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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.

Lucky colors **Green, Yellow, Gold, White** with **Green, Dark Green** are lucky colors for number 2 persons.  
**But they should avoid black, coffee red, coffee brown and any other dark color.**



“Lucky”  
is not all  
colors of the  
spectrum.

**Green symbolizes Good Health.**

**Yellow signifies confidence.**

**Gold is the color of endless appeal.**

**Green and white together are a spiritual color representing  
growth and purity.**

**Dark green is the color of transition to energy.**

**Our transforming to a new lifestyle has us being like a number 2 person.**

STEP 2. “Came to believe that a Power greater than ourselves could restore us to sanity.”<sup>1</sup>

This Step has so much written about it by Bill W. and others that there is not a lot to say that hasn’t been said already. This missive will take a different approach.

Being restored to sanity is nothing more than an attitude change. Our attitudes will dictate our behavior, sayings, emotions and well-being.

“Sanity” as a word comes from the Latin word “Sānitās” referring to the soundness, rationality, and health of the human mind. A person is sane if they are rational. Insanity, on the other hand, means just the opposite, an unhealthy mind.

There are three types of insanity.

“First is Temporary, where one thinks or acts out of rationality.

“Second is Indefinite. If a person loses their current sanity, but regains it in an indeterminate amount of time without any intervention, then they were indefinitely insane.

“Third is Permanent. A person may be reduced to a raving lunatic or be outwardly indistinguishable from a normal person; either way, they are inwardly corrupted.”<sup>2</sup>

“If there is a difference at all, it is one of scope. Mental illness is usually a broader and more inclusive term than Insanity. Insanity is usually reserved for describing severe conditions involving psychotic-like breaks with reality,

“while Mental Illness can include both severe and milder forms of mental problems (such as anxiety disorders and mild depressions).”<sup>3</sup>

Mental Disorder Type
Anxiety (includes severe phobias)
Dissociative (amnesia, multiple personalities)
Eating (anorexia, bulimia)
Impulse control (compulsions)
Mood (manic/depressive)
Personality (various neuroses)
Psychosexual (sadism, nymphomania)
Psychospecies
Schizophrenia/psychotic (delusions, hallucinations, paranoia, catatonia)
Sleep (night terrors, sleepwalking)
Somatoform (psychosomatic conditions)
Substance abuse (alcoholic, drug addict)
Other (megalomania, quixotism, panzaism)

<sup>2</sup> ibid

From the chart above, one can see that not only substance abuse, but many other Mental Disorders can be a part of our life, whether Temporary, Indefinite, or Permanent.

The A.A. program of recovery seems to deal with and help one recover no matter which type of insanity one is engaged in. As it states in HOW IT WORKS, “many do recover if they have the capacity to be honest.”<sup>4</sup> We use an adage, Honesty, Open-mindedness and Willingness, the motto is HOW.

Honesty, Open-mindedness and Willingness; It Works.

<sup>1</sup> Alcoholics Anonymous, HOW IT WORKS, p. 59.

<sup>2</sup> except and paraphrased from: <https://triplecrit>

<sup>3</sup> <https://www.mentalhelp.net/advice/mental-illness-vs-sanity/>

<sup>4</sup> Alcoholics Anonymous, HOW IT WORKS, p. 58.

The discussion above is in regard to sanity, and the opposite of it, and if it may be attributed to a mental disorder, whether temporary, indefinite, or permanent; and how honesty can overcome any of them in terms of recovery from alcoholism.

The next part of this discussion on Step Two will begin by examining what it means in “Came to believe.” In the word “came”, used as a verb, it means “arrived”. The word “believe” has a connotation of accept, or know as true. So paraphrased; “Came to believe” means “Arrived at acceptance”.

Now in examination comes “...that a Power greater than ourselves could...” A meaning of power that applies is this; “the capacity or ability to direct or influence the behavior of others...” Then there is greater, which means “considerably above the normal”.

This paraphrasing gets wordy, but breaks Step 2 down into the meanings of the words in the Step;

‘Arrived at acceptance that a considerably above the normal capacity has the ability to direct or influence the behavior of others and has bestowed an attitude change.’

It is a good thing Bill W. was not so wordy and used common language to describe what the real point of Step 2 is.

The spiritual principle of Step 2 is Hope. (The Spiritual Experience Appendix in Alcoholics Anonymous describes a Spiritual Awakening as “a personality change sufficient to bring about recovery from alcoholism...”<sup>5</sup>

At the end of our drinking, we were in “a seemingly hopeless state of mind and body”<sup>6</sup> It is out of this hopeless state that we sought recovery from alcohol, the essence of the Step One. And with that came hope in Step Two with an influx of knowledge and feelings how to go about the second part of recovery.

Directions for Step 2 are found in the book Alcoholics Anonymous on page 47, paragraph 2, lines 1–3. The top of the next column has them.

“We needed to ask ourselves but one short question. ‘Do I now believe, or am I even willing to believe, that there is a Power greater than myself?’ As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.”<sup>7</sup>

Next we deal with what was the underlying problem? Did we know? Could we recover?

“Lack of power, that was our dilemma.”<sup>8</sup> Therein succinctly stated is where we were. Where were we? We didn’t know. Delusional perhaps. Misguided perhaps. In denial perhaps. Disconcerted perhaps. Uncomfortable perhaps. Immoral perhaps. Prejudicial perhaps. Inadequate perhaps. Self-centered perhaps. Rejected perhaps. Faithless perhaps. Unwilling perhaps. Relationship less perhaps.

Any, or all, of the preceding conditions may have fomented, festered, and fermented in our lives. But they were not insurmountable after all. As we began by not drinking, our mind started to function better; we cleared the way for rational thinking. Next was arriving at a thought that there was hope.

“That was great news to us, for we had assumed we could not make use of spiritual principles unless we accepted many things on faith which seemed difficult to believe. When people presented us with spiritual approaches, how frequently did we all say, ‘I wish I had what that man has. I’m sure it would work if I could only believe as he believes. But I cannot accept as surely true the many articles of faith which are so plain to him.’ So it was comforting to learn that we could commence at a simpler level.”<sup>9</sup> “We thought we could find an easier, softer way.”<sup>10</sup> And indeed we could, “But there is one who has all power - that one is God. May you find Him now!”<sup>11</sup>

<sup>5</sup> Alcoholics Anonymous, APPENDIX II, p. 567.

<sup>6</sup> Alcoholics Anonymous, FOREWARD TO THE 1<sup>ST</sup> EDITION, p. xiii.

<sup>7</sup> Alcoholics Anonymous, WE AGNOSTICS, p. 47.

<sup>8</sup> Alcoholics Anonymous, WE AGNOSTICS, p. 45.

<sup>9</sup> Alcoholics Anonymous, HPW IT WORKS, p. 58.

<sup>10</sup> Alcoholics Anonymous, HPW IT WORKS, p. 58.

<sup>11</sup> Alcoholics Anonymous, HPW IT WORKS, p. 59.

#### **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.

## HUMOR AND THE A.A. PROGRAM OF RECOVERY

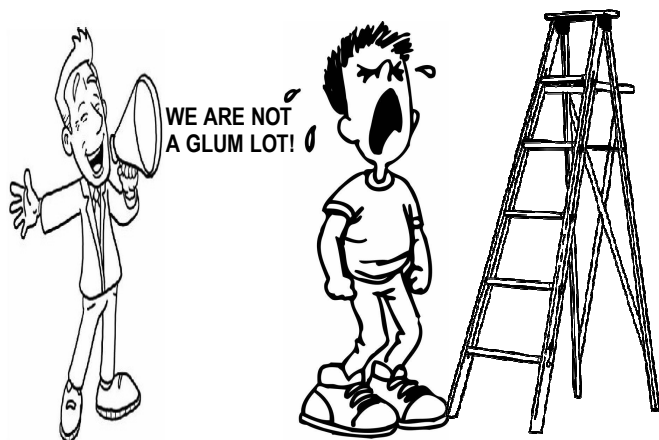
There are many, many 12 Step Jokes and other humor in A.A. meetings, conferences, and on the internet. It tells us in the Big Book, page 132, "We are not a glum lot".

Laughing at ourselves, our past follies and foibles is part of growth from our prior past. Even some of our tragedies and drama of the past we can see and feel humor in now, so long as the shared laughter comes with amends made to whomever were the brunt of such situations.

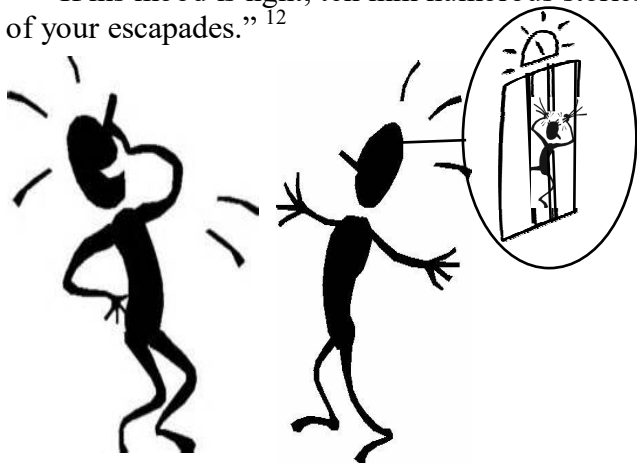
"So we think cheerfulness and laughter make for usefulness."<sup>11</sup>

"To make mistakes is human; to stumble is commonplace; to be able to laugh at yourself is maturity." - William Arthur Ward (12/17/1921 - 3/30/1994).

I opened the instruction booklet for my new ladder. It says "step one, then step two, then ..." "You're not a real ladder!" I shouted at my step-ladder... You don't have enough steps!"



"If his mood is light, tell him humorous stories of your escapades."<sup>12</sup>



<sup>11</sup> Alcoholics Anonymous, THE FAMILY AFTERWARD, p. 132.

<sup>12</sup> Alcoholics Anonymous, WORKING WITH OTHERS, p.91.



## NO GLUM LOT HERE



### The New Job Opening

A Miami man seeking employment is passing in front of a local job recruiting office when he stops to read some of the jobs being offered.

Suddenly he notices an intriguing offer.

**"WANTED: GYNECOLOGIST'S ASSISTANT"**  
**NO EXPERIENCE NEEDED: JOB ESPONSIBILITIES;**  
**STEP 1: HELP PATIENTS UNDRRESS, SHAVE AND PREP THE AREA OF EXAMINATION.**  
**STEP2: HELP PATIENTS INTO THEIR EXAMINING GOWN, AND ASSIST PATIENTS ONTO THE EXAMINING TABLE MAKING THEM FEEL COMFORTABLE.**

**SALARY \$50K"**

The man goes inside to express his interest in the position.

The manager says, "Fine, but you will need to go to Atlanta, maybe further if you don't hurry."

"Atlanta??? I thought the job was local."

The manager replies, "It is local. Atlanta is the current end of the line".

Did you hear about the people addicted to line dancing? They were admitted into a two step program.

### Ned & Jed

Hey Jed, do ya feel like sanity is returning?

Some bits.  
Sharpened my axe before going into the woods this morning.



That's good, but not what is meant by that. Do you have a defense against that first grog? Like a tree hat-racked right.

Well what do ya' do to make sure?

It was my arriving at a new acceptance that helped most. Nowadays I never am alone to battle my own demons.

Never thought a Higher Power was part of me before. Yeah but, it came right to me when I tried reaching out.

Which happens when we learn what insane mortals we were becoming and had an attitude adjustment.

Some get it quickly, some slowly, some don't get it at all. But I notice they off the grog just the same. Seems as if they have something, even if they won't believe it, I can't explain that, you would have to ask them.



**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 January 2023 Newsletter went to 209 emails, December had 80 Website Hits = 289 readers.

**2023 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; Eastside A.A. Grp~~

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

March 18: St Johns 435 Genesee St. Davidson, 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:



**They ain't asking for fat old guys yet. Whew!**

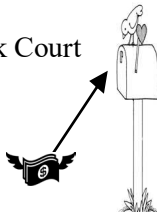
**A.A Treasurer's addresses:**

**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 February 18, 2023 at 11:30 AM for Committee Meetings, 12:30 PM for General Assembly at the H.O.P.E. Family Worship Center, 9453 Vienna Rd. Montrose, Montrose HOPE A.A. hosting.

\* 2023 March ROUND UP, March 3-5, at the Motorcity Casino Hotel, Detroit, MI.

\* F.A.U.C. A.A. Founder's Day Bus Trip, June 9-11, 2023. At Akron, OH; stay at Akron University.

\* Check it out! The Flint Alano House Website is up and running at [www.flintalano.com](http://www.flintalano.com).

\* = Flyer at end of Newsletter.

Group wants a Newsletter announcement? Email [farfromittoday@aol.com](mailto:farfromittoday@aol.com) by the 20<sup>th</sup> of the month.

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.**

**February 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 2 7:00 pm, Van Slyke.
- Fri 3 12 noon, Eye Opener, Arid Club.
- Sat 4 7:30 pm, East Side St. Mary's.
- Sun 5 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 11 7:30 pm, East Side St. Mary's.
- Sun 12 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 18 7:30 pm, East Side St. Mary's.
- Sun 19 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 25 7:30 pm, East Side St. Mary's.
- Sun 26 6:00 pm, Torrey Rd. Group, Arid Club.
- Mon 27 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.



**MEETING**

**IT'S REALLY SAYING SOMETHING WHEN THE MEETING WAS AS GOOD AS THE COFFEE AND DONUTS & HOMEMADE TREATS!**



## TRADITION TWO

“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.” (Short Form<sup>12</sup>).

“For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience.” (Long Form<sup>13</sup>).

“One interpretation of the Second Tradition can be tied into another story that is told in the corresponding chapter. It involves one of AA’s first members receiving a financial opportunity from the same hospital that employed William Silkworth (the physician who wrote “The Doctor’s Opinion”). There were many benefits of accepting this offer, but it was ultimately the Second Tradition that held him back.

Basically, this man (Bill) spoke with several alcoholics who were staying in his house and attending meetings there. He told them that AA would be able to conduct its business in the hospital, he would make more money, and he’d be able to help them out by acting as a lay therapist. In his mind, this all sounded good. But he had run it by his wife, and she had been less than enthused. When he ran it by the group, they reminded him that ‘sometimes the good is the enemy of the best,’ something he had told them himself...

“Given the very nature of the Second Tradition, it is impossible for one to embrace it alone. It takes cooperation with your group, especially with those who hold leadership positions. These people must be willing to lead by example, performing service work when necessary and demonstrating the core principles of sobriety so that others may benefit from the example that has been set. Anyone who is not prepared to conduct themselves accordingly is not in tune with the Second Tradition.”

“In order to truly follow Tradition Two, you must do a little personal reflection. Due to the presence of spirituality in the Second Tradition, it is vital that anybody who takes a leadership position in AA or NA has made an effort to reflect upon their spiritual beliefs. Without these in place, one cannot lead what is most certainly a spiritual program. Whatever it takes to reach a personal understanding of spirituality—something you will discover while working Step Two—you must undergo this process if you wish to fulfill a functional role in your homegroup.”

“Those who are new to recovery may not be prepared to take a service position, but this does not mean that their opinion is not worth anything. Newcomers have a different way of looking at things. The old-timers may sometimes lose touch with the newcomers’ perspective, so it is good to voice your opinion and let people know how the group has come across in your eyes. Not only might this stand a chance at resulting in changes that suit you, but it might be enlightening for some of those who were there before you as well.

“Above all, try to maintain a sense of humility in all dealings with the group. As long as you are able to voice your thoughts while bearing in mind that group consciousness does not depend upon your opinion alone, you should do well at embracing the Second Tradition and providing valuable insight to your group. In this way, you will become a part of the fate that defines the group. Or to put it in religious terms, God will speak through you as through everybody else within your recovery community. But whether you believe this or not is irrelevant—becoming involved is never a bad thing, and will almost certainly help you to remain sober. This, more than anything else, should be your primary goal.”<sup>14</sup>

(by Justin Kunst | Last updated Aug 11, 2021).

Part of understanding the Steps, the Traditions, and the Concepts relies not only on the explanation in the several A.A. publications – The Alcoholics Anonymous, The Twelve Steps and Twelve Traditions and the A.A. Service Manual, but also on voices outside A.A. that have an interpretation. Careful research reveals many sources of note – meaning they are appropriate and instructional. “There are many helpful books also.”<sup>15</sup> It is a fact that Bill W., the editor of the Alcoholics Anonymous, did not have the internet to research different approaches, attitudes, and interpretations to the A.A. principles which include all of the Steps, Traditions and Concepts. Hence, he provided the suggestion to use what was available (“books”).

<sup>12</sup> Alcoholics Anonymous, APPENDICES I, p. 560.

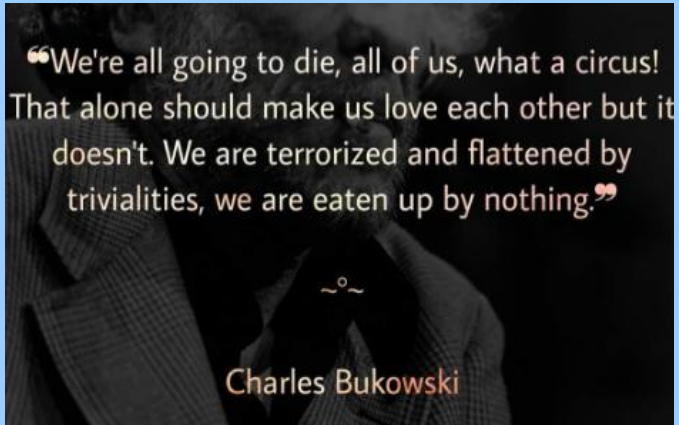
<sup>13</sup> Alcoholics Anonymous, APPENDICES I, p. 561.

<sup>14</sup> <https://www.amethystrecovery.org/embracing-the-second-tradition/>

<sup>15</sup> Alcoholics Anonymous, INTO ACTION, p. 87. (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.





“We're all going to die, all of us, what a circus! That alone should make us love each other but it doesn't. We are terrorized and flattened by trivialities, we are eaten up by nothing.”

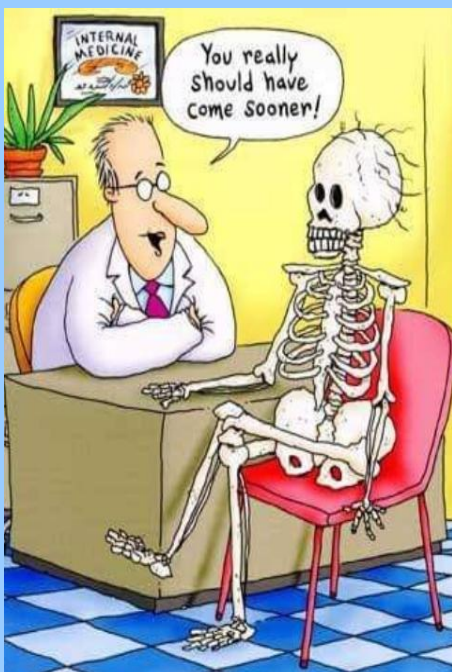
Charles Bukowski

“We saw that we had to reconsider or die.”  
12 Steps & 12 Traditions, STEP TWO, p. 30.

Thanks to Ted S.

Avoid that first drink. “And with us, to drink is to die.”  
Alcoholic Anonymous, HOW IT WORKS, p.66.

Arguments have no Humility.

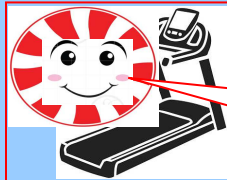


You really should have come sooner!

**I NEVER ARGUE**  
I JUST EXPLAIN WHY I'M RIGHT

”This will tempt us to argue, or to press our point insistently.”

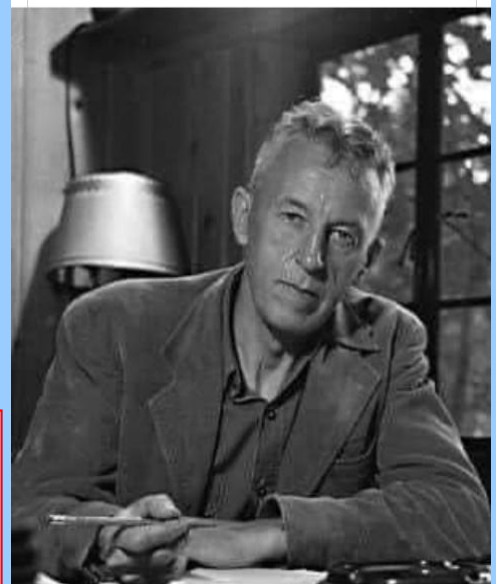
Alcoholic Anonymous,  
THE FAMILY AFTERWARD, p.126.



Thanks to Lisa M-T

Maybe I should be realistic!

88 years ago today Bill W. had his last drink.



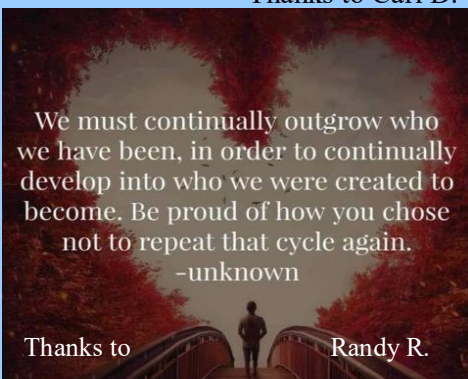
December 11, 1934.

Thanks to Mark F.

“God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons.”

Alcoholic Anonymous, THE FAMILY AFTERWARD, p.133.

Thanks to Carl D.

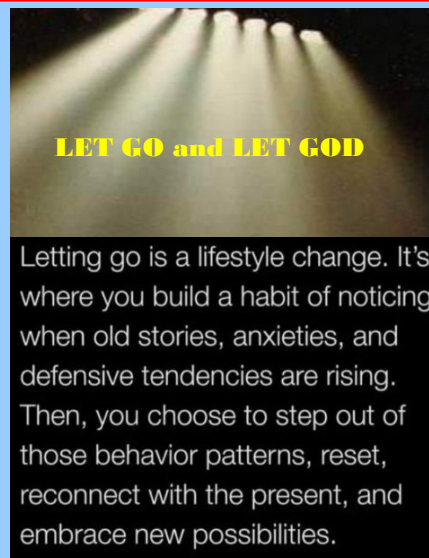


We must continually outgrow who we have been, in order to continually develop into who we were created to become. Be proud of how you chose not to repeat that cycle again.

-unknown

Thanks to

Randy R.



**LET GO and LET GOD**

Letting go is a lifestyle change. It's where you build a habit of noticing when old stories, anxieties, and defensive tendencies are rising. Then, you choose to step out of those behavior patterns, reset, reconnect with the present, and embrace new possibilities.

“Let them praise his progress.”

Alcoholic Anonymous,  
THE FAMILY AFTERWARD, p.127.

All quotes used with A.A.W.S. permission.

**The highest and most decisive experience of all . . . is to be alone with . . . [one's] own self, or whatever else one chooses to call the objectivity of the psyche. The patient must be alone if he is to find out what it is that supports him when he can no longer support himself. Only this experience can give him an indestructible foundation.**

-Carl Jung, CW 12, Page 32

“We will want the good that is in us all, even in the worst of us, to flower and to grow.”

12 Steps & 12 Traditions,  
STEP ELEVEN, p. 98.

Thanks to Ted S.

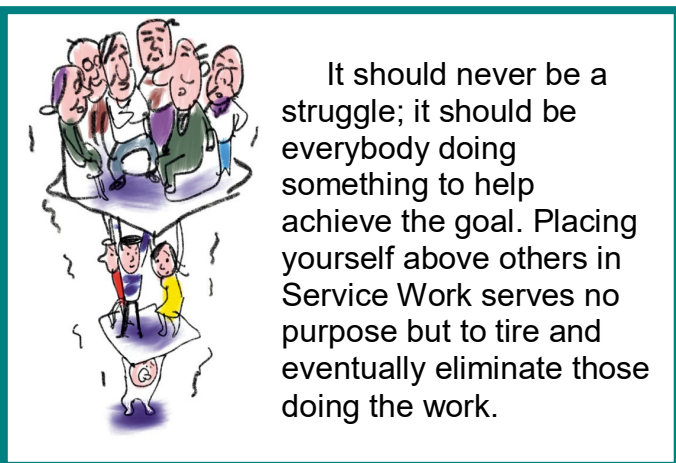


## CONCEPT II

"The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in world affairs." (Short Form).<sup>16</sup>

"When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole Society." (Long Form).<sup>17</sup>

Every group and Service activity, be it a Committee of Service Work, or a Stand Alone Committee for Group actions of picnics, dinners, dances, etc., should fully understand what the Service Manual says about the Concepts, "These and other similar provisions define working relationships that can be friendly and yet efficient. They would especially restrain our tendency to concentrate money and power, this being nearly always the underlying (though not always the conscious) motivation of our recurrent passion for 'consolidation' of world service entities."<sup>18</sup>



<sup>16</sup> The A.A. Service Manual combined with Twelve Concepts for World Service by Bill W., 2021-2023 Edition, TWELVE CONCEPTS FOR WORLD SERVICE by Bill W., p. IV.

<sup>17</sup> The A.A. Service Manual combined with Twelve Concepts for World Service by Bill W., 2021-2023 Edition, TWELVE CONCEPTS FOR WORLD SERVICE by Bill W., p. V.

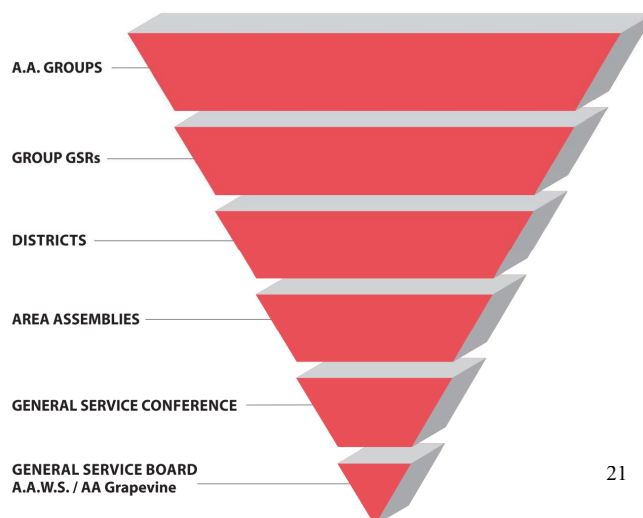
<sup>18</sup> The A.A. Service Manual combined with Twelve Concepts for World Service by Bill W., 2021-2023 Edition, TWELVE CONCEPTS FOR WORLD SERVICE by Bill W., p. C5.

CONCEPT II deals with this friendliness and effectiveness (as do other Concepts) of the Service Work group of the Fellowship. It follows closely Tradition Two, where it states, "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>12</sup> *ibid*

What this says is that the group conscience, or the committee as a whole is in charge, not the Group Chair or Committee Chair. These people are simply in place to facilitate the group/committee work. Yes, delegation may be needed by the Chair, yes, the Right of Decision in which "giving our service leaders a proper discretion and latitude"<sup>19</sup> is a bona fide diplomacy to practice by the Chair and yes, the Right of Participation is "invaluable in which the several elements and talents that will ensure effective functioning"<sup>20</sup> is utilized by the Service entity.

What works for the World Service Society works in the same way for each level of the A.A. Fellowship. To find out where you are in the entire Fellowship of Service, refer to the diagram below.

Structure of the Conference U.S. and Canada



COFFEE FELLOWSHIP

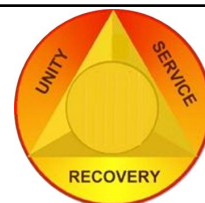


<sup>17, 20</sup>

The A.A. Service Manual



combined with Twelve Concepts for World Service by Bill W., 2021-2023 Edition, TWELVE CONCEPTS FOR WORLD SERVICE by Bill W., p. C1.



<sup>21</sup> The A.A. Service Manual combined with Twelve Concepts for World Service by Bill W., 2021-2023 Edition, TWELVE CONCEPTS FOR WORLD SERVICE by Bill W., p. 3.

## Quote of the Week

**"It is a pity we can't forget our troubles the same way we forget our blessings."**

I used to wake up reviewing all the bad things in my life. To start with, I usually had a deep hangover—the kind where your head hurts when you move it just an inch. Then I'd wonder how I was going to work that day, and if the boss would make good on his threat to fire me if I called in late again. I'd next review my dwindling bank balance and think about all my bills. By the time I reached for a cigarette and coffee, I was pretty much defeated.

In early recovery, I used to still wake up and review all the bad things in my life. I had lost that job, and I was living off borrowed money from my home equity line. I was now sentenced to A.A. meetings and forced to work the Steps. By the time I reached for a cup of coffee, I was pretty sure my life was over. My sponsor wasn't having any of my pity party. He suggested I write a gratitude list which started with things like (1) I was alive and not in jail, (2) I was sober today, (3) I actually owned a home I could borrow on, and (4) I had time to attend multiple meetings throughout the day. Turns out, I did have a lot to be grateful for.

These days, the pity pot doesn't get used as much, but I can still get into fear and worry. When I do, I review all the things sobriety and my Higher Power have blessed me with: my life, long-term sobriety, spiritual tools that allow me to live comfortably—even serenely—in my own skin. And I have a lot of "outside" stuff as well. Today, I try to forget the temporary troubles that come and go and stay focused on the blessings that are always with me. When I do, I live a very happy and contented life.

The reflection above from one who has seen how meditation of a current situation can always be offset by reviewing our 'blessings' - those things good in our life that we may, or may not, have any control or effect on. Indifference is simply a lack of interest, concern, or sympathy. When we change this attitude to one of caring, either for ourselves or others, then we begin to pick up a 'laissez-faire' attitude which is the meaning of a "let people do as they choose" and then we don't get involved in troubling arguments trying to enforce our will.

"Our troubles sometimes begin with indifference."<sup>22</sup>

"There will be those who have drifted into indifference, those filled with self-sufficiency who have cut themselves off..."<sup>23</sup>

"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."<sup>24</sup>

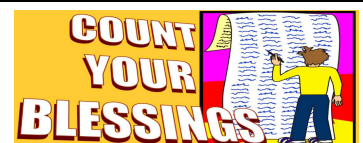
"An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek."<sup>25</sup>

<sup>22</sup> 12 Steps & 12 Traditions, STEP TWELVE, p.112.

<sup>23</sup> 12 Steps & 12 Traditions, STEP TWO, p.28.

<sup>24</sup> Alcoholic Anonymous, INTO ACTION, p.88.

<sup>25</sup> 12 Steps & 12 Traditions, STEP TEN, p.95.







## Read it In the **BIG BOOK! et al**



### PRAYERS TO ADDRESS DIFFERENT SITUATIONS IN THE BOOK ALCOHOLICS ANONYMOUS

Situation: "When a person offended we said to ourselves, 'This is a sick man.'" <sup>26</sup>

Prayer: "We asked God to help us show the same tolerance, pity, and patience that we would cheerfully grant a sick friend... How can I help him? God save me from being angry. Thy will be done." <sup>20</sup> *ibid*

Prayer: "As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'" <sup>27</sup>

Prayer: "Ask Him in your morning meditation what you can do each day for the man/woman who is still sick." <sup>28</sup>

Situation, Prayer: "If we still cling to something we will not let go, we ask God to help us be willing." <sup>29</sup>

Prayer: "Each might pray about it having the other one's happiness uppermost in mind." <sup>30</sup>

"Most of our experiences are what the psychologist William James calls the 'educational variety' because they develop slowly over a period of time." <sup>31</sup>

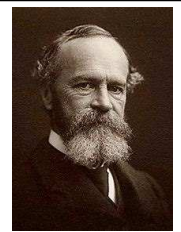
"For the reader familiar with William James, no introduction is needed. For the reader unfamiliar with William James these two paragraphs from one of the many recent biographies of James (Richardson, 2006\*) may be helpful in appreciating James' significance: "Alfred North Whitehead said, 'In Western Literature there are four great thinkers, whose services to civilized thought rest largely on their achievements in philosophical assemblage; though each of them made important contributions to the structure of philosophical system. These men are Plato, Aristotle, Leibniz, and William James.' John McDermott says, 'William James is to classic American philosophy as Plato was to Greek and Roman philosophy, an originating and inspirational fountainhead.' James is famous for pragmatism (which he sometimes felt he should have called humanism), though he should be remembered for his radical empiricism (which could be called phenomenology); that is, his belief that reality is confined to what we experience, with the crucial proviso that nothing we experience can be excluded.

His book *The Will to Believe* was about the right to believe, and his *Varieties of Religious Experience* made religion possible for many educated moderns who are uncomfortable with the authority of churches and dogmas. The book is also a cornerstone of the modern field of comparative religion. Though it is nearly a hundred years since James died, his thought is still very much alive. 'I find him visibly and testably right,' says Jacques Barzun. 'He is for me the most inclusive mind I can listen to, the most concrete and the least hampered by trifles.'

(\*In the *Maelstrom of American Modernism*, Robert D. Richardson, 2006, p. xiv)" <sup>32</sup>

William James (January 11, 1842 – August 26, 1910)

was an American philosopher, historian, and psychologist, and the first educator to offer a psychology course in the United States.



William James, son of Henry James Sr., a noted Swedenborgian theologian.

Shown above as a young man, and then again as an older man.

<sup>26</sup> Alcoholics Anonymous, *HOW IT WORKS*, p.67

<sup>27</sup> Alcoholics Anonymous, *INTO ACTION*, p.87.

<sup>28</sup> Alcoholics Anonymous, *A VISION FOR YOU*, p.164.

<sup>29</sup> Alcoholics Anonymous, *INTO ACTION*, p.76.

<sup>30</sup> Alcoholics Anonymous, *INTO ACTION*, p.82.

<sup>31</sup> Alcoholics Anonymous, *SPIRITUAL EXPERIENCE*, p.567

<sup>32</sup> <http://dubgrp.com/content/william-james-bill-wilson-and-development-alcoholics-anonymous-aa>

## DESCRIPTION OF SOME A.A. TEMPORARY (AD HOC) COMMITTEES

### Ad Hoc Committees

This description is taken from the 2011 Area 31 Handbook.

- A. Purpose: Ad hoc committees are temporary committees established to accomplish a specific task or project. An example is the Area Handbook Committee.
- B. Creation: The Area Chair can appoint an ad hoc committee or be directed by the Area Committee or Assembly to do so.
- C. Dissolution: An ad hoc committee is dissolved when its specific task or project is accomplished.<sup>33</sup>

### Redistricting Ad-hoc Committee

What are our issues?

Items that came up in our recent Inventory:

- Problems with communication between GSRs and DCMs.
- Geographic area too large to be serviced adequately.
- Too many groups for each DCM to cover.
- Lack of participation/GSRs not sharing.
- GSRs feel spoken to, as opposed to being a part of Structure not aligning with the Service Manual
- Not enough information on why being involved matters
- Some people feel that the District is unwelcoming & cliquey

Takeaways from Districts visited

- Groups and GSRs were prioritized
- Every single GSR was able to fully participate at District meetings
- DCMs chair the District meetings
- Service Committees were formed as needed, and GSRs were able to hold those positions
- Special service committees emailed reports and limited report backs
- Most District meetings were approximately 1 to 1.5 hours in duration

Frequently Asked Questions

1. What about the Treasury?
  - a. Other Districts which did this allocated existing funds based upon prior contribution history.
2. What about lack of participation/unfilled positions?
  - a. Experience has shown that participation increases in smaller Districts, and not all positions may be necessary for each new District.
3. Which positions will be replicated?
  - a. This will be up to each new District and their specific needs.

Frequently Asked Questions (continued)

4. What about the bank accounts/online contributions?
    - a. Each new district would open their own new accounts. Online contributions via the website are extremely simple to arrange.
  5. What about Hartford?
    - a. Hartford need not be a standalone District
- Our Recommendation
- This committee recommends to redistrict District 7.
- Procedures to Amend the Guidelines
- X. Procedure to Amend the Guidelines:
1. A motion to amend the District 7 Guidelines may come from any member of the District Committee and may be submitted at any time during the year.
  2. The motion must indicate the reasons for the proposed change, and the motion and reasons must be reduced to writing and presented to the Chairperson.
  3. During the meeting in which the motion is made, there will be no discussion of the motion. The GSRs shall take the motion back to their groups for consideration.
  4. At the following meeting, the motion will be brought up for discussion, after which the GSRs will again take the motion back to their Groups for further consideration.
  5. At the third meeting, the motion, in the exact form decided upon at the second meeting, will be voted on. A 2/3 majority vote is required for approval of any changes to these Guidelines.<sup>34</sup>



## AFTER REPORTING THEY ALL LEFT TO START THE SERVICE WORK.

<sup>33</sup> From: <https://www.area31aa.org/node/251>

<sup>34</sup> From: <https://ct-aa.org/wp-content/uploads/2021/09/Redistricting-Adhoc-Committee-sen-16.pdf>

# Drinking Tonight? Choose Your Ride.



TAXI  
(Door to door delivery; live to work and see another day).



SQUAD CAR  
(Free overnight stay; fees and fines apply with loss of driver's license).



HEARSE  
(Forevermore),

YOUR DECISION.



[www.saveMOLives.com](http://www.saveMOLives.com)



## Can I Eat My Way Calm?

### **Berries**

These have lots of antioxidants, which help protect your cells from stress and may help ease feelings of depression. You can get them from nuts, beans, walnuts, or green vegetables, too.

### **Spinach**

If this one leaves a bad taste in your mouth, almost any leafy green will do -- kale, collard greens, or Swiss chard. The key is the magnesium, which may help you feel calmer. Make sure you get enough of that mineral to help keep things in check.

### **Oatmeal**

This is a complex carb -- it gets into your system slowly and gives you a steady flow of energy that can help keep you on an even keel. It also can give you a boost of a brain chemical called serotonin that can lift your mood.

### **Dark Chocolate**

The flavonoids in the cocoa help protect your cells. They're a type of antioxidant that may also help lower your blood pressure, boost the blood flow to your brain and heart, and make you less anxious. The dark stuff -- at least 70% cocoa -- is best, but don't overdo it. The caffeine in chocolate can make anxiety worse if you have too much, and no one needs a lot of extra fat and calories.

### **Oysters**

Zinc is a mineral that helps our bodies deal with stress. Some diets may not include enough of this mineral. Zinc can be found in oysters, a salt water mollusk. If oysters aren't your thing, you can get it from cashews, liver, beef, poultry, or eggs, too.

### **Oranges**

You may think of vitamin C when you think of these citrus fruits, and that's a big reason it might help your anxiety. Some studies have shown that a diet rich in it may help calm you and put you in a better frame of mind.

### **Sardines**

These little fish aren't for everyone, but they have lots of omega-3 fatty acids, which may help with depression and anxiety. The reason for that may be related to the way they can ease inflammation. If sardines are too fishy for you, try salmon or albacore tuna, which are lighter but also have plenty of omega-3s.

### **Coffee**

This one can be a blessing or a curse -- the issue is the caffeine. A couple of cups of black coffee a day may boost your mood and energy, and up to four cups seems to be OK for most people. But more than that can make you jittery and anxious, and some people are more sensitive to it.

### **Tea**

For some, the ritual of a cup of tea has a calming effect. Certain herbs -- lavender and chamomile, for example -- may help, too, along with the antioxidants in the tea leaves themselves. Just make sure you don't get too much caffeine. Many teas have that, too.

### **Sauerkraut**

Cabbage has folic acid, vitamin C, and some B vitamins that may help ease anxiety. If it's left to ferment -- stew in its own juices -- bacteria break down sugar and other things and make it taste sour. These "good" bacteria help keep your gut healthy. They also play a part in making serotonin, a calming brain chemical.

### **Liver**

Calf is best, but chicken liver works, too. Both are loaded with B vitamins and folic acid that help make brain chemicals that affect the way you feel. You can get B vitamins from avocados and almonds, but they don't have B12, which affects your mood and energy level. If you'd rather pass on the liver, you can get B12 in eggs, fish, or chicken.

Excerpt from: <https://www.webmd.com/anxiety-panic/ss/slideshow-calming-foods>

(Medically Reviewed by Melinda Ratini, DO, MS on June 29, 2021)

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Editor's note: Some are comfort foods, some are not. There are many other healthy foods to eat; they just don't have the calming effect as those listed above. For example; Pizza is in my comfort zone, and is healthy in a vegetarian style. Pizza is derived from the Greek word 'pektos'; ancient Greeks covered flatbread with cheese, oils, and herbs. In 1889 Raffaele Esposito of Naples, Italy invented modern pizza with basil, mozzarella, and tomato with tomato sauce topping. The colors represented the colors of the Italian flag, green, white, and red.

"Whether you're reaching for a grilled cheese, pizza or cake in your time of need, there are three things that traditional comfort foods tend to have in common—sugar, fat and carbs. And the effects they have on your body are not necessarily comforting." From: <https://spoonuniversity.com/lifestyle/comfort-foods-really-comforting>.

I'm not perfect.  
I'm original.

Thanks to Tena W.

I WAS ORIGINALLY PERFECT.  
MADE A MESS OF THAT.  
WORKING ON IT NOW THOUGH.

Thanks to Doug G.

Person: What's the  
dumbest thing you've  
ever done?

Me: Awfully bold of you  
to assume I've peaked.

Thanks to Holly S.

Beautiful has  
nothing to do  
with your looks.  
It has everything  
to do with how you  
are as a person,  
and how you  
make others feel  
about  
themselves.

Thanks to Rod G.

Beauty is in the Eye of  
the Beholder.  
And right now, I be  
beholding.

Thanks to Doug G.



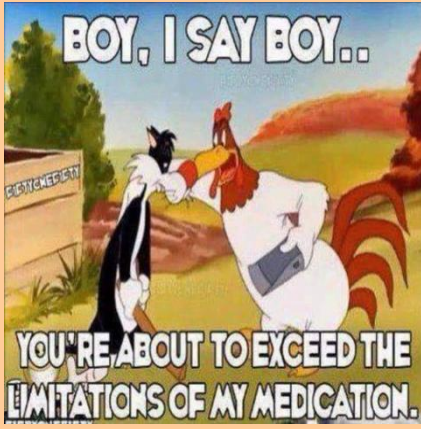
Well, I have been known to  
be called most of that.

Thanks to Doug



"Even  
my  
excuses  
sound  
hollow  
to  
myself."

Thanks to Joe G.

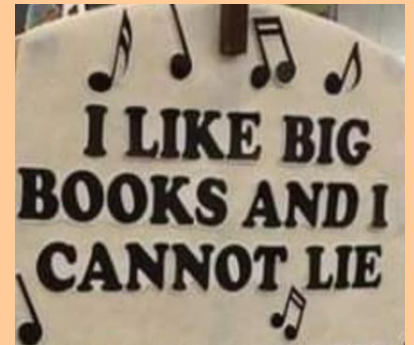


BOY, I SAY BOY..

YOU'RE ABOUT TO EXCEED THE  
LIMITATIONS OF MY MEDICATION.

Don't be that guy.

*He that is good  
for making  
excuses is seldom  
good for  
anything else -  
Benjamin Franklin.  
1-6-1705 - 4-17-1790*



Make up  
Your own  
tune?



Thanks to Ted S.

God's love can be found everywhere.  
Mother Nature, You, Me, Everywhere.

*It's easier to go  
from failure to  
success, than to  
go from excuse  
to success -  
John C. Maxwell.  
born 2-20-1947*

TEXTING AND  
DRIVING IS  
NEVER  
WRECK A  
MENDEED.



# MARCH ROUNDUP 2023

## March 3<sup>rd</sup> - 5<sup>th</sup>

**Motor City Hotel**  
**2901 Grand River Ave.**  
**Detroit, MI 48201**

### Weekend Activities

Panel Discussions • Guest Speakers • 701 • Archives Display  
Traditions Skit • Committee Display Tables • Dancing  
Sobriety Countdown • Alkathon • More!

### Keynote Speakers & Workshops:

#### AA Speakers

Friday 8:00pm - Mari G., Markham, Ontario  
Saturday 8:00pm - Sheldon F., Las Vegas, NV  
Sunday 12:00pm - Don L., Bellimah, WA

#### AL-ANON Speaker

Saturday 2:30pm - Palmer G., Miami, FL

#### ALATEEN Speaker

Saturday 4:00pm

- Sign Language Interpreters for all main speakers
- Spanish speaking programs available
- Seating section available for those with special needs

### Door Open at 3pm Friday, March 3<sup>rd</sup>

- Program will be available 10 days prior to convention online at [www.aa-semi.org](http://www.aa-semi.org)
- Late night entertainment Comedy Show - Friday Night
- Saturday Evening Banquet
- Dance Party with DJ - Saturday Night

### Coffee & General Purpose Donations

Coffee is a significant expense at the MRU as well as other costs that are funded solely by contributions from our members like you. Even if you can't attend, a small donation may help someone get sober! We need help from groups and individual members to defray these costs. Please help out if you can so that others can enjoy coffee or the gift of sobriety. Go to [www.aa-semi.org](http://www.aa-semi.org), click on the link for MRU to donate.

*Thank you in advance for your generosity and kindness!*



### MRU 2023 Online: [aa-semi.org/mru2023](http://aa-semi.org/mru2023)



- Online Conference Registration
- Online Hotel Registration
- Volunteer Sign-up
- Program Updates
- Coffee & General Purpose Donations

### Hotel Reservations Information

Cost of Rooms per night: \$153

*How to book room:*

*Here is the reservation information:*

Call our hotel directly at (313) 237-7711  
and reference the March Round Up group.

Go to our website, [www.motorcitycasino.com](http://www.motorcitycasino.com),  
click on book a room and use the  
group code 030323MARC

Follow this link:

<https://booking.motorcitycasino.com?package=030323MARC>

*Discounted room rate expires February 15th, book early!*

For additional information please contact:

Convention Chairperson - Geoff T. 586.413.3678 or [area33mruchair@aa-semi.org](mailto:area33mruchair@aa-semi.org)

Registration - [area33mruregistrationchair@aa-semi.org](mailto:area33mruregistrationchair@aa-semi.org)



**The FLINT AREA UNITY COUNCIL  
invites you to come along on a bus trip to the  
A.A. FOUNDER'S DAY on June 10<sup>th</sup>, 2023 in Akron, OH.**



**The bus will depart on Friday June 9<sup>th</sup> at 7:00 AM and return on Sunday June 11<sup>th</sup>. Cost for the bus is \$110 roundtrip, (If all 50 seats are filled). Pick-up/Drop-off at Walmart Supercenter, 11493 N Linden Rd, Clio, MI 48420. Please arrive 15 minutes early before departure.**

**Lodging and food is through the Akron University.  
Registration for all A.A. meetings, events and a historical  
A.A. bus tour with food and lodging included is \$275.  
Events schedule is on-line at <https://foundersday.org/>,  
also to be given out at check-in.**

**FOUNDER'S DAY highlights include visits to Dr. Bob's house on Friday June 9<sup>th</sup> and a motorcycle motorcade to view at Dr. Bob's gravesite on Sunday June 11<sup>th</sup> at 7:30 am.**

**To reserve your spot on the 50 seat bus, contact James P. for details. 313-613-3703 and pay by check by February 28<sup>th</sup>.**

**Some History of Founders' Day**

- 1941 Bill W. and Dr. Bob were the featured speakers.
- 1945 Dr. Bob and Bill W. spoke at a dinner at the Mayflower Ballroom.
- 1957 The first "Play" was introduced and a Sunday morning breakfast was held at The University of Akron's Memorial Hall.
- 1965 The "Modern" Era of Founders' Day begins with the first Friday-Sunday Weekend.

**Friday June 9<sup>th</sup>, 2023**

**A.A. FOUNDER'S DAY EVENTS**

A.A. Events marked \* will have an American Sign Language interpreter present.

- 7:00 AM - Leave for Akron, OH. (Bus at Walmart Supercenter, 11493 N. Linden Rd, Clio – arrive 15 minutes early).  
9:10 AM - Arrive at Ohio I-80/90 Turnpike Rossford Oasis for breakfast.  
11:30 AM – Arrive Dr. Bob's house, 855 Ardmore Ave, Akron, OH 44302.  
1:45 PM - Arrive 183 Aqueduct St Mount Peace Cemetery, Akron, OH 44303, Dr. Bob's gravesite.  
2:45 PM – Arrive University of Akron, 302 Buchtel Common, Akron, OH 44325 for Registration/Rooms.  
3:00 PM - A.A. Early Bird Meeting\*. Sandra S. – Cleveland, OH – She Faced a Hostile Universe Alone Until A.A. Found Her, Chaired by Jerry C.  
5:00 PM – Bus leaves for Cracker Barrel, 76 Rothrock Loop, Copley, OH for dinner.  
5:00 PM - Actors Guild Play, Love and Tolerance.  
7:00 PM - A.A. Speaker Meeting\*.  
Christina G. – Brecksville, OH – Watch Well, Your Beginnings – The Results Will Reveal Themselves.  
Chaired by Mary K.  
8:00 PM - Actors Guild Play, Love and Tolerance.  
9:00 PM - A.A. Speaker Meeting\*. Michael D. – Sioux Falls, SD – We Work on Broken Souls in A.A., God Can fix a Broken Soul. Chaired by Scott T.  
9:00 – 11:00 PM - Junta en Español.  
Presentado por el grupo de AA: Hay Una Solución de Painesville, OH.  
11:30 PM – 2:00 AM - A.A. Alkathon.

**Saturday June 10<sup>th</sup>, 2023.** (Bus Tour Group is on their own today, A.A. Events as follows);

- 9:00 AM – 4:00 PM - A.A. Historic Sites Bus Tours, 2 buses continuously leaving from Bierce Circle on campus.  
Includes a stop at the Akron Area Archives at the Akron Intergroup.  
9:00 AM - The Twelve Traditions, Debbie D. – Concord, CA – Practicing Them in All My Affairs, Chair; Aaron K.  
10:30 AM - A.A. Old Timers' Panel\*, Acceptance is the Key, Bob C. – Cleveland, OH, Chris H. – Parma, OH,  
Joe L. – Edmond, OK, Chaired by Aaron K.  
11:00 AM – 1:00 PM - Reunion en Español – El Coordinador Raymundo L. and Alegria de Vivir Group.  
12:00 PM - A.A. & Al-Anon Speaker Meeting\*, Mike & Diane A. – Family Disease, Family Miracles.  
Chair: Tracy C.  
12:00 PM - Actors Guild Play, Love and Tolerance.  
2:00 PM - A.A. Speaker Meeting\*, Dick D. – Hamilton, Ontario, Canada – Ain't it Great to be Sober.  
Chair: Woody W.  
2:30 PM - Actors Guild Play, Love and Tolerance.  
4:00 PM - The History of Our Big Book, Gail L. – The Villages, FL, Chaired by Jerry C.  
8:00 PM - A.A. Speaker Meeting\*, Jay A. – Scarborough, Ontario, Canada – Optimistic. Chair: Matt H.  
10:00 PM – 1:00 AM - Dance! Dance! Dance!

**Sunday June 11<sup>th</sup>, 2023.** (Bus Tour Group is on their own today, A.A. Events as follows);

- 7:30 AM – Tour Bus will go to the Cemetery for the Motorcade to Dr. Bob's Grave\*. Motorcycle procession and Graveside tribute to Dr. Bob and Anne S. Speaker: Dolly A. Chair: Mary K. OPTIONAL: Tour Bus will take attendees to Cemetery, AND LEAVES IMMEDIATELY FOR HOME – ALL MUST BE ON BUS FROM DORMITORY TO GO TO CEMETERY AND THEN DEPART FOR HOME.  
**10:00 AM – Bus Departs.**  
**1:00 PM** – Arrive Greektown Casino, 660 Macomb St., Detroit, MI 48226. (Have dinner and games if you wish).  
**3:15 PM - Bus Departs** for home.

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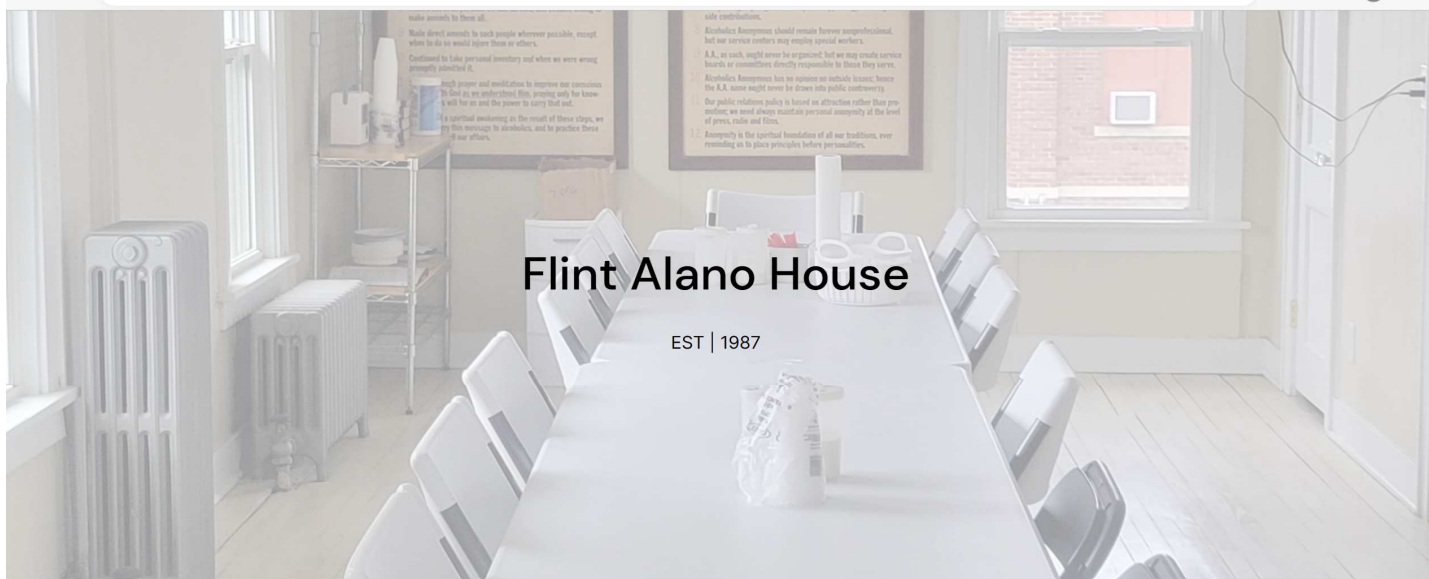
NOTES: A.A. Literature prizes to Tour Guides Games on Bus Friday.

Water provided for all bus attendees.

Snacks Friday and Sunday on Bus.

Cracker Barrel dinner (pay your own) Friday evening. Anyone can stay behind to attend A.A. events – you won't miss the Friday 5 PM A.A. play as it is repeated on Saturday at 12 PM (Noon).





# Flint Alano House

EST | 1987

## Welcome Friends!

The Flint Alano Club's doors are open to the newcomer and anyone desiring a life of continuous sobriety. Our club offers a safe and inclusive environment for those who want to re-create their life and live sober one day at a time.



## Flint Alano House AA Meeting Schedule

### **Sunday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
7:30pm – Big Book Study  
9:30pm – Barefoot Meeting (Candlelight)

### **Monday:**

1:30pm – Step Discussion  
5:30pm – Men's Meeting  
6:30pm – **Open** Women's Meeting  
7:30pm – Big Book Study  
9:30pm – Barefoot Meeting (Candlelight)

### **Tuesday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
9:30pm – Big Book Study

### **Wednesday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
7:30pm – Big Book Study  
9:30pm – Steps 3, 7, and 11 Meeting (Candlelight)

### **Thursday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
9:30pm – Barefoot Meeting (Candlelight)

### **Friday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
7:30pm – Big Book Study  
9:30pm – Barefoot Meeting (Candlelight)

### **Saturday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
9:30pm – Barefoot Meeting (Candlelight)

## NA Meetings 7:00pm Tuesday & Thursday

(Upstairs Meeting Room)

See the entire Website with Announcements at [www.flintalano.com](http://www.flintalano.com).