

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 number 8 has strong intuition and insight, so it has the potential to explore things undiscovered.



STEP EIGHT

“Made a list of all persons we had harmed, and became willing to make amends to them.”

Step Eight has many features that make it so very simplistic in that we have done this before. Made a list, recognized those we’ve hurt, and now we gain willingness to overcome our fear(s) of an amend to them, each and everyone.

We are told to use our fourth step list. “We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took our inventory.”¹

Referring to the lead sentence in the letterhead, we now know that there is a possibly of new discoveries in our inventory. It’s been some time since one did Step 4 and 5 with a confidant of their trusting (A Sponsor maybe?). The Steps are not a race. We take our time with prayer and meditation along the way. The alcoholic fog of our memory has cleared even more. So it makes it easier to reflect on those that may have been left out earlier in our inventory of past deeds.

“Is it possible?” like the Ancient Aliens seekers proclaim on TV that there is more? Or is it more likely as Bill W. states, “God will constantly disclose more to you and to us.”²

Only you can decide. The caveat of the Step is, “If we haven’t the will to do this, we ask until it

Step 8 is important because it enables you to move to rebuild damaged relationships.

No guarantee this will fix an interrelation, but the suggested step comes first for achievement.

It’s about the responsibility for your role, and cleaning up your side of things in life.

One needs to be Willing to Make a List.

“comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*”¹ *ibid*

Where did we make such a determined decision? “If you have decided you want what we have and are willing to go to any length to get it -- then you are ready to take certain steps.”³ This comes out of Chapter 5 and is essential to understand the depth of our willingness.

Why is the beginning of Chapter 5, HOW IT WORKS, a much used reading at a meeting for newcomers and old timers alike? Because this text in the Big Book is the only time the 12 Steps are presented textually together and it tells of the struggles to achieve faith in our recovery.

“Relax,” said the night man, “...you can check out anytime you want, but you can’t never leave.”⁴ Really, just kidding there. Many A.A.’s say, You can leave any time you want, and we’ll refund your misery.

The Steps are covered in this text of HOW IT WORKS; one also finds the willingness, the help that we need, (“...that one is God. May you find Him now!).³ *ibid* Also that we try to follow spiritual principles outlined in the Big Book. “The principles we have set down are guides to progress.”⁵

¹ Alcoholics Anonymous, 4th ED, INTO ACTION, p. 76.

² Alcoholics Anonymous, 4th ED, A VISION FOR YOU, p. The other Service Centers that this Tradition refers may be District and/or Central Area Offices in addition to Intergroup Offices. . 164.

³ Alcoholics Anonymous, 4th ED, HOW IT WORKS, p. 58.

⁴ Excepted lyrics from HOTEL CALIFORNIA by The

TRADITION EIGHT

“Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.”⁶ (Short form).

“Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well compensated. But our usual A.A. Twelfth Step work is never to be paid for.”⁷ (Long Form).

“Unlike some of the other 12 Traditions, the Eighth Tradition requires little on the part of AA members. Tradition Eight follows in the footsteps of those before it by ensuring that AA remains a nonprofessional, unpaid organization.

“Nonetheless, the General Service Office and other service centers may sometimes require additional help. In such cases, these centers may hire paid help without violating the 12 Traditions. It is important that AA remain a nonprofessional organization, but it is even more important that the groups are able to keep their doors open. Tradition Eight helps make that possible.”⁸

“Service centers” Tradition Eight refer to may be District, Central Area, Intergroup, (Central or Intergroup offices are A.A. service offices that involve partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals), or Regional Offices. Regions report to the A.A. General Service Conference.

⁶ The A.A. Service Manual combined with Twelve Concepts for World Service, 2021 – 2023 Edition, p. 101.

⁷ The A.A. Service Manual combined with Twelve Concepts for World Service, 2021 – 2023 Edition, p. 102.

⁸ <https://www.amethystrecovery.org/12-traditions-alcoholics-anonymous/>

Regional Map of U.S. and Canada⁹

The U.S./Canada service structure has **ninety-three areas** that are part of one of **eight regions**. A Regional Forum is held in alternate years in each region on a rotating basis.



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.

CONCEPT EIGHT

“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.”¹¹ (Short Form).

“The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”¹² (Long Form).

“...our Trustees bear the primary responsibility for the good conduct of all our world service affairs...”¹³

“...the Board cannot possibly manage and conduct in detail; it must delegate its executive function. Hence the Board’s attitude has to be that of custodial oversight; it cannot be the executive.”¹⁴

“Except to mediate difficult situations and to see that the service corporations operate within their budgets and within the general framework of A.A. and Headquarters policy, the Board will seldom need to do more, so far as routine service operations are concerned.”¹⁵

“This concept continues the defining of responsibilities and authority begun in the earlier concepts. It limits the role of the Trustees in the A.A. Grapevine, Inc. and A.A. World Services, Inc. to the kind of oversight achieved by electing the directors of those independent entities, but essentially discouraging them from playing day-to-day roles as active administrators or executives of those companies.”¹⁶

^{11, 12} The A.A. Service Manual combined with Twelve Concepts for World Service, 2021 – 2023 ED, TWELVE CONCEPTS FOR WORLD SERVICE, (Short Form), p. IV, (Long Form), p. V.

^{13, 14, 15} The A.A. Service Manual combined with Twelve Concepts for World Service by Bill W., 2021 2023 Edition, page C24.

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¹⁶ From: <https://www.tapatalk.com/groups/recoveryinn/12-concepts-explained-t4286.html>



NO GLUM LOT HERE



A Christmas elf walks into a bar and orders an eggnog. “What brings you to town?” the bartender asks. “I’m taking music classes at the community college. Santa requires it of all the Christmas elves now,” the elf says. “It’s supposed to improve our rapping skills.”

Getting into the Christmas spirit, Chris went out and bought some eggnog. He was drinking it when dad walked into the kitchen, started watching him drink it. Dad: Good gosh, that looks disgusting, how could you drink something that is made of an egg?

Chris: Have you ever had it?

Dad: No.

Dad: Well, you shouldn’t nog it till you try it.

What movies do hens like? *Chick flicks!*

What do you do with a shy chicken?

Get her to come out of her shell!



Ned & Jed

Well Jed, ya clued in on the concept of Delegates voting in Trustees to have oversight of Directors they themselves vote for? Yep. Trust in Delegates to trust in Trustees. Then trust Trustees to trust in Directors. Ya betchca Jed, y’know trust.



Sure Ned, but what is the oversight to the Directors? C’mon man, did you forget Directors are at the bottom of the pile? We, the choppers oversee in perpetuity.

Take a look at the upside down triangle to easily see the members of the groups are the voice of the organization. We can voice about a decision made that doesn’t suit us?



Included in the Right of Decision is the right to oppose the Decision. “Bill felt that this was the idea of trusted servants, that if we trusted someone enough to give them the job we should trust them to make decisions on their own, taking into account the way we feel when they can. There was always the thought that if a mistake was made, there would be ample time to rectify these mistakes.”¹⁷ Bill expressed lot of trust.

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.

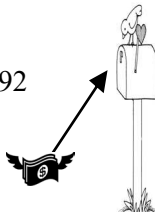
December 16: St. Mary's School; 2600 N, Franklin, Flint, Eastside A.A. Grp.

A.A Treasurer's addresses:

G.S.O. P.O. Box 2407, James A. Farley Station, New York, NY 10116-2407

CMIA 32 Treasurer c/o Ed LaLonde
527 Handy Drive, Bay City, MI 48706-4292
(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.

- * 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
- * Michigan State Convention, August 11 – 13, 2023.
- * Alano House Annual Marlene Lennon Golf Outing, August 4th ..
- * Hartland A.A. Canoe Trip, Aug. 11 – Aug. 13.

NOTES:

- 1) Fenton Alano 5 PM meeting will have a dinner before meetings on 2nd & 4th Sundays May 1st to Oct. 1st.
 - 2) The New Years Eve Dinner/Dance on 12/31/23.
 - 3) F.A.U.C. will host the CMIA32 meeting on 12/3/23.
- * = Flyer at end of Newsletter.

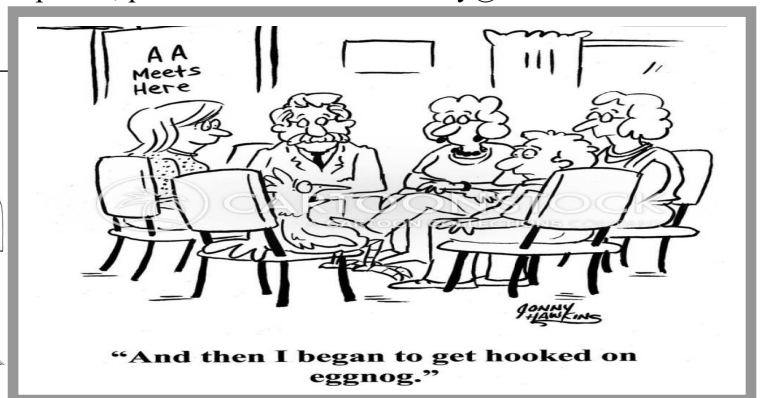
Group wants a Newsletter announcement? Email farfromittoday@aol.com by the 20th of the month.

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

* = Addresses of Locations can be found in the 2023 Flint Area Groups Meeting Book or on the website www.geneseecountyaa.org under the Meetings Tab.

- Thu 3 7:00 pm, Van Slyke.
- Fri 4 12 noon, Eye Opener, Arid Club.
- Sat 5 7:30 pm, East Side St. Mary's.
- Sun 6 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 12 7:30 pm, East Side St. Mary's.
- Sun 13 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 19 7:30 pm, East Side St. Mary's.
- Sun 20 6:00 pm, Torrey Rd. Group, Arid Club.
- Thu 24 7:30 pm, Swartz Creek Group, St. Bartholomew.
- Sat 26 7:30 pm, East Side St. Mary's.
- Sun 27 6:00 pm, Torrey Rd. Group, Arid Club.
- Mon 28 7:00 pm, Montrose HOPE.

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



What is the difference between the 4th & 5th Steps and the 10th Step?

In the 4th & 5th we are digging down a mile wide and a mile deep into our past to find out about ourselves.

In the 10th Step we dig a mile wide, an inch deep to eliminate anything that can grow to be deep rooted within ourselves.

Promises of Step Four in the Big Book.

1 “When the spiritual malady is overcome, we straighten out mentally and physically.” p. 64.

2 “We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.” p. 67.

3 “Just to the extent that we do as we think we He would have us, and humbly rely upon Him, does he enable us to match calamity with serenity.” p.68.

4 “We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence outgrow fear.” p. 68.

5 “In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.” p. 69.

6 “If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.” p. 70.

7 “We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality,” p. 70.

8 “We have commenced to see their terrible destructiveness.” p. 70.

9 “We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people.” p. 70.

10 “We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.” p. 71.

If the crow had been satisfied to eat his prey in silence, he would have had more meat and less quarreling and envy.

~ HORACE ~

**Born December 65 BC, Venusia, Italy.
Died Nov. 27, 8 BC, Rome, Italy.**



Found posted on a church vestibule bulletin board; asking, it was found out to be told by a young child to an elder who wrote it out to remember the wisdom of one of God's children.

I AM

I AM ABLE TO TALK TO GOD WHEN:

I AM SAD,

I AM HAPPY,

I AM QUIET,

I AM LOUD,

I AM THANKFUL,

I AM AT CHURCH,

I AM IN NEED OF HELP,

I AM LONELY,

I AM FEELING SICK,

I AM MAD,

I AM IN NEED OF FORGIVENESS,

I AM MISSING SOMEONE.

I AM ANYWHERE, ANYTIME.



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.



Brain scans of coffee drinkers suggest there's more to feeling alert than just the caffeine

Many coffee drinkers will tell you there's something about that morning cup that other sources of caffeine just can't match.

Researchers in Portugal recently set out to investigate that idea: Is caffeine solely responsible for making people feel more alert, or do other parts of the morning ritual — coffee's smell or taste, perhaps — trigger that energetic feeling?

"If you listen to these individuals, they typically say that they need to have coffee in the morning to get ready. We wanted to understand the brain mechanisms and functional connectivity pattern that would justify this claim," said Nuno Sousa, one of the study's authors and a professor at the University of Minho's School of Medicine in Portugal.

The researchers recruited 83 people who drank at least one cup of coffee a day to undergo MRI scans so they could observe the participants' brain activity.

Of that total, 47 people were scanned before drinking their morning cup of coffee, then again 30 minutes after they had a cup. The 36 others were simply given caffeine diluted in hot water — no coffee — and underwent the same types of MRI scans before and after they consumed the beverage.

The results, published last week in the journal *Frontiers in Behavioral Neuroscience*, suggest that, indeed, certain changes in brain activity were attributable only to coffee, while others were attributable to caffeine, as well. The scans revealed that both groups — those who consumed caffeine and those who drank coffee — had decreased activity afterward in a part of the brain that puts people in a resting state. That indicated that people were more ready to start their days and engage with others after consuming either beverage. Decades of research has already shown that caffeine, a psychostimulant, can help people feel more aroused and alert. Sight, smell or taste of coffee may help people feel alert.

However, the MRI scans showed that drinking coffee increased activity in parts of the brain involved in short-term memory, attention and focus, whereas ingesting caffeine on its own did not. The researchers theorized that the sight, smell or taste of coffee may help people feel alert, regardless of the caffeine content.

"The pleasure that is given to an individual that likes coffee in the morning, that actually is part of almost a ritual that really is also important for that individual to feel that 'I'm ready for the day,'" Sousa said. He added that people who don't regularly drink coffee may not experience the same effect.

Mark Mattson, an adjunct professor of neuroscience at Johns Hopkins University School of Medicine who wasn't involved in the research, said the findings weren't surprising, since people form associations with particular sensory experiences over time, which in turn can influence their future reactions. "It kind of makes sense, right? Coffee has taste and smell, so when you drink coffee, you're activating brain regions that are involved in the perception of the taste of the coffee, the perception of the smell," Mattson said.

Dr. Uma Naidoo, a nutritional psychiatrist at Harvard Medical School, said the sight of coffee may trigger positive memories or make a person believe they're about to feel more awake. "The visual impact of coffee is powerful," she said. "It could be like, 'Oh, I think there's something that gives me energy now. I'm going to have something that gives me that second wind I need at work or to study.'"

That's different from a placebo effect, she added, since the coffee is still inducing a physical, and perhaps emotional, response.

All three researchers said it's also possible that the natural chemicals found in coffee may have independent effects on brain activity, apart from those of caffeine. A group of chemicals in coffee called epicatechins, for instance, has been shown to improve memory in animal studies.

Sousa said the goal of the study is not to influence anyone's coffee consumption habits. "We are not saying that coffee is good or coffee is bad," he said.

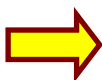
Mattson also pointed out that the study comes with several limitations. For one, the MRI scans measured blood flow, but caffeine can restrict blood flow, so the scans may not give a clear picture of its impact on brain activity. Mattson also noted that the study didn't include people who drank decaf coffee, which might have helped distinguish the effects of coffee versus caffeine on the brain.

Naidoo, meanwhile, highlighted that most of the study participants were women, so there could be sex-based differences in how people's brains respond to coffee.

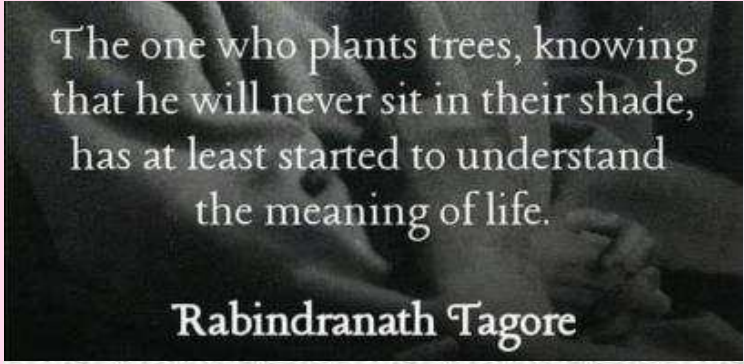
But one point on which the researchers agreed is that coffee is a healthier way to consume caffeine than energy drinks or soda.

"It has caffeine, but it also is very rich in antioxidants and some polyphenols," Naidoo said, referring to natural compounds that may lower blood pressure, destroy cancer cells and protect against diabetes by improving metabolism. "There's also another substance called trigonelline that gives coffee the aroma, the taste, that bitterness, but it also has antibacterial, antiviral properties," Naidoo said.

<https://www.aol.com/lifestyle/brain-scans-coffee-drinkers-suggest-113000900.html>



Castigations has twelve letters,
But so does Capabilities,
Abandonment has eleven letters,
So does Gentlemanly.
Negativity has 10 letters.
So does positivity.
Abhorrent has 9 letters.
So does Adulthood.
Puzzling Has 8 letters,
So does Checkups.
Enemies has 7 letters,
So does Friends.
Lying has 5 letters,
So does Truth.
Hate has 4 letters,
So does Love,
Cry has 3 letters,
So does Joy.
So has two letters,
So has Do.
I has one letter,
So does A.
As in 'I' help 'A' others.



The one who plants trees, knowing that he will never sit in their shade, has at least started to understand the meaning of life.

Rabindranath Tagore

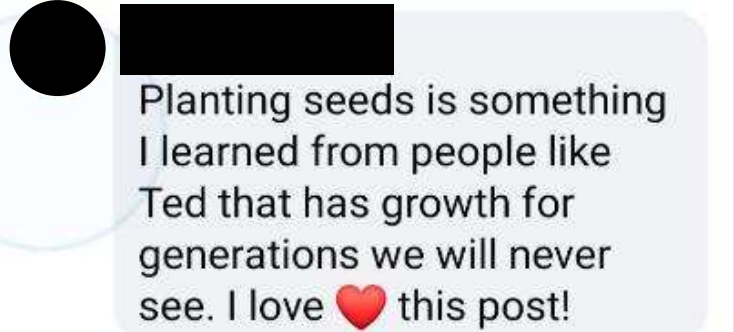
“To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awoken to the presence of a loving God in their lives -- these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic.” Twelve Steps and Twelve Traditions, STEP TWELVE, p. 110.

Extremely rare atmospheric phenomenon called rainbow bridge or circumhorizontal arc when the sun is at least 58° above horizon and ice crystals in clouds form rainbows.

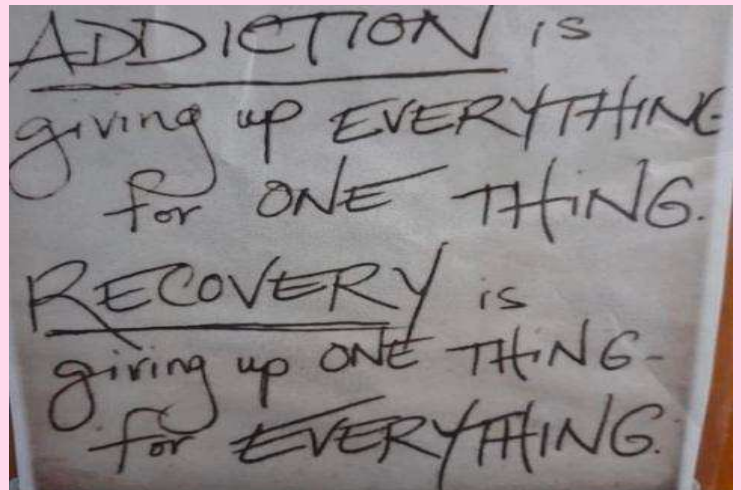


Thanks Ted S.

More commonly known as Angels Playing Tag in Heaven's lower atmosphere.



Planting seeds is something I learned from people like Ted that has growth for generations we will never see. I love ❤️ this post!



ADDICTION is giving up EVERYTHING for ONE THING.
RECOVERY is giving up ONE THING for EVERYTHING.

Thanks Tony S.

“We all had to place recovery above everything, for without recovery we would have lost...”
 Alcoholics Anonymous, 4th ED, TO EMPLOYERS, p. 143.



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



" PROBLEM DRINKERS " 1950s STUDY OF ALCOHOLISM & HISTORY ...
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 X " PROBLEM DRINKERS " 1950s... archive.org

" PROBLEM DRINKERS " 1950s STUDY OF ALCOHOLISM & HISTORY OF ALCOHOLICS ANONYMOUS DRUNKS 67814

“PROBLEM DRINKERS’ is a 1950s er, black and white movie that reviews the problem of alcoholism and examines possible solutions to this enduring social ill, including Alcoholics Anonymous.

“The film opens with the bartender pouring alcohol into a glass next to a bucket of ice. Crowded bar scene 1:00. A drunk woman cries 1:12. Inebriated people are shown 1:20. Police Officer comes across a drunk laying in the street 1:31. Man winds up in drunk tank 2:30. Policeman calls mans wife 2:50. Man appears before the judge 3:14. Father Theobald Matthew, an Irish priest, apostle of temperance converted 700,000 people to sobriety 3:47. National women’s Christian Temperance Union, administration office 4:04. Woman talks about prohibition in certain counties 4:26. Campaigns promoting moderation and drink flood magazines and newspapers 4:42. Man speaks to a convention of tavern owners to serve liquor responsibly 5:10. Academia searches for a solution to alcoholism. Chemistry lab is shown at Yale’s School of Alcohol Studies 5:37. Howard Wilcox Haggard (July 19, 1891 - April 22, 1959) was an American physician, physiologist and writer 5:44. E.M. Jellinek, was a biostatistician, physiologist, and an alcoholism researcher, fluent in nine languages and able to communicate in four others, 5:50.

“Lab rats are tested 6:08. Yale Pain Clinic 6:22. An alcoholic is interviewed at the clinic 6:35. He is given a physical 6:51. The man sees a psychologist 7:00. Finally, interviews with the family try and determine is wrong at home 7:18. Community leaders come to a seminar to alearn about alcoholism 7:39. New York headquarters of Alcoholics Anonymous 8:45. The 12 Steps are shown 9:00. Two men discuss the big book of Alcoholics Anonymous 9:33. Man receives his detox treatment in the hospital 10:33. A man stands and speaks at an Alcoholics Anonymous meeting 11:00. A woman speaks at the meeting 11:30. People pray at the end of the A.A. meeting 12:20. The man paces nervously in his room wanting a drink. Instead he calls an A.A. member for help 13:10. The A.A. member leaves his house to come help the man 13:35. The man sits nervously awaiting 13:55. The prepares to leave the house to get a drink 14:20. Instead the man sits and smokes 14:30. The man arrives to help the alcoholic 15:21. Man sits at breakfast wife his wife 15:45. Man apologizes to the police officer 15:55. Man turns down a drink at a house party 16:40. Research papers on alcoholism are shown 17:10. Marty Mann (October 15, 1904 – July 22, 1980) was an early female member of Alcoholics Anonymous and author of the chapter “Women Suffer Too” in the second through fourth editions of the Big Book of A.A. In part because of her life’s work, alcoholism became seen as less a moral issue and more a health issue 17:17. Our original alcoholic has become sober and is helping other alcoholics on your way to recovery 18:27.

“Alcoholics Anonymous (A.A.) is an international mutual aid fellowship with the stated purpose of enabling its members to “stay sober and help other alcoholics achieve sobriety.” AA is non-professional, self-supporting, and apolitical. It only membership requirement is a desire to stop drinking. The A.A. program of recovery is set forth in the Twelve Steps.

“A.A. was founded in 1935 in Akron, Ohio when one alcoholic, Bill Wilson, talked to another alcoholic, Bob Smith, about the nature of alcoholism and a possible solution. With the help of other early members, the book “Alcoholics Anonymous: The Story of How More Than One Men Have Recovered From Alcoholism” was written in 1939. Its title became the name of the organization and is now usually referred to as “the Big Book”. A.A.’s initial Twelve Traditions were

Continued on page 10.

Continued from page 9.

“introduced in 1946 to help the fellowship be stable and unified while disengaged from “outside issues” and influences.

“We encourage viewers to add comments and, especially, to provide additional information about our videos by adding a comment! See something interesting? Tell people what it is and what they can see by writing something for example: ’01:00:12:00 – President Roosevelt is seen meeting with Winston Churchill at the Quebec Conference.”



Fr. Theobald Matthew

11:10 5GUC 24%

X " PROBLEM DRINKERS " 1950s... archive.org

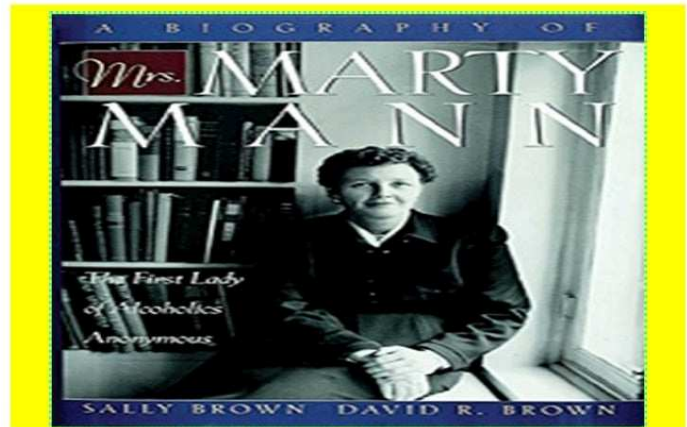
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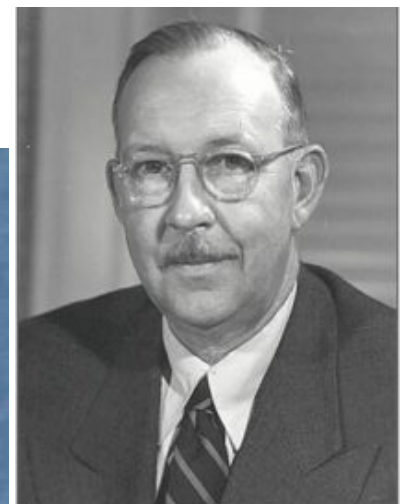
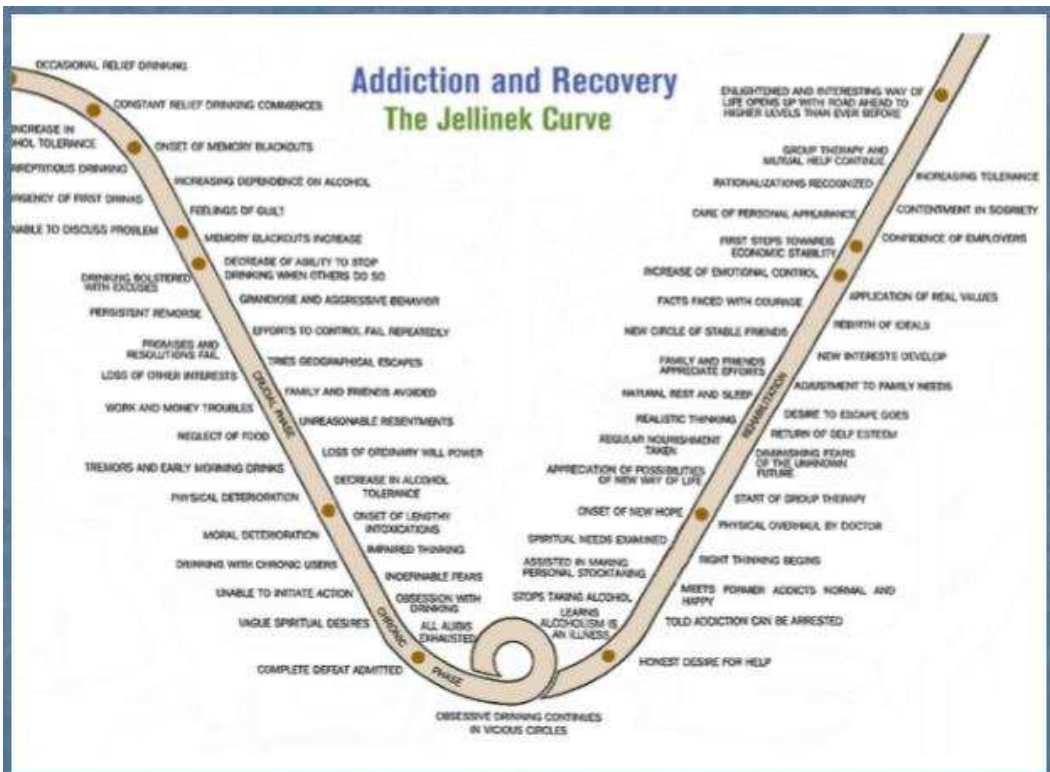
Identifier 67814-march-of-time-problem-drinkers-vwr

Scanner Internet Archive HTML5 Uploader 1.6.4

<https://www.patreon.com/PeriscopeFilm>



A Biography of Mrs. Marty Mann: The First Lady of Alcoholics Anonymous



Howard Wilcox Haggard



E.M. Jellinek



Heard it 'Round the Rooms!



A lot of us need a check up from the neck up.

As a newcomer I was always looking at the Steps Placard on the wall.
When asked to talk a particular Step, I always gave an off the wall answer.

I was telling my sponsor how upset I was with my ex. Sponsor said Pray about it. I said, "Ok, I hope and pray a truck hits my ex." "No, no, no, you have to pray that something nice happens to them," he said. "Ok, I hope and pray a nice new truck hits my ex."

My sponsor asked me at dinner one night, "Do you put your right or your left arm in your coat first?" I thought about it and said, "My right," "Starting now, I want you to put your left arm in first." After dinner, I'd forgot all about the direction given and started to put my coat on right arm first as usual. The sponsor grabbed my coat, tore it off my arm, threw my new leather jacket on the floor, stomped on it, jumped up and down on it, and stormed out the door. I was left bewildered (One of the Four Horsemen) until I realized what that was all about. To remember and do is to be aware of direction and change. I learned awareness that night.

There are two people in a conversation. One who knows what they're talking about, and then there was me.

Talk about that feeling of being needed.

My wife and I were sitting on the couch watching TV when I heard my phone go off with a notification for a text. Got up, went to the kitchen to my phone: my wife; "Please get the chips while you are up."

"If the grass is greener on the other side, it's because they are putting fertilizer and water on it!" I need to be aware that I can change where I'm at by paying attention to my own nurturing of self.

My thinking is my dilemma. It's caused many problems.

I've a flat rock with two sayings on it.



Take a glass of water and TURN IT OVER.

If you don't let it go, All you did is make a mess.

LET IT GO! so you have HIS help to clean-up.



Can reach the top of the Big Ben tower.

I felt taller when I was drinking.

Robert Pershing Wadlow,
Born: February 22, 1918,
Alton, IL
Died due to a septic blister on right ankle.
Died: July 15, 1940 (age 22),
Manistee MI
Height: 8 ft 11.1 in



Photo With Half-Pint Admirer's

Do you wonder how much Robert drank? (He didn't).

Ernest Edward 'Ted' Evans
Born: 1924, Derbyshire, England.
Died: 1958, (age 24) Sarosota, FL
Height: 7 ft 8 1/2 in
Died of an undisclosed illness.



Photo outside Shorty's Pub.

Sultan Kosan, age 34, 8 ft 1 in, Jyoti Amge, age 24, 2 ft 0.7 in, WILL SOMEBODY PLEASE GET HER A DRINK?

The Wisdom of the Rooms

12 Months of Reflections for People in Recovery

May 8, 2023

Quote of the Week

"There are only two times when you should go to a meeting: when you feel like going, and when you don't feel like going."

It is hard living with a disease that tells me I don't have it. When I'm in between meetings and life is busy, it's easy for me to think of going to a meeting as an imposition. *I'm fine. I don't want to drink, haven't in years, and I'm too busy for a meeting!* That kind of thinking can get me into big trouble, and if I listen to it, I can grow irritable, restless, and discontented. And that can put me in real danger.

One of the most valuable lessons I've learned in the program is to take contrary action to what my head is telling me. In fact, I've learned that when my head is telling me I don't need a meeting, it actually means that I *really* need one. Thankfully, I learned in early recovery to take that contrary action, and when I follow it and go to a meeting, without exception, I always feel better.

I've heard that the only thing an alcoholic does in moderation is work the Steps. Because this disease is cunning, baffling, and powerful, and constantly tells me not to do something that will make me feel better, I have to remain vigilant and ready. This is why I just take the right actions regardless of what my head is saying. So, for me, there are two times when I should go to a meeting: when I feel like it and when I don't.

TO GO OR NOT TO GO?
THAT IS THE QUESTION

It's never too late to
do the right thing.

Time goes on. So whatever
you're going to do, do it.
Do it now. Don't wait.

Don't look
BACK.
you're NOT
GOING
that way

Go RIGHT
this way.



What happens to us when the picture in our head is how we want life to be but it is different than reality?

"He's still ambitious, but not absurdly so, because he can now see and accept actual reality."

Twelve Steps and Twelve Traditions,
STEP 12, p. 122.

MAY 20

ONE DAY AT A TIME

Above all, take it one day at a time.

AS BILL SEES IT, p. 11

Why do I kid myself that I must stay away from a drink for only one day, when I know perfectly well I must never drink again as long as I live? I am not kidding myself because one day at a time is probably the only way I can reach the long-range objective of staying sober.

If I determine that I shall never drink again as long as I live, I set myself up. How can I be sure I won't drink when I have no idea what the future may hold?

On a day-at-a-time basis, I am confident I can stay away from a drink for one day. So I set out with confidence. At the end of the day, I have the reward of achievement. Achievement feels good and that makes me want more!

Daily Reflections, p. 144,
Reprinted with A.A.W.S. permission.

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▲Do It Our Way?

In praying, our immediate temptation will be to ask for specific solutions to specific problems, and for the ability to help other people as we have already thought they should be helped. In that case, we are asking God to do it our way. Therefore, we ought to consider each request carefully to see what its real merit is.

Even so, when making specific requests, it will be well to add to each one of them this qualification: "... if it be Thy will."

TWELVE AND TWELVE, P. 102

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▲To Grow Up

Those adolescent urges that so many of us have for complete approval, utter security, and perfect romance – urges quite appropriate to age seventeen -- prove to be an impossible way of life at forty-seven or fifty-seven.

Since A.A. began, I've taken huge wallops in all these areas because of my failure to grow up, emotionally and spiritually.

<< << << >> >> >>

As we grow spiritually, we find that our old attitudes toward our instinctual drives need to undergo drastic revisions. Our demands for emotional security and wealth, for personal prestige and power all have to be tempered and redirected.

We learn that the full satisfaction of these demands cannot be the sole end and aim of our lives. We cannot place the cart before the horse, or we shall be pulled backward into disillusionment. But when we are willing to place spiritual growth first -- then and only then do we have a real chance to grow in healthy awareness and mature love.

1. *GRAPEVINE, JANUARY 1958*

2. *TWELVE AND TWELVE, P. 114*

AS BILL SEES IT, p. 133.. Reprinted with A.A.W.S. permission.

“Nor do we enter into debate with the many who still so passionately cling to the belief that to satisfy our basic natural desires is the main object of life.”

(Twelve Steps and Twelve Traditions, STEP SEVEN, p.71). Reprinted with A.A.W.S. permission.

With each passing day of our lives, may every one of us sense more deeply the inner meaning of A.A.'s simple prayer:

The Serenity Prayer is usually recited at the end of each AA meeting. The purpose of the prayer is to serve as a daily reflection on the association between inner peace and freedom from unchangeables.

Serenity may require a minute-by-minute basis of acceptance. (From: www.alcoholicsanonymous.com).

Dear A.A. Friends,

Warm greetings from the General Service Office!

With this year's General Service Conference behind us, the office is now full steam ahead implementing the group conscience of the Fellowship. Our Conference is the very best expression of our Second Tradition. I have personally heard from delegates after Conference who consistently expressed gratitude for the opportunity, time, and space to express themselves fully at Conference.

Last month, the chairs of the General Service Board, AAWS, and Grapevine (Mike, Cathi, and Paz) visited the office. It was a tremendous expression of support as they participated in a very productive and informative sharing session during a special GSO Staff meeting. Chris C. and Janet Bryan from the AA Grapevine joined us as well. We shared openly about the challenging workload of trustees, directors, and employees of both offices and the timelines and deadlines necessary for proper completion of translation. There are a significant number of trustee sub/ad-hoc committees and working groups that require support of office staff and timely translation of documents. It's vital that each committee establishes reasonable timelines to complete its work, so that the appropriate amount of time is allotted for translation and delivery. This requires good communication and an understanding of expectations by all. I'm very grateful to the board chairs for their willingness to participate in these discussions and seek solutions that allow us all to work effectively in a principled manner.

This visit and the discussion we shared is one of the very best expressions of support for the office. It's also a great example of unity between the office and the boards. Like many of you, I enjoy starting my day reading the Grapevine Daily Quote. The following quote really resonated with me while reflecting on this visit:

“The unity of our Fellowship, the love we cherish for each other, the esteem in which the world holds us — all of these are products of such integrity, as under God, we have been privileged to achieve. May we therefore quicken our search for still more genuine honor, and deepen its practice in all our affairs.”

Love for each other, integrity, genuine honor — practiced in all our affairs. This visit was a powerful example of unity in action. We look forward to building on this fruitful sharing session.

As always, please know we are here to serve the Fellowship, and we are grateful for your support and the trust you place in us and each other.

With gratitude for all you do for A.A.,

Bob W.
General Manager, GSO



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

Contacts: Randy 810-577-1602

2606 Maplewood Ave

Flint, MI 48506

Email jpeg with logo to mjleach2290@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>_____</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

Camp for weekend/night

Bring your canoe/kayak/boat

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

silent auction

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



Emerick Park

★★★★★ Location (9) - Park

Directions

Nearby

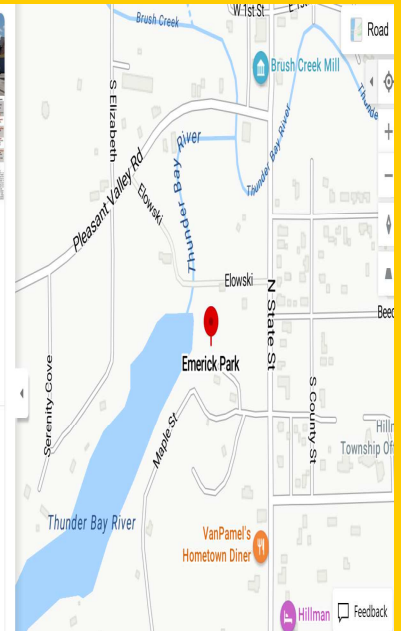
351 N State St, Hillman, MI 49746

(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

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 sober 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 camp in a group able 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@pmi.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 brew 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, drink, 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)

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 \$6.00 2 hr Trip

We leave at Noon on Saturday
 (Check for any changes before 10 am on Friday)

One night stay deposit required as is the full water transportation rental fee. Space is limited so get your reservation early. Again, this year we have blanket 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.

Everyone MUST check in at the office at time of arrival except ones between the hours of 11pm and 6 am. The campground requires you fill their year part of the Hartland Group and give them your name and cell info. (We encourage car pooling)

Due to the increases interest this year reservations are required. Please make reservation by July 1st. Email the your name and phone number to Paul Page at paulpage@live.com. For Questions send me your Name and AA Camping Questions at 810-923-5645 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.

