

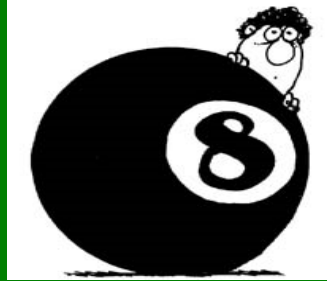


~ ~ - Newsletter - ~ ~

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.

The idiomatic English phrase "behind the eight ball" is used to indicate that someone or some group is in a bad situation, or a challenging circumstance that is not easy to resolve. This generally negative phrase can be reduced to more technical and shorter synonymous phrases such as "in trouble."



The conciseness and workability of the "8's" in the recovery program of Alcoholics Anonymous are just one part of the suggestions that allow us to "run-the-table" to satisfying, lasting, and rewarding sobriety.

STEP 8: "Made a list of all persons we had harmed, and became willing to make amends to them all."¹

TRADITION 8: "Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."²

CONCEPT 8: "The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."³

The three "8's" help lead us to a new state of mind gaining recovery as a sustainable way of life.

Step Eight is one of the "Action" Steps. When a list of all persons we've hurt is made, it does not produce itself, nor is it made by family or friends, it is our work; a continuation of the searching and fearless moral inventory in Step Four.

"Now we need more action, without which we find that "Faith without works is dead. Let's look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol."⁴

Tradition Eight is also a suggestion entailing action, but that action has a caveat. The forever non-professional service centers of G.S.O., A.A.W.S., Grapevine /La Viña employ special workers that are vetted, talented and skilled at the tasks they perform. Many Central Offices employ coordinators of daily tasks. All happening due in part to the A.A. Preamble, "Our primary purpose is to stay sober and help other alcoholics achieve sobriety."⁵ Characterized as "...carry the message..." in Step Twelve.⁶ Again we are reminded of the adage, "You can help when no one else can."⁷ Why is this you ask?

"We have recovered, and have been given the power to help others."⁸ Then we go into action again, "Then we resolutely turn our thoughts to someone we can help."⁹ A suggestion is given; "It will help if we can drop all resistance to what our friend says."¹⁰

⁵ June 1947: Tom Y., Revised September 1958 International Convention, Revised April 2021 General Service Conference.

⁶ Alcoholics Anonymous, HOW IT WORKS, page 60.

⁷ Alcoholics Anonymous, WORKING WITH OTHERS, page 89.

⁸ Alcoholics Anonymous, THE FAMILY AFTERWARD, page 132.

⁹ Alcoholics Anonymous, INTO ACTION, page 84.

¹⁰ Twelve Steps and Twelve Traditions, STEP ELEVEN, page 163.

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¹ Alcoholics Anonymous, HOW IT WORKS, page 59.

² Alcoholics Anonymous, APPENDICES I, page 562.

³ <https://www.aa.org/the-twelve-concepts>.

⁴ Alcoholics Anonymous, INTO ACTION, page 76. Reprinted with A.A.W.S. permission.

CONCEPT EIGHT

Short Form: “The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.”³ *ibid*

Long Form: “The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”¹¹

“This concept continues the defining of responsibilities and authority begun in the earlier concepts. It limits the role of the Trustees in the A.A. Grapevine, Inc. and A.A. World Services, Inc. to the kind of oversight achieved by electing the directors of those independent entities, but essentially discouraging them from playing day-to-day roles as active administrators or executives of those companies.”¹²

A footnote on page C26 of the Service Manual states that “In 2020, 90% of the trustees ‘live-out-of-town.’” That emphasizes that to work effectively, the various service centers of A.A. each relies on the trustees that actually do the daily maintenance and tasks. The oversight the other trustees provide comes from their skill sets and expertise to the Committee and or non-profit they are involved with.

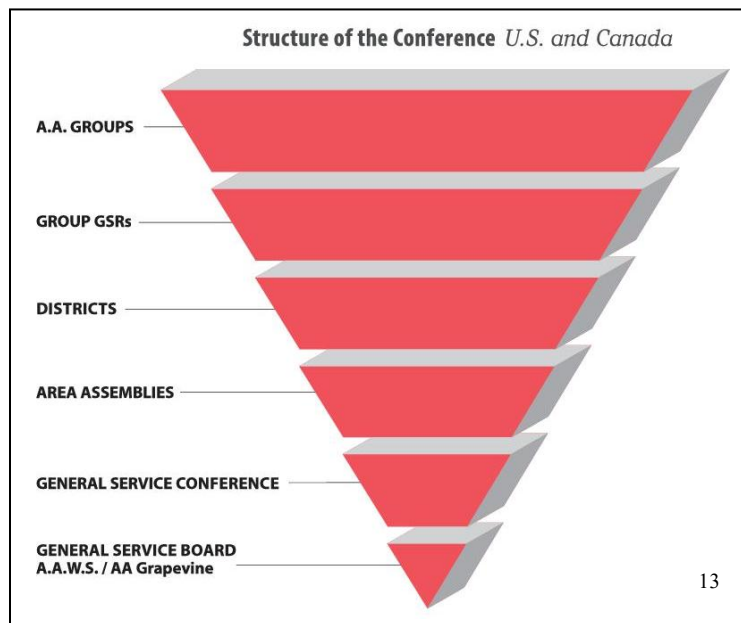
³ *ibid* <https://www.aa.org/the-twelve-concepts>.

¹¹ The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 Edition, APPENDIX B, page C24.

¹² From: <https://www.tapatalk.com/groups/recoveryinn/12-concepts-explained-t4286.html>
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STRUCTURE OF A.A.

As has been shown many times, the illustration of A.A. Structure is shown again; Concept Eight delves into the workings, responsibilities and oversight into how Alcoholics Anonymous operates effectively.



¹³ The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 Edition, page 3.



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 entire **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.

GENERAL SERVICE OFFICE & GENERAL SERVICE BOARD

“How G.S.O. Serves A.A.

“The General Service Office in New York City serves all A.A. groups in the United States and Canada. G.S.O also offers services to A.A. overseas, especially in countries where there is no service structure. Many other countries have their own general service offices as well. The U.S./Canada office works with committees of A.A.’s General Service Board and the General Service Conference (U.S. and Canada). G.S.O. has broad responsibilities to its member groups, including the following:

- To collect and organize shared experience on group challenges and solutions, and to pass this information along to A.A. groups and members throughout the U.S. and Canada when asked.
- To work with alcoholics overseas and in the armed forces; with those living in areas with no meetings; with housebound and seagoing A.A.s; and with members in treatment and correctional facilities.
- To respond to letters requesting information about A.A. and the help it provides for alcoholics.
- To publish the A.A. newsletter, Box 4-5-9, and other bulletins; to publish and distribute A.A. books and pamphlets approved by the General Service Conference; and to provide a sampling of complimentary literature and service materials to each new group.
- To disseminate public information at the national and international levels for A.A. as a whole, in cooperation with print and electronic media as well as with organizations concerned with the treatment of alcoholism.
- To coordinate and support the work of General Service Conference committees.
- To maintain the G.S.O. Archives.
- To operate and maintain the aa.org website and the Meeting Guide app.”⁷



NO GLUM LOT HERE



SNOW WIFE ON THE EIGHTS

The man’s wife has a phobia about the number 8, called Octophobia. One winter morning while listening to the radio, a man and his wife hear the announcer say, "We are going to have 6-8 inches of snow today. You must park your car on the even numbered side of the street, so the snowplow can get through."

“Oh NO” and out she goes to move her car.

A week later while they are eating breakfast, the radio announcer says, "We are expecting 8-10 inches of snow today. You must park..." then the electric power goes out.

The wife is very upset, and with a worried look on her face she says, "Honey, I don't know what to do. Which side of the street do I need to park on so the plow can get through?"

With the love and understanding in his voice that all men who understand their wives have, he says, "Why don't you just leave it in the garage this time?"



Ned & Jed

Hey Jed, did I hear right; you don't trust headquarters?

‘Tis true. How can they work daily to service us who live the life daily? How can that work? What directs them?



Fella', those are good questions. Let's start with the first one. They rely on delegates at the General Service Conference to keep them informed about the daily chopper. Okay, makes sense so far.

Next, "How can that work?" The General Service Office (G.S.O.) and the General Service Board (G.S.B.) have oversight from the trustees and directors. Lastly, "What directs them?" The G.S.O. and the G.S.B. both follow the Traditions and the Concepts.

So effectiveness comes out of and from the hat?



That's true. And we all play a part in that by making it possible to donate from groups to the district, area, and world services to do the service work that they do on our behalf.

⁷ <https://www.aa.org/node/83>
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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

Al-Anon Liaison: OPEN..

Accessibility for All Alcoholics: Brad S.

A.A. Answering Service: Gordon G.

C.P.C. - Cooperation with the Professional Community: Gerri L. **Corrections:** Jacob .

Grapevine: Randy R.

Literature/Meeting Books/Newsletter:

James P. / Doug G.

P.I. - Public Information: Randy R.

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

Young People: Jesse O.

F.A.U.C. Newsletter

Editor: Doug G. Coeditors: **NEED COEDITORS!!!**

The July 2022 Newsletter went to 207 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: St. Mary's School. FAUC.~~

~~June 18 St. John's Out Reach Building, 425~~

~~Genesee St., Davison, Davison Friday Night Grp.~~

~~July 16: St. Mary's School, F.A.U.C.~~

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:

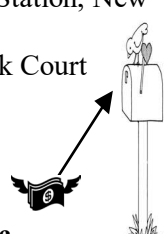
December 17:

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 August 20 at 11:30 AM for Committee Meetings, 12:30 PM for General Assembly. Hosted by the Otisville A.A. Group at St Francis Xavier Church, 212 Center St. Otisville.

2022 Meeting Books are available. Newsletter Flyer. *

Traditions Presentation in Otisville, Aug. 4th. *

Alano House 2nd Annual Golf Outing. August 5th *.

Eye Opener Picnic August 20th. *

2022 Mackinaw Island Fall Weekend Oct 14 – 16.*

A Responsibility Flyer with a QR code to the F.A.U.C.

A.A. meetings is at the end of the Newsletter. *

THETFORD A.A. Picnic Sunday August 21, 1 PM.*

* = Flyer at end of Newsletter.

THANK YOU to the new Committee Chairs.

See page 12 to see what a **BIG THANK YOU** looks like.

Corrections – Jacob F. **Young People** – Jesse O.

The F.A.U.C. Newsletter is looking for Coeditors.

Submit articles, ideas for articles (anyone can do the previous two) and proofread.

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

THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

August 2022 Flint Area Open Speaker Meetings *

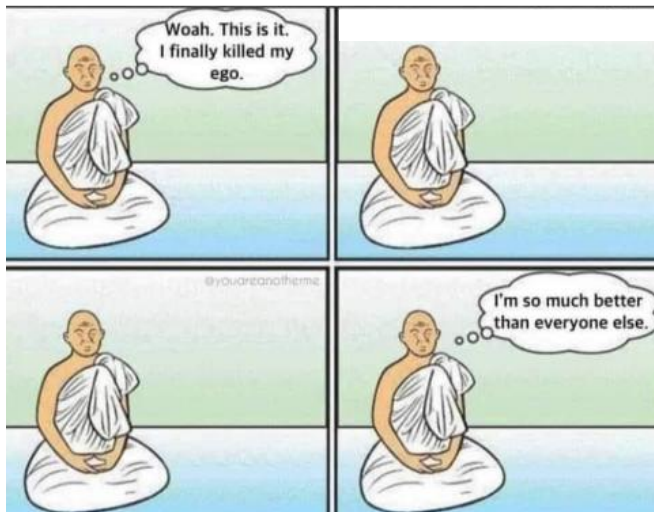
* = Addresses of Locations can be found in the 2022 Flint Area Groups Meeting Book or on the website www.geneseecountyaa.org under the Meetings Tab.

- Fri 5 12 noon, Eye Opener, Arid Club.
- Sat 6 7:30 pm, East Side St. Mary's.
- Sun 7 6:00 pm, Torrey Rd. Group, Arid Club.
- Thu 11 7:00 pm, Van Slyke.
- Sat 13 7:30 pm, East Side St. Mary's.
- Sun 13 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 20 7:30 pm, East Side St. Mary's.
- Sun 21 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 27 7:00 pm, Thetford A.A. with a Potluck.
- Sat 27 7:30 pm, East Side St. Mary's.
- Sun 28 6:00 pm, Torrey Rd. Group, Arid Club.
- Mon 29 7:00 pm, Montrose HOPE.

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



Are you like this grouchy old man? "Now we need more action, without which we find that 'Faith without works is dead'". ⁴ ibid



Thanks to Ted S.

Yes, you should talk to yourself.

Here's how to tame your inner voice.

By Madeline Holcombe, CNN, 7/15/2022.

What do you tell yourself when someone gives you a compliment? Or when you make a mistake?

Call it your inner monologue or your self-talk. Either way, you are talking to yourself all the time in your head – and the way you do it can make a difference in your growth and mental health, said Melinda Fouts, a psychologist and certified executive coach based in Colorado.

“The inner voice is a multipurpose tool, like a Swiss Army knife of life,” said Ethan Kross, a psychologist and professor at the University of Michigan. The problem is it doesn’t come with a user manual, and that monologue with yourself can become harsh, self-critical and unhelpful, he added.

Healthy self-talk is crucial to our growth by helping us focus our attention, rehearse for difficult situations, understand our lives better and shape our identity, said Kross, author of “Chatter: The Voice in Our Head, Why It Matters, And How To Harness It.”

While working with a mental health professional is helpful for improving your inner monologue, it isn’t always accessible. Fortunately, there are ways to reprogram your self-talk on your own.

“If you have the awareness that you have this very debilitating, toxic negative self-talk and you have the intention to change it and you’re diligent and disciplined to tackle it, it will change,” said Fouts, author of “Cognitive Enlightenment: A Disciplining of Your Mind.”



**So!
You mean to
tell me that
stress balls are
not meant to
throw at
people who
stress you out?**

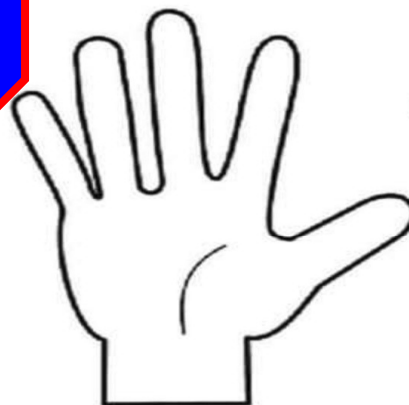
You will never speak to anyone more than you speak to yourself in your head, be kind to yourself.



Of course I talk to myself often. Sometimes I need expert foolish advice.

“The greatest lesson in life is to know that even fools are right sometimes.”
— Winston S. Churchill

The 5-Finger Prayer



Thumb: Pray for those closest to you: your family and friends.

Pointer finger: Pray for those who point you in the right direction: your teachers, and other leaders in your life. Pray for wisdom and support.

Middle finger (tallest): Pray for those that lead us: those in government, in business, in church leadership. Pray for guidance and wisdom.

Ring finger (weakest): Pray for those who are poor, sick, in pain, in trouble: those most in need.

Pinkie finger (smallest): Pray for yourself and your own needs.



A U.S.A. PATRIOTIC sunset.

Thanks to GJDG.

The Health Benefits of Watermelon

Reviewed by Kathleen M. Zelman, MPH, RD, LD on August 04, 2020



Loaded With Lycopene

The cheery red color comes from lycopene, an antioxidant. Studies show it may help curb your risk of cancer and diabetes as part of a healthy lifestyle. Watermelon has more of this nutrient than any other fruit or veggie -- even tomatoes. To load up on lycopene, choose a melon with bright red flesh rather than yellow or orange. And the riper, the better. Also, seedless melon tends to have more lycopene than those with seeds.

Healthier Heart

Watermelon is rich in an amino acid called citrulline that may help move blood through your body and can lower your blood pressure. Your heart also enjoys the perks of all the lycopene watermelon contains. Studies show that it may lower your risk of heart attacks. Of course, your whole lifestyle affects your heart health. So make sure you also work out, don't smoke, limit saturated fat, and keep up with your doctor's advice.

Protects Your Joints

Watermelon has a natural pigment called beta-cryptoxanthin that may protect your joints from inflammation. Some studies show that over time, it could make you less likely to get rheumatoid arthritis.

Easy on Your Eyes

Just one medium slice of watermelon gives you contains 9-11% of the vitamin A you need each day. This nutrient is one of the keys to keeping your eyes healthy. Foods are the best ways to get all the vitamins and minerals that your body needs.

Naturally Sweet Hydration

Juicy watermelon is 92% water, so it's a simple way to help stay hydrated. Every cell in your body needs water. Even a small shortage can make you feel sluggish. If you get really dehydrated, it can become serious enough that you need to get fluids by IV.

Soothes Your Skin

Vitamins A, B6, and C in watermelon help your skin stay soft, smooth, and supple. Because it's loaded with water, melon also makes a great face mask. Mix 1 tablespoon of watermelon juice with the same amount of Greek yogurt. Spread over your face and leave on for 10 minutes to slough off any dry, dull skin. Rinse and pat dry.

Satisfies Your Sweet Tooth

A cup of ice cream will set you back around 300 calories. You can enjoy the same amount of watermelon for just 45.6 calories. And unlike many other desserts, it's fat-free, cholesterol free, and has no sodium. Plus, the water in it will help you stay fuller longer. To make an easy sorbet, puree some watermelon in your blender, add a squeeze of lime, and pop in the freezer until it hardens.

Won't Spike Your Blood Sugar

Trying to keep your blood glucose levels steady? You're in luck. Watermelon has a glycemic index (GI) value of 80, about the same as a bowl of cornflakes. But it's got few carbs. That means its glycemic load (how quickly it enters your bloodstream and how much glucose it can produce) is a mere 5. Enjoy a slice without guilt!

What If I Eat a Seed by Accident?

You may have been told as a kid that if you swallow watermelon seeds, they'll grow in your belly. Not true! After all, your stomach has no sunlight or soil, and a lot of gastric acid. Many melons are seedless these days, but don't worry if you do swallow a seed. They're actually full of nutrients!

Adapted from: https://www.webmd.com/diet/ss/slideshow-health-benefits-of-watermelon?ecd=wnl_spr_061422_remail&ctr=wnl-spr-061422-email_lead_cta&mb=E7ok4Fw9bwSde8Yny0IFl%2FGtS%40XMMc3mhdICaQlZK%40Y%3D

Quote of the Week

"I wanted to be famous, but God made me anonymous."

I had some pretty big plans when I entered the program. Even though my sponsor told me it wasn't about money, property, and prestige, I knew better. I was convinced that, by being sober, I would finally write the books and create the products that would get me the recognition and riches I deserved. I even told my sponsor how good of a circuit speaker I would be and asked what I needed to do that. He smiled and suggested that a year of sobriety might be a good start.

As I began working the program, I made some startling revelations. In doing inventories, I found that there was a time when I had a lot of money, property, and prestige, but I was still miserable. As I did more work, I discovered that the hole I felt inside could never be filled with anything outside me, and the more I chased that, the emptier I felt. It was only when I surrendered the character defect of feeling terminally unique that I began to feel better.

One of the truest things I've learned in the program is that I will always feel less than when I compare my insides with someone else's outsides. It has taken years, but I now understand why character building and my spiritual connection must come before any outside success if I'm to be happy. And I now appreciate the powerful role anonymity has played in helping me develop these essential qualities. Today, I understand the folly of wanting to be famous, and the wisdom of God's anonymity.

From: <http://www.thewisdomoftherooms.com>

"Anonymity is real humility."

TWELVE STEPS and TWELVE TRADITIONS, Contents (Tradition Twelve), page 13.

"Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.

TWELVE STEPS and TWELVE TRADITIONS, STEP SEVEN, page 70.

"It brought a measure of humility, which we soon discovered to be a healer of pain."

TWELVE STEPS and TWELVE TRADITIONS, STEP SEVEN, page 75.

"During this process of learning more about humility, the most profound result of all was the change in our attitude toward God."

TWELVE STEPS and TWELVE TRADITIONS, STEP SEVEN, page 75.

“Find someone you can tell the truth to, we don’t do this alone...”

<https://thewisdomoftherooms.com/resources/>

“He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone.”

Alcoholics Anonymous, Appendix II, SPIRITUAL EXPERIENCE, page 567.

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

TWELVE STEPS AND TWELVE TRADITIONS, STEP TWO, page 29.

“We’ll listen politely to those who would advise us, but all the decisions are to be ours alone.”

TWELVE STEPS AND TWELVE TRADITIONS, STEP THREE, page 37.

“Through it we begin to learn right relations with people who understand us; we don’t have to be alone any more.”

TWELVE STEPS AND TWELVE TRADITIONS, STEP TWELVE, page 117.

“Surrounded by so many A.A. friends, these so-called loners tell us they no longer feel alone.”

TWELVE STEPS AND TWELVE TRADITIONS, STEP TWELVE, page 120.

“We can be alone at perfect peace and ease.”

Alcoholics Anonymous, INTO ACTION, page 75.

“Here are some of the methods we have tried: Drinking beer only, limiting the number of drinks, never drinking alone, never drinking in the morning, drinking only at home, never having it in the house, never drinking during business hours, drinking only at parties, switching from scotch to brandy, drinking only natural wines, agreeing to resign if ever drunk on the job, taking a trip, not taking a trip, swearing off forever (with and without a solemn oath), taking more physical exercise, reading inspirational books, going to health farms and sanitariums, accepting voluntary commitment to asylums -- we could increase the list ad infinitum.”

Alcoholics Anonymous, MORE ABOUT ALCOHOLISM, page 31.

“This is the baffling feature of alcoholism as we know it -- this utter inability to leave it alone, no matter how great the necessity or the wish.”

Alcoholics Anonymous, MORE ABOUT ALCOHOLISM, page 34.

“If you still think you are strong enough to beat the game alone, that is your affair.”

Alcoholics Anonymous, DOCTOR BOB’S NIGHTMARE, page 181.

“How many times people have said to us: ‘I can take it or leave it alone. Why can’t he?’”

Alcoholics Anonymous, THERE IS A SOLUTION, page 20.



“A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them.”
TWELVE STEPS AND TWELVE TRADITIONS, STEP FIVE, page 55.

Alcoholics Anonymous and
TWELVE STEPS AND TWELVE TRADITIONS
quotes reprinted with A.A.W.S. permission.





Heard it *'Round the Rooms!*



“We either hang together, or we hang alone. I stayed “out” another year, and when I finally crawled into the rooms, I was ready. Early on, I saw someone celebrate a six-year anniversary, and he said something I will never forget. He said, “Find someone you can tell the truth to; we don’t do this alone.” Thank God I took his advice. The moment I began to let the program in, the fellowship in, and a God of my own understanding into my life, I began to recover. By getting involved, I got out of me and got into “we.” And then I finally understood: We either hang together or we hang alone.”

My sponsor told me, “If you want to turn your will and your life over to the care of a doorknob, at least it’s out of the hands of an idiot.”

I was told to change my attitude or I’d have to change my sobriety date.

It’s generally pretty easy to know who’s in their first 90 days, but it’s not so easy to know who’s in their last 90 days.

When I was new and I heard people saying they were grateful alcoholics I wanted to stab them in the neck.

I’d love to solve my loneliness problem, if I could figure out how to do it without other people.

Stop focusing on why you are addicted to alcohol. Instead, focus on what you can do about it.

I drank to forget and instead became haunted. I drank because I thought I had the right, and yet everything turned out wrong.

Change starts with a choice. Make your decision today.

“We claim spiritual progress rather than spiritual perfection.”
Alcoholics Anonymous, HOW IT WORKS, page 60.

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I think it is important to focus more on progress rather than trying to be perfect. Not only in my recovery - but in my life. If I am striving for perfection I will constantly feel I am coming up short. Progress, on the other hand, is attainable on a daily basis. I’m always just trying to be a little better than I was yesterday.

If you've been around AA for a while you might've Noticed there are certain topics discussed or statements being made that kind of go all around the fellowship at certain given times. I've always noticed this and as someone who doesn't typically trust herself and know what she sees I was in fact I was a little surprised to find these sayings or topics are not just specific to my area; they go all over the country. Maybe even the world. don't know, haven't gotten that far yet. *world traveller yet to come! 😊 *



**IF MEMORY SERVES ME RIGHT,
THIS WAS THE FIRST SMART PHONE.**

“We Are Not A Glum Lot.” – Alcoholics Anonymous – THE FAMILY AFTERWARD, Page 152.
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THE
PRIMARY PURPOSE GROUP
BIG
BOOK STUDY GUIDE

A Study of the Basic Text for Alcoholics Anonymous

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. Read this Study Guide in it's entirety at [https://www.aastudy.org/ bbsg/The Big Book Study Guide.pdf](https://www.aastudy.org/bbsg/The%20Big%20Book%20Study%20Guide.pdf).

INTO ACTION

(Page 76 - continued)

Comment: The following is the Eighth Step Prayer. Remember that we were promised we would be given some willingness as we did Step Four.

20. What do we pray for?
21. What must we remember? (The WHY)
- (P) 22. What is probably true?
 - 23-a. As we review the list, how do we feel about some of them?
 - 23-b. Why might we feel that way?
25. Can we be assured?
26. Should we try to impress everyone of our spiritual way of life?

INTO ACTION

(Page 77)

1. If we get heavy on spirituality, how might that affect them?
2. What are we really trying to do?
3. Is that just what this program is all about?
4. What is the real purpose of the Twelve Steps of Alcoholics Anonymous?

Comment: Can this be achieved by just not drinking and going to meetings?

5. What wouldn't be a very smart thing to do?
 6. To do so would be like doing what?
 7. If we do, what may they think of us?
 8. What is a far more important reason?
 9. What will the person be impressed by?
- Comment: A condition which must exist before making amends is a "sincere desire to set right the wrongs." [The WHEN]*

10. What will the person be interested in?
- Comment: Again, the message is what we **do** - not what we **say**.*
- (P) 11. We don't use this as an excuse for shying away from what?
 12. If it can help, what are we willing to do?

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

CONCEPT IX is on pages 18 & 19.

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Concept IX

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure. . . . Weak leadership can hardly function at all, even in the best of structures."

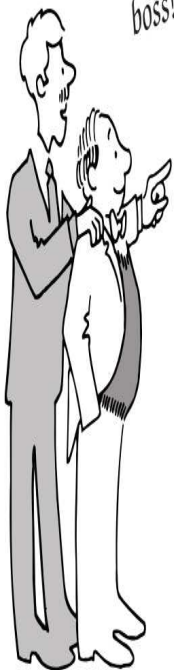
Due to A.A.'s principle of rotation, furnishing our service structure with able and willing workers has to be a continuous effort. The base of the service structure — and the source of our leadership — is the General Service Representative. The G.S.R. is the service leader for his or her group, the indispensable link between the group and A.A. as-a-whole. Together the G.S.R.s are A.A.'s group conscience — and together, in their areas, they elect the area committee members and ultimately the delegates and the area's candidates for trustee. Groups who have not named G.S.R.s should be encouraged to do so. And as the G.S.R.s meet in area assemblies, care and dedication are required. Personal ambitions should be cast aside; feuds and controversies forgotten. "Who are the best qualified people?" should be the thought of all.

"No society can function well without able leadership in all its levels, and A.A. can be no exception. Fortunately, our Society is blessed with any amount of *real* leadership — the active people of today and the potential leaders of tomorrow as each new generation of able members swarms in. We have an abundance of men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us.

"A leader in A.A. service is therefore a man (or woman) who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back him and help him with his job.

"Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.

*They lead us
by example.
They don't
boss!*



"Good leadership never passes the buck. Once assured that it has, or can, obtain sufficient general backing, it freely takes decisions and puts them into action forthwith, provided of course that such actions be within the framework of its defined authority and responsibility.

"Another qualification for leadership is 'give and take,' the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction. . . . We cannot, however, compromise always. Now and then, it is truly necessary to stick flat-footed to one's convictions about an issue until it is settled.

"Our leaders do not drive by mandate, they lead by example. We say to them, 'Act for us, but do not boss us.'"

<p>2022 Flint Area Unity Council A.A. Groups</p>  <p>Alcoholics Anonymous</p> <p>Alcoholics Anonymous Meetings Meeting Guide</p>  <p>The Meeting Guide app licensed by A.A.W.S. is a free-of-charge meeting finder app. Available at www.aa.org or the app store.</p>	<p>Donation Addresses: Flint Area Unity Council: P.T.H.A, Inc. 4225 Miller Rd. Suite 119, Flint, MI 48507 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</p> <hr/> <p>F.A.U.C. A.A. 24 Hour Help Line 810-234-0815 F.A.U.C. (District 12) Website: www.geneseecountyaa.org Flint Area Al-Anon Telephone 810-234-1460 Flint Area Al-Anon Website www.gaais.webs.com</p>
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LOOK, MA!
Nothing to see here.

“He is like the farmer who came up out of his cyclone cellar to find his house ruined. To his wife, he remarked, “Don’t see anything the matter here, Ma. Ain’t it grand the wind stopped blowin’?”

Big Book, INTO ACTION, page 82.
Reprinted with A.A.W.S. permission. Revised: 2/22/2022

Call the F.A.U.C. Chair of the Literature Committee, James P. (313) 613-3703 to get yours.

The 2022 Flint Area Unity Council books are available for groups and individuals!

James P. has done an outstanding job in finding a printing company to handle the print job. In the last few years, many printing companies have closed up shop, including the one last used in 2021. Printing costs have gone up tremendously also. The company went with had the lowest costs, but is not an all-in-one company so locally out-sourced portions of the book were done, (cutting, folding, stapling). This added to the printing time, and the costs.

In 2021, the printing costs were \$ 0.295 per book. For the 2022 version, printing costs have gone up to \$ 0.60 per book. The F.A.U.C. is selling to individual books (up to a count of 20) for \$ 0.75 per book, and to groups at a pack of twenty for \$ 0.65 per book (+tax) unless the group is a non-profit.

That equates to \$ 13.00 for twenty books plus a tax of \$ 0.78 for a total of \$ 13.78 per pack of twenty. The extra charge is to cover future increases and also in this statement from the G.S.O. Guideline MG-02.

“3) Sale of Literature. Many service offices publish their own meeting lists; others also produce introductory pamphlets explaining A.A. These can be sold at a slight profit to help defray office expenses. It is also possible to buy books from G.S.O. for resale at the retail price, the profit going to support the central office. The Conference approved literature catalog describes various discounts.”

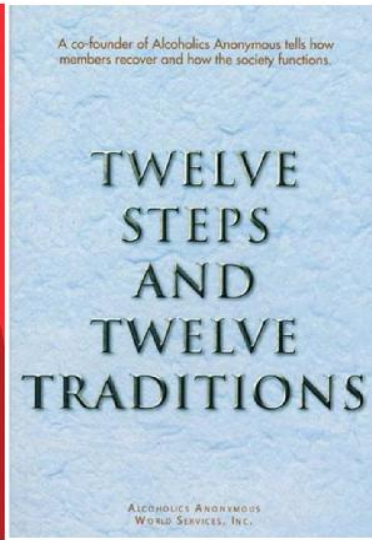
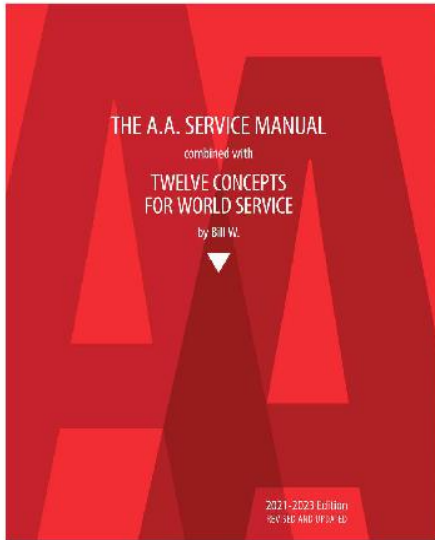
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Thank You!



**Otisville A.A.
presents
Exploring The Twelve Traditions
212 Center St., Otisville,
St. Francis Church
Quaderer Hall**

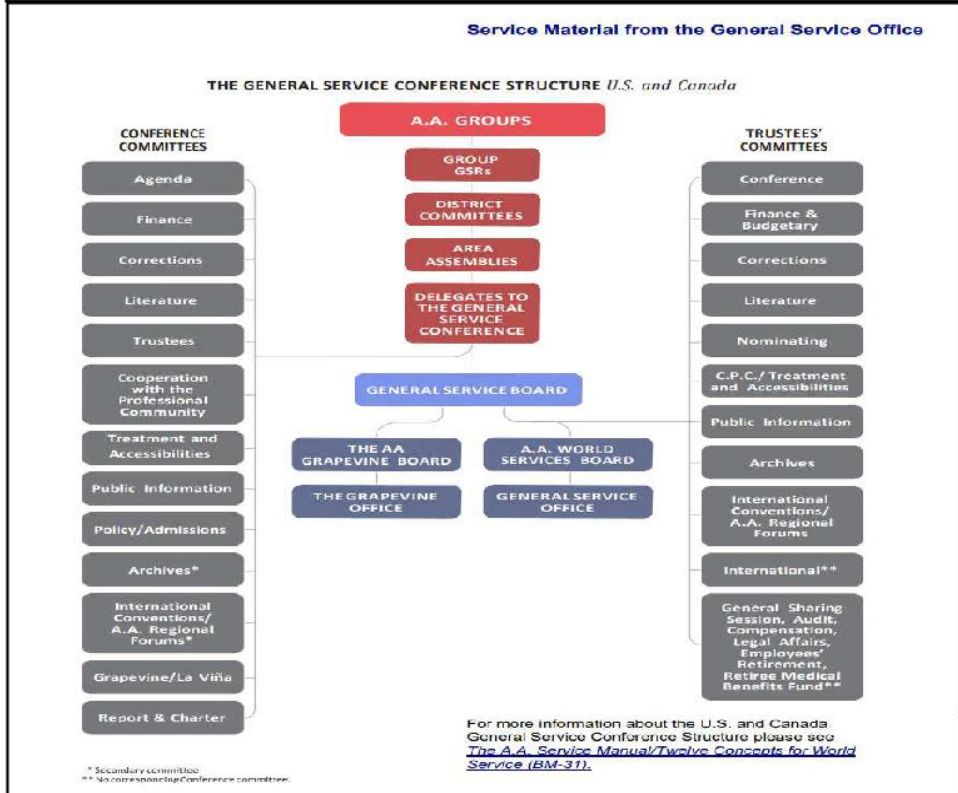
**This presentation of the Twelve Traditions will begin on Thursday August 4th at 7:00 PM
and will be on-going each Thursday until all Twelve Traditions are covered.**



You can bring your own copy of THE A.A. SERVICE MANUAL combined with TWELVE CONCEPTS FOR WORLD SERVICE by Bill W. (2021-2023 Edition) and the TWELVE STEPS AND TWELVE TRADITIONS; or just follow along and ask questions, add comments, give examples, etc. Copies will be for sale if you would like to purchase one. The illustration BM-31 will also be discussed to show how the Traditions are a part of A.A. as a whole; from the Groups to the General Service Board.

*The 12 Traditions of Alcoholics Anonymous.
What are they? Why do have them? Are they for me?
Can the Traditions make your life better?*
These questions and more will be revealed at this presentation.

- COFFEE
- FELLOWSHIP
- INFORMATION
- PERSPECTIVE
- SHARING
- OPEN MINDED
- TOLERANT
- VIEWS
- TRADITION
- SPIRITUAL
- PRINCIPLES



All illustrations reprinted with A.A.W.S. permission.

This Flyer was produced by Gerri L.
Our great thanks for this tremendous portrayal of responsibility in action is greatly appreciated!

Point your
phone's
camera at
this QR code



**SCAN QR CODE FOR FULL LIST OF AA MEETINGS IN
GENESEE COUNTY**

**'WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, I
WANT THE HAND OF AA ALWAYS TO BE THERE. AND FOR
THAT I AM RESPONSIBLE.'**

810-234-0815

24 HOUR ALCOHOLICS ANONYMOUS HELPLINE

WHY CALL?

- 1. CALL TO HELP YOU STAY SOBER**
 - 2. GET DIRECTED TO LOCAL AA MEETINGS**
 - 3. GET INFORMATION ABOUT LITERATURE**
 - 4. IF YOU ARE A FRIEND/ FAMILY OF AN ALCOHOLIC**
 - 5. IF YOU ARE AN AA MEMBER WHO HAS RELAPSED**
-

THE FLINT AREA UNITY COUNCIL

THETFORD

Thetford Senior center
G-11495 N. Center rd. @ M-57 Clio
810-686-2040



Kid Games Face Painting
Cornhole Euchre
House Shoes Fellowship
 And More

For more information call:
THETFORD A.A.

Where Miracles Happen

*We're having a PICNIC
ALL are welcome...*

SUNDAY AUGUST 21st @ 1pm

Mackinac Island Fall Weekend

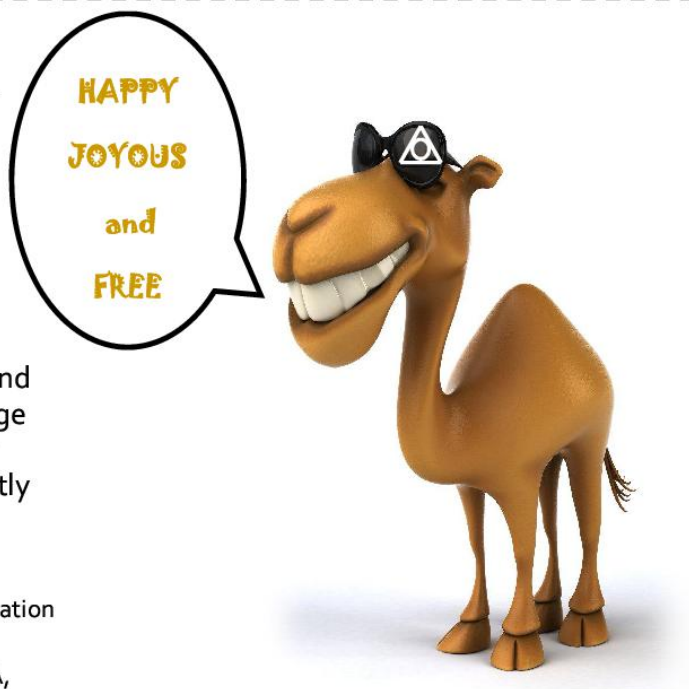
October 14-16, 2022

Name: _____	Weekend Registration \$45 Each <i>(add \$10 after September 15)</i>	Quantity	Total \$
Phone: () _____		1	
Address: _____ _____	Zip Hoodie - \$45 Circle one: S M L XL 2X 3X <i>add \$3 for 2X/3X</i>		
Email: _____	Baseball T - \$30 Circle one: S M L XL 2X 3X <i>add \$3 for 2X/3X</i>		
Rooming With: _____	Long Sleeve T-Shirt- \$25 Circle one: S M L XL 2X 3X <i>add \$3 for 2X/3X</i>		
Saturday Evening Menu Selection: (check one)	<i>Check out the merchandise designs at AALansingMI.org or on our Facebook page!</i>		Total:
<input type="checkbox"/> Chicken Piccata	Method of Payment: Cash _____ Check # _____ Make checks payable to Lansing Central AA 1915 E. Michigan Ave. Ste D, Lansing, MI 48912		
<input type="checkbox"/> Seared Salmon			
<input type="checkbox"/> Pork Ribeye			
<input type="checkbox"/> Vegetable Napoleon			
Yes, I'm willing to be on a panel! (check one)			
<input type="checkbox"/> AA			
<input type="checkbox"/> Alanon			
<input type="checkbox"/> Either			

Join us at Mission Point for the 33rd Annual Mackinac Island Fall Weekend as we come together to celebrate a sober and more joyful life. Here, we will be surrounded by others fulfilling the promise of living happy, joyous and free in AA and Alanon.

Rates are \$296 per person for double occupancy or \$460 for single occupancy, plus \$45 registration fee (**\$55 after Sept. 15**), and include two nights lodging; breakfast, lunch and dinner Saturday; breakfast Sunday and luggage transfer to and from the ferry. Arrive early or stay late and take advantage of a special nightly rate of \$139!

1. Fill out the form above (**one per attendee**)
2. Mail or hand deliver it to LCAA along with your registration fee and merchandise payment
3. When you receive your confirmation email from LCAA, call Mission Point to reserve your room



AA & Al-Anon Speakers · Fellowship · Panel Discussions · Fireside Meetings
Presented by Lansing Central AA · 517-377-1444



**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

