

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

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

THE FIVE POWERS OF THE MIND

The five powers are also called the “controlling faculties.” When they’re strong and balanced, they control the mind, and generate the power which leads to liberation. The five are faith, effort, mindfulness, concentration and wisdom.

Step Five helps ease the anxiety and guilt of feeling like you need to hide who you are, what you’ve done. May help you feel less lonely or isolated. May also help you feel more connected to your higher power and others.



The Number 5 and the Human Being

The number five symbolizes the four limbs and the head that controls the limbs.

There are five senses:
sight – hearing – taste – smell – touch.

Five Elements

In Asia there are five elements:
Wood – Fire – Earth – Metal – Water

In science,

Boron has the atomic number 5.
The color associated with the number five is blue.

Step 5. “Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.”¹

What is about Step Five that by doing as it suggests we become aware of these promises?

1. “Coming to his senses, he is revolted at certain episodes he vaguely remembers.”²
2. “We often find such a person quick to see and understand our problem.”³
3. “Most people approached in this way will be glad to help; they will be honored by our confidence.”⁴
4. “Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.”⁵

“We stood at the turning point.”⁶ The question now; whom was this “another human being”?⁷ Suggestions are given in the Big Book and the 12 X 12. (Twelve Steps and Twelve Traditions).

“We say this because we are very anxious that we talk to the right person. It is important that he able to keep a confidence; that he fully understand and approve what we are driving at; that he will not try to change our plan.”⁸ This was published in 1939.

“...practical insight and knowledge of his own personality flaws and for a discussion of them with an understanding and trustworthy person.”⁹

“...it was working on this Step with our sponsors or spiritual advisors...”¹⁰

In 1952 the book 12 X 12 was published, A.A. then numbered in the thousands. Bill W.’s essays fully explain the 12 Steps and 12 Traditions. His dissertations comprise the book. Before that time, the word sponsor was not used in the Big Book, instead it was ‘the right person’, or ‘an understanding and trustworthy person’.

Is there a conundrum if one doesn’t use a sponsor when doing Step 5 to share the ‘fearless and moral inventory’ of Step 4? No, there is not. As originally stated in the Big Book, and again in the 12 X 12, this ‘right person’ has responsibilities to ‘keep a confidence’, ‘understand and approve’, and is ‘trustworthy’.

Honesty, Open-mindedness and Willingness are the suggestions to complete each Step. (continued on p. 2).

^{1, 7, 11} Alcoholics Anonymous, 4th Edition, HOW IT WORKS, p. 59.

² Alcoholics Anonymous, 4th Edition, INTO ACTION, p. 73.

³ Alcoholics Anonymous, 4th Edition, INTO ACTION, p. 74.

⁴⁻⁵ Alcoholics Anonymous, 4th Edition, INTO ACTION, p. 75.

⁶ Alcoholics Anonymous, 4th Edition, HOW IT WORKS, p. 58.

⁸ Alcoholics Anonymous, 4th Edition, HOW IT WORKS, pp. 74, 75.

⁹ Twelve Steps and Twelve Traditions, STEP FIVE, p. 56.

¹⁰ Twelve Steps and Twelve Traditions, STEP FIVE, pp. 57, 58.

(continued from p. 1)

STEP FIVE

“Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!”¹²

“We thank God from the bottom of our heart that we know Him better.”¹³ A promise of the 5th Step.

“...we are building an arch through which we shall walk a free man at last.”¹⁴ A promise of the 5th Step.

“What Are Some Tips for Completing Step 5?”

“Release worry about being judged for what you’ve done or who you are. Step 5 of AA can help you learn to be more gracious toward yourself and receive grace from others.

Remember that AA is a safe and supportive environment where everyone is there to heal.

Choose someone you are comfortable sharing with and who you trust. It may be helpful to speak with someone who is more neutral and not a person listed in your moral inventory.

“What Are Some Myths About Step 5 of AA?”

“Myth: It’s not necessary to share your defects with another person—it’s enough that your higher power knows.

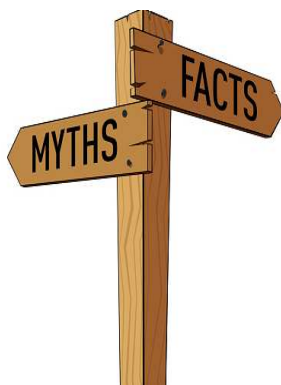
Being vulnerable about your struggles can help you learn to be honest and responsible for your wrongs, while releasing the pain of holding them in. You may feel a huge weight lifted once you confide in another person. This may allow you to move on to Step 6 of AA feeling more free.”¹⁵



Image shared by Tena A.

New growth brings a PROMISE of vivid reality.

“We have emphasized how willingness is indispensable.”¹⁷



**“Half measures
availed us nothing. We
stood at the turning
point. We asked His
protection and care
with complete
abandon.
Here are the
Steps we took, which are
suggested as a program
of recovery.”¹⁶**

¹² Alcoholics Anonymous, 4th Edition, WORKING INTO OTHERS, p. 100.

^{13, 14} Alcoholics Anonymous, 4th Edition, INTO ACTION, p. 75.

¹⁵ Excerpt from: <https://recovery.org/alcoholics-anonymous/step-5/>

¹⁶ Alcoholics Anonymous, 4th Edition, HOW IT WORKS, p. 58.

¹⁷ Alcoholics Anonymous, 4th Edition, INTO ACTION, p. 76.

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FLINT AREA UNITY COUNCIL AIMS AND PURPOSES

- 1) To promote Unity among Flint Area A.A., and harmony with Al-Anon and Ala-teen groups.
- 9) The Council will create service committees and be financially responsible for them.

The entire F.A.U.C. Aims and Purposes with Election Procedures is on the website www.geneseecountyaa.org.

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

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

TRADITION FIVE

“Trust I seek and I find in you,
Every day for us something new,
Open mind for a different view,
And nothing else matters.”

From METALLICA, 1992, as the third single, Nothing Else Matters, from their self-titled fifth studio album, Metallica.

These song lyrics can be used to illustrate a fond and binding, confidential relationship with the person with whom Step 5 is shared.

Tradition 5 has the attributes of a confidant that helps one succeed at Step 5, and gains the freedom associated with its completion.

“Each group has but one primary purpose...to carry its message to the alcoholic who still suffers.”¹⁸ (Short Form).

“Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose* – that of carrying its message to the alcoholic who still suffers.”¹⁹ (Long Form).

Recognized in Tradition Two is that the ultimate authority of a group is God as He is expressed in the group conscience.

How a group sets the tone of a meeting is up to the group itself following ultimate authority. From the welcome; for newcomers and old timers alike, to refreshments, the Agenda, the prayer(s), announcements, and the closing are all part of the group that comes from direction of the group conscience. The group chair is just a trusted servant – “they do not govern.”²⁰

So in light of Tradition 5, the fellowship finds a commonality amongst any and all A.A. meetings attended. Carrying recovery through the suggested 12 Steps to the alcoholic who still suffers, it matters not if they are a new, or an old-timer. The suffering is another commonality.

“Here are the steps we took, which are suggested as a program of recovery.”²¹

“...we tried to carry this message to alcoholics...”²²

^{18,20} Alcoholics Anonymous, 4th Edition, APPENDICE I, THE TWELVE TRADITIONS, p. 562. (¹⁸ Tradition 5, ²⁰ Tradition 2).

¹⁹ Alcoholics Anonymous, 4th Edition, APPENDICE I, THE TWELVE TRADITIONS, (The Long Form), Tradition 5, p. 563.

^{21,22} Alcoholics Anonymous, 4th Edition, HOW IT WORKS, p, 59.

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NO GLUM LOT HERE



Some Not So Good Suggestions

Drive offensively: When I started learning how to drive, my dad, completely serious, said to me, “Always weave a little, and all the other cars will stay away from you.”

Plug in: “Stop reading! You read too much; you’re going to hurt your eyes! Go watch TV for a while!”

Multi-use leaves: When I was a Boy Scout, we went camping. My Scout leader said to just use the leaves to wipe. I learned about poison ivy.

Stall out: I wanted to earn a doctoral degree for decades and finally saw the opportunity. When Mom heard about it, she said, “Why? You’ll be 50 years old when you complete it!” My Dad shot back, “She would be 50 years old anyway. Let’s help the kid get her education!”

Thanks to Dad, I have a rewarding career as a professor.

Be gullible: “Trust me, as you get to know me, you’ll see they were wrong.”

Charge it: “Just open another credit card; trust me, it’s free money.”

Don’t ask if you don’t want the answer: A player asked; “What is wrong with my game?” The coach replied, “You’re standing too close to the ball after you’ve hit it.”

Ned & Jed

Hey Jed, I heard you used your Right of Appeal.

Doggone right I did. Why those old-timers think they know the pulse of everything.

But they didn’t account on me being vocal, reasonable, with what is right.



You spoke up during discussion about a way leading to error? Doggone right I did. They tried to put Hazelnut Coffee on the buy list.

And you compelled a thorough debate on this minority issue?

Doggone right I did. And in the end the vote changed. True, some fella’s like it, but not most. I eat enough sawdust off the chain bar to not like a woody nutty flavor.

Okay, can see that. But were you this arrogant in the meeting and discussion?

No. Not at all. Artie, my sponsor was there and was my influence on influence. We talked it over before hand and he said he’d put sawdust in my grits if I lost control of myself. Yeah buddy, I can see that working with you.



ANNOUNCEMENTS

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

Committee Chairs with names. (Visit the website www.geneseecountyaa.org to email the F.A.U.C.).

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

F.A.U.C. Secretary: 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: Moe M. **Website:** Nick E.

Young People: Jason J.

F.A.U.C. Newsletter

Editor: Doug G. Coeditor: Randy H.

The April 2023 Newsletter went to 223 emails, March had 70 Website Hits = 293 readers.

2023 F.A.U.C. Meetings; Date: Place: Host Group.

Next F.A.U.C. Meeting: Meetings are 3rd Saturday

of the month at 12:30 pm for the General

Assembly. **Host groups are encouraged to Host**

at their location (but will meet at St. Mary's

School if needed).

January 21: St. Mary's School; Eastside A.A. Grp.

February 18: St. Mary's school, F.A.U.C.

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: St. Mary's, 2600 N, Franklin, Flint,

Oak Park.

July 15: St. Mary's School, 2600 N, Franklin, Flint,

Eye Opener.

August 19: Possible Van Slyke Group.

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: St. Mary's School; 2600 N, Franklin,

Flint, Eastside A.A. Grp.

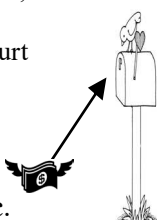
A.A Treasurer's addresses:

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 May 20, 2023 at 11:30 AM for Committee Meetings, 12:30 PM for General Assembly at St. Bartholomew, 9252 Miller Rd. Swartz Creek, Swartz Creek A.A. hosting.

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

* CMIA32 June 4, 2023

* THE SOLUTION at Catholic Charities, 501 Chippewa St. will be reopening on Tuesday, May 9th, 2023, 5 PM.

* Swartz Creek A.A. Picnic; Group's 50th Anniversary, June 25th.

* District 6 Traditions Workshop, May 13, 2023.

* Michigan State Convention, August 11 - 13, 2023.

NOTE: Fenton Alano 5 PM meeting will have a dinner before the meetings on 2nd & 4th Sundays May 1st to October 1st.

* = Flyer at end of Newsletter.

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

The F.A.U.C. Newsletter is looking articles & ideas. Request a Newsletter by email: farfromittoday@aol.com

THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

May 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 under the Meetings Tab.

- Thu 4 7:00 pm, Van Slyke.
- Fri 5 12 noon, Eye Opener, Arid Club.
- Sat 6 7:30 pm, East Side St. Mary's.
- Sun 7 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 13 7:30 pm, East Side St. Mary's.
- Sun 14 6:00 pm, Torrey Rd. Group, Arid Club.
- Thu 18 7:30 pm, Swartz Creek Group, St. Bartholomew.
- Sat 20 7:30 pm, East Side St. Mary's.
- Sun 21 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 27 7:30 pm, East Side St. Mary's.
- Sun 28 6:00 pm, Torrey Rd. Group, Arid Club.
- Mon 29 7:00 pm, Montrose HOPE.

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

YOU DON'T NEED A BIG ONE TO BE HAPPY

"Most of our experiences are what the psychologist William James calls the 'educational variety' because they develop slowly over a period of time. Quite often friends of the newcomer are aware of the difference long before he is himself." Alcoholics Anonymous, 4TH Edition. SPIRITUAL EXPERIENCE, p. 567.

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CONCEPT V

"Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered." ²³

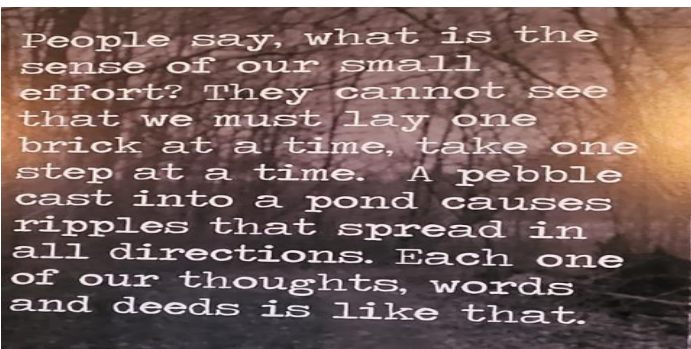
"Under this concept, all minorities are encouraged to file minority reports whenever they feel a majority to be in considerable error. Even when the minority may be partially or entirely in error, they perform a valuable service by compelling a thorough debate on important issues. They are our chief protection against an uninformed, misinformed, hasty or angry majority." ²⁴

Alcoholics Anonymous is unique in its structural organization.

"The structure for A.A. is all designed to provide that the direction taken by AA is that of the group conscience of the whole fellowship, not the dictates of a few." ²⁵

Making use of the Right of Appeal after a vote is something District 12 does after every vote. It is essential to hear all sides, not just in discussion before the vote, but after the vote to ensure the minority stance is clearly stated and understood by the body before a re-vote.

Every Group Conscience is advised to use this Service Material suggestion for group harmony.

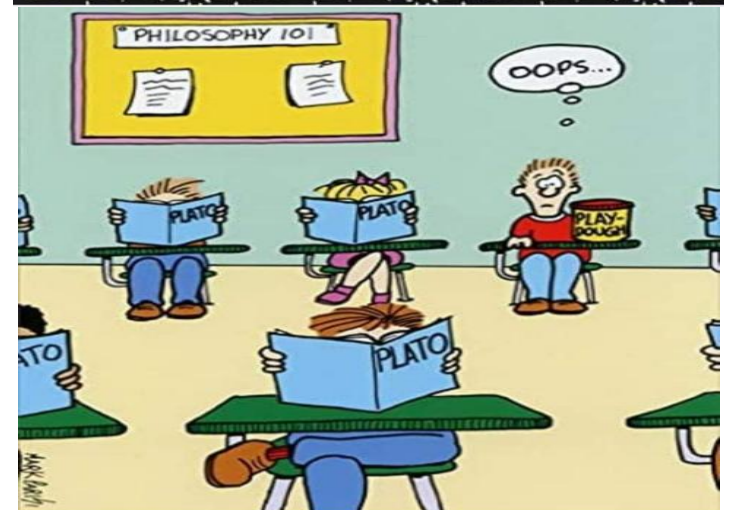
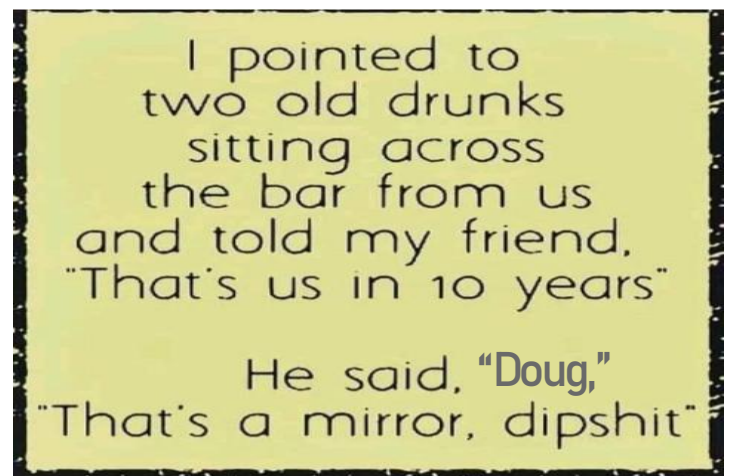
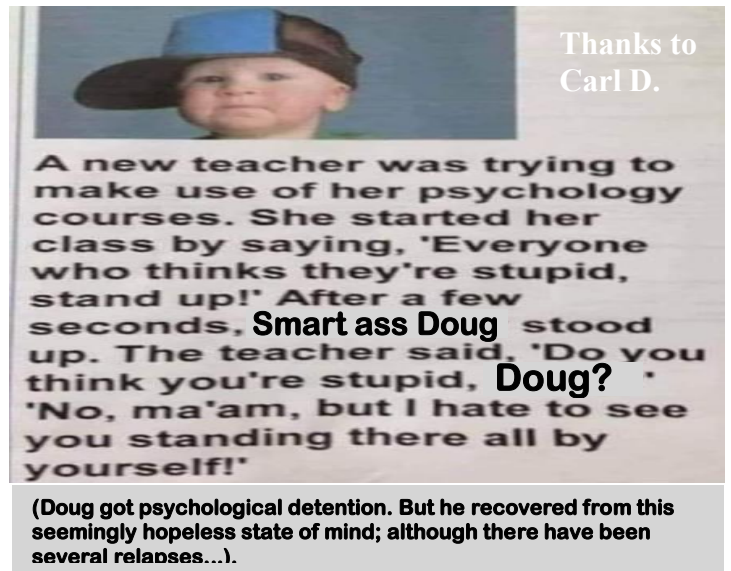


Above quote from Dorothy Day, also, "Our work is inspired by her commitment to providing for the poor, finding Christ in a secular world, and engaging local community. Thanks to Tim G., Dorothy's House of Coffee.

²³ Concepts For World Service, 2021-2023, by Bill W., p V.

²⁴ <https://www.tapatalk.com/groups/recoveryinn/12-concepts-explained-t4286.html>

²⁵ http://www.1212and12.org/homework/concepts/1212and12_concept_1.pdf



You should see what Doug brought when they studied Jung. (A Big Book, OOPS..).

(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.



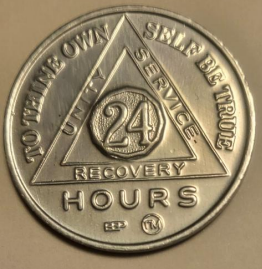
GRAPEVINE CAPTION CONTEST

Below is the winner of last month's caption contest. Visit our website at www.aagrapevine.org to see previous winners or to submit a caption!



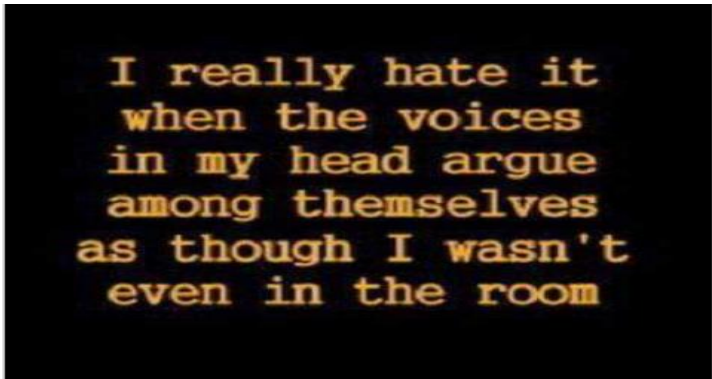
"That reminds me...Did you order the 24-hour tokens?"

—WENDY C., North Vernon, Ind.



March 2023

Thanks to James P.



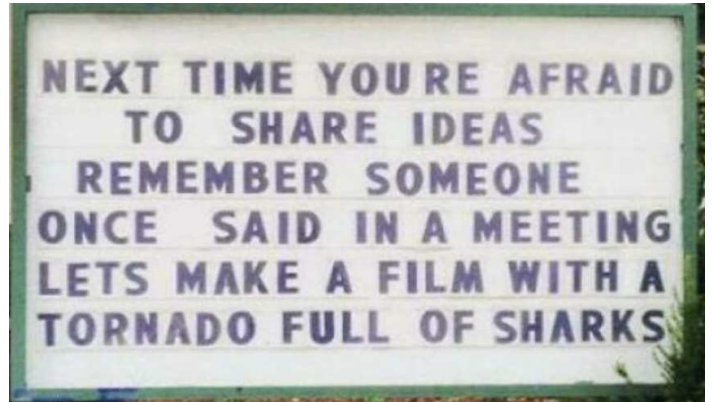
Thanks to Ted S.

"Each fragment says to the others, 'We are right and you are wrong.'"

12 Steps & 12 Traditions, STEP THREE, p.37.

"So our troubles, we think, are basically of our own making."

Alcoholics Anonymous, 4th Edition, HOW IT WORKS, p.62.



Me: Hi, my name is Doug and I'm an alcoholic.

AAA: Sir, this is triple A.

Me: I know I'm explaining why my car is in the lake.

Thanks to John P.

Some people won't admit their faults. I would, if I had any.

Thanks to Carl D.

Overheard on the scanner: "There's a highly intoxicated person at the Grumpy Monk refusing to pay his tab. He tried to pay it with his library card."



Should have used the library card to check out a Big Book.



SOMETIMES YOU HAVE TO DO IT YOURSELF TO GET IT DONE.



Cop pulls me over says you sober man?

I said no I'm a Doberman

TRADITION FIVE CHECKLIST

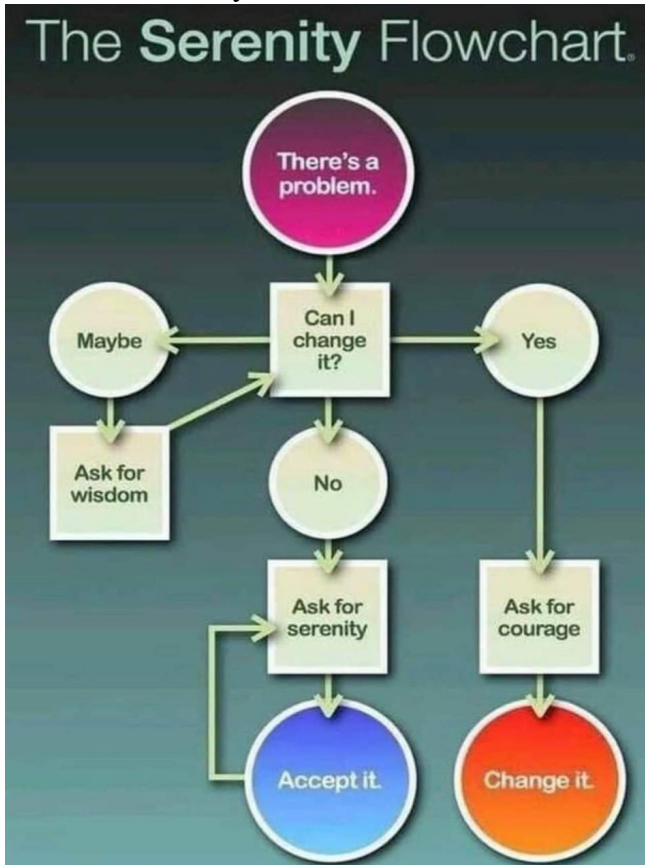
“Tradition Five: Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

1. Do I ever cop out by saying “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the limitations of A.A. help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any A.A. member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that A.A. old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?”

From: Pamphlet SMF-131, p. 3.

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Item #6, the latter; I once had a fellow tell me he was ready to be my sponsor because he saw that he could learn from me. Sponsorship is a two way street he explained (as part of his primary purpose). Best sponsor I had and needed at the time. He died June 12, 2013, and yes, I still miss him.



Thanks to Ted S.

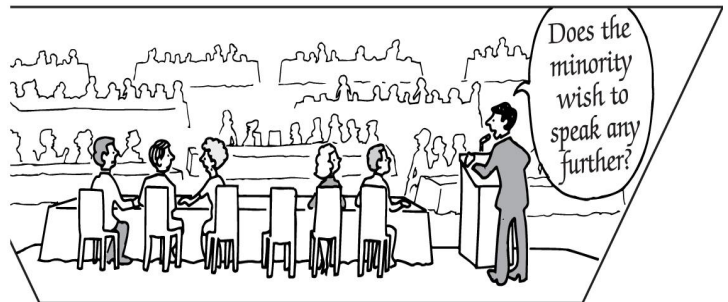
CONCEPT FIVE CHECKLIST

- “Concept V:
From SMF-91- Concepts Checklist, p.2.
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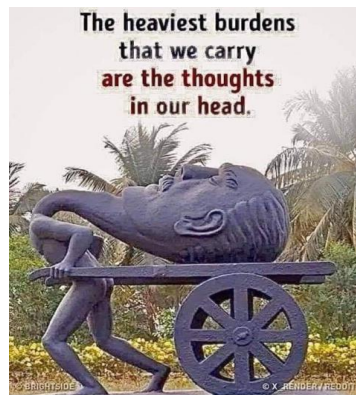
Concept V: Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

- Do we encourage the minority opinion, the “Right of Appeal,” to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as “substantial unanimity”?
- Has our group experienced the “tyranny of the majority” or the “tyranny of the minority”?
- Does our group understand the importance of all points of view being heard before a vote is taken?

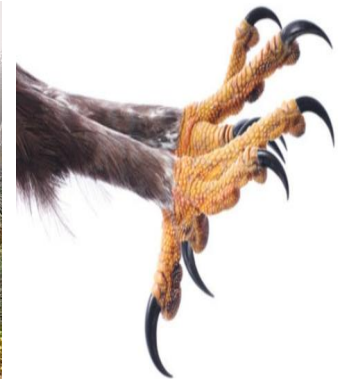
This checklist is for groups to follow in the ‘group conscience’ so that all voices may be heard with the reasoning behind the difference of thought being able to be represented by the minority. This then gives the able consistency of an informed decision to be made.



From Concepts Illustrated, P-8, p 11.
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Thanks to Mark W.



Time to get a grip?

All your lil “Friends” who let you sit in the comfort of your bad habits don’t love you as much as the people who dare to challenge you to be better.

Thanks to Logan L.O.

SISTER IGNATIA Angel of Alcoholics Anonymous

Sr. Mary Ignatia Gavin was a music teacher for 21 years. But at age 39, she suffered a nervous breakdown, and decided to leave teaching.

In 1928, she was assigned as a registration clerk in the admissions office of the Sisters of Charity's new hospital in Akron, Ohio. Here at St. Thomas Hospital she met Dr. Bob Smith, a recovering alcoholic, who co-founded Alcoholics Anonymous. The two soon became friends.

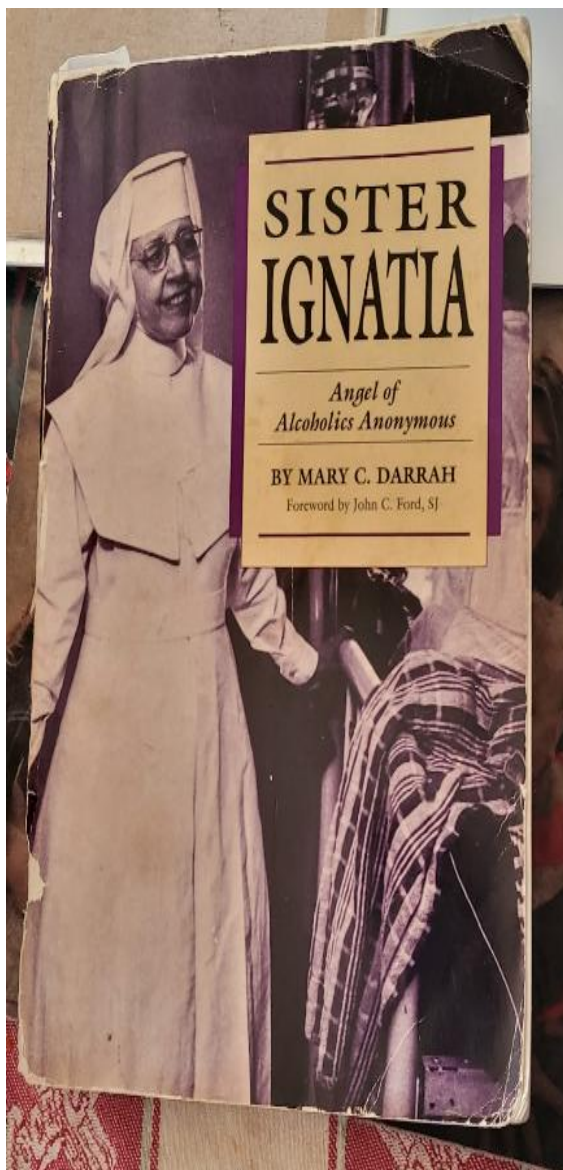
Dr. Smith and Bill Wilson (another recovering alcoholic had just published a book, outlining the 12 steps of spiritual healing for alcoholics. But in order for this healing to occur, Dr. Smith needed to find a hospital willing to provide care for the alcoholic's medical needs. In the summer of 1939, he asked Sr. Ignatia for help in finding a hospital where alcoholics could detox as they learned to live without alcohol. It was a risky request, because alcoholism was seen as a character defect rather than a disease requiring treatment.

But Sr. Ignatia wouldn't be deterred. She admitted alcoholic men into the hospital during shift changes and before nursing supervisors could object. Eventually Dr. Smith and the nun convinced hospital officials to change their policy.

St. Thomas Hospital became the first religious institution to recognize alcoholics' right to receive medical treatment.

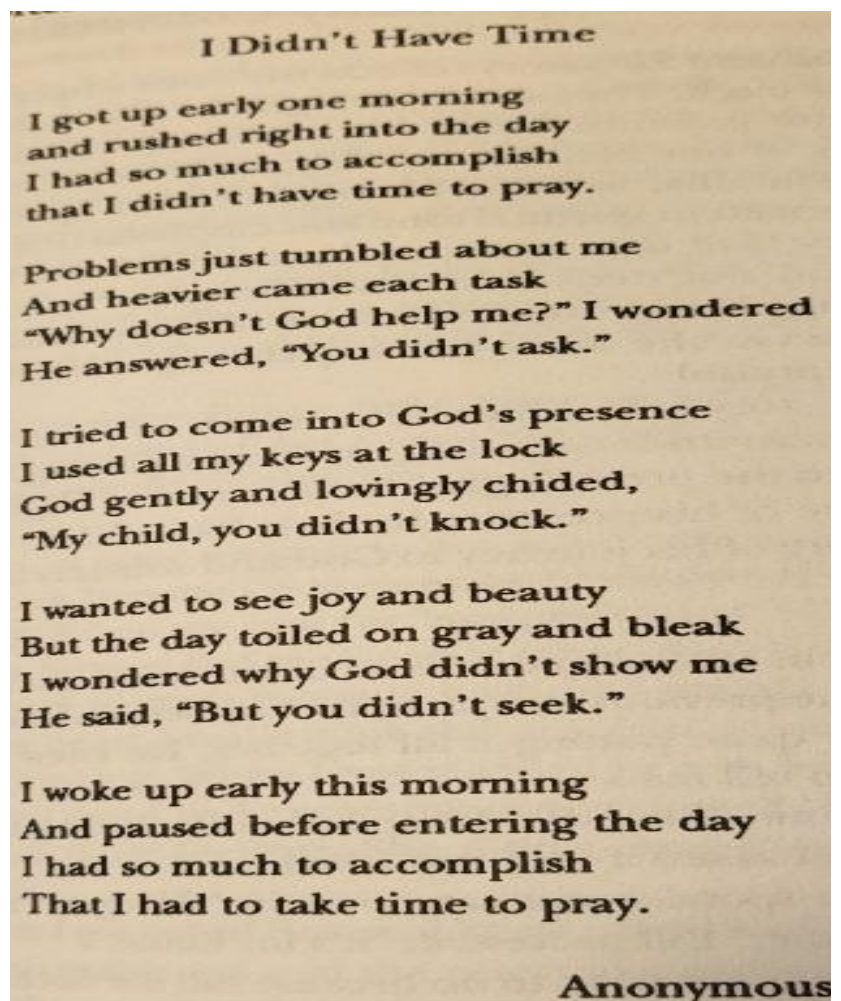
When alcoholic patients left the hospital, Sr. Ignatia would give them a Sacred Heart medallion, representing their commitment to God. If they were going to drink, she'd say, they should return the medal first.

Sr. Mary Ignatia died April 1, 1966, in Cleveland, Ohio and her funeral was celebrated on this day.



The Title of the book is *SISTER IGNATIA Angel of Alcoholics Anonymous*, by Mary C. Darrah, 1992, published by Loyola University Press, Chicago.

Below is a poem from page 229.





Heard it *'Round the Rooms!*



My sponsor kind of Mr. Myagi'd me into doing the 4th Step & 5th Step.

Mr. Myagi quote: "Ambition without knowledge is like a boat on dry land."

My sponsor told me, "You took her inventory good, but what about yours? Who do you think you are?" And I cried because I didn't know.

He walked by me outside the meeting I walked out early from and said to me, "You missed the miracle." I kept waiting for him to tell me what the miracle was, but he just kept walking.

To know and not to do is to do and not know.

Sobriety **ROCKS** said the fella in the Fellowship celebrating an anniversary.

So I explained a phrase made out of ROCKS;

Reality Often Creates Kaleidoscopic Simplicity.

The meaning is that Not All Is As It Seems.

If you take a kaleidoscope and twist it, every time you twist it, it looks different. A different reality. That is much the same as reading the Big Book, every time you read it, you get something different out of it.

I want to be breaking my barriers down, not be broken down by my barriers.

My 4th Step, I wrote some of it mad, some of it sad. But I finally honestly wrote.

I learned in my 4th Step to not write what I would share with the person across the table from me what I thought they wanted to hear. I used the honesty, open-mindedness, and willingness of the first three Steps to get past that and started to see me as I actually was.

You can leave a pebble in your shoe and learn to ignore the irritation. When it grows into an ulcerated sore, its time to do something about it. Why not just take it out to start and focus your energy on real problems? You don't need self inflicted pain.



*Challenge yourself to live like you never lived
before so you can
live like you never lived before.*



What
Meditation
Is NOT!

Quote of the Week

"What other people think of me is none of my business."

How much of my time and energy have I spent worrying about what other people think of me? "Too much," is the short answer. Before recovery, I had few boundaries and little sense of self. How I felt about myself and my life was largely determined by whether other people approved of me or not. With no internal awareness, other people's likes and dislikes, moods and opinions were the compass I used to evaluate and direct my emotional life. This exhausted me and contributed to the bottom that drove me into the program.

Thank God for recovery through the Twelve Steps. In particular, while writing my Fourth Step inventory, the "my part" fourth column, I found the freedom and encouragement to discover and validate my own feelings. This process continued as my sponsor helped me take the focus off others and taught me to look within for my own truth. At first this was an unfamiliar and uncomfortable process, but it was the only path to the security, confidence, and peace I had always craved.

Today, I've come to honor and welcome my feelings, and I now trust and rely on them as the ultimate validation for my sense of self. I recognize that other people have their own thoughts and opinions, and they are valid for them. But today, there is a boundary between the two, and my opinion and acceptance of myself are no longer linked to other people's approval. Today, I enjoy the freedom and empowerment that come from respecting, and even loving, myself.

This is not a direct quote of A.A. but it is a slogan used to help us understand more than a few things. (Definition of slogan: A slogan is a phrase used to describe or promote something, such as a product, a political idea, or an organization. It is often short, catchy, and repeated. The word slogan comes from a Scottish Gaelic term for a battle cry).

- 1) We are thin skinned and let external input bother us.
- 2) If it bothers us what the input is, then maybe we need to change to meet our own expectations.
- 3) As we get to know ourselves better we become aware of our sober self and the difference within us. It does not matter what others think as they have external pressures of their own and we only deal with ourself. Remember the Serenity Prayer here.
- 4) "And we have ceased fighting anything or anyone -- even alcohol." Alcoholics Anonymous, 4th Edition, INTO ACTION, p. 84. Reprinted with A.A.W.S. permission.

March 27, 2023

Quote of the Week

"If you don't change, your sobriety date will."

When I was new, it was suggested that I begin making some changes. First, it was recommended that I go to ninety meetings in ninety days. Next, it was suggested I get a sponsor, read the first 164 pages of the Big Book, and start working the Steps. My sponsor also suggested I stop hanging around my drinking buddies—and not start dating for at least a year. A lot of my life was changing except the most important part: me.

For the first several months, I felt like I was auditing the program more than I felt like I was totally committed. The old me couldn't wrap my head around the concept of never drinking again. When you told me I needed to be willing to go to any lengths to get what you had, I wasn't sure what it was that you did have and wasn't sure I wanted it. It's no wonder that at ninety days, facing the Fourth Step, I chose to drink again.

Luckily I took your suggestion and kept coming back to meetings. I didn't do it perfectly—I drank between meetings sometimes—but I did keep trying. Finally, someone I respected confronted me after my regular Saturday night meeting. I had raised my hand as a newcomer yet again, and afterward he got in my face. While everyone else had been understanding and encouraging, he had had enough. "Quite f@#king around!" he snapped at me. "This isn't a game. You need to stay sober and work the program." Well, that was the wake-up call I needed. I committed to the program and all the changes that were asked of me. And I haven't had to change my sobriety date since.



It makes no difference what side of the head we think with if we have the capacity to be rigorously honest.



Yes, a new lifestyle makes tracking each 24 hours repeatable.



It helps to set achievable goals. Can't take the second baby step if you don't take the first step.

A foreign speaking fella walks into a bar in Toronto and orders a drink. The bartender, noticing his accent, asks him, "What brings you to Canada?" The foreigner says, "I was in a club many miles and an ocean away when I saw this sign that says 'Drink Canada Dry.' So I thought I'd come from afar and give it a shot." Thanks to Mike M.

When people talk about me behind my back, I sit back and think: "Wow! I've got myself a fan club!"



This is what can happen when you only do the Steps you want to.



Got something to hide? We've got the place.

A.A. has a better idea for getting rid of things you want hidden.

Come on, I wasn't THAT drunk was I?

Dude, in WalMart when the intercom thing came on you dropped to your knees and screamed, "THE LORD HAS SPOKEN!"

...Awesome

"Melancholy, a sculpture created by Albert Gyorgy, portrays the void that grief leaves us with." ♥



Thanks to Denise W.



. GOING TO ANY LENGTHS TO DIG OUT THE NATURE OF OUR WRONGS

"That God could and would if He were sought."

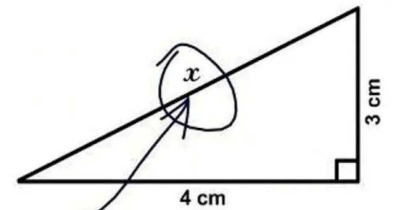
Alcoholics Anonymous, 4th Edition,

HOW IT WORKS,

p. 60. Reprinted with A.A.W.S. permission.

Northern Lights above Mackinaw Island. Image Thanks to Susan A-G.

3. Find x.



Here it is

"A simple program for complicated people."

Used by Rick R., A.A. of Cleveland.

<https://www.aacle.org/a-simple-program-for-complicated-people/>

The Reality of Fighting in AFVs

'The 75 (mm gun) is firing. The 37 (mm gun) is firing, but it is traversed round the wrong way. The Browning is jammed. I am saying 'Driver advance' on the A set and the driver, who can't hear me, is reversing. And as I look over the top of the turret and see twelve enemy tanks fifty yards away, someone hands me a cheese sandwich'

British Tank Commander, Western Desert 1942

Was this the original Grilled Cheese Sandwich?

Have you heard about alcoholic Alzheimer's disease? You forget everything but the resentments.

Anonymous, Spokane, Washington, June 1969

It's the first drink that gets you drunk. It's the last one that gets you sober.

From: A Visual History of Alcoholics Anonymous, 2021. p. 250.

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

John R., Bronxville, New York, August 1968

— A Rabbit Walks Into a Bar

The FLINT AREA UNITY COUNCIL invites you to come along on a trip to the A.A. FOUNDER'S DAY tour on June 9, 10, 11, 2023 in Akron, OH.



Passenger Transportation.



Luggage Transportation.

Park in Southeast corner of Walmart lot.



**Walmart Supercenter,
11493 N Linden Rd, Clio.**

The van will depart on Friday June 9th at 9:00 AM and return on Sunday June 11th, 2023.

Cost for the van is \$110 roundtrip.

Pick-up/Drop-off at Walmart Supercenter, 11493 N Linden Rd, Clio, MI 48420. Park in the Southeast corner of the Walmart lot.

Please arrive 15 minutes early before departure.

The Akron only A.A. van tour with food and lodging included is \$275.

Lodging and food is through the Akron Intergroup.

Registration for all A.A. meetings, events and a historical 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 9th and a motorcycle motorcade to view at Dr. Bob's gravesite on Sunday June 11th at 7:30 am.

Total for the trip is \$385.00.

Contact James P. for more details.

313-613-3703 .

**THE SOLUTION A.A. meeting;
Catholic Charities,
501 Chippewa St., Flint
will be reopening.
Tuesday, May 9th, 2023, 5 PM.**



**This is an
"OPEN" meeting.
Those with a desire
to stop drinking
and those
seeking information about
Alcoholics Anonymous
are
WELCOME
to attend.
Meetings last one hour.**

CMIA Area 32 Assembly
Sunday June 4, 2023

Hosted by District 26
Beaverton Community Center
106 Tonkin Street
Beaverton, MI 48612

www.beavertonactivitycenter.com

989-435-4104

CMIA 32 AREA ASSEMBLY – JUNE 4, 2023

CMIA 32 Area Assembly
Hosted by District 26
Sunday, June 4, 2023
At – Beaverton Activity Center
106 Tonkin Street, Beaverton, MI 48612

Parking on both sides of building and at High School

Coffee and Donuts at 9:00

Morning Sessions Begin at 9:30

Lunch 12:20

Afternoon Sessions Begin at 1:00pm

See cmia32.org for complete Agenda

OPEN TO ALL – BRING A FRIEND

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

Celebrate the Swartz Creek Area Group on our 50th Anniversary of carrying the message

At Elms Park Pavilion 2
4150 Elms Rd, Swartz Creek, MI

The group will be providing hot dogs, brats, and hamburgers with all of the fixings - Coffee and chips will also be provided.

Guests are encouraged to bring a dish to pass, such as picnic salads, desserts, seasonal fruits, and serving utensils. Everyone should also bring a lawn chair if they wish to sit outside of the pavilion.

The group will also provide digital music and speakers but guests are encouraged to bring whatever musical instruments they would like as long as they aren't amplified which is prohibited by park rules. Also would ask that guests bring any outdoor games they may enjoy, and the park playground is adjacent to the pavilion for children.

Friends and family are invited.

June 25th, times to be determined, Pavillion is reserved.

. Our furry friends are invited as long as they are leashed, socialized with other animals and children, and the pets people clean up after them.



Ever Wonder Why the Traditions Are Important?

That question and many others will be answered at the next District 6 Traditions Workshop

Come and hear three speakers share their experience with Traditions 4, 5 & 6 and workshop activities concluding with a Q&A session

Join us on Saturday May 13, 2023

Edgewood United Church

469 North Hagadorn Rd., East Lansing

8:30 to 9:00 Fellowship with Coffee and Donuts

workshop activities 9:00 until 12:30

70TH ANNUAL MICHIGAN STATE CONVENTION

AA's Three Legacies: Our Common Solution

August 11-13, 2023



*Alkathon / Archives Display / Committee Displays
Entertainment / Hospitality Room / Open Speakers
Panels Discussions / Sobriety Countdown / Workshops*

KEYNOTE SPEAKERS:

Friday 8:00 PM: Holly D. - Jacksonville, FL
Saturday 8:30 PM: Kent C. - Sandusky, OH
Sunday 11:15 AM: Clinton C. - Okemos, MI

Al-Anon Speaker - TBD

HOTEL GROUP RATE

Comfort Inn and Suites
2424 S Mission Street
Mt Pleasant, MI 48858
(989) 772-4000

CODE: SP26Z8



Name: _____

Phone: _____

Email: _____

BEFORE 5/30 \$25 _____

AFTER 5/30 \$30 _____

AT THE DOOR \$35 _____

BANQUET \$50 _____

CHICKEN _____ BEEF _____

COFFEE DONATION _____

GRAND TOTAL _____

DIETARY RESTRICTIONS:



MAIL THIS FORM WITH A CHECK OR
MONEY ORDER PAYABLE TO:
2023 Michigan State Convention:
635 Woodcreek Ct, Saline, MI 48176

Register online at: aa-michigan-2023.square.site