

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 Foundation of recovery is set and we walk through the arch to Freedom.

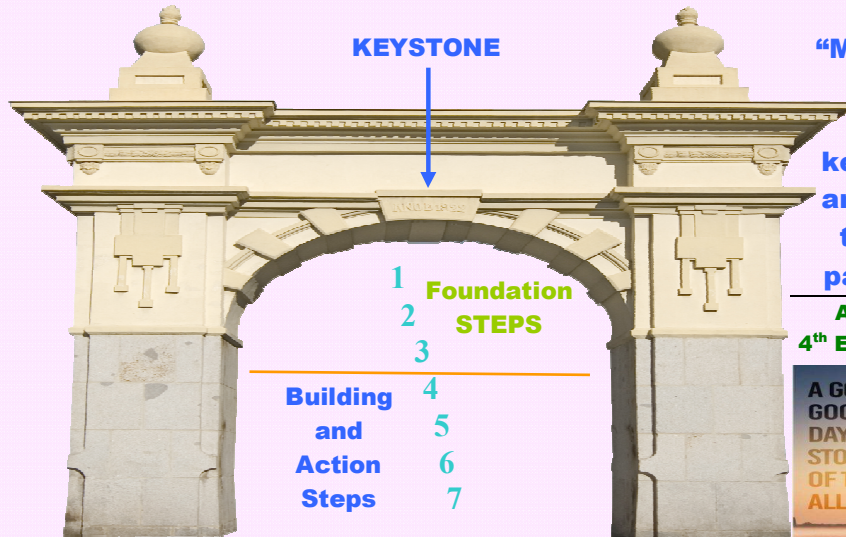
“Have we skimped
on the cement put
into the
foundation?”

Alcoholics Anonymous,
4th ED,
INTO ACTION, p. 75.

For we are
building

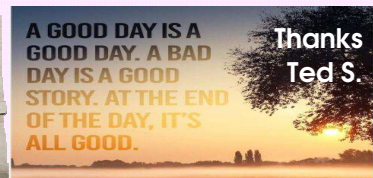
“An unshakable
foundation for
life.”

Twelve Steps and
Twelve Traditions,
CONTENTS (Step
Eleven), p. 8.



“Most good ideas are
simple, and this
concept was the
keystone of the new
and triumphant arch
through which we
passed to freedom.”

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



STEP SEVEN

Some find it odd that in the book Alcoholics Anonymous there are only two paragraphs that deal with Steps Six and Step Seven. With such important Steps to take, why only one paragraph each?

The answer is found in the suggestions.

Step Six; “Were entirely ready to have God remove all these defects of character.”¹

“If we can answer to our satisfaction, we then look at *Step Six*. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all – every one? If we still cling to something we will not let go, we ask God to help us be willing.”²

Our thoughts in and of a Higher Power have been nurtured to a belief. Whatever we may call it; however we may relate to a “God as we understood Him”³ (from *Step Three*), gives us the gumption to be ready for a change. This gumption is called willingness, as in “Were entirely ready...”¹ *ibid*

Step Seven; “Humbly asked Him to remove our shortcomings.”³

“When ready, we say something like this: ‘My Creator, I am now willing that should have all of me, good and bad. I pray that you remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.’ We have then completed *Step Seven*.”⁴

Step Seven again gives the suggestion of a window of/and to seek our Higher Power in Guidance, Opportunity, and Direction (GOD).

Bill W. used many terms to describe this entity. All throughout the Big Book and 12 X 12 they can be found; All Powerful, Christ, Creative Intelligence, Creator, Father, God, Guiding, Higher Power, Him, Infinite Power, Lord, Love, Maker, Spirit (of the Light and of the Universe), Thunderbolt. Those that don’t like these terms, for what ever reason may call this entity terms such as Doorknob, Her, His, It, Light bulb, Radiator, Somebody, Something, and so on and so forth. That’s fine, it works in guiding their sobriety; and that is all that matters.

An Atheist’s Experience in A.A.

My name is Paul, and I am an alcoholic. I am an atheist. I believe there probably is no God. I cannot prove there is no God, because it is impossible to prove a negative statement like that. I have been an atheist since long before I came to A.A. I have a higher power. It is very tangible, and it is easy to understand and to contact: It is the Fellowship of Alcoholics Anonymous.

Here then is an answer to the question, “Why don’t you choose your own conception of God?”⁷ It is now, and always was in A.A., apparent that it works if you work it, but it is up to you. You define your Higher Power.

^{1,3,4} Alcoholics Anonymous, 4th ED, HOW IT WORKS, p 59.

^{2,5} Alcoholics Anonymous, 4th ED, INTO ACTION, p 76.

³ Alcoholics Anonymous, 4th ED, HOW IT WORKS, p 59.

⁶ Excerpt from P-86, THE “GOD” WORD, Agnostic and Atheist Members in A.A., p. 7.

⁷ Alcoholics Anonymous, 4th ED, BILL’S STORY, p. 12.

STEP SEVEN

“Humbly asked Him to remove our shortcomings.”³

“Lying, all forms of denial (minimizing, rationalizing, blaming), grandiosity, and self-pity are also defects of character. So are traits such as anger, lust, dishonesty, impatience, poor self-esteem, overconfidence, and being overly judgmental.”⁸

What is the difference between self worth and self esteem?

“Looking at the definitions of self-worth and self-esteem, it isn’t immediately clear that they differ. But they do – here’s the primary difference between the two: Self-worth is seen as a self-evaluation that is focused on internal beliefs and stable factors – someone with high self-worth feels valuable and deserving or worthy of love, respect, and consideration. Self-esteem, on the other hand, refers to an individual’s qualities and characteristics that are more fluid and subject to external factors, such as one’s:

- Physical appearance
- Accomplishments
- Capabilities
- Perceived success”⁹

So self-worth is an inside job driven by how we feel about ourselves. Self-esteem comes from external input that may affect our physical being. Both can lead to depression, clinical and chronic – either a short or long term thought of self.

What do we do about it? Self-worth is where we start; we must think more of ourselves than we do. How to do that, think less of ourselves and more about others. Getting out of our self rejuvenates our self-worth. That is called a paradox of recovery. Help our self by helping others. As they say, “Simple, Easy, Awesome!”

Self-esteem is a feeling of wellness. It is impacted by how others treat us, but largely, the factors determining that are of our own control.

⁸ ortc.care/blog/character-defects/

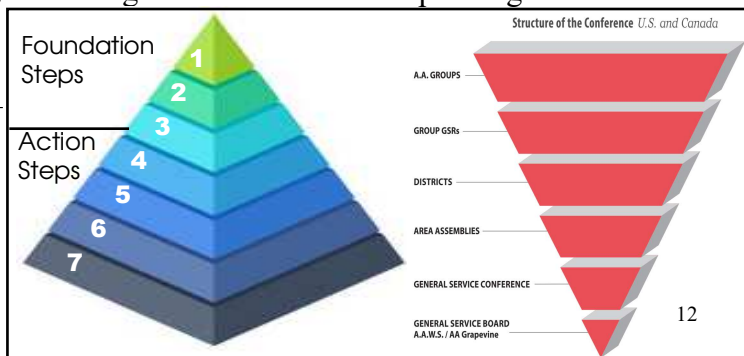
⁹ Excerpt from: thriveworks.com

First is our Physical appearance. Do we practice good hygiene? Do we keep our hair clean and manageable? Do we wear clean clothes? Any number of other things we do for personal appearance rank here. If others feel comfortable about us, we feel comfortable about us.

Next is our Accomplishments. Take nothing for granted here. Can we read and comprehend? Can we drive? Can we cook? The possibilities at looking at those things we take for granted are not be taken for granted. In many cases, they are a blessing to us and those around us. Consider it another form of a personal inventory.

We all have Capabilities. First and foremost is how do we get outside our self and help others. Then look at some of the more mundane things we are capable of that we don’t account for. Swim? Hike? Study and get Good grades? Be patient and solve problems? Endless opportunities to accept and know our Capabilities.

Last on the list is our Perceived success. Don’t stop now; you have a way of knowing what you have done, what you still trying to do. That is a success in and of itself. Means you are not stuck in a rut. Do you need to list all the things you have been successful at? Probably not, you know what they are. Be confident of your skills and talents. As you project a healthy ego, you receive good vibes back in cooperating with others.



“At present, our membership is pyramiding...”¹⁰

“The principles we have set down are guides to progress.”¹¹

¹⁰ Alcoholics Anonymous, 4th ED, FOREWORD TO SECOND EDITION, p. xx.

¹¹ Alcoholics Anonymous, 4th ED, HOW IT WORKS, p 59.

¹² Concepts For World Service, 2021-2023, by Bill W., p. 3. Reprinted with A.A.W.S. permission.

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 SEVEN

“Every A.A. group ought to be fully self supporting, declining outside contributions.”¹³

“The A.A. groups themselves ought to be fully supported of the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise.

“Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so destroy our spiritual heritage as futile disputes over property, money and authority.”¹⁴

This Tradition is no surprise to anyone, even newcomers. They see the basket being passed and people putting some amount of money in it. Below is Bill W’s take on spirituality and money.

“The meeting that night was at New York’s old 24th Street Clubhouse. During the intermission, the treasurer gave a timid talk on how broke the club was. (That was in the period when you couldn’t mix money and A.A.) But finally he said it—the landlord would put us out if we didn’t pay up. He concluded his remarks by saying, ‘Now boys, please go heavier on the hat tonight, will you?’

“I heard all this quite plainly, as I was piously trying to convert a newcomer who sat next to me. The hat came in my direction, and I reached into my pocket. Still working on my prospect, I fumbled and came up with a fifty-cent piece. Somehow it looked like a very big coin. Hastily, I dropped it back and fished out a dime, which clinked thinly as I dropped it in the hat. Hats never got folding money in those days.

“Then I woke up. I who had boasted my generosity that morning was treating my own club worse than the distant alcoholics who had forgotten to send the Foundation their dollars. I realized that my five-dollar gift to the slippee was an ego-feeding proposition, bad for him and bad for me. There was a place in A.A. where spirituality and money would mix, and that was in the hat!”¹⁵

To each their own donation due to their capability and gratitude for an A.A. meeting.

^{13,14} Alcoholics Anonymous, 4th Edition, APPENDICE I, THE TWELVE TRADITIONS, TRADITION SEVEN, *Short Form*, p. 562, *Long Form*, p. 564.

^{15,16} Twelve Steps and Twelve Traditions, TRADITION SEVEN, ¹⁵ p. 163, ¹⁶ p. 160.

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NO GLUM LOT HERE



THREE DOGS WALK INTO A BAR

The first, a big dog, walks to the bar and asks for three frothy beers. The stunned bartender exclaims, “What!? A talking dog, I can’t believe it!”

The dog sighs, “I get this all the time. Yes, a talking dog. Whopty Doo. I’m Huey and I do dog things. Chase cars, eat bones and hump old socks. He takes the beers and goes to the table with the other two dogs.

Fifteen minutes later, an even bigger dog comes to the bar and orders three frothy beers. “You’re kidding me, another talking dog!?”

The dog sighs, “I get this all the time. Gimme three frothy beers. Yes, a talking dog. Whopty Doo. My name’s Duey and I do dog things. Chase cars, drag my arse on the carper and hump old socks”. He takes the beers and goes to the table with the other two dogs.

Fifteen minutes later, the smallest dog comes to the bar ordering three frothy beers. “Hey, let me guess, your name’s Luey!?” “No”, the dog replies, “My name is Socks, it’s been a bad humping day, just get the beers!”



Ned & Jed



Hey Jed, I couldn’t help but notice, you get pretty generous to the hat at times.

Yep, true as sunlight! All from gratitude my friend.

Well Jed, y’know we all appreciate you being there, no matter what goes in the hat.



I get that Ned. Always better to have someone in a seat rather than an empty chair.

Hey Jed, I believe that!

It tells us in our Tradition book, “It was soon apparent that while alcoholics would spend lavishly on Twelfth Step cases, they had a terrific aversion to dropping money into a meeting-place hat for group purposes.”¹⁶



Too true. We choppers feel a need out of our ego to do that. Sure it may help, but I now understand the meeting place, the coffee doesn’t come free. It is part of the Responsibility Statement also. No meeting place? No where for the hand that reaches out for help to go to. And it says, “For that I am Responsible.” You have reached out responsibly!

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 July 2023 Newsletter went to 230 emails, June had 77 Website Hits = 307 readers.

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

Next F.A.U.C. Meeting: Meetings are on the 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 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.

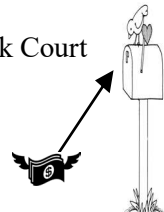
A.A Treasurer's addresses:

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.**



ANNOUNCEMENT

Group NEWS

The F.A.U.C. meets July 15, 2023 at 11:30 AM for Committee Meetings, 12:30 PM for General Assembly St. Mary's School, 2600 N. Franklin, Flint, hosted by the Eye Opener Group.

- * July 1st, Livingston County Alano Club Dance Party.
- * Gaines A.A. Campfire meetings on Wednesdays, Snacks and Beverages at 6:30 PM, Meeting at 7 PM.
- * Sober Saturday, August 5, 2023, 3 – 8 PM, Emerick Park, Hillman, MI. at the large Pavilion.
- * CMIA32: August 6, 2023 in Hillman. Hosting Committee: District 28 & Hybrid. Location: Hillman Senior Center, 421 Pineview Ct, Hillman, MI 49746
- * THE SOLUTION at Catholic Charities, 901 Chippewa St. is open; Tuesday's at 5 PM.
- * Michigan State Convention, August 11 – 13, 2023.
- * Alano House Annual Marlene Lennon Golf Outing.
- * 12th Annual Dist. 14 Canoe Trip, July 21 – 23.
- * Hartland A.A. Canoe Trip, Aug. 11 – Aug. 13.

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

The F.A.U.C. at the June 17 meeting set up three committees. 1) Picnic at the Flushing Park on July 30. 2) The New Years Eve Dinner/Dance on December 31, 2023. 3) F.A.U.C. will host the CMIA32 meeting on December 3, 2023.

The Otter Lake A.A. Meeting is open Sunday 6 PM, St John's Episcopal Ch., 5811 Forest Avenue, Otter Lake.

* = 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 for articles & ideas. Request a Newsletter by email: farfromittoday@aol.com

THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

July 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.
- Sat 1 7:30 pm, East Side St. Mary's.
 - Sun 2 6:00 PM Torrey Rd. Group, Arid Club
 - Thu 6 7:00 pm, Van Slyke.
 - Fri 7 12 noon, Eye Opener, Arid Club.
 - Sat 8 7:30 pm, East Side St. Mary's.
 - Sun 9 6:00 pm, Torrey Rd. Group, Arid Club.
 - Sat 15 7:30 pm, East Side St. Mary's.
 - Sun 16 6:00 pm, Torrey Rd. Group, Arid Club.
 - Thu 20 7:30 pm, Swartz Creek Group, St. Bartholomew.
 - Sat 22 7:30 pm, East Side St. Mary's.
 - Sun 23 6:00 pm, Torrey Rd. Group, Arid Club.
 - Sat 29 7:30 pm, East Side St. Mary's.
 - Sun 30 6:00 pm, Torrey Rd. Group, Arid Club.
 - Mon 31 7:00 pm, Montrose HOPE.

CONCEPT VII

"The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness." ¹⁷ (Short Form).

"The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness." ¹⁸ (Long Form).

"This concept at first appears to set up a conflict -- the trustees are given full legal authority, but the concept acknowledges that without the backing of the Conference and through it the funds and support of the local groups, the trustees could not, as a practical matter, go completely off on their own." ¹⁹

"If, therefore, in the years ahead, the Conference will always bear in mind the actual rights, duties, responsibilities and legal status of of the General Service Board, and if the Trustees in their deliberations will constantly realize the Conference is the real seat of ultimate authority, we may be sure that neither will be seriously tempted to make a 'rubber stamp' out of the other. We may expect that in this way gave issues will always be resolved and harmonious cooperation will be the general rule." ²⁰

"In short, Concept VII of the Twelve Concepts for World Service leads us into a respectful and understanding form of society. As with all aspects of life, there are multiple ways to interpret it. One perspective is from the AA point of view. The other is to look beyond AA in an attempt to see how the Twelve Concepts may benefit us on a personal level. It is always best to consider each of the Twelve Concepts from both angles.

"At first, it might appear as if it only applies to AA. If we are willing to dig deeper, we can see how this concept applies to anyone who is trying to make a new start. Recovering addicts can particularly benefit from incorporating these principles into their lives.

"The specifics of Concept VII may not apply to most people's lives, but there is still much practical application. We may divide this application into two basic notions. The first is the need for us to work together with others who have authorities we do not possess. The second involves the basic principles

"required of both the Conference and the Board in following Concept VII. Looking at each of these, we can see that Concept VII may most certainly apply to our personal lives.

"The result of Concept VII is that the AA organization operates under a system of checks and balances. The Conference makes suggestions to the Board. Unless the Board decides to veto a recommendation for one reason or another—which they have never done—they follow through with the Conference's directives. They may not have felt the need to use their veto power yet, but their right to do so ensures that the Conference will not make suggestions that may be harmful to the organization." ²¹



Hahaha! All members or groups suggestions go through the service structure to the GSO/GV by the Delegates, then to the Trustees committee(s), and finally to the Conference.

No time for blowhards!!!

^{17, 18, 20} The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 Edition, ¹⁷ p. IV, ¹⁸ p. C21, ²⁰ p. C23.

¹⁹ <https://www.tapataalk.com/groups/recoveryinn/12-concepts-explained-t4286.html>¹⁰

²¹ <https://www.amethystrecovery.org/twelve-concepts-world-service-concept-vii/>

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.



Getting on the Conference Agenda

An idea, suggestion, question, concern or subject comes from an AA member, group, district, area or some other service entity within the Fellowship.

It may be further shared or discussed within the Fellowship and passed along through the service structure for consideration.

At any point, it may be passed along to the General Service Office for possible consideration.

The idea is reviewed by the corresponding GSO/GV staff.

If the idea is felt to represent a well-expressed need, it is passed on to the corresponding Trustees' Committee for consideration.

If the trustees feel the idea merits further consideration, they forward it to the corresponding Conference Committee as an agenda item.

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For more information on the committees refer to Chapter 7, p. 44 in the Service Manual. ²² ibid



²² <http://area50wny.org/wp-content/uploads/AdvisoryActionPre-ConferenceGSA2022.pdf>



Similar to the power of Bill W's Spiritual Experience.



A drunk walked into a bar with one shoe on. I asked, "How did you lose your shoe?" "Lose it? No, no, no, I found one."

Thanks Gaylon H. A.

Step 1: Get giant beach balls
Step 2: Paint eyes on them
Step 3: Place in tree facing neighbours house.
Step 4: :)



Thanks Mike M.



IT'S NOT HAPPY PEOPLE WHO ARE THANKFUL

IT'S THANKFUL PEOPLE WHO ARE HAPPY



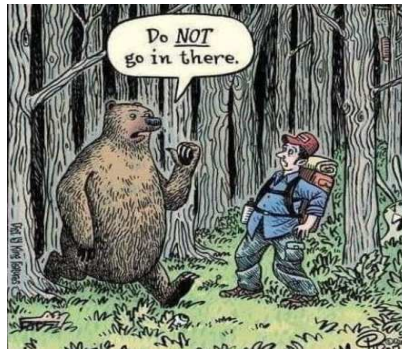
I would just like to thank the person who told my daughter that when she lies her eyes turn a different color. Now she squeezes her eyes shut every time she lies. and my job just became a whole lot easier.

Be Positive Be Happy 🙏



Fun Fact: Drinking Whiskey Is Still Healthier Than Being Dead

In a hurry to hasten death? Hasten ain't Heaven.



Thanks Gaylon H.A.

Caption Contest: Editors submission:

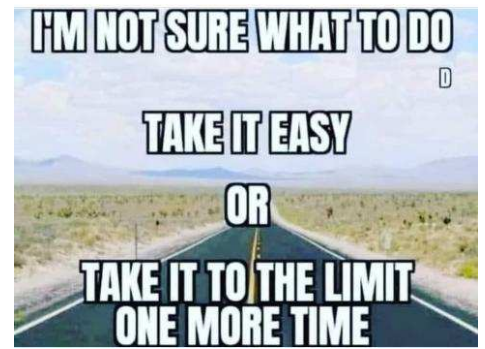
Wonder what he did in the woods?

A flask disguised as a sunscreen bottle. For when your alcoholism is so bad you'd rather be known as someone who drinks sunscreen. Thanks Randy A.



"The experiment went so well that I ordered another whiskey and poured it into more milk."

Alcoholic Anonymous, 4th ED, MORE ABOUT ALCOHOLISM, p. 36



I'M NOT SURE WHAT TO DO

TAKE IT EASY

OR

TAKE IT TO THE LIMIT ONE MORE TIME

The EAGLES can be so unpredictable.

MEN SAY THAT WOMEN SHOULD COME WITH INSTRUCTIONS...



Thanks aNa M.

WHAT'S THE POINT OF THAT? HAVE YOU EVER SEEN A MAN ACTUALLY READ THE INSTRUCTIONS?

"When a discussion does arise, you might suggest he read this book or at least the chapter on alcoholism." Alcoholic Anonymous, 4th ED, TO WIVES, pp. 111 - 112.

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



CURSES, FOILED AGAIN!

"Renewing my resolve, I tried again."

Alcoholic Anonymous, 4th ED, BILL'S STORY, p. 5.

TRADITION SEVEN CHECKLIST

Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

From SMF 131, TRADITIONS CHECKLIST FROM THE GRAPEVINE, pp. 3-4.

Please read the Twelve Steps and Twelve Traditions, TRADITION SEVEN, pp. 160 – 165. The excerpt below is from pages 163 – 164.

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“There is another story about money. One night in 1948, the trustees of the Foundation were having their quarterly meeting. The agenda discussion included a very important question. A certain lady had died. When her will was read, it was discovered she had left Alcoholics Anonymous in trust with the Alcoholic Foundation a sum of ten thousand dollars. The question was: Should A.A. take the gift?”

“What a debate we had on that one! The Foundation was really hard up just then; the groups weren't sending in enough for the support of the office; we had been tossing in all the book income and even that hadn't been enough. The reserve was melting like snow in springtime. We needed that ten thousand dollars. “Maybe,” some said, “the groups will never fully support the office. We can't let it shut down; it's far too vital. Yes, let's take the money. Let's take all such donations in the future. We're going to need them.”

Then came the opposition. They pointed out that the Foundation board already knew of a total of half a million dollars set aside for A.A. in the wills of people still alive. Heaven only knew how much there was we hadn't heard about. If outside donations weren't declined, absolutely cut off, then the Foundation would one day become rich. Moreover, at the slightest intimation to the general public from our trustees that we needed money, we could become immensely rich. Compared to this prospect, the ten thousand dollars under consideration wasn't much, but like the alcoholic's first drink it would, if taken, inevitably set up a disastrous chain reaction. Where would that land us? Whoever pays the piper is apt to call the tune, and if the A.A. Foundation obtained money from outside sources, its trustees might be tempted to run things without reference to the wishes of A.A. as a whole. Relieved of responsibility, every alcoholic would shrug and say, “Oh, the Foundation is wealthy—why should I bother?” The pressure of that fat treasury would surely tempt the board to invent all kinds of schemes to do good with such funds, and so divert A.A. from its primary purpose.

CONCEPT SEVEN CHECKLIST

Concept VIII: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

- Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. Grapevine) and the General Service Board?
- How can the business term “custodial oversight” apply to the trustees' relationship to the two corporate service entities?
- Does my home group subscribe to G.S.O.'s bimonthly newsletter Box 4-5-9? A.A. Grapevine? Do I?

From SMF-91- Concepts Checklist, p.3.

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Some help in understanding the answer to the first question comes out of the Service Manual on page 3, (re-illustrated on page 2 of this Newsletter) and is on page 6 of this Newsletter.

The term “custodial oversight” is a way to ensure proper financial prudence and adherence to the A.A. Traditions.

The Box 4-5-9 and the Grapevine are excellent tools to have as a group subscription to encourage A.A. participation and emphasis on the Primary Purpose, stated in the A.A. Preamble, “...stay sober and help other alcoholics achieve sobriety.”

The screenshot shows the Alcoholics Anonymous website interface. At the top, the logo "Alcoholics Anonymous" is visible. Below it, a dark blue banner reads "Box 459". The main content area contains a sign-up form with fields for "Your Name*" (with a sub-field for "Full Name") and "Email Address*" (with a sub-field for "Email Address"). A "Sign Up" button is at the bottom right of the form. A blue callout box with white text says "Go to www.aa.org to find this order form."

The screenshot shows the AAGRAPEVINE website. The top navigation bar includes "MAGAZINE", "ARCHIVE", "GET INVOLVED", "STORE", and "SUBSCRIBE". Below the navigation is a search bar. The main heading is "GRAPEVINE SUBSCRIPTIONS". Below this, there are three subscription options displayed as magazine covers: "US Subscriptions", "Canada Subscriptions", and "International Subscriptions".

Go to <https://www.aagrapevine.org/store/grapevine-subscriptions>. Click on Subscription desired, order a monthly issue or a Full Subscription for 3 years.

From P-8, Concepts Illustrated, CONCEPT VI, p 13.

Reprinted with A.A.W.S. permission

This is what it sounds like when you don't take yourself too seriously AND help others.



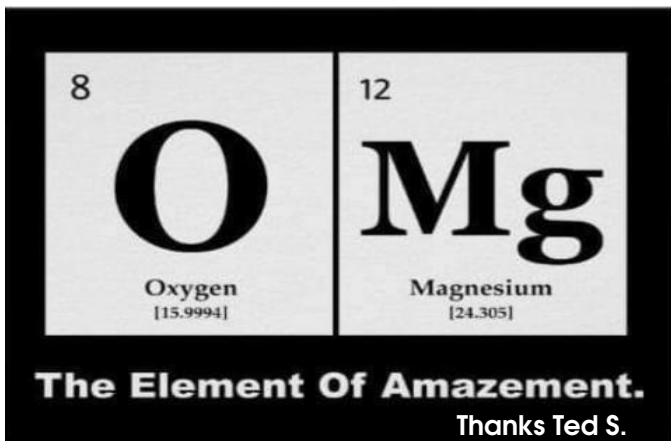
"He said he wished he'd paid some attention to A.A. experience. Then he did something else that was to become an A.A. classic. It all went on a little card about golf-score size. The cover read:

"Middleton Group #1, Rule #62."

Once the card was unfolded, a single pungent sentence leaped to the eye: "Don't take yourself too damn seriously."

Twelve Steps and Twelve Traditions, TRADITION FOUR, p. 149.

Reprinted with A.A.W.S., Inc. permission.



Easy to spot a yellow car when you are always thinking of a yellow car.
Easy to spot opportunity when you are always thinking of opportunities.
Easy to spot reasons to be mad when you are always thinking of being mad.
You become what you constantly think about. Watch yourself.

Thanks Maryanne D-L.

Thank you [redacted] for the donuts! Great surprise and great meeting. Thank you, I pray something like this can continue. Have you any input or suggestions for me? I'm walking on sunshine, Wooah, And don't it feel good! Thanks again. Love, [redacted].

8:45 PM

You're welcome! I'll try and make sure everyone with a desire or is curious knows where to go. I went back and picked the guys brains over dinner and they we're all quite happy. I really liked the format and how you chaired. It was perfect for the newcomer.

So thank you!

8:49 PM

Oh that's fantastic to hear [redacted]! Glad we are able to provide a space for love and healing! Sounds like some great coordination took place to!

7:43 AM

Yep, gave God the chair, I was just the mouthpiece. Something that gets me in Dutch at times.

7:46 AM

I love it



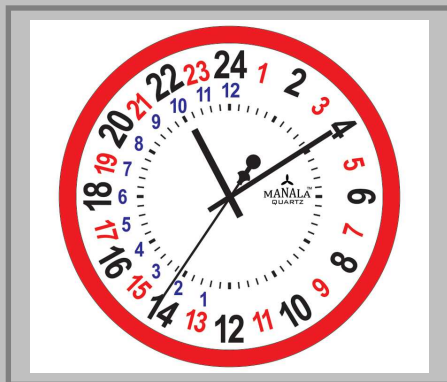


Heard it *'Round the Rooms!*



I sure am glad they figured out I can do it one day at a time.
24 hours of anything is enough for me!

“Right up to the 24th hour”, he said.
“Then do it again”.



A LITTLE DAB WILL DO YA

TOOLS OF A.A.
CONFORMITY
HELP OTHERS
GRATITUDE

HOW TO
CONQUER
BELLIGERENT
DENIAL

= CHANGE!

It isn't how much you put into it, its how much you get into it.

Grapevine Daily Quote June 21

“The world of truth is the world of what is.
It is the room I sit in, the sleeping kitten, the job that must be done.
It is here. It is now.”

If the past comes knocking,
Don't answer.

It has nothing new to tell you.

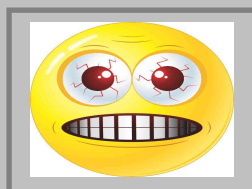
“My advice to you is get married: If you find a good wife you'll be happy; if not, you'll become a philosopher.” —Socrates

I wish my wallet came with free refills.

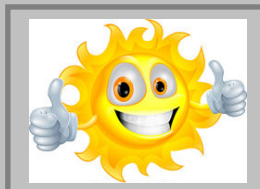
One day or day one. It's your decision.

Some days I shock myself with the smart things I say and do.
Other days I try to get out of the car with my seatbelt on.

“We have drunk for vainglory –
that we might more enjoy foolish dreams of pomp and power.”
(12 X 12, STEP FOUR, p. 44).
Vainglory = False Pride.



← “You can have Fear,
You can have Faith,
But you can't have both!”
(Try this at home, work,
Anywhere!). →



The Wisdom of the Rooms

12 Months of Reflections for People in Recovery

June 12, 2023

Quote of the Week

"Problems are solutions in training."

This was definitely not the way I used to look at problems before recovery. My problems used to overwhelm me; they had no solutions, and there was a long list of them. I would bounce from one to the other, and as I tried to solve them, I just seemed to create more and more. I once heard that the only thing worse than my problems were my solutions to them!

When I entered the program, I surrendered both my problems and my solutions. My sponsor kept pounding into my head that my best thinking had gotten me here, and with his help, I turned my attention to working the first Three Steps. And once I was able to turn my will and my life over to a Power greater than myself, the real solutions started to appear.

As I stayed sober and worked the other Steps, my problems began to solve themselves. As I became more experienced in turning them over, applying the Steps on them, and using more of the tools in my spiritual tool kit, I found that my problems were actually opportunities for me to grow and change. Today, my problems have become my teachers, leading me to spiritual solutions as long as I remain open and willing to learn from them.

"After all, our problems were of our own making."

Alcoholic Anonymous, 4th ED, WORKING WITH OTHERS, p.103

"The tremendous fact for every one of us is that we have discovered a common solution."

Alcoholics Anonymous, 4th ED, THERE IS A SOLUTION, p. 17.

"Its main object is to enable you to find a Power greater than yourself which will solve your problem."

Alcoholics Anonymous, 4th ED, WE AGNOSTICS, p. 45.

"He made a beginning, we have seen, when he commenced to rely upon A.A. for the solution of his alcohol problem."

Twelve Steps and Twelve Traditions, STEP THREE, p. 39.

"In this respect they are certainly a power greater than you, who have not even come close to a solution."

Twelve Steps and Twelve Traditions, STEP TWO, p. 27.

"Though not a religious person, I have a profound respect for the spiritual approach in cases such as yours. For most cases, there is virtually no other solution."

**Alcoholics Anonymous, 4th ED, MORE ABOUT ALCOHOLISM, p. 43.
Reprinted with A.A.W.S. permission.**



Saint Thérèse • Follow

13h · 🌐

Lord Jesus, heal me.
Heal my memory.
Heal my heart.
Heal my emotions.
Heal my spirit.
Heal my body.
Heal my soul.
Heal me from whatever

Thanks Rick M.

The story of Thérèse's spiritual development was related in a collection of her epistolary essays, written by order of the prioresses and published in 1898 under the title *Histoire d'une âme* ("Story of a Soul"). Her popularity is largely a result of this work, which conveys her loving pursuit of holiness in ordinary life. St. Thérèse defined her doctrine of the Little Way as "the way of spiritual childhood, the way of trust and absolute surrender."

<https://www.britannica.com/biography/Saint-Therese-of-Lisieux>

Me yelling at squirrels in the street to move so they don't die is probably the same feeling God has watching me live my life most days.

My wife told me to take the spider out instead of killing him.

Went out. Had a few drinks. Nice guy. He's a web designer.

Drinking to be happy is like setting your house on fire to stay warm.

Thanks Lisa M-T.

I found sitting at a Campfire meeting makes me happy and warm, inside and out.



A SUMMER SOLSTICE BLESSING

It's the MIDSUMMER'S EVENING, THE SHORTEST OF NIGHT,
WHERE OUR PLANET IS BLESSED WITH THE GREATEST OF LIGHT.

THE SUN AT ITS POWER, SHARING ITS WEALTH,
WITH THE EARTH GLOWING IN ABUNDANCE AND HEALTH.
THE TREES' LEAVES ARE GREEN, THE BIRDS ARE IN SONG,

THE DAYS ARE AS WARM AS THEY ARE LONG.

WE HONOR THE ANIMALS, THE PLANTS AND LIVING THINGS,
THE SUN AND THE WATER AND FOR THE LIFE THAT IT BRINGS.

MAY YOU FIND WELL-BEING AND MAY YOU FIND PEACE,
IN DAYS AFTER SOLSTICE, AS THE LIGHT DOES DECREASE.

MAY THE BLESSINGS OF THE SOLSTICE BE YOURS I PRAY,
AND THE LIGHT WARM YOUR HEART AND SOUL EVERY DAY.

Thanks Nicole Marie S.



Alano Club
Marlene Lennon
3rd Annual Golf Outing

Kearsley Lake Golf Course

Flint, MI

Friday August 4, 2023

9 AM SHOTGUN START

Hole Sponsor \$200

Sponsor Name: _____

Phone number: _____

Email address: _____

Golf package per person \$50.00 or \$200 per team

Names of Golfers:

1. _____ 2. _____
3. _____ 4. _____

Check enclosed for \$ _____

Yes, I would like to volunteer for set-up

Yes, I would like to donate promotional items (golf towels, shirts, hats, giveaways, etc.)

Please remit to

Alano House of Flint

Contact: Randy 810-577-1602

2608 Maclewood Ave

Flint, MI 48506

Email jpeg with logo to mjreach2206@gmail.com

Proceeds to benefit Alano House of Flint.

MACKINAC ISLAND FALL WEEKEND

October 20-22, 2023

<p>Name: _____</p> <p>Phone: () _____</p> <p>Address: _____ _____</p> <p>Email: _____</p> <p>Rooming With: _____</p> <p>Saturday Evening Menu Selection: (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>Yes, I'm willing to be on a panel! (check one)</p> <p><input type="checkbox"/> AA</p> <p><input type="checkbox"/> Alanon</p> <p><input type="checkbox"/> Either</p>	<table border="1"> <thead> <tr> <th></th> <th>Quantity</th> <th>Total \$</th> </tr> </thead> <tbody> <tr> <td>Weekend Registration \$45 Each (add \$10 after August 1)</td> <td style="text-align: center;">1</td> <td></td> </tr> <tr> <td>Zip Hoodie - \$50 Circle one: S M L XL 2X 3X add \$3 for 2X/3X</td> <td></td> <td></td> </tr> <tr> <td>Baseball T - \$30 Circle one: S M L XL 2X 3X add \$3 for 2X/3X</td> <td></td> <td></td> </tr> <tr> <td>Long Sleeve T-Shirt- \$25 Circle one: S M L XL 2X 3X add \$3 for 2X/3X</td> <td></td> <td></td> </tr> <tr> <td style="text-align: right;">Total:</td> <td></td> <td></td> </tr> </tbody> </table> <p><i>Please do not send the hotel reservation \$\$ with your registration. Send only what is indicated above.</i></p> <div style="border: 1px solid black; padding: 5px;"> <p>Method of Payment: Cash ____ Check # ____ Make checks payable to Lansing Central AA 1915 E. Michigan Ave. Ste D, Lansing, MI 48912</p> </div>		Quantity	Total \$	Weekend Registration \$45 Each (add \$10 after August 1)	1		Zip Hoodie - \$50 Circle one: S M L XL 2X 3X add \$3 for 2X/3X			Baseball T - \$30 Circle one: S M L XL 2X 3X add \$3 for 2X/3X			Long Sleeve T-Shirt- \$25 Circle one: S M L XL 2X 3X add \$3 for 2X/3X			Total:		
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Total:																			

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

Topic: Area 32 Meeting

Time: This is a recurring 1st Sunday of every other month-Even months: February, June, August, October, and December

Join Zoom Meeting

<https://us06web.zoom.us/j/97092094118?pwd=UmNYbXZ6UkNwcKhPVys1V3dFT1E1UT09>

Meeting ID: 970 9209 4118

Passcode: area32

One tap mobile

+13126266799,,97092094118#,,,,*208424# US (Chicago)

+19292056099,,97092094118#,,,,*208424# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 970 9209 4118

Passcode: 208424

August 6, 2023: Hillman

Host Committee: District 28

District 28 & Hybrid

Location: Hillman Senior Center, 421 Pineview Ct, Hillman, MI 49746

Flyer and info from the CMIA32.org website on 6/19/2023.

WANT TO MAKE A WEEKEND OF AN A.A. EXPERIENCE?

Sober Saturday

August 5, 3:00PM-8:30PM

*Emerick Park Hillman, MI
at the Large Pavillion

50/50 Raffle
Must be present to win

Dinner 5:00

Drawing 6:30

A.A. Talk 7:00

Alanon Talk 7:30

Bring your canoe/kayak/boat

Grilled burgers & hotdogs provided, please bring a dish to pass

silent auction

Camp for weekend/night

Call AA hotline for info (989) 255-9036
*Call for camp reservations
(989) 733-0613



Emerick Park

★★★★ Location (9) - Park

Directions

Nearby

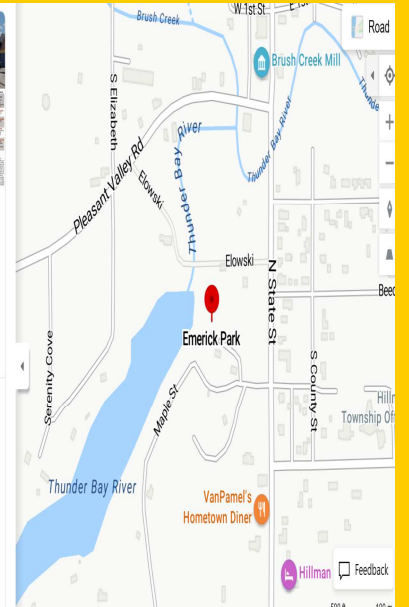
351 N State St, Hillman, MI 49746

(989) 733-0613

hillmanmichigan.org

Closes in 23 mins

Suggest an edit - Your business? Claim now



CMIA 32 Meeting

August 6, 9am-3pm

Hillman Senior Center

9am coffee & finance report

10am GSR mtg. and DCM mtg.

12pm lunch served.



Lunch will be served

LOTS of archives & history



LOTS of laughs & joy



Literature for sale

IN NEED OF VOLUNTEERS TO CLEAN UP CALL CHARLEY R (989) 884-3943



Dance Party

July 1, 2023

Donations:

- Doors open at 6:00
- Dinner at 6:30
- Open talk at 8:00
- Dance 9:00 PM to Midnight
- \$6 for Adults
- \$10 for Couples
- Drinks & Snacks Available
- Proceeds go to the Club Capital Improvement Fund

We've seen your 12-Steps. Now show us your *Dance Steps!*

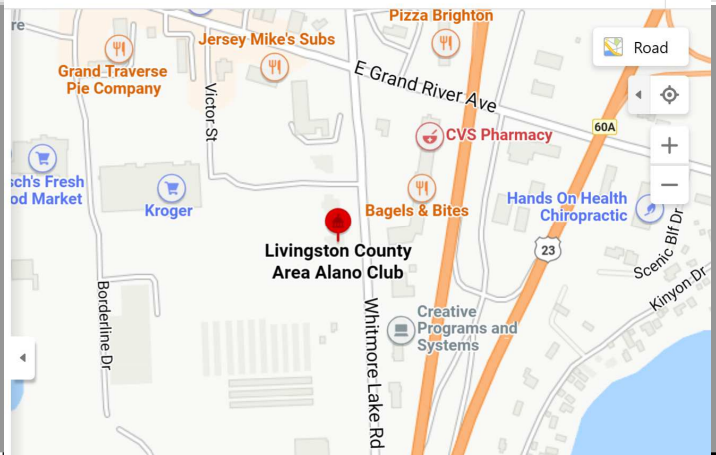
Dance starts right after the 8:00 PM
 Open Speaker Meeting
 AA Speaker – Scott H

- Food
- 50/50 Raffle
- Fire Pit Meeting After Dance



COME ONE, COME ALL!!!

Livingston County Area Alano Club
 livcoalano.org
 5754 Whitmore Lake Rd, Brighton, MI 48116
 (810) 229-8110



Come Join Us for Fellowship!

Wednesday Nights at 7

AA

Bonfire Meeting

**FAITH CHURCH
302 WALNUT ST. GAINES, 48436**

**Come Early at 6:30 for
Snacks and Beverages
Bring Your Favorite Chair**

**Additional information:
Cindy G. 810-523-8451
Phil F. 810-701-5566**



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

Hartland AA Group
 Presents a weekend fun and fellowship at the 9th annual
Camping and Canoe Outing
 Friday August 11th to Sunday August 13th

Come join us for a labor weekend of fun and fellowship in Marion Michigan at the Old Log Resort. We have a large grassy area with lots of shade at the campground which is called the Meadow. We care for a group-site setup. Which means we spread out throughout the area sharing the power and water hookups. Check out the resort web page for more information oldlogresort@gmail.com. Friday and Saturday we have an open meeting gathered around the campfire.

No camping gear, no problem. If you don't have a tent or sleeping bag, we will find one for you. No camping gear for cooking, no problem. A communal grouping of stoves is set up to house cooking stoves, coffee pots, and all the other miscellaneous kitchen ware needed for cooking and cleanup. If you have something, you would like to share with the group it is always welcome. You are welcome to provide your own gear and cook on your own if you like.

You can bring your own food if you would like but there is always more food and snacks than we can eat every year. We like to cook and eat together as a group. We work on a potluck concept and will put together a sign-up list for breakfast, dinner and snacks. You will be responsible for your lunch, drinks, and individual snacks.

Old Log Resort on the Muskegon River
 12062 M 115
 Marion, MI 49665

Camping Fees:
 \$1.00 per person / per night
 \$3.00 Trailers & RV's per person / per night (spaces are limited)

Canoe Trip

Rental Fees:
 Kayaking: \$3.00 3 hr Trip \$8.00 6 hr Trip
 Canoeing: \$5.00 3 hr Trip \$8.00 6 hr Trip
 Tubing: \$8.00 2 hr Trip

One night stay deposit required as is the full water transportation rental fee. Space is limited so get your reservations early. Again, this year we have limited assistance for camping fees. So, if money's tight don't let it stop you from coming. Just live in our meetings you are more important than your money.

Questions MUST be asked in advance of the meeting except for between the hours of 11pm and 6pm. The campground map you will receive from the Hartland Group will give them the name and cell site. We encourage car pooling!

Due to the increased interest this year reservations are required. Please make reservation by July 1st. Email me your name and phone number to Paul Flagg at paulflagg@live.com. For Questions tell me your Name and AA Camping Questions at 810-923-5646 and I will call you back when I am free.

This Flyer is a screen shot from someone else's computer and has deteriorated with passage.

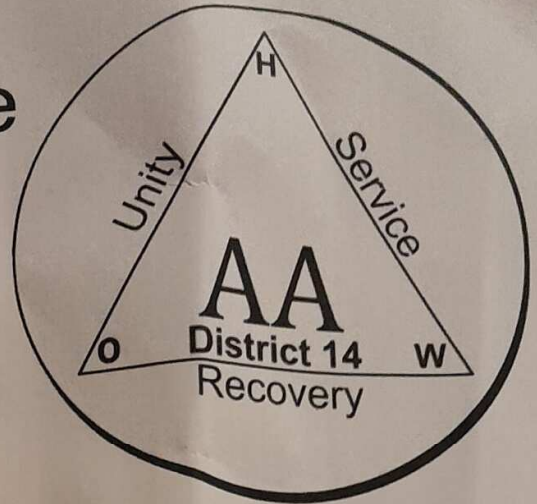
If interested, the phone number on the bottom to call is 810-923-5645 for the Hartland A.A. contact.

Friday, August 11 to Sunday, August 13 at the OLD LOG RESORT in Marion, MI on the Muskegon River. 12062 M 115, Marion, MI 49665 (231) 743-2775.

Thank you.



12th Annual Canoe & Campout July 21–23 2023



We will be setting up on the 19th and 20th.
Please feel free to come up and join us.

Friday and Saturday Night Campfire Meeting
Saturday Canoe Trip on the Au Sable River
Saturday Night Meal Provided by district 14

Join us for a weekend of Fellowship and Fun

The site is already reserved. Let us
know if you are planning to attend.

River Trip

Kayak \$42 Single/ Double \$54



Rustic \$20/ Electric \$25

Bathrooms and showers provided. 25 cents / shower token

Wood available for purchase at site

Oscoda County Park

1110 Jay Smith Dr.
Mio, MI 48637
(989)862-5114



For more details contact:

Mitch P. (734)634-4657

Tim P. (313)801-6635

Eric C. (734)756-5261