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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.



**STEP SIX**

"Basically, your character defects refer to your old style of living. It's not about nitpicking specific mistakes or encounters; instead, it's about changing the personality traits and habits that created and led to these mistakes." From: <https://alcoholicsanonymous.com/understanding-the-6th-step-of-aa-and-what-it-can-do-for-you/>

This Step separates men from the boys, women from the girls. People recover, grow, leave behind obstinacies; they become Happy, Joyous, and Free!

"So in a very complete and literal way, all A.A.'s have 'become entirely ready' to have God remove the mania for alcohol from their lives. And God has proceeded to do exactly that." <sup>1</sup>

**Step 6.**

**"What Does Step 6 Mean in AA?"**

"As defined by the official 12-step AA program, step 6 requires that participants "were entirely ready to have God remove all these defects of character."

"It relies a bit on information curated in step 5. In that step, you are asked to admit to God, yourself, and another person 'the exact nature of our wrongs.'

"So in order to complete step 6, you have to take all of the wrongs you listed in step 5 and consider them in your mind. Then you have to mentally commit to changing the behavior that caused these mistakes.

"Sure, it will be easy to say you'll never make a mistake again. However, actually vowing to change the behavior that led to the mistakes, such as drinking too much, can be much harder to achieve.

"Luckily, by asking God, you'll have extra strength and courage along the way.

**"Defining Defects of Character in Step 6**

"Before you can ask God to heal you, however, you need to first understand what exactly constitutes a 'defect of character.'

"Basically, your character defects refer to your old style of living. It's not about nitpicking specific mistakes or encounters; instead, it's about changing the personality traits and habits that created and led to these mistakes.

"Overall, by defining these defects, you are preparing to officially shed your old, addict life and

"move on to something brighter and better.

**"Step 6 of AA Therapeutic Healing**

"With step 6, comes a huge feeling of healing. By becoming aware of your old patterns, you can finally take responsibility for them. By trusting in and relying on God, you can shift these problems over to Him.

"He will bear the burden for you, so that you can officially let go and move on.

"At the end of step 6, you'll finally be able to drop your outdated defenses and feel a delayed gratification that might have been years in the making.

**"Alcoholics Anonymous Spiritual Awareness**

"Even if you don't believe in a particular god, AA still asks that you confide in a non-specific Higher Power to guide you on the path of sobriety.

"By handing over your old habits to this Power, you will instantly feel a huge burden being lifted off of your shoulders.

"You'll also feel much closer to this entity and have a heightened sense of connection with the mystical world around you.

"By opening yourself up to new spiritual awareness, you can begin to forgive yourself and grieve for the moments you've lost in the past. You can also begin to heal your old relationship patterns and develop a new and improved healthy sense of self." <sup>2</sup>

<sup>1</sup> Twelve Steps and Twelve Traditions, STEP SIX, p. 64.

<sup>2</sup> Excerpt from: <https://alcoholicsanonymous.com/understanding-the-6th-step-of-aa-and-what-it-can-do-for-you/>

## STEP SIX

“Were entirely ready to have God remove all these defects of character.”<sup>3</sup>

“This is the Step that separates the men from the boys. So declares a well-loved clergyman who happens to be one of A.A.’s greatest friends. He goes to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults – without any reservations whatever – has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.”<sup>4</sup>

“It is plain for everybody to see that each sober A.A. member has been granted a release from this very obstinate and potentially fatal obsession. So in a very complete and literal way, all A.A.’s have ‘become entirely ready’ to have God remove the mania for alcohol from their lives. And God proceeded to do exactly that.

“Having been granted a perfect release from alcoholism, why then shouldn’t we be able to achieve by the same means a perfect release from every other difficulty or defect? This is a riddle of our existence, the full answer to which may be only in the mind of God. Nevertheless, at least a part of the answer is apparent to us.

“As they are humbled by the terrific beating administered by alcohol, the grace of God can enter them and expel their obsession.”<sup>5</sup>



<sup>3</sup> Alcoholics Anonymous, 4<sup>th</sup> Edition, HOW IT WORKS, p. 59.

“It was almost certainly Father Ed Dowling who was the ‘well-loved clergyman who happens to be one of A.A.’s greatest friends.’ (Bill W.’s sponsor). Excerpt from <https://aacultwatch.blogspot.com/2015/09/separates-men-from-men-from-boys-12-and-12-on.html>).

<sup>4,5</sup> Twelve Steps and Twelve Traditions, STEP SIX, pp. 63, (Para 1), p 64 (Para 1, 2, 3).

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## THE RIGHT KIND OF HELP

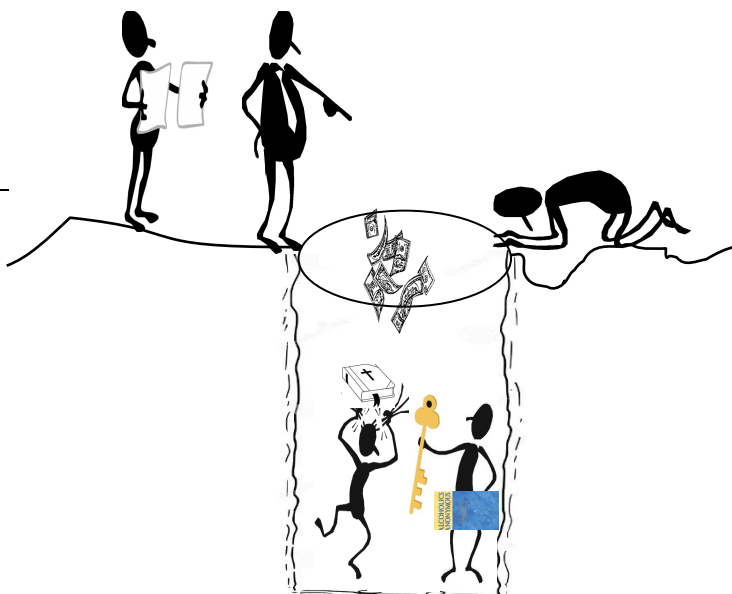
A drunk fell in a deep hole. A businessman came by as he called for help, threw him some money and told him get a ladder. But the drunk in a hole felt hopeless.

A doctor walked by. The drunk said, "Help, I can't get out." The doctor gave him drugs and said, "Take this, and see me in the morning." But the drunk in a hole was hopeless.

A renowned psychiatrist came by, heard the drunks cries for help. He stopped and said, "How did you get there? Were you born there? Were you put there by your parents? Tell me about yourself, it will alleviate your sense of loneliness." So the drunk talked with him for an hour, then the psychiatrist left, saying he'd be back next week. The drunk thanked him, but he was still hopeless in his hole.

A priest came by as the drunk called for help. The Priest gave him a Bible and said I'll say a prayer for you. He got down on his knees and prayed for the drunk, then left. The drunk was very grateful, he read the Bible, but the holey drunk was still hopeless.

A recovered alcoholic was passing by, the drunk cried out, "Hey, help me, I'm stuck in this hole." Right away, the recovered alcoholic jumped in the hole with him. The drunk said, "What are you doing? Now we're both stuck here." But the recovered alcoholic said, "It's okay, I've been here before, I have the key to freedom."



### 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).

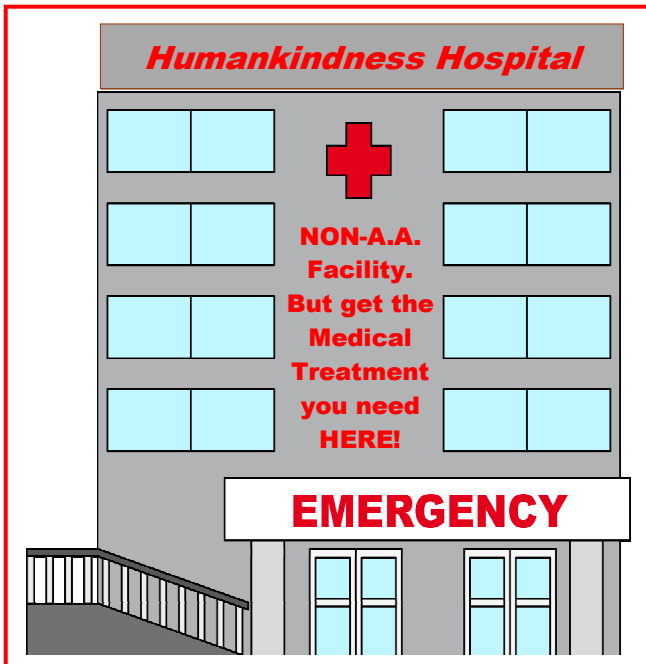
The circle/triangle symbol of A.A. that was used for many years has been removed from this Newsletter in accordance with the following statement by A.A. "In 1993, Alcoholics Anonymous World Services, Inc. announced that official use of all of the several circle/triangle trademarks and service marks was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

**TRADITION SIX**

“An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”<sup>6</sup>

“Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual, An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, then can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name, their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. – and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.”<sup>7</sup>



<sup>6,7</sup> Alcoholics Anonymous, 4<sup>th</sup> Edition, APPENDICE I, THE TWELVE TRADITIONS, p. 562. (<sup>6</sup> Tradition 6, Short Form, p. 562; <sup>7</sup> Tradition 6, Long Form, pp. 563-564).  
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**NO GLUM LOT HERE**



**CUCKOOED PLUS!!!**

So a man went out with the boys promising his wife he would be home about midnight.

Just after the bar closed at 2 AM, he talked to friends outside the bar, then drunk as a skunk, he walked home.

Just as he got in the front door, the cuckoo clock in the hallway started up and cuckooed three times.

Thinking fast, feeling she might be sleeping lightly awaiting him, he realized he'd have to cuckoo 9 more times. He was very proud of himself for doing so, and climbed into bed without awakening her.

The next morning his wife asked what time did he get home? “Right on the dot at 12 o'clock, dear” he replied.

She did not seem disturbed at all and after giving him a cup of coffee, he felt like he had dodged a bullet.

Then she told him they need a new cuckoo clock. When he asked her why, she said,

“Well, it cuckooed 3 times. Then it said ‘Oh f\*ck’, cuckooed 4 more times, cleared its throat, cuckooed another 3 times, giggled, cuckooed 2 more times and then it farted.”



**Ned & Jed**

**Jed, your suggestion has the Delegate taking it to the General Service Conference?**

Yep, happening. The Group saw the merit, so the GSR took it to the Area Conference which saw merit and voted to have the Delegate present it.



**If the Conference agrees it goes to Committee for recommendation and the Trustees for initiative. That is quite a process!**

**And now you know. This does illustrate why the structure of the loggers is upside down with the members actually the compelling initiative.**



We cut trees and drag them out of the woods. I see that there's a better way, a more modern way to do it. I suggest it and we like it. Then it went further. Yes, it takes time, but the spiritual progress of helping others may not be perfection, however it unites and helps us in brotherly and harmonious action. **Your new understanding of the Fellowship is really getting inspiring!**

**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:** Moe M. **Website:** Nick E.

**Young People:** Jason J.

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

Editor: Doug G. Coeditor: Randy H.

The May 2023 Newsletter went to 224 emails, April had 75 Website Hits = 299 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.

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 School, 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.

**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.

\* CMIA 32, June 4, 2023.

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

\* THE SOLUTION at Catholic Charities, 901 Chippewa St. will be reopening on Tuesday, May 9<sup>th</sup>, 2023, 5 PM.

\* Swartz Creek A.A. Picnic; Group's 50<sup>th</sup> Anniversary, June 25<sup>th</sup>.

\* Otisville A.A. Back To Basics, June 5, 12, 19, 26.

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

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

\* = Flyer at end of Newsletter.

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

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

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

**May 2023 Flint Area Open Speaker Meetings**

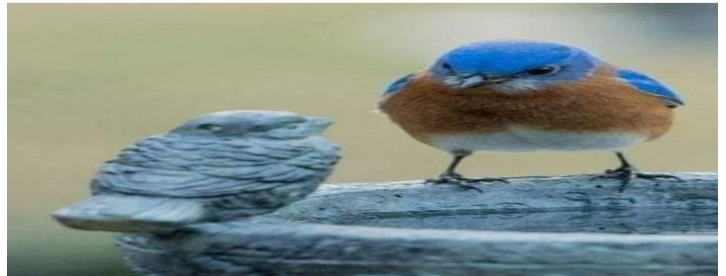
\* = Addresses of Locations can be found in the

2023 Flint Area Groups Meeting Book or on the website [www.geneseecountyaa.org](http://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](mailto:farfromittoday@aol.com) to list it.

**How would you caption this?**



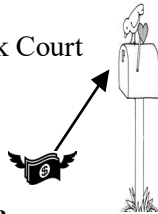
**A.A Treasurer's addresses:**

**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.**



## CONCEPT VI

"The Conference recognizes that the chief initiative and active responsibility in most world service matters should be executed by the trustee members of the Conference acting as the General Service Board."<sup>8</sup> (Short Form).

"On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous."<sup>9</sup> (Long Form).

"Just as the A.A. groups find themselves unable to act decisively respecting world service affairs unless they delegate a great amount of active authority and responsibility to their Conference, so must the Conference in turn delegate a liberal administrative authority to the General Service Board in order that its Trustees may act freely and effectively in the absence of the Conference itself."<sup>10</sup>

"Just as the groups must as a practical matter delegate much of their authority to the Conference, so the Conference must delegate much of its authority to the Trustees; otherwise the Trustees would be unable to act in the absence of the Conference. In essence, AA operates like a corporation with the groups being stockholders who elect Delegates who act on their behalf at the 'Annual Meeting' or Conference. The General Service Board Trustees are essentially the directors of the "holding company" that owns and controls the subsidiaries that actually carry on much of the work of AA."<sup>11</sup>

"The trustees of the General Service Board of Alcoholics Anonymous are concerned with everything happening inside and outside A.A. that may affect the health and growth of the Fellowship.

"The A.A. charter envisions the trustees as 'custodial' in their duties, meaning they are focused upon the welfare of the Fellowship and its members alone. (Continued on top of next column).

<sup>8</sup> Concepts For World Service, 2021-2023, by Bill W., p. IV.

<sup>9</sup> Concepts For World Service, 2021-2023, by Bill W., p. C19.

<sup>10</sup> Concepts For World Service, 2021-2023, by Bill W., p. C19.



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

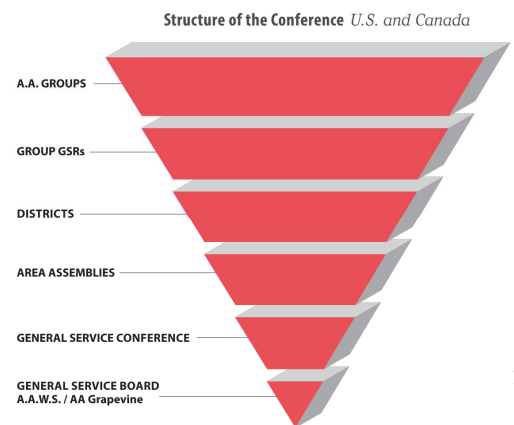
"A custodial relationship between the trustees and the Fellowship means their ourpouse is to safeguard the vital services provided for the Fellowship, not to govern. This relationship asks the trustees to be informed and thoughtful in their actions and to keep the Fellowship's best interests at heart. It expects the trustees to be vigilant and proactive on A.A.'s behalf, so we – the membership of A.A. – can get to work helping alcoholics get and stay sober.

"The trustees are very much part of the upside-down triangle."<sup>12</sup>

"The board of trustees consists of 21 people who bring varying talents and backgrounds to the service responsibilities. There is always a careful balance on the board between trustees who are elected primarily for business or other professional backgrounds. In seeking applications for all trustee vacancies, the board is committed to creating a large file of qualified applicants that reflects the inclusiveness and diversity of A.A. itself.

"The board is divided into two 'classes.' This is outlined in the table below."<sup>13</sup>

| CLASS A   | CLASS B  |
|---|--|
|  |  |
| (7 NONALCOHOLICS)   | (14 ALCOHOLICS)  |
| Can serve TWO consecutive   | Can serve FOUR consecutive   |



14

<sup>12</sup> Concepts For World Service, 2021-2023, by Bill W., p. 49.

<sup>13</sup> Concepts For World Service, 2021-2023, by Bill W., p. 49.

<sup>14</sup> Concepts For World Service, 2021-2023, by Bill W., p. 3.  
(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.



## 7 quick happiness tips

Look for the good in every situation.  
Ignore what people say about you.  
Develop an attitude of gratitude.  
Once it's past, let it go.  
Don't listen to gossip  
Design your own life.  
Laugh more.



Image:  
Thanks to  
Armando F.

“We are going to know a new freedom and a new happiness.”  
Alcoholics Anonymous, 4<sup>th</sup> Edition,  
INTO ACTION, p.83.



And when you get bitten by these types of snakes, what are you supposed to do? while we'd probably head to the hospital, this man took matters into his own hands and cut off his finger to save his life! Which ended up being completely unnecessary!

“That is why we are anxious that you understand, and that you avoid these unnecessary difficulties.”

Alcoholics Anonymous, 4<sup>th</sup> Edition,  
TO WIVES, p.121.

**My doctor has given me three days to give up drinking. I've picked the 5th of June, July 17th and October 9th!!**

**Denial of reality strikes again.**

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

## How to Forgive

Pray  
(Matthew 5:44)  
Love and do good to the offender  
(Romans 12:9)  
Don't speak poorly of the offender  
(Romans 12:14)  
Release them from your punishment  
(Romans 12:17-19)  
Don't celebrate their failures  
(Proverbs 24:17)  
Treat them the way you want to be treated  
(Luke 6:31)  
Stop dwelling on the past  
(Isalah 43:18)

Image: Thanks to Lisa M-T.  
“If we ask, God will certainly forgive our derelictions.” Twelve Steps and Twelve Traditions, STEP SIX, P. 65.



People knew me too well in that chapter of my life.



Learning new things can be hard. Learn to rely on those who have. “So it was comforting to learn that we could commence at a simpler level.”  
Alcoholics Anonymous, 4<sup>th</sup> Edition,  
WE AGNOSTICS, p.47.

I've opened a can of worms.

**They just sit there, the worms. Hardly the chaos that's been advertised.**

**Feed them some alcohol. They will either writhe in ecstasy, pass out, or die.**

When everything goes wrong but you're already used to it



The strongest people I've met have not been given an easier life. They've learned to create the strength and happiness from dark places.

Kristen Butler



**My day is better when I talk to God first.**



“God could and would if He were sought.”  
Alcoholics Anonymous, 4<sup>th</sup> Edition,  
HOW IT WORKS, p.60.

**SMOOTH SAILING JUST AHEAD!**

## TRADITION SIX CHECKLIST

Tradition Six: An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities

From SMF 191, TRADITIONS CHECKLIST  
FROM THE GRAPEVINE, p. 3.  
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Some of these questions are so outdated!  
Take number 4 for an example;  
The City of Flint (In District 12 of Area 32 of Alcoholics Anonymous) does not have a "mayor's advisory committee on alcoholism". It does however have an "Office of Public Health". So following the guideline questions, this Tradition Six questionnaire could open up a very valuable discussion that becomes a part of the group's primary purpose as stated in Tradition Five;

"Each group has but one primary purpose...to carry its message to the alcoholic who still suffers."

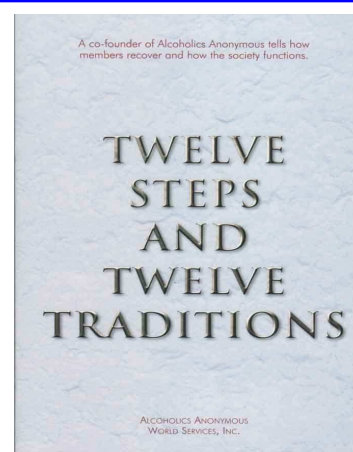
Please read the Twelve Steps and Twelve Traditions, TRADITION SIX, pp. 155 – 159 for more pertinent suggestions on how your group can answer these questions to their need.

From the Foreword to the 12 Steps and 12 Traditions.  
"This book deals with the 'Twelve Steps' and 'Twelve Traditions' of Alcoholics Anonymous..."

"A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.

"A.A.'s Twelve Traditions apply to the life of the Fellowship itself."

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## CONCEPT SIX CHECKLIST

Concept VI: The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

- Are we familiar with how our General Service Board (G.S.B.) Class A and Class B trustees serve A.A.? Are we familiar with how our other trusted servants serve A.A.?
- Are we clear about the terms, "chief initiative" and "active responsibility"? Can we see a direct link to our home group?

From SMF-91- Concepts Checklist, p.2.

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The answer to the first question comes out of the Service Manual and is on page 5 of this Newsletter in the right hand column.

The term "chief initiative" is as stated in the A.A. Preamble, "Our primary purpose is to stay sober and help other alcoholics achieve sobriety."

The term "active responsibility" will be discussed in Concept XII, Warranty II as the "prudent financial principle".

"That sufficient operating funds and reserve be its prudent financial principle..."

"In this connection we should pause to review our attitudes concerning money and its relation to service effort."

From the Service Manual, CONCEPT XII, p. C50.

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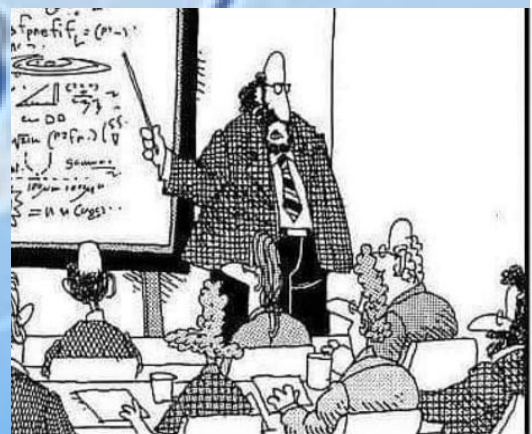
## The General Service Board



From P-8, Concepts Illustrated, CONCEPT VI, p 13.  
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Anonymity is so  
**FRAGILE**  
you can break it  
with one finger!



Along with 'Antimatter,' and 'Dark Matter,' we've recently discovered the existence of 'Doesn't Matter,' which appears to have no effect on the universe whatsoever."

*Then there's 'Every Thing Matters,' which has effect on all the universe.*

**Please, Be Thou Careful Of Breaking A.A.'s Anonymity. For your protection, And Ours.**





## Heard it *'Round the Rooms!*



**Due to the Daily Reflections reading and topic of Gratitude for May 25.  
My gratitude is a force of action towards helping others. It is expressed in the A.A.  
responsibility statement.**

### I Am Responsible

**When anyone, anywhere, reaches out for help,  
I want the hand of A.A. always to be there.**

**And for that: I am responsible.  
(1965 A.A. International Convention)**

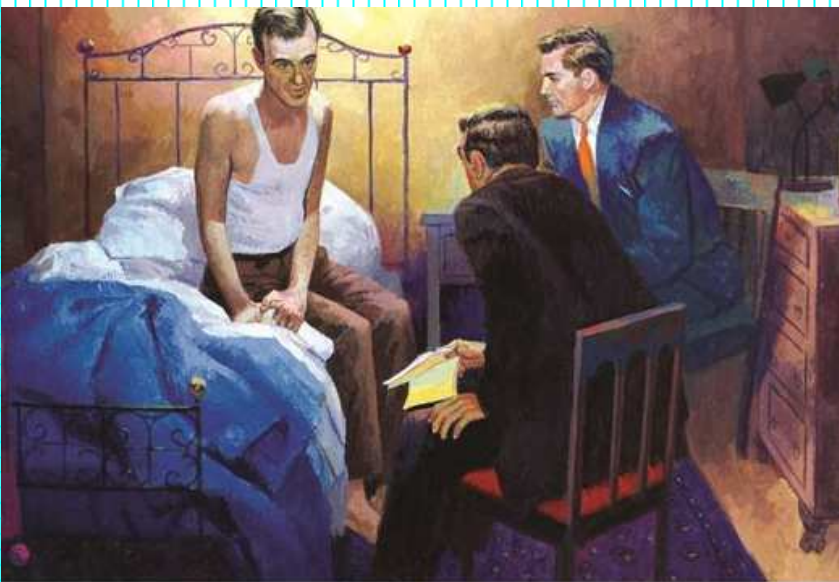
**Hazard and fellow Oxford Grouper Ceebra Graves attended Ebby's sentencing hearing in court at Bennington, Vermont. (Graves was the son of the Court Magistrate). Hazard and Graves were able to arrange for Ebby's release into their care. This led to Ebby's own sobriety. Encouraged in the example of personal evangelism, Ebby later sought out an acquaintance of his own.**

**Ebby shared with Bill Wilson the message of recovery through the application of spiritual principles, famously encouraging Bill to choose his own conception of God. This visit with Ebby set in motion a series of circumstances that led to Bill's own recovery from alcoholism in late 1934.**

**Bill Wilson went on, with Dr. Robert H. ("Dr. Bob") Smith of Akron, Ohio, to carry the message of spiritual recovery to other alcoholics. The group of recovering alcoholics founded by Wilson and Smith would later become known as Alcoholics Anonymous in 1939.**

**Both men immediately set to work with alcoholics at Akron's City Hospital. One patient, Bill Dotson, quickly achieved complete sobriety. These three men made up the nucleus of the first A.A. group.**

**The gratitude in action was helping other alcoholics.**



"The Man on the Bed". This oil painting was created by Robert M. for the AA Grapevine and was reproduced as the center spread in the December, 1955 issue.



**Sign at a Chattanooga Lookouts  
Semi-Pro Baseball game; at AT&T Field.**

**Think I just grabbed a picture of the  
Stairway to Heaven!**



**Thanks to Tena A.**

## Quote of the Week

### **"All that pain has value."**

When I came into the rooms, I was buried in shame. Without alcohol to escape into, I was overwhelmed with remorse over many of my actions. As I moved toward working the Fourth Step, I was desperately afraid of what I would find in the abyss of self. I was sure that once I uncovered how bad I really was, no one—including myself—would accept me. I was definitely at a jumping-off place.

As I began putting my inventories together, I discovered something else, though. Yes, I had acted poorly and had made many selfish decisions, but I learned that much of my behavior had been driven by the disease of alcoholism. What I found was that my actions weren't necessarily who I was; they were just my actions. And if I was willing to own those actions, make amends, and stay sober, then I could recover through working the Twelve Steps.

As I continued to uncover, discover, and discard my character defects, I found something even more important. I learned that all my experiences, especially the "bad" ones I felt shame over, would turn out to be the most useful in reaching out to and helping others. I learned that my pain was often the key that allowed others to come to terms with and overcome their own pain. All the experiences I had tried to run from had value, and in God's hands they uniquely qualified me to be of service to His other children. Today, I no longer wish to shut the door on my past, nor on my pain.

**"Someone who knew what he was talking about once remarked that pain was the touchstone of all spiritual progress."**

Twelve Steps and Twelve Traditions, STEP TEN, p. 93.

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

So it is no surprise that growing into a new lifestyle; sober, with sobriety, brought about by practicing the principles of the Twelve Steps is going to hurt. Many challenges are ahead in our recovery where it's best to use prayer and meditation, discussion with an A.A. confidant, and remembering that "Faith, to be sure, is necessary, but faith alone can avail nothing."<sup>15</sup> And also that "Faith without works is dead."<sup>16</sup> "We must take the lead."<sup>17</sup> "We must not shrink at anything."<sup>18</sup> "You won't have to work at it very hard, either."<sup>19</sup>

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<sup>15</sup> Twelve Steps and Twelve Traditions, STEP THREE, p.34.

<sup>16</sup> Alcoholics Anonymous, 4<sup>th</sup> Ed., INTO ACTION, p.88.

<sup>17</sup> Alcoholics Anonymous, 4<sup>th</sup> Edition, INTO ACTION, p.83.

<sup>18</sup> Alcoholics Anonymous, INTO ACTION, p.79.

<sup>19</sup> Twelve Steps and Twelve Traditions, STEP TWO, p.26.

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Learn the story of MOSES. He murdered a man. God forgave him. Then used him, TO HELP OTHERS.  
~ Editor



Thanks Richard J.

Shortly after a jet left and had reached its cruising altitude, the Captain announced:  
"Ladies and Gentlemen, this is your Captain speaking. Welcome to this non-stop London to New York flight. the weather ahead is good, so we should have an uneventful flight. SO sit back, relax and... OH...DRAT! BLAST IT! THIS IS GOING TO HURT!"  
Silence followed.....complete silence!.....  
Some moments later, the Captain came back on the intercom.  
"Ladies and Gentlemen, I'm sorry for the outburst. A flight attendant accidentally spilt coffee in my lap. You should see the front of my white uniform pants!"

From the back of the plane, a handsome business man in a nice tan suit with a white shirt with an orange and white striped tie yelled,  
"For the luvva Jaysus, you should see the back of mine!"

Thanks Maryanne L D



**RECOVERY PHRASES THAT CAN HELP ANYONE**

1. Feelings are not facts
2. Progress, not perfection
3. Secrets die in the light
4. One day at a time
5. Life on life's terms
6. Hurt people hurt people
7. Can't think yourself into a new way of living but you can live your way into a new way of thinking
8. Change is a process, not an event
9. You can only keep what you have by giving it away
10. Nothing changes if nothing changes
11. You can start your day over at any time

Thanks Mark W.

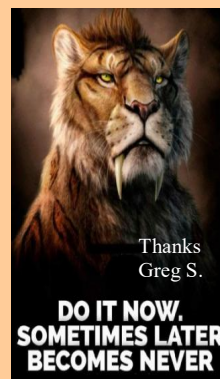


"...you may have to drop him until he changes his mind.

This he may do after he gets hurt some more."

Alcoholics Anonymous, 4<sup>th</sup> Edition, WORKING WITH OTHERS, p 95.

"Reality is created by the mind. We can change our reality by changing our mind."  
~ Plato - 428 - 347 B.C.



# MACKINAC ISLAND FALL WEEKEND

## October 20-22, 2023

| <p><b>Name:</b> _____</p> <p><b>Phone:</b> (    ) _____</p> <p><b>Address:</b><br/>_____<br/>_____</p> <p><b>Email:</b> _____</p> <p><b>Rooming With:</b> _____</p> <p><b>Saturday Evening Menu Selection:</b> (check one)</p> <p><input type="checkbox"/> Chicken Piccata</p> <p><input type="checkbox"/> Seared Salmon</p> <p><input type="checkbox"/> Stuffed Pork Loin</p> <p><input type="checkbox"/> Vegetable Napoleon</p> <p><b>Yes, I'm willing to be on a panel!</b> (check one)</p> <p><input type="checkbox"/> AA</p> <p><input type="checkbox"/> Alanon</p> <p><input type="checkbox"/> Either</p> | <table border="0"> <tr> <td style="vertical-align: top;"> <p><b>Weekend Registration</b><br/>\$45 Each<br/>(add \$10 after August 1)</p> </td> <td style="text-align: center;"> <table border="1"> <tr> <th>Quantity</th> <th>Total \$</th> </tr> <tr> <td style="text-align: center;">1</td> <td></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;"> <p><b>Zip Hoodie - \$50</b><br/>Circle one: S M L XL 2X 3X<br/>add \$3 for 2X/3X</p> </td> <td style="text-align: center;"> <table border="1"> <tr> <td style="width: 50px; height: 30px;"></td> <td style="width: 50px; height: 30px;"></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;"> <p><b>Baseball T - \$30</b><br/>Circle one: S M L XL 2X 3X<br/>add \$3 for 2X/3X</p> </td> <td style="text-align: center;"> <table border="1"> <tr> <td style="width: 50px; height: 30px;"></td> <td style="width: 50px; height: 30px;"></td> </tr> </table> </td> </tr> <tr> <td style="vertical-align: top;"> <p><b>Long Sleeve T-Shirt- \$25</b><br/>Circle one: S M L XL 2X 3X<br/>add \$3 for 2X/3X</p> </td> <td style="text-align: center;"> <table border="1"> <tr> <td style="width: 50px; height: 30px;"></td> <td style="width: 50px; height: 30px;"></td> </tr> </table> </td> </tr> <tr> <td colspan="2" style="text-align: right;"> <p><i>Please do not send the hotel reservation<br/>\$\$ with your registration. Send only what<br/>is indicated above.</i></p> </td> </tr> <tr> <td colspan="2" style="text-align: right;"> <p><b>Total:</b> <table border="1" style="display: inline-table; width: 50px; height: 30px;"></table></p> </td> </tr> <tr> <td colspan="2" style="text-align: center; border: 1px solid black; padding: 5px;"> <p>Method of Payment: Cash ____ Check # ____<br/>Make checks payable to Lansing Central AA<br/>1915 E. Michigan Ave. Ste D, Lansing, MI 48912</p> </td> </tr> </table> | <p><b>Weekend Registration</b><br/>\$45 Each<br/>(add \$10 after August 1)</p> | <table border="1"> <tr> <th>Quantity</th> <th>Total \$</th> </tr> <tr> <td style="text-align: center;">1</td> <td></td> </tr> </table> | Quantity | Total \$ | 1 |  | <p><b>Zip Hoodie - \$50</b><br/>Circle one: S M L XL 2X 3X<br/>add \$3 for 2X/3X</p> | <table border="1"> <tr> <td style="width: 50px; height: 30px;"></td> <td style="width: 50px; height: 30px;"></td> </tr> </table> |  |  | <p><b>Baseball T - \$30</b><br/>Circle one: S M L XL 2X 3X<br/>add \$3 for 2X/3X</p> | <table border="1"> <tr> <td style="width: 50px; height: 30px;"></td> <td style="width: 50px; height: 30px;"></td> </tr> </table> |  |  | <p><b>Long Sleeve T-Shirt- \$25</b><br/>Circle one: S M L XL 2X 3X<br/>add \$3 for 2X/3X</p> | <table border="1"> <tr> <td style="width: 50px; height: 30px;"></td> <td style="width: 50px; height: 30px;"></td> </tr> </table> |  |  | <p><i>Please do not send the hotel reservation<br/>\$\$ with your registration. Send only what<br/>is indicated above.</i></p> |  | <p><b>Total:</b> <table border="1" style="display: inline-table; width: 50px; height: 30px;"></table></p> |  | <p>Method of Payment: Cash ____ Check # ____<br/>Make checks payable to Lansing Central AA<br/>1915 E. Michigan Ave. Ste D, Lansing, MI 48912</p> |  |
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Rates are \$742.86 single occupancy, \$422.75 double occupancy, \$335.88 triple occupancy, and \$292.45 quad occupancy. Included are two nights at the resort, dinner on Saturday, round trip luggage transfer from Mackinaw City or St. Ignace and all service charges and taxes. **Rates are guaranteed through July 22, so make your reservations before the deadline.**

1. Fill out the form above (one per attendee)
2. Mail or hand deliver it to LCAA along with your registration fee and merchandise payment
3. When you receive your confirmation email from LCAA, call Mission Point to reserve your room

SHIRT DESIGN ON BLACK SHIRT



AA & Al-Anon Speakers · Fellowship · Panel Discussions · Fireside Meetings  
Presented by Lansing Central AA · 517-377-1444

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.**

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**The van will depart on Friday June 9<sup>th</sup> at 9:00 AM and return on Sunday June 11<sup>th</sup>, 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.**

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**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.**

**Total for the trip is \$385.00.**

**Contact James P. for more details.**

**313-613-3703 .**

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**CMIA Area 32 Assembly**  
**Sunday June 4, 2023**

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

[www.beavertonactivitycenter.com](http://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](http://cmia32.org) for complete Agenda

OPEN TO ALL – BRING A FRIEND

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

# Back To Basics

## A.A. “Back to Basics” Beginners Meeting

This seminar is a four-week workshop, where you will learn how to take all of AA’s Twelve Steps in one month, like the early A.A.’s!

The “Back to Basics” program is modeled on the original Beginners Meeting format that produced a **50-75% recovery rate** from alcoholism in the 1940s.

This program also serves as a historical Study of the Fellowship and Big Book!

**Starts: Monday June 5<sup>th</sup> 2023 @ 7:00 PM**

**At the Otisville AA group** in Otisville.

Mondays closed meeting. A.A. Members Only

212 Center st. @ St. Francis Church

The registration for this workshop is **FREE** and includes coffee and seminar handouts. Full “Back to Basics” books by Wally P. and Big Books are available to purchase.

For more information contact: James 313-613-3703

Dates: June 5<sup>th</sup>, June 12<sup>th</sup>, June 19<sup>th</sup> & June 26<sup>th</sup>

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.



# The Home Group: Heartbeat of AA

- 30th Anniversary Edition is available now!

**The Home Group: Heartbeat of AA.** This updated anniversary edition includes extra stories and a brand-new chapter on meetings using technology, showing how members have adapted to meet new challenges. A great way to start an AA meeting.

**More Info →**

**El Grupo Base: corazón de AA.** Esta edición especial de aniversario actualizada incluye historias adicionales y un capítulo completamente nuevo acerca de las reuniones que se llevan a cabo mediante el uso de la tecnología, que muestran cómo los miembros se han adaptado para superar desafíos nuevos. Una forma excelente de iniciar una reunión de AA.

**Más Información →**

**Le groupe d'attache: le battement de cœur des AA.** Cette édition anniversaire actualisée comprend des histoires supplémentaires et un tout nouveau chapitre sur les réunions utilisant la technologie, montrant comment les membres se sont adaptés pour relever de nouveaux défis. Une excellente façon de commencer une réunion des AA.

**Plus d'informations →**

**[WWW.AAGRAPEVINE.ORG/STORE](http://WWW.AAGRAPEVINE.ORG/STORE)**

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# 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:

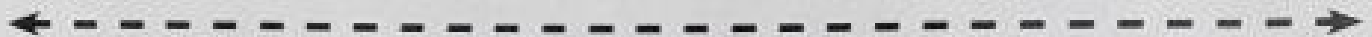
Friday 8:00 PM: Holly D. - Jacksonville, FL  
Saturday 8:30 PM: Kent C. - Sandusky, OH  
Sunday 11:15 AM: Clinton C. - Okemos, MI

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](http://aa-michigan-2023.square.site)