

Flint Area Unity Council

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The F.A.U.C. Website is www.geneseecountyaa.org
Newsletter at <https://geneseecountyaa.org/f-a-u-c-newsletter>



February 2022; No. 77

Vol. 7; Issue 5

A.A. Help Line

(810) 234-0815

Meetings Opened and
Zoom Meetings on Website

The A.A.W.S. licensed Smart Phone Meeting Guide app
has Flint Area A.A. Meetings and is free at the app store.



Step Two: “Came to believe that a Power greater than ourselves could restore us to sanity.”¹ Pgs 1, 3, 5, 12, 13, 14.

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.”² Pgs 1, 15, 16, 17.

Concept Two: “The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in world affairs.”³ Pgs 1, 18.

Warranty Two: “Sufficient operating funds, plus an ample Reserve, should be its prudent financial principle.”⁴ Pgs 1, 3.

It is not whichever way the wind blows. It is a well thought out conceived manner of living along with taking care of ourselves and others through adherence to safe operating, continuing principles.

Paraphrasing the four suggestions above it can be construed that in Step Two it is acknowledged there is a restorative Power. Tradition Two states this Power is expressed through the group conscience. Concept Two has the Power as an active voice of our Society, whereas Warranty Two says the Society conscience and voice operates under prudent finances.

Let’s take these in order to show how it works.

The second Step has us realizing we are not insane, just not doing sane things. The way to garner the power to do so is in changing our belief (maybe) that there is a Power that can restore our sanity. “Seemingly he could not drink even if he would. God had restored his sanity.”⁵ “Without help it is too much for us. But there is One who has all power – that One is God. May you find him now.”⁶

The second Tradition reiterates the belief of God being that Power, and that He is the ultimate authority over the group and its leaders.

The second Concept gives us the wherewithal to know that the General Service Conference is the active voice of A.A.; once again submitting itself to the ultimate authority, the group conscience, a loving God. The entire Society rests in this effective conscience.

The second Warranty is a guarantee of operational effectiveness the Society uses. The humble fact that A.A. is self supporting highlights how effective the prudent financial principles must be that it practices.

Take a look at your home group – what does it consider in setting an ample Reserve? Rent, A.A. Conference approved literature, amenities such as coffee, filters, creamer, sugar, stirrers, placemats, and napkins? Your own group may add to this list. For how long? Is it one month, three months, six months, a year? And the group conscience involved gets input from its members, treasurer, GSR, chair and maybe a secretary?

Enlarge those considerations to a World Service Organization serving over two million members⁷, runs its own headquarters, literature publishing, and Conferences. Now you can see the scope of A.A. and how important your donation is to carry the message.

¹ Alcoholics Anonymous, HOW IT WORKS, page 59.

² Alcoholics Anonymous, THE TWELVE TRADITIONS, page 561.

³ The A.A. Service Manual combined with Twelve Concepts for World Service, CONCEPT II, page 8.

⁴ The A.A. Service Manual combined with Twelve Concepts for World Service, CONCEPT XII, page 62.

⁵ Alcoholics Anonymous, WE AGNOSTICS, page 57.

⁶ Alcoholics Anonymous, HOW IT WORKS, page 59.

⁷ Alcoholics Anonymous, FOREWORD TO FOURTH EDITION (2001), page

Meeting Guide is a free-of-charge meeting finder app.

The app helps people find A.A. meetings and resources near them. A.A. service entities provide the meeting data for the app. Meeting Guide is available for iOS and Android smartphones.

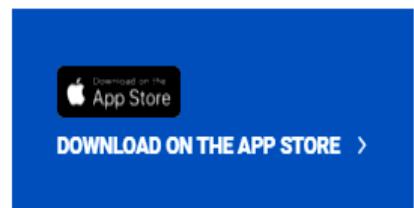
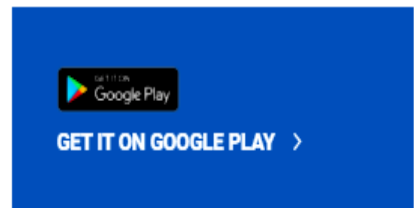


About Meeting Guide

Meeting Guide syncs with area, district, intergroup/central offices and international general service office websites, relaying meeting information from more than 400 A.A. service entities directly to the app. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.

Meeting Guide features

- Listing of both in-person and online meetings
- A default view that provides a list of meetings showing time, location and meeting name
- A meeting detail view that offers extra information such as meeting format and any notes provided by the group
- A search function to find meetings by location or keyword
- A daily quote feature lets users read from "Daily Reflections"
- Multiple access points that make finding local A.A. contact information easy
- A news feature with the latest from the General Service Office and Grapevine



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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 TWELVE CONCEPTS for WORLD SERVICE” 2018 – 2021 by Bill W. page S41, reprinted by permission of A.A.W.S.

The circle/triangle symbol of A.A. that was used for many years has been removed from this Newsletter in accordance with the following statement by A.A. ”In 1993, Alcoholics Anonymous World Services, Inc. announced that official use of all of the several circle/triangle trademarks and service marks was being discontinued.”

From “THE A.A. SERVICE MANUAL combined with TWELVE CONCEPTS for WORLD SERVICE” 2021- 2023 by Bill W. page 64, reprinted by permission of A.A.W.S. Please read paragraph seven on page 64 to understand this change. The previous statement in the 2018 – 2021 Service Manual has been taken out of the 2021 – 2023 Service Manual.

Step Two is talked about in the chapter “We Agnostics” of the Big Book and it mentions two groups of people. Does one describe your experience?

1) “Once confused and baffled by the seeming futility of existence, they show the underlying reasons why they were making heavy going of life. Leaving aside the drink question, they tell why living was so unsatisfactory. They show how the change came over them. When many hundreds of people are able to say that the consciousness of the Presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith.”⁸

2) “We were having trouble with personal relationships, we couldn’t control our emotional natures, we were a prey to misery and depression, we couldn’t make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn’t seem to be of real help to other people.”⁹

“Even so has God restored us to our right minds. To this man, the revelation was sudden. Some of us grow into it more slowly. But he has come to all who have honestly sought Him. When we drew near to Him He disclosed Himself to us!”¹⁰

So here are some of our hopes; sobriety (32, 33, 101, 118, 119, 128, 129, 152), sanity (7, 37, 57, 59, 70, 84, 154), satisfaction (xxv, 8, 34, 61), security (65, 105, 123), self-control (26), serenity (14, 68, 84), success (3, 34, 60, 95, 98, 111, 127). They are all found in the Big Book, and if we read it, and live it, and share it, then we will gain all those and more. The pages they are on in the Big Book are in parentheses after the word should one like to read the passage it is mentioned in.

⁸ Alcoholics Anonymous, WE AGNOSTICS, page51.

⁹ Alcoholics Anonymous, WE AGNOSTICS, page52.

¹⁰ Alcoholics Anonymous, WE AGNOSTICS, page57.

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Definition: Sucker: a shoot from the roots or lower part of the stem of a plant or tree.

He donated a golden axe to the lumberjack society the other day. I don't really know why he did it. He's just a sucker for random axe of kindness.



NO GLUM LOT HERE



3

Two men were sitting next to each other at a bar. After awhile, one bloke looks at the other and says, ‘I can’t help it, listening to you, are you from Ireland?’ The other bloke responds proudly, ‘Yes, that I am!’

The first one says, ‘So that I am too! Where about from Ireland might you be?’ The other bloke answers, ‘From Dublin, I am.’ The first one responds, ‘So that I am too!’

‘Mother Mary and begora. What street did you live on in Dublin?’ The other bloke says, ‘A lovely little area it was. I lived on McCleary Street.’ The first one says, ‘Faith and it’s a small world. So that I did too! And to what school would you have been going?’ The other bloke answers, ‘Well now, I went to St. Mary’s, of course.’

The first one gets really excited and says, ‘And so that I did too. Tell me, what year did you graduate?’ The other bloke answers, ‘Well, now, let’s see. I graduated in 1964.’ The first one exclaims, ‘The Good Lord must be smiling down upon us! I can hardly believe our good luck at winding up in the same place tonight. And so that I did too! I graduated from St. Mary’s in 1964 my own self!’

About this time, Vicky walks up to the bar, and orders a drink. Brian, the barman, was shaking his head and muttering, ‘It’s going to be a long night tonight.’ Vicky asks, ‘Why do you say that, Brian?’ ‘The Murphy twins are drunk again.’

Ned & Jed (on Warranty Two)

Say Jed, with prudent savings, has ya any ample Reserve set up?

Why for? We work near seven days a week?



Not Why for, it's What if? Think, think, think.

Couldn't I stay and eat with you in a pinch?

What if I'm in a pinch; hurt, sick, or called home? You do know anything can happen?

Well sure, but this day is good. **One Day at a Time does not mean everyday is a good day.**

You ain't whistlin' Dixie! Why just the other day, and I was having a good one, my axe head flew off while taking off a sucker. I lost it in the undergrowth. Done for the day. **So with prudence, you could have an ample reserve axe?**



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: Joe 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 January 2022 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: St. Mary's School, 2600 N. Franklin; 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:

G.S.O. P.O. Box 2407, James A. Farley Station, New York, NY 10116-2407

C.M.I.A. 32, c/o Sherri L

635 Woodcreek Court

Saline, MI 48176

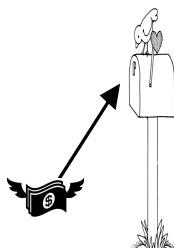
(For F.A.U.C.)

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 February 19, 12:30 pm, hosted by the Torrey Rd. 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. Visit website www.cmia32.org for additional information.

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

Please note the new G.S.O. address for donations is in the A.A. Treasurer's addresses bottom left of this page.

Please note a new address for CMIA32 Treasurer at bottom left of this page. (Page 4).

Please see page 21 for meetings that have discontinued in Lapeer and are now meeting in Davison.

The Michigan Mock Conference is March 26th in Mt. Pleasant. A two page flyer is at the end of the Newsletter.

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

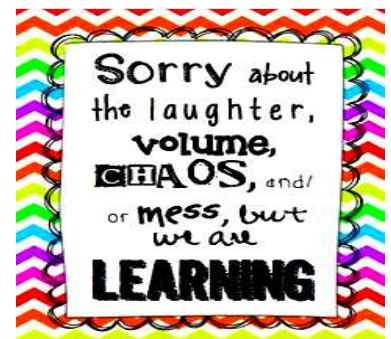
THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

February 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.

- Thu 3 7:00 pm, Van Slyke (17).
- Fri 4 12 noon, Eye Opener, Arid Club (8).
- Sun 6 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 12 7:30 pm, East Side St. Mary's (6)
- Sun 13 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 19 7:30 pm, East Side St. Mary's (6)
- Sun 20 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 26 7:30 pm, East Side St. Mary's (6)
- Sun 27 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Mon 28 7:00 pm, Montrose HOPE (10).

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



January 3, 2022

Quote of the Week

"Did God introduce me to the program, or did the program introduce me to God?"

In the beginning of my sobriety, I spent a lot of time resenting that I had to go to all those meetings and do all that work. "Why do I have to go to ninety meetings in ninety days?" "Why do I have to write another inventory?" "Why do I have to make a Fourth Step list of resentments, and why, especially, do I have to look at my part?" "Why can't I just lead a normal life?" I cried. It took quite a while before the answer became clear.

What I finally realized was that all this work was part of the spiritual path I was on that led to a relationship with God, as I came to understand Him. All the work I had to go through was necessary because it enabled me to let go of my old self, and so become open to the healing and loving presence of a Higher Power. The freedom, the serenity, and the ability to live life on life's terms are the gifts of the indescribable miracle I found through recovery.

Today, whenever I find it inconvenient to keep going to meetings, or if I become resentful that I'm still an alcoholic, I ask myself, *If the program was the only way I would have found God, would I have chosen to be an alcoholic?* My answer is a resounding yes! Today, I'm one of those people who identify in meetings as a grateful alcoholic. It no longer matters whether God introduced me to the program or if the program introduced me to God. All that is important is that I found Him.

Whoever wrote that article of the day provided a testimonial, recommendation, endorsement; call it what you will, of the guidance within Alcoholics Anonymous. All the negativity at first encountered became a vehicle to gaining, and sustaining sobriety. The Preamble states, "Our primary purpose is to stay sober and help other alcoholics gain sobriety." By being honest and admitting our own emotional pitfalls towards reaching the goal of sobriety, one helps another who may be encountering those same, or very near, feelings and roadblocks. And what did that person refer to? "A lot of time resenting..."

"Resentment is the "number one" offender. "¹¹ So what did the resentments get replaced with? "The freedom, the serenity, and the ability to live life on life's terms..." as that author states. What do we hear from the Big Book? "Established on such a footing, we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life."¹² That is a promise written in Big Book passages about Step 2, but it applies to more than Step 2. As we grow and "practice these principles in all our affairs"¹³, we find serenity from our being useful to others,

¹¹ Alcoholics Anonymous, HOW IT WORKS, page 64.

¹² Alcoholics Anonymous, HOW IT WORKS, page 63.

¹³ Alcoholics Anonymous, HOW IT WORKS, page 60.

Steppin' Out of the Steps:

“Ecstatic” comes from the Greek “ekstasis” which means “standing outside oneself”; an out-of-ego experience with Step Two

“Came to believe that a Power greater than ourselves could restore us to sanity”

The following are passages lifted from 'Triumph of Principles; the Story of American Spirituality in Twelve Steps' - Author Benjamin Riggs

“Einstein famously remarked, “We can’t solve our own problems by using the same kind of thinking we used when we created them.” The believer and the non-believer alike are prone to fall back on their old ways of thinking. This isn’t due to belief or disbelief. It’s just a feature of addiction.

“The addicted mind is always working towards the object of its addiction. Ego is more than capable of shrewdly using religious convictions and skepticism to justify inaction, which protects the ‘status quo’ and guarantees relapse.

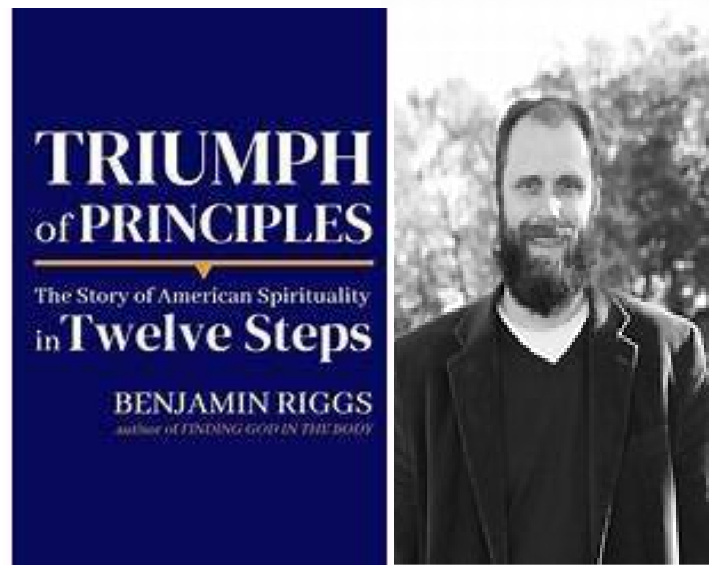
“This deranged thinking is so prevalent in recovery communities that many Twelve Steppers have adopted this modified version of Einstein’s quote as a definition of insanity: “Insanity is doing the same thing over and over again expecting different results.”

“Thoughts are only problematic when we mistake them for direct experience.”

“We intend to come back to ourselves as soon as everything calms down. We are running ourselves to death to create time for relaxation. Take a moment to consider the backwardness of this approach: to produce peace and calm we rely upon the causes of stress and anxiety. We are chasing stillness and worrying about peace of mind.”

“Transformation requires action. It takes practice. We have to learn how to sit with our experience: the good, the bad, and the boring. This skill is called meditation.”

BENJAMIN RIGGS



“The Twelve Steps are a path of action, not a spellbound adherence to unsubstantiated ideas that amount to wishful thinking. They are a process of coming to believe, where religious and secular ideas alike are verified by direct experience. It would be a mistake, however, to assume this verification event installs a static, unchanging worldview.

“Our beliefs are true for us because they fit our lives, but our lives continue to unfold. The beliefs that are tailored today may not work tomorrow. Pragmatic truth is not an immutable property, so the conclusion announced by certainty is an illusion.

“The Twelve Steps are ultimately about process, not ideas. They are a way of life, not a belief system. Coming to believe is an unending process!”

~ Submitted by Tim H.

“Now that’s funny right there, I don’t care who you are.”

Larry the cable guy.

(These are not his jokes, but that quote makes for a good introduction...)

What did the skunk say when the wind changed direction?

"It's all coming back to me now."

I dropped \$10 and the wind caught it so I chased it down the road.

I never caught it but I had a good run for my money.

I'm obsessed with watching cornstalks being pollinated by the wind.

I obviously have a cornographic addiction.

The media was quick to attack claims that "wind energy was killing all the birds", countering that cats kill way more birds than windmills...

I can't remember the last time I heard about a cat killing a windmill...

How do lumberjacks check their email?

They log in.

Did you hear about the lumberjack who cut down the wrong trees?

He forgot his chopping list.

What did the lumberjack do when it got dark?

He took his axe and saw.

The editor hates to leave you disappointed, so here then are some of Larry the cable guy's puns and jokes.

I was reading the paper the other day because my neighbor got up late.

Ever drive down the highway and a policeman gets up behind you? Then everybody goes two by two behind him. He's like the interstate pace car. Then he gets off at an exit and we're back to green flag racing!

I'm on that diet where you eat vegetables and drink wine. That's a good diet. I lost 10 pounds and my driver's license.

Did you know that when a baby poops its diaper, you're not supposed to hit him in the head with a rolled up newspaper?

<http://www.jokes4us.com/peoplejokes/comedianjokes/larrythecableguyjokes.html>

We all get that there is a lot of laughter in A.A. If we're not laughing at ourselves, we are laughing along with the one(s) enjoying themselves. We know we are just one small part of the whole. For some that brings out those who can't find a fit in for their own reason.

By Martha Lockie, August 8th 2014

“Alcoholics Anonymous is a microcosm of the macrocosm. You'll find the good, the bad and the ugly. You'll also find recovery, joy, hope, laughter and some of the most creative and intelligent characters you will ever cross paths with. Alcoholics Anonymous is the only place I know of, where you can raise your hand and say things like: “God is a sham,” or, “You're all full of crap,” or, “This program doesn't work,” and everyone will simply clap their hands and in 2 minutes time, they've forgotten what you said (because they're all just thinking about themselves) and ask you to, ‘keep coming back.’ ”

Source: <https://thoughtcatalog.com/martha-lockie/2014/08/5-reasons-people-cant-stand-alcoholics-anonymous/>

The author did not say if she is, or isn't, a member of A.A. (Good thing! Keeping with anonymity).

What is interesting is the acknowledgement of “You'll also find recovery, joy, hope, laughter...” Doesn't sound much like a naysayer, but then why is the article titled “5 Reasons People Can't Stand Alcoholics Anonymous”?

The article is an interesting read; her 5 reasons?

- 1) Powerlessness.
- 2) Sexual predators.
- 3) Bad advice.
- 4) A.A. is a religious cult.
- 5) A.A. brainwashes people.

Here's a spin-off:

5 Reasons People Can Stand Alcoholics Anonymous”

1) Powerlessness. “Today with the understanding of powerless, our number one priority is our relationship with our creator and how we can best serve.”

<https://www.hanleycenter.org/understanding-powerless/>

2) Sexual predators. As she stated, A.A. “is a microcosm of the macrocosm.” Our own efforts in the groups are for the safety of all. It saddens us to think a meeting is a haven for activity such as this, we watch to prevent it. Yet it undoubtedly happens, predators are sneaks.

3) Bad advice. We try to be helpful, but we are not God. I was told, don't do what I do, you may get drunk, take what works for you, leave the rest behind.

4) A.A. is a religious cult. Never in attendance have I seen any inkling of this.

5) A.A. brainwashes people. That's a hoot. Personally, I needed a good cleansing... But change came from me, A.A. and the people simply suggested how.

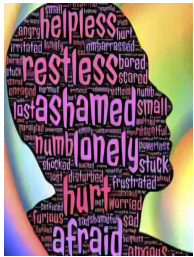
“WHAT IS POSITIVE THINKING?”

By Alison Sherwood

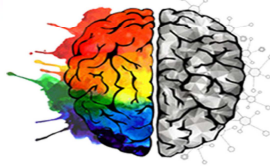
Medically Reviewed by Smitha Bhandari, MD on January 16, 2020

“Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health.

“That doesn’t mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well.



BETTER DECISIONS
BETTER THINKING
BETTER OUTCOMES



“The Benefits of Positive Thinking

“Many studies have looked at the role of optimism and positive thinking in mental and physical health. It’s not always clear which comes first: the mindset or these benefits. But there is no downside to staying upbeat.

“Some physical benefits may include:

- Longer life span
- Lower chance of having a heart attack
- Better physical health
- Greater resistance to illness such as the common cold
- Lower blood pressure
- Better stress management
- Better pain tolerance

“The mental benefits may include:

- More creativity
- Greater problem-solving skill
- Clearer thinking
- Better mood
- Better coping skills
- Less depression

“When people in one study were exposed to the flu and common cold, those with a positive outlook were less likely to get sick and reported fewer symptoms.



““During another study, women who were more optimistic were less likely to die from cancer, heart disease, stroke, respiratory disease, and infection.

“And in a study of people over the age of 50, those who had more positive thoughts about aging lived longer. They also had less stress-related inflammation, which shows one possible link between their thoughts and health.

“People with a positive outlook may be more likely to live a healthy lifestyle since they have a more hopeful view of the future. But researchers took that into account, and the results still held.

“What Pessimists Should Know

“That all sounds great, right? But what if you’re naturally more pessimistic, meaning that you tend to expect the worst? No worries. It may help to see this positive thinking as a skill you can learn and benefit from, rather than a personality trait you either have or you don’t.

“There’s research on this, too. In one experiment, adults who meditated daily on positive thoughts started feeling more upbeat emotions each day.

“Other studies have shown that positive thinking helps people manage illness and eases depression, regardless of whether they are naturally optimistic or pessimistic.

“First, Nix the Negative

“Before you put positive thinking into practice, look for any negative thoughts that may be running through your mind. These include:

“**A bad filter.** Do you overlook the good things about a situation and get wrapped up in the negatives? For example, you enjoy a fun dinner out with friends, but the restaurant gets your bill wrong at the end of the night. You leave feeling annoyed and frustrated, forgetting about the good time you had.



“**Taking the blame.** Do you tend to take on the blame for something bad or disappointing that happens? For example, a friend declines an invitation from you, so you assume it’s because they don’t want to spend time with you.

“**Predicting disaster.** This means you have one setback and then expect the worst to happen. For example, your car won’t start in the morning, so you think the rest of your day is destined to be doomed.

(continued on page 7)

(continued from page 6)

“Black-and-white thinking. Do you see things as either good or bad, with no middle ground? In this mindset, if things aren’t perfect, they’re automatically bad.

“When you notice a negative thought, try to stop it and shift your focus to the positive. Think rationally about the situation. If it helps you to let go, you can give yourself and those around you grace. (You can still hold them accountable for their actions.)

“Your negative thoughts won’t go away overnight. But with practice, you can train yourself to have a more positive outlook. Remember, you aren’t overlooking the facts. You’re just including those that are good.

“How to Practice Positive Thinking

“Once you have a handle on negative thinking, it’s time to play up the positive. Try these ways to do that:

“Smile more. In a study, people who smiled (or even fake-smiled) while doing a stressful task felt more positive afterward than those who wore a neutral expression. You’ll benefit more if the smile is genuine, though. So look for humor and spend time with people or things that make you laugh.

“Reframe your situation. When something bad happens that’s out of your control, instead of getting upset, try to appreciate the good parts of the situation. For example, instead of stressing about a traffic jam, recall how convenient it is to have a car. Use the time that you’re stuck behind the wheel to listen to music or a program you enjoy.

“Keep a gratitude journal. This may sound cheesy, but when you sit down each day or week to write down the things you’re thankful for, you’re forced to pay attention to the good in your life. A study found that people who kept gratitude journals felt more thankful, positive, and optimistic about the future. They also slept better.

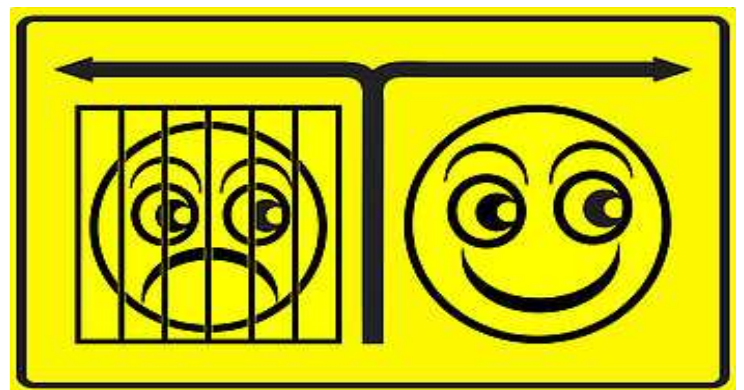
“Picture your best possible future. Think in detail about a bright vision for your future -- career, relationships, health, hobbies -- and write it down. When you imagine your life going well, research suggests, you’ll be happier in the present.

“Focus on your strengths. Each day for a week, think about one of your personal strengths, like kindness, organization, discipline, or creativity. Write down how you plan to use that strength in new ways that day. Then, act on it. People in a study who did that boosted their happiness and lowered their symptoms of depression at the end of

“the week. Six months later, those benefits were still going strong.

“With practice, you can add more positive thoughts to your life and enjoy the benefits that come with optimism.”

From: https://www.webmd.com/mental-health/positive-thinking-overview?ecd=wnl_day_010422&ctr=wnl-day-010422_lead&mb=E7ok4Fw9bwSde8Yny0IF1%2FGtS%40XMMc3mhdICaQIZK%40Y%3D



**I DO THINGS LIKE
GET IN A TAXI AND
SAY, "THE LIBRARY,
AND STEP ON IT."**

**DEMONS CAN'T REMAIN
WHERE LOVE AND
UNITY IS... THAT'S
POWER!!!!!! ALL
BY ITSELF!!**

**SUCCESS
TRAINS
FAILURE
COMPLAINS**

**IF BY "CRUNCHES"
YOU MEAN THE
SOUND BACON
MAKES WHEN YOU
EAT IT, THEN
YES I DO CRUNCHES.**

**I SWALLOWED
A DICTIONARY.
IT GAVE ME
THESAURUS
THROAT I'VE
EVER HAD.**

**PRAYER
IS THE BEST
WAY TO MEET
THE LORD
TRESPASSING
IS FASTER**

**EVERY MORNING
YOU HAVE TWO CHOICES
CONTINUE TO SLEEP
WITH YOUR DREAMS,
OR WAKE UP
AND CHASE THEM.**

**I'D RATHER
HAVE A LIFE OF
'OH WELLS'
THAN A LIFE OF
'WHAT IFS'**

**YOU CAN HAVE
RESULTS OR YOU CAN
HAVE EXCUSES. YOU
CAN NOT HAVE BOTH.**

**EXERCISING WOULD
BE SO MUCH MORE
REWARDING IF
CALORIES
SCREAMED WHILE
YOU BURNED THEM**

**WHY WAKE UP
STRESSING
WHEN WAKING
UP IS A
BLESSING**

**SWEATING
WHILE
YOU SHOP
COUNTS AS
EXERCISE.**

SOMETIMES MY GREATEST ACCOMPLISHMENT IS JUST KEEPING MY MOUTH SHUT.

**THIS
IS
THE
MOST
POWERFUL
FRIDAY
MIRACLE
THAT
NEVER
FAILS.**

ALL OF THESE MEETINGS ARE OPEN FOR ATTENDANCE, BE A PART OF THE FRIDAY MIRACLE SOMEWHERE!

Thetford - at the Senior Center, Lower Level.
810-686-2040 G-11495 N. Center Rd. Clio.

ALL C & ♿

Friday 9:00 AM, 11:00 AM, 7:00 PM.

Fenton Alano Club, 800 North Rd. Fenton.

810-354-8279 ALL ♿

10:00 AM C New Horizons - Upstairs.

6:30 PM C 11th Step Meditation Meeting
- Downstairs.

8:00 PM C Open Talk - Downstairs

Eye Opener-Big Book Study.

Arid Club, ♿ 715 East St. Flint 810-232-7691

12:00 PM C Eye Opener-Big Book Study.

7:00 PM C Drop The Rock. Book study of Drop
the Rock book on Steps Six and Seven.

9:30 PM C Last Call.

Burton, 1st & 3rd Friday; Maple Group.

8:00 PM C & Blessed Sacrament Church,
Rms. 4/5. 6336 Roberta Street, Burton.

Davison, Friday Night Group, Friday;

7:30 PM C & St. John's Catholic Church,
404 N. Dayton, Davison.

Flint, Early Bird Special, Fri Unitarian Church
6:30 AM C & G-2474 S. Ballenger Hwy, Flint

Flint, Lunch Bunch, Fri;

12:00 PM C & G-2474 S. Ballenger Hwy, Flint

Flint, Alano House, F 7:30 PM F 9:30 PM

Alano House, 2608 Maplewood. All "Closed".

Flushing, Victory Today, Trinity Epis. Parsng.
745 1/2 E. Main St.

2:00 PM & 7:00 PM C Fri

Flushing, Fri; Flushing Group,

7:00 PM C St. Roberts, 214 E. Henry.

Goodrich Sober at Seven Group, Friday;

7:00 PM C & United Methodist Church,
8071 S. State Rd. Goodrich 48438

Lapeer Clover School, 3496 Davison Rd.

Friday 9:00 AM C, 11:00 AM C,

8:00 PM C, Open Talk

Montrose, Fri. H.O.P.E. Family Worship

7:00 PM C & Center, 9453 Vienna Rd.

FOR A COMPLETE LIST OF MEETINGS CURRENTLY OPEN FOR ATTENDANCE, VISIT THE WEBSITE

WWW.GENESEECOUNTYAA.ORG, CLICK ON THE TAB

"MEETINGS CURRENTLY OPEN FOR ATTENDANCE" TO SEE

ALL THE MEETINGS OPEN DURING THE ENTIRE WEEK.



Heard it *'Round the Rooms!*



An AA Meeting is where losers get together to talk about their winnings.

AA put a mirror in front of me.

Alcoholism is like a lion stalking its prey.

Saying "I'm wrong" gets me past the situation.

God can move mountains but you have to bring the shovel.

The above quotes from: <https://heardatameeting.blogspot.com/2008/05/>

The Monkey is off my back but the Circus is still in town.

I went to Alcoholics Anonymous and when I arrived...

Nobody was anonymous; they were all friends, all brothers. So we went out to celebrate.

Me: "It's not about how many times you fall. What matters is how many times you get back up." Officer: "That isn't how field sobriety tests work."

Today marks 365 days of sobriety.

364 more to go.

Tonight, I watched someone ruin over 20 years of sobriety. It was a terrible show. But, in her defense, you only turn 21 once.

I had an imaginary friend growing up...

he was an alcoholic.

I called him Dad.

You know you're an alcoholic when...

...your local liquor store is moving and they come to your house for their boxes.

What do you call an alcoholic on a two week binge? Fired.

Ok, don't panic...

If we hold the North Pole and South Pole down simultaneously for three seconds, it'll automatically restore to factory settings.

A screwdriver goes into a bar. The bartender says, "Hey, we have a drink named after you!"

The screwdriver asks, "You have a drink named Philip?"



He sure looks thirsty in the mirror.



Several years ago, working with a sponsor ('Sarge' - died June 12, 2013) we developed this list as a "Study Guide" for me to help find the directions for any particular Step and to "Read All About It" as Sarge would say. I have found it very helpful through the years, not only for myself, but for working with others. ~ Editor.

		STEP	STEP Pages	Chapter	Pg. start	Pg. end	Step Directions	
GOAL 1 Recognize Problem	POWERLESS	1	i - 16	<u>Title pg. to Foreword to 4th Edition</u>	i	xxiv	Page 30	
				DRS. OPINION	xxv	xxxii		
				1	Bill's Story	1	16	
GOAL 2 Solution To Problem	POWER	2	17 - 60	2	There is a Solution		Page 47	
				3	More about Alcoholism			
				4	We Agnostics			
GOAL 3 Action Necessary for Recovery	HOW TO FIND POWER	3	60 - 64	5	How it works	58	71	Page 63
		4	64 - 71					Page 64
		5	72 -75	6	Into Action	72	88	Page 75
		6	76					Page 76
		7	76					Page 76
		8	76					Page 76
		9	76 - 84					Page 76
		10	84 - 85					Page 84
		11	85 - 88					Page 86,87,88
		12	89 103	7	Working With Others	89	103	Page 89

Alcoholics Anonymous 12 Steps & Directions in taking them in the "Big Book"

- We admitted we were powerless over alcohol - that our lives had become unmanageable.** {Step One directions are on page 30, paragraph 2, lines 1-3.} "We learned we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed."
- Came to believe that a Power greater than ourselves could restore us to sanity.** {Step Two directions are on page 47, paragraph 2, lines 1-3.} "We needed to ask ourselves but one short question. Do I now believe, or am I willing to believe, that there is a Power greater than myself? As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.
- Made a decision to turn our will and our lives over to the care of God as we understood Him.** {Step Three directions are on page 63, paragraph 2, lines 1-8.} "We were now at Step 3. Many of us said our Maker, as we understood Him: "God I offer myself to Thee—to build with me and to 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 would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always." We thought well before taking this step making sure we were ready: that we could at last abandon ourselves utterly to Him."
- Made a searching and fearless moral inventory of ourselves.** {Step Four directions are on page 64, paragraph 1, lines 1-9; paragraph 2 lines 1-6 (Assets and Liabilities checklist); page 64, paragraph 3, lines 1-2, 6-9 (Resentments); page 68, paragraph 1, lines 1-3 (Fears); and page 69, paragraph 1, lines 1-6 (Harms).}
- Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.** {Step Five directions are on page 75, paragraph 1, lines 1-4; paragraph 2, lines 1-2.}
- Were entirely ready to have God remove all these defects of character.** {Step Six directions are on page 76, paragraph 1, lines 3-5.}
- Humbly asked Him to remove our shortcomings.** {Step Seven directions are on page 76, paragraph 2, lines 1-7.}
- Made a list of all persons we had harmed, and became willing to make amends to them all.** {Step Eight directions are on page 76, paragraph 3, lines 2-5.}
- Made direct amends to such people wherever possible, except when to do so would injure them or others.** {Step Nine directions are on page 76, paragraph 3, lines 6-11.}
- Continued to take personal inventory and when we were wrong promptly admitted it.** {Step Ten directions are on page 84, paragraph 2, lines 1-14.}
- 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.** {Step Eleven directions are on page 86, paragraph 1, lines 1-14 (When We Retire); paragraph 2, lines 1-5, (Upon Awakening); page 87, paragraph 3, lines 1-3, page 88, lines 1-7 (Throughout The Day).}
- Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.** {Step Twelve directions are on page 89, paragraph 1, lines 4-5.}

Instructions on how to carry A. A.'s lifesaving message of recovery to others can be found throughout pages 89-103.

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

WE AGNOSTICS

(Page 47)

- (P) 1. When we speak of God, what do we mean?
2. How about other spiritual ideas in this Book?
3. What should we not do?
4. At the start, what else do we need?
5. What will happen later?
6. What do we call that?
7. What do we use?

(P) 8. What question do we need to ask ourselves? (2 sentences)
Comment: A very wise man once said, "I believe I would rather try to live my life thinking there is a God and find out I am wrong than try to live my life thinking there is no God and find out I am wrong."

9. As soon as we can say "yes" to that question, where are we?
10. What has been proven?

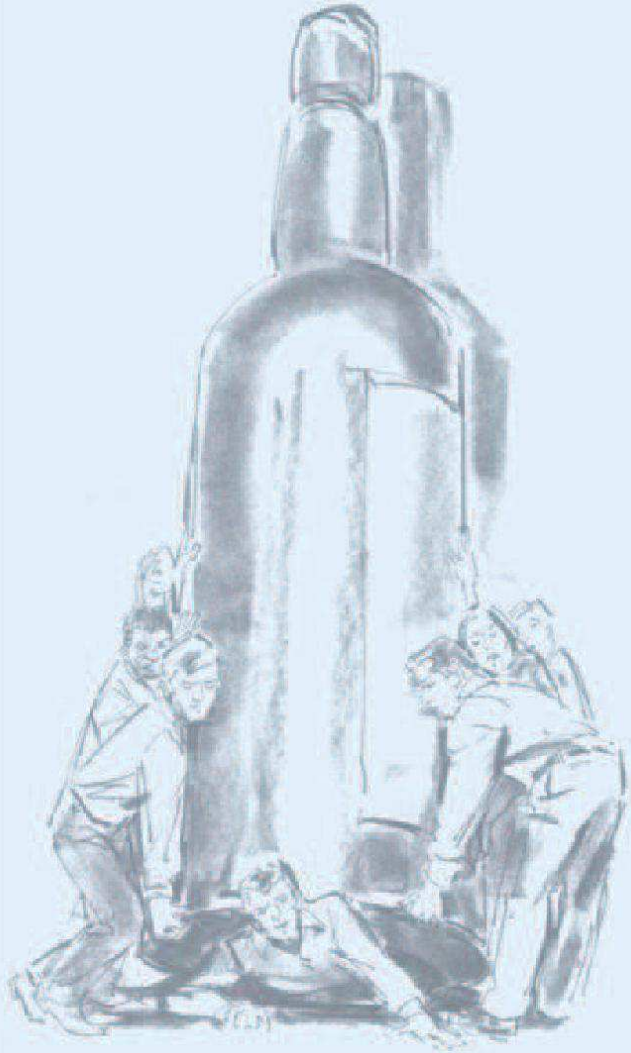
Comment: Note the "" and Bill's plea for us to read "Appendix II." He told us to do it on page 25 and again on page 27, but he knew we were not good about following instructions, so now he says "please." It's hard to say "no" to a begging alcoholic. But we have been there and done it, so we'll move on.*

- (P) 11. Why was this great news for us?
12. When recovered alcoholics presented spiritual approaches to our problem, what did we say? (3 sentences)
Comment: Is this one of the main things we should look for in a sponsor?
13. What was it comforting to learn?
- (P) 14-a. What were we unable to do?

The Twelve Steps Illustrated

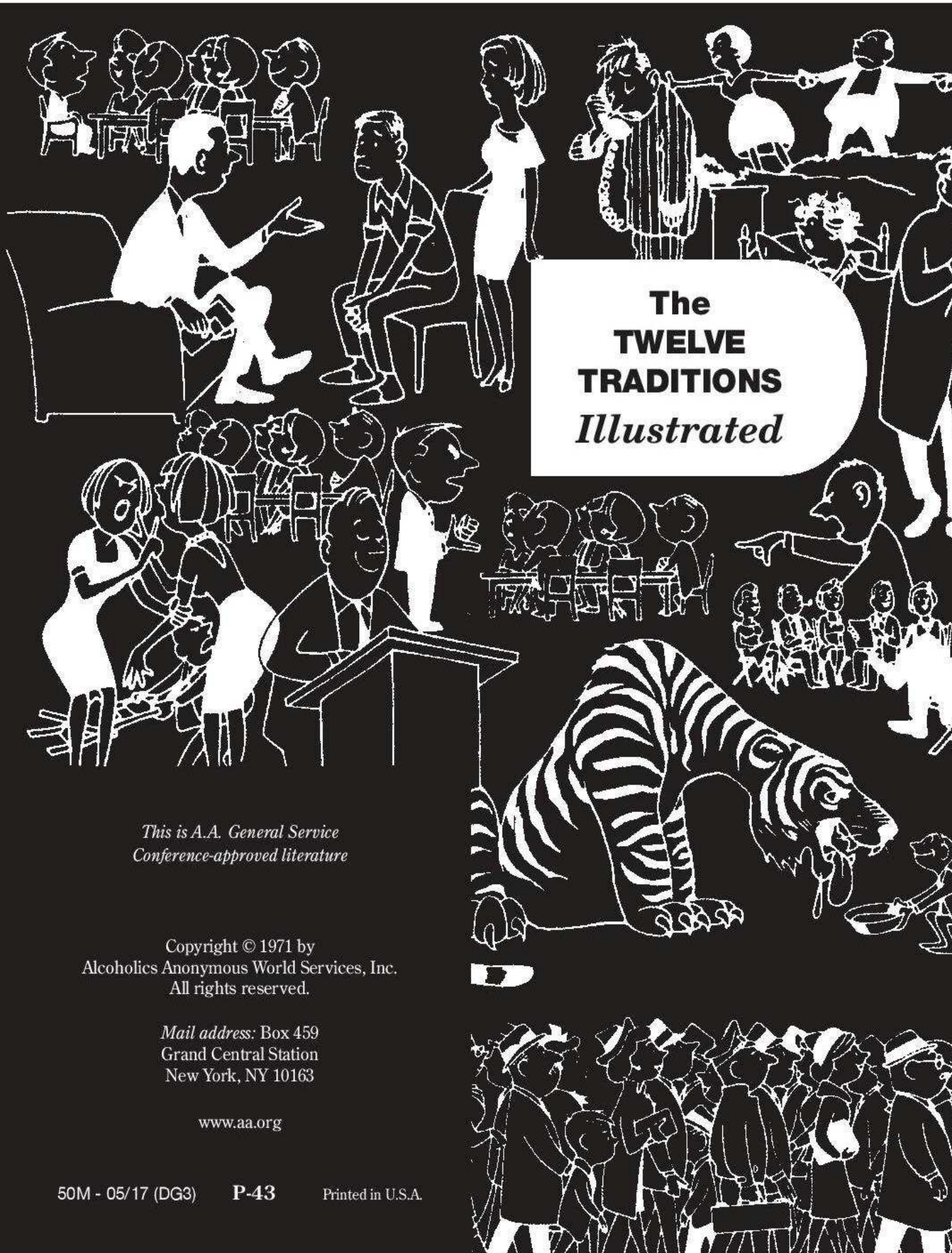


2 *Came to believe that a Power greater than ourselves could restore us to sanity.*



There is help.

From the pamphlet "P-55 The **Twelve Steps** Illustrated".
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**The
TWELVE
TRADITIONS**
Illustrated

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Conference-approved literature*

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P-43

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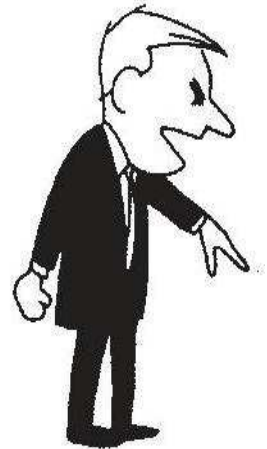
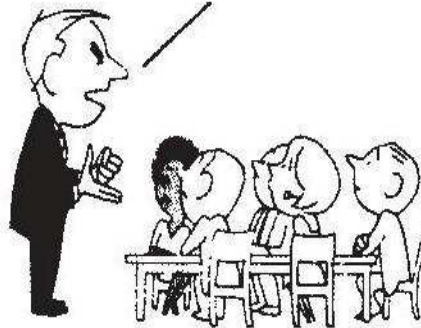
The Second Tradition

*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.*

"Now that I've been elected Secretary, I'll show this group some real leadership!"



"There's only one way to do it and I'll tell you what it is..."



Members of A.A. may be chosen to serve in many ways...



Group Secretary

Intergroup Representative

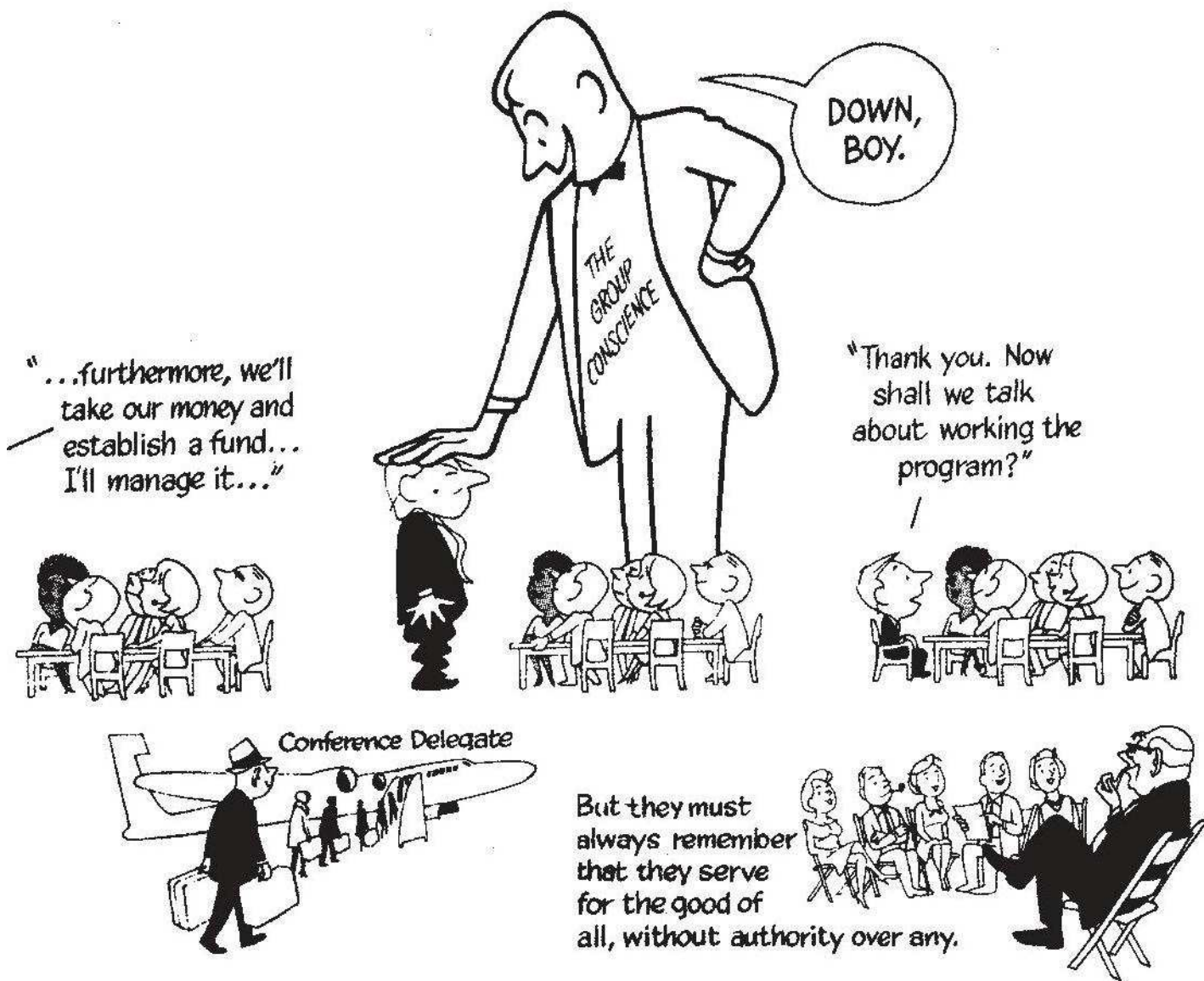


General Service Representative



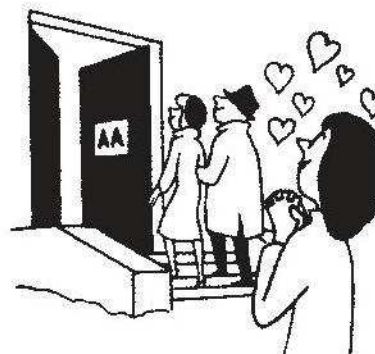
A.A. is both a democracy and, in Bill W.'s words, "a benign anarchy." A group elects its own officers—who have no power to *order* anybody to do anything. In most groups, most of the slate rotates out of office at the end of six months, and new officers are elected.

If a group wants to be a part of the whole A.A. service structure, it elects a G.S.R. (general service representative, with a two-year term). G.S.R.s elect area committee members and then join them in electing a delegate from their area to the annual General Service Conference. The Conference is about the closest approximation of a government that A.A. has; it produces opinions on important matters of policy; it approves the choice of some trustee nominees for the General Service Board and directly elects others. But nei-



ther the Conference nor the board can give orders to any group or member.

Then who's in charge around here? A.A. is a spiritual movement, and so the "ultimate authority" is the spiritual concept of the "group conscience." Its voice is heard when a well-informed group gathers to arrive at a decision. The result rests on more than arithmetic, a "yes" and "no" count. Minority ideas get thoughtful attention. What about that annoying character who's always sure she's right. If she's wrong, then she will—if she remembers the First Tradition as well as the Second—go along with the decision of the group conscience. Does this notion seem too cloudy? Let's think back to our first meetings. The presence we newcomers felt in those rooms was the same as the group conscience. And it was real—welcoming us in, setting up no barriers of rules....



Pages 15, 16, and 17 of this Newsletter are from the pamphlet P-43 **The TWELVE TRADITIONS Illustrated**. Reprinted with A.A.W.S. permission.

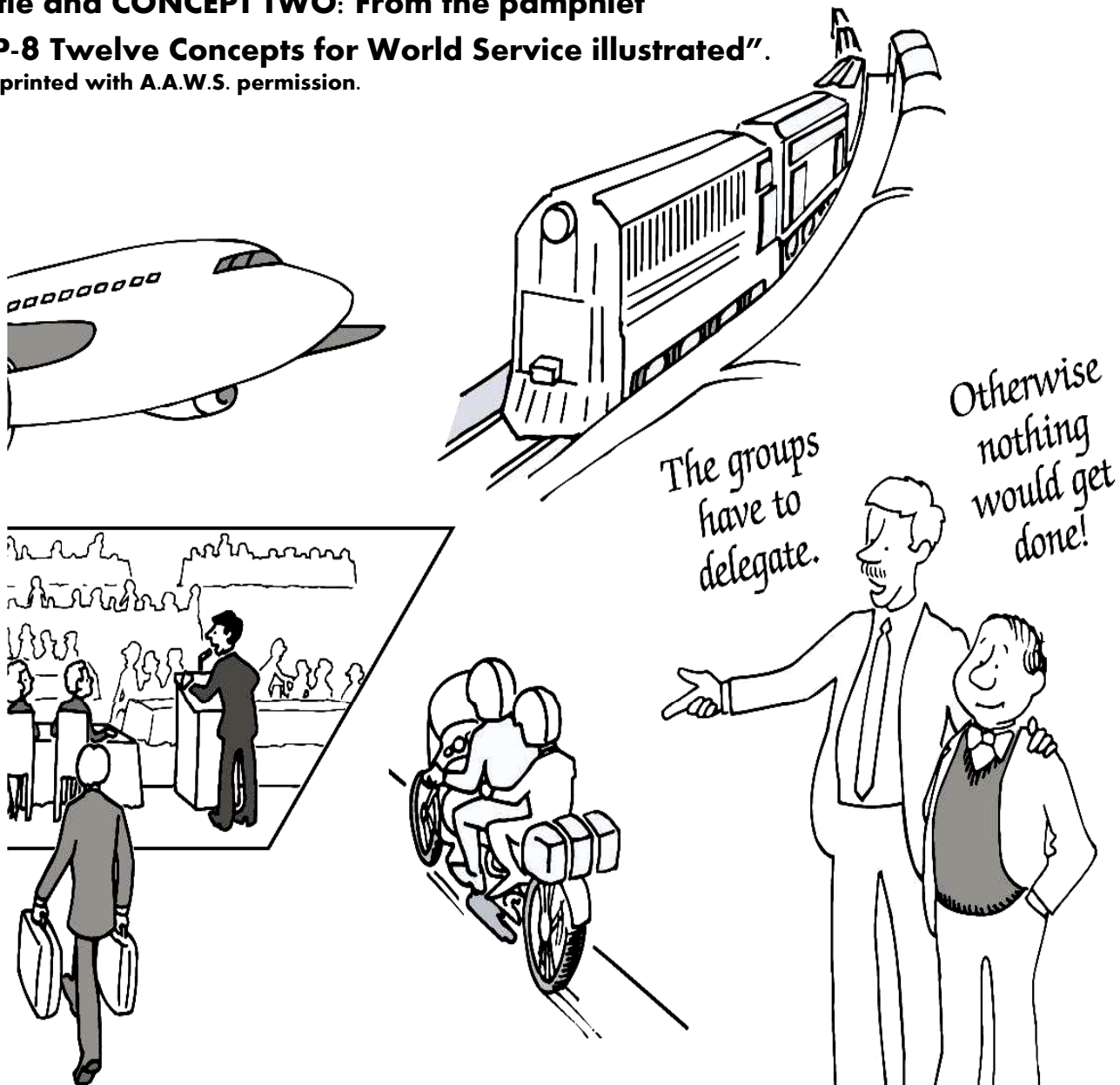
The Twelve Concepts for World Service

How Bill W. explained the spiritual principles that undergird
A.A.'s structure and how the parts work together.

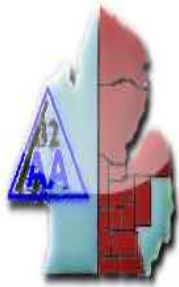
Title and CONCEPT TWO: From the pamphlet

"P-8 Twelve Concepts for World Service illustrated".

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A.A. groups as a whole. But if the groups were to carry on their primary purpose, they would have to delegate their leadership role to a General Service Conference. They do this by electing a General Service Representative for each group. These G.S.R.s meet regularly in area assemblies and every two years elect a delegate from among their number. Every April, the delegates from the 93 areas in the U.S. and Canada meet for six days with the trustees of the General Service Board, the staffs of the General Service Office and the A.A. Grapevine and certain other service workers. Thus, this General Service Conference of A.A. is "the actual voice and effective conscience of our whole Society in its world affairs."



ALCOHOLICS ANONYMOUS

CMIA32

CENTRAL MICHIGAN INTRA-AREA 32



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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

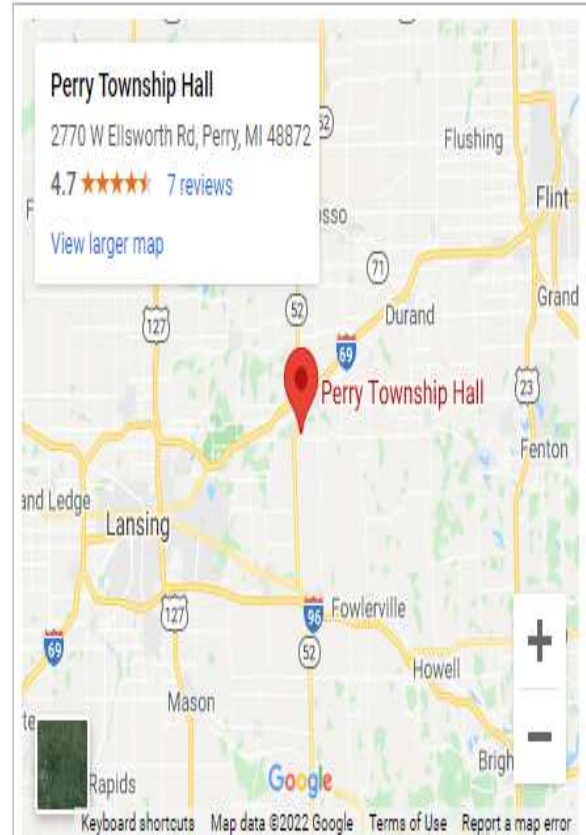
Open Meeting. All are welcome to attend

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."

New A.A. Group/Meeting Announcement



THE DOWNTOWN DAVISON A.A. GROUP (FORMERLY PRIMARY PURPOSE GROUP OF LAPEER) WILL BE HOSTING TWO NEW WEEKLY MEETINGS BEGINNING 1/20/22:

- TUESDAY: ©WOMAN'S MEETING @ 6:30 PM
- THURSDAY: ©BIG BOOK STUDY @ 6:30 PM
- MEETING LOCATION: 217 SHOPPERS ALLEY DAVISON, MI. 48423

THE BUILDING HAS A YELLOW FRONT AND IS LOCATED BEHIND MAIN ST. (EAST SIDE) NEXT TO DIRTY PAWS PET GROOMING. PARKING IS AVAILABLE IN ADJACENT PARKING LOT DIRECTLY IN FRONT OF MEETING LOCATION (SHARED PARKING WITH DANCE STUDIO & EL CHARRITOS).

The women's meeting at St. Matt's in Lapeer on Tuesday evening's at 6:30 pm has been discontinued.

The Primary Purpose Group in Lapeer either at the St. Matt's location, or at the Refuge have been discontinued.

We were once holding a 9am Big Book study on Monday's at 9am, and on Thursday evenings at 6:30pm.

These meetings/groups no longer exist in Lapeer and have relocated to downtown Davison.

Michigan Mock Conference

Saturday, March 26, 2022

9:00 a.m. to 4:30 p.m.

First United Methodist Church
400 South Main Street
Mount Pleasant, Michigan 48858

What is a Mock Conference? “Mock” means a practice or rehearsal for a later event. The Michigan Mock Conference simulates the General Service Conference held annually in New York. Attendees serve just like Delegates.

Upon registration, you will be assigned to one of nine Conference Committees and provided with three agenda items for your assigned committee to consider, along with the relevant background material.

Come, listen, and learn. Give your input to your Delegates.

Pre-register [via MichiganMockConference.com](http://MichiganMockConference.com)

Attendance is FREE, however seats are limited. After you register, you will receive the Conference background material via EMAIL so that you will be informed and ready to do your part. Pre-registration ends Wednesday, March 23.

You can still attend and register on site, but you will not have the background material in advance.

Questions? Email: inettamusic@gmail.com or call 810-407-1687 .

Spread the word! Share this post!

Please note this important information: At the present time, the Mock Conference is being held in-person. The conference will change to a virtual meeting only if circumstances in Michigan warrant this change. Please check the www.aamichiganstatewide.com.

*If you are registered, we will notify you by your email with the link to a Zoom meeting.

If you are planning to come on Friday:
Friday night at 8 p.m., join us for an AA meeting at the Mt. Pleasant Alano Club, 1201 N. Fancher St, Mt Pleasant, MI 48858.
If you are staying overnight on Friday night, one option is Comfort Inn & Suites, 2424 S. Mission St., Mt. Pleasant. Call 989-772-4000 and use the code "Mock Conference." \$105 per night, with cutoff date of February 26, 2022.

When the work begins on Saturday,
what happens?

Tentative Program for the 2022 Michigan Mock Conference

8:00 - 9:00 Meet and greet with attendees for coffee, donuts, etc.

9:00 – 9:15 **Opening Session**

9:15 – 9:40 Your day at the Mock Conference

9:40 – 9:42 **Area Service Highlights** (2 minutes)

9:40 – 11:45 **Conference Committee Meetings**

You will meet with your assigned Conference Committee. A chairperson will moderate your committee's discussions of the agenda items.

If your committee work is unfinished at 11:45, you will continue working through lunch.

12:30 **Break for lunch**

12:35 – 4:30 **Afternoon Session**

12:35 – 2:30 **Committee Reports and Discussion.**

The committee chairpersons present the collective voice of their committee's recommendations to the whole conference. The Michigan Delegates will take your recommendations to the General Service Conference in New York.

2:20 – 2:35 **Break**

2:45 – 4:30 **Committee Reports and Discussion** (continued)