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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.

[www.aa.org](http://www.aa.org)

# A.A. at a glance

## What is A.A.?

Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership.

## Current Membership

It is estimated that there are over 120,000 groups and over 2,000,000 members in approximately 180 countries.

## Relations with Outside Agencies

The Fellowship has adopted a policy of "cooperation but not affiliation" with other organizations concerned with the problem of alcoholism. We have no opinion on issues outside A.A. and neither endorse nor oppose any causes.

## How A.A. Is Supported

Over the years, Alcoholics Anonymous has affirmed and strengthened a tradition of being fully self-supporting and of neither seeking nor accepting contributions from nonmembers. Within the Fellowship, the amount that may be contributed by any individual member is limited to \$5,000 a year.

## How A.A. Members Maintain Sobriety

A.A. is a program of total abstinence. Members simply stay away from one drink, one day at a time. Sobriety is maintained through sharing experience, strength and hope at group meetings and through the suggested Twelve Steps for recovery from alcoholism.

## Why Alcoholics Anonymous Is "Anonymous"

Anonymity is the spiritual foundation of A.A. It disciplines the Fellowship to govern itself by principles rather than personalities. We are a society of peers. We strive to make known our program of recovery, not individuals who participate in the program. Anonymity in the public media is assurance to all A.A.s, especially to newcomers, that their A.A. membership will not be disclosed.

(OVER)

## Anyone May Attend A.A. Open Meetings

Anyone may attend open meetings of A.A. These usually consist of talks by a leader and two or three speakers who share experience as it relates to their alcoholism and their recovery in A.A. Some meetings are held for the specific purpose of informing the nonalcoholic public about A.A. Doctors, members of the clergy, and public officials are invited. Closed discussion meetings are for alcoholics only.

## How A.A. Started

A.A. was started in 1935 by a New York stockbroker and an Ohio surgeon (both now deceased) who had been "hopeless" drunks. They founded A.A. in an effort to help others who suffered from the disease of alcoholism and to stay sober themselves. A.A. grew with the formation of autonomous groups, first in the United States and then around the world.

## How to Find A.A.

Look for Alcoholics Anonymous in any telephone directory, your local newspaper or "Find A.A. Near You" on the home page of our website, [www.aa.org](http://www.aa.org). In most urban areas, a central A.A., office or intergroup, staffed mainly by volunteer A.A.s will be happy to answer your questions and/or put you in touch with those who can.

## What A.A. Does Not Do

A.A. does not: Furnish initial motivation for alcoholics to recover... solicit members... engage in or sponsor research... keep attendance records or case histories... join "councils" or social agencies (although A.A. members, groups and service offices frequently cooperate with them)... follow up or try to control its members... make medical or psychological diagnoses or prognoses... provide detox, rehabilitation or nursing services, hospitalization, drugs, or any medical or psychiatric treatment... offer religious services or host/sponsor retreats... engage in education about alcohol... provide housing, food, clothing, jobs, money, or any other welfare or social services... provide domestic or vocational counseling... accept any money for its services, or any contributions from non-A.A. sources... provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

This is A.A. General Service Conference-approved literature

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For further information on A.A.,  
these pamphlets are available on request:

"A Brief Guide to Alcoholics Anonymous";  
"Frequently Asked Questions About A.A."; "This is A.A."

A.A. General Service Office,  
Box 459, Grand Central Station, New York, NY 10163

**PRESENTATION: "WHAT A.A. IS AND WHAT IT IS NOT"**  
**(TO ALCOHOLISM TREATMENT FACILITY CLIENTS)**

This is an A.A. service piece, prepared by the General Service Office of Alcoholics Anonymous, at the suggestion of the 1991 Conference Committee on Treatment Facilities. It is meant to assist A.A. members in introducing A.A. videos or films and in making informational presentations to clients in treatment facilities.

**AN A.A. INFORMATION PROGRAM**

An A.A. information program is designed to help alcoholics by presenting information which should be helpful to clients of alcoholism treatment facilities.

Presentations by A.A. members generally include a video and follow an outline which explains what A.A. is and is not; where it is; and what it's like. In addition to specific requests, presentations may be set up on a regularly scheduled basis. A recurring presentation is usually coordinated through a local or area Treatment Facilities Committee. Such presentations may be adapted to meet your needs.

**GUIDELINES**

1. Remember that this is basic Twelfth Step work. The goals of A.A. and the treatment facility are the same: *The recovery of the alcoholic.*
2. Avoid drunkalogues. Keep comments strictly to A.A. – related matters. *Do not comment on the facility's policies or practices!*
3. Familiarize yourself with the pamphlets "A.A. in Treatment Facilities," "Bridging the Gap," and "Speaking at Non-A.A. Meetings" before your presentation. Working with members of the Treatment Committee or with your group, it may be helpful for you to run through or even rehearse the presentation the first few times.
4. Provide copies of the following Conference–approved pamphlets:
  - a) "Information on Alcoholics Anonymous" (A service piece from G.S.O.)
  - b) "Questions and Answers on Sponsorship"
  - c) "A.A. at a Glance"
  - d) "Where Do I Go from Here?"

You might also provide copies of a local meeting list or directory.

5. Always remember that *you* are representing Alcoholics Anonymous. Be on time, courteous, and well groomed. For many in your audience, this will be their first impression of A.A. Make it a good one!

**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.



# Understanding Anonymity



*"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."*

This is A.A. General Service Conference-approved literature.



## NO GLUM LOT HERE



### A Newcomer Practicing What Was Told.

An A.A. newcomer orders two shots. He proceeds to pour out the first one all over the bar, downs the second one and then orders two more. He pours out the first one on the bar, downs the second one and orders two more.

The bartender asks him why he keeps pouring out the first shot all over the bar.

The newcomer replies with "My A.A. group told me 'All I need to do is avoid that first drink.'"

A newbie walks into work at 9:00 on his first day. He is very late and the boss is furious. "You should have been here at 8:30!" he shouts.

"Why?" says the guy. "What happened at 8:30?"

I was playing an online game when I saw 4 players ganging up against a newbie so I came to help. He didn't stand a chance against the 5 of us.

### DO YOU EVER GET DRUNK?

YES

NO



### Ned & Jed

Hey Jed, have ya had any much practice with Anonymity?

Of course, won't tell anybody my name if I don't have to.



That's not it. Do you keep confidence and trust of others to not tell in public?

Yeah, that's easy still being in the fog, I don't remember their names.

Fella', here is how it's stated, "Anonymity at the Personal level. •At the personal level, anonymity

provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.

• As valuable as privacy is to new members, most of them are eager to share the good news of their A.A. affiliation with their families. Such a disclosure, however, is always their own choice. Remember we said



we would go to any lengths and to practice these principles in all our affairs?" <sup>1</sup> <sup>1</sup> www.aa.org; A.A. and Anonymity, Reprinted with A.A.W.S. permission.

**ANNOUNCEMENTS**

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

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

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

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

**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 December 2022 Newsletter went to 209 emails, with 80 Hits on the Website = 289 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 21: St. Mary's School; 2600 N. Franklin, Eastside A.A. Group.

February 18: H.O.P.E. Family Worship Center, 9453 Vienna Rd. Montrose, Montrose HOPE A.A.

March 18: St Johns 435 Genesee St. Davison, Davison Fellowship Friday Night Group

April 15: Thetford Senior Center, G-11495 N. Center Rd. Clio; Thetford A.A.

May 20:

June 17:

July 15:

September 16:

October 21:

November 18:

December 16:

**Group NEWS**

The F.A.U.C. meets January 23, 2023 at 11:30 AM for Committee Meetings, 12:30 PM for General Assembly at the Eastside St. Mary's, 2600 Franklin, Flint.

\* CMIA 32 meeting: February 5, 2023 in Perry.

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](mailto:farfromittoday@aol.com) by the 20<sup>th</sup> of the month.

\* = Flyer at end of Newsletter.

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

**January 2023 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 5 7:00 pm, Van Slyke.
- Fri 6 12 noon, Eye Opener, Arid Club.
- Sat 7 7:30 pm, East Side St. Mary's.
- Sun 8 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 14 7:30 pm, East Side St. Mary's.
- Sun 15 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 21 7:30 pm, East Side St. Mary's.
- Sun 22 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 28 7:30 pm, East Side St. Mary's.
- Sun 29 6:00 pm, Torrey Rd. Group, Arid Club.
- Mon 30 7:00 pm, Montrose HOPE.

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

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

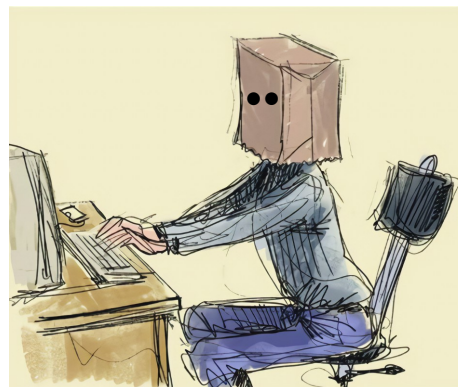
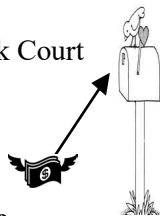
**G.S.O.** P.O. Box 2407, James A. Farley Station, New York, NY 10116-2407

**C.M.I.A. 32,** c/o Sherri L, 635 Woodcreek Court Saline, MI 48176

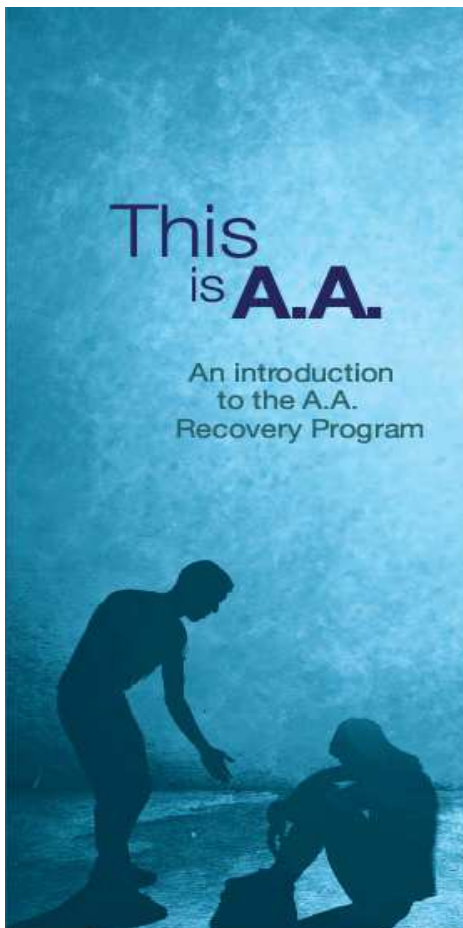
(For F.A.U.C.)

P.T.H.A, Inc. 4225 Miller Rd. Suite 119, Flint, MI 48507. Please make checks

payable to **Pass The Hat Association, Inc.**



**THIS IS NOT ANONYMITY IN THE DIGITAL AGE !!!**



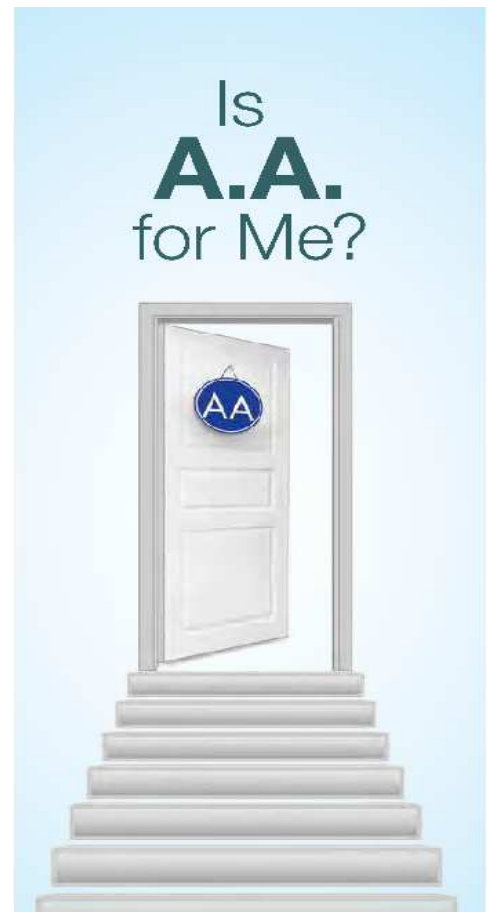
P-1 pamphlet cover.

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P-2 pamphlet cover.

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P-36 pamphlet cover.

Reprinted with A.A.W.S. permission.

All the A.A. materials presented on pages 1, 2, 3, and 5 are available in a .pdf format at [www.aa.org](http://www.aa.org) or hardcopies through the F.A.U.C. Literature Chair, James P. at 313-613-3703.

They are presented in this Newsletter as guides to what to present to a Newcomer in the guidance of the A.A. Traditions, and Step 12 where it guides us to carry the message to other alcoholics.

### “Is A.A. for me?”

“All of us in A.A. have asked this question. We found out that many people had felt like us. With the help of A.A. we tried to understand what alcohol had done to us. We were not alone. We could get help. Answer each question yes or no. Yes answers will tell you if A.A. is for you.

- Have I tried to stop drinking for a week or so but could not do it?
- Have I wished people would stop talking about my drinking?
- Have I changed drinks to try not to get drunk?
- Do I ever need a drink to get going in the morning?
- Do I envy people who can drink without getting into trouble?
- Does my drinking cause problems at home?

- Does my drinking cause problems with other people?
- Do I try to get extra drinks?
- Have I tried to stop drinking but still got drunk?
- Have I missed work or cut school because of drinking?
- Do I have blackouts — times I cannot remember?
- Would my life be better if I quit drinking?

### How does it add up?

Is A.A. for you? A.A. cannot take care of all your problems. But we can show you how to live one day at a time without alcohol. Many people have beat their drinking problem. Only you can decide if A.A. is for you. If your answer is yes, call us.”

An excerpt from P-36; Reprinted with A.A.W.S. permission.

(810-234-0815; Flint Area A.A. 24/7 Helpline).

To find a meeting, scan this QR code into your phone for immediate information on meetings, days, and times in this area.







Thanks to Mike T.



Having a crabby day? Turn around and start over.

Thanks to Ted S.



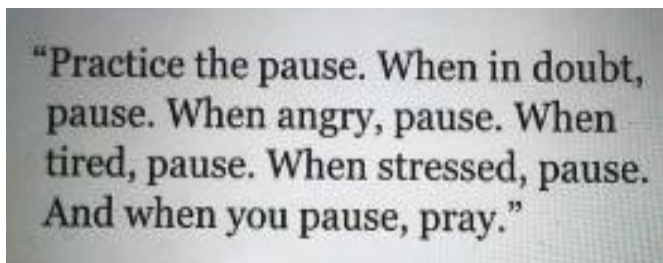
Don't be afraid to share your story. It could be the key that unlocks someone else's prison.

Thanks to Randy A.



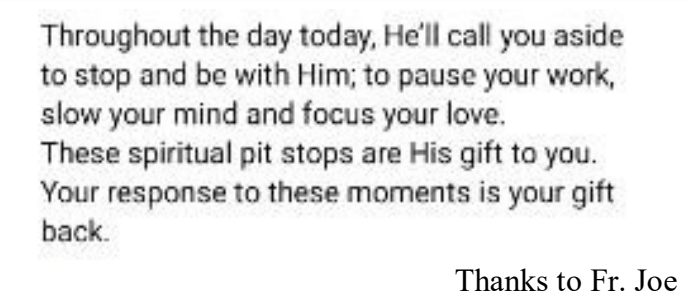
IF YOU THINK YOU'VE BLOWN GOD'S PLAN FOR YOUR LIFE, REST IN THIS. YOU, MY BEAUTIFUL FRIEND, ARE NOT THAT POWERFUL.

Thanks to Lisa M-T.



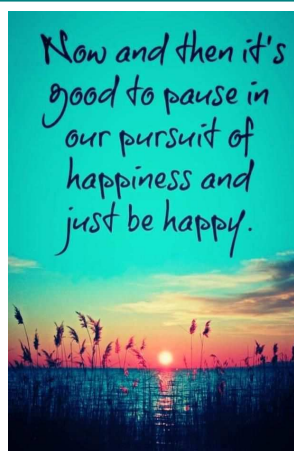
"Practice the pause. When in doubt, pause. When angry, pause. When tired, pause. When stressed, pause. And when you pause, pray."

Thanks to Armando F.

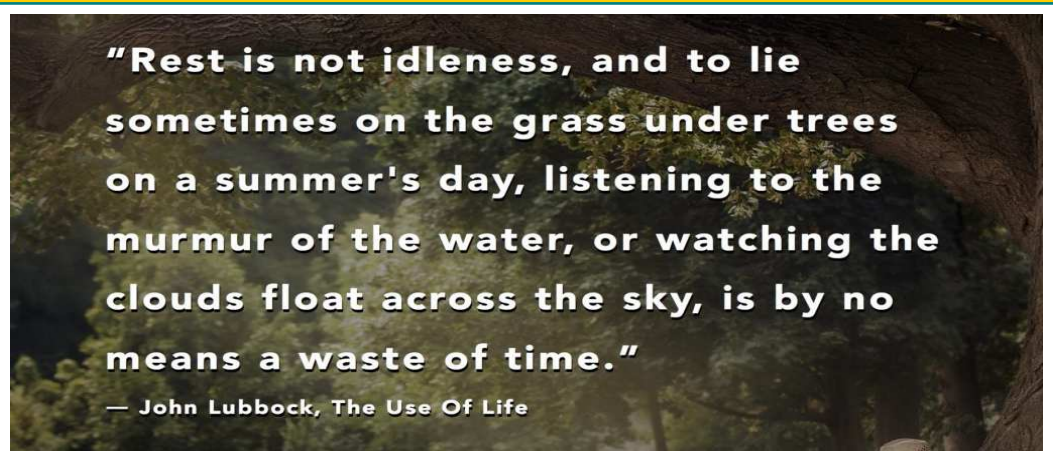


Throughout the day today, He'll call you aside to stop and be with Him; to pause your work, slow your mind and focus your love. These spiritual pit stops are His gift to you. Your response to these moments is your gift back.

Thanks to Fr. Joe



Now and then it's good to pause in our pursuit of happiness and just be happy.



**"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."**

— John Lubbock, *The Use Of Life*

## THE TWELVE STEPS

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people where ever possible, except when to do so would injure them or others.
10. Continue to take personal inventory and when we were wrong promptly admitted it.
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.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Page 59-60, 4th edition of Alcoholics Anonymous.  
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“...as incredible the effect that the 12 Steps have had on the plight of the alcoholic and addict, their existence almost never came to be. In 1935 Bill Wilson traveled to Akron, Ohio on a business trip. His business proposition fell apart and he found himself standing in a hotel lobby faced with two choices. He could either go to the bar in the lobby or he could use the phone and call up a local church in order to try to find a drunk whom he could help. Luckily, Bill chose to pick up the phone and he was directed to a local doctor by the name of Dr. Bob Smith, and with this meeting the birth of the 12 Steps began.”

Excerpt from: <https://firststepsrecovery.com/a-deeper-look-at-the-12-steps/>



## ORIGIN OF THE ALCOHOLIC ANONYMOUS 12 STEPS

“Bill W., AA co-founder, was the person responsible for the origin of the Twelve Steps of Alcoholics Anonymous a few years after he got sober. Bill was released from Towns hospital in late December 1934. Following, Bill and Lois Wilson attended the New York Oxford Group.

“However, all went well until Oxford Group members criticized them for having private meetings for “drunks only” in their home at 182 Clinton Street Brooklyn Heights, New York 11201. They were considered as “not Maximum” (not fully complying with OG principles). Chaos developed! Consequently, during August of 1937, Bill and Lois stopped attending the Oxford Group meetings.

“The yet unwritten AA program of action was now on its own in New York! However, Bill W. remembered the Oxford Group’s twenty-eight Main Principles. These are the same “tenets” he would eventually put in our Big Book. Most importantly though, Bill accepted some of these tenets as helpful to alcoholics. Reference page xvi of the Big Book:

Moral inventory  
Confession of personality defects  
Restitution to those harmed  
Helpfulness to others  
Necessity of belief in, and dependence upon, God

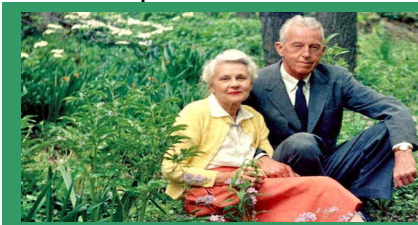
“This later became a word-of-mouth six step program of action for alcoholics. There were several versions of this. But, this version can be found in the Fourth Edition (p 263) of the Big Book:

Complete deflation  
Dependence and guidance from a Higher Power  
Moral inventory  
Confession  
Restitution  
Continued work with other alcoholics

“In conclusion, the six-step word-of-mouth program was expanded into what we now know as the origin of the Twelve Steps in December of 1938 (Pass it On, pages 197-198). We are so very lucky that Bill was “not Maximum!” Certainly, a Godsend for us all and the future of AA! Further evidence that: ‘God moves in mysterious ways!’”

By Bob S.

Excerpt from: <https://www.aacle.org/origin-of-the-twelve-steps/>



Lois and Bill W,  
“... happy, joyous, and free.”  
Alcoholic Anonymous,  
THE FAMILY  
AFTERWARD, P. 133  
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**This the ORIENTATION material provided to volunteers of the Corrections Committee.**

**BASIC FUNCTIONS OF CORRECTIONS COMMITTEES**

The basic functions of corrections committees are elaborated on in the Corrections Workbook. However, here are highlights of major headings.

Corrections committees, when allowed to do so, take A.A. meetings into facilities within their area. They encourage "outside" group participation in this kind of Twelfth Step work. In some areas, each group has a group corrections representative. The committee provides a liaison between the correctional facilities groups and meetings and groups on the outside, and also coordinates prerelease contact.

The relationship with prison authorities is discussed in the workbook to ensure a positive reciprocal working relationship with administrators and staff. A.A. members wishing to carry our message to alcoholics behind the walls of correctional facilities should understand that we always do so within the regulations of such facilities. Corrections Committees and Hospital and Institutions (H&I) Committees are encouraged to thoroughly review and understand all procedures of institutions with whom they cooperate, and to share this information with all A.A. members who bring A.A. meetings inside. Some committees make available copies of regulations and forms that must be completed, so that A.A. members new to this service work can review the materials prior to making their decision. Some committees share this information with A.A. members new to corrections service through regular workshops, information sheets, and volunteer packets developed by local trusted servants.

The workbook also goes into detail about prison A.A. meetings. It suggests different ways to shoulder responsibility for meetings and speakers.

Most committees find that adequate literature supplies are essential in a correctional facility group or meeting. Supplies are financed and obtained in several ways: Donated by local intergroup or general service committee; donated by members of the committee; purchased with individual contributions; provided by groups through their corrections representatives.

Special funds: Buck of the Month Club, where members contribute, and funds are used for corrections literature; special meetings or dinners, at which a collection is taken; special cans at regular meetings, marked "For Corrections Literature."

From MG-06, Corrections, G.S.O. Guideline for this respective committee. Reprinted with A.A. W.S. permission.

**- GENESEE COUNTY JAIL REGULATIONS FOR A.A. CHAIRPERSON VOLUNTEERS and + GUIDANCE TO CONDUCT MEETING.**

- Women attend Women's Only Meetings.
- Men attend Men's Only meetings.
- Saturday Meetings at 9:15 AM on the 4<sup>th</sup> Floor for Men Only.
- Sunday Meetings at 3:00 PM on the 3<sup>rd</sup> Floor.
- If Women A.A. Chair people are attending, then a Women's Meeting Only can be held.
- If Men A.A. Chair people are attending, then a Men's Meeting Only can be held.
- The Genesee County Jail, Forgotten Ministries Regulations to be upheld at all times.
- Sign in/out is required at the Visitor's Entrance and at the Floor a volunteer goes to.
- Pass through a metal detector to gain entrance, the Jail would like all purses and other carrying bags to be left in your vehicle and to only use clear bags to transport materials.
- + Meeting materials are in a blue bag in the Chaplain's Library on the 3<sup>rd</sup> floor. Additional materials needed must be Jail approved.
- + The purpose of these A.A. Meetings is to introduce the A.A. program of recovery to Inmates that are interested.
- + These are Closed Meetings. Open the Meeting with the Serenity Prayer, followed by Introductions. Ask are there any newcomer's and WELCOME ALL.
- + There are A.A. placemats & Big Books to give out when Inmates come in. They can keep the Big Book at meeting's end if they wish.
- + HOW IT WORKS is read, which provides the Introduction to the 12 Steps.
- + The Chair(s) now introduce themselves and give a brief history of their recovery from alcoholism and the lifestyle benefits. Meetings follow the A.A. pattern of what I used to be like, what happened, and what I am like now.
- At a discussion meeting new members can get answers to their questions.
- + A.A. does not have any experts; the idea always is to encourage as much participation by as many members as possible.
- + Close the Meeting ON TIME, closing with the Our Father prayer and announcing when the next meeting will be.
- + Jail populations are transient so announce how to find A.A. Meetings after Jail.





## Heard it *'Round the Rooms!*



**“We claim spiritual progress rather than spiritual perfection. Pg 60 BB.”**

“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.”

“Here’s a part of ‘acceptance was the answer’ I don't hear people talk about often and its great reading: Then, one day in A.A., I was told that I had the lenses in my glasses backwards; ‘the courage to change’ in the Serenity Prayer meant not that I should change my marriage, but rather that I should change myself and learn to accept my spouse as she was. A.A. has given me a new pair of glasses. I can again focus on my wife’s good qualities and watch them grow and grow and grow. I can do the same thing with an A.A. meeting. The more I focus my mind on its defects—late start, long drunkalogs, cigarette smoke—the worse the meeting becomes. But when I try to see what I can add to the meeting, rather than what I can get out of it, and when I focus my mind on what’s good about it, rather than what’s wrong with it, the meeting keeps getting better and better. When I focus on what’s good today, I have a good day, and when I focus on what’s bad, I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases.”

“I’ve been in AA long enough to realize it is rarely cut and dry why some get sober and some don’t. The best we can do is share our ESH (Experience, Strength, and Hope) honestly.”

**“Why should I get amends from other people in AA? Why should I make amends to others in AA?”**

“Good questions to ponder. I (collectively) should get amends from others in AA so I know this really works, and I'm not sitting among phonies. For the traditions and good of the fellowship AND the work. I should make amends in the place I found God in, because if I don't I personally feel like a fraud and can't carry my message with confidence.”

“ya want to know how it really works? work it.”

“I am responsible for making my amends and not responsible for others making their amends.”

**“How FAST should the newcomer be taken through the Twelve Steps?”**

“One of the key concepts of A.A. in the 1940’s: Get the newcomer to Step Twelve as quickly as possible, so he or she can experience the life-changing spiritual awakening that occurs as the direct result of taking the Steps. Assure the newcomer that our program of recovery will relieve his or her alcoholism/addiction. Show the newcomer that the process is simple, straightforward and that it really works.

“Earl T. (pictured right), founder of A.A. in Chicago ‘wished that every A.A. could have the benefit of this type of sponsorship today’. In his story, ‘He Sold Himself Short’ (p. 287 in 2nd and 3rd editions and p. 258 in 4th edition.) he explains how he was taken through the Steps.”

<https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/big-book-sponsorship/fast-newcomer-twelve-steps/>

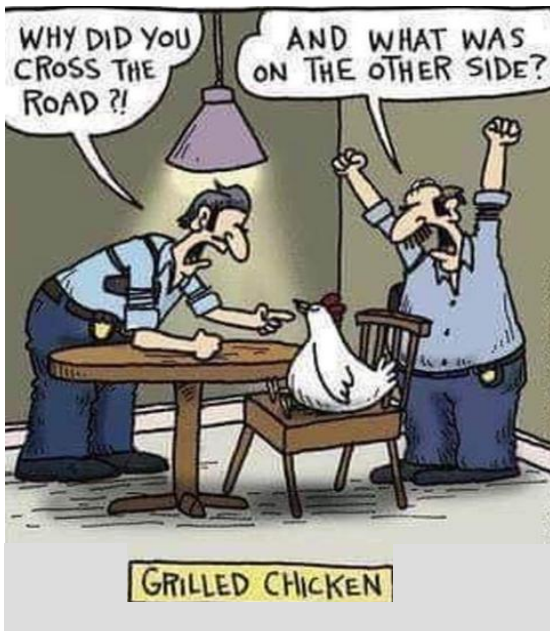


### **The 12 steps of Alcoholics Anonymous**

“The 12 steps of Alcoholics Anonymous are expressed as values that will support your sobriety and direct you through the healing process. Numerous people today attribute their sobriety to following the steps developed more than 70 years ago by Alcoholics Anonymous (AA). These 12 steps are designed for individuals before fully recovering from addiction. This will act as their guide on their road to recovery.

“You can actively participate in your recovery and begin to rebuild your life with the help and direction of the 12 Steps. Of course, some people think it’s archaic or a religious gathering, but those are merely unfounded assumptions. So, set aside all of your concerns and give it a shot. You have nothing to lose and everything to gain, after all.”

<https://www.aa-meetings.com/what-is-a-step-meeting-in-aa/>



Thanks to Carl D.

You can put whatever you want on a to-do list, there's no rules. I put "wake up" and "drink coffee" on mine, and, well... guess who already got two things done today... and it's not even 10am.... god I'm good

**A Spiritual Awakening.  
Thanks to Michelle G-B**

Once we have confessed our sins and given them over to the Lord, the matter is done. Any internal or external dialogue that wants to bring that sin back to your mind is from hell. When you feel the weight of past sins you have confessed, take that moment to speak the truth to your feelings: God's love has delivered me. I am free.

Thanks to Fr. Joe



Lake Michigan ... sunset surprise

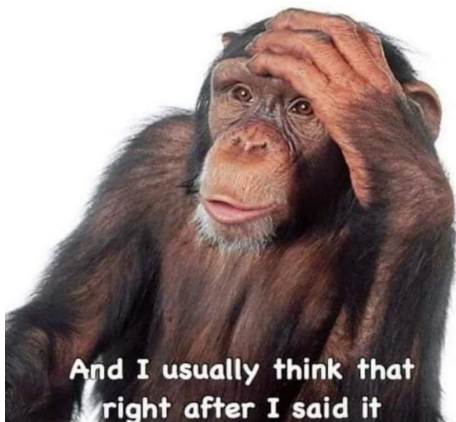
Along Good Harbor Bay ... I made my most often made mistake ... I thought sunset was over and headed back to the car. Always turn around and take another look ... the sky tonight opened up into a show of, well, awesomeness that I had written off as done. 'Nice', but not spectacular. Until the afterglow kicked in! So, I got a nice little run in as well; )

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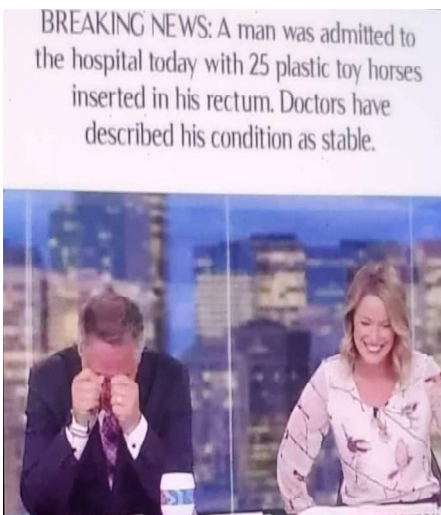
(and yes, feel free to share)

Ken Scott Photography

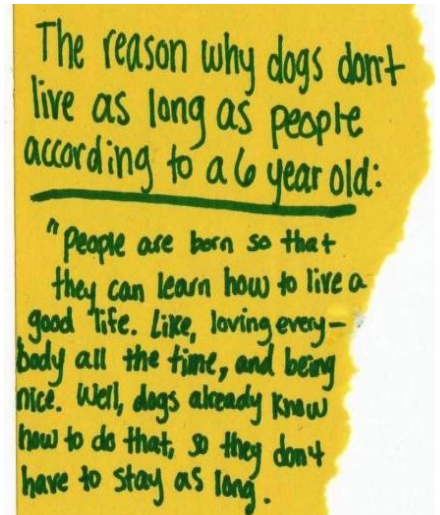
I think some things are better left unsaid



Thanks to Carl D.



Thanks to Rodney G.



Thanks to Armando F.





**Fr. Joseph J Krupp**

11

Every word you speak has an eternal echo; it alters the receiver and its effects branch out into the world.

God blessed us with the gifts of intellect and speech; use these gifts well.

An old geezer became very bored in retirement and decided to open a medical clinic. He put a sign up outside that said:

"Dr. Geezer's Clinic. Get your treatment for \$500, if not cured, get back \$1,000."

Doctor "Young," who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000.

So he went to Dr. Geezer's Clinic.

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me???"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: Aaagh !! -- "This is Gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory, I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't, -- that is Gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak ---I can hardly see anything!!!!

Dr. Geezer: "Well, I don't have any medicine for that so, here's your \$1000 back." (Giving him a \$10 bill)

Dr. Young: "But this is only \$10!

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story --- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"

\* Remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to irritate us.

Thanks to Marvin G.

According to a news report, a certain private school in Washington recently was faced with a unique problem.

A number of 12-year-old girls were beginning to use lipstick and would put it on in the bathroom.

That was fine, but after they put on their lipstick they would press their lips to the mirror leaving dozens of little lip prints.

Every night, the maintenance man would remove them and the next day, the girls would put them back.

Finally the principal decided that something had to be done.

She called all the girls to the bathroom and met them there with the maintenance man.

She explained that all these lip prints were causing a major problem for the custodian who had to clean the mirrors every night.

To demonstrate how difficult it had been to clean the mirrors,

she asked the maintenance man to show the girls how much effort was required.

He took out a long-handled squeegee, dipped it in the toilet, and cleaned the mirror with it.

Since then, there have been no lip prints on the mirror.

There are teachers, and then there are educators...

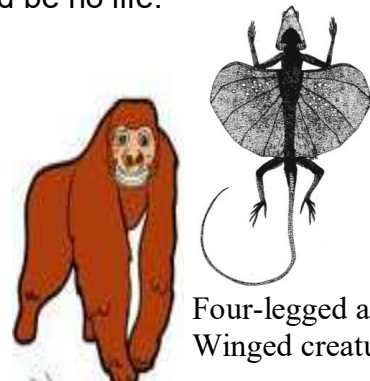
Thanks to Mike M.



“Before I was six years old, my grandparents and my mother had taught me that if all the green things that grow were taken from the earth, there could be no life.



If all the four-legged creatures were taken from the earth, there could be no life.

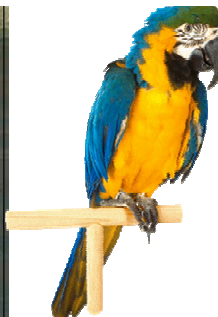


Four-legged and Winged creature

If all the winged creatures were taken from the earth, there could be no life.



Duck

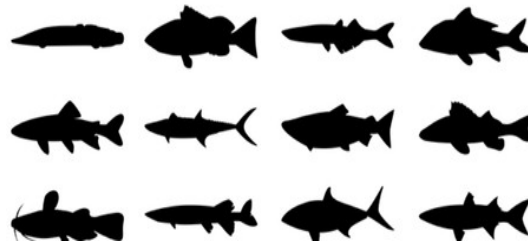
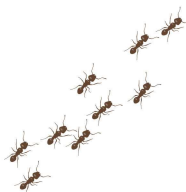
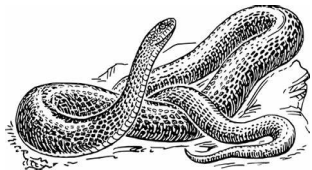
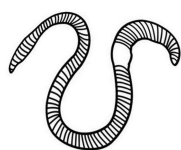


Parrot



Flamingo

If all our relatives who crawl and swim and live within the earth were taken away, there could be no life.



But if all the human beings were taken away, life on earth would flourish.  
That is how insignificant we are.”



Russell Means, Oglala Lakota Nation (November 10, 1939 – October 22, 2012).  
#AmericanIndianMovement #RussellMeans #Lakota #AmericanIndian #MitakuyeOyasin.

Thanks to Ted S.



You can help through awareness, communication, and Attitude.

# Attitude

by  
Charles Swindoll

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company . . . a church . . . a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past . . . we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude . . . I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you . . . we are in charge of our Attitudes.”

Thanks to the Flint Alano House

IT TAKES  
TOO  
MUCH  
ENERGY  
TO BE  
NEGATIVE!



*A bad attitude is like a flat tire,  
You won't get anywhere until  
you change it!*

DID YOU KNOW THAT  
"DAMMIT I'M MAD"  
SPELLED BACKWARDS IS  
"DAMMIT I'M MAD"



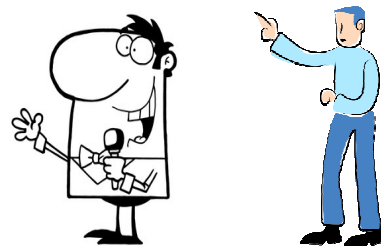
And  
"Was it a cat I saw?"  
Pick your attitude.

I DON'T HAVE AN  
ATTITUDE PROBLEM



YOU HAVE A PROBLEM  
WITH MY ATTITUDE AND  
THAT'S NOT MY PROBLEM.

DENIAL is an  
attitude!



SIR, there are limits to  
this serious attitude  
don't 'cha think?

i was making a lot of mistakes and  
then my archery instructor said:

**“you make mistakes because  
you're focusing on the target  
and not on your actions”**

and i was like woah

thanks for giving me the best life  
advice i've ever gotten

That led to an  
**ATTITUDE ADJUSTMENT**



Are we ready to let go of our negative mind state? Can we ask ourselves: What do I know? This is a good time for gratitude of things we are appreciative of. Feeling and expressing gratitude can help bring us out of our negative place. The lines are much shorter. Just sayin'.

# CMIA Assembly

Sunday Feb 5, 2023  
Perry Township Hall  
2770 W Ellsworth Rd, Perry

## Schedule

### Morning Session

- 9:00 - 9:30 Coffee and Donuts
- 9:30 - 9:45 Opening and Group Concerns
- 9:45 - 10:30 Finance Committee
- 10:00 - 11:30 New GSR (General Service Representative) Meeting
- 10:30 - 11:30 DCM Meeting
- 10:30 - 11:30 Committee Chair, Officers and Past Delegate Service Meeting
- 11:30 - 12:30 Standing Committees
- 12:30 - 1:00 Lunch (Dessert donations most welcome)

### Afternoon Session

- 1:00 - 2:30 General Assembly Session
- Open Meeting. All are welcome to attend**  
Non-Smoking Facility. No Smoking, or in designated areas ONLY



see map: <http://shiacooa.org/cmia2023.html>

In person and virtual via Zoom: Meeting ID: 970 9209 4118 Passcode: area32