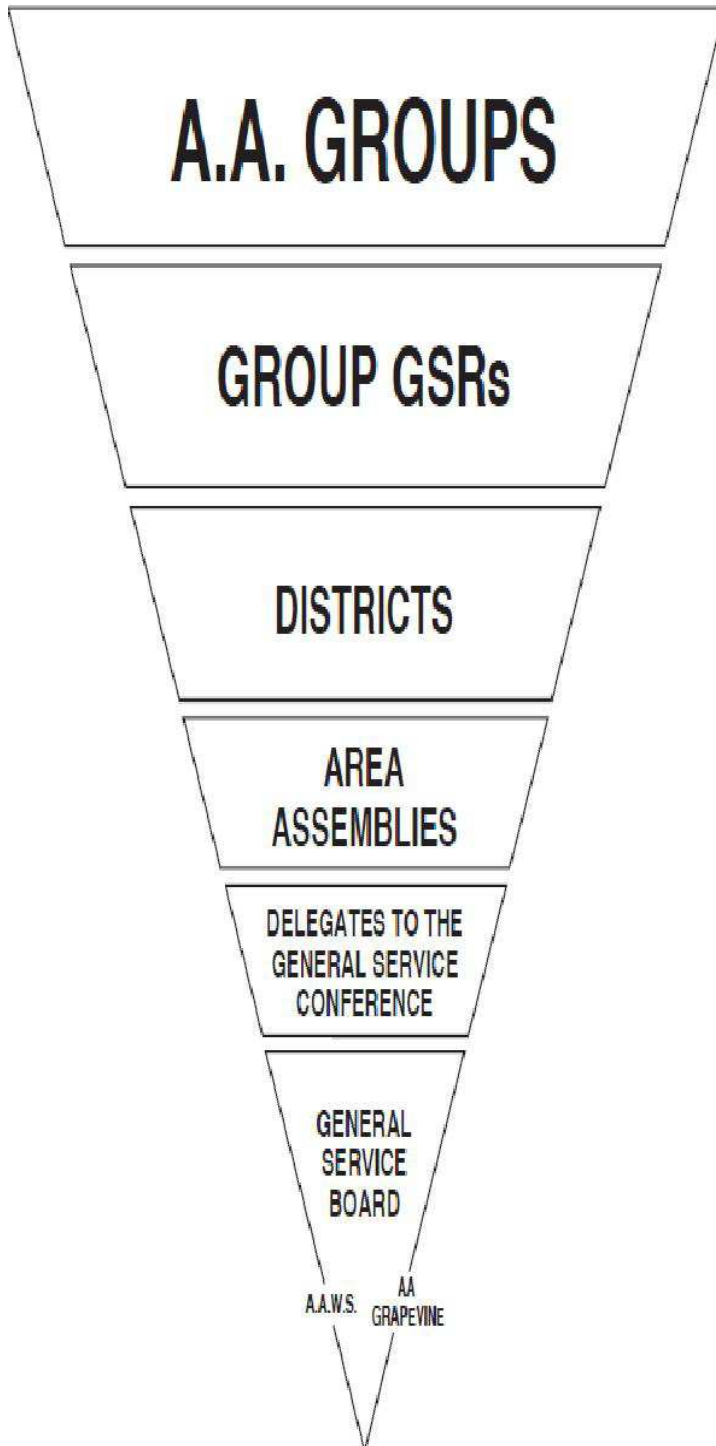


Illustration is from the 2018-2020 A.A. Service Manual, page S-16. Reprinted with A.A.W.S. permission.

As A.A. groups have GSRs that attend District (and encouraged to attend Area) functions, Districts have DCMs that attend Area functions. Areas have Delegates to attend General Service Board functions; help make the voice of A.A. in your group to be a part of A.A. as a whole.

From the Flint Area Unity Council.

Through attrition, the number of A.A. volunteers has decreased, and is furthered into an alarming rate of decrease due to the pandemic.

The numbers have gone down due to three reasons primarily:

- 1) The passing on of members out of life. We all know many who died, but who has stepped into their boots to fill the vacant position? Was it you?
- 2) One may not feel the need to be of service to others through the Flint Area Unity Council for any number of reasons. Is it time now to rethink that and become of Service to A.A. as a whole, and in the Genesee County area in particular?
- 3) Many members have moved out of the community due to job opportunities, following family, or the pursuit of life, liberty and happiness. As a community, we are still here with jobs, family, and in the pursuit of life, liberty and happiness; but seriously under-represented by the groups in participating in the Flint area Unity Council Service Work done in reaching out and following the primary purpose of Alcoholics Anonymous; ‘help other alcoholics to achieve sobriety’ as the Preamble states.

There is not only a lack of participation because of no active group GSRs, but the existing GSRs have had no inclination to further the Service Work by becoming DCMs. This hurts A.A. as a whole.

The entire program of recovery is based on communication. It starts with communicating to ourself the powerlessness we had and that our lives became unmanageable. It takes up to the 5th Step to start communicating to another human being, and by the 12th Step, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

As Dr. Bob said, “Let’s not louse this thing up, keep it simple.” Another thing he mentioned was being “...between Scylla and Charybdis...” This refers to an area in the Mediterranean Sea in the Straits of Messina between Italy and Sicily where a ship is between a whirlpool and a destructive rock formation capable of devastating and sinking a perfectly good sea faring vessel.

Please think about it and let neither the alcoholics still in need of outreach get pulled into the whirlpool of nothingness or be dashed upon the rocks of “King Alcohol.” (Big Book, A VISION FOR YOU, page 151). Step up to the voyage the F.A.U.C. offers in the program of recovery as GSRs or DCMs.

“What are the 10th Step Promises?”

“Much like the ninth step promises, the tenth step promises are a section of the Big Book where recovering alcoholics are promised peace and recovery from a seemingly hopeless state of mind and body.

“Sounds too good to be true, right? Wrong! The tenth step promises are available for everyone who works for them. They’re guaranteed to you, to me, and to the broken woman who just walked through the door.

“Of course, there’s a pretty big caveat here. We have to do the work! These promises don’t just magically happen in our lives. We have to sweat. We have to earn it. We have to earn recovery!”

“My Experience with the 10th Step Promises

“I’m a tried and true alcoholic and addict. Before picking up a drink, I would use things like attention, controlling my weight, boys, and good grades to feel different. Then I got high. After that, all bets were off.

“See, I have the three-part disease of alcoholism and addiction. My body processes alcohol and drugs differently than “a normie’s” body. Once I start, I can’t stop. Of course, stopping wouldn’t be a problem if I never started in the first place.

“I always begin to drink again. I always begin to drink until I reached “a position of neutrality – safe and protected.” See, I had a mental obsession with drinking and drugging. Once I started to think about alcohol, I wouldn’t stop until the thought of drinking pushed out all else. I wouldn’t stop until a drink was in my hand.

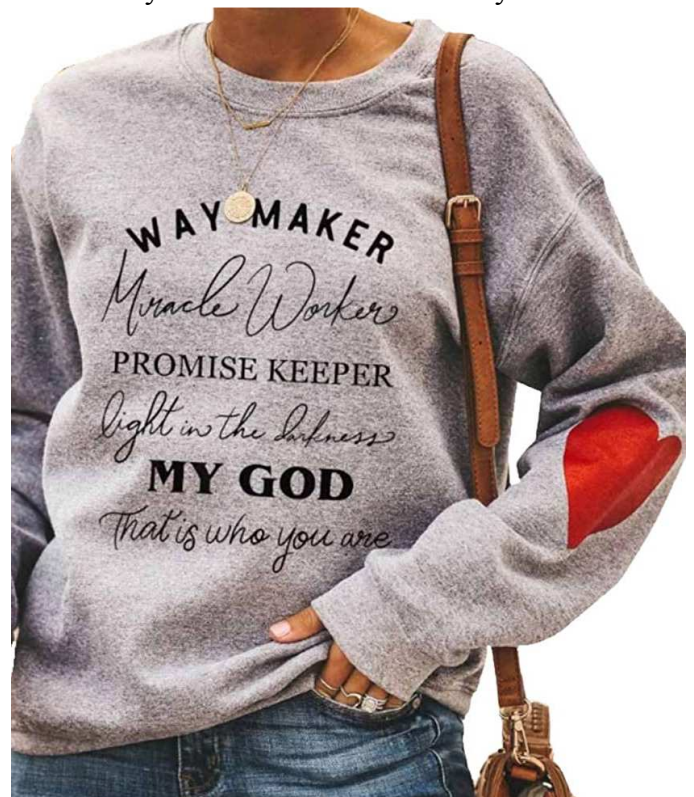
“That’s the heart of alcoholism – the bizarre mental obsession. Did you notice, though, that I wrote in past tense in the above paragraph? That’s because I’ve recovered. I’ve been granted safety from a God of my own understanding. I’ve been set free.

“That’s my experience with the tenth step promises. They set me free. When I was newly sober, they offered me hope. My sponsor showed them to me almost immediately. I thank God she did. They showed me that recovery isn’t only possible, it’s promised if I do the work.

“See, I have to complete the steps in order for these promises to manifest in my life. Even then, they don’t always occur during the tenth, eleventh, or twelfth step. It takes some women much longer to have them come true in their lives. For some lucky women, the obsession is lifted before they reach the tenth step. Like most of sobriety, these promises are an entirely subjective experience.

“The bottom line, though, is if I do the work, if I search within myself and find God, the obsession to drink and drug will be removed. That’s all I can ask for and all I continue to ask for on a daily basis.”

From: <https://sobrietyforwomen.com/10th-step-promises/>



STEP TEN ACTION IN THE BIG BOOK | BATTLING ACCEPTANCE

“Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear... We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we find that this has happened automatically. We will see our new attitude toward liquor has been given us without any thought or effort on our part. It just comes!”²⁸

When I first read this I was so filled with hope. And although the hope stayed with me, it soon became very apparent about ‘This is not an overnight matter.’ All this watching for the character defects led me to watching others, not myself so much. I was still filled with that old bugaboo, self-centeredness. Talk about lasting a lifetime!

Had many discussions with my sponsor, A.A. friends, even beating my head against the wall complicated this continual acceptance of self?

Sudden realization, enlightenment, spiritual experience - call it what you will, I came to believe that by really being able to help others, I was helping myself. And began helping myself out of myself, out of selfishness, dishonesty, resentment and fear.

The vehicle was called Service Work, and the journey has no destination.

To this day, my effort at love and tolerance of others can get misconstrued. My changes are not the changes others may have had. And therein lays the heart of the Serenity Prayer.

THE SERENITY PRAYER

God grant me the serenity

To accept the things I cannot change
The Courage to change the things I can,
And wisdom to know the difference.

(Karl Paul Reinhold Niebuhr 1892-1971)

It is that wisdom to know the difference that gets me most often. I’m not imbued with wisdom just because of abstinence. It comes down to a thin skin, insecurity of not being able to accept myself as others see me. It is said that we don’t care what others say about us, it is none of our business. Always have I had a hard time with that, I don’t live in a vacuum, I’m not a recluse, hermit, or isolated. The acceptance, courage, and wisdom come through the 10th Step. If I don’t try to hold the olive branch, I am no better than I was. So on comes the action, “Grin and Bear it.” Take the alcohol away from a drunken louse, what have you got? Some say a louse but it’s a contemptible unpleasant person trying to change. Tolerance of self is part of acceptance.

And yet, Service Work keeps me out of myself, inures me to the thought that a drink would make nothing better so I don’t even think it, through no power of my own, and it is called the Moth Effect, ‘we recoil from it as if from a hot flame.’ As a moth to a flame, “to drink is to die.”²⁹



Not all things are clear because I’m clear headed. Can I be selfish when I’m unselfish? Is offered refused love dishonest when it’s true of self? Is feeling resentment at refusal selfishness? Why is fear of the next time already upon me? Fearful of the other person, or of me? Will there be a next time, will I try again? “...react sanely and normally...”²⁸ ^{ibid} To thine own self be true. Why are refuseniks toxic? ~ Editor

“As God's people we stand on our feet; we don't crawl before anyone.”³⁰

“These conclusions did not require action; they required only acceptance.”³¹

“When I am disturbed, it is because I find some person, place, thing or situation -- some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.”³² (And that person might be me. “How true this is, few realize.”³³).

²⁸ Alcoholics Anonymous, INTO ACTION, pages 84-85

²⁹ Alcoholics Anonymous, HOW IT WORKS, page 66.

³⁰ Alcoholics Anonymous, INTO ACTION, page 83.

³¹ Twelve & Twelve, STEP THREE, page 34.

³² Alcoholics Anonymous, ACCEPTANCE, page 417.

³³ Alcoholics Anonymous, THERE IS A SOLUTION, page 23.

**ONE
DAY
AT A
TIME**
(Repeat).

**ONCE
UPON A
TIME.**
(FOR CRYIN'
OUT LOUD,
QUIT
RUMINATING).

**A BIRD IN
THE HAND
IS WORTH
TWO IN THE
BUSH.**
(FEELINGS ARE
NOT FACTS).

**WE ARE
ONLY AS
SICK AS
OUR
SECRETS.**
(HONESTY IS THE
BEST POLICY).

What's the difference between a well dressed man on a bike and a poorly dressed man on a unicycle?
Attire.

**I THREW A BOOMERANG
A FEW YEARS AGO. NOW I
LIVE IN CONSTANT FEAR.**

(What comes around, goes around).

My wife accused me of being immature.
I told her to get out of my fort.
(But leave your snacks behind!).

Dear Sleep,

I know we had problems when I
was in a previous life style,
but I love you now.

I'm really excited about making a 12th Step call with you!

Oh get over yourself!
You're going as the
bad example.

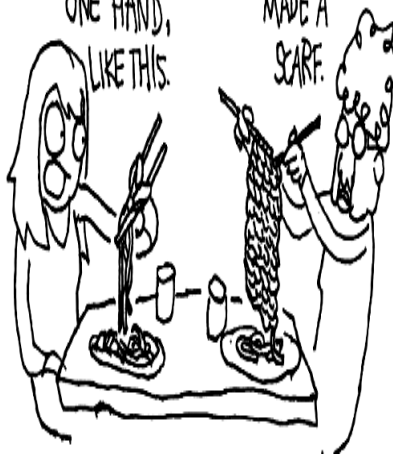


If you can't be a
good example...
..then you'll
just have
to be
a horrible
warning



NO GRANDMA,
ONE HAND,
LIKE THIS.

WHOOOPS I
MADE A
SCARF.



Are you on
Facebook
all the time?

No, Elavil.



Stop Letting people Live Rent-Free in Your Head

Mason Sabre, May 25, 2019

“Hanging onto resentment is letting someone you despise live rent-free in your head.” — Ann Landers

Sometimes I have this problem where things going around and around in my head. I hate conflict because I know when it happens, I lose so much time to rumination, and to what purpose? It does nothing but wastes my time and energy. It makes me feel drained in so many ways and steals my joy.

I don't want people to live rent-free in my head. Hell, I don't even want them to pay rent to be there. It's my head. I want it for myself.

So many times, the person you're obsessing over for whatever reason has moved on. They aren't thinking of you, or the incident that is going around in your head. I know that sounds harsh, but honestly, it's the truth.

If you're having this problem

Often, all it takes is a little introspection and some honesty with yourself to help you understand what happened. It is so easy to sit with a situation in our head, playing around like a record that won't stop repeating, and the more you think about it, the more you stay in a state of unrest. But honestly, the one person who will gain from shedding a little insight into what happened is you. It helps you to kick out unwanted squatters.

This doesn't mean hating the person who hurt you

So often, we sit and go over what was said, what was done, and want the person to change their actions.

They're the ones who caused the problem in the first place. If they hadn't said or done such and such, we shouldn't be in such a mess, and I wouldn't feel this way.

Sounds familiar, right?

If you wait for things to change, you're going to wait a long time. People are who they are, and you may not like something. But that is just how it is, and it is your perception of the situation that is causing you misery. Why hold onto it? Why give the person space in your head?

The power to feel happy and let this go does not reside in the hands of the other person. You can't control what the other person says or does. The only thing you have any control of is your reaction. Meditation is a useful tool for this. For just sitting with yourself in silence, no rumination. Just observing your breath without judgment. A few minutes with yourself can be so amazing. Feel your heartbeat, feel yourself sitting, feel the rise and fall of your chest and be present with yourself.

Remember. You can't change what happened.

You can't change what was said, but you can change your reaction. I like to think of my thoughts in these moments like tiny pieces of paper that I can let go, let them scatter into the air, so they float away. I send the person who has made me angry or upset, my good wishes, and then I breathe.

Do whatever it is that works for you, but resentment, it's like bacteria, it breeds and grows and leaves you feeling not yourself.

Choose. Choose yourself, and let the rest go.



From: <https://medium.com/simply-live/stop-letting-people-live-rent-free-in-your-head-b140b2c8a7ee>

How To Handle Toxic Family and Friends

By Liberty Forrest

What About When They're Family?

Unfortunately, there are times when the people with whom we are having mutually ongoing anger and silences are family members. What do you do then? Aren't you supposed to keep trying? Children, parents, siblings, other relatives, aren't we supposed to forgive and forget?

Well, generally, yes. But there are situations where there's the addendum "...and don't go back for more." This applies even if we're talking about family. Sometimes especially if we're talking about family, because sadly, they are often the people with whom we have the most painful experiences. I like to believe (or I suppose, I choose to believe) that this is because we're meant to learn the most from them. After all, we've ended up in with them in our lives, which allows us at least many years to interact with them and learn valuable lessons, heal karmic issues and so on.

Sometimes, however, those people do not choose to learn. They stay stuck and miserable, refusing to progress or move forward. They cling to the past, hell-bent on ruining every present moment and all the future ones that are currently fragile and pristine and are headed for a good dragging-through-the-mud of the past.

If you allow those people to have an influence in your life, those potentially beautiful future moments will be ruined the very second they fall unwittingly into your consciousness. One after another, they'll flicker past like the frames in a film, so fast you can't see each one, but those precious moments will be sullied with every hateful, angry, self-pitying, indignant thought you have, thanks to sociopaths treating you badly and dumping their toxic waste into your life.

It doesn't matter if what they did to you was really rotten and your feelings are justified. The very fact that you are exposed to that kind of experience will not do you any good. In fact, it will only do you harm, and you will have handed these people total control over your happiness. In some cases, they'd probably love that. Is that what you really want?

I didn't think so...

Those toxic people in your life can continue to cling and hate and hurt all they want but you do not have to participate. You do not have to allow their choices to ruin one more moment of your life. You don't have to be in relationships with them, even if they're family. Sometimes all you can do is take out the knife, cut off the gangrenous limb and begin to heal.

I'm reminded of the story of Aron Ralston, a young man who was hiking in a remote part of Utah when he got stuck in a canyon. Spoiler alert: Close to death after 127 hours, he had to cut off his arm, which was trapped by a boulder. It was his only chance to live. (Film trailer for "127 hours" here).

Family or not, dearly loved ones or not, you do not have to allow anyone to hold you by the ankles and keep you stuck firmly in a past that they refuse to leave behind. It's like watching the same film over and over again for days, weeks, months, years – decades! Just because someone else demands it, you do not have to live your life on rewind, play, rewind, play, rewind, play, never getting to put in a new film that lets you move away from that place where you're just as trapped as Aron Ralston was.

So here's how to handle toxic family and friends. You are allowed to leave them behind if you must. Yes, that's a sad thing. But just because you're related to people doesn't mean you have to have relationships with them – not if those relationships are destructive and hurtful, despite your best efforts.

That, of course, is an important qualifier. I am not advocating having a hissy fit and just storming off into the sunset, determined never to speak to your family again. Been there, done that, and it's not nice and not right either. But when you've worked at trying to improve the relationships, when you've tried your best, when you've honored and respected yourself and the other people, when you see that there is nothing else you can do but you are still being subjected to the pain, it is okay to walk away.

Excerpt from: <https://lovefraud.com/how-to-handle-toxic-family-and-friends/>



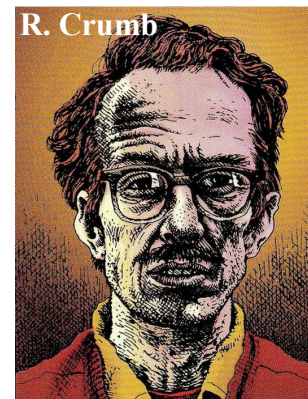
'Keep On Truckin,' The Hippie Slogan R. Crumb Regrets Coining

May 30, 2019, Sources: crumbproducts.com; public domain/Wikimedia Commons

The catchphrase "Keep On Truckin,'" ripped from an R. Crumb comic, is one of those hippie slogans you've seen everywhere. But despite its ever-presence, do we really know what it means? It seems to be a pretty simple motivational message akin to keep on keepin' on, or get 'er done, or hang in there. Whatever you do, don't ask R. Crumb why it caught on -- he's both mystified, and irked by its popularity.

The phrase grew into a cultural phenomenon, without Crumb's consent, and what's more -- it really meant something quite different before Crumb got a hold of it.

Keep on truckin' is one of those phrases that feels as if it birthed itself, with no creator, like Athena from the head of Zeus. The phrase was popularized by underground cartoonist R. Crumb in 1968 with a one-page comic. Since then the phrase has appeared on posters, in songs, on bumper stickers and t-shirts, but what does it mean?

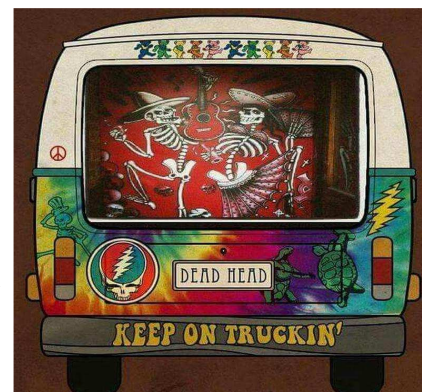


Blind Boy Fuller

While R. Crumb didn't make up "keep on truckin'" he certainly popularized it. The line comes from "Truckin' My Blues Away" a song by Blind Boy Fuller from 1936. Crumb is an avid blues fan, so he more than likely heard the phrase in Fuller's song and adapted it to his comic strip. The one-page strip, which appeared in the first issue of the famous underground comic book Zap Comix, shows a group of guys strutting across different landscapes while saying the phrase "keep on truckin'" - it was an immediate hit.

The comic touched a nerve with the optimistic hippie community of the late '60s who immediately adopted the slogan as their own. Crumb, who was never a fan of the hippies, almost instantly disowned the comic. He didn't allow it to be licensed and he became incredibly litigious over its use in advertising and on various forms of merch.

If you haven't heard of "keep on truckin'" from R. Crumb, then you've definitely heard the Grateful Dead song "Truckin," which is about life on the road and contains an anecdote about a drug bust at their hotel in New Orleans in 1970. A touring band, particularly one with as much equipment as the Dead were known to haul, literally does get from one show to another by truck, which is a pretty literal reason for the title of their song.



Mr. Natural

Grateful Dead guitarist Bob Weir seemed to confirm that the title does come from Crumb's comic in a 2017 interview with the Wall Street Journal (summarized at Relix.com): "Mr. Natural had a bunch of sayings.

One of them was 'Keep on Truckin',' which was the spirit of our song." Mr. Natural, a Crumb creation, is not actually the character who said "Keep On Truckin'" in the cartoon. Mr. Natural is a bald man with a long beard who is known for saying "Just passin' thru'" and "Use the right tool for the job." Details, details.

Excerpt from: <https://groovyhistory.com/keep-on-truckin-r-crumb-cartoon>

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.

QR Scan Code
 Shanty Creek
 Reservations



QR Scan Code
 Eventbrite
 Registration



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

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

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

A.A. Al-Anon Guest ASL Spanish Interpreter

Name(s): _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

Email: _____

Registration \$25.00 X-\$25

***After August 31st \$30.00**

Banquet \$35.00 ea.

Cherry pecan stuffed pork loin X-\$35

Rosemary chicken X-\$35

Vegetarian X-\$35

Bundle-Reg./Ban. \$60.00 X _____

**BUNDLE RATE AFTER
 Aug. 31,2021 \$65.00**

Total Number of Attendees X _____

Total Amount Enclosed _____

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

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

ALKATHON GREETER SECURITY HOSPITALITY REGISTRATION

The CMIA32 Assembly has been moved to October 10th, 2021 instead of being on October 3rd, 2021, now it won't happen during the 68th Michigan State AA Convention.



ALCOHOLICS ANONYMOUS

CMIA32

CENTRAL MICHIGAN INTRA-AREA 32



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Brighton Area 32 Meeting Location

Host Committee: District 8

RE/MAX Platinum, 6870 Grand River Ave. Brighton 48114

[Download October Assembly Flyer](#)

Schedule

9:00 - Coffee and Doughnuts

9:30-10:30 - Finance Committee

10:00-11:30 - GSR Meeting

10:30-11:30 - DCM Meeting

11:30-12:30 - Standing Committees

12:30-1:00 - Lunch

1:00-2:30 - General Assembly Meeting

Open meeting, all are welcome to attend.

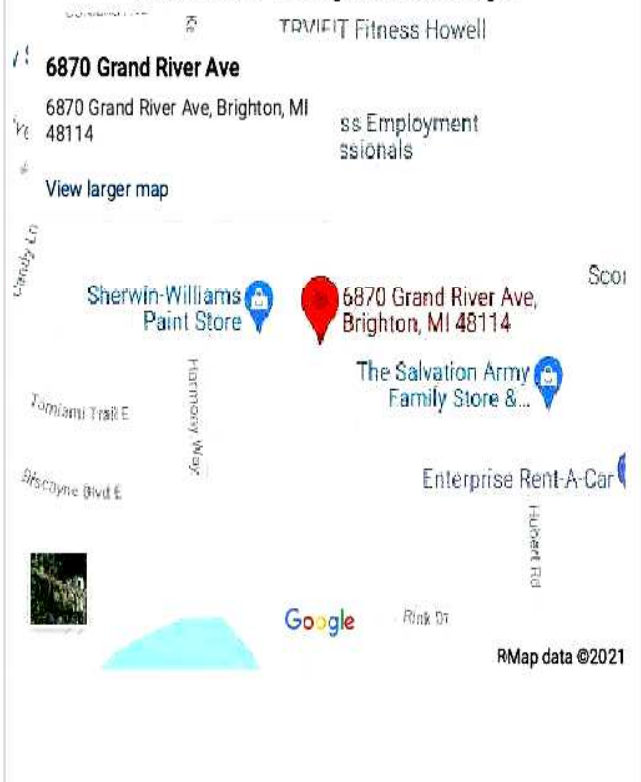
This is a Non-Smoking Facility

All AAs and Alanon are welcome to attend

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



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"Whenever anyone, anywhere reaches out for help I want the hand of AA always to be there, and for that I am responsible."

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Please email webmaster@cmia32.org if you find problems or have new information.

Michigan Convention of Young People in Alcoholics Anonymous

MCYPAA 42

NOVEMBER 19 - 21, 2021

Registration



\$15 (Before Oct. 15th)
\$20 (After Oct. 15th)
\$25 (At Door)

Scan QR Code or go to
mcpaa.org



Hotel Rooms



\$94/Night (King)
\$94/Night (2-Queen)

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* Must book by 11/12 *

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- | | | |
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For more information visit www.mcpaa.org or ask to join our Private Facebook Group