



Unity Council



November 2022; No. 86

Vol. 8; Issue 2

A.A. Help Line

(810) 234-0815

Meetings Opened and  
Zoom Meetings on Website

Newsletter



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

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

**This pane is the November Palette of colors.  
Meet this new color inspired by moments of Joy, →  
Comfort and Refreshment to bring Delight to you.**

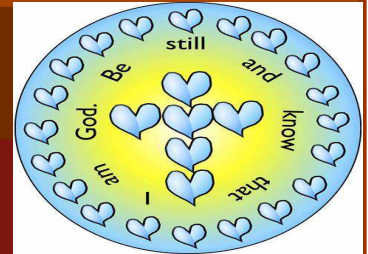


This color is **BAMBOOZLE**  
by FARROW & BALL.  
**A Step 9 Promise;**  
"We will intuitively  
know how to handle  
situations that used to  
baffle us." <sup>1</sup>  
**A Step 11 Promise;**  
"What used to be the  
hunch or the  
occasional inspiration  
gradually becomes a  
working part of the  
mind." <sup>2</sup>

**How does Step 11 in the Alcoholics Anonymous program  
of recovery bring us Joy, Comfort, Refreshment, and Delight?**

**"Gratitude is not only the greatest of virtues, but the mother of all the others."  
Roman orator and philosopher Marcus Tullius Cicero.**

**"I used to think that those beautiful moments where I put aside distractions,  
pause the chaos of the day and take time with our Lord was my gift to God.  
Truly it is my gift to God, He wants my time.  
However, the bigger reality is that it's God's gift to me.  
The fact that prayer sometimes feels like a duty is not a reflection of reality.  
My time of prayer is God's gift to me."  
From a Facebook post of Fr. Joe Krupp, October 5, 2022.**



Step 11. "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."<sup>3</sup>

Let the book written by Bill W., a co-founder of A.A. speak to the question posed in the November Palette of Colors above about Step 11.

"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life."<sup>4</sup>

"Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless. The moment we catch even a glimpse of God's will, the moment we begin to see truth, justice, and love as the real and eternal things in life, we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in purely human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter."<sup>5</sup>

The Promises of Step 11 are in the preceding paragraph and show where Joy, Comfort, Refreshment, and Delight come from.

Joy "...the sense of belonging that comes to us."  
Comfort "...we begin to see truth, justice, and love..."  
Refreshment "...God lovingly watches over us."  
Delight "...all will be well with us..."

And there are places to find these; Misery (not Joy), Aggravated (not Comfort), Exhaustion (not Refreshment), Depression (not Delight).

"But it is clear that we made our own misery."<sup>6</sup>

"Moreover, it is usually a fact that our behavior when drinking has aggravated the defects of others."<sup>7</sup>

"...we have patiently and wearily climbed, falling back in exhaustion after each futile effort ..."<sup>8</sup>

"...symptoms of emotional insecurity are worry, anger, self-pity, and depression."<sup>9</sup>

<sup>1</sup> Alcoholic Anonymous, INTO ACTION, p. 84.

<sup>2</sup> Alcoholics Anonymous, INTO ACTION, p. 87.

<sup>3</sup> Alcoholics Anonymous, HOW IT WORKS, p. 59.

<sup>4</sup> Twelve Steps and Twelve Traditions, STEP 11, p. 98.

<sup>5</sup> Twelve Steps and Twelve Traditions, STEP 11, p. 105.

<sup>6</sup> Alcoholic Anonymous, THE FAMILY AFTERWARD, p. 133.

<sup>7</sup> Twelve Steps and Twelve Traditions, STEP 8, p. 78.

<sup>8</sup> Alcoholics Anonymous, TO WIVES, p. 107.

<sup>9</sup> Twelve Steps and Twelve Traditions, STEP 4, p. 52.



MEDITATE



## The Definition of Gratitude

About twenty years ago, researchers Robert Emmons (University of California, Davis) and Michael McCullough (University of Miami) recognized that although the subject of gratitude was well-known, and the benefits of gratitude were lauded by sources far and wide – from major religious texts to grandma’s folk wisdom – there had been very little scientific research conducted on gratitude.

In a paper published in 2003, they wrote: “Despite widespread exhortations, the contribution of gratitude toward health, well-being, and overall positive functioning remains speculative and without rigorous empirical confirmation.”

To remedy this situation, and to determine whether gratitude yields quantifiable benefits for those who experience it, they conducted a series of studies to measure the effect of gratitude on mood, health, stress, and overall wellness.

To do that, they had to define exactly what gratitude means.

Based on the research they found, they determined that gratitude is an emotional state derived from a “two-step cognitive process.” Here are the steps that allow an individual to arrive at the emotional state known as gratitude:

Step 1: Recognize the existence of a positive outcome.

Step 2: Recognize the origin of the positive outcome is external.

Simple enough. To experience gratitude, we understand something positive in our lives comes from something other than ourselves.

It’s simple – but as the research conducted by Emmons and McCullough show – it’s also incredibly powerful.

## The Benefits of Gratitude

The research effort they initiated in 2003 continues to this day. Emmons is now the editor-in-chief of The Journal of Positive Psychology and a primary contributor to the Greater Good Magazine published by the University of California, Berkeley.

According to Emmons and his colleagues, the data on gratitude shows that it benefits people in three primary ways: physical, psychological, and social.

Compared to people who don’t practice gratitude, people who practice gratitude report the following physical benefits:

- I. They exercise more and take better care of themselves.
- II. Their immune systems are stronger.
- III. They have lower blood pressure.
- IV. They sleep longer and better.
- V. They’re less bothered by aches and pains.

Compared to people who don’t practice gratitude, people who practice gratitude report the following psychological benefits:

- I. They experience more optimism and happiness.
- II. They experience more joy and pleasure.
- III. They’re more alert, alive, and awake.
- IV. They have higher levels of positive emotion, in general.

Compared to people who don’t practice gratitude, people who practice gratitude report the following social benefits:

- I. They feel less lonely.
- II. They’re more forgiving.
- III. They’re more outgoing.
- IV. They feel more generous, helpful, and compassionate.

Let’s back up a second, because you may have a question here about what we mean by the phrase practice gratitude. It’s a valid question. If gratitude is an emotion, how do we practice it? The answer is closer than you think.

## How to Practice Gratitude

Look at it this way: as a verb. For instance, love and fear are emotions. We feel love and we feel fear. Love and hate are also verbs: we love things and we fear things.

We feel gratitude. But we don’t gratitude things – do we? That doesn’t sound quite right, because in the English language, gratitude is a noun only. That’s why we say we practice gratitude: so we can harness its active properties, and recognize its transformative power.

Saying we practice gratitude is almost the same as saying express appreciation, except that practicing gratitude can happen inside yourself, as an emotion, and doesn’t require any explicit action. However, there are tried and true ways to practice gratitude explicitly, as an action – and when you do these things consciously, you experience the benefits of gratitude we discuss above. Here are five ways you can practice gratitude in your daily life:



Continued on 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](http://www.geneseecountyaa.org).

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

From "THE A.A. SERVICE MANUAL combined with TWELVE CONCEPTS FOR WORLD SERVICE" 2021- 2023 by Bill W. page 64, reprinted by permission of A.A.W.S. Please read paragraph seven on page 64 to understand this change.

### Gratitude in Action: Five Practical Practices

#### I. Keep a gratitude journal.

Every gratitude advocate starts here, with a gratitude journal. This is a way to identify the big things in your life for which you're grateful. To start, get a blank notebook, set aside one day a week, and write down five things you're thankful for. Update the list every week to help keep you grounded in the present, appreciative of the past, and hopeful for the future.

#### II. Count your blessings.

This is an internal version of your gratitude diary. And yes – this is exactly what your parents told you to do when you were little. Here's the good news: it works even better as an adult. If you count your blessings every day as an adult, it can help you stay calm, even-keeled, and happy. Parents typically tell kids to count their blessings when they're being ungrateful. If you proactively identify and count your blessings, then you don't need the admonishment: you already live in the solution.

#### III. Write thank you notes.

Take the time to write old-fashioned thank you notes to people you appreciate, people who help you when you need help, or people you simply think need to hear a happy word or two. The act of thanking someone can boost your mood – and you may even get a thank you in return. A thank you for a thank you might just create a virtuous cycle that keeps going.

#### IV. Say "Please" and "Thank You."

If you're out in public – or even on a video call – express gratitude for the people around you by offering them fundamental respect and kindness. When you say please to someone – whether they're about to make you a sandwich at the deli or they're about to do something more consequential – you honor them as a human. When you say thank you, you do the same thing. You afford them the same kindness and respect that you appreciate from others. Like writing thank you notes, saying please and thank you creates a virtuous cycle.

#### V. Meditate and/or pray.

Time spent in silent, solitary, mindful reflection can help you focus on the present moment and teach you to accept yourself and the circumstances of your life without judgment. This, in turn, reduces stress and increases overall wellness. Prayer works in a similar way: when spiritual or religious people pray or commune with their concept of the divine, they cultivate a deep appreciation for life and all its gifts. If you're curious about what gratitude feels like in your life, then try these five things: they work.



## NO GLUM LOT HERE



I asked a huge celebrity for his autograph and then he handed me a paper expressing his gratitude.

A man brought his son to a grocery store... but as soon as they walked in the store the young child began to throw a temper tantrum. While they went down each aisle the child would yell, throw items in and out of the cart, and overall just be an annoyance.

Despite the scene his son was causing, the father was cool and collected, slowly and calmly saying, "Don't worry, Horatio. It'll be alright, Horatio, we'll be home soon Horatio."

A nearby mother was very impressed with the father's self control, and wanted to express her *gratitude* for such calm parenting. "Sir, I'm amazed that you are able to be so calm! It's not every day I see such patient and gracious parenting. Now little guy, what seems to be the problem, Horatio?"

"Oh no, ma'am, you're mistaken!" the father interjected. "This is my son, Hercules. I'm Horatio!"



### Ned & Jed

Hey Jed, been meditating and or praying lately?

Oh yeah. Thinking of and praying for what it'll be like to be out of the woods someday.



Fella', not that. I mean yor words and actions.

I keep a journal of what the boss says to do and how much I get done, yeah.

Fella', not that. It is what yor sayin', what yor do to others that you need improvin' on.

Had a thought that maybe you were going there. Yes, each and every time I'm amiss, I've learnt to say 'scuse moi. The other day, I did it few times afore we got outta' camp.

**Yor getting' a good handle on this change thing now. Glad to hear it!** These new habits bring lots of smiles I never seen afore. Gerdy flat out clapped me on the back and never seen it comin' from him.





**F.A.U.C. Committees; Officers & Chairs.**

Committee Chairs with names. (Visit the website [www.geneseecountyaa.org](http://www.geneseecountyaa.org) to email the F.A.U.C.).

**F.A.U.C. Chair:** Jim M.

**F.A.U.C. Secretary:** Sandra H.

**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 F.

**Grapevine:** Monica R.

**Literature/Meeting Books/Newsletter:**

James P. / Doug G.

**P.I. - Public Information:** Randy R.

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

**Young People:** Levi B.

**F.A.U.C. Newsletter**

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

The October 2022 Newsletter went to 205 emails, with 85 Hits on the Website = 290 readers.

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

**Next F.A.U.C. Meeting:** Meetings are on the 3<sup>rd</sup> Saturday of the month at 12:30 pm for the General Assembly. **Host groups are encouraged to Host at their location** (but will meet at St. Mary's School if needed).

~~January 15: St. Mary's School, Eastside~~

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

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

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

~~May 21: 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: St. Mary's School, Eastside, 2600 Franklin, Flint.

December 17: St. Mary's School, Eastside, 2600 Franklin, Flint.

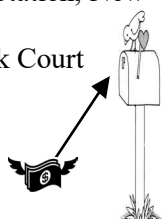
**A.A Treasurer's addresses:**

**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



**Group NEWS**

The F.A.U.C. meets November 19 at 11:30 AM for Committee Meetings, 12:30 PM for General Assembly at the Eastside St. Mary's, 2600 Franklin, Flint..

The Annual Gratitude Meeting is November 23 from 7 to 9 pm, doors Open at 6 pm. Volunteers needed at 5 pm. Location is at the Goodrich United Methodist Church, 8071 S. State Rd., Goodrich 48438. \*

The District 14 Gratitude and Christmas Party is December 10, 2022 at the Presbyterian Church, 433 Calhoun in Lapeer. \*

The F.A.U.C. Corrections Committee is looking for volunteers to conduct A.A. meetings in the Genesee County Jail. Bothe female and male chairpersons needed. Contact Jacob F. for details: 810-965-8090.

\* = Flyer at end of Newsletter.

The F.A.U.C. Newsletter is looking for Coeditors. Submit articles, ideas for articles (anyone can do the previous two) and proofread.

If you would like a Newsletter via email. send Editor a

**THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.**

**November 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](http://www.geneseecountyaa.org) under the Meetings Tab.

- Thu 4 7:00 pm, Van Slyke.
- Fri 6 12 noon, Eye Opener, Arid Club.
- Sat 5 7:30 pm, East Side St. Mary's.
- Sun 6 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 12 7:30 pm, East Side St. Mary's.
- Sun 13 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 19 7:30 pm, East Side St. Mary's.
- Sun 20 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 26 7:30 pm, East Side St. Mary's.
- Sun 27 6:00 pm, Torrey Rd. Group, Arid Club.
- Mon 28 7:00 pm, Montrose HOPE.

If your meeting opened for attendance with an Open Speaker, please contact [farfromtoday@aol.com](mailto:farfromtoday@aol.com) to list it.





"I didn't do it" said the dog Denial.



"Always we tried to struggle to the top of the heap, or to hide underneath it."  
Twelve Steps and Twelve Traditions, STEP FOUR, p. 53.



All's well that ends well?  
"Our ideas did not work."  
Alcoholics Anonymous,  
WE AGNOSTICS, p.53.



"Continue to watch for selfishness, dishonesty, resentment, and fear."  
Alcoholics Anonymous,  
INTO ACTION, p.84.



"We couldn't duck the issue."  
Alcoholics Anonymous,  
WE AGNOSTICS, p. 53.



"It is easy to let up on the spiritual program of action and rest on our laurels."  
Alcoholics Anonymous,  
INTO ACTION, p.85.



"Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity."  
Twelve Steps and Twelve Traditions, STEP SEVEN, p. 74.



"Like us, they had suddenly found themselves saved from death, but still floating upon a perilous sea."  
Twelve Steps and Twelve Traditions, TRADITION 1, p.131.

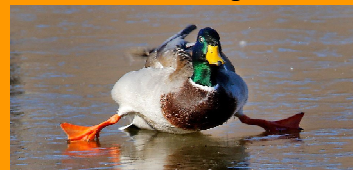


"He will be at the jumping-off place."  
Alcoholics Anonymous,  
A VISION FOR YOU, p.152.  
"You can help when no one else can."  
Alcoholics Anonymous,  
WORKING WITH OTHERS, p.89.



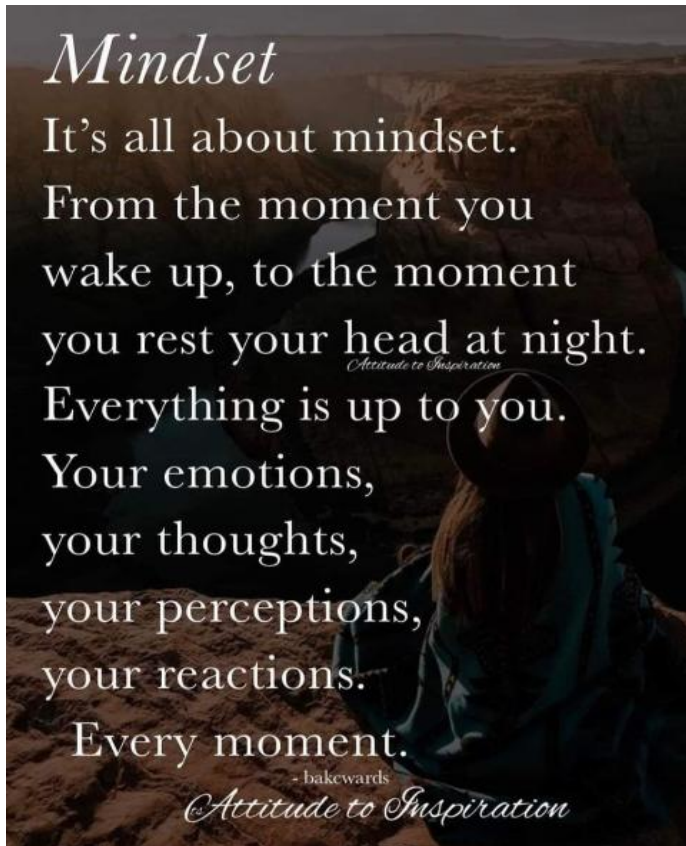
"I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray."

Alcoholics Anonymous,  
THE DOCTOR'S OPINION, p.xxxii.



"Maybe I should take out some insurance against a slip."  
Twelve Steps and Twelve Traditions,  
TRADITION 5, p.151





Thanks to Kelly S.

Step 11 is a daily practice of close consciousness with God, or not? “Alcoholics Anonymous states as an organization, it is non-religious but rather spiritual in design. Its cornerstone is that members find a higher purpose or higher power. God can be described as a religious being, or for atheists and agnostics, it can simply mean the group dynamic experienced as a member at an AA meeting.”<sup>10</sup>

“On page 86 of the Big Book of Alcoholics Anonymous, the first 11th step prayer is:

‘God, direct my thinking, especially that it be divorced from self-pity, dishonest, or self-seeking motives.’ This is meant to be prayed in the morning before we start our day.

Another 11th step prayer is specific to what we do when we are faced with indecision: ‘God, give me inspiration, an intuitive thought or decision.’

The third 11th step prayer is, ‘God, show me all throughout my day what my next step is to be. Give me whatever I need to take care of any problems. I ask especially for freedom from self-will.’

What’s important to understand about the 11th step prayers is that these are only suggestions.”<sup>11</sup>

<sup>10</sup> From: <https://www.verywellmind.com/a-study-of-step-11-69405>.

<sup>11</sup> <https://adamfout.com/step-11-aa/>

The book Alcoholics Anonymous begins discussion of the eleventh step on the bottom of page 85.

Specific timing is given, without specific times, when this Step should be taken daily, and what each portion of our meditation and prayer is suggested.

“When we retire at night, we constructively review our day.”<sup>12</sup>

“On awakening let us think about the twenty four hours ahead.”<sup>13</sup>

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or direction.”<sup>14</sup>

More thorough suggestions are presented within the discussion of Step 11 that take on the tone of an extended personal inventory. We are never done with looking at ourselves and what we could do better, what works, and what doesn’t.



“We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works - it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined.

But this is not all. There is action and more action. ‘Faith without works is dead.’”<sup>15</sup>



<sup>12</sup> Alcoholic Anonymous, INTO ACTION, p. 86.

<sup>13</sup> Alcoholic Anonymous, INTO ACTION, p. 86.

<sup>14</sup> Alcoholic Anonymous, INTO ACTION, p. 87.

<sup>15</sup> Alcoholic Anonymous, INTO ACTION, pp. 87-88.

## TRADITION 11

“Alcoholics Anonymous has no opinion on outside issues: hence the A.A. name ought never be drawn into public controversy.”<sup>16</sup> (Short form).

“No AA group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.”<sup>17</sup> (Long form).

How is it known that a group has no opinion and therefore no opinion on outside issues? It comes through the group conscience of Tradition 2. “For our group purpose there is but one ultimate authority...a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants...they do not govern.”<sup>18</sup>

The group conscience is an inventory of the group members on topics concerning the group, and (hopefully) the GSR will be the trusted servant to provide that A.A. Traditions are followed.

## CONCEPT 11

“The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualification, induction procedures, and the rights and duties will always be matters of serious concern.”<sup>19</sup> (Short form).

“While the Trustees hold final responsibility for A.A.’s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.”<sup>20</sup> (Long form).

<sup>16</sup> Alcoholics Anonymous, Appendix I, p. 562.

<sup>17</sup> Alcoholics Anonymous, Appendix I, p. 565.

<sup>18</sup> Alcoholics Anonymous, Appendix I, p. 562.

<sup>19</sup> The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 Edition, page IV.

<sup>20</sup> The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 Edition, page C37.

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“...no organization structure can fully guarantee our Headquarters against the depredations of clashing personalities, that only the sustained willingness to practice spiritual principles in all our affair can accomplish this, and we should never need to have any fear for our future harmony.”<sup>21</sup>

“It is the duty of the good executive officer therefore to *learn discrimination* of when he, (or she), should act on his, (or her), own and limited or wide consultation is proper, and when he, (or she), should ask for specific definitions and directions. This discrimination is really up to him, (or her). His, (or her), privilege of making these choices is structurally guaranteed by the ‘Right of Decision’. He, (or she), can always be censured *after* his, (or her), acts, but seldom before.”<sup>22</sup>

“This concept recognizes that the trusted servants who work for the various AA entities need to be carefully selected because they will have the most day-to-day contact with members and others interested in AA. The Twelve Concepts of World Service specifically mentions the nominating, budgetary, public information, literature and general policy committees as requiring people with very specific skills and outlooks.”<sup>23</sup>

How does this breakdown to the Groups? Follow the questions from the pamphlet SMF-91 - Concepts Checklist for discussion.

- “Do we understand how the roles of nontrustee directors and nontrustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional ‘Right of Participation?’
- Do we practice rotation in all our service positions?”<sup>24</sup>

<sup>21,22</sup> The A.A. Service Manual combined with Twelve Concepts for World Service by Bill W., 2021 2023 Edition, p. C47, p. C44.

<sup>23</sup> <https://www.tapataalk.com/groups/recoveryinn/12-concepts-explained-t4286.html>.

<sup>24</sup> Pamphlet SMF-91 - Concepts Checklist

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Service Material from the General Service Office  
**CONCEPTS CHECKLIST**  
A service piece for home groups, districts, areas.

SMF-91

## Have Another Cup: Coffee Linked to Longer Lifespan

Written by Megan Brooks, Sept. 27, 2022

Drinking two to three cups of coffee daily may contribute to a longer life and lower risk of cardiovascular disease, new research suggests..

The benefits were seen whether people drank ground, instant, or decaffeinated coffee, but ground and instant also appear to offer protection against an irregular heartbeat.

“Daily coffee intake should not be discouraged by physicians but rather considered part of a healthy diet,” Peter M. Kistler, MD, PhD, of the Alfred Hospital and Baker Heart and Diabetes Institute in Australia says.

“This study supports that coffee is safe and even potentially beneficial, which is consistent with most of the prior evidence,” says Carl “Chip” Lavie, MD, who wasn’t involved in the study.

“We do not prescribe coffee to patients, but for the majority who like coffee, they can be encouraged it is fine to take a few cups daily,” said Lavie, with the John Ochsner Heart and Vascular Institute in Louisiana.

The study was published online today in the European Journal of Preventive Cardiology.

### Clear Cardiovascular Benefits

A total of 449,563 participants in the U.K. Biobank, which tracks half a million patients on a variety of topics, reported how much coffee they drank daily and their preferred type of coffee.

During more than 12.5 years of follow up, 6.2% of participants died.

Drinking 1 to 5 cups each day of ground or instant coffee (but not decaffeinated coffee) was linked to a significant reduction in irregular heartbeat.

Those who regularly drink up to 5 cups per day saw significant reductions in the risk of cardiovascular disease compared to those who didn't drink coffee. Coffee also appeared to be linked to a lower risk of heart disease, congestive heart failure, and stroke.

Coffee, especially decaf, appeared to lower the risk of death from any cause during the study period.

However, with the observational design, it’s unclear “which direction the relationship goes, e.g., does coffee make you healthy or do inherently healthier people consume coffee? Randomized, controlled trials are needed to fully understand the relationship between coffee and health before

recommendations can be made,” Charlotte Mills, PhD, University of Reading, told the U.K. nonprofit Science Media Centre.

Annette Creedon, PhD, nutrition scientist with the British Nutrition Foundation, said it’s possible that respondents over- or under-estimated the amount of coffee that they were consuming at the start of the study.

“It is therefore difficult to determine whether the outcomes can be directly associated with the behaviors in coffee consumption reported at the start of the study,” she told the Science Media Centre.

### SOURCES:

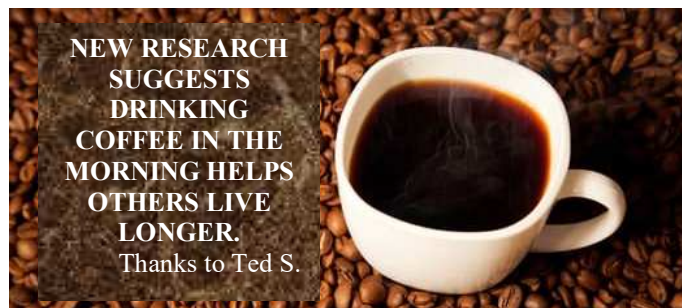
Peter M. Kistler, MD, PhD, Alfred Hospital and Baker Heart and Diabetes Institute, Melbourne, Australia.

Carl “Chip” Lavie, MD, John Ochsner Heart and Vascular Institute, New Orleans.

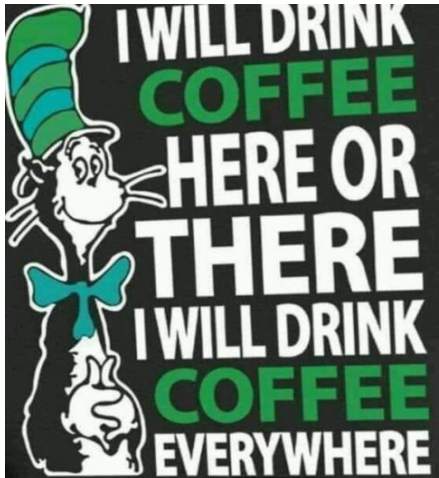
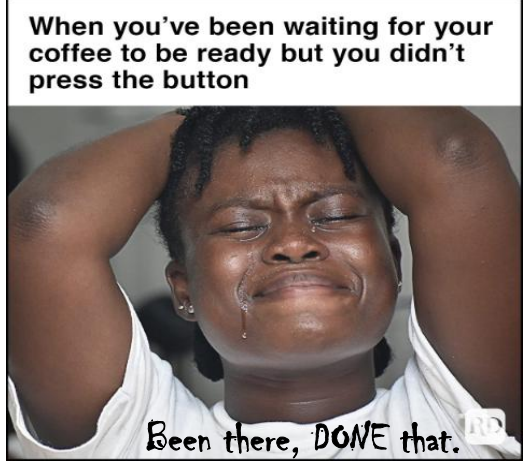
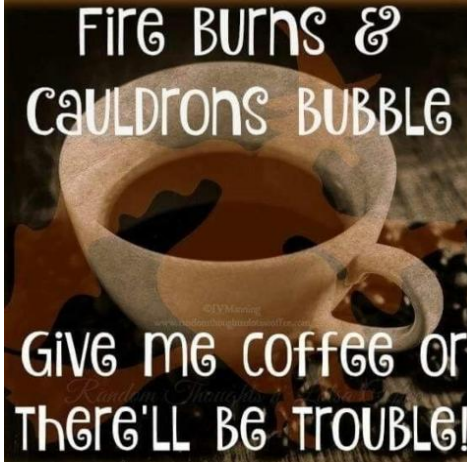
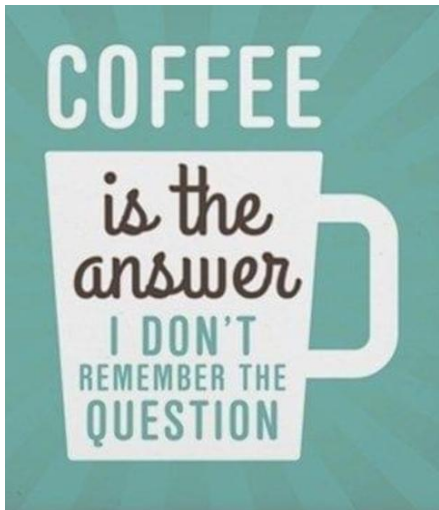
European Journal of Preventive Cardiology: “The impact of coffee subtypes on incident cardiovascular disease, arrhythmias, and mortality: long-term outcomes from the UK Biobank.”

From:

<https://www.webmd.com/diet/news/20220927/coffee-linked-to-longer-lifespan>









# “If you don’t go within, you go without.”

Legend has it that the deepest wisdom was once freely available to man, but he ignored it. The Gods, growing tired of this, decided to hide this wisdom so only those determined to use it would search for it and find it. They considered hiding it on the tallest mountain, then underneath the deepest sea, and even burying it in the earth, but decided that man would eventually stumble upon it. Finally, they decided on the perfect place, inside man himself, a place he would never think to look. This certainly describes me before recovery.

I was constantly searching outside of myself for the answers to my life. I was convinced the right job, or the right relationship, or more money would fill the hole I had inside me. Eventually I turned to drugs and alcohol thinking the temporary relief I got would work, but it never did. In the end, I didn’t know where to look anymore, and once alcohol stopped working, I entered recovery.

I remember the first time I heard this quote, “If you don’t go within, you go without.” My sponsor explained that it meant not only were all the answers inside of me, but that if I didn’t go inside for them, then I would keep searching outside of myself and would continue to go without the solutions. It has taken years for me to consistently search within – the Gods did find the perfect hiding place! Each time I go within, however, the wisdom is there waiting for me. Now I know what they mean in the program when they say: “It’s an inside job.”

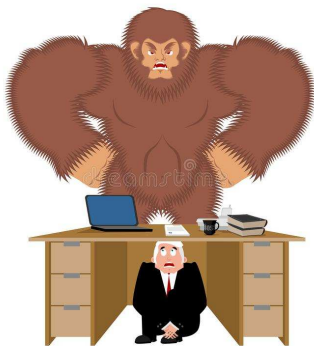
From: <https://thewisdomoftherooms.com>



**Not hidden in a mountain.**

**Not hidden underwater.**

**Not hidden underground.**



**Hiding from the gorilla  
in the room?**

“Or anger and hurt pride might be the smoke screen under which we were hiding some of our defects while we blamed others for them”

Twelve Steps and Twelve Traditions, STEP FIVE, p.59.

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The difference between misery and happiness depends on what we do with our attention.

Sharon Salzberg

Thanks Ted S.



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



“My job is to talk. Your job is to listen. If you are done before I am, that’s okay.”

“Every negative thought is a down payment on your failure.  
Every positive thought is an investment in your future.”

“Always end your day with a positive thought  
And a Grateful heart.”

### “Alcoholic Ziuq

From A.A. Today, Book published  
by the A.A. Grapevine in 1960.

A Ziuq, as its name implies, is a Quiz in reverse. Here are ten answers to questions. If you can’t guess the questions that prompted the answers, you’ll find them below. But don’t look now !

1. A thousand nights in a barroom.
2. (a) Period, (b) Sterno.
3. Twelve steps.
4. The first drink.
5. A sponsor.
6. (a) fried, (b) boiled, (c) stewed, (d) crocked, (e) plastered, (f) in the bag.
7. Twenty-four hours at a time.
8. Scotch, rye, bourbon, gin, brandy, wine, beer, vanilla extract, perfume, hair tonic.
9. The Big Book.
10. Because it disguises his breath.

# A.

1. What is the average initiation fee paid by A.A. members?
2. (a) How does many a drunk start? (b) How does many a drunk wind up?
3. What do six steps look like to a guy who has had eleven martinis?
4. Besides Latin and algebra, what do many high school students take?
5. What is the common need of a TV performer and a drunk?
6. State one way (a) oysters, (b) potatoes, (c) tomatoes can be prepared, (d) prunes kept, (e) bedroom ceilings finished, and (f) peanuts sold.
7. 7. How is the best way to live to be 100?
8. Name the ten items a drunk would choose to have with him on a desert island?
9. What would you call a 2,000 page volume about mythological giants?
10. Why does a staggering, disarranged, wild-eyed, incoherent drunk prefer vodka?”

# Q.

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Thanks to Ted S.

### Some doctor guy in Ohio. Pretty good writing for a a doctor tho.

B. H. SMITH, M. D.  
2ND NATIONAL BLDG. AKRON, OHIO

TELEPHONE NE-8522

R FOR alcoholics DATE Feb 1937

ADDRESS \_\_\_\_\_

*always remember it*

1. Trust God
2. Clean house
3. Help others

*B. H. Smith*

NR 1 2 3 INF.

Thanks to Ted S.



\_\_\_\_ JOIN US FOR \_\_\_\_

# **Flint Area Alcoholics Anonymous Gratitude Meeting**

AA and Al-Anon Speakers  
Hall of Memories  
Sobriety Countdown  
Dessert and Coffee Served

**Doors Open at 6pm for fellowship  
Meeting is from 7p-9p**

NOV . **23** . 2022

Goodrich United  
Methodist Church  
8071 South State Rd  
Goodrich, MI 48438

For Questions, contact:  
Randy R. 810-516-9405  
Andrew P. 810-252-0830  
Nicole S 810-882-9290

# District 14 Gratitude & Christmas Party

Celebrate with friends, food and more. Family welcome.  
Potluck, meat will be provided. Please bring a dish.  
Coffee and water will be provided.

December 10, 2022 / 5:00 pm to 9 pm

PRESBYTERIAN CHURCH

433 N CALHOUN, LAPEER



# ***District 14 Gratitude & Christmas Party***

Celebrate with friends, food and more. Family welcome.  
Potluck, meat will be provided. Please bring a dish. Coffee  
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**December 10, 2022 / 5:00 pm to 9 pm.**

**PRESBYTERIAN CHURCH  
433 N. CALHOUN, LAPEER**

