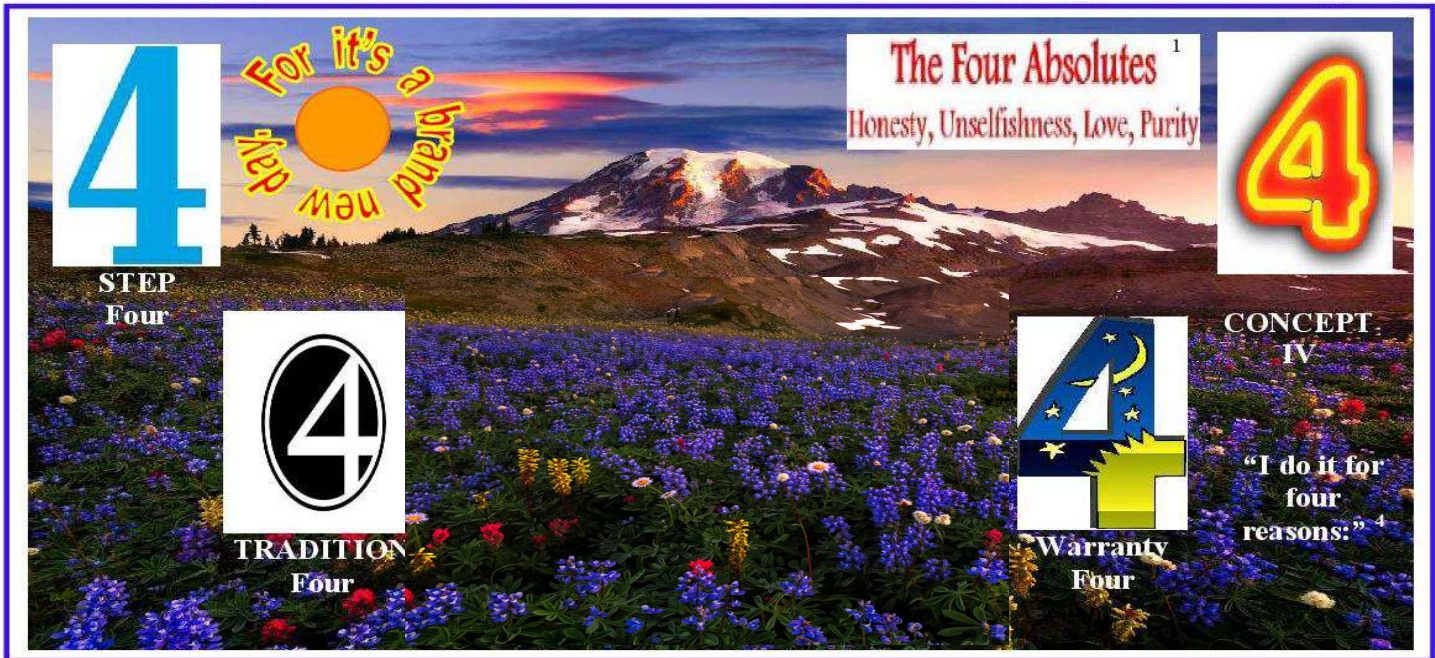


The F.A.U.C. Website is [www.geneseecountyaa.org](http://www.geneseecountyaa.org)  
Newsletter at <https://geneseecountyaa.org/f-a-u-c-newsletter>

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



Step Four: "Made a searching and fearless moral inventory of ourselves."<sup>5</sup>

Tradition Four: "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."<sup>6</sup>

CONCEPT IV: "At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge."<sup>7</sup>

Warranty Four: "That it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity."<sup>8</sup>

Once again, there is an interweaving principle behind all four of these A.A. suggestions. Each one relies on personal or group adherence to "a manner of living which demands rigorous honesty."<sup>9</sup>

The Step is for the individual in A.A. Howsoever that may be, in good relations with the group, the individual must take an inventory of the group and its actions to know if it is affecting another group, or A.A. as a whole in following the Fourth Tradition. This then leads to a responsible vote based on the honesty of the situation and the honest voting representation of that responsibility in District, Area, or Conference decisions in CONCEPT IV.

Warranty Four relies on discussion, which is nothing more than honest input. a responsible vote.

meaning it represents the constituents of the group, and a substantial unanimity, which correlates to unity in and for decision making.

"I do it for four reasons:"<sup>4</sup> <sup>ibid</sup> Dr. Bob tells why he spends so much time passing on what he learned.

"1. Sense of duty.

"2. It is a pleasure.

"3. Because in so doing I am paying my debt to the man who took time to pass it on to me.

"4. Because every time I do it I take out a little more insurance for myself against a possible slip."<sup>10</sup>

<sup>1</sup> The Four Absolutes; written in 1904 by Robert Speer.

<sup>2</sup> From: <https://www.aa.org/>

<sup>3</sup> From: <https://www.aa.org/>

<sup>4</sup> Alcoholics Anonymous, DR. BOB'S NIGHTMARE, page 180.

<sup>5</sup> Alcoholics Anonymous, HOW IT WORKS, page 59.

<sup>6</sup> Alcoholics Anonymous, APPENDIX I, THE TWELVE TRADITIONS, page 562.

<sup>7</sup> Alcoholics Anonymous, APPENDIX VII, THE TWELVE CONCEPTS (SHORT FORM), page 574.

<sup>8</sup> THE A.A. SERVICE MANUAL combined with TWELVE CONCEPTS FOR WORLD SERVICE, 2021-2023 Edition, page C53.

<sup>9</sup> Alcoholics Anonymous, HOW IT WORKS, page 58.

<sup>10</sup> Alcoholics Anonymous, DR. BOB'S NIGHTMARE, page 181.

## STEP FOUR

Step Four follows the Step Three “Made a decision...”<sup>11</sup> As discussed in the March issue, in order for any decision to have an affect, it must be followed by action. Therefore, Step Four becomes the first Step of action.

One is not making a decision in Step Four, one “Made a searching and fearless moral inventory...” There is the action. Something tangible came out of our intangible decision. The decision in our mind can not be seen. The inventory, properly done on paper as detailed in Alcoholics Anonymous on pages 65 -71, is a documented affirmation of the decision. Whom we share this with is our decision alone once again. When we do it becomes another action and usually this happens in Step Five, making it also an action Step.

Step Four regards honesty as a redeemable action. Something we are still learning; and putting this Step on paper allows us to see our honesty bloom. It is not dread and dreary. It is releasing our past and gaining freedom of guilt. The fearless we aspire to is lacking fear, has courage, determination, valor, daring and confidence. “The verdict of the ages is that faith means courage.”<sup>12</sup> The definition of faith is this, “Confident or unquestioning belief in the truth, value, or trustworthiness of a person, idea, or thing.”<sup>13</sup> It is nothing to be afraid or ashamed of. We are looking at ourself in the mirror of life and reckoning with honesty in past travesties, which we all have, whether we admit it or not.

We are not concerned with others, “Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes.”<sup>14</sup> “We reviewed our own conduct over the years past.”<sup>15</sup> “We got this all down on paper and looked at it.”<sup>15</sup> <sup>ibid</sup>

**WELCOME  
to HONESTY  
Where  
MISTAKES  
are  
LEFT  
BEHIND and  
GUILT FREE  
!!!**

“Someone who knew what he was talking about once remarked that pain was the touchstone of all spiritual progress.”<sup>16</sup>

“1. The ‘someone who knew what he was talking about’ was Bill W. himself. His writings are full of his own alleged wisdom, attributed to someone else in an effort to make it seem more credible.

“2. Bill W. did not say this quotation. Had he done this, he would be citing himself as the ‘anonymous source’, and this would be considered bragging and against AA principles. However, the anonymous source, as cited on p. 93 of the Twelve Steps and Twelve Traditions, is believed to be his sponsor, Father Ed Dowling. Father Ed suffered with some serious physical pain. It was this pain that helped Father Ed continue to rely on God, instead of himself, for his strength amidst physical suffering. Reference: The Soul of Sponsorship, p. 37

“4. I have two people who said it. First, Jesus Christ in Matthew 5:4... "Blessed are those who mourn, for they shall be comforted." The other is Emmet Fox. "...Most people will not undertake the search for God wholeheartedly unless driven thereto by trouble of some kind.”<sup>17</sup>



**The  
TOUCHSTONE  
of  
PAIN**

- <sup>11</sup> Alcoholics Anonymous, HOW IT WORKS, page 59.
- <sup>12</sup> Alcoholics Anonymous, HOW IT WORKS, page 68.
- <sup>13</sup> <https://www.thefreedictionary.com/faith>
- <sup>14</sup> Alcoholics Anonymous, HOW IT WORKS, page 67.
- <sup>15</sup> Alcoholics Anonymous, HOW IT WORKS, page 69.
- <sup>16</sup> TWELVE STEPS and TWELVE TRADITIONS, STEP TEN, page 93.
- <sup>17</sup> <https://fornoob.com/who-said-pain-is-the-touchstone-of-all-spiritual-progress/>

### 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).

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.

## BACK TO BASICS

"In 1958, Bill W. commented on the Beginners' Meetings. He said: "... teaching the Twelve Steps is the sole purpose of an A.A. group."

"Here are some of the reasons:

- 'Sponsoring' newcomers through the Twelve Steps was a four-week commitment.
- Newcomers and "Sponsors" took all Twelve Steps together.
- All of the Steps (with the exception of the 5th Step) were taken during the meetings. For the Newcomer who was incapable of writing a 4th Step inventory, the Sponsor wrote it for him or her.
- The essential written step for the Newcomer was the 11th Step--Guidance from the God of the Newcomer's understanding.

In addition:

- It was the "Sponsor's" responsibility to call the Newcomer during the month of sponsorship.
- After completing the sessions, both the Newcomer and "Sponsor" moved on to "sponsor" others through the Twelve Steps.

Chapter 1 of Back to Basics is an accurate account of the history of the Four One-Hour Meetings.

Chapters 2 through 5 consist of two A.A. home group members, taking newcomers through the Twelve Steps during the fall of 1946.

Chapter 2 -- Session 1, Overview and Step 1.

Chapter 3 -- Session 2, Steps 2, 3 and 4.

Chapter 4 -- Session 3, Steps 5, 6, 7, 8 and 9.

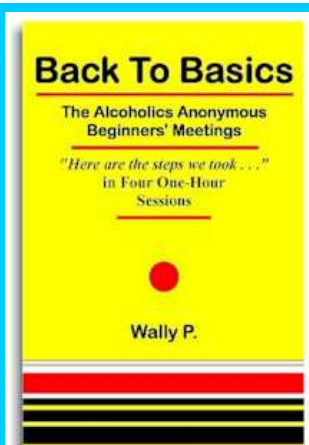
Chapter 5 -- Session 4, Steps 10, 11 and 12.

Chapter 6 contains additional information on the AA program of the 1940's and "How it worked".

This book shows why the Beginners' Meetings were such an integral part of A.A.'s initial success!

From:

<http://www.aabacktobasics.org/B2B%20Book.html>



## NO GLUM LOT HERE



3

Man: Can I have a number 4 with cheese?

Librarian: Sir, this is a library.

Man: Oh, right. Sorry.

Man: (Whispering) Can I get a number 4 with cheese?

Choose any number between 2 and 8. Multiply by 4, and then add 3. Now reverse the digits and close your eyes.

Dark, wasn't it?

Centuries ago numerous tribes in a jungle struggled to survive; over time skills evolved. Tribes began to trade goods with each other. One tribe learned architecture skills and traded designs for safe grass houses with other tribes for necessities, such as food. That tribe grew rich, and without the need for goods the chief of the tribe demanded payment in the form of a tribute - an ornate throne. Over time the number of thrones the chief owned grew numerous.

He had a multi-story grass house built to store all of his thrones. One day, the weight of the thrones became so great the house collapsed, killing the chief. The moral of the story is: He who lives in grass houses shouldn't stow thrones.



### Ned & Jed (on CONCEPT & Warranty Four)

**Hey Jed, you been participating in the chopper's conscience?**

Why? Y' think I have something worth sayin'?



**You as much as anyone else.**

Well no. Y' know I'm honest, but not much vocal.

**But c'mon man, you are encouraged to voice any chopper concerns. Who can know if you don't tell?**

Well put that way, I have to work it out for meself. Then I'd be ready to tell any others. You really think they want to hear from me?

**Oh, but absolutely so. It's traditional we voice ourselves so the representative can be responsible with our votes. Then you can go back to choppin', whistlin', talkin' to yerself, whatever. But be heard first!**





# ANNOUNCEMENTS

## 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:** 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:** OPEN **Corrections:** OPEN.

**Grapevine:** Greg S.

**Literature/Meeting Books/Newsletter:** James P.

**P.I. - Public Information:** OPEN

**Treatment:** Joshua M. **Website:** Nick E.

**Young People:** Christian H.

### F.A.U.C. Newsletter

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

The March 2022 Newsletter went to 190 emails.

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

### 2022 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 15: St. Mary's School,; Eastside~~

~~February 19: Arid Club, Torrey Rd. Group.~~

~~March 19: St. Bartholomew's; Swartz Creek 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:

August 20: St. Francis Ch. 212 Center St. Otisville, Otisville A.A.

September 17: Fenton Alano Club, 800 North Rd, Fenton, Men's Morning Group

October 15: H.O.P.E. Family Worship Center, 9453 Vienna Rd. Montrose, Montrose HOPE A.A.

November 19:

December 17: Local 659, 4549 Van Slyke Rd. Van Slyke Group.

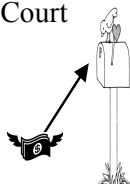
### A.A Treasurer's addresses:

**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 April 16, 12:30 pm, hosted by the Thetford group at Thetford Senior Center, 11495 Center Rd., Clio, corner of M-57. on page 4 of this Newsletter.

The Torrey Road Group held at the Flint Arid Club has an announcement flyer on page 21.

April 16<sup>th</sup> is a G.S.R. F.A.U.C. sponsored Workshop after the F.A.U.C. meeting. Flyer on page 22.

CMIA32 meeting on April 3 is at Bullock Creek High School, 1420 S. Badour Rd., Midland MI 48460 hosted by District 20. It will be a Hybrid-Zoom Meeting. Details at [www.cmia32.org](http://www.cmia32.org) and on page 23.

May 7 and 14<sup>th</sup>, Montrose H.O.P.E. is having a Back to Basics Workshop.

F.A.U.C. Website updates are featured on pages 5 & 6.

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.

### April 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](http://www.geneseecountyaa.org) under the Meetings Tab.

|        |   |
|--------|---|
| Fri 1  | 12 noon, Eye Opener, Arid Club (8).       |
| Sat 2  | 7:30 pm, East Side St. Mary's (6)         |
| Sun 3  | 6:00 pm, Torrey Rd. Group, Arid Club (8). |
| Thu 7  | 7:00 pm, Van Slyke (17).                  |
| Sat 9  | 7:30 pm, East Side St. Mary's (6)         |
| Sun 10 | 6:00 pm, Torrey Rd. Group, Arid Club (8). |
| Sat 16 | 7:30 pm, East Side St. Mary's (6)         |
| Sun 17 | 6:00 pm, Torrey Rd. Group, Arid Club (8). |
| Sat 23 | 7:30 pm, East Side St. Mary's (6)         |
| Sun 24 | 6:00 pm, Torrey Rd. Group, Arid Club (8). |
| Mon 25 | 7:00 pm, Montrose HOPE (10).              |
| Sat 30 | 7:30 pm, East Side St. Mary's (6)         |

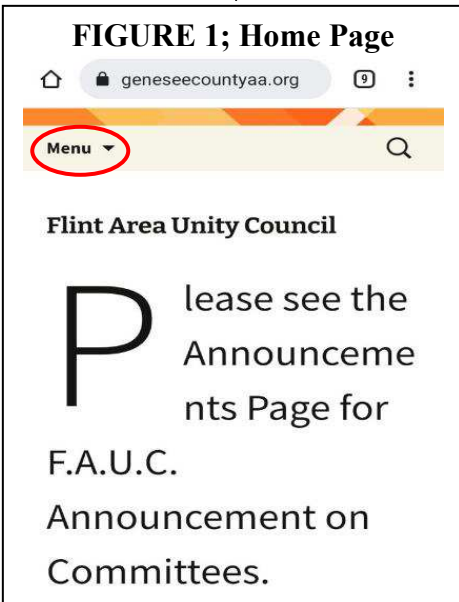


**"If you have an idea, just shout it out."**

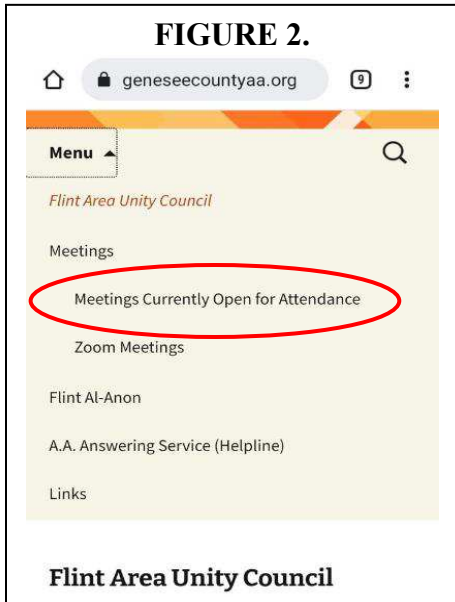
**A.A. MEETINGS ON THE  
www.geneseecountyaa.org WEBSITE.**

The Website Chair, Nick E., has made changes to the Website to achieve a more user friendly site. And he has done so. However, there is a need to show how to find “Meetings Currently Open for Attendance”, which is a downloadable Trifold last updated on Feb. 28, 2022. This article will provide screenshots and a short tutorial about how to access this meeting list from a smart phone. The screenshots come from the editors’ Galaxy Z Flip 3 5G phone. The only difference may be in acquiring a screenshot, not in how the screen looks.

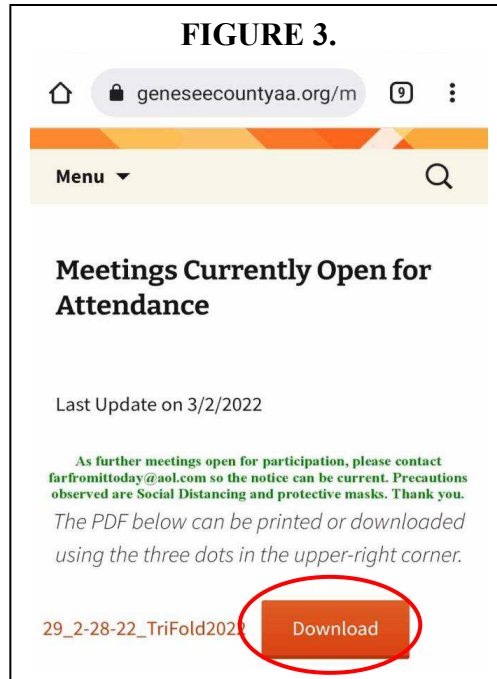
- 1- Go to www.geneseecountyaa.org.
- 2- Tap on Menu ▼ (FIGURE 1; Home Page).



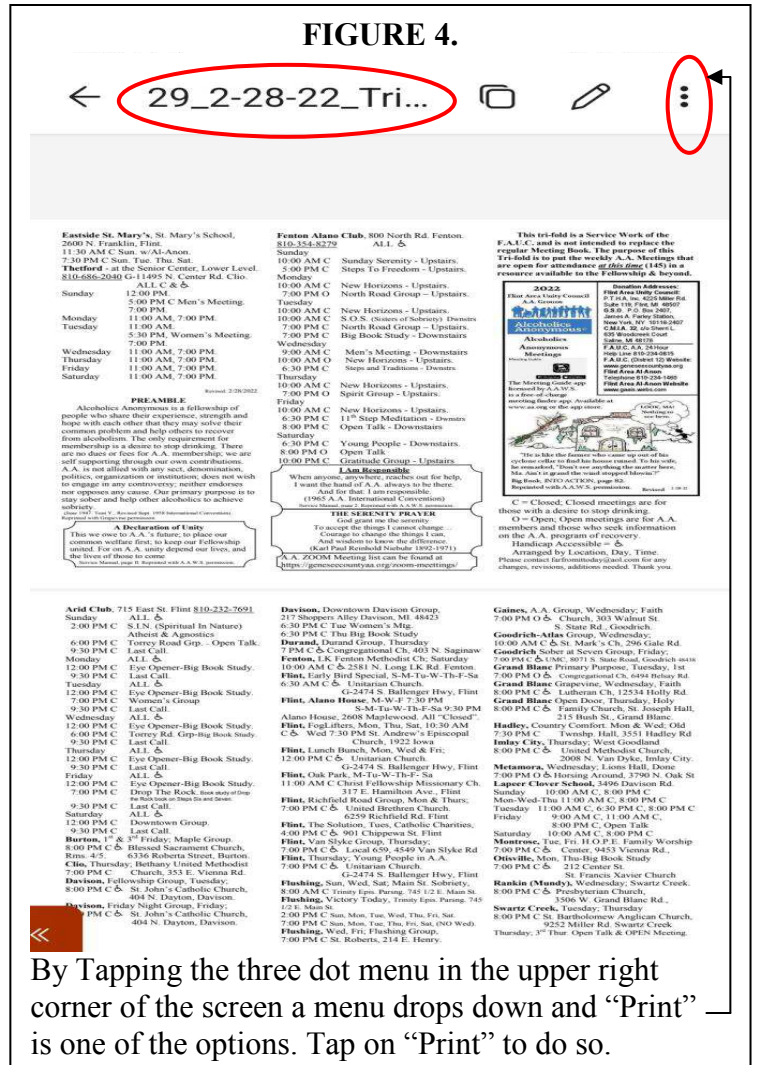
- 3-Tap on “Meetings Currently Open for Attendance”. (FIGURE 2).



- 4- This screen opens, Tap on Download. (FIGURE 3).



- 5-The Trifold for Meetings Currently Open for Attendance opens on screen. (FIGURE 4).



By Tapping the three dot menu in the upper right corner of the screen a menu drops down and “Print” is one of the options. Tap on “Print” to do so.

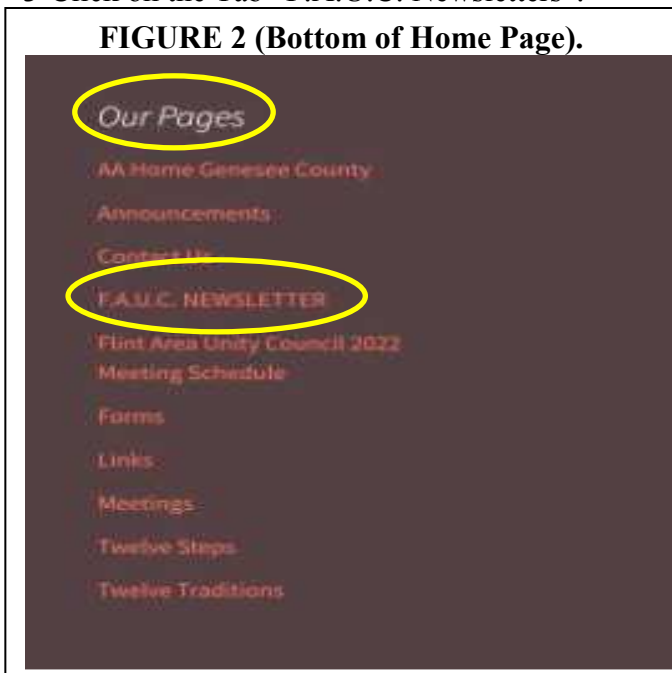
## NEWSLETTERS ARCHIVED ON WEBSITE!

Another project for the Website has been archiving the previous Newsletters. The editor did the background work; the Website Chair (Nick E.) has done all the upfront work on the Website to archive all issues of the F.A.U.C. Newsletter. Thank you Nick; there have been several requests to get this done.

- 1- Go to [www.geneseecountyaa.org](http://www.geneseecountyaa.org) Home Page. (FIGURE 1).



- 2- Scroll down to "Our Pages" on the Home Page. (FIGURE 2).
- 3- Click on the Tab "F.A.U.C. Newsletters".



- 3-F.A.U.C. Newsletters page comes up with current and archived issues. Click on the issue you want to read, then click the Tab "Download".(FIGURE 3).



Honesty by gum is the new normal. Never something to avoid furthering our own wants or to “protect” ourselves. These things we have done and the resulting gains were naught. Through honesty we gain assurance that lying and omission never did.

We have played the card, “I don’t lie!” getting all defensive and avoiding the issue we lied about so as not to get caught. If we say it was so, we expected others to step in line and go along because we have our self proclaimed indignant ego that says, “I don’t lie!” Knowing full well they knew the truth of the matter, if we lied about it, and stuck to our guns, we would never tell the truth and so thought we got away with it. But it just didn’t work that way. We were untrusted in their lives, and the lies to cover the lies just made things so much worse.

“If you look at your reflection  
in the bottom of a well,  
What you see is only on the surface.  
When you try to see the meaning,  
hidden underneath,  
The measure of the depth can be deceiving.  
The bottom has a rocky reputation.”  
“THE CONFESSOR”, Joe Walsh, 1985.

How can one undo this past lifestyle? By actually becoming that person that says, “I do not lie!” For in the past here is what we did, “If we lie or cheat, we deprive others not only of their worldly goods, but of their emotional security and peace of mind.”<sup>18</sup>

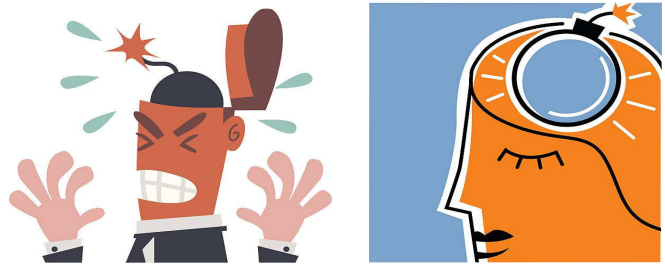
Our deep rooted concern for how we thought we looked, what we sounded like, how we behaved led us down dark paths of dishonesty, and lo how we loved gaining an accomplice in duplicity. That’s called two peas in a pod. Two liars supporting each other, blaming others, denying their own words. Twisting the truth to cover the untruths, only they can’t, but how they try, this strengthening in numbers becomes bullying and total disregard of others.

“Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won’t fill the bill at all. We ought to sit down with the family and frankly analyze the past as we now see it, being very careful not to criticize them.”<sup>19</sup>

And this is only a small handful of our actions due to dishonesty, false pride and an existence concerned only with what we want.

“So false pride became the reverse side of that ruinous coin marked ‘Fear.’”<sup>20</sup> Fear we know but had such a hard time coming to grips with it, not even recognizing we were in the grips of it. “The chief activator of our defects has been self-centered fear – primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands.”<sup>21</sup>

So while being the model of false pride begot from fear, we evermore continued the hurt and the insecurity of our minds that led to the destructive paranoia that continued to drive forth even more false pride. We were in a vicious circle, The Catch 22, the damned if I do, damned if I don’t syndrome in our own mind welling from fear. We were not convinced of the potential time bomb waiting to explode that we were.



Something happened. More than likely a different thing to each and every one of us; the results varied, but the cause(s) did not. Change became necessary. Choices were few; incarceration, rehabilitation, or death. Not many charming choices left.

Ahh! But “THERE IS A SOLUTION...” “We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action.”<sup>22</sup> Get the book Alcoholics Anonymous, read it whether you be an alcoholic or not, these suggestions of a solution once followed help everyone, and everyone about the everyone. Rekindling love is tough, but everyone will admire the charming path.

<sup>18</sup> TWELVE STEPS and TWELVE TRADITIONS, STEP EIGHT, page 80.

<sup>19</sup> Alcoholics Anonymous, INTO ACTION, page 83.

<sup>20</sup> TWELVE STEPS and TWELVE TRADITIONS, STEP EIGHT, page 123.

<sup>21</sup> TWELVE STEPS and TWELVE TRADITIONS, STEP SEVEN, page 76.

<sup>22</sup> Alcoholics Anonymous, THERE IS A SOLUTION, page 17.



**I got my wife to help me put some posts in the ground for our new fence, I gave her the new hammer and I said, "When I nod my head, you hit it." I don't remember much after that.**



**Pretty excited. Our loan was approved. We're closing on a full tank of gas this weekend. 😊**

Gas Pump: Do you want a receipt?  
Me: No, I'd rather forget this whole experience...

**PLEASE NOTE**  
HUSBANDS MUST HAVE A NOTE FROM THEIR WIVES BEFORE SELECTING PAINT COLOURS.  
THE MANAGEMENT

**Due to the sick and twisted nature of people in this group I am not leaving.**

**I checked Kelley Blue Book today for my car's value, and it asked if the tank was full or empty**

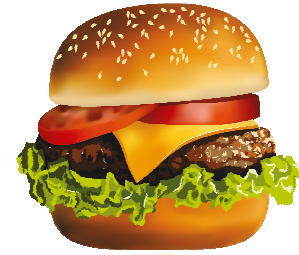
**I just ordered myself a Life Alert bracelet so if i get a life, I'll be notified immediatly**





**Let's face it; English is a stupid language.**

There is no egg in the eggplant,  
no ham in the hamburger,  
and neither pine nor apple in the pineapple.



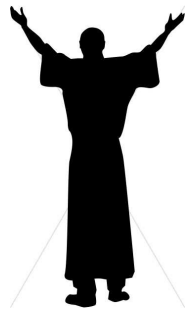
English muffins were not invented in England,  
French Fries were not invented in France.  
We sometimes take English for granted  
but if we examine it's paradoxes we find that:  
quicksand takes you down slowly,  
and Boxing Rings are square,  
and a Guinea Pig is neither from Guinea nor is it a pig.



If writers write, how come fingers don't fing?  
If the plural of tooth is teeth,

shouldn't the plural of Phone Booth be Phone Beeth?

If the teacher taught,  
why didn't the preacher praught?



If a vegetarian  
eats vegetables,  
what does a  
Humanitarian eat!?

Why do people recite at a play,  
yet play at a recital?  
Park on driveways and  
drive on parkways?

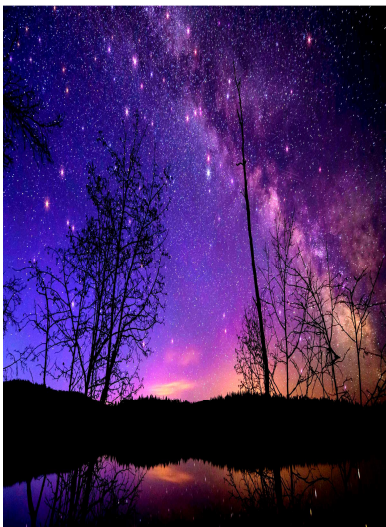


How can the weather be as hot as hell on one day  
and as cold as hell the next?

You have to marvel at the unique lunacy  
of a language where a house can burn up as  
it burns down.

And in which you fill in a form  
by filling it out.

And a bell is only heard once it goes off!



English was invented by people, not computers  
and it reflects on the creativity of the human race.  
(Which of course is no race at all).  
That is why when the stars are out  
they are visible, but when the lights  
are out, they are invisible.

And why is it that when  
I wind up my watch  
it starts, but when I  
wind up this poem,  
it ends?



Anonymous

# ENGLISH LESSON



Tsunami ——— T is silent

Honest ——— H is silent

Psychology ——— P is silent

Knife ——— K is silent

Wife ——— Husband is silent



Class dismissed ...

What word in the English language is always spelled incorrectly?

Answer: Incorrectly

What is the longest sentence in the English language?

Answer: I do.

What's the one word in the English language that begins with U and ends in E.?

Answer: Unbelievable, right?!

What's the longest word in the English language?

Answer: Smiles. There's a mile between the S's.

English Professor: "While two negatives can mean a positive, in the English language there are no two positives that connote a negative."

From back of class: "Yea. Right!"

Why is "sugar" the only word in the English language where "su-" makes a "sh" sound.

Answer: At least, I'm pretty sure...

I once met a guy who was convinced that there were no words in the English language with more syllables than vowels. I tried to explain to him that he was wrong, but he refuses to accept criticism.

To bear defeat with dignity, to accept criticism with poise, to receive honors with humility -- these are marks of maturity and graciousness.



YOU'VE BEEN IN THERE ALONG TIME!



YOU OK?  
YOU DON'T SMELL OK!



The therapy dog after I share all my problems

## CONCEPT IV

"At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge."<sup>23</sup>

"In this Concept, AA provides that all groups within AA should be given a right to participate in the affairs of AA. This Concept provides not only that groups of alcoholics be permitted to participate, but also that staffs that include nonalcoholics should also be permitted the right to vote in proportion to the responsibility they discharge. This insures that every skilled element needed to make informed decision have a right to participate and provides a voice for people with knowledge of how things operate day-to-day."

From:

<https://www.tapataalk.com/groups/recoveryinn/12-concepts-explained-t4286.html>

Here is the "Right of Participation".

"The Conference specially provides that the Trustees, the Directors of our service corporations, (A.A. World Services, Inc. and the A.A. Grapevine, Inc.) together with their respective executive staffs, shall always be voting members of the General Service Conference itself."<sup>24</sup>

"The 'Right of Participation' is therefore a corrective of ultimate authority because it mitigates its harshness or misuse. It also encourages us who serve AA. To accept the necessary disciplines that our several tasks require. We can do this when we are sure that we belong, when the fact of our 'participation' assures us that we are truly the 'trusted servants' described in A.A.'s Tradition Two."<sup>25</sup>

The Flint Area Unity Council follows this principle in the following ways, as stated in the Aims and Purposes;

2. The G.S.R.'s and Alternates shall act as trusted servants of their groups. (Aims and Purposes, revised 8/21/2021).
4. One vote per group, D.C.M.'s are allowed one vote. Past and Present Delegates that are presently active in the Council Area have one vote. (In the ELECTION PROCEDURES of the Aims and Purposes).

The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 Edition,

<sup>23</sup> page IV, <sup>24</sup> page C12, <sup>25</sup> page C15, <sup>26</sup> page 166, <sup>27</sup> page C17, <sup>28</sup> page 167.

## WARRANTY FOUR of Alcoholics Anonymous

"That it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity;"

What is "substantial unanimity"?

"All matters of policy (Conference Advisory Actions) require substantial unanimity, that is, a two-thirds majority. Any actions, including amendments, that affect an Advisory Action, or motions that might result in such an action, also require a two-thirds majority. Because the number of members present in the hall during the week of the Conference varies from time to time, the phrase 'two-thirds majority' is taken to mean two-thirds vote of the Conference members voting, as long as the total vote constitutes a Conference quorum."<sup>26</sup>

What is "a Conference quorum"?

A Conference quorum – two thirds of all registered members – is required to conduct all Conference business.  
<sup>26</sup> *ibid*

Summary: if the Conference has 100 registered members, a quorum – two-thirds – is 67. If the 100 are not present and a vote takes place, it then must have at least 67 votes, majority and minority combined, to be a valid vote.

There is a caveat, (a warning or proviso of specific stipulations, conditions, or limitations), to always using the "substantial unanimity".

"...a desire for unity and certainty often prompts A.A.'s General Service Conference to debate at length on important questions of policy, provided there is no need for an immediate or early decision. On many occasions the Conference has insisted on a continuing discussion even in certain cases when a two-thirds majority easily could have been obtained...

"this same kind of consideration for the minority position can be found in the Charter provision that no Conference vote can be considered binding on the Trustees of the General Service Board unless it equals two-thirds of a Conference quorum. This gives the Trustees a power to veto in cases where the majority is not great. By reason of this provision the Trustees, if they wish, can insist on further debate and so check any tendency to haste or emotionalism. In practice the Trustees seldom exercise this option. More often they go along with a simple majority of the Delegates, especially when prompt action on less critical matters is clearly needed. But the choice is always theirs whether to veto a simple majority or to act with it."<sup>27</sup>

What is "Calling the Question"?

"Calling the question brings debate to a halt while Conference members decide whether to proceed directly to a vote (the question) or go on with the debate."<sup>28</sup>  
(This has happened at F.A.U.C. meetings and many in attendance were confused by what was being asked).

February 28, 2022

## Quote of the Week

**"It will take me at least as long to get out of this mess as it did to get into it."**

I drank like an alcoholic from the first time I took a drink. I didn't drink socially or for the taste; instead, I drank to get wasted. And I did this for nineteen years. During that time, everything in my life suffered. My career went nowhere; my relationships deteriorated; my health declined. By the time I was finally at my bottom, my life was in shambles, and my choice was to either keep drinking and die or get sober.

After about four months in the program, I began to get restless. As I surveyed the state of my life, I was frustrated it was still a mess. I began to feel entitled for it to be better already. I mean, I was sober for four months already! As I saw other people in the program improve their lives, I developed a serious case of, "Where's mine?" When I brought this up to my sponsor, he asked me how my Step Two inventory was going.

The lesson I had to learn was that my life would—and did—improve, but it wasn't going to happen overnight. I was reminded that it took nineteen years to get to my bottom, and that it would take some time to dig myself out. Thankfully, the program gave me the tools to stay present, to work on what was in front of me, and to have faith in the process. These tools not only worked then, but they remain the way I deal with a goal or challenge today. These days, I give myself at least as long for something to improve as it took to get messed up.

From: Wisdom of the Rooms ([info@thewisdomoftherooms.com](mailto:info@thewisdomoftherooms.com))

The quote and reading above introduces a new thought to me, *Second Step Inventory*? So here goes, a delve into the realm of another inventory based on the questions in the Big Book to help me on a daily basis to see where I am gaining sanity, or not.

When coming to believe that help to get sober may not mean you depend on another person, we adjust to a Higher Power to help relieve our insanity. It is common to think this step is about God. This step asks only that we find a Higher Power other than ourself to achieve the restoration of our sanity.

We have more than likely run the gamut of family, loved ones and friends, and not found what worked for us. So the strength and power to get and stay sober must come from something, someplace else. Not being at the end of our rope, we are still alive after all, we have some real thinking to do on this matter, which is easier than we think it is. Getting outside of ourselves means follow some other pattern of thought, actions and deeds to lead us to new lifestyle we can maintain. The Big Book says, "Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!"

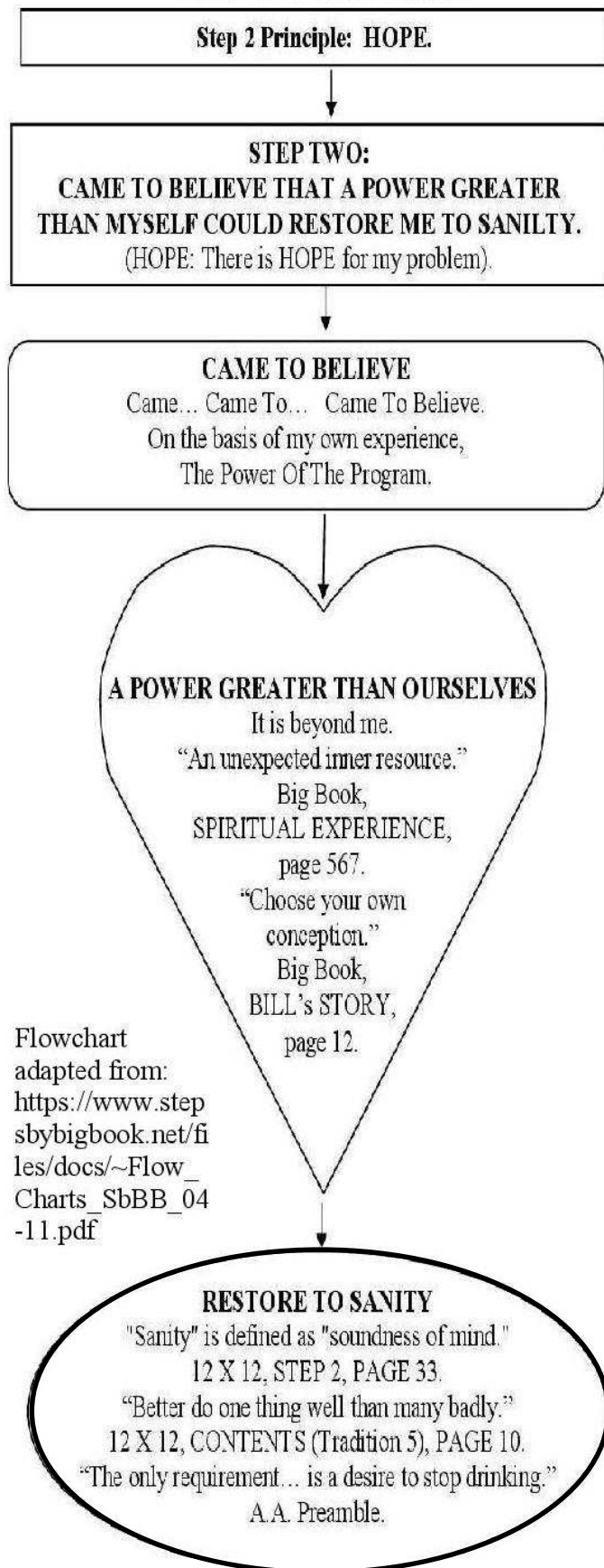
(Alcoholics Anonymous, WORKING WITH OTHERS, page 100).

~ Editor

Step 2 **Prayer**: “We stood at the turning point. **We asked His protection and care with complete abandon.**”

59

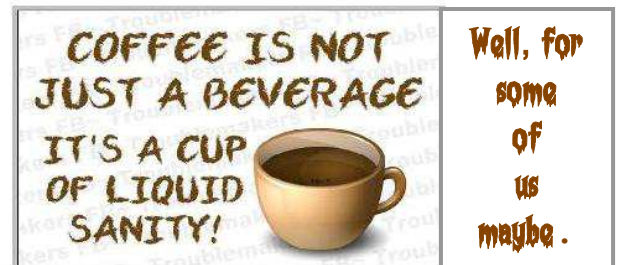
**STEP TWO FLOWCHART**



Flowchart adapted from:  
[https://www.stepbybigbook.net/files/docs/~Flow\\_Charts\\_SbBB\\_04-11.pdf](https://www.stepbybigbook.net/files/docs/~Flow_Charts_SbBB_04-11.pdf)

**SECOND STEP INVENTORY QUESTIONS ASKED IN THE BOOK ALCOHOLICS ANOYMOUS.**

- 1) “Do I now believe, or am I even willing to believe, that there is a Power greater than myself?” <sup>28</sup>
- 2) “...tell why living was so unsatisfactory.” <sup>29</sup>
- 3) “...show how the change came...” <sup>30</sup>
- 4) “Either God is everything or else He is nothing. God either is or He isn't.” What was our choice to be?” <sup>31</sup>
- 5) “For did we not believe in our own reasoning? Did we not have confidence in our ability to think? What was that but a sort of faith?” <sup>32</sup>
- 6) “Had we not variously worshipped people, sentiment, things, money, and ourselves? And then with a better motive, had we not worshipfully beheld the sunset, the sea, or a flower? Who of us has not loved something or somebody? How much did these feelings, these loves, these worships, have to do with pure reason? “Could we still say the whole thing was nothing but a mass of electrons, created out of nothing, meaning nothing, whirling on to a destiny of nothingness?” <sup>33</sup>
- 7) “Is it possible that all the religious people I have known are wrong?” <sup>34</sup>
- 8) “Who are you to say there is no God?” <sup>35</sup>
- 9) “Besides a seeming inability to accept much on faith, we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice.” <sup>36</sup>
- 10) “Seemingly he could not drink even if he would. God had restored his sanity. What is this but a miracle of healing?” <sup>37</sup>



Alcoholics Anonymous, WE AGNOSTICS, page number after footnote.

- <sup>28</sup> 47
- <sup>29</sup> 51
- <sup>30</sup> 51
- <sup>31</sup> 53
- <sup>32</sup> 54
- <sup>33</sup> 54
- <sup>34</sup> 56
- <sup>35</sup> 56
- <sup>36</sup> 47 & 48
- <sup>37</sup> 57

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## Heard it *'Round the Rooms!*



“Every time I talk about my 1<sup>st</sup> Step, I am also doing Steps 5 and 12. By talking to another human being about that character defect, sometimes several people at once, I am admitting some part of the exact nature of my wrongs. And I am carrying the message of sobriety and recovery by continuing recovery while staying sober.”

“There are two times when I go to a meeting; when I want to go to a meeting and when I don't want to go to a meeting.”

“Before A.A., I had a hole in my soul not a whole soul.”

“Drunks don't like discipline.”

“My Action Plan is a present I give myself on every Holiday.”

“I have to come out of myself - my mind can't focus on myself if I'm focusing on you.”

“I used to think my goal is to be happy. I was wrong. My goal in life is to be of service.”

“I am feuding with a lot of people who do not even know we are feuding.”

“When I change what I focus on, what I focus on changes.”

“Nothing comes to stay. Everything comes to pass”.

“I have no idea what really happened because I was there.”

“Alcoholism Is Like A Lion stalking its prey. How do I know it's still there? Because when I see someone leave half a glass of wine, I wonder what's wrong with them. It's waiting for me to slip.”

“How do I get to A.A.? – Go to Hell, then do a u-turn...”

“A trying time is no time to quit trying.”

“Spiritual Awakenings often come in Rude Awakenings, so you better pay attention!”

“Just remember to B-R-E-A-T-H-E... Breathe in God, breathe out self.”

“Expectations are resentments waiting to happen.”

“Wisdom is knowledge you learn after you know it all.”

“It all works out in the end...if it hasn't worked out yet, it's not the end.”

“In the beginning it is hard to listen to what our sponsors tell us. It's like that kid who yells out, “But mom, I don't want to go to Australia.” To which mom yells back, “Shut up, keep swimming.” But we need to get into action. Sitting there complaining is not going to get us to Australia- That's not, How It Works...”

“Don't forget that the world record is 24 hours in one day.”

“NUTS = Not Using The Steps.”

“The promises tell that I will no longer be afraid of economic insecurity not that I won't be screwed economically.”

“Isolation is the dark room I enter to develop my negatives.”

“Things aren't necessarily going wrong just because they're not going my way”

“Attitude is the difference between an ordeal and an adventure!”

# Seven Ways To Describe The Weekdays. You Might Not Fit The Suggestions.

**HOW AM I DRIVING?**  
**HOW DOES AN ENGINE EVEN WORK?**  
**HOW CAN A LOVING GOD CAUSE SUCH AGONY**

**SURREAL SUNDAY**



**JUST ANOTHER MANIC MONDAY**

**THE FACT THAT NO ONE UNDERSTANDS YOU DOESN'T MEAN YOU'RE AN ARTIST**

**TUMULTUOUS TUESDAY**



**WHILE SOME STRUGGLE, I GET CLOSER TO MY DREAMS ON WEDNESDAY.**



**GET OVER IT THURSDAYS**

**Somebody has to do something, and it's just incredibly pathetic that it has to be us.**  
— Jerry Garcia

**FREAKY FRIDAYS**

**I live 100% being  
25% funny  
and 85% bad at math.**

**FOOTBALL SATURDAYS**

# 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

*Comment: We are now given the clear-cut directions for taking the Fourth Step of Alcoholics Anonymous. As we study the directions, refer to the illustration on page 65.*

23. Do we need a pad of paper and a pencil or pen?

24. What is the first thing we list on the pad of paper?  
(Column one: *I'm resentful at:*)

25. What is the next thing we ask of ourselves?  
(Column two: *The Cause*)

26. What did we find to be true in most cases?

As the Primary Purpose Big Book Study Guide covers all the pages of the Step 4 in the Big Book, there are twelve pages dedicated to the Fourth Step inventory and many questions posed out of the Big Book.

On the right is the illustration in the Big Book on page 65, the beginning of an Inventory for a searching and fearless moral inventory.

To have a complete understanding of the directions given, what to look for, and how to be ready to discuss these inventoried items, it would be best to read the Big Book pages 64 (2<sup>nd</sup> paragraph) to page 71.

Illustration reprinted with A.A.W.S. permission.

We were usually as definite as this example:

| <i>I'm resentful at:</i> | <i>The Cause</i>  | <i>Affects my:</i>  |
|--------------------------|---|---|
| Mr. Brown                | His attention to my wife.<br>Told my wife of my mistress.<br>Brown may get my job at the office.          | Sex relations.<br>Self-esteem (fear)<br>Sex relations.<br>Self-esteem (fear)<br>Security.<br>Self-esteem (fear) |
| Mrs. Jones               | She's a nut—she snubbed me. She committed her husband for drinking.<br>He's my friend.<br>She's a gossip. | Personal relationship. Self-esteem (fear)   |
| My employer              | Unreasonable—Unjust — Overbearing — Threatens to fire me for drinking and padding my expense account.     | Self-esteem (fear)<br>Security.   |
| My wife                  | Misunderstands and nags. Likes Brown. Wants house put in her name.  | Pride—Personal sex relations—<br>Security (fear)  |



## **What Is Mental Exhaustion?**

It's kind of like physical tiredness, except it's your mind instead of your muscles. Here's some symptoms.

### **You're Angry or Impatient**

Mental fatigue can put you in a bad mood. You may be short-tempered or irritated, snapping at people more often. It's harder to control your emotions when you're mentally tapped out.

### **You Can't Get Work Done**

Everyone's productivity goes up and down - mental exhaustion can make it really hard to concentrate and saps your motivation. Do you get distracted easily or start to miss deadlines - small tasks may seem overwhelming?

### **You Zone Out**

This can look like mind wandering or drowsiness. It makes it hard to pay close attention to what you're doing, and you may not react to things very fast. Mental fatigue is linked to car wrecks.

### **You Don't Sleep Well**

Do you think it's easier to snooze when your brain is tired? That's not always the case. Research shows people who have jobs with a high "cognitive workload" report more symptoms of insomnia than those who don't have mentally exhausting work.

### **You Do Unhealthy Things**

You may start to drink or use drugs more than normal. Experts think that's because fatigue changes parts of the brain that help you manage stress and control impulsive behavior.

### **You're Depressed**

You may not have any energy or feel like you're moving in slow motion - some say they feel numb. That can make it hard to finish things at work or do daily activities. That can be a sign your depression is more serious.

### **You Worry a Lot**

Mental fatigue triggers the sympathetic nervous system - the "fight or flight" mode. Anxiety is an alarm that tells you something is wrong. If you're mentally exhausted, you can feel panicked or worried all the time.

### **Exercise Feels Harder**

Experts aren't sure why mental fatigue affects physical activity. Some think your tolerance for exercise might go down. So it may seem like you're putting in more effort than you really are.

### **Your Eating Habits Change**

Mental fatigue can affect your appetite in different ways - you snack more than normal or not pay attention to what you eat. Stress can also make you crave sugary, salty, or fatty foods. Or you may not be hungry at all.

### **You Make More Mistakes**

It's impossible for your work to be perfect all the time. But mental fatigue lessens your ability to catch and fix your mistakes quickly or at all.

### **You Feel More Pain**

Everyone is different, which makes it hard to say how mental fatigue will affect your body. But you might get headaches, sore muscles, back pain, or stomach problems.

## **FIX YOURSELF WITH THESE FEW SUGGESTIONS**

### **Take Breaks**

You might feel less drained if you take short breaks during stretches of mental work. No exact amount of rest time that works best for everyone. But you may want to recharge for a few minutes every 1-2 hours.

Some people like to use something called the Pomodoro Technique. Here's how it works:

- 1) Set a timer for 25 minutes.
- 2) Focus on one task the whole time.
- 3) Take a 5-minute break when the timer goes off.
- 4) After the fourth 25-minute block, take a break for 15-30 minutes.

Repeat until your task is done (or your workday is over).

### **Get Active**

There's evidence that you may feel even more energized if you exercise, walk or stretch during your breaks.

### **Find Ways to Relax**

You can try meditating, yoga, or something as simple as watching a funny movie.

---

Adapted from: [https://www.webmd.com/mental-health/ss/slideshow-signs-youre-mentally-exhausted?ecd=wnl\\_spr\\_031122\\_remail&ctr=wnl-spr-031122-remail\\_lead\\_cta&mb=E7ok4Fw9bwSde8Yny0IF1%2FGtS%40XMMc3mhd1CaQ1ZK%40Y%3D](https://www.webmd.com/mental-health/ss/slideshow-signs-youre-mentally-exhausted?ecd=wnl_spr_031122_remail&ctr=wnl-spr-031122-remail_lead_cta&mb=E7ok4Fw9bwSde8Yny0IF1%2FGtS%40XMMc3mhd1CaQ1ZK%40Y%3D)

## A FRIENDS ADVISABLE SUGGESTION

So here is an interesting thing that oh so kindly applies to me.

Here is his message that started this ball rolling, "I see you put a lot of effort into this. It would probably take a lot of ink to print. Also, the flat tire would be a "defect of Character: driving on it seems more like a shortcoming to me.

"Thanks for putting this together."

(That was in reference to the March Newsletter where I related a short personal story of self guided misfortune many years ago).

My reply was,

"That is hilarious. Yep that defect of character in use landed me where I should not have been."

Now this is where it got really interesting for me, and mind expanding in a meditative way to me; his response was,

"Let me think about it, re p 86... lol"

Reflection, meditation, self examining, all of which are referred to in Step 10 as a personal inventory where we continue to take and admit our wrongs promptly. Step 11 on page 86 gives real and timely directions on how and when this can be done as far as the personal inventory goes. The timing comes out twofold on this page: "When we retire at night", and "On awakening". Further on, on the bottom of page 87 it is suggested, "As we go through the day we pause..."<sup>38</sup>

What are we pausing, praying, and/or meditating about? Not others, ourself. Here are the questions suggested we look at to determine our usefulness to those about us upon retiring.

Obviously we are not going to get out of bed and start righting any wrongs we discover.

- 1) Were we resentful, selfish, dishonest or afraid?
- 2) Do we owe an apology?
- 3) Have we kept something to ourselves which should be discussed with another person at once?
- 4) Were we kind and loving toward all?
- 5) What could we have done better?
- 6) Were we thinking of ourselves most of the time?

So what we do is sleep with a clear mind that we've done our best to determine what the next day's actions may be.

What does all that have to do with an incident from many years ago you might ask? Hasn't that already been dealt with? Refer to the Step 9 Promise that says, "We do not regret the past, nor wish to shut the door on it." As we admitted very early on, we "are willing to go to any length..."<sup>39</sup> Changing habits takes time; so am I near to being what I was then, should I consider where I still need changes? And of course the answer is maybe, and yes.

## ALCOHOLICS ANONYMOUS – Page 86

"than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.

"When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

"In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while."<sup>40</sup>

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

<sup>38</sup> INTO ACTION, page 87.

<sup>39</sup> HOW IT WORKS, page 58

<sup>40</sup> INTO ACTION, page 86.

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# 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 IV: From the pamphlet "P-8 Twelve Concepts for World Service illustrated", CONCEPT IV is on pages 8 & 9. Illustrations on Page 9 shown here. Reprinted with A.A.W.S. permission.

## Concept IV

*Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.*

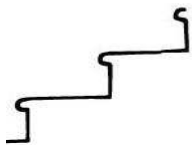


Participation." Thus, the trustees and directors "are put into direct communication with these workers, who . . . feel wanted and needed. Although they do not vote, these workers may freely participate."

Bill warns against the possibility of new delegates or trustees trying to "weaken, modify or toss out" the "Right of Participation." He cites arguments by delegates to take away the trustees', directors' and staff members' vote at the Conference. "Certainly," he says, "our trustees and service workers are not less conscientious, experienced and wise than the delegates."

"It is vital," he continues, "to preserve the traditional 'Right of Participation,' in the face of every tendency to whittle it down."

Finally, there is a spiritual reason for the "Right of Participation." All of us desire to belong. In A.A., no members are "second class." The "Right of Participation" therefore reinforces Tradition Two, that no member is placed in "ultimate authority" over another. We perform our service tasks better "when we are sure we belong — when our 'participation' assures us we are truly the 'trusted servants' described in Tradition Two."

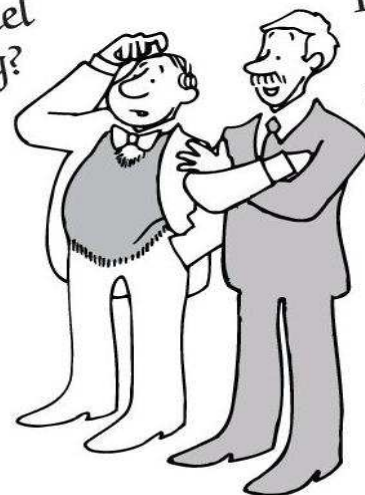


The principle of "Right of Participation" is built into the General Service Conference through the Conference Charter. Voting members include not only delegates, but also the trustees, and the directors and staff members of A.A. World Services (i.e., G.S.O.) and the AA Grapevine.

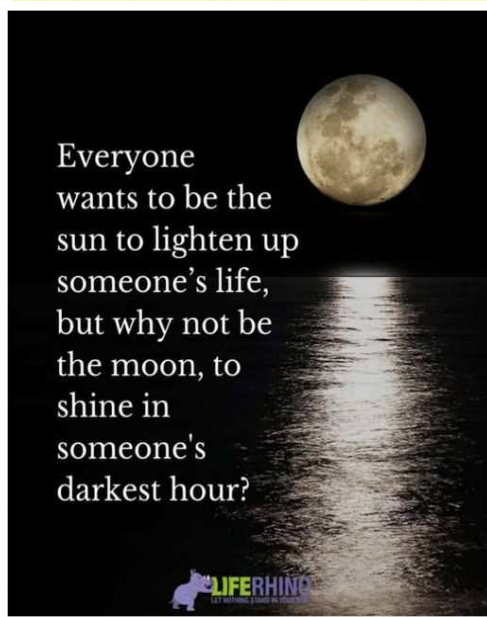
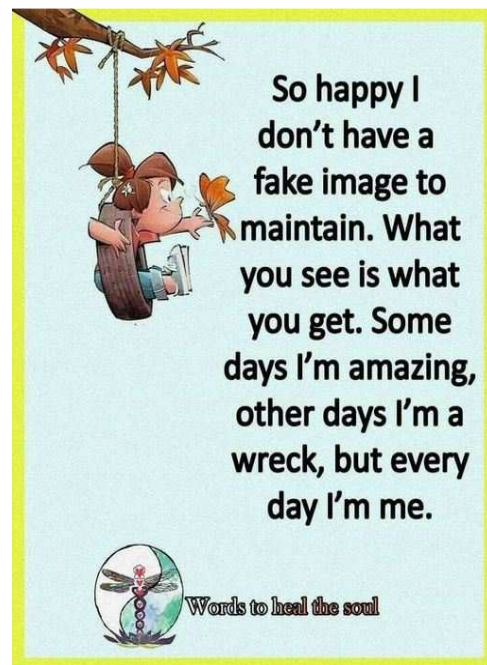
In the same way, the boards of these two operating entities include as voting members not only trustees, but also nontrustee directors and paid administrators and staff members.

The chairperson of the General Service Board appoints nontrustee members to the standing committees in order to have the advantage of their expertise, and staff members serve as committee secretaries. "There are no 'superiors,' no 'inferiors,' and no 'advisers.'" New trustees on the General Service Board and new directors of the A.A.W.S. and Grapevine boards are sometimes surprised to see paid executives, staff members and outside accountants attending the board meetings. They are invited because of A.A.'s "Right of

Office  
personnel  
voting?



In A.A.  
we're  
all equal.



**By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have left in your life.**



*"There is no decision that we can make that doesn't come with some sort of balance or sacrifice."* — Simon Oliver Sinek (born October 9, 1973) is a British-American author and inspirational speaker.

The Torrey Road business meeting and revitalization project convenes every 2<sup>nd</sup> Wednesday. This is an opportunity to be a part of a 50 yr old+ meeting. Also, an opportunity to create the meeting you wish to see. Fellowshiping, service work, recovery workshops. Bring your experience, strength, and hope. Join us!

Wednesday, March 16.

Arid Club 715 East St

Flint, MI 48503



Arid Club – Torrey Road Group – Big Book Study  
Wednesday 6:00 PM

Arid Club – Torrey Road Group / OPEN TALK  
Sunday 6:00 pm Flint

Keep your sobriety on the Road!

# G.S.R. Work Shop

GENERAL SERVICE REPRESENTATIVE  
GROUP SERVICE REPRESENTATIVE ?

Sponsored by  
**F.A.U.C.**

flint area unity council

Presentation given by Area 32 Alt Delegate **MARK M.**

*Followed by*

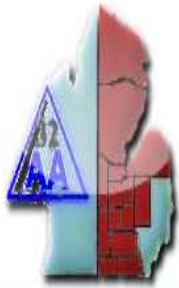
# THE TRADITIONS SKIT



**April 16, 2022 from 2:30 till 4:30ish**

Thetford - at the Senior Center off M57  
G-11495 N. Center rd. Clio, 48420

*Dinner to Follow*



ALCOHOLICS ANONYMOUS

CMIA32

CENTRAL MICHIGAN INTRA-AREA 32



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## Midland Area 32 Meeting Location

**Host committee: District 20**

April 3, 2022

Bullock Creek High School

1420 S Badour Rd, Midland, MI 48640

### Agenda

Morning Session

9:00 - 9:30 Coffee and Donuts

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

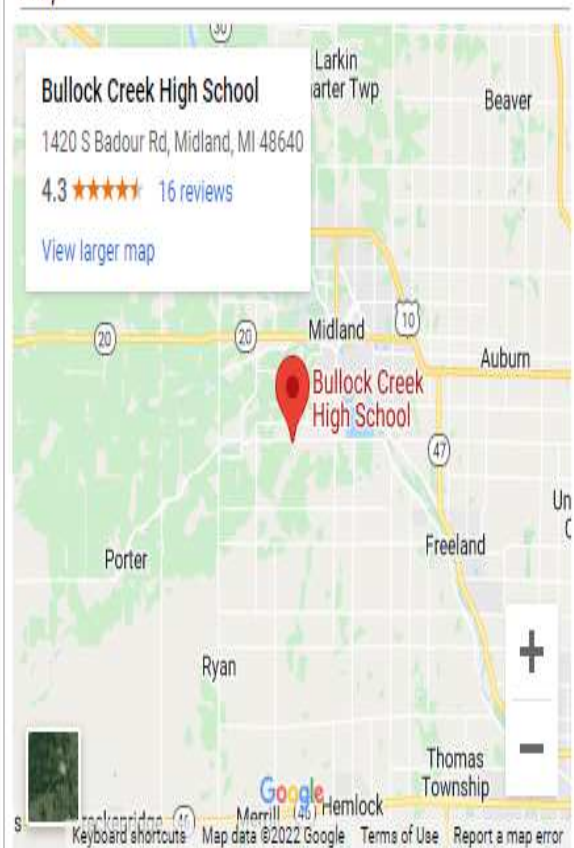
1:00 - 2:30 General Assembly Session

Open Meeting. All are welcome to attend

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

[Download the April Assembly Flyer](#) 

### Map



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

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