



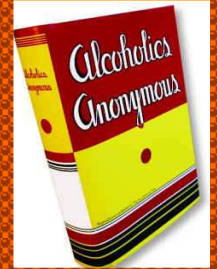
**What is A.A.? It consists of
Twelve Steps;
Twelve Traditions;
Twelve Concepts;
Six Warranties**

(of Article 12 of the Conference Charter).

All are suggestions for the A.A. program of recovery, its structure, its operation.
**“To a man, we of A.A. believe that our freedom to serve is truly the freedom
by which we live – the freedom in which we have our being.”¹**

**The publication Alcoholics
Anonymous is also known as the
BIG BOOK.**

**An A.A. guarantee is if you don't
like it; we'll refund your misery.**



The history of mankind is riddled with alcoholic acts of demented derision, destructive deeds and the tearing of the fabric of lives to such a degree that the person “in the grip of a progressive illness”² no longer deals with relevant reality.

He, or she, does not know the how or why they did this; the abuse of the substance may have become more prominent in seeking relief of pain and/or self.

Uncountable deaths are attributed to the disease; and the wantonness of the actions of the diseased has resulted in many deaths other than the diseased themselves.

Innumerable relationships; whether marriage, significant others, parents, siblings, friends, co-workers, even random everyday encounters have suffered from the malaise of the “warped and sickened”³ mind of the alcoholic.

There is a way out of the madness. Since July 1935, the A.A. program of recovery has helped those (self) afflicted and those who have contact with them. Sometimes the contact is only through the vehicle driven by the drunk, one of the most lethal weapons in the arsenal of the alcoholic.

The recovery starts with the self realization that one needs change. It's truly rewarding to reach a decision to learn to live a lifestyle of tolerance, coherence, trustworthiness; one full of a healthy self-esteem. It takes time, determination and the help only another alcoholic can offer to another. That is the main tenet of A.A.'s program of recovery - helping one another.

Stated in the A.A. Preamble, a mission statement of a sort, it declares, “Our primary purpose is to stay sober and to help other alcoholics achieve sobriety.”⁴

In the next twelve months, discussion will be on the Twelve Steps; Twelve Traditions; Twelve Concepts; and Six Warranties.

If you're new to A.A.'s program of recovery, if you just want to learn more, this may be a source for you.

The Flint Area Unity Council represents District 12 of the Central Michigan Intra-Area 32 and created this Newsletter to reach out to the still suffering alcoholic; also to help those dealing with the still suffering alcoholic by providing little, or greatly known, facts of the A.A. program of recovery. The Newsletter uses A.A. Literature and materials, other sources that will be cited, and experience, strength and hope from contributors and the editorial staff. The editorial staff's great wish is to be of Service to the Fellowship, from Day One to the silver backs. We welcome “elder statesmen and bleeding deacons”⁵ comments alike. ~ Editor.

¹ The A.A. SERVICE MANUAL Combined With TWELVE CONCEPTS for WORLD SERVICE, 2018 -2020 Edition, page 73.

Alcoholics Anonymous,

² MORE ABOUT ALCOHOLISM, page 30.

³ TO WIVES, page 108.

⁴ June 1947: Tom Y., Revised by the September 1958 A.A. International Convention

⁵ Twelve Steps and Twelve Traditions, TRADITION TWO, page 135. Reprinted with A.A.W.S. permission.

A.A. at a glance

What is A.A.?

Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership.

Current Membership

It is estimated that there are over 120,000 groups and over 2,000,000 members in approximately 180 countries.

Relations with Outside Agencies

The Fellowship has adopted a policy of "cooperation but not affiliation" with other organizations concerned with the problem of alcoholism. We have no opinion on issues outside A.A. and neither endorse nor oppose any causes.

How A.A. Is Supported

Over the years, Alcoholics Anonymous has affirmed and strengthened a tradition of being fully self-supporting and of neither seeking nor accepting contributions from nonmembers. Within the Fellowship, the amount that may be contributed by any individual member is limited to \$5,000 a year.

How A.A. Members Maintain Sobriety

A.A. is a program of total abstinence. Members simply stay away from one drink, one day at a time. Sobriety is maintained through sharing experience, strength and hope at group meetings and through the suggested Twelve Steps for recovery from alcoholism.

Why Alcoholics Anonymous Is "Anonymous"

Anonymity is the spiritual foundation of A.A. It disciplines the Fellowship to govern itself by principles rather than personalities. We are a society of peers. We strive to make known our program of recovery, not individuals who participate in the program. Anonymity in the public media is assurance to all A.A.s, especially to newcomers, that their A.A. membership will not be disclosed.

(OVER)

Anyone May Attend A.A. Open Meetings

Anyone may attend open meetings of A.A. These usually consist of talks by a leader and two or three speakers who share experience as it relates to their alcoholism and their recovery in A.A. Some meetings are held for the specific purpose of informing the nonalcoholic public about A.A. Doctors, members of the clergy, and public officials are invited. Closed discussion meetings are for alcoholics only.

How A.A. Started

A.A. was started in 1935 by a New York stockbroker and an Ohio surgeon (both now deceased) who had been "hopeless" drunks. They founded A.A. in an effort to help others who suffered from the disease of alcoholism and to stay sober themselves. A.A. grew with the formation of autonomous groups, first in the United States and then around the world.

How to Find A.A.

Look for Alcoholics Anonymous in any telephone directory, your local newspaper or "Find A.A. Near You" on the home page of our website, www.aa.org. In most urban areas, a central A.A., office or intergroup, staffed mainly by volunteer A.A.s will be happy to answer your questions and/or put you in touch with those who can.

What A.A. Does Not Do

A.A. does not: Furnish initial motivation for alcoholics to recover... solicit members... engage in or sponsor research... keep attendance records or case histories... join "councils" or social agencies (although A.A. members, groups and service offices frequently cooperate with them)... follow up or try to control its members... make medical or psychological diagnoses or prognoses... provide detox, rehabilitation or nursing services, hospitalization, drugs, or any medical or psychiatric treatment... offer religious services or host/sponsor retreats... engage in education about alcohol... provide housing, food, clothing, jobs, money, or any other welfare or social services... provide domestic or vocational counseling... accept any money for its services, or any contributions from non-A.A. sources... provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

This is A.A. General Service Conference-approved literature

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For further information on A.A., these pamphlets are available on request:

"A Brief Guide to Alcoholics Anonymous";
"Frequently Asked Questions About A.A."; "This is A.A."

A.A. General Service Office,
Box 459, Grand Central Station, New York, NY 10163

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F-1

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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.

There is a slogan used in A.A. that states, "Sobriety is a journey, not a destination." What this refers to is the process of change and growth one goes through in learning a new lifestyle and how to keep it.

First of all, when we go on a trip, let's surmise it is a vacation to just get away. There is the planning beforehand; where to go to, the expense involved, how much time is needed, how and what to pack, what will we do and see there, or along the way? Will I meet new friends or bring along some in my comfort zone?

So I decided sobriety is going to be my vacation, I need to get away from the irritants, hassle, routine of my everyday life. I need a recharge to face the daily grind.

Let's look at what caused me to get away from myself. Alcohol was a daily routine, irritant, hassle, and expense. Maybe I could leave that behind. But could I? I've used it for so long; it seems like a friend I can't leave behind. Or I will just meet it when I got to where I'm going. Alcohol didn't care; it'd wait for me, and then renew the escalating routine of debauchery and detriments to my physical, mental and spiritual well being.

After so many trials and errors, the sense of that saying, "incarceration, rehabilitation or death" was sinking in hard and fast. I became jail house serious bait, deemed seriously crazy, headed for certifiable seriously dead; the choice was mine – only mine to make.

I tried the first and second, still no results, just more, and more expenses, and losing people along the way. Didn't care for the last much, but golly, doc says you've got some problems here, you hear?

So I'd been incarcerated, therapeutized, and diagnosed. Who ya gonna' call? Time to call on me. But didn't know what to do. So this time when I appeared at an A.A. meeting, I was a bit more concerned, and willingness to listen was settling in. Found a person (of many!) I could talk to, that listened; that gave me their experience, strength and hope. And that start has kept me coming back for 4,725 days. It's been a great vacation! ~ Editor

Having a sponsor right from the get go is a great way to go about learning and practicing the Steps of the A.A. program of recovery. It takes one to know one they say. We know where you're coming from; maybe not in total been there, done that, but we were somewhere and did something. My sponsor gave me FREEDOM for FREE!



NO GLUM LOT HERE



Why would you put peanut butter in the road?
It goes good with the traffic jam.

Why do crabs never give to charities?
Because they are shellfish.

Why are elephants wiser than chickens?
Ever heard of a Kentucky Fried Elephant?

The taxi driver knew the three were drunk when they stumbled into the cab, so he started the engine and turned it off again. He told them. "We have reached your destination". The 1st guy gave him money and the 2nd guy said: "Thank you". The 3rd guy gave the driver a slap. The shocked driver thought maybe the 3rd drunk knew what he did. But he asked, "What's that for?". The 3rd guy replied: "CONTROL YOUR SPEED NEXT TIME! You nearly killed us!" Then they all walked away to find a cab.

Last night I got really drunk at the bar, so I took a bus home. Which might not seem like a big deal, but I'd never driven a bus before.

Came home very drunk last night, my wife wasn't happy. "How much did you drink?" she asked sternly. "Nothing" I slurred. "Look at me!" she shouted. "It's either me or the pub, which one is it?" A pause to think, then I mumbled... "It's you. I can tell by the voice."

Ned & Jed

Say Jed, have ya made your first Step?

I've read it, thought about it, talked about it, slept on it, everything but done it.



What's the hold up?

I'm not that powerless, I'm managing.

Morning sickness, sleeping under a tarp, not eating good; waiting 'till ya really get the shakes or DT's?

Well ya see, it's a big deal and with no grog it may be a bit of a daunt.

Just try One Day at a Time to start, you might be surprised. I'll help ya.

Let's start right now, I missed the morning grog already anyways. **That's the attitude! Let's get to work and see how the day goes for us.**



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: Jim M.

F.A.U.C. Secretary: Lynn N.

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:** Nick E.

Young People: OPEN.

F.A.U.C. Newsletter

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

The December 2021 Newsletter went to 184 emails. If you would like a Newsletter via email, send Editor a request to farfromittoday@aol.com.

2022 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 15: St. Mary's School, 2600 N. Franklin; Eastside

February 19: Arid Club, 715 East St., Torrey Rd. Group..

March 19: St. Bartholomew's; 9252 Miller Rd., Swartz Creek, S.C. Group.

April 16: Thetford Senior Center; Thetford A.A.

May 21: Faith Lutheran Ch., 12534 Holly Rd., Grand Blanc, Grand Blanc Big Book.

June 18 St. John's Out Reach Building, 425 Genesee St., Davison, Davison Friday Night Grp.

July 16: St. Mary's School; Eastside St. Mary's

August 20:

September 17:

October 22:

November 19:

December 17:

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

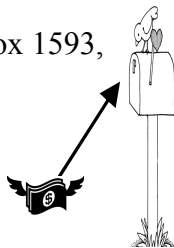
(For F.A.U.C.)

P.T.H.A, Inc. 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 January 15, 12:30 pm, hosted by the Eastside Group at the St. Mary's School, 2600 N. Franklin, Flint.

CMIA32 is on Feb. 5th, in Perry, MI (Dist 102770 Ellsworth Road, Perry MI 48872.

New F.A.U.C. Officers and Committee Chairs elected at the December 2021 meeting for 2 year terms.

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

THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

January 2022 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 2 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Thu 6 7:00 pm, Van Slyke (17).
- Fri 7 12 noon, Eye Opener, Arid Club (8).
- Sat 8 7:30 pm, East Side St. Mary's (6)
- Sun 9 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 15 7:30 pm, East Side St. Mary's (6)
- Sun 16 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 22 7:30 pm, East Side St. Mary's (6)
- Sun 23 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 29 7:30 pm, East Side St. Mary's (6)
- Sun 30 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Mon 31 7:00 pm, Montrose HOPE (10).

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



"Live. Love. Bark."

Let's go back to the first page of the Newsletter with the opening question, "What is A.A.?" Maybe the best way to answer that query is to let Alcoholics Anonymous speak for itself. The A.A. Preamble is a text that describes A.A. in its purest form.

A.A. Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. (June 1947: Tom Y., Revised September 1958 International Convention, Reprinted with A.A.W.S. permission).

Okay, so how do we gain sobriety? Here is a missive by Bill W., one of the co-founder's of A.A.

"6

"All or Nothing?"

"Acceptance and faith are capable of producing 100 per cent sobriety. In fact, they do; and they must, else we could have no life at all. But the moment we carry these attitudes into our emotional problems, we found that only relative results are possible. Nobody can, for example, become completely free from fear, anger, and pride.

"Hence, in this life we shall attain nothing like perfect humility and love. So we shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks. Our oldtime attitude of 'all or nothing' will have to be abandoned.

"1. GRAPEVINE, MARCH 1942." ⁶

Sobriety then is a rational way of thinking of, and through, our problems in life that will continue, albeit of a different sort than when we were drunk.

Why is All or Nothing important to us? When we drank, we could not drink it All as our mind and

body shut down (blackouts, pass outs, etc.) before All could be drunk. We might finish off what was there, but we desired more, it wasn't All yet. And Nothing? Nothing left us looking, searching, looting, robbing, borrowing, pawning, whatever, until we got what we wanted, again no way near All.

Now we practice Absolute Abstinence. This is not all; we also practice, as Bill W. points out, acceptance and faith. Accept ourselves, the people about us, and the situation we are in. And we have the faith to cope with it, not falling into an "emotional hangover" ⁷ and ruminating about our lost cause(s).

Sometimes this faith is backed up by a sponsor's words, sometimes just something we've heard in a meeting that struck us as sensible, or maybe even meditating upon the people, place or thing. We have begun to believe in ourselves, without drink providing "false pride" ⁸ in what we are doing, we being the only one(s) that saw any sense in what we were doing in our throes to begin with.

Now we are getting into a few of our defects that come out of our abusive nature with alcohol. Character defects are those traits we have cultivated that make us intolerable to others (often even to ourselves).

What is an emotional hangover? "...the direct result of yesterday's and sometimes today's excesses of negative emotion – anger, fear, jealousy and the like." ⁹ What is "false pride?" "So false pride became the reverse side of that ruinous coin marked 'Fear'". ¹⁰

The 12 Steps guide us through realization of self by being honest, willingness to change, growth in matters personal and spiritual, and the open mindedness to be able to continue on the pathway of sobriety. That is the essence of the acronym HOW – Honesty, Open mindedness, and Willingness.

There is no magical dust, elixir, psychotherapy, anything at all that changes one so you're not alcoholic. This change must all come from within using willingness to change, accepting help from others, and the determination to do it easily, *One Day at a Time*. It is time proven and has been used by millions of people worldwide. The A.A. program of recovery is advocated by physicians, therapists, other professionals and lay people alike to be of help in the change needed to be able to forego alcohol to achieve and prolong the joy of living with oneself and others. So try it, you'll be glad you did.

~ Editor

⁶ AS BILL SEES IT, page 3

⁷ 12 Steps and 12 Traditions, STEP TEN, page 88.

⁸ 12 Steps and 12 Traditions, STEP TWELVE, page 123.

⁹ 12 Steps and 12 Traditions, STEP TEN, page 88.

¹⁰ 12 Steps and 12 Traditions, STEP TWELVE, page 123.

⁶⁻¹⁰ Reprinted with A.A.W.S. permission.

As mentioned on page one of this Newsletter, “The Newsletter uses A.A. Literature and materials, other sources that will be cited...”

Here then is a list of which have been used so far.

- 1) The A.A. SERVICE MANUAL.
- 2) The book Alcoholics Anonymous.
- 3) The 1958 A.A. International Convention
- 4) Twelve Steps and Twelve Traditions.
- 5) AS BILL SEES IT.

Continuing on with the worldwide use and approval of A.A., and the many other sources one can use that may be helpful;

“There are many helpful books also.”¹¹

“Here are some of the methods we have tried... reading inspirational books...”¹²

“Since Dr. Silkworth's first endorsement of Alcoholics Anonymous, medical societies and physicians throughout the world have set their approval upon us.”¹³

“God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons.”¹⁴

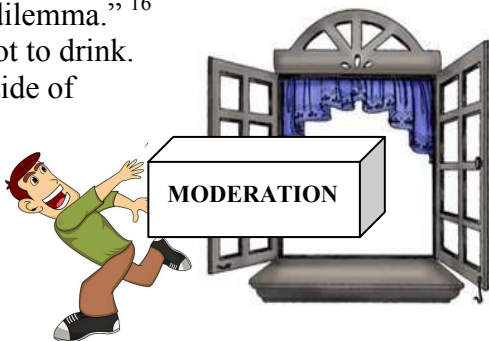
The only thing that has stemmed the tide of alcoholism in an individual comes back to one thing, and one thing only; it does not matter what we read or what our health is, or what others think of A.A. as a society, “The only relief we have to suggest is entire abstinence.”¹⁵ If there is no partaking, ingesting, consuming, tasting, sniffing of alcohol, then there is entire abstinence. It is that simple.

That one simple thing is the watershed of sobriety. It feeds it, nurtures it, and makes it possible. And it is possible, from one of occasional use that gets out of hand (on a binge to say), to one of more frequent use that overdoes it (gets drunk, inebriated, smashed, etc.), to the daily user who consumes large significant quantities, or maybe not drinking so much daily, just enough to keep a daily buzz on.

Patterns vary, drink of choice varies, even timing varies. But what does not vary is “Lack of power, that was our dilemma.”¹⁶

To drink or not to drink.

We stem the tide of drunkenness with absolute abstinence. Moderation has gone out the window.



We can not moderate what we can not control. The power to partake and walk away has left us.

Here is the first part of a saying used,

“When I first started drinking,

I liked it.

Then it became a habit.

Then I had to.”

The second part of the saying comes after joining the fellowship of A.A. and being in fellowship, unity, camaraderie, and love for one another.

“When I first came to A.A.

I had to.

Then it became a habit.

Now I like it.”

(Thanks, Orvil T.)

~ Editor

“But there exists among us a fellowship, friendliness, and an understanding which is indescribably wonderful.”¹⁷

“Perhaps the best way of treating you to a glimpse of your future will be to describe the growth of the fellowship among us.”¹⁸

“In spite of the great increase in the size and the span of this Fellowship, at its core it remains simple and personal.”¹⁹

“I think that Alcoholics Anonymous brings a fellowship, have a whole new group of friends and support people that are on the same journey as you. Yes, you have to leave your drinking buddies behind you, but you adapt to a whole new group of friends that want the best for you. How can that be a bad thing?”²⁰

“Researchers say that participants in AA and 12-step programs have higher rates of abstinence over longer periods of time than those opting for alternative approaches.”²¹

Alcoholics Anonymous

¹¹ INTO ACTION, page 87.

¹² MORE ABOUT ALCOHOLISM, page 31.

¹³ APPENDIX III, THE MEDICAL VIEW ON A.A., page 569.

¹⁴ THE FAMILY AFTERWARD, page 133.

¹⁵ THE DOCTOR'S OPINION, page xxx.

¹⁶ WE AGNOSTICS, page 45.

¹⁷ THERE IS A SOLUTION, page 17.

¹⁸ A VISION FOR YOU, page 153.

¹⁹ FOREWORD TO THE THIRD EDITION, page xxii.

¹⁰⁻¹⁸ Reprinted with A.A.W.S. permission.

²⁰ <https://alcoholmastery.com/is-aa-fellowship-worth-the-doctrine/>

²¹ <https://www.fellowshipprco.org/blog/aa-12-step-programs-more-effective-at-maintaining-sobriety/>

Warranty Two of Article 12 of the Conference Charter discusses financial prudence and the need for it in the World Service organization.

“Sufficient operating funds, plus an ample Reserve, should be its prudent financial principle.”²²

“Practical wisdom, or prudence (phronesis), is one of the five faculties by which people can grasp the truth.

“Practical wisdom is concerned with down-to-earth, human things, and things that it makes sense to deliberate about — that is, things that have a purpose that human action can influence (there’s no reason, for instance, to deliberate about whether to grow old or not).”

Aristotle, Greek Philosopher, 384–322 BC.

²² 2018-2020 Service Manual, *Warranty Two*, page 62.



“I believe in practicing prudence at least once every two or three years.” Molly Ivins. 8/30/1944 – 1/30/2007. A Journalist, political liberal and known for her sharp satire and humor. To which I ask, “Is that prudent?”

From the movie: CHARLIE CHAN'S MURDER CRUISE

“To speak without thinking is to shoot without aiming.”

SIDNEY TOLER - Charlie Chan

From the movie: SENSE AND SENSIBILITY

“- Marianne: Always resignation and acceptance.

Always prudence and honour and duty. Elinor, where is your heart?

- Elinor Dashwood: What do you know of my heart? What do you know of anything but your own suffering?”

KATE WINSLET - Marianne Dashwood

EMMA THOMPSON - Elinor Dashwood

From the movie: CITY SLICKERS

“The moral is: don't walk where you're not supposed to walk because there may not be someone with superhuman strength to save your little ass. And don't do drugs. That's it!”

ROBERT COSTANZO – Sal

From the movie: DEAD PRESIDENTS

“It's better to check out than to go home all f*cked up.”

BOKEEM WOODBINE - Cleon



The diagnosis leaves me no choice but to prescribe a balanced diet, daily exercise, along with prudent investments.



Long term I like bio-fuels and green transportation stock folios. In the short term, I like lottery tickets with the higher risks but faster payoffs.

TUESDAY, OCTOBER 27, 2009

Fellowship of A.A.

“There is the fellowship of A.A. and there is the program of A.A. The fellowship is meetings and association with others seeking sobriety. The only requirement for membership in A.A., i.e. the fellowship of A.A., is a desire not to drink. This means that you can go to A.A. while drinking despite relapsing and you can go to A.A. sober or after having had a drink. If you go to A.A. when you've been drinking you're welcome if you don't create a disturbance and generally people who have been drinking on the day they attend a meeting of A.A. pass if they're asked to share because really they're there to learn about not drinking.

“In meetings the membership 'share' their 'experience, strength and hope' regarding 'what it was like, what happened and what it is now'. What it was like was clearly not good or they would still be drinking. That's called the 'bottom'. What happened refers to their decision to give up drinking and how they sought help and what it is like now refers to the improvements that have occurred in their lives since not drinking. Now initially the third part of that equation is often difficult because it takes a while for one to 'feel' good when one has depended on alcohol for 'feeling'. Yet 'carrying the message of A.A. refers to this third part which certainly comes easier with increasing sobriety. Some people just 'whine' and 'complain' and that's certainly not what A.A. is 'all' about. Yet whining and complaining is where a lot of people begin their recovery and slowly with exposure to the A.A. fellowship and certainly following working the program of A.A. they recognize that recovery is about more about the 'positive solutions' and less about the 'problem'.

“As one person succinctly put it, drinking I was killing myself, not drinking I'm beginning to live. I like to tell people what living I've done today more than the dying I used to do.

“The fellowship of A.A. carries a lot of laughter because in recovery we realize that no one was forcing us to drink but we persisted because that's what addiction is. Doing the same thing, expecting different results despite negative consequences.

“We laugh in the fellowship with each other because the solution, though frankly obvious, 'don't pick up the first drink and you won't get drunk' is often the hardest step any individual will ever make in their life. However it's the first step on a glorious road that begins one day at a time and progresses to a life of recovery 'beyond one's wildest dreams'. No one is ever laughing 'at' you but rather they're laughing with you in the fellowship because frankly, we've been there and 'we don't want to go back'.

“So being reminded of what it was like, given the nature of denial, is a powerfully strong way of avoiding the isolation and 'stinking thinking' that comes with not going to meetings and too commonly precedes relapse.”

POSTED BY HAYKIND AT 4:18 PM

<https://williamhaywriter.blogspot.com/2009/10/fellowship-of-aa.html>



PRUDENT OR DUMBFOUNDED?

No French Prudence Here...

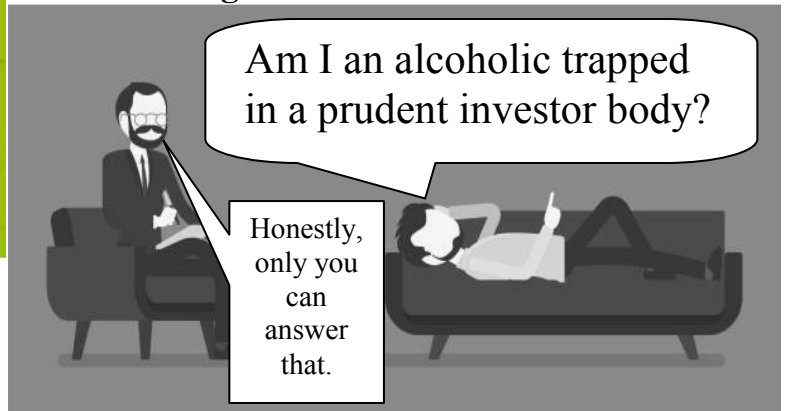


FOLLOWING INSTRUCTIONS, AND YET... TRANSLATION: "IF YOU HAVE BEEN DRINKING, KEEP YOUR HANDS AWAY FROM THE STEERING WHEEL."

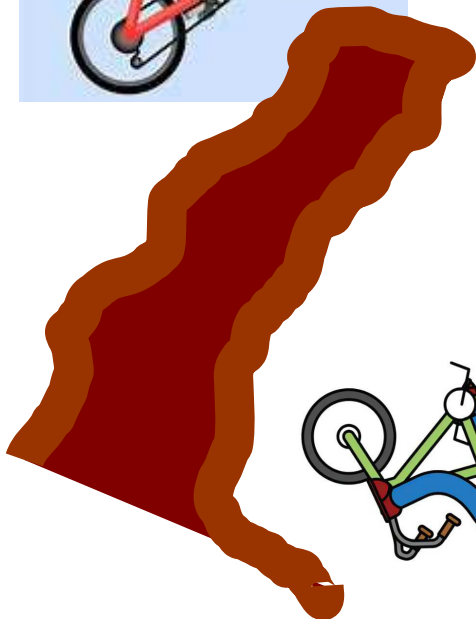


"What'cha up to Smiley?"

"I'm learning to make do and make amends."



If you lose due to hesitating, then why do we look before we leap?





Heard it
***'Round the
Rooms!***



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

**An appetizer of Patience will only get you so far.
Will Power as a side dish will pick up some of the slack.
Faith will maintain as an Entrée course,
And Serenity will be the just Dessert of Absolute Abstinence.**

A phone meeting...

Better to not respond than to let the beast out.

**Read about the 4 hideous Horsemen, we are them when we lose control.
Page 151. "TERROR, BEWILDERMENT, FRUSTRATION,
DESPAIR."**

**Even though we are not drinking, we need to watch out for them always
and cope with reality.**

Another phone meeting...

**Just a reminder we're not anonymous from our friends and
who you see here what you say here and so on is meant for
don't carry it to the newspapers, not to not share in my
opinion. It's the spirit of anonymity not the divorce from
reality that counts as sobriety.**



"Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."
Alcoholics Anonymous, APPENDIX I, THE A.A. TRADITION, page 563.
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Our new podcast, the **AA Grapevine Half-Hour Variety Hour** can be heard anywhere you listen to podcasts. We release a new episode every Monday. Tune in to hear funny, poignant, and always inspiring **“meeting after the meeting”** conversation about getting sober and staying sober in Alcoholics Anonymous.

Available for free wherever you listen to podcast or you can also find it on our website, at www.aagrapevine.org/podcast.

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

MORE ABOUT ALCOHOLISM

(Page 30)

- (P) 1. What are most alcoholics unwilling to admit?
2. What would nobody like to think?
3. What do our drinking careers demonstrate?
4. What is the great obsession of every alcoholic?
5. What is astonishing in the life of an alcoholic?
6. Where does the obsession or the illusion take many of us, in fact, most of us?

- (P) 7. What did we learn that is absolutely necessary for success in sobriety?
8. Why is this so important?

Comment: Until the problem is completely understood, the solution will be out of reach.

9. Like the obsession and illusion, what must happen to the delusion?
- (P) 10. One more time, what is the alcoholic's problem?
11. What do we know?
- 12-a. What have all of us believed on occasions?
- 12-b. Where did this lead us?

**CONGRATULATIONS AND MANY THANKS ARE
DUE TO THE POITIONS FILLED AT THE
DECEMBER 18, 2021 F.A.U.C. MEETING IN
WHICH NOMINATIONS WERE FINAL AND
ELECTIONS HELD FOR THE F.A.U.C.**

**F.A.U.C. Chair: Jim M.
F.A.U.C. Secretary: Lynn N.**

Service Committee Chairs:

Accessibility for All Alcoholics: OPEN.

A.A. Answering Service: Wayne T.

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

Corrections Facilities: Erica S.

Grapevine: Greg S.

Literature/Meeting Book: James P.

Newsletter (Under Literature Chair): Doug G.

P.I. - Public Information: OPEN.

Treatment Facilities: Joshua M.

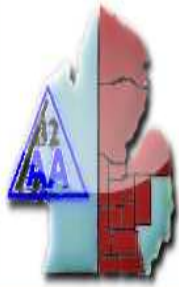
Website: Nick E.

Young People: OPEN.

From the Flint Area Unity Council Aims and Purposes;

7. The Twelve Traditions and Twelve Concepts of A.A. shall prevail at all times.
9. The Council will create Service Committees and be financially responsible for them.

A.A. Tradition Two: For our group purpose there is but one ultimate authority...a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants...they do not govern.



ALCOHOLICS ANONYMOUS

CMIA32

CENTRAL MICHIGAN INTRA-AREA 32



- Home
- Find Help
- Officers
- Committees ▾
- Districts ▾
- Area Minutes
- Archives
- Area Meetings

Perry Area 32 Meeting Location

Host committee: District 10

Date: February 6, 2022

Location: 2770 W Ellsworth Rd, Perry, MI 48872

Schedule

Morning Session

- 9:00 - 9:30 Coffee and Doughnuts
- 9:30 - 9:45 Opening and Group Concerns
- 9:45 - 10:30 Finance Committee
- 10:00 - 11:30 General Service Meeting
- 10:30 - 11:30 DCM Meeting
- 10:30 - 11:30 Committee Chair - Officers and Past Delegate Service Meeting
- 11:30 - 12:30 Standing Committees

12:30 - 1:00 Lunch

Afternoon Session

- 1:00 - 2:30 General Assembly Session

Open Meeting. All are welcome to attend

Non-Smoking Facility. No Smoking, or in designated areas ONLY, as indicated.

Flyer will be posted once available with agenda.

Directions

Exit I 69 to M 52 South. Proceed about 1.5 miles through the Village of Perry to Ellsworth Rd. Turn East to Hall.



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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."