

# Flint Area Unity Council

## - ~ - Newsletter - ~ -



November 2021; No. 74  
 Vol. 7; Issue 2  
 A.A. Help Line  
 (810) 234-0815  
 Meetings Opened and  
 Zoom Meetings on Website

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.



There's as many ways to meditate as there are people to meditate and things to mediate upon.

Step Eleven: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”<sup>1</sup>

We became willing to look through petition and consideration to refine our awareness of connection to our Higher Power as we recognized that peace of mind asking only for perception of good orderly direction and the ability to carry that out.

There is a rewrite of the Eleventh Step for those who may have a problem in the philosophies of prayer, God, and His will.

This same open-mindedness is what is used in meaningful meditation. Finding a solution to a problematic “person, place, thing, or situation - - some fact of my life...”<sup>2</sup> in solitude takes practice. In doing so, the mind’s squirrel cage slows down, the rumination stops, distractions from outside cease, heart felt calm takes over. Soft music may help, a darkened room may help, a walk outside away from stimulus of environment may help, any number of things that takes one away from the present, and places one squarely in the now may help.

“And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support.”<sup>3</sup>

Alcoholics Anonymous, (aka Big Book), 4th edition,

<sup>1</sup> HOW IT WORKS, page 59.

<sup>2</sup> ACCEPTANCE, page 417.

<sup>3</sup> 12 & 12, STEP ELEVEN, page 97.

### “WHAT IS MEDITATION?”

“Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Scholars have found meditation elusive to define, as practices vary both between traditions and within them.

“Dictionaries give both the original Latin meaning of “think[ing] deeply about (something)””; as well as the popular usage of “focusing one’s mind for a period of time”, “the act of giving your attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed”, and “to engage in mental exercise (such as concentrating on one’s breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness.”

“Asanas, (An asana is a body posture, originally and still a general term for a sitting meditation pose), and positions such as the full-lotus and half-lotus (cross legged sitting positions), Burmese (legs folded to center from knees to groin), Seiza (Japanese traditional formal sitting position – legs tucked behind and sat upon), and kneeling positions are popular in Buddhism, Jainism and Hinduism, although other postures such as sitting, supine (lying), and standing are also used. Meditation is also sometimes done while walking, known as kinhin, while doing a simple task mindfully, known as samu or while lying down known as savasana.”<sup>4</sup>

<sup>4</sup> <https://en.wikipedia.org/wiki/Meditation>

**“How, then, shall we meditate? ...**

“Well, we might start like this. First let’s look at a really good prayer. We won’t have far to seek: the great men and women of all religions have left us a wonderful supply. Here let us consider one that is a classic.

“Its author was a man who for several hundred years now has been rated as a saint. We won’t be biased or scared off by that fact, because although he was not an alcoholic he did, like us, go through the emotional ringer. And as he came out the other side of that painful experience, this prayer was his expression of what he could then see, feel, and wish to become.

“Lord, make me a channel of thy peace-that where there is hatred, I may bring love-that where there is wrong, I may bring the spirit of forgiveness-that where there is discord, I may bring harmony-that where there is error, I may bring truth-and where there is doubt, I may bring faith-that where there is despair, I may bring hope-that where there are shadows, I may bring light-that where there is sadness, I may bring joy. Lord grant that I may seek rather to comfort than to be comforted-to understand, than to be understood-to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal Life, Amen

“As beginners in meditation, we might now reread this prayer several times very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea. It will help if we can drop all resistance to what our friend says. For in meditation, debate has no place. We rest quietly with the thoughts of someone who knows, so that we may experience and learn.”<sup>5</sup>

Now we begin to think of others, not ourself. “Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”<sup>6</sup>

<sup>5</sup> 12 Steps & 12 Traditions, Step 11, page 98.

<sup>6</sup> Big Book, INTO ACTION, page 77.

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## The story behind how ‘quiet time’ became the 11<sup>th</sup> Step

Step Eleven, in part, came into existence from the Oxford Group’s practice of ‘quiet time’.

The exact implementation of this practice differed extensively between members of Alcoholics Anonymous and Oxford Groupers. Nonetheless, Frank Buchman, who was charged to lead the chapter of the Oxford Group, which came from England to the United States and was the forerunner to the formation of A.A., acquired quiet time from F.B. Meyer, also an Oxford Grouper who told Buchman that:

“The Spirit of God within thee and the presence of God without thee cannot be discerned whilst the senses are occupied with pleasure, or the pulse beats quickly, or the brain is filled with the tread of many hurrying thoughts.”

Quiet time to the Oxford Group meant sitting and waiting in silence for God’s guidance. This was practiced in private and public meetings alike. Early pioneering A.A. members, who represented the alcoholic contingent of the Oxford Group, favored discussion of their experience, strength and hope, especially for the recently sober alcoholic who might feel uncomfortable with the practice of silence.

The eventual divide and break between the Oxford Group and Alcoholics Anonymous was, to a degree, because of the dispute with the public practice of quiet time. The Oxford Groupers who were soon to become members of A.A. believed drunks were drawn to the “booze cure” proposed by Bill W. and Dr. Bob., not religion as offered by the Groupers who promoted religious testimony and supported the concept of fellowship for only their benefit and promotion.. In other words, the Oxford Group assumed a position that no longer accommodated the “down-and-out drunks” and those dying from the disease of alcoholism.

*(A contributing quote to this story came from F.B. Meyer The Secret of Guidance, page 102 – Tim H.)*

### **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.

## Acceptance is key to meditation

*(The following passage is personal testimony from a story in the third and fourth editions of Alcoholics Anonymous entitled "Doctor, Alcoholic, Addict"- page 417 4<sup>th</sup> edition, often referred to as "447" named after the 3<sup>rd</sup> edition page number where this clause first appeared, and authored by Dr. Paul O. – Tim H.)*

"And acceptance is the answer to all my problems today. 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. Nothing, absolutely nothing happens in God's world by mistake. Only I could accept my alcoholism. I could not stay sober unless I accept life completely on life's terms. I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes."

### Dr. Bob endorsed 'quiet time'

Dr. Bob Smith was huge on the concept of prayer and meditation as part of an A.A. member's 'personal' recovery that had no place in a 'public' setting.

When group meetings were held at his home, an upstairs room was often where a member, who just completed an inventory and shared his character defects with another alcoholic, would enter for a time of quiet self-reflection before returning downstairs to join the meeting.

Quiet time at meetings was later banished as group discussion and sharing personal stories became more popular. Quiet time then became a part of Step 11.

Editor's Note: 11<sup>th</sup> Step Meditation Meetings are held At the Fenton Alano at 6:30 PM Friday and The Stockton Center in Flint at 7:30 Friday.



Figure 2. The original pacemaker designed by Hopps.

Photo courtesy of the National Research Council of Canada.



## NO GLUM LOT HERE



2

Two men meet on the street.

One asks the other: "Hi, how are you?"

The other one replies: "I'm fine, thanks."

"And how's your son? Is he still unemployed?"

"Yes, he is. But he is meditating now."

"Meditating? What's that?"

"I don't know. But it's better than sitting around and doing nothing!"

What do you call a wolf that meditates?

AWARE WOLF.

Typographical error in a Fortune Cookie: "May your medication today bring you peace, happiness, and bliss."

Meditation is great for your mind

Sit down, close your eyes and see for yourself

Did you hear about the guy that joined 'Mindfulness Anonymous'?

He said 'My name is Michael, and I've been stuck in the present moment for 6 months straight.'

When you're young, you're always worrying what other people are thinking about you.

When you reach middle age, you no longer care what other people think of you.

And when you're old(er), you realize, everyone was just thinking about themselves all along.

### Ned & Jed

**Say Jed, would or have y'find peace meditating?**

HaHa. Hard to do with all the chainsaws in the woods.



**Can't you just listen to your inner self?**

Nearly; but the worldly clamors are deafening.

**Not talkin' 'bout the sound of the world, it's the sound of realization.**

Oh yeah, that. I realize not much will become of that with an untuned engine with a clogged spark plug running in my mind.

**Then shut down distractions, listen to your heart.**

Is that what pacemakers help with?



John "Jack" Hopps used radiofrequency heating in the 1940's to pasteurize beer. He used this same technology to invent the first working cardiac pacemaker in 1950.

**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:** Joshua M.

**Website:** Doug G.

**Young People:** OPEN.

**F.A.U.C. Newsletter**

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

The October 2021 Newsletter went to 182 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> 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: Davison Fellowship, St. John's Out Reach Building, 425 Genesee St., Davison.

December 18. Local 659; Van Slyke Group, 4549 Van Slyke Rd. Flint 48507.

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

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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 November 20, 12:30 pm, hosted by the Davison Fellowship will be at the St. John Parish, Out Reach Building, 425 Genesee St., Davison.

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.mycypaa.org/mcypaa42>.

ECR – East Central Regional Conference Nov 15-19, 2021 on Zoom.

National Corrections Conference Nov 12-14, 2021 in New Orleans, LA.

CMIA32 is on Dec. 5<sup>th</sup>, in Houghton Lake, MI (Dist 26).

The 2022 Mock Conference is in March 2022 on Zoom. Zoom number 460-390-181, no password required.

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

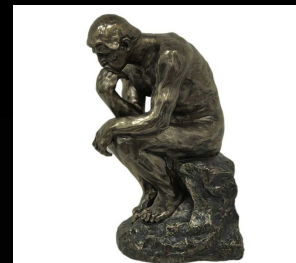
**THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.**

**November 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](http://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](mailto:farfromittoday@aol.com) to list it.



**MOM, I'M SORRY FOR ALL THE DUMB STUFF I DID WHEN I WAS A KID. IF IT HELPS, YOU ONLY KNOW ABOUT HALF OF IT.**

Step Eleven: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”<sup>7</sup>

Tradition Eleven: “Our public relations policy is based on attraction rather than promotion: we need always maintain personal anonymity at the level of press, radio and films.”<sup>8</sup>

At first glance it seems there is nothing in common with Step Eleven and Tradition Eleven.

But there is when thoughtful consideration is used. Start with the ‘attraction rather than promotion’ of the Tradition. What’s seen in the Eleventh Step that is attractive? Several things really. It might be we are still seeking, continuing a realization we don’t know it all. Then there is prayer and meditation - a peaceful state of existence for those who use it. ‘...to improve our conscious contact with God’ is certainly attractive.

Even to an agnostic or atheist, finding some sort of inner peace through meditation is desirable. And all we want to know is His will for us. I sat in an A.A. meeting several years ago bemoaning the fact that how would I ever know God’s will for me? It’s not a text message, email, or even plastered on a billboard. A response one gave was, “All you need to know about God’s will for you is change.” “Very interesting”, as Artie Johnson used to say.

The ‘anonymity’ concept cited is a cornerstone of recovery. Being past the shame of past actions, deeds and behaviors; we now protect the program of recovery by practicing anonymity in many more situations than just ‘press, radio, and films.’ So we are “En garde” – ready to take action.

And therein also lays the ‘power to carry that out’. By being altruistic, a certain attractiveness to our own self becomes apparent in our own personality, not something blamed, or put upon a program we follow. It is us that have changed.

“He has so attractive a personality that he makes friends with everyone.”<sup>9</sup>

“We feel, after many years of experience, that we have found nothing which has contributed more to the rehabilitation of these men than the altruistic movement now growing up among them.”<sup>10</sup>

Alcoholics Anonymous, 4th edition,

<sup>7</sup> HOW IT WORKS, page 59.

<sup>8</sup> THE TWELVE TRADITIONS, page 562.

<sup>9</sup> MORE ABOUT ALCOHOLISM, page 39.

<sup>10</sup> THE DOCTOR’S OPINION, page xxvii.

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That “All you need to know about God’s will for you is change” led me to some thinking about how do I see Him in everyday life outside of meditation. Want to see something plastered all over, moving in traffic, a building or business of reminder?

And I started finding things; Blessing Plumbing, Guardian, Wonder Bread, Goodwill, Volunteers of America, Salvation Army, Rite Aid, to name a few. Then there were books, songs, movies; OMG God was everywhere!

Then it hit me. If God is everywhere, then I can pray anywhere.



**My personal favorite is my rendition of “Stairway To Heaven” with the Twelve Steps, although it was pretty cool with the Four Absolutes (Not the Four Tops).  
HONESTY-UNSELFISHNESS-LOVE-PURITY**

“What do the Four Absolutes mean to most of us? Words are like tools. Like any other tools they get rusty and corroded when not used. More importantly, we must familiarize ourselves with the tools, understand them, and ever improve our skill in their use. Else the end product, if any, is pathetically poor...

#### “The Absolutes – A Summary

“Our consideration of the absolutes individually leads to a few conclusions. The Twelve Steps represent our philosophy. The Absolutes represent our objectives in self-help, and the means to attain them. Honesty, being the ceaseless search for truth, is our most difficult and yet most challenging objective. It is a long road for anyone, but a longer road for us to find the truth. Purity is easy to determine. We know right from wrong. Our problem here is the unrelenting desire to do that which is right. Unselfishness is the stream in which our sober life must flow, the boulevard down which we march triumphantly by the grace of God, ever alert against being sidetracked into a dark obscure alley along the way. Our unselfishness must penetrate our whole life, not just our deeds for others, for the greatest gift we bestow on others is the example of our own life as a whole. Live is the medium, the blood of good life, which circulates and keeps alive its worth and beauty. It is not only our circulatory system within ourselves, but it is our medium of communication to others.

“...Cicero said, ‘if you pursue good with labor, the labor passes and good remains, but if you court evil with pleasure, the pleasure passes and the evil remains.’

“We must approach this objective of the Absolutes humbly. We pray for these things and sometimes forget that these virtues must be earned. The gates of wisdom and truth are closed to those wise in their conceit, but ever open to the humble and teachable. To discover what is true and to practice what is good are the two highest aims in life, If we would be humble, we should not stoop, but rather we should stand to our fullest height, close to our Higher Power that shows us what the smallness of our greatness is.

“Remember our four questions, “Is it true or false?” “Is it right or wrong?” “How will this affect the other fellow?”, and “Is it ugly or beautiful?”. Answering these queries every day with absolute integrity, and following the dictates

“of those answers one day at a time, will surely lead us well on our journey toward absorbing and applying the Absolutes.”<sup>16</sup>

It was apparent, maybe to others more than ourselves at one time, that once upon a time, we were all about the opposite of the Four Absolutes. Our chasing the worldly clamors, the relentless unabashed pursuit of old pleasures, had us trying to recapture moments of our self aggrandized past. We were not who we thought we were. We weren’t even going to be who we thought we could be. We came to A.A., some of us, thoroughly as I’ve heard (and wholeheartedly, tearfully agreed), morally, physically, mentally and spiritually bankrupt.

“Relentlessly deepening our dilemma, our sponsors pointed out our increasing sensitivity to alcohol -- an allergy, they called it.”<sup>17</sup>

“This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity.”<sup>18</sup>

Prior to our discontinuing abuse of the intoxicant, before we admitted we were powerless over alcohol, we had a precarious dangerous existence. And then came “...the awful awakening to face the hideous Four Horsemen -- Terror, Bewilderment, Frustration, Despair.”<sup>19</sup>

Here were the opposites of the four Absolutes. And our life had to change, or it would end, and maybe take others out with us. “And with us, to drink is to die.”<sup>20</sup>

So we often hear of the tools in our toolbox to help us get, remain, and live a sober life. It might be said here, (okay, I will say it here), these tools, the four Absolutes, are in the same category as “Willingness, honesty and open mindedness are the essentials of recovery...”<sup>21</sup> - indispensable.

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<sup>16</sup> <http://member.xoom.com/aastuff/index.html> (eztone@hotmail.com) (reprinted from 30-40 yr old AA pamphlet) As cited from <https://emotionalsobrietyandfood.files.wordpress.com/2013/05/absolutes.pdf>

<sup>17</sup> Twelve Steps & Twelve Traditions, STEP ONE, page 22.

<sup>18</sup> Alcoholics Anonymous, THE DOCTORS OPINION, page xxx.

<sup>19</sup> Alcoholics Anonymous, A VISION FOR YOU, page 151.

<sup>20</sup> Alcoholics Anonymous, HOW IT WORKS, page 66.

<sup>21</sup> Alcoholics Anonymous, APPENDICE II, SPIRITUAL EXPERIENCE, page 568.

The Four Absolutes are still published in pamphlet form by the Cleveland Central Committee of A.A. and are widely quoted at A.A. meetings in the Akron-Cleveland area. A copy of the pamphlet can be ordered by calling the A.A. Intergroup at 216-241-7387 (Cleveland) or 330-253-8181 (Akron).

# SOME THINGS NOT WORTH THE TIME AND EFFORT OF MEDITATION

IF YOU BINGE WATCH WHILE  
BINGE EATING, THEY CANCEL  
EACH OTHER OUT..  
THAT'S SCIENCE.  
YOU'RE WELCOME.

sun-bazing.com  
AMEN!  
I DON'T THINK  
ANYONE EXPECTED  
THAT WHEN WE  
CHANGED THE CLOCKS  
EARLIER THIS MONTH

WE'D GO FROM  
STANDARD TIME TO  
THE TWILIGHT ZONE

I RUN ENTIRELY ON  
CAFFEINE  
AND INAPPROPRIATE  
THOUGHTS.

I'M A PERFECT  
EXAMPLE OF THE  
GRUMPY, OLD MAN.  
I'M REALLY GOOD AT  
IT.

HAVE SOME FUN WITH YOUR  
LIFE...CALL IN SICK  
TO PLACES YOU  
DON'T EVEN WORK AT.

I FEEL LIKE WATER SOLVES  
ALL PROBLEMS. WANNA LOSE  
WEIGHT? DRINK WATER. CLEAR  
FACE? DRINK WATER. TIRED OF  
YOUR MAN? DROWN HIM.

©REBEL CIRCUS

SAW SOME IDIOT AT THE GYM  
PUT A WATER BOTTLE  
WHERE THE PRINGLES GO ON  
THE TREADMILL.

©REBEL CIRCUS

A GUY STOLE MY CAR LAST NIGHT  
& BEFORE I TRIED  
CALLING THE POLICE I THOUGHT:  
"SCREW IT, LET HIM EXPLAIN THE  
BODIES IN THE TRUNK"

JUST SAW A DONKEY  
CROSSING THE ROAD.  
COOL THING WAS,  
HE LOOKED BOTH WAYS  
BEFORE CROSSING.  
WHAT A SMART ASS.

AND SO ENDS  
ANOTHER WEEK  
WITHOUT ME  
BECOMING  
UNEXPECTEDLY  
RICH.

LIFE HAS NEVER GIVEN ME  
LEMONS, IT HAS GIVEN ME  
ANGER ISSUES, ANXIETY,  
A LOVE FOR ALCOHOL,  
A DISLIKE FOR STUPID  
PEOPLE... BUT NO LEMONS.

©REBEL CIRCUS

I'M NOT CRAZY, JUST SPECIAL.  
WAIT I MIGHT BE CRAZY.  
LET ME TALK ABOUT THIS WITH  
MYSELF FOR A MINUTE AND  
GET BACK TO YOU.

©REBEL CIRCUS

DEAR LIFE, I HAVE A  
COMPLETE GRASP ON THE  
FACT THAT YOU ARE NOT FAIR.  
SO PLEASE STOP TEACHING  
ME THAT LESSON.

©REBEL CIRCUS

**SOME THINGS WORTH THE TIME AND EFFORT OF MEDITATION.**

**“Your actions and your words should always agree with each other. Don't say one thing, then do another.”**

**"WHEN YOU ARE TEMPTED TO GIVE UP, YOUR BREAKTHROUGH IS PROBABLY JUST AROUND THE CORNER."**

**I DON'T GET IT, BUT IF THAT'S WHO YOU ARE DON'T YOU DARE BE ASHAMED OF IT.**

**PEOPLE SAY THAT I'M CREATIVE & I COULDN'T AGREE MORE BECAUSE I CREATE MOST OF MY OWN PROBLEMS.**

**IF YOU LIVE EVERY DAY LIKE IT IS YOUR LAST**



**YOUR LAST DAY WILL BE JUST LIKE EVERY OTHER**

**SCREW WHAT THE WORLD EXPECTS.**

**THINK ABOUT ALL THE THINGS YOU'VE FACED.**

**YOU CRACKED, BUT YOU DIDN'T BREAK.**

**I'D CALL THAT FEARLESS.**

**“NO MATTER HOW DIFFICULT AND PAINFUL IT MAY BE, NOTHING SOUNDS AS GOOD TO THE SOUL AS THE TRUTH.”**

**In your own words...  
What is this chapter of your life called?**

**IT IS NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN.**

**WE ARE NOT THERE YET. WE STILL HAVE A LOT OF WORK TO DO.**

**I DON'T SEE AN END IN SIGHT, ... I SEE US COMING HERE AS LONG AS WE CAN.**

**JUST LIKE THE MOON, YOUR GREATEST MAGIC WILL COME IN TIMES OF DARKNESS. WHEN YOU HAVE NO CHOICE BUT TO TRUST YOUR OWN POWER.**

**IF YOU'RE STILL LOOKING FOR THAT ONE PERSON TO CHANGE YOUR LIFE, TAKE A LOOK IN THE MIRROR.**



## STAIRWAY TO HEAVEN

(by Led Zeppelin – Excerpted: lyrics rearranged).

There's a lady who's sure  
All that glitters is gold  
And she's buying a stairway to heaven  
When she gets there she knows  
If the stores are all closed  
With a word she can get what she came for

There's a sign on the wall  
But she wants to be sure  
'Cause you know, sometimes words have two meanings

In a tree by the brook  
There's a songbird who sings  
Sometimes all of our thoughts are misgiven.

Dear lady, can you hear the wind blow?  
And did you know  
Your stairway lies on the whispering wind?

And if you listen very hard  
The tune will come to you at last  
When all are one and one is all, yeah

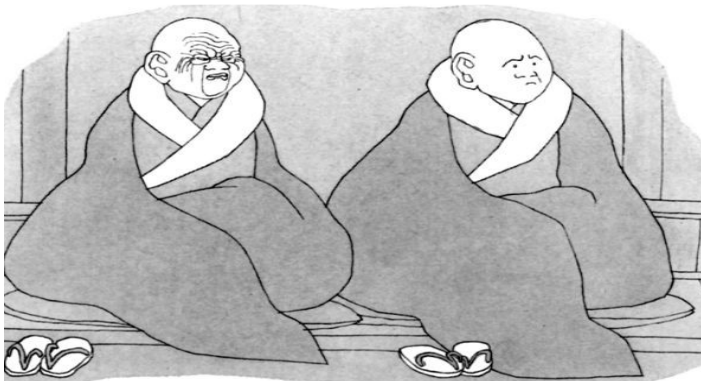
Yes, there are two paths you can go by, but in the long run  
And there's still time to change the road you're on.



### Meditation Exercise:

1. What word gets her what she came for?
2. What word has two meanings?
3. What thoughts are misgiven (filled with anxiety, angst)?
4. Why would one want to change the road they're on?

(Suggestions on page 10).



**It'd be great if you would stop hollering KOWABUNGA each time you reach the universe and you are one.**

God is Everywhere

Just look upon the sky so blue



And feel the gentle breeze

Hear the quiet voice of God



That calms a stormy sea.

Feel His presence in the air



As birds begin to sing

And see the stars that shine above  
It's God who made these things.



Find it deep  
within your heart  
To say a  
little prayer

And only then will you believe  
That God is everywhere.

~ Anonymous

Meditation Exercise: (From page 9).

1. What word gets her what she came for?

LOVE.

2. What word has two meanings?

1. Love is when you choose to be at your best when the other person is not at their best.
2. Love is when what you want is never important - but what the other person needs and wants is always paramount.

3. What thoughts are misgiven?

Written by: Ron Coleman

“Misgiven”? Like most of the lyrics in “Stairway to Heaven,” “Sometimes all of our thoughts are misgiven” is nonsense.

From: <https://www.likelihoodofconfusion.com/sometimes-all-of-our-thoughts-are-misgiven/>

Oh, okay, I have been meditating on nonsense. Big surprise, eh? The definition of ‘misgiven’ is “disturb the peace of mind of; afflict with mental agitation or distress.” It seems I’ve an affinity for trying to secure serenity through meditation, which would be, of course, the opposite of misgiven thoughts. And the A.A. guides me in that direction with the following quote, “In all times of emotional disturbance or indecision, we can pause, ask for quiet, and in the stillness simply say: “God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done.”<sup>11</sup>

I will take my serenity over his confusion. Take what works and leave the rest behind...

4. Why would one want to change the road they’re on?

I will let the Literature of Alcoholics Anonymous explain this meditative answer.

“Yet it is our great hope that all those who have as yet found no answer may begin to find one in the pages of this book and will presently join us on the high road to a new freedom.”<sup>12</sup>

“Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty, and genuine humility.”<sup>13</sup>

“This practice enables us to lend a hand, at the same time avoiding certain alluring distractions of the road...”<sup>14</sup>

“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.”<sup>15</sup>



<sup>11</sup> Twelve Steps and Twelve Traditions, STEP THREE, pages 40 - 41.

<sup>12</sup> Alcoholics Anonymous, FOREWORD TO SECOND EDITION, page xxi.

<sup>13</sup> Twelve Steps and Twelve Traditions, STEP FIVE, page 59.

<sup>14</sup> Alcoholics Anonymous, A VISION FOR YOU, PAGE 162.

<sup>15</sup> Alcoholics Anonymous, A VISION FOR YOU, page 164.



## **“Signs You Might Have a Problem With Alcohol”**

“Medically Reviewed by Jennifer Casarella, MD on August 03, 2020

### **“Check Yourself**

“Are you wondering whether your drinking is on the high side of normal or if it's crossed the line into a problem? Think back on the past year. If any of the following scenarios seem familiar, it might be time to make some changes.

### **“You Drink More Than Planned**

“You've had times when you ended up drinking more than you thought you would, or for longer than you were going to. It may not seem like a big deal if it only happens once in a while, but that shows you have trouble controlling yourself while drinking. And it's an early warning sign.

### **“You Spend a Lot of Time on Drinking**

“We're not talking about just the time with a glass (or can, or bottle) in your hand. There's also getting the alcohol, feeling sick after you drink, and recovering from the effects later. Keep track of all your activities in a daily diary or schedule planner for a few weeks, and take an honest look at how it adds up.

### **“Your Tolerance Has Gone Up**

“The usual' doesn't have as much of an effect on you anymore. You need to drink much more than before to get the buzz you want. Your brain adapts to alcohol over time and can become less sensitive to its effects.

### **“You Crave Alcohol**

“There are times when you want a drink so badly, you can't think about anything else until you get one. That strong need or urge can be triggered by people, places, things, or times of day that remind you of drinking. Certain emotions or physical sensations can also trigger a craving. When you have a drinking problem, your brain reacts to these triggers differently than a social drinker's does.

### **“You Give Up Other Activities**

“What is it that you do for fun, besides drink alcohol? Think about the activities you used to enjoy, the issues that were important to you, and the ways you used to spend your free time. Has drinking edged those things out of your life, or prevented you from doing them?

### **“You're Dropping the Ball on Life**

“Can you think of more than a few times when you came to work with a hangover, missed deadlines, or got behind on schoolwork because of your drinking? When your alcohol use, including being sick from drinking, often prevents you from

“keeping up with responsibilities at home, work, or school, it's a problem.

### **“It Causes Friction in Relationships**

“You care about your loved ones, but you can't imagine your life without alcohol. Your drinking has led to trouble with your family or friends, or made problems worse, yet you continue to drink. This doesn't make you a bad person, but it does make it more urgent that you look for help to change your habits and get your relationships back on track.

### **“You Have Withdrawal**

“As the effects of alcohol wear off, you may have trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating. Alcohol changes your brain chemistry, and when you drink heavily over a long period of time, your brain tries to adapt. If you suddenly stop drinking, your brain has to adjust again, causing these withdrawal symptoms.

### **“You Could've Been Hurt**

“While you're drunk, your brain doesn't grasp the short-term and big-picture results that could come from poor decisions and getting into risky situations like driving, swimming, fighting, having unsafe sex, or walking in a dangerous area. Even if nothing bad has happened -- yet -- this is a warning sign.

### **“Drinking Is Making You Sick**

“Do you continue to drink even though you know it's causing health problems, or making those problems worse? Alcohol can damage your liver, heart, brain, pancreas, and immune system. And it can raise your odds of getting certain cancers. Although you realize it's harming you, a physical or emotional dependence on alcohol can make quitting hard.

### **“You've Gotten Into Legal Trouble**

“If you've been arrested or had other run-ins with the law more than once because of your alcohol use, it's getting serious. You might be dealing with the fallout from this for years. But it's not too late to do something about it.

### **“You Want to Stop but Can't**

“Maybe you've been concerned enough that you've already thought about or actually tried to cut down on your drinking -- and it didn't happen. Alcohol masks unhappy emotions, so those feelings may come back when you quit drinking, making it harder to stick to your goal. If you try to abstain, but then obsess over alcohol or switch to another drug or behavior, that's a red flag.”

[https://www.webmd.com/mental-health/addiction/ss/slideshow-signs-alcohol-problem?ecd=wnl\\_day\\_101021&ctr=wnl-day-](https://www.webmd.com/mental-health/addiction/ss/slideshow-signs-alcohol-problem?ecd=wnl_day_101021&ctr=wnl-day-)

What you just read on page eleven is a Doctor's opinion of what some signs of what a drinking problem may be/are. A.A. has a list of questions in a pamphlet that also deals with that topic and more.

"FREQUENTLY ASKED QUESTIONS ABOUT ALCOHOLICS ANONYMOUS", P-2. It is a 40 page pamphlet available through aa.org, or any Literature Committee of a group. The F.A.U.C. Literature Chair can also obtain copies of this resource. Please call James at 313-613-3703 for information on availability and cost. Below are questions posed in the pamphlet.

#### **"Alcoholism and Alcoholics**

"How can I tell if I'm really an alcoholic?  
"Can an alcoholic ever drink "normally" again?  
"Can't an A.A. member even drink beer?  
"I can stay sober quite a while between binges; how can I tell whether I need A.A.?  
"Others say I am not an alcoholic. But my drinking seems to be getting worse. Should I join A.A.?  
"Can a person achieve sobriety all alone by reading A.A. Literature?  
"Won't everyone know I am an alcoholic if I come into A.A.?"

"How can I get along in business, where I have to make a lot of social contacts, if I don't drink?  
"Will A.A. work for the person who has really 'hit bottom'?  
"Do alcoholics who are already sober ever join A.A.?"

"Why is A.A. interested in problem drinkers?"

#### **"The Fellowship of A.A.**

"What is Alcoholics Anonymous?  
"How did A.A. get started?  
"Are there any rules in A.A.?  
"What does membership in A.A. cost?  
"Who runs A.A.?  
"Is A.A. a religious society?  
"Is A.A. a temperance movement?  
"Are there many women alcoholics in A.A.?  
"Are there many young people in A.A.?"

#### **"Group Meetings**

"How does a person join A.A.?  
"What is an 'open' meeting?  
"What is a 'closed' meeting?  
"May I bring relatives or friends to an A.A. meeting?  
"How often do A.A. members have to attend meetings?  
"Do A.A.'s have to attend meetings the rest of their lives?  
"How will I be able to find the time for A.A. meetings, work with other alcoholics, and other A.A. activities?"

"Can newcomers join groups outside their own community?"

"If I come into A.A., won't I miss a lot of friends and a lot of fun?"

#### **"THE RECOVERY PROGRAM**

"What are the 'Twelve Steps'?"

"What are the 'Twelve Traditions'?"

"What are 'slips'?"

"Does A.A. have a basic 'textbook'?"

"What is the '24-hour program'?"

"What is the A.A. Grapevine?"

"Why doesn't A.A. seem to work for some people?"

#### **"Newcomer's Questions**

"Will A.A. help me financially?"

"Will A.A. help me straighten out my family troubles?"

"Does A.A. operate hospitals or rest homes for alcoholics?"

"Does A.A. sponsor any social activity for members?"

"What do medical professionals think of A.A.?"

"What do religious leaders think of A.A.?"

"Who is responsible for the publicity about A.A.?"

#### **"A New Way of Life**

"A way of life cannot truly be described; it must be lived. Descriptive literature that relies upon broad, inspirational generalities is bound to leave many questions unanswered and many readers not fully satisfied that they come upon the thing they need and seek. At the other extreme, a catalog of mechanics and details of a program for living can portray only part of the value of such a program.

"A.A. is a program for a new way of life without alcohol, a program that is working successfully for hundreds of thousands of men and women who approach it and apply it with honesty and sincerity. It is working throughout the world and for men and women in all stations and walks of life.

"Perhaps this pamphlet has answered the main questions, spoken and unspoken, that you may have concerning A.A. Perhaps there are other questions that can be answered, as those in this pamphlet have been, solely on the basis of A.A. experience with the problem of alcoholism. If you have such questions, feel free to get in touch with an A.A. group in or near your community. Or write to General Service Office, Box 459, Grand Central Station, New York, NY 10163."

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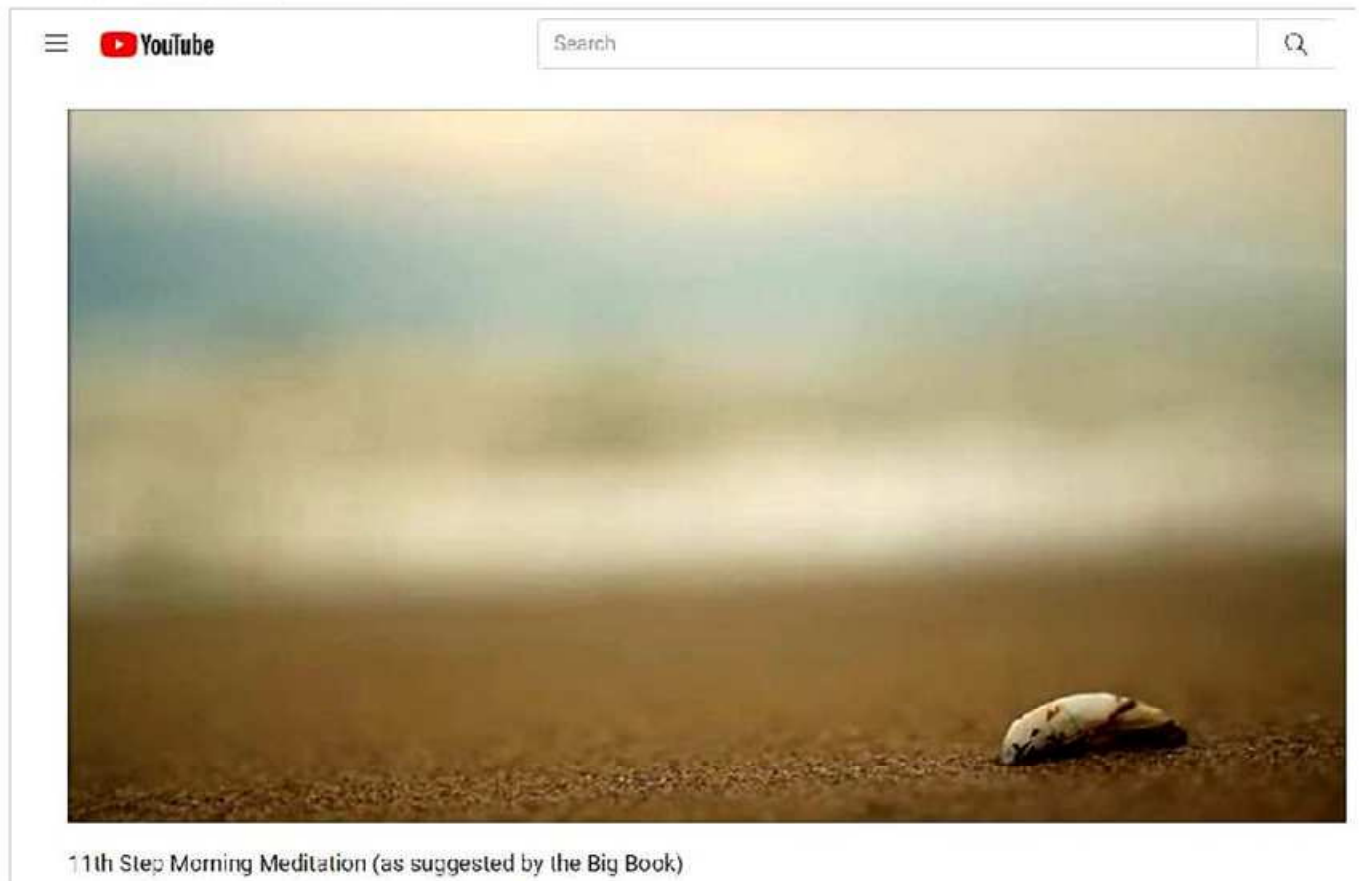
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It would behoove every A.A. to know the answers to these questions furthering your experience, strength and hope when working with a newcomer. ~Editor  
Pamphlet P-2 available; call James P. 313-613-3703.

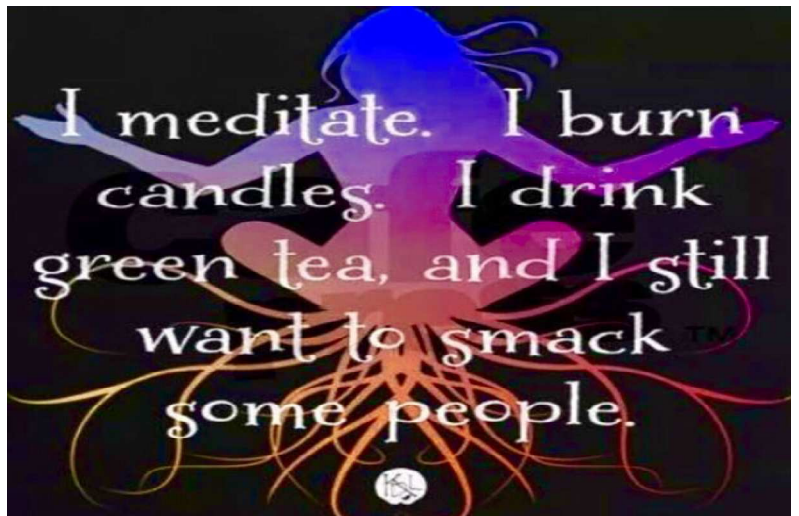
<https://www.youtube.com/watch?v=xneMNuxryiI>

For those practicing the 11th Step. An 18 minute session of prayer and contemplation as suggested by the Big Book of Alcoholics Anonymous.

Submitted by James P. for the Fellowship.



This is a very meditative piece of work right out of the Big Book. It is a narrative based on actual passages in the text of Alcoholics Anonymous. Hope you may enjoy and use it.





## 5 Things You Didn't Know About \*

### People Who Make Their Beds Every Day

\*All insights were derived from comparisons with U.S. adults who never make their bed.



**1 They're three times more likely to recycle every chance they get.**

Image credit: [Sigmund](#) on Unsplash



**2 They're over twice as likely to be 65 or older.**

Image credit: [Matthew Bennett](#) on Unsplash



**3 They're reading nutritional information on items at the grocery store.**

Image credit: [Franki Chamaki](#) on Unsplash



**4 They're getting more exercise every week.**

Image credit: [John Arano](#) on Unsplash



**5 They're more likely to eat lunch at home.**

Image credit: [Kevin McCutcheon](#) on Unsplash

So this is interesting, but near worthless. Here is another study that studies the one's who don't follow the study subject matter to say why the ones who do do follow the subject matter. Why not study the ones that do to find out what is lacking in the onoes that don't? How can one tell what the do's do by seeing what the don'ts do? Do we study problem drinkers to see how sober people stay sober? Just saying.

From: <https://www.msn.com/en-us/lifestyle/home-and-garden/5-things-you-didn-t-know-about-people-who-make-their-beds-every-day/ar-AAptiN?ocid=msedgdhp&pc=U531>

**1. Myth: You can't meditate because you think too much.**

Everyone thinks too much. But it's often the people who say they "think too much to meditate" who could really benefit from giving the practice a try. Thinking is a natural and expected part of meditation. Some practices will give you tools for how to redirect your thoughts back to your meditation and others will simply say it's fine that you're off thinking. This is all a part of the experience. The practice of meditation is about tuning in -- not tuning out.

**2. Myth: You can't meditate because you can't sit still.**

For those who struggle with sitting still during meditation, good news! Moving around is totally fine -- you can readjust your position, scratch an itch or just stretch your legs out in the middle of your practice. You do not have to be a statue. If you're in a group class, try to do this quietly so you don't disrupt other meditators.

For those who need more movement than this, you can try walking meditation. Traditionally, meditation can be practiced in four positions: sitting, standing, walking and lying down.

**3. Myth: You can't meditate because you don't have time.**

We all are busy. Meditating in the morning makes your whole day go slower and many people say they actually get more done and feel more productive after meditation. Because meditation helps improve focus and lowers stress, you actually can fit more in if you take the time out to practice.

The key is to start small and build up so you don't get discouraged and skip it all together. Even a seasoned meditator knows that some days get away from you and all you can fit in is 5 minutes.

**4. Myth: You can't meditate because you don't know if you're doing it right.**

The only wrong or bad meditation is the one you don't do at all. Focus on one thing. Depending on the practice, that can be your breath, a mantra, a candle flame or even counting numbers. When you notice that your mind has drifted off, you simply come back to the thing your meditation is focused on.

**5. Myth: You're not supposed to have any thoughts while you meditate.**

This idea is simply not true and it can also be a big hindrance to people meditating. "the nature of the mind to move from one thought to another is in fact the very basis of meditation," Some types of meditation actually emphasize being present and mindful to thoughts as they arise as part of the practice.

**6. Myth: Meditation has to be religious or spiritual.**

While many meditation practices drew its roots from Buddhism and Hinduism, today there are modern forms of meditation that have nothing to do with religion at all. Many religious groups practice meditation, and the intersection between prayer and meditation is quite interesting, but it is not necessary to believe in a god or be affiliated with a religion or spiritual group in order to reap the benefits of meditation.

**7. Myth: You must sit in an uncomfortable cross-legged position in order to meditate.**

You can sit in any position that is comfortable to you. Most people sit upright in a chair or on a cushion. Some people like to sit in a great big armchair or a sturdy kitchen chair. You can also sit upright in bed with pillows propped at your sides. The possibilities are endless. It is best not to lie down unless you're doing a body scan meditation or meditation for sleep.

**8. Myth: Meditation is only for stressed out people.**

While meditation helps lower the presence of cortisol, the stress hormone, in our bodies, there are many other benefits of the practice. Meditation helps boost our immune systems, improves concentration, decreases blood pressure, improves sleep, increases our feelings of happiness, and has even helped people with alcohol or smoking addictions.

**9. Myth: Meditation is only for adults.**

Adults are not the only ones to experience the negative effects of stress. Children, too, suffer from feeling overwhelmed and meditation is one way parents are helping their kids learn to manage stress. Schools have even started to discuss whether meditation is a life-long skill that should be taught in classrooms. Schools that tried it out found that students were less stressed and performed higher on tests. The overall feeling in classrooms was more positive and teachers reported their own moods improving.

**10. Myth: You have to be given a mantra to meditate.**

Mantra-based meditation is only one form of meditation. Think of a mantra as just one vehicle or tool people use to get into their meditation practice. There are many other tools like counting, being mindful of what you hear around you and even simply paying attention to your breath.

---

From: <https://www.huffpost.com/entry/meditation-myths>

# The AFTERMATH

WHY YES,  
ACTUALLY.



I CAN DRIVE  
A STICK



WHAT  
WAS IT?

DON'T  
DRINK AND  
DRIVE

OR  
DON'T  
TEXT AND  
DRIVE?



## The Four Questions by Gary N.

Many AA's know that both Dr. Bob and Bill W. were in the Oxford Group when they met in May of 1935. And many also know of the four Absolutes, though not that many, outside the sphere of the Akron-Cleveland AA, remember what they are. They are "Honesty, Unselfishness, Love, and Purity." (I remember those four by the abbreviation H-U-L-P, which resembles H-E-L-P). Pamphlets on the four Absolutes can be obtained at many an Akron-Cleveland AA meeting, because there the Absolutes form a significant role. They represent the goals of why one works the steps: to become more honest, more unselfish, more loving, and more pure.

There are four questions, one per Absolute, which may be helpful to an alcoholic (or anyone else) when facing a decision in daily life. The quotes come from an Akron AA Intergroup pamphlet available through [www.akronaa.org](http://www.akronaa.org).

1) Honesty – Is it true or false? - "It is by far the most difficult of the four Absolutes, for anyone, but especially for us in this fellowship. The problem drinker develops genuine artistry in deceit... The search for truth is the noblest expression of the soul . . . The noblest pleasure we can have is to find a great new truth and discard an old prejudice . . . It is easier to be honest with others than with ourselves."

2) Unselfishness – How will this affect the other fellow? - ". . . It points up that we shall gain in direct proportion to the real help we give others. . . We must be unselfish even in our pursuits of self-preservation. Not the least of our aid to others comes from the examples of our own lives.

I must remember as I go  
Through sober days, both high and low,  
What I must always seem to be  
For him who always follows me."

3) Love – Is it ugly or is it beautiful? - "We are experts on ugliness . . . We are not experts on beauty but we have tasted a little, and we are hungry for more. Coming from the depths of fear, physical agony, mental torture and spiritual starvation, we feel completely unloved, impregnated with self-pity, poisoned by resentment, and devoured by a prideful ego which with alcohol has brought complete blindness. We received understanding and love from strangers and we make progress as we in turn give it to new strangers. It's as simple as that."

4) Purity – Is it right, or is it wrong? – "It's in the realm of the heart and spirit that we face difficulty. We know which is right, but do we have the dedicated will to do it? . . . In other words, knowledge means little until it goes into action . . . Until we translate our knowledge into the action of our own lives, the value of it is non-existent."

Thus, maybe it will be helpful, the next time some ominous clouds seem to be on the horizon, to ask four questions. With the help of a sponsor, the fellowship, and your Higher Power, next time tries asking:

- 1) Is it true or is it false?
- 2) How will this affect the other fellow?
- 3) Is it ugly or is it beautiful?
- 4) Is it right or is it wrong?

From: [https://emotionalsobrietyandfood.files.wordpress.com/2014/12/the\\_four\\_questions.pdf](https://emotionalsobrietyandfood.files.wordpress.com/2014/12/the_four_questions.pdf)



Dr Robert Smith  
AA Co-founder



p58



Bill Wilson  
AA Co-founder

RARELY have we seen a person fail who has thoroughly followed our path.

[Drbobshome.org](http://Drbobshome.org)

[AA.org](http://AA.org)

[AAgrapevine.org](http://AAgrapevine.org)

[Steppingstones.org](http://Steppingstones.org)



Heard it  
**'Round the  
Rooms!**



I want what I want.  
I need what I need.  
I get what I get.

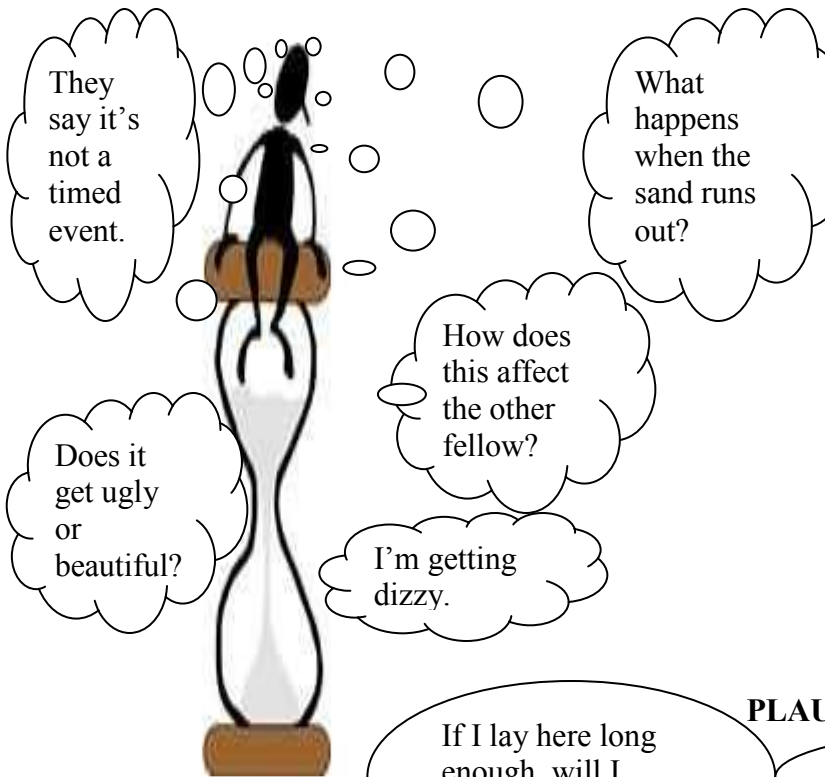
Learn to accept instead of expect.  
Anger is just a cover up for being afraid.  
I drank to forget and instead became haunted.  
There was never a glass big enough for just one drink.  
Life begins when you are ready to step out of your comfort zone.  
My last drink was three years ago. My next one is an arm's length away.  
I drank because I thought I had the right, and yet everything turned out wrong.

At a meeting up North, we were sharing about how we each got to AA. Some came in because they were sick and tired of being sick and tired. Some because of a spouse, some because of a doctor and some because of a DUI.

One fellow Alcoholic said the Dog Catcher got him here. That bit of information sure got my attention. He explained that he was drunk as usual and had procrastinated on renewing his dog's license. The Dog Catcher came to his house to take his dog and he got into a big fight with the dog catcher. In his words he said "that's when I found out that the dog catcher had arrest powers" in court the judge ordered him to attend AA. So he came to the program by being caught by the dog catcher.

At that point I was having extreme trouble breathing because I was laughing so hard. I have been around a few 24 hours but never met anyone before captured by the dog catcher and sent to AA. Took me days to stop laughing. Every little while the mental picture of him and the dog catcher would come back and off I would go again.

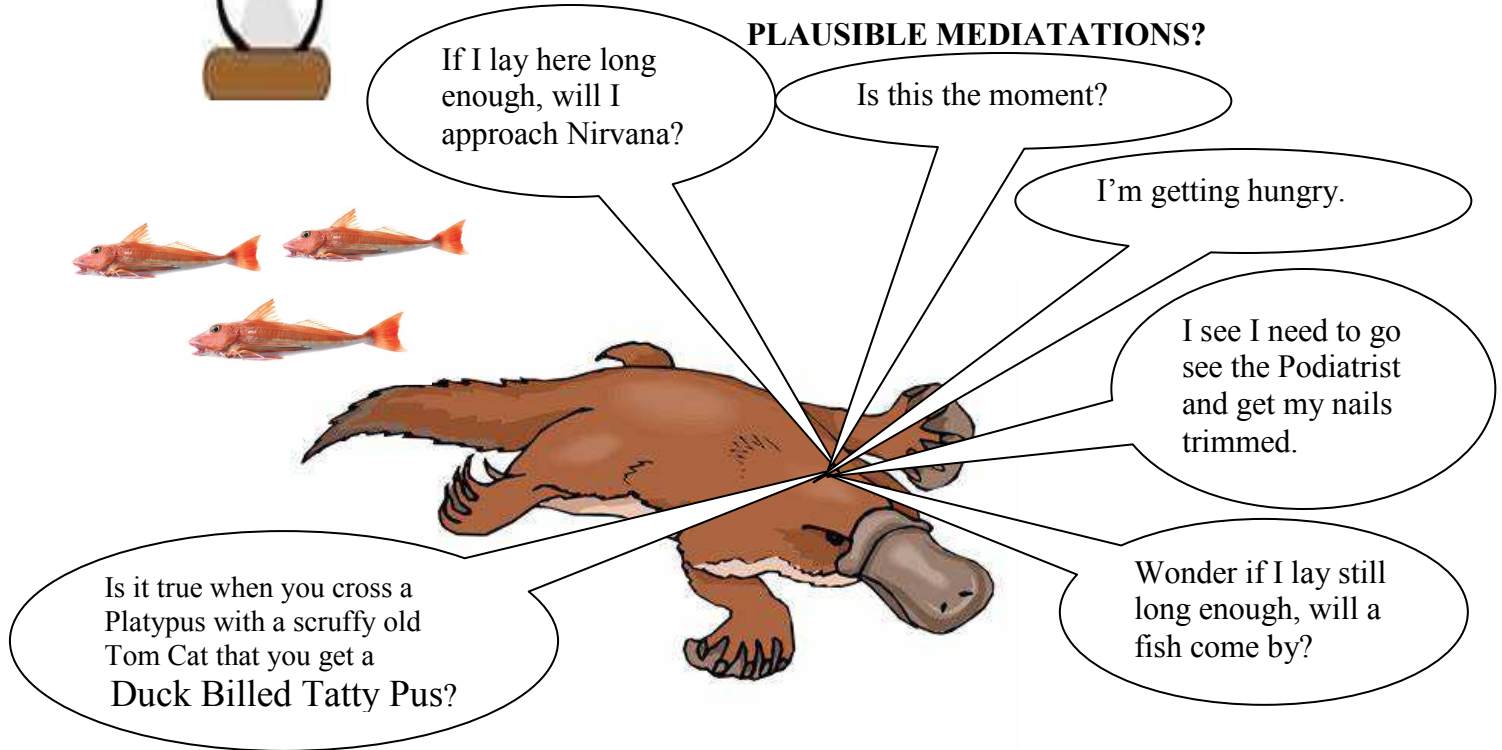
Any one else caught by the dog catcher or something else funny or bizarre?



**YOU CAN'T GO BACK AND  
MAKE A BRAND NEW  
START, BUT YOU CAN  
START RIGHT NOW AND  
MAKE A BRAND NEW  
ENDING.**

James R. Sherman; 1982 in "REJECTION, page 45,  
published by Pathway Books.

**PLAUSIBLE MEDIATATIONS?**



**ANOTHER TAKE ON FOOTPRINTS IN THE SAND.**

When asked, "Why was there only one set of footprints then?"  
The answer came as, "The sand people ride in single file to hide their true numbers."



*It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.*

ALCOHOLICS ANONYMOUS, p 85

My first sponsor told me there were two things to say about prayer and meditation: first, I had to start and second, I had to continue. When I came to A.A. my spiritual life was bankrupt; if I considered God at all, He was to be called upon only when my self-will was incapable of a task or when overwhelming fears had eroded my ego.

Today I am grateful for a new life, one in which my prayers are those of thanksgiving. My prayer time is more for listening than talking, I know today that if I cannot change the wind, I can adjust my sail. I know the difference between superstition and spirituality. I know there is a graceful way of being right, and many ways to be wrong.

DAILY REFLECTIONS, page 313.  
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Meditation is something which can always be further developed. It has no boundaries, or width or height or depth. Aided by such instruction and example as we can find, it is essentially an individual adventure, something which each one of us works out in his own way. But its object is always the sense to improve our conscious contact with God, with His grace, wisdom, and love.

And let's always remember that meditation is in reality intensely practical. One of its first fruit is essential balance. With it we can broaden and deepen the channel between ourselves and God as we understand Him.

TWELVE AND TWELVE, pages 101 -102.  
From AS BILL SEE IT, page 150.  
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Here are two writings on meditation. The first has simple (Keep It Simple Stupid) direction. Get started on prayer and meditation, and continue. A reminder of me when I was mostly trouble, "Oh God, get me out of this mess, and I'll never do it again." And He did, but I did it again, I was not to be trusted. Now my prayerful thanks is in not doing it again, I have re-earned trust.

The second is about the balance in my life now, a more balanced diet, a more balanced spirituality, more balance of care for myself and the fellowship about me, both in and out of A.A., of human beings requiring love's understanding that I now have.

Now it's about trimming sails against life's winds.

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

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.

## **A Study of the Basic Text for Alcoholics Anonymous**

### INTO ACTION

(Page 86)

1. What is required to make prayer work?
2. What would be easy?
3. How did the First Hundred believe they could help us here?

*Comment: "Sought through prayer and meditation to improve our conscious contact with God, as we understand Him, praying ONLY for the KNOWLEDGE of HIS WILL for us and the POWER to carry that out." Prayer is talking to God and meditation is trying to listen to His still voice. He gave us two ears and one mouth. From that may be a clue as to how important it is to try to follow the directions we were given in this Book for learning how to communicate with our Heavenly Father.*

(P) 4. What do we do at bedtime?

*Comment: Here, we begin to receive directions for meditation.*

5. What is the first question we must answer? (What four things do we continue to look for? Step Four?)
6. What is the second question we must answer? (Steps Eight & Nine?)
7. What is the third question we must answer? (Step Five?)
8. What is the fourth question we must answer? (Love & Service to God and the people about us?)
9. What is the fifth question we must answer?
10. What is the sixth question we must answer? (Selfishness/self-centeredness?)
  - 11-a. What is the seventh question we must answer?
  - 11-b. What is the eighth question we must answer?
  - 13-a. What must we be careful not to do?
  - 13-b. Why?
15. After meditating on these questions, what do we pray?

(P) 16. What is the first thing we should do when we wake up in the morning?

17. What do we consider?

18. What prayer do we apply before we begin?

19-a. What can we do under these conditions?

19-b. Why did God give us brains in the first place?

21. Where will we now find our thought-life?

*Comment: Does this appear to be a Promise?*

(P) 22. Considering the day ahead, what may we face?

23. What may we not be able to do?

24. What do we pray?

25. How do we begin to learn to practice quiet meditation?  
(2 sentences)

26. What will surprise us after we practice, practice, practice these directions?

*Comment: Does this appear to be another Promise?*  
(Page 87)

1. What do hunches and inspirations become for us?

*Comment: Does this appear to be another Promise?*

2. Why will we not be inspired all the time?

3. If we presume the contrary, what will happen?

*Comment: It is always a good practice to check out our great ideas with our sponsors.*

4. What do we find?

*Comment: Does this appear to be another Promise?*

5. Does it become important to us?

*Comment: Does this appear to be another Promise?*

(P) 6-a. How do we conclude our period of quiet meditation?

6-b. What do we pray for?

8-a. We especially pray for what?

8-b. What are we careful not to pray for?

10. What may we conditionally pray for?

11. How do some of us waste our time?

12. Why?

*Comment: What was it we prayed for in the Third and Seventh Step Prayers?*

(P) 13. If we have family or friends close by, what might we do?

14. If our religion places requirements on us, what do we do?

15. If we have no religious affiliation, what can we do?

16. What may we refer to?

17. Where might we find some good suggestions for other reading material?

18. What should we be quick to do?

19. Should we take advantage of their generosity?

(P) 20. When we are upset or confused, what do we pray?

21-a. What must we remember all the time?

1-b. What else do we humbly pray?

2. By doing so, what are we promised?

3. Will we be able to get more done?

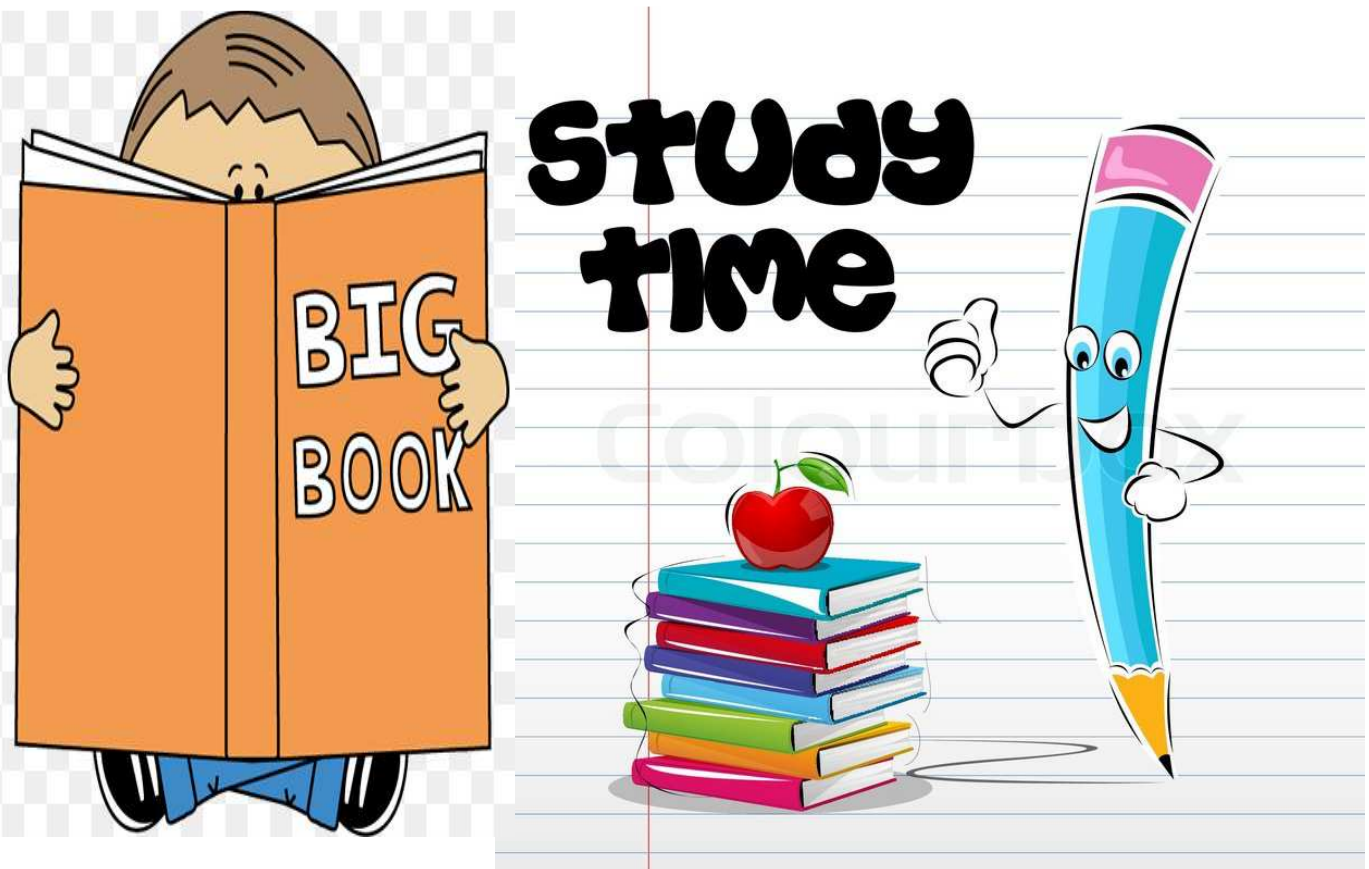
4. Why will that be so?

(P) 5. What is the next promise?

(P) 6. We alcoholics are what?

7. How do we let God discipline us?

*Comment: What has just been outlined is the program of recovery through the first Eleven Steps of Alcoholics Anonymous. We need only to continue to follow this outline of action to grow spiritually. To confirm that, read the last sentence on page 14.*





**IF THROUGHOUT THE DAY, I FIND MYSELF IN  
FEAR, ANGER, RESENTFULNESS, WORRY, HURT, SELFISHNESS, SELF-PITY OR DISHONESTY,  
I WILL IMMEDIATELY TAKE THE FOLLOWING STEPS:**


1. PAUSE & TAKE A MOMENT TO RECONNECT WITH MY HIGHER POWER
2. CALL MY SPONSOR OR SOMEONE IN THE PROGRAM AND SHARE MY FEELINGS
3. SILENTLY GRANT FORGIVENESS IF I FEEL HURT, AS I WOULD WANT TO BE FORGIVEN BY OTHERS
4. MAKE IMMEDIATE & DIRECT AMENDS IF I HURT ANYONE OR THEIR FEELINGS
5. GET OUT OF MYSELF BY IMMEDIATELY BEING OF SERVICE TO SOMEONE ELSE

**3RD STEP**

GOD, I OFFER MYSELF TO THEE, TO BUILD WITH ME AND TO DO WITH ME AS THOU WILT.  
RELIEVE ME OF THE BONDAGE OF SELF, THAT I MAY BETTER DO THY WILL.  
TAKE AWAY MY DIFFICULTIES, THAT VICTORY OVER THEM MAY BEAR WITNESS TO THOSE I WOULD HELP OF  
THY POWER, THY LOVE AND THY WAY OF LIFE, MAY I DO THY WILL ALWAYS!

**7TH STEP**

MY CREATOR, I AM NOW WILLING THAT YOU SHOULD HAVE ALL OF ME, GOOD AND BAD.  
I PRAY THAT YOU NOW REMOVE FROM ME EVERY SINGLE DEFECT OF CHARACTER  
WHICH STANDS IN THE WAY OF MY USEFULNESS TO YOU AND MY FELLOWS,  
GRANT ME STRENGTH, AS I GO OUT FROM HERE TO DO YOUR BIDDING.

**11TH STEP**

"LORD MAKE ME A CHANNEL OF THY PEACE -- THAT WHERE THERE IS HATRED, I MAY BRING LOVE  
THAT WHERE THERE IS WRONG, I MAY BRING THE SPIRIT OF FORGIVENESS  
THAT WHERE THERE IS DISCORD, I MAY BRING HARMONY • THAT WHERE THERE IS ERROR, I MAY BRING TRUTH  
THAT WHERE THERE IS DOUBT, I MAY BRING FAITH • THAT WHERE THERE IS DESPAIR, I MAY BRING HOPE  
THAT WHERE THERE ARE SHADOWS, I MAY BRING LIGHT • THAT WHERE THERE IS SADNESS, I MAY BRING JOY.  
LORD, GRANT THAT I MAY SEEK RATHER TO COMFORT THAN TO BE COMFORTED  
TO UNDERSTAND, THAN TO BE UNDERSTOOD • TO LOVE, THAN TO BE LOVED.  
FOR IT IS BY SELF-FORGETTING THAT ONE FINDS. IT IS BY FORGIVING THAT ONE IS FORGIVEN.  
IT IS BY DYING THAT ONE AWAKENS TO ETERNAL LIFE

STEP 10/11

**NIGHTLY STEP WORK**

**WHEN WE RETIRE AT NIGHT, WE CONSTRUCTIVELY REVIEW OUR DAY**

DID WE AVOID ANGER & RESENTMENT TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
WERE WE HONEST IN EVERY SITUATION & WITH EVERYONE TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
DID WE STAY OUT OF SELFISHNESS & SELF-CENTEREDNESS TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
DID WE MAKE AMENDS FOR ANY HURTS WE MAY HAVE CAUSED TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
DID WE STAY OUT OF SELF-PITY TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
DID WE TRY TO BE KIND AND LOVING WITH EVERYONE TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
IF OUR FEELINGS WERE HURT TODAY, DID WE FORGIVE? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
DID WE STAY CLOSE TO OUR H.P., ASKING TO DO HIS WILL TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
DID WE REACH OUT TO ANOTHER ALCOHOLIC TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
DID WE GO TO AN A.A.MEETING TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
DID WE READ OUR BIG BOOK OR THE 12 & 12 TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
DID WE GET HUMBLE ON OUR KNEES TODAY? .....	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>

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](http://mcpaa.org)



Hotel Rooms



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

Scan QR Code  
\* Must book by 11/12 \*

"Our Roots Grasped a New Soil"

- |          |                 |           |
|----------|-----------------|-----------|
| Speakers | Stand up Comedy | Panels    |
| Karaoke  | Silent Disco    | Workshops |
| Banquet  | Dance / DJ      | Alkathon  |

## Auburn Hills Marriott

3600 Centerpoint Pkwy Pontiac, MI 48341

Hotel Booking/Info: (248) 253-9800 - Group Name "MCYPAA"

For more information visit [www.mcpaa.org](http://www.mcpaa.org) or ask to join our Private Facebook Group