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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.

The month of March is named after Mars. In ancient times, Mars was the supreme father god. Mars was initially an agricultural god to the Romans; in governing the growing vegetation through fruitfulness, the holiness, and well-being of the crops. Above all, Mars was the divine keeper of the land, and this month is the time for spring to start. This connection between Mars, the land and springtime, renders symbolism of new growth, renewed life, reestablishment and outpouring of energy. As a patriarchal god, Mars is figurative of a father's concerns such as: Giving, Shelter, and Structure.



“Most powerful is he who has himself in his own power.”  
~ Lucius Seneca (4 BC - AD 65).

The wolf was one of Mars' sacred animals. This provides you an understanding foundation of: Protection, Communication, Assertion, and Instinct, which are symbolic traits of the wolf.



The third Step of the A.A. program of recovery can relate to the qualities of the ancient god Mars. The third month of the year can also as spring begins and new growth becomes apparent, albeit slowly. For it is in this third Step that we begin a change in ourselves that is new growth, new direction, and new guidance to a fruitful and satisfying lifestyle.

Step 3 reads: “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

- Mars was the ‘supreme father god’; relate that to “God as we understood Him.”<sup>1</sup>
- Mars was ‘divine keeper’ of the land providing the ‘well-being’; relate that to “the care of God”.<sup>2</sup>
- Mars was the father god providing ‘Giving, Shelter, and Structure’; relate that to a “God as we understood Him”,<sup>1</sup> <sup>ibid</sup>

It is in this Third Step that we are able to get rid of our reliance on self = many times misconstrued in behaviors and thought patterns that are not beneficial.

The Third Step Prayer reads: “God I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy way of life. May I do Thy will always.”<sup>3</sup>

The Third Step Prayer asks for help to change our self through, and with, a “God as we understood Him”.<sup>1</sup> <sup>ibid</sup> “...bondage of Self”,<sup>3</sup> <sup>ibid</sup> and “difficulties”<sup>3</sup> <sup>ibid</sup> are of our own making. Going back to the god Mars, one finds ‘new growth, renewed life, reestablishment and outpouring of energy.’ Relate that to the Third Step Prayer where “build with me... victory... would help...”<sup>3</sup> <sup>ibid</sup>

The Wolf, one of the sacred animals - meaning revered or esteemed - has traits also that carry on into our new growth and change. Foremost is our honest communication. Then we apply this new way of life ourselves. No human power has the power to do this.

Instinct becomes a new learned thought pattern and guides our behavior. Think not? The use of instinct as an adjective means “imbued or filled with (a quality, especially a desirable one).”<sup>4</sup> The origin of the word instinct comes from Latin, ‘instinctus’ and later in Middle English as is in ‘instigation or impulse’.

An example of learned behavior becoming instinct is this: You are not born knowing not to touch a hot iron. Experience is the best teacher, but it hurts at times.

<sup>1,2</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., HOW IT WORKS, p. 59.

<sup>3</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., HOW IT WORKS, p. 63.

<sup>4</sup> Definition from Oxford Languages.

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### Origin of the Prayer of St. Francis

The prayer of St. Francis was first recorded in 1912 in France, in a spiritual magazine called *La Clochette* (The Little Bell). The magazine was published by a Catholic group called The Holy Mass League. The group was established by Father Esther Bouquerel in 1901.

In the version published in *La Clochette*, the prayer was entitled, in French, “A Beautiful Prayer to Say During the Mass”. Since it was published anonymously, the original author is not known. Possibly, Father Bouquerel himself could have written the prayer.

Eventually, in 1915, the prayer was sent to Pope Benedict XV, still written in its original French. A year later, in 1916, it appeared in the daily newspaper of the Vatican, and it was then written in Italian. Later on, around 1920, a French Franciscan priest printed the prayer on the back of the image of St. Francis of Assisi. It bore the title “Prayer for Peace” in French. At this time, though, it was not attributed to St. Francis. The first time it was attributed to him was in 1927, by a French Protestant group called “The Knights of the Prince of Peace”.

Between the two world wars, the prayer made its way to Europe, eventually being translated into English. The first known English translation appeared in a book entitled “Living Courageously” written by Kirby Page. He also attributed the prayer to St. Francis of Assisi.

During and after the Second World War, the prayer for peace was spread all over, and it already was known as the Prayer of St. Francis. The most widespread use of the prayer was through the books of Cardinal Francis Joseph Spellman, who was then Archbishop of New York.<sup>5</sup>

<sup>5</sup> <https://www.christianity.com/wiki/prayer/what-is-the-prayer-of-st-francis-origin-and-meaning.html#:~:text=Origin%20of%20The%20Prayer%20of%20St.%20Francis>

### Prayer of Saint Francis of Assisi

“Lord, make me an instrument of thy peace—  
that where there is hatred, I may bring love—  
that where there is wrong, I may bring the spirit of forgiveness—  
that where there is discord, I may bring harmony—  
that where there is error, I may bring truth—  
that where there is doubt, I may bring faith—  
that where there is despair, I may bring hope—  
that where there are shadows, I may bring light—  
that where there is sadness, I may bring joy.  
Lord, grant that I may seek rather to comfort, than to be comforted—  
to understand, than to be understood—  
To love, than to be loved.  
For it is by self-forgetting that one finds.  
It is by forgiving that one is forgiven.  
It is by dying that one awakens to Eternal Life.  
Amen.”<sup>6</sup>

The preceding prayer, as above, is more than one hundred years old, although it is affectionately attributed to St. Francis. A.A. refers to it as one of the prayers of the Eleventh Step.

The reference to it here in discussion of the Third Step is to make use of prayer, (“Prayer, as commonly understood, is a petition to God.”<sup>7</sup>), to show us how and to facilitate the change desirable in us as “It is the proper use of the will.”<sup>8</sup> So in the exercising of this prayer, we ask to be more of usefulness than disparity.



<sup>6</sup> Twelve Steps and Twelve Traditions, STEP ELEVEN, p. 99.

<sup>7</sup> Twelve Steps and Twelve Traditions, STEP ELEVEN, p. 102.

<sup>8</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., INTO ACTION, p. 85.

### 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.



Who is the patron saint of emails?  
St Francis of a C.C.

### Pope Francis Gets a New Car.

He's in Chicago for an appearance. His regular car is obviously not there and due to some mix-up all they have is a huge SUV.

When Francis sees this beast he thinks for a second. "Hey, I've been kind of curious about these things. Do you mind if I drive?"

What are you supposed to say when the Pope asks that? "Sure thing," says the driver. He hops in the backseat and Francis gets behind the wheel.

Francis is a little unused to all that engine power so they're lurching around downtown Chicago, alternating between 6 and 60 mph. Eventually a police cruiser turns on its lights and pulls them over.

One of the cops gets out of the cruiser and walks over. The tinted window of the SUV rolls down and the cop turns white and runs back to the cruiser. "Drive!" he tells his buddy.

"Who the hell was that?"

"I don't know, but the Pope is his driver!"



The Editor has no need to apologize to any and all that may be offended by the content of this Newsletter.

It is not the opinion of the F.A.U.C. which does not wish to engage in any controversy, neither endorses nor opposes any cause.

"And it means, of course, that we are going to talk about God."

Alcoholics Anonymous, WE AGNOSTICS, p. 45.



## NO GLUM LOT HERE



NASA's Perseverance rover on Mars has successfully tested a device that can convert carbon dioxide (98 percent of the atmosphere) into oxygen and carbon monoxide. Sounds like it may be a great idea - unless all the Martians start dying from carbon monoxide poisoning.

Two American astronauts are launched into outer space to Mars. When they reach the Martian surface they see a beautiful red-skinned, red-haired woman. Using their language-translation machine, they tell her they are from Earth. They see she is stirring a big pot, and every now and then she pulls a newborn baby from the pot. So they ask her, "What are you doing?" She says, "Making babies," and continues to stir. "How strange," the astronaut commander says. "Well," the beautiful woman asks, "how do you make babies on Earth?" So the commander says, "Let me show you," and they go behind the Martian rocks and bushes. After a while, they come back out and woman asks, "Well, where is the baby?" And the commander says, "Oh, back on Earth it takes nine months to have the baby." Perplexed, she asks, "Then why did you stop stirring?"

This joke was Wernher von Braun's (1912-1977) favorite.

### Ned & Jed

Hey Jed, how do ya feel about the Right of Decision?

Well, everybody seems to have it but me. I get told I Make wrong decisions all the time.



Not so fast here, it is our trusted servants that have it, not us. We can all be wrong by ourselves, but trust them to decide right thru deliberation.

This consult or asking for specific directions helps them decide whether to pass it on, report it, or do something about it. That's the Right of Decision.



Oh I see, so when they tell me to go see the site team, they then can turn it over maybe and give it to the logger detail. That's right, they need to know all the facts before they can decide. Then knowing them, they can say, hey, it would be better to hear from somebody else, or just tell you they will take care as it as they are qualified.

Oh, I get it. We trust them then to do the thinking just like they trust us to do the doing. Yer gettin' close...

**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. Coeditor: Jenny C..

The February 2023 Newsletter was delivered to 212 emails, January had 84 Website Hits = 296 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: St. Mary's school, F.A.U.C. (Montrose was scheduled).

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: St. Bartholomew, 9252 Miller Rd. Swartz Creek, Swartz Creek A.A.

June 17:

July 15:

September 16: Fenton Alano Club, 800 North Rd. New Horizons

October 21: St. Mary's school, 2600 N, Franklin, Flint, Women in A.A.

November 18: St. Francis; Quaderer Hall, 212 Center St, Otisville, Otisville A.A.

December 16:

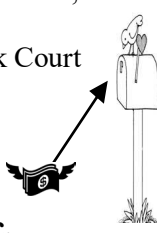
**A.A Treasurer's addresses:**

**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 March 18, 2023 at 11:30 AM for Committee Meetings, 12:30 PM for General Assembly at the St Johns 435 Genesee St. Davidson, Davison Fellowship Friday Night Group 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.
- \* A.A. General Service Board announcement.
- \* A.A.W.S. announces a literature price increase.
- \* Walking With Warriors, YMCA Saginaw, March 15.
- \* The Set Aside Prayer

- = Flyer at the end of the 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 now has a Coeditor that will submit articles, and proofread. Any one can submit articles or ideas for articles.

If you would like a Newsletter via email, send Editor a request to [farfromittoday@aol.com](mailto:farfromittoday@aol.com).

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

**March 2023 Flint Area Open Speaker Meetings**

\* = Addresses of Locations can be found in the 2023 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.



### TRADITION THREE

Short Form: “The only requirement for A.A. membership is a desire to stop drinking.”<sup>9</sup>

Long Form: “Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”<sup>10</sup>

The next time you’re at an A.A. meeting, look around and consider all of the diverse backgrounds and paths it took fellow members to earn their seat in that room.

Now consider that the message you may need to hear on any given day may not come from the most well-seasoned member with years in the fellowship who knows all the “right” ways to share or chair. Maybe the message will come from someone with one month sober, someone with an entirely different background, or from someone just coming back after a relapse. Or perhaps you’ll find yourself sitting next to someone who, still reeking of alcohol, wants to know how a group of drunks (G.O.D.) manages to not pick up a drink one day at a time.

In A.A., there is room for every voice in the choir. Imagine how we’d all be cheated out of all the experience, strength, and hope we’ve benefited from around the rooms of A.A. if it was an exclusive club with laws and rules that barred people from entry—even if they wanted to get sober!

It may be hard to imagine, but early A.A. groups refused to admit homeless people, beggars, prostitutes, inmates, homosexuals, and anyone else who members felt might harm the group. Only a “hypothetical class”<sup>11</sup> of “pure alcoholics”<sup>11</sup> *ibid* with no other complications was allowed. But “... experience taught us that to take away any alcoholic’s full chance was sometimes to pronounce his death sentence ...”<sup>12</sup>

In fact, the chapter TRADITION THREE in Twelve Steps and Twelve Traditions says of those early A.A. days “. . . most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn’t be relighted.”<sup>13</sup>

Thankfully, early A.A.’s came to their senses and eventually adopted Tradition Three.

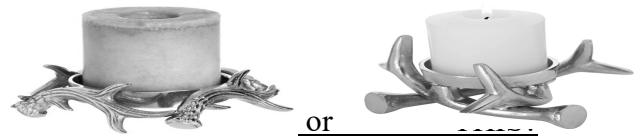
Since then, many like that infamous member Ed in 12 & 12’s TRADITION THREE chapter have walked into the rooms of AA. And many—who previously would have been tossed out of the rooms because they weren’t “pure alcoholics”<sup>11</sup> *ibid* —have stuck, stayed, and helped countless others.

Thank God for Tradition Three! It doesn’t matter who you are, where you came from, what your circumstances are, or why you’re sitting in an AA meeting. It’s that common denominator that unites all of us.

As Brand New Day Francis says, “I’m a member when I say so, and I say so! Nobody can kick me out of here!”

And that is the true spirit of Tradition Three. You’ve earned your seat in AA. And so has everyone else you meet at an AA meeting. You’re a member the minute you say so. So say so—stick and stay!

Submitted by A.A.’s – Jenny C. and Francis St.-P.



“You can help when no one else can.”<sup>14</sup>

“Tell him that if he wants to get well you will do anything to help.”<sup>15</sup>

“Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.”<sup>16</sup>

<sup>9</sup> Twelve Steps and Twelve Traditions, TRADITION THREE, p.139.

<sup>10</sup> Twelve Steps and Twelve Traditions, TRADITIONS – LONG FORM, p. 189.

<sup>11</sup> Twelve Steps and Twelve Traditions, TRADITION THREE, p.140.

<sup>12</sup> Twelve Steps and Twelve Traditions, TRADITION THREE, p.141.

<sup>13</sup> Twelve Steps and Twelve Traditions, TRADITION THREE, p.139.

<sup>14</sup> Alcoholics Anonymous, 4<sup>th</sup> Edition, WORKING WITH OTHERS, p. 89.

<sup>15</sup> Alcoholics Anonymous, 4<sup>th</sup> Edition, WORKING WITH OTHERS, p. 89.

<sup>16</sup> Grapevine PREAMBLE.

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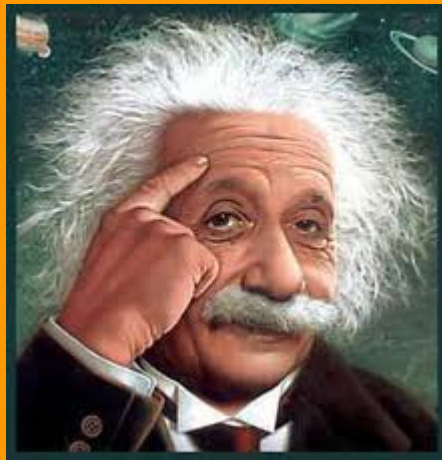
(810-234-0815; Flint Area A.A. 24/7 Helpline).

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





**As Mars once said,  
I don't have a  
Dad Bod,  
It's a  
Father Figure.**



The god Mars met the Pope one day and they were talking about Jesus.

“Sure,” Mars said, “I know him. He comes to my planet twice a year.”  
“Twice a year?”, the Pope exclaimed! “We have been waiting for 2,000 years for His second coming.” Mars said, “Maybe He didn't like your chocolate.”

“What does chocolate have to do with it”, the Pope asked? “Well, we get the chocolate from all the best chocolatiers and give Him as much as he can carry to share with others. And He always comes back for more. Which makes me ask, what did *you* do to Him on His first visit?”



**CAR WASH**  
YOU'RE DOING IT WRONG!



*Just think about others. OK?*

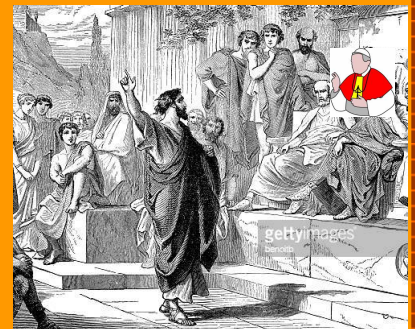
**Back in my day, the only time we started panic buying was when the bartender yelled "last call"**

Thanks to Debbie S.



77-year-old man flips his car inside automatic carwash

Now here's a Humbling Experience.  
Note: No one was hurt during this Escapade with no Escalade.



“So tell me, how did that work out for you?”, the Martian asked?

# Humility

*Live in harmony with one another.  
Do not be haughty, but associate with the lowly.  
Never be wise in your own sight.*

*Romans 12:16*

Thanks to Ted S.

Double Rainbows denote transformation. The primary rainbow represents the *material world* and the secondary rainbow represents the *spiritual world*.



Thanks to Marvin G.

### CONCEPT III

"To insure effective leadership, we should endow each element of A.A. - the Conference, the General Service Board and its service corporations, staffs, committees, and executives – with a traditional 'Right of Decision'" <sup>9</sup>

Here is the "Right of Decision", "...it should be the traditional right of all world service boards, committees, and executive to decide which problems they will dispose of themselves and upon which matters they will report, consult, or ask specific directions." <sup>10</sup>

"In this Third Concept, the various Boards, corporations (e.g., Grapevine), staffs, and committees are given the right to decide which problems they will dispose of themselves and upon which matters they will report, consult, or ask specific directions. In practice this concept means that AA's 'trusted servants' ought to carefully weigh the wishes of the members, but that they are also trusted to exercise their own judgment in the light of all circumstances, facts and arguments that become known to them during the voting or deliberation process." <sup>11</sup>



So the Publishing Department recommends a new "jacketless" Big Book, which will help to decrease printing and delivery delays of this important book. But approval is still needed; do we all agree with that recommendation to the General Service Conference?

Informed decisions come through deliberation during discussion using the "Right of Decision". Some concerns and/or issues are dealt with accordingly; others must be moved to a more appropriate committee.

This Concept is not to be confused with Tradition Four, "Each group should be autonomous except in matters affecting other groups or A.A. as a whole." This Tradition is commonly referred to as the one that "Gives the Group the right to be wrong." Concept Three ensures the Right of Decision so a right decision may be made.

The following checklist items come from the A.A. Service material SMF-91.

### "CONCEPTS CHECKLIST"

"A service piece for home groups, districts, areas"

"While this checklist is intended as a starting point for discussion by groups, districts or areas, individual A.A. members may find it useful along with our co-founder Bill W.'s writings, a service sponsor if you have one and reflection on your own service experience..." <sup>14</sup>

- "Do we understand what is meant by the 'Right of Decision'?"
- Do we grant it at all levels of service or do we 'instruct'?"
- Do we trust our trusted servants — G.S.R., D.C.M., area delegate, the Conference itself?" <sup>15</sup>



<sup>9</sup> The A.A. Service Manual combined with The Twelve Concepts for World Service, 2021-2023 Edition, page IV.

<sup>10</sup> The A.A. Service Manual combined with Twelve Concepts for World Service by Bill W., 2021 2023 Edition, page C9.

<sup>11</sup> From: <https://www.tapataalk.com/groups/recoveryinn/12-concepts-explained-t4286.html>.

<sup>14</sup> SMF-91, CONCEPTS CHECKLIST, p.1.

<sup>15</sup> SMF-91, CONCEPTS CHECKLIST, p.2.

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"The Founders were right all along, but the results are a lot funnier than they intended."

Molly Ivins; August 30, 1944 – January 31, 2007.



That's as close to a laughing Dr. Bob as could be found.



## Quote of the Week

**"If you don't have hope, then death is just a formality."**

Before recovery, my life was spiraling out of control, and each area just got worse and worse. I didn't have a job, and I didn't want one; I had no intimate relationships, and even my casual friends had stopped calling. Worse perhaps was that I had lost hope of my future ever getting better. In some of the darker hours, death didn't seem so bad. . . .

For a while, the only glimmer of hope I had came from the first few drinks I took. This instant euphoria didn't last, however, and soon I was once again mired in the pitiful and incomprehensible demoralization of my alcoholic bottom. Standing at a jumping-off place, I could either continue to spiral down, or I could reach out for help. It was only when I finally surrendered that some hope began to return.

I first saw this hope on the faces of people in meetings, and I heard it in their stories. One by one, I heard stories of fearful bottoms and of lives now reborn. It was exhilarating to witness the miracles taking place in their lives. Soon I believed there might be a miracle waiting for me, too. As I stuck around and worked the program, I found that I had begun to live again. Considering where I had come from, that was the miracle I had been waiting for.

"And with us, to drink is to die."<sup>16</sup>

"It may cause him to die a few years before his time."<sup>17</sup>

"We saw that we had to reconsider or die."<sup>18</sup>

"...we discover the fatal nature of our situation."<sup>19</sup>

"We stood at the turning point."<sup>20</sup>

"What is this but a miracle of healing?"<sup>21</sup>

"While grateful that he drinks no more, they may not like the idea that God has accomplished the miracle where they failed."<sup>22</sup>

"That is the miracle of it."<sup>23</sup>



<sup>16</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., HOW IT WORKS, p.66.

<sup>17</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., THERE IS A SOLUTION, p.21.

<sup>18</sup> Twelve Steps and Twelve Traditions, STEP TWO, p. 30.

<sup>19</sup> Twelve Steps and Twelve Traditions, STEP TWO, p. 30.

<sup>20</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., HOW IT WORKS, p.59.

<sup>21</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., WE AGNOSTICS, p.57.

<sup>22</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., THE FAMILY AFTERWARD, p. 128.

<sup>23</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., INTO ACTION, p. 85.







## Heard it *'Round the Rooms!*



A well known personage by the moniker of Daddy Green often said, and is now quoted as saying,  
**“Self Kills Self”.**

Not defects, but defenses.

“Do the best you can do until you know better. Then when you know better, do better.”


Quoted from Maya Angelou (April 4, 1928 – May 28, 2014).

Some meanings of A.A.

- Alcoholics Anonymous.
- Absolute Abstinence. Altruistic Action.
- Attitude Adjustment. All Accepted.
- Anarchy Annihilated. Acknowledge Acceptance.

Talk about A.A. with no reticence. It may save a life.



A self inflicted allergy means they can tell me what an idiot I’ve been. 

A Sexual Intellectual is a F\*cking Know-It-All. Be a STAR and Start Talking About Recovery.

Yesterday I worried about tomorrow, but I got today instead. Use TRUST; Try Relying On Steps & Traditions.

You can’t not know what you already know, you can only deny it. Take a STEP; Something That Enhances Peace.

Silent gratitude does no good for anyone. Get a HOLD of yourself; Help Others Live Daily.

Grace equals unearned love.

W.I.L.L.

- Want Is Leading Life.
- We Instruct Loving Living.

God feels and hears heart aches.

Profanity is not a sign of  
Spiritual growth.

There are several places in Dr Bob and  
the Good Oldtimers where reference is  
made to Bob's strong opinions about  
foul language in AA meetings.

One of the best is on page 224  
(bottom paragraph).

“And if he was sitting at a meeting  
and a man used bad language,  
Dr. Bob would say, ‘You have a very  
good lead, young man, but it would be  
more effective if you cleaned it up a bit.’”

(Dr. Bob and the Good Oldtimers, p. 224,  
bottom paragraph, Reprinted by permission from A.A.W.S.,)



**Just an FYI here. Keep your nose out of other’s business.**

“Suppose I'd suggested that I'd take a hand in his domestic and  
business affairs? Where would we have wound up? No place of  
course.”

Twelve Steps and Twelve Traditions, TRADITION FIVE, p, 153.

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

In the A.A. Jail Meeting:

“Sure I drink but drugs are a bigger problem  
for me. Doing drugs with booze is me. I  
admit I have a problem, can A.A. help me?”

### “Canonization of a Saint

“The first step is that the individual being considered for Sainthood has to have died.

“The second step is that people must consider that the particular deceased person 1) possessed what is known as “heroic virtue,” 2) is now in heaven, and 3) should be recognized by the Church for the sake of the faithful here on earth.

“During this process, the testimony gathered by a Bishop is not only from those who were fans of the person. For instance, Christopher Hitchens (a famous critic of Mother Theresa and Christianity in general) was interviewed for the process for Saint Theresa of Calcutta. Once the bishop has compiled all this information the person may be known by the title of ‘Servant of God.’

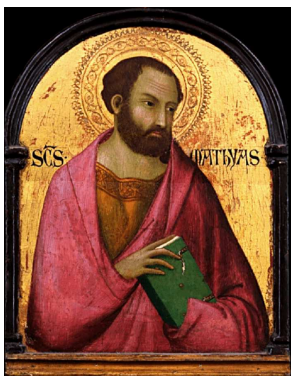
“After the bishop completes his investigation he sends his findings to the Congregation of the Causes of Saints. This group, located in Rome, begins further investigation and at the end of their investigation issues a statement that either attests to the ‘heroic virtue’ of the person, or denies it. If the person under consideration was also killed, this is the stage at which it is determined if they were killed, in fact, for their faith or for a different reason. If the person passes this stage they may be known as ‘Venerable’ and people may seek their intercession in prayer.

“From this stage forward miracles are required. In order to take the next step in the process a verifiable miracle must occur. This miracle must be investigated and proven to be impossible outside of divine explanation. These types of miracles are often medical, as in cured terminal diseases, but not always.

“Once a confirmed miracle has been attributed to this person’s intercession, a ceremony is held in which the person is proclaimed to be a “Blessed.” This is the final stage before being officially declared a Saint.

“The final requirement is one more confirmed miracle. The requirements for this miracle are the same as the first miracle and once the miracle has been confirmed the person may be named a Saint, which usually happens in a ceremony involving Mass at the Vatican.”<sup>24</sup>

**St. Matthias  
the Apostle;  
Patron Saint  
of Alcoholics.**



### “Why is St. Matthias the Patron Saint of Alcoholics?”

“Based on his experiences with the Lord, he was able to abstain from legitimate pleasures in order to control the lower passions. Subsequently, he became one of the patron saints for alcoholics. He was martyred in Jerusalem, stoned to death.”<sup>25</sup>

### “Saint Matthias the Apostle, Patron Saint of Alcoholics

“St. Matthias was one of Jesus’ followers from the beginning of His ministry. After the Ascension, Peter directed the 120 disciples assembled in the upper room to choose a replacement for Judas, so there could again be twelve apostles. Matthias and Barsabbas were proposed, and the lot fell to Matthias. He went on to preach the Gospel in Judea, Cappadocia, Egypt, and Ethiopia, insisting on the need to mortify the desires of the flesh in order to experience the peace and joy of the Spirit. For that reason Saint Matthias is the patron of all who struggle with the addiction of alcoholism. He was martyred in 80 AD.”<sup>26</sup>

As Bill W. said in the Big Book, “To Christ I conceded the certainty of a great man, not too closely followed by those who claimed Him.”<sup>27</sup>

There’s no intention here to offend one who may not believe in Saints, or their (non) belief in God. We must look to the Big Book for this:

“Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual as well as moral. And it means, of course, that we are going to talk about God.”<sup>28</sup>

<sup>24</sup> <https://www.coraevans.com/blog/article/the-canonization-process>.

<sup>25</sup> <https://knowledgeburrow.com/why-is-matthias-the-patron-saint-of-alcoholics/>.

<sup>26</sup> <https://www.yourcatholicguide.com/prayers-and-devotions/prayer-to-saint/saint-matthias-apostle-patron-alcoholics.html>.

<sup>27</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., BILL’S STORY, p.11.

<sup>28</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., WE AGNOSTICS, p.45.



One has a lack of power and the other too much self will. It’s a dilemma.



Life has knocked me down a few times. It showed me things I never wanted to see. I experienced sadness and failures. But one thing is for sure, I always get up.

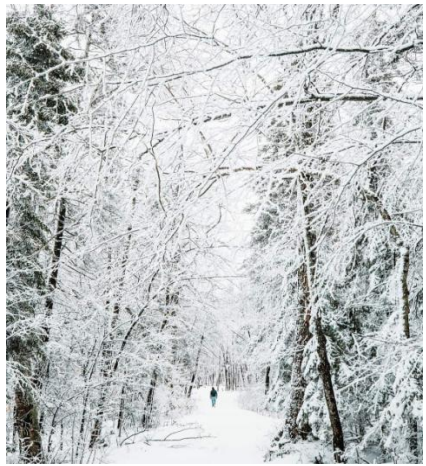
To forgive someone doesn't mean we forget what they've done. It doesn't mean we allow the relationship to be restored or that we pretend we do not hurt.

To forgive someone is to release them from the emotional, spiritual or even physical debt they owe us due to their decisions or actions. It means we ask God to release them of this debt and that we pray for their well being.

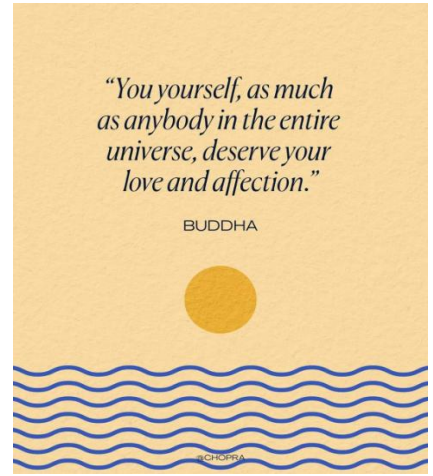
With that, It is simply impossible to overstate the necessity to forgive. God requires it and we need it.

Pray for the grace to begin or continue to process of forgiveness.

Thanks to Fr. Joe

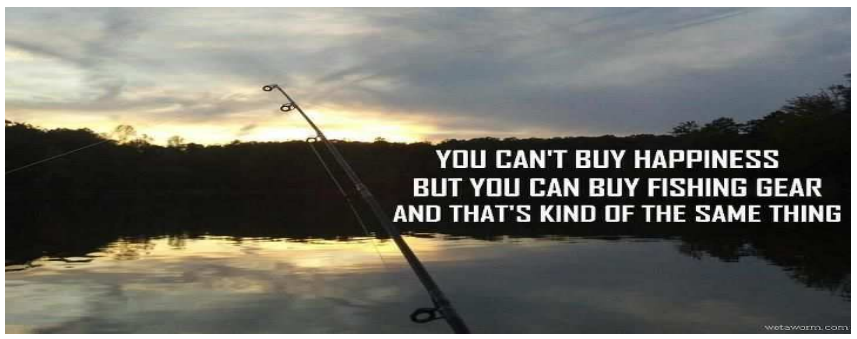


Sometimes we just need to chill out. Thanks to Carl D.



Thanks to Lani B.

It's ok to let go of the life you have outgrown.



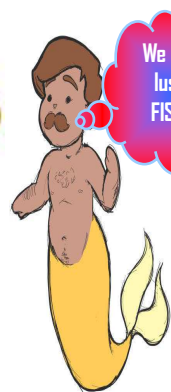
# Sea & Shore Lush Fish Anonymous



Let's talk Sister.



We can help where the other fish can't.



We are lush FISH.



May the Higher Power be with you.



You sound like we all did.

I'm just another lush fish.



I came today as I drink more than a lush FISH!



There is a Solution. Build an archway to FREEDOM. by taking the 12 Steps.



## “Dr. Bob’s Story of the AA Camel”

“Dr. Bob, physician and a cofounder of Alcoholics Anonymous, would explain prayer by telling how the camels in a caravan would kneel down in the evening and the men would unload their burdens. In the morning, they would kneel down again and the men would put their burdens back on.

“It’s the same with prayer. We get on our knees to unload at night and in the morning when we get on our knees again. God gives us just the load we are able to carry for that day.

Dr. Bob and the Good Oldtimers (1980), page 229.

“The Alcoholics Anonymous Camel symbol:

The camel each day goes twice to his knees.  
He picks up his load with the greatest of ease.  
He walks through the day with his head held high.  
And stays for that day, completely dry.

“Spiritual Principles:

- Prayer
- Faith
- Spirituality
- Sobriety – One day at a time.

“Camel Prayer:

"The tasks of the day can pass with ease  
when a camel or I start on our knees.  
One Master we serve, the camel and I,  
and stay for that day completely dry."

From: <https://www.strangecamels.com/aa-camel>



If you don't make the time to work on creating the life you want, you are eventually going to be forced to spend a lot of time dealing with a life you don't want.

Kevin Ngo ~ October 23, 1991 -

WHAT DO YOU CALL  
A LARGE DOG  
THAT MEDITATES  
AWARE WOLF

“Can you repeat that?  
I was thinking of  
chasing a squirrel.”



“Let me  
Meditate  
on that and  
become aware.”



My Napoleon  
syndrome says  
I am  
bigger  
than you  
think  
I am



## God Comprehends Lawn Maintenance

---

GOD: St. Francis, you know all about gardens and nature. What in the world is going on down there? What happened to the dandelions, violets, thistle and stuff I started eons ago? I had a perfect, no-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar FROM the long lasting blossoms attracts butterflies, honeybees and flocks of songbirds. I expected to see a vast garden of colors by now. But all I see are these green rectangles.

ST. FRANCIS: It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers weeds and went to great lengths to kill them and REPLACE them with grass.

GOD: Grass? But it's so boring. It's not colorful. It doesn't attract butterflies, birds and bees, only grubs and sod worms. It's temperamental with temperatures. Do these Suburbanites really want all that grass growing there?

ST. FRANCIS: Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant that crops up in the lawn.

GOD: The spring rains and warm weather probably make grass grow really fast. That must make the Suburbanites happy.

ST. FRANCIS: Apparently not, Lord. As soon as it grows a little, they cut it, sometimes twice a week.

GOD: They cut it? Do they then bale it like hay?

ST. FRANCIS: Not exactly Lord. Most of them rake it up and put it in bags.

GOD: They bag it? Why? Is it a cash crop? Do they sell it?

ST. FRANCIS: No, sir -- just the opposite. They pay to throw it away.

GOD: Now, let me get this straight. They fertilize grass so it will grow. And when it does grow, they cut it off and pay to throw it away?

ST. FRANCIS: Yes, sir.

GOD: These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat. That surely slows the growth and saves them a lot of work.

ST. FRANCIS: You aren't going to believe this, Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it so they can continue to mow it and pay to get rid of it.

GOD: What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. Plus, as they rot, the leaves form compost to enhance the soil. It's a natural circle of life.

ST. FRANCIS: You'd better sit down, Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them INTO great piles and pay to have them hauled away.

GOD: No. What do they do to protect the shrub and tree roots in the winter and to keep the soil moist and loose?

ST. FRANCIS: After throwing away the leaves, they go out and buy something which they call mulch. They haul it home and spread it around in place of the leaves.

GOD: And where do they get this mulch?

ST. FRANCIS: They cut down trees and grind them up to make the mulch.

GOD: Enough! I don't want to think about this anymore. St. Catherine, you're in charge of the arts. What movie have you scheduled for us tonight?

ST. CATHERINE: Dumb and Dumber, Lord. It's a real comedy of errors movie about....

GOD: Never mind, I think I just heard the whole plot FROM St. Francis.

# 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).





February 3, 2023

Fellow A.A.'s,

Last weekend, the General Service Board (GSB) met during its quarterly board weekend. We wanted to let you know as quickly as possible that, at the board's request, Linda Chezem has resigned as a Class A Trustee and Chair of the Board.

First and foremost, the GSB wants to assure you that we continue to affirm our commitment to the board's single mission—serving the Fellowship of Alcoholics Anonymous.

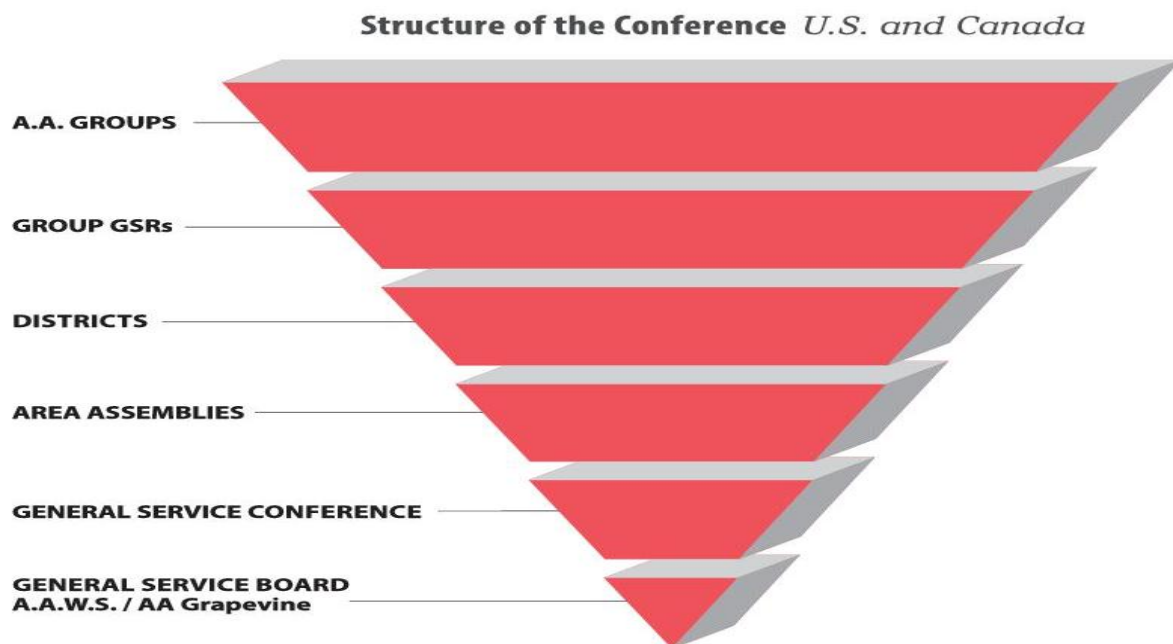
We also want to emphasize that the departure of our chairperson is receiving the highest level of attention. As First Vice Chair of the General Service Board (per the slate of officers elected at the 2022 General Service Conference), and with the approval of the Board in a special session held last Monday, I have now assumed the role of Interim Chairperson until the close of the GSC in April 2023. My service as Southwest Regional Trustee will also end at that time.

We have initiated the process, through our Nominating Committee, to elect a new chair and the GSB commits to keeping you informed as we move forward.

We understand news of this nature will raise questions and concerns. Openness and transparency within our Fellowship is not only important, it's vital. However, just as we hold much in confidence with our fellow A.A. members and prospects, similar discretion must be applied to some of the work we do when serving in our roles as trustee members of the General Service Board. In that spirit, and during this very challenging time, the General Service Board and its affiliates, A.A. World Services and A.A. Grapevine, ask for your patience, understanding, and trust.

Sending much A.A. love to each of you,

Jimmy D.  
Interim Chair, General Service Board



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In regards to this notice from A.A.W.S., the F.A.U.C. will be increasing prices accordingly April 3, 2023. Your understanding and grateful, unflinching, cooperation in this Service to Carry The Message will be much appreciated.

Alcoholics  
Anonymous®

www.aa.org

Alcoholics Anonymous World Services, Inc.

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

Please direct all  
communications to:

P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

General Service Conference Delegates  
Intergroup and Central Offices  
International General Services Offices

Date: February 15, 2023

Warm greetings – we hope that this letter finds you well. We are writing today to inform you of an upcoming price increase affecting our English, Spanish, and French books, booklets, and pamphlets. The new prices will go into effect on April 3, 2023, and generally reflect a 20% increase on books and a 30% increase on pamphlets (with rounding and some minor adjustments).

Some of you have indicated that you anticipated the need for an increase. For historical reference, the last price increases were made in 2014 (18.75%) and 2009 (33.3%). The decision to raise prices in 2023 resulted from prudent fiscal planning with the goal of longer-range stability. Alcoholics Anonymous is not immune from the changes that are impacting all businesses, and one of the greatest to us has been a notable drop in the margins associated with the sale of our literature. To be specific, prior to the SARS-CoV2 pandemic, the costs associated with the production, material, warehousing, and shipping of literature, collectively known as the cost of goods sold, hovered between 31-34% of sales. These same costs have fluctuated from 42-56% of sales in the last two years, resulting in a revenue loss that is greater than \$1.2 million each year. We do not expect this change in the cost of goods sold to resolve in our favor, and the impact is great when considering that the General Service Office is supported through both voluntary contributions and this revenue associated with the sale of literature. We continue to monitor and trim expenses where possible, being mindful of the immense significance of each 'nickel in the basket' sent to the General Service Board.

Because we appreciate that there may be high demand in ordering leading up to the increase, we will be taking steps to ensure that purchasing not be monopolized by large buyers during the transition. We will maintain the reduced shipping charges schedule that was adopted in 2022 and the mixed-title quantity discount schedule that was adopted at the close of 2022. The new pricelist, [which can be found here](#) will be reflected on the online store as the increase goes into effect. We anticipate issuing a revised and updated literature catalog in digital and print versions in the coming months.

With gratitude as we await spring,



Deborah K.,  
AAWS Board Chair



Bob W.,  
General Manager of the General Service Office

Go to [www.aa.org](http://www.aa.org): Click on the 'What's New' tab at the bottom of the page, Click on 'announce literature price increase effective April 3, 2023', this letter comes up, click on the highlighted link. The price list is 8 pages long, as mentioned, a new catalog will be forthcoming.



**THIS IS NOT AN A.A. AFFILIATED INSTITUTION! IT IS BEING POSTED HERE AS A PUBLIC SERVICE ANNOUNCEMENT FOR ANY A.A. PEOPLE WHO MAY BE VETERANS AND INTERESTED IN THIS EVENT.**

I will be going Wednesday March 15<sup>th</sup> and have room for 2 riders. Call me at 810-410-7458 if interested.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONNECTING THOSE WHO HAVE SERVED

## Donuts and Coffee with Veterans



Join fellow Veterans and Matthew Clark a Veteran Navigator with the Walking with Warriors program and enjoy friendship, camaraderie, laughs and leadership over a hot cup of coffee and "healthy" donut



WHEN: Every 3rd Thursday . 10am in the Y Lobby.  
LOCATION: YMCA OF SAGINAW  
1915 Fordney St.  
Saginaw, MI 48601  
[www.SaginawYMCA.org](http://www.SaginawYMCA.org) or 989.753.7721  
(989) 753-7721  
QUESTIONS: Matt Clark at 989.272.7375



## SET ASIDE PRAYER

Dear God;

Please set aside anything I think I know  
about myself, about my disease,  
about the Big Book, the 12 Steps,  
the Program, the Fellowship, the people in the fellowship,  
and all spiritual terms – especially you God;  
So that I may have an open mind and a new experience with all these things.  
Please help me see the Truth.  
Amen.

Another common version is:

God,  
Please help me set aside  
Everything I think I know about myself, my disease,  
These steps, and especially You;  
For an open mind and a new experience  
With myself, my disease, these steps and especially You.

The prayer is based on several concepts referenced in the Big Book.

Pg 42, paragraph 2:

“It meant I would have to throw several lifelong conceptions out of the window”

Page 46, paragraph 1:

“We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a power greater than ourselves. We commenced to get results even though it was impossible for any of us fully define or comprehend that power which is God.”

Pg 47, paragraph 4:

“Do not let any prejudice you may have against any spiritual terms deter you from honestly asking yourself what they mean to you.”

Pg 47, paragraph 4:

“Besides a seeming inability to accept much on faith, we often found ourselves handicapped by obstinacy, sensitiveness, and unreasoning prejudice.

“It finally beat us into a state of reasonableness. Sometimes this was a tedious process; we hope no one else will be prejudiced for as long as some of us were.”

Page 49, paragraph 2:

“We who have traveled this dubious path, beg you to lay aside prejudice, even against organized religion.”

Page 58, paragraph 3:

“Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.”

The prayer does not appear in any literature approved by the AA General Service Conference. Individuals and groups are not required to only use literature approved by the conference. Excerpt from: <https://recoveredfrom.com/index.php/setasideprayer/>

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This litany is commonly attributed to Cardinal Rafael Merry del Val (1865-1930), Cardinal Secretary of State of the Holy See under Pope Pius X. C.S. Lewis attributed its composition to Merry del Val in a March 1948 letter to Don Giovanni Calabria.

There is no way C.S. Lewis could be right as the Cardinal had died before the founding of A.A., so how could he be referring to the Big Book, the Steps, the Program, and the Fellowship? Someone else came up with it and used the famous personage as a result to gain popularity (it is popular).~ Editor