



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

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



STEP 5 – “Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.”¹

TRADITION 5 – “Each group has but one primary purpose...to carry its message to the alcoholic who still suffers.”²

CONCEPT 5 – “Throughout our structure, a traditional ‘Right of Appeal’ ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.”³

WARRANTY 5 - “That no Conference action shall ever be personally punitive or an incitement to public controversy.”⁴

“...it becomes evident that in the event of a really extensive split we would not have to waste time persuading the dissenters to stay with us... In good confidence and cheer, we would actually invite them to secede and we would wish them well if they did so.”⁵

¹ Alcoholics Anonymous, HOW IT WORKS, page 59.

² Alcoholics Anonymous, APPENDICES I, page 562. THE A.A. SERVICE MANUAL combined with TWELVE CONCEPTS FOR WORLD SERVICE, 2021-2023 Edition,

³ page C16.

⁴ page C54.

⁵ page C57.

THE POWER OF FIVE

“Five (5) occupies the center point of a life, entity, structure or spectrum. Five (5) is the centrifugal force. It is a spreading effect in which an energy that is moving around a central point appears to be moved away from the center by some force.”⁶

“If you consider the shape of the written character of the 5, the curve at its base suggests constant movement. Yet the sharper angles that make up the number’s top half give it direction and strength... In Numerology, it’s recognized that the number 5 - more than any other number - pertains to change and adaptation... But this number also embodies surrender. Because the number five vibrates so strongly to the frequency of change, those who live through it must have an innate trust in the power and intelligence of the Universe. Mistakes do not happen and risks aren’t really risks to the 5. These Spirit-driven folk are simply being carried along in the arms on the divine.”⁷

4	9	2
3	5	7
8	1	6

⁶ ibid



⁷ ibid

⁶ From: <https://mastersoon.com/the-power-of-number-5/>

⁷ From: <https://numerologist.com/numerology/meaning-mystery-and-magic-of-the-number-5/>

CONCEPT 5 – “Throughout our structure, a traditional ‘Right of Appeal’ ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.”

“...we recognize that minorities frequently can be right; that even when they are partly or wholly in error they still provide a valuable service when, by asserting their ‘Right of Appeal’ they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.”³ *ibid*

WARRANTY 5 - “That no Conference action shall ever be personally punitive or an incitement to public controversy.”

“Practically all other societies and governments find it necessary to inflict punishments upon individual members for violations of their beliefs, principles or laws. Because of its special situation Alcoholics Anonymous finds this practice unnecessary.”⁴ *ibid*

“Because our General Service Conference represents us all, this body is charged with the duty of setting the highest possible standard with respect to those attitudes of no punishments and no public controversy. The Conference will have to do more than just represent these principles; it will frequently have to apply them to specific situations. And, at times, the Conference will need to take certain protective actions, especially in the area of Traditions violations... Privately, however, we can inform Tradition-violators that they are out of order. When they persist, we can follow up by using such other resources of persuasion as we may have, and these are often considerable. Manifested in this fashion, a persistent firmness will often bring the desired result.”⁷

⁷ THE A.A. SERVICE MANUAL combined with TWELVE CONCEPTS FOR WORLD SERVICE, 2021-2023 Edition, page C55.

FREEDOM OF CHOICE FROM THE BEGINNING

We have all seen both Concept 5 and Warranty 5 in action in our group, district and area meetings. Yes, it is true; sometimes the discussions are very animated, and even Bill W. in his writing of Concept V notes there may be an “angry majority”.³ *ibid*

But the discussion continued through the melee and when the final vote had been tallied, it had changed! That is the whole philosophy of the democracy of A.A. as a whole. From the Steps, Traditions, Concepts, and Warranties, the individual is always at a place to listen to others and make one’s own mind up upon hearing all that is offered. Don’t think so? What do you think the question “Why don’t you choose your own conception of God?”⁸ is all about?

It is about freedom of choice, freedom to use what works for us (might not for others), and freedom to disagree with others. All that from “Why don’t you choose...?”⁸ *ibid*

Step 3 makes that clear with “...God as we understood Him.”⁹

Alcoholics Anonymous, 4th Edition;

⁸ BILL’S STORY, page.12.

⁹ HOW IT WORKS, page 59.

"WHY DON'T YOU CHOOSE YOUR OWN CONCEPTION OF GOD?"⁸ *ibid*



William Griffith Wilson (November 26, 1895 – January 24, 1971), also known as Bill Wilson or Bill W.) and Edwin Throckmorton Thacher (29 April 1896 – 21 March 1966) (commonly known as Ebby Thacher or Ebby T.). Ebby became Bill’s sponsor.

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.

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.



Step Five and Tradition Five have more in common than what we see at first, which is nothing.

Howsoever; by admitting to another human being the exact nature of our wrongs in Step Five, it leads to carrying the message of honesty to another alcoholic who still suffers in Tradition Five. It is understood of course that not every one uses another A.A.'er to be this confidant. There are exceptions to every "rule" or "suggestion". So this may not apply to every person taking Step Five.

We have to ask then, if this confidant is an alcoholic, do they still suffer? There is the crutch of the matter of alcoholism. No self avowed alcoholic ever truly escapes the suffering of alcoholism. Yes, it is true we "have recovered from a seemingly hopeless state of mind and body."⁸ And yet, "Proved beyond doubt by an immense experience, this is one of the facts of A.A. life."⁹ This is a reference to Step One where we admitted we were powerless over alcohol.

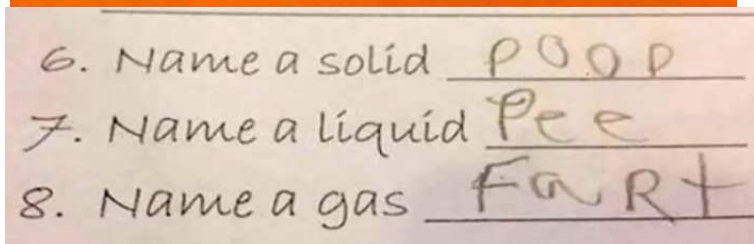
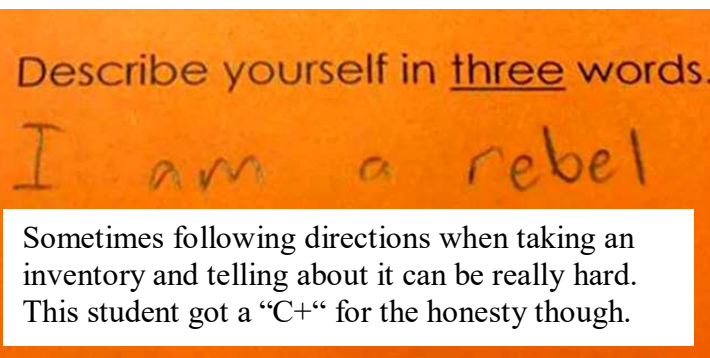
"Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy."¹⁰

"But it is from our twisted relations with family, friends, and society at large that many of us have suffered the most."¹¹ These things take time to repair; some are never able to fully accomplish permanent repair and harmony. It is not the fault of the still suffering alcoholic, who has tried to make amends, has lived a sober lifestyle, has gained a useful life. As the Serenity Prayer tells us, "...to accept the things I cannot change..." So we are able to commit, get and live a lifestyle of honesty that is lasting, even with detractors in a presence of lifelong suffering and denial of our changes. So we refer to "When a person offended we said to ourselves, 'This is a sick man. How can I be helpful to them? God save me from being angry. Thy will be done.' We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance to be helpful."¹²

⁸ Alcoholics Anonymous, FOREWORD to FIRST EDITION, page.xiii.
⁹ Twelve Steps and Twelve Traditions, STEP ONE, page.21.
¹⁰ Alcoholics Anonymous, ACCEPTANCE, page 417.
¹¹ Twelve Steps and Twelve Traditions, STEP FOUR, page.53.
¹² Alcoholics Anonymous, HOW IT WORKS, page 67.

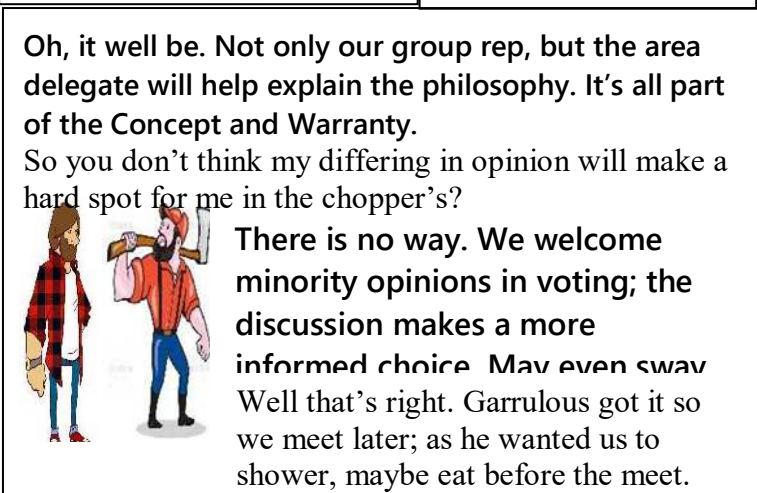
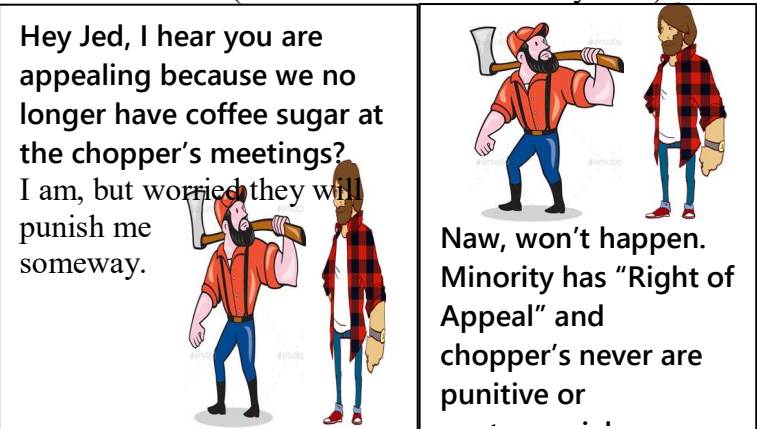
The death of black coffee : Here are the details Please read

Now that email sure got my attention! Should have known; just an advertisement for a supplement. Whew...



Literally correct answers; just not what the Chemistry Teacher was looking for.

Ned & Jed (on CONCEPT & Warranty Five)



ANNOUNCEMENTS

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: OPEN **Corrections:** Randle R.

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 April 2022 Newsletter went to 192 emails. If you would like a Newsletter via email, send Editor a request to farfromittoday@aol.com.

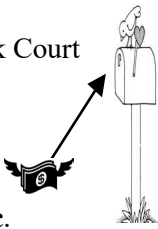
2022 F.A.U.C. Meetings; Date: Place: Host Group.

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,; 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 22: 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 May 21 at 11:30 AM for Committee Meetings, 12:30 PM for General Assembly. Hosted by the Grand Blanc Grapevine at Faith Lutheran Church, 12534 Holly Rd., Grand Blanc.

Alano Club August 5, golf outing at Kearsley Lake G.C.
 Arid Club August 20, Picnic after 12 (noon) Meeting at 1 PM. See Flyer at end of Newsletter.

St Jude's Meetings are now held at the Fenton Alano Club. The Fenton Saturday Night at 8PM has an Open Speaker. Recovering Manias Canoe Trip Flyer May 6-8.

Thanks to Nick E. for the next 3 announcements.



A ***BIG THANKS*** to the folks who stepped in to fill the open committee chairs at the F.A.U.C. meeting.

The website page for 'meetings currently open for attendance' has been removed from the website. All meetings open are under the meetings schedule, we will update the master list as meetings open up again.

Swartz Creek Women's Meeting 6:30pm St Bartholomew.

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

May 2022 Flint Area Open Speaker Meetings *

* = Addresses of Locations can be found in the 2021 Flint Area Meeting Book or on at www.geneseecountyaa.org.

- Sun 1 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Thu 5 7:00 pm, Van Slyke (17).
- Fri 6 12 noon, Eye Opener, Arid Club (8).
- Sat 7 7:30 pm, East Side St. Mary's (6)
- Sat 7 7:30 pm, Owosso A.A. Christ Epis. Ch (25)
- Sat 7 8:00 pm. Fenton Saturday Night at FAC
- Sun 8 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 14 7:30 pm, East Side St. Mary's (6)
- Sat 14 7:30 pm, Owosso A.A. Christ Epis. Ch (25)
- Sat 14 8:00 pm. Fenton Saturday Night at FAC
- Sun 15 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 21 7:30 pm, East Side St. Mary's (6)
- Sat 21 7:30 pm, Owosso A.A. Christ Epis. Ch (25)
- Sat 21 8:00 pm. Fenton Saturday Night at FAC
- Sun 22 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Sat 28 7:30 pm, East Side St. Mary's (6)
- Sat 28 7:30 pm, Owosso A.A. Christ Epis. Ch (25)
- Sat 28 8:00 pm. Fenton Saturday Night at FAC
- Sun 29 6:00 pm, Torrey Rd. Group, Arid Club (8).
- Mon 30 7:00 pm, Montrose HOPE (10).

No water there, that one's old school and still brings coffee. Bleh!



Watered Down A.A. Meeting. Big Book Study. B.Y.O.C.

STEPS FOUR & FIVE PARTS IN SONGS

“When the truth is found to be lies
And all the joy within you dies,
Don’t you want somebody to love?”¹³
“So close, no matter how far
Couldn’t be much more from the heart
Forever trusting who we are
And nothing else matters.
“Never opened myself this way,
Life is ours, we live it our way.
All these words, I don’t just say,
And nothing else matters.
“Trust I seek and I find in you.
Every day for us something new,
Open mind for a different view.
And nothing else matters.
“Never cared for what they do,
Never cared for what they know,
But I know.”¹⁴

The honest appraisal in our inventory is done; first comes admitting to God that we now know who and what we are, or at least at what we had become. Then telling that to ourself; to ourself in *acceptance*. Now we can admit our inventory to another human being.

“Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes.”¹⁵ That lead us right into “Never cared for what they do, Never cared for what they know, But I know.”¹⁴ *ibid*.

“Never opened myself this way.”¹⁴ *ibid* “Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation.”¹⁶ “Trust I seek and I find in you...”¹⁴ *ibid* “...we are very anxious to talk to the right person. It is important that he be able to keep a confidence...”¹⁷

“Open mind for a different view...”¹⁴ *ibid*
“First, Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions. Second, to get sober and stay sober, you don’t have to swallow all of Step Two right now... Third, all you really need is a truly open mind.”¹⁸

¹³ SOMEBODY TO LOVE, Jefferson Airplane, 12/4/1965.

¹⁴ NOTHING ELSE MATTERS, Metallica, (My favorite version on S&M album with the San Francisco Symphony Orchestra) 11/23/1999.

¹⁵ Alcoholics Anonymous, HOW IT WORKS, page 67.

¹⁶ Alcoholics Anonymous, THERE IS A SOLUTION, page 25.

¹⁷ Alcoholics Anonymous, INTO ACTION, page 74.

¹⁸ Twelve Steps and Twelve Traditions, STEP TWO, page.26.

Okay, that last quote about the Second Step brings another thread to follow in understanding our self and a higher Power.

STEP TWO

“Came to believe that a Power greater than ourselves could restore us to sanity.”¹⁹

“By staying open-minded and seeking your own belief in something greater than yourself, you’ll lay the foundation that can lead you toward recovery as you prepare for the next step.”²⁰

Here’s the first part; giving credit to the potential that we are not the end all to be all. “Came to believe that a Power greater than ourselves...”¹⁹ *ibid*.

The second part; “...could restore us...”¹⁹ *ibid*. All that means is we re-establish, repair, renovate, reimpose, reinstall, or rehabilitate that which was.

Thirdly; “...to sanity.” We move into balance, lucidity, stability, rationality and soundness of mind.

STEPS FOUR & FIVE



Jefferson Airplane
~ 1965 ~

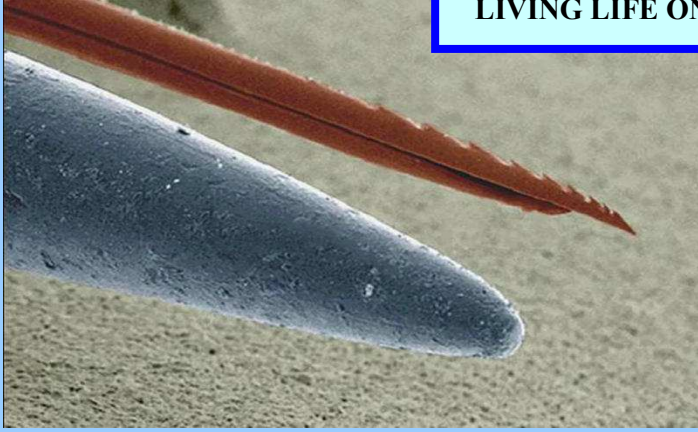


Metallica & San Francisco Symphony Orchestra - S&M2 ~ 2019 ~

¹⁹ Alcoholics Anonymous, HOW IT WORKS, page 59. (~ 1939 ~).

²⁰ <https://www.verywellmind.com/a-study-of-step-69413>

LIVING LIFE ON LIFE'S TERMS



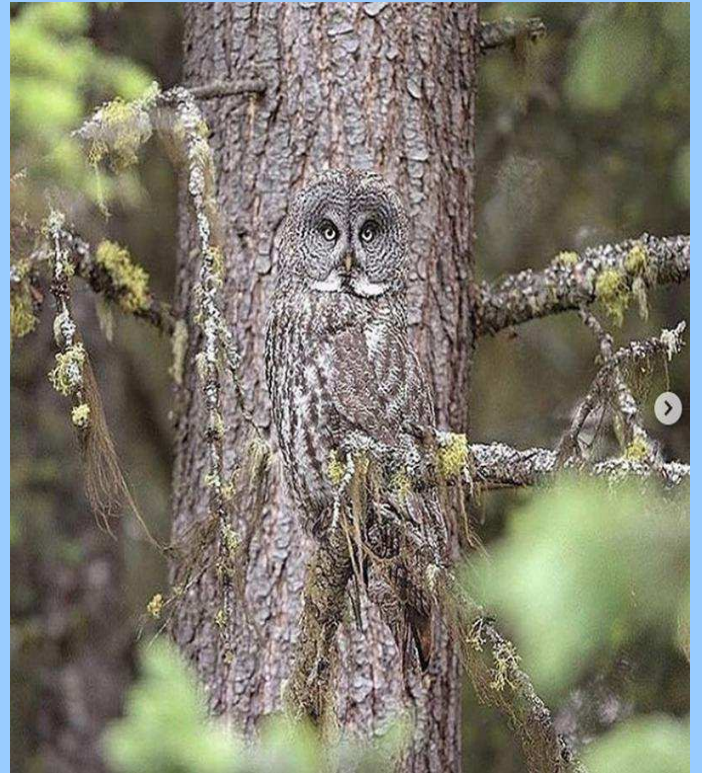
Microscopic view of Bee Stinger and Sewing Needle.



BUT I WAS JUST MINDING MY OWN BUSINESS !



THAT'S RIGHT; *LET GO AND LET GOD!*



MASTER OF DISGUISE.



SO THAT'S WHY A GOOSE BITE HURTS SO MUCH.



IT CAN BE BETTER TO JUST WAIT YOUR TURN.



NEUROPATHIC TREE PAIN.

How does a tree say ouch?

STEP 5: “Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.” ^{libid} And SUGGESTIONS to find a receiver; known in A.A. as a Sponsor.

Principle	Theme	Action	Defect	Result
Integrity Truth	Own our defects	Confession	Fear and isolation	Relief; Humility; Nearness of HP

Purpose	Process	Experience	Result	Promise
Confess to another person the obstacles to our desired relationship with God.	Read step four inventory to someone, thoroughly revealing our shady behavior, our selfish motives and our darkest secrets.	Relief	Feel hope based on complete self-revelation- an ability to look God in the face and accept compassion and forgiveness.	Beginning to have a spiritual experience to know God better.

“SUMMARY”

“The exact nature of our wrongs, when we have fearlessly exposed them, must then be expressed to God, ourselves and another person. Although we have admitted the exact nature of our wrongs to ourselves and God, the process of clearing away the wreckage of the past is not complete until we have shared these wrongs with another human being. It is only when we include another person in this healing process that we are able to become aware of our own self-delusion. The other person, if carefully chosen, will show us where we have not been totally honest in the digging out of our wrongs. We must be candid, to the best of our ability, with this person and lay out all our wrongs that we are aware of. After completing Step Five, many benefits will be ready for us if we have done a thorough and honest job. Our ability to remain sober/clean will be increased. Step Five is part of the footwork that allows the grace of God to enter us and expel the acquired destructive obsessions. No longer will we feel that terrible sense of isolation. The willingness to forgive, not ourselves but also other people, will be enhanced. This healing tranquility will be a greater awareness of the presence of God within our lives.”

“Step 5 Written Inventory”

“An optional Step 5 Written Inventory is included with this worksheet. Remarkably, the written step 5 inventory is very similar to the assets and liabilities step 4 inventory of the B2B!” (Back to Basics).

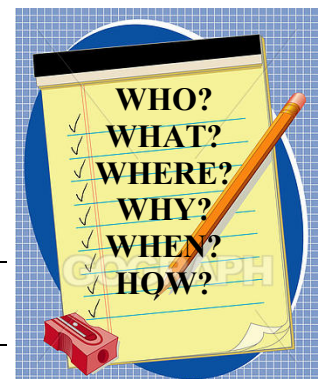
“The following questions are suggestions to assist in choosing your Step 5 receiver: What are the necessary qualities of someone who will hear my 5th step? Does this person have experience in 12 step or keeping confidences? Can I trust this person? How can my higher power help me to trust them? Can you be totally honest with yourself, your Higher Power and this person of the exact nature of your wrongs? What do I expect from that person?”

- WHO?**
- WHAT?**
- WHERE?**
- WHY?**
- WHEN?**
- and**
- HOW?**

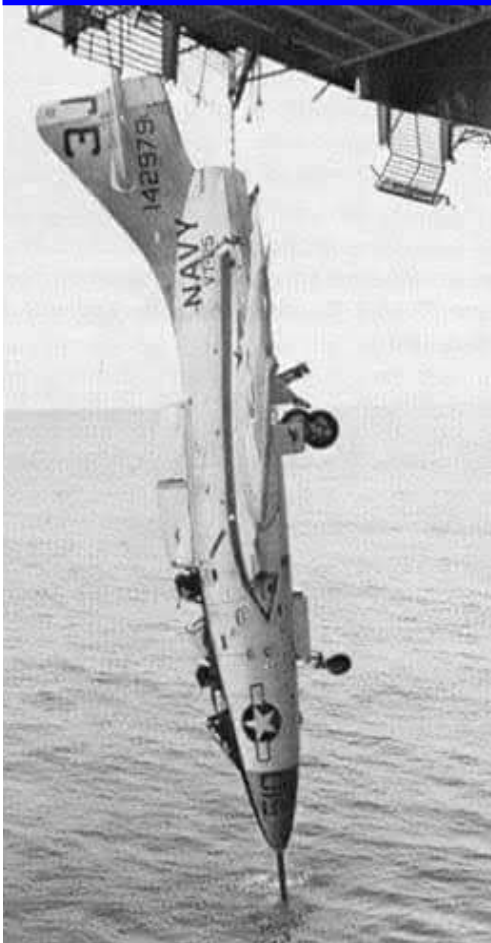
TRUST

Totally Relying Upon Spiritual Truth

FROM:
<https://emotionalsobrietyandfood.files.wordpress.com/2013/11/fifth-step-guide-6-15-14withreferences.pdf?msclkid=939e8ab0b1fb11ec8ef58bb064739541>



JUST PLANE FUN



Air Force pilots have always wondered why Navy planes need tail hooks. Well, here's the answer. After a tough day of flying on an aircraft carrier, the planes are always washed, and they use the hooks to hang the planes over the side to dry.

Now you know...

Submitted by Gary JDG.

Or,

“Maybe I should take out some insurance against a slip.”

12 Steps and 12 Traditions, TRADITION FIVE, page 151.

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I HATE IT WHEN THEY PUT US BACK IN BASIC.



“... basic, flaws which sometimes were responsible ...”
12 Steps and 12 Traditions, STEP EIGHT, page 80.
Reprinted with A.A.W.S. permission.



“They said firmly, ‘You can't talk like this around here. You'll have to quit it or get out.’”
12 Steps and 12 Traditions, TRADITION THREE, page 143.
Reprinted with A.A.W.S. permission.



“This improved perception of humility starts another revolutionary change in our outlook.”
12 Steps and 12 Traditions, STEP SEVEN, page 74. Reprinted with A.A.W.S. permission.

DAILY REFLECTION

MAY 1

HEALING HEART AND MIND

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TWELVE STEPS AND TWELVE TRADITIONS, p. 55

Since it is true that God comes to me through people, I can see that by keeping people at a distance I also keep God at a distance. God is nearer to me than I think and I can experience Him by loving people and allowing people to love me. But I can neither love nor be loved if I allow my secrets to get in the way.

It's the side of myself that I refuse to look at that rules me. I must be willing to look at the dark side in order to heal my mind and heart because that is the road to freedom. I must walk into darkness to find the light and walk into fear to find peace.

By revealing my secrets—and thereby ridding myself of guilt—I can actually change my thinking; by altering my thinking, I can change myself. My thoughts create my future. What I will be tomorrow is determined by what I think today. |

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NEARER MY GOD TO THEE

Nearer, my God, to Thee, nearer to Thee!
E'en though it be a cross that raiseth me,
Still all my song shall be, nearer, my God, to Thee.

Refrain:

Nearer, my God, to Thee, nearer to Thee!

Though like the wanderer, the sun gone down,
Darkness be over me, my rest a stone;
Yet in my dreams I'd be nearer, my God, to Thee.

There let the way appear, steps unto Heav'n;
All that Thou sendest me, in mercy giv'n;
Angels to beckon me nearer, my God, to Thee.

Then, with my waking thoughts bright with Thy
praise,
Out of my stony griefs Bethel I'll raise;
So by my woes to be nearer, my God, to Thee.

Or, if on joyful wing cleaving the sky,
Sun, moon, and stars forgot, upward I'll fly,
Still all my song shall be, nearer, my God, to Thee.

There in my Father's home, safe and at rest,
There in my Savior's love, perfectly blest;
Age after age to be nearer, my God, to Thee.

The Story Behind NEARER MY GOD TO THEE

Sarah Flower was born February 22, 1805 in Essex, England, the second daughter of Benjamin and Eliza Flowers. Sarah grew up in a home surrounded by poetry and song writing. Sarah married William Bridges Adams and moved to London where she attended the independent church of William Johnson Fox. She contributed thirteen hymns to his Hymns and Anthems, one of them being "Nearer, My God to Thee". This hymn was written to follow the pastor's sermon on Genesis 28:11-19, known as the story of Jacob's ladder, or Jacob's dream. Sarah wrote the hymn in a week and her sister Eliza composed the tune.

Today, the hymn is usually song to the tune "Bethany" by Lowell Mason.

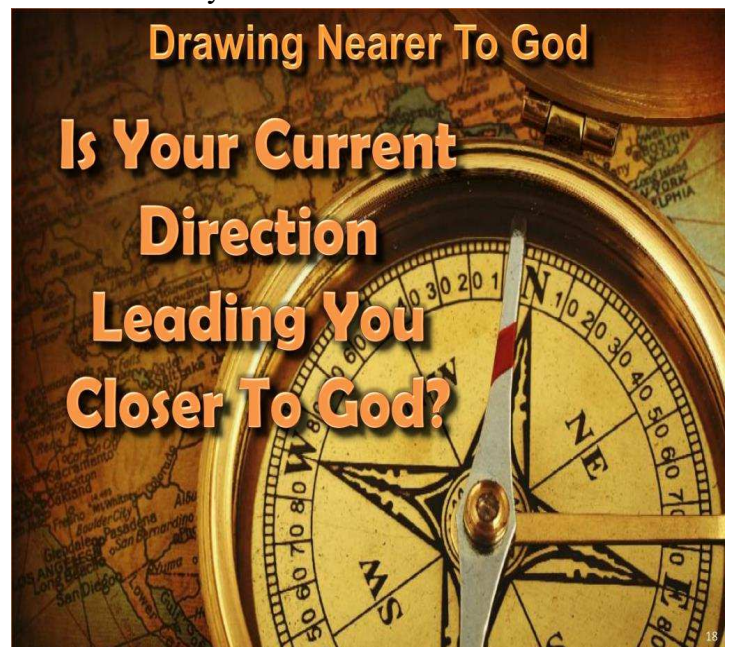
For any, and all of us, remember what Bill W. had to say in this regard;

"It began to look as though religious people were right after all. "²¹

And, "If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing."²²

And then, "Be quick to see where religious people are right."²² ^{ibid}

And then more, "Finally, he saw that I wasn't attempting to change his religious views, that I wanted him to find the grace in his own religion that would aid his recovery."²³



²¹ Alcoholics Anonymous, BILL' STORY, page 11.

²² Alcoholics Anonymous, INTO ACTION, page 87.

²³ Twelve Steps and Twelve Traditions, TRADITON FIVE, page 153. Reprinted with A.A.W.S. permission.

REKINDLING AN OLD FLAME

"He stood in the Presence of Infinite Power and Love."²⁴

"So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love."²⁵

"Love and tolerance of others is our code."²⁶

"Patience, tolerance, understanding and love are the watchwords."²⁷

"...the common ground of tolerance, understanding and love."²⁸

"...talk by a spirit of love and tolerance."²⁹

"...periods of crankiness, depression, or apathy, which will disappear when there is tolerance, love, and spiritual understanding."³⁰

"Love that has no price tag."³¹

"Suffering and love are A.A.'s disciplinarians."³²

"Then he asked for the grace to bring love, forgiveness, harmony, truth, faith, hope, light, and joy to every human being he could."³³

"It became a means of exchanging love and service with those about us."³⁴

"Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God's sight all human beings are important, the proof that love freely given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and belong in God's scheme of things -- these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material possessions, could possibly be substitutes."³⁵

Alcoholics Anonymous

²⁴ WE AGNOSTICS, page 56.

²⁵ INTO ACTION, page 83.

²⁶ INTO ACTION, page 84.

²⁷ TO WIVES, page 118.

²⁸ THE FAMILY AFTERWARD, page 122.

²⁹ THE FAMILY AFTERWARD, page 125.

³⁰ THE FAMILY AFTERWARD, page 127.

Twelve Steps and Twelve Traditions

³¹ CONTENTS (STEP TWELVE), Page 9.

³² CONTENTS, (TRADITION NINE), page 12.

³³ STEP ELEVEN, page 101.

³⁴ STEP TWELVE, page 122.

³⁵ STEP TWELVE, page 124.

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A FULL AND THANKFUL HEART

"I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know."³⁶

THE POWER OF LOVE

The power of love is a curious thing,
Make a one man weep, make another man sing.
Change a hawk to a little white dove,
More than a feeling, that's the power of love.

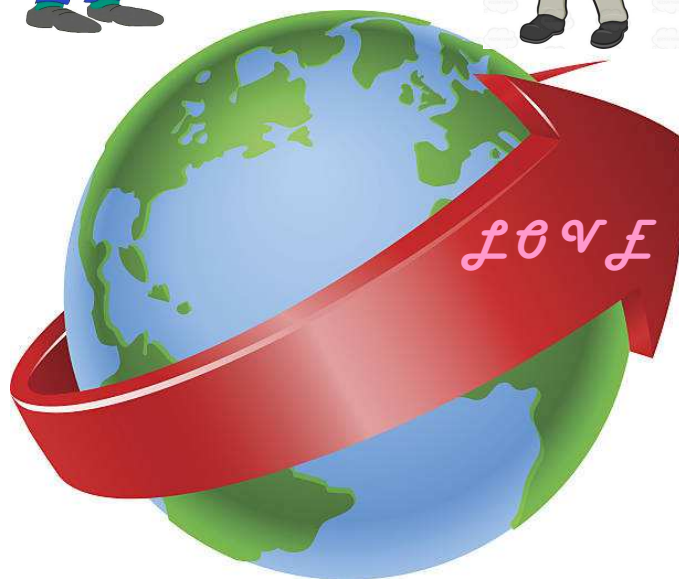
First time you feel it, it might make you sad.
Next time you feel it, it might make you mad.
But you'll be glad baby when you've found
That's the power makes the world go 'round.

And it don't take money, don't take fame,
Don't need no credit card to ride this train.
It's strong and it's sudden it can be cruel sometimes,
But it just might save your life.
That's the power of love.

HUEY LEWIS and the NEWS, 1985.
(For the movie sound track in Back to the Future).



OR



³⁶ AS BILL SEES IT, page 37.

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April 4, 2022

Quote of the Week

"My recovery changed when I forever gave up the hope of having a different past."

I have spent a lot of time thinking about my past—alternately feeling sorry for myself or being outraged by the wrongs—real or imagined—that were done to me. A constant theme in my thinking is how much different, better, and happier I would be if only I hadn't had these parents, or these stepparents, or these siblings, and so on. My angst over my past fed resentments that fueled my alcoholism, and that nearly ruined my future.

But it will never be different. My past will always be my past, and, good or bad, it is uniquely mine. When I got to the program I was taught that in recovery we stop fighting everybody and everything; in other words, we surrender. At first I saw surrender as a sign of weakness, but soon I found it to be the path to freedom. By releasing myself from the pain of my past, I could see it in a new light, and the miracle of my recovery had begun.

By working the program, I am able to make peace with my past, to look at my part, and see the lessons and gifts it has to offer. And what I find is that no matter how painful or unjust my past was, with time I could see how valuable my experiences are, and how I can use them to help another. A therapist once told me, "Our deepest wounds, integrated, become our greatest power." Once I have healed my past, I begin to see how it can help heal someone else's.



MAY 4

"ENTIRELY HONEST"

We must be entirely honest with somebody if we expect to live long or happily in this world.

ALCOHOLICS ANONYMOUS, p. 73-74

Honesty, like all virtues, is to be shared. It began after I shared ". . . [my] whole life's story with someone . . ." in order to find my place in the Fellowship. Later I shared my life in order to help the newcomer find his place with us. This sharing helps me to learn honesty in all my dealings and to know that God's plan for me comes true through honest openness and willingness.

Daily Reflections; Reprinted with A.A.W.S. permission.



**TAKE WHAT YOU NEED (2)
AND LEAVE THE REST BEHIND!
BUT BE HONEST ABOUT IT.**



**JUST BECAUSE IT WORKS FOR YOU
DOES NOT MEAN
IT WORKS FOR EVERYONE.**

"The going was rough, and it was time to get going.

There was no time like the present,
because the early bird catches the worm."

Nicholas Charles Sparks (born 31 December 1965)
is an American novelist, screenwriter, and philanthropist.



Heard it *'Round the Rooms!*



Twelve Steps are in order for a reason

(I am a three-peater in the program largely because I was a two-stepper in my recovery! Each time I came back I did the same thing over and over again – my ego would work Step 1 and 12, giving away what I pretended to have. I would then give up and go back out the same way I came in – pretending I could handle my drinking instead of it handling me.

The Gift of Desperation taught me to do things differently. I couldn't pretend any more that I wasn't sick and tired of being sick and tired. So when I came back my third time, first, I got a sponsor, and second, I worked the Steps as they were numerically laid out. I experienced truth and transformation and now view the world as it truly is and myself as I truly am – a sober alcoholic in a continuum of recovery – Tim H.

The following are passages from the book 'drop the rock ... the ripple effect' by Fred H.)

The Big Book doesn't teach us hundreds of different things; it teaches us a small number of things hundreds of times. And these few things are presented in a sequence.

When most of us began working the Steps, we saw them as a list, much like the Ten Commandments. Now, however, we understand that the *'specific sequence of the Twelve Steps is the transformation element of the Program'*. The Twelve Steps are a unified, interdependent whole, not a collection of twelve separate items. Each Step requires and builds on *'all'* of the earlier Steps.

As the Big Book explains on page xxii, the Twelve Steps *'trace exactly the same path to recovery that was blazed by the earliest members of Alcoholics Anonymous.'* That paragraph also makes clear that *'The Twelve Steps ... summarize the program.'*

Step One is the truth about the problem: it gets our attention and gives meaning to our struggle. Step Two is the truth about the solution, based on the truth about the problem. Step Three is the truth about

what blocks us from experiencing a solution. Steps Four through Nine get us unblocked. Steps Ten through Twelve 'keep' us unblocked. Or, to put it another way, Step One is where we were. Step Two is where we want to be. Steps Three through Nine are how we get well. And, Steps Ten through Twelve are how we stay well.

As old-timers Joe and Charlie pointed out in their workshops and in their book 'A Program for You', The Big Book is organized in a very deliberate sequence. Because it is a textbook for recovery, it is meant to be read and studied in that sequence. And that sequence begins this way: *'We have a problem. The problem defines the solution. And there are prescribed actions that can bring about a solution.'*

Most of us in recovery know a number of Twelve Step slogans, such as "First Things First", "Easy Does It", and "It Works if You Work It." Each of these can be helpful and inspiring at various points in our recovery. But we get the most benefit from them as guideposts to a new way of life in the context of the simple three-part template of *'problem, solution and program of action provided by the Twelve Steps.'*

If we practice each of the Steps as an individual strategy, they may give us some benefit and relief. But for them to become an unshakable foundation for living, the Steps must be practiced in the order which they were written and *'lived into'* over a lifetime.

When most of us think of the word 'step', we tend to envision a step on a staircase. A *'step'* is also an action that can be performed by the body and the mind. This definition best embodies the Twelve Steps: They are *'living steps'* as well as steps for living!

We don't work the Steps by reciting them, discussing them and reflecting on them. The words themselves aren't the Steps, they're a summary of the Steps.

'We work the steps by practicing them in all our affairs.'

THEN AGAIN, MICHIGAN DOES HAVE ITS ADVANTAGES !!!



The Au Gres swamp has never had an alligator.



There are no Lake Michigan sharks.



Moby Dick never visited Lake Erie.



The sand dunes near Empire have no Pachyderms.



Nope, never found one of these at The Mounds in Mt. Morris.



Never been caught in Lake Superior.

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 RECOVER BY THE STEPS WE TAKE, NOT THE MEETINGS WE MAKE.

HOW IT WORKS (Page 58).

(P) 1. To be successful in this Program, what must we do?

2-a. Who will not recover?

2-b. What is usually their natural problem?

4. Are there such people?

5. Why are they that way?

6. What are they unable to do?

7. Are their chances pretty good?

8. What other types of alcoholics can recover?

(P) 9. What are our stories supposed to do?

Comment: Some folks have a little trouble with this one. They read it as "What it was like, what happened and what it is like now." It very clearly reads, "what WE were like, what happened and what WE are like now." It seems pretty obvious IT wasn't too good or we would never have come to this bunch of all-time losers.

10. If you want what this program has to offer, what must you do?

(P) 11. Do we look forward to taking these Steps?

12. With our sound sense of reasoning, what do we try to do?

13. Could we find it?

Comment: We recovered alcoholics can assure every chronic alcoholic that these Steps, when taken as directed, are the "easier, softer way!".

14. What do we sincerely beg of you?

15-a. Which of our old ideas, beliefs or opinions are worth retaining?

15-b. What must we do with our old ideas?

(P) 17. What must we remember?

Comment: If we have an alcoholic mind, must we also remember that alcoholism is permanent, progressive, patient and fatal?

Read this Study Guide in it's entirety at https://www.aastudy.org/_bbsg/The_Big_Book_Study_Guide.pdf.



This is not what is meant by “Flying by the seat of your pants.”

“Yes, the old boy was on fire all right.” Alcoholics Anonymous, *BILL’S STORY*, page 9.

Twelve Steps and Twelve Traditions

“Secretly, we felt we could float above the rest of the folks on our brainpower alone.”

STEP TWO, page 29.

“In time all his protectors either flee or die, and he is once more left alone and afraid.”

STEP FOUR, page 43.

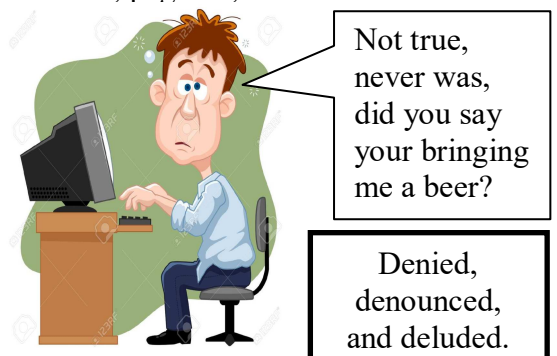
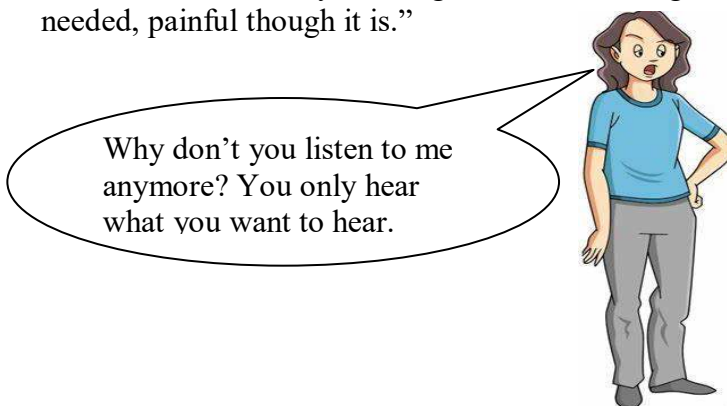
“Thank heaven I came up with the right answer for that one.”

TRADITION FIVE, page 153.

IN GOD’S ECONOMY

“In God’s economy, nothing is wasted. Through failure, we learn a lesson in humility, which is probably needed, painful though it is.”

AS BILL SEES IT, page 31; from a letter in 1942.



BE HAPPY – 15 WAYS TO GET THERE

1. Put Some Pep in Your Step

Walking tall with swinging arms helps you feel more positive. Even if you're not feeling happy, a spirited stroll can help you fake it till you make it.

2. Slap on a Smile

When you smile like you mean it, you can change your brain's chemistry and feel happier.

3. Volunteer

Get involved in your community or help out a friend in need. You'll help yourself, too. It can improve your mental health and well-being. Win-win.

4. Make New Friends

Be open to new relationships, whether it's someone you meet at the office, gym, church, or park. But be sure to maintain those lifelong connections, too. Studies show the more connected you are, the happier you are.

5. Count Your Blessings (Gratitude is an attitude).

Write down everything that's good in your life. When you make an effort to look on the bright side, it helps you stay focused on the positive. (Turn Sad to Glad).



6. Break a Sweat

It can take as little as 5 minutes for exercise to put you in a better mood. Moving your body also has good long-term effects: Regular exercise helps keep depression at bay.

7. Forgive and Forget (LET GO and LET GOD!).

Are you holding a grudge? Let it go. Forgiveness frees you from negative thoughts and makes more room in your life for inner peace.



8. Practice Mindfulness

Meditate for an hour a week. It'll give you a dose of joy, peace, and contentment. It'll also create new pathways in your brain to make it easier for you to feel joy.

9. Turn on Some Tunes



Music has a powerful effect on your emotions. Play your favorite music mix and get into the groove. You'll get a real feel-good vibe.



So many different ways.



10. Get the ZZZ's You Need

Most adults need 7 or 8 hours of sleep each night to stay in a good mood. You're more likely to be happy when you get enough shut-eye.

ZZZZZZZZ



Rip Van Winkle

11. Remember Your "Why"

When you have a sense of purpose -- why you work, exercise, or do something good for someone else -- it gives your life meaning. So take a moment to bring it to mind. Happiness is about more than momentary pleasure.

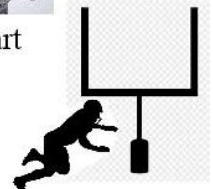
12. Challenge Your Inner Critic

You know that inner voice that loves to point out everything that isn't so great? Try to notice as it takes control of your mood. Sometimes it has a good point and is letting you know about something that needs your attention. But other times, it's wrong, or it makes things seem worse than they are. Ask yourself, "Is this true?"



13. Tackle Your Goals

Ask yourself if they are realistic and within your reach now -- or at least, things that you can start to work toward. Then get really specific about what the goal is -- not "to work out more" but "to walk 30 minutes a day, three times this week," or "I'll have a salad for lunch twice this week." Write it down, and reward yourself for every step you take toward that goal!



14. Seek Positive People

"Emotions are contagious," as the saying goes. So you want people in your life who are confident, upbeat, and healthy. You'll probably find that it rubs off on you, leaving you feeling better. And then you can pass that on.

15. Ask a Pro

If you feel a lot less happy than you used to, even after you try the tips in this slideshow, it's time to call an expert. If depression is the reason you're down, there are treatments. Book a session with a counselor to talk about how you feel. Even if you're not depressed, you might learn some helpful things about yourself and your challenges -- and end up feeling better than you thought you could.

Adapted from: <https://www.webmd.com/balance/ss/slideshow-be-happier>

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 V: From the pamphlet "P-8 Twelve Concepts for World Service illustrated",

CONCEPT V: 10 - 11 ... 10 . . .

Concept V

Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered

Newcomers to A.A.'s General Service Conference are often surprised at the pains taken by the presiding officer to make sure the minority has a second opportunity to present its views. Even after extensive debate on an issue, followed by a vote in which a "substantial unanimity" is reached, those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed itself.

This is A.A.'s "Right of Appeal" in action, and Bill says the same principle should apply to meetings of our area committees, trustee committees and boards. On an issue of grave importance, the minority has the actual *duty* of presenting its views.

This "Right of Appeal" recognizes that minorities frequently can be right; that even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

"Trusted servants," according to Bill, "do for the groups what the groups cannot or should not do for themselves." And in exercising their "Right of Decision" (see Concept III), trusted servants are almost always "a small but truly qualified minority" — whether in the form of area committees, staffs, boards or even the General Service Conference itself. It is incumbent upon them, therefore, in their own meetings, to pay special deference to the minority voice.



BECOME HAPPY, JOYOUS, AND FREE !



JULY 4TH, 2000, GEORGETOWN, TX.

1ST PLACE LIBERTY PARADE a family collaboration

HAPPY; used 18 times in the Big Book and 15 times in the 12 X 12.

“This was exhilarating, and it made us **happy**.”³⁷

“More than these attributes, they seemed to be **happy**.”³⁸

“We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of **Happy** Destiny.”³⁹

JOYOUS; used two times in the Big Book and **JOYOUSNESS** is used one time in the Big Book.

“It is **joyous** intimacy with friends and a feeling that life is good.”⁴⁰

“We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, **joyousness** and democracy pervade the vessel from steerage to Captain's table.”⁴¹

FREE; used 11 times in the Big Book and five times in the 12 X 12.

“The world will then turn happy and be **free** to concentrate on culture and character.”⁴²

“A new state of consciousness and being is received as a **free** gift.”⁴³

“But this man still lives, and is a **free** man.”⁴⁴

“We are sure God wants us to be **happy, joyous, and free**.”⁴⁵

Alcoholics Anonymous

³⁸ DOCTOR BOB'S NIGHTMARE, page 178.

³⁹ A VISION FOR YOU, page 164.

⁴⁰ A VISION FOR YOU, page 151.

⁴¹ THERE IS A SOLUTION, page 17.

⁴⁴ THERE IS A SOLUTION, page 26.

⁴⁵ THE FAMILY AFTERWARD, page 133.

The Twelve Steps and Twelve Traditions

³⁷ STEP TWO, page 29.

⁴² STEP SEVEN, page 71.

⁴³ CONTENTS (STEP TWELVE), pages 8-9.

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HAPPY,
JOYOUS,

and

FREE

???

Free Three Stooges Cliparts, Download Free
Three Stooges ...

What Is It? “BRAIN FOG”

Not a medical condition; a term used for certain symptoms that can affect your ability to think. You may feel confused or disorganized or find it hard to focus or put your thoughts into words. What are some causes?

Pregnancy

Many women find it's harder to remember things during pregnancy. Carrying a baby can change your body in lots of ways, and chemicals released to protect and nourish your baby may bring on memory problems.

Multiple Sclerosis (MS)

This disease affects the central nervous system and can change the way your brain “talks” to the rest of your body. About half the people who have MS have issues with memory, attention, planning, or language. Learning and memory exercises can help, a therapist may give you new ways to handle the tasks you have trouble with.

Medication

Some kinds of drugs – prescribed or over-the-counter -- can cause brain fog. If you take medicine and notice that your thinking isn't as clear as it should be or you suddenly can't remember things, call your doctor. Be sure to let them know all the medications you take. It is suspected that sensitivity to some chemicals (both natural and man-made) can also cause brain fog, a possibility that is debated in the medical community.

Cancer and Cancer Treatment

Chemotherapy -- a treatment for cancer that uses strong drugs -- can lead to what's sometimes called “chemo brain.” You may have trouble remembering details like names or dates, have a hard time multi-tasking, or take longer to finish things. It usually goes away fairly quickly, but some people can be affected for a long time after treatment. Cancer itself can also cause “brain fog,” for instance, if the cancer has affected the brain.

Menopause

Women may find it harder to learn or remember things when they reach this stage of life. It happens about a year after their last period, usually around age 50.

Chronic Fatigue Syndrome (CFS)

With this condition, your body and mind are tired for a long time. You may feel confused, forgetful, and unable to focus. There's no known cure for CFS, but medication, exercise, and talk therapy may help.

Depression

You may not remember things well or be able to think through problems easily. It's hard to know if this is linked to the loss of energy and motivation that comes with depression, or if depression affects your brain in a way that causes the fog. Treatment for depression, including medication and talk therapy, should help you.

Sleep

You need sleep to help the brain work the way it should, but too much can make you feel foggy, too. Aim for 7 to 9 hours. To get good rest at bedtime, avoid caffeine and alcohol after lunch or right before bedtime and keep the computer and smart phone out of your bedroom. It also helps to get to bed and wake up at the same time every day. Talk to your doctor if you think your brain fog might be caused by a sleep disorder like apnea, insomnia, or narcolepsy.

Adapted from: <https://www.webmd.com/brain/ss/slideshow-brain-fog>

Hangovers Make You Dumber, Especially in Your Late 20s

Hangovers affect memory, reaction time, and the rate of mental errors, and can last for up to 10 hours! Researchers at the Keele University School of Psychology report that being hungover increases the number of mental errors a person makes by nearly 30 percent. It also negatively affects memory and reaction times.

From: <https://www.healthline.com/health-news/mental-hangovers-affect-memory-and-reaction-time-080213>

How 'Emotional Hangover' Affects Long-Term Memory:

Brain Scans Reveal Emotional Baggage Can Shape Our Future Experiences

This implies that the ways in which the brain is aroused by seeing emotional images persists, and primes the brain for proceeding memories to form. They also are formed more vividly.

Moreover, we know emotional experiences are better remembered than non-emotional ones. The researchers also found non-emotional experiences following emotional ones were better remembered on a later memory test.

For better or worse, holding on to memories of the past can shape our future experiences.

Source: Tambini A, Rimmele U, Phelps EA et al. Emotional brain states carry over and enhance future memory formation. *Nature Neuroscience*. 2016.

Advisory Council

The Council is the custodian of the Conference and the Board of Directors of ICYPAA Inc 501c. It is both the legal guardian and spiritual servant of ICYPAA. Its purposes are but not limited to:

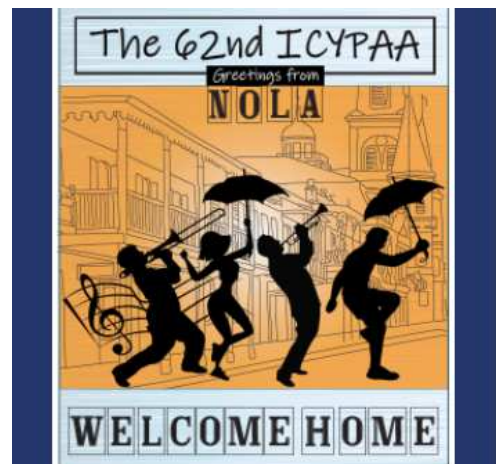
- Practice the AA 12 steps, 12 traditions and 12 concepts of world service.
- Make available, to any AA member who requests it, information regarding ICYPAA and Young People in AA
- Make regular contact with General Service Office.
- Provide guidance to Committees who are bidding for the Conference.
- Select future conference sites from bids offered at each year's Conference.
- Provide guidance to the current Host Committee.
- Custodial oversight of ICYPAA and veto power over the host committee.
- Protect the corporation, its assets and manage the corporation using best practices of not-for-profits.
- Uphold its fiduciary responsibility.
- Practice transparency in its affairs.

Maintain the archives.⁴⁷

Is ICYPAA A.A.?

"Yes, ICYPAA is a part of A.A., as are young people in A.A. committees at the state and regional levels, as long as the events they organize are run by A.A. members, for A.A. members, and there is no other affiliation. ICYPAA is listed in our confidential A.A. directories under 'Special International Contacts.'"

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EYE OPENER A.A. GROUP
2022 PICNIC!!!

AUGUST 20TH, 2022

**Picnic starts after the
12 pm (noon) meeting.**

Picnic starts at 1:00 pm.

**ALL A.A. and FAMILY and
FRIENDS are WELCOME!!!**



**FOOD, BEVERAGES, and
GAMES!!!**

**FUN for ALL
BRING
THE KIDS!!!**



At the ARID CLUB:

715 East St., Flint 48503

Phone number: 810-232-7691



PICK THAT UP!
GONG
ALONE
UCHRE





Recovering Maniacs 2022

Men's Spring Canoe & Kayak Retreat – **May 6-8**

The Old Log Resort

12062 M-115 Marion, MI 49665

Cost is \$80/person and includes all meals, campground fee and canoe rental. **Kayaks are available to rent for an additional \$20/person. Fee paid at the retreat.**

Your \$80 only covers Friday through Sunday. If you are planning on arriving before Friday, contact Heather at the Old Log 231.743.2775 to make arrangements.

FRIDAY – Steak dinner at 6:00 p.m

SATURDAY – 7:00 a.m. Breakfast

9:00 a.m. Long Trip Departs – Lunch provided

11:00 a.m. Short Trip Departs – Lunch provided

6:00 p.m. Dinner

SUNDAY - 7:00 a.m. Continental Breakfast

Friday and Saturday nights there will be campfire meetings after dark

ALL HELP IS APPRECIATED TO TEAR DOWN AND CLEAN UP CAMP AFTER BREAKFAST ON SUNDAY – 9:00 A.M.

Contacts are below for more info and to make payments:

Adrian: Eric E. 517.605.8952 **Tecumseh:** Vince V. 517.442.6201

Monroe/Dundee: Grant G. 734.497.5220

Ann Arbor/Ypsi: Mike C 248.535.2942 **Chelsea:** Al H. 734.320.7737

Battle Creek/Kalamazoo/Jackson: Howard j. 269.491.3230

Flint: Tom B. 810.223.5622