



| LIFE PRINCIPLES | | |
|-----------------|----------------------|--------|
| HEALTH | WEALTH | LOVE |
| FITNESS | FAMILY | CAREER |
| SPIRITUAL | PERSONAL DEVELOPMENT | HOME |

Just as life has different categories and phases, so also do the 12 Steps of A.A. These Steps are called Principles; guides (Virtues) so that we may "fit ourselves to be of maximum service to God and the people about us."¹

| STEP PRINCIPLES | | |
|--------------------------|---------------|----------------|
| 1. HONESTY | 2. HOPE | 3. FAITH |
| 4. COURAGE | 5. INTEGRITY | 6. WILLINGNESS |
| 7. HUMILITY | 8. LOVE | 9. DISCIPLINE |
| 10. PATIENCE/PERSISTENCE | 11. AWARENESS | 12. SERVICE |

“The Steps can be set into categories where the work done and the results are similar.

- Step No. 1 – The admission.
- Steps No 2, 3 and 5 – The Spiritual Phase.
- Steps No. 6, 7 and 11 – 2nd Spiritual Stage.
- Steps No. 4, 8, 9, and 10 – The Inventory and restitution.
- Step No. 12 – The active work.”²

The 12 Traditions – So that A.A. may survive.

“The Twelve Traditions

“Are the guidelines that A.A. groups are encouraged to follow. As A.A. began to grow, everywhere there arose threatening questions of membership, money, personal relations, public relations, management of groups, clubs, and scores of other perplexities.

It was out of this vast welter of explosive experience that A.A.’s Twelve Traditions took form and were first published in 1946 and later confirmed at A.A.’s First International Convention, held at Cleveland in 1950.”³

¹ Alcoholics Anonymous, 4th ED, INTO ACTION, p. 77.

² Adapted from: “Alcoholics Anonymous - An Interpretation of our Twelve Steps,” pamphlet; published in September 1944 by the Washington, D.C. Group.

³ Alcoholics Anonymous, Cleveland.

⁴ <https://www.aacle.org/twelve-spiritual-principles/>

“SPIRITUAL PRINCIPLES (VIRTUES) OF THE 12 STEPS OF ALCOHOLICS ANONYMOUS

1. HONESTY – Fairness and straight forwardness of conduct; adherence to the facts.
2. HOPE – To expect with desire; something on which hopes are centered.
3. FAITH – Complete confidence; belief and trust.
4. COURAGE – Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.
5. INTEGRITY – The quality or state of being complete or undivided; soundness.
6. WILLINGNESS – Prompt to act or respond; accepted and done of choice or without reluctance.
7. HUMILITY – Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.
8. LOVE – Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.
9. DISCIPLINE – Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction.
10. PATIENCE/PERSISTENCE – Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.
11. AWARENESS – Alive and alert; vigilance in observing.
12. SERVICE – A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.”⁴

STEP 10

“Continue to take personal inventory and when we were wrong promptly admitted it.”⁵

TRADITION 10

“Alcoholics Anonymous has no opinion on outside issues: hence the A.A. name ought never be drawn into public controversy.”⁶ (Short Form).

“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues-particularly those of politics, alcohol reform, or sectarian religion, The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.”⁷ (Long Form).

CONCEPT 10

“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.”⁸ (Short Form).

“Every service responsibility should be matched by an equal service authority-the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.”⁹ (Long Form).

The common truth behind the Tenth Step, Tradition, and Concept has similarities. Each of these have need of an inventory and to practice honesty.

- The Tenth Step is a personal inventory.
- The Tenth Tradition has the group inventorying its expressed views to remain in compliance with assuring they oppose no one, or express opinions on outside issues.
- The Tenth Concept has service responsibility under guidance of a service authority inventorying actions to be, or already taken.
- The Tenth Step has a Higher Power as a moral guide to the inventory.
- The Tenth Tradition has an Ultimate Authority, God, guiding the group conscience.
- The Tenth Concept uses the same Ultimate Authority in following guidelines set forth in the Traditions. “...it is natural and even imperative that our service concepts be based on the system of ‘checks and balances’.”¹⁰



“Concerning such matters they can express no views whatever.”⁷ *ibid*

“Quite rightly, each new generation of A.A. world servants will be eager to make operational improvements.”¹¹

“Yet we should always realize that change does not necessarily spell progress.”¹¹ *ibid*

⁵ Alcoholics Anonymous, 4th ED, HOW IT WORKS, p. 59.

⁶ Alcoholics Anonymous, 4th ED, APPENDIX I, THE A.A. TRADITION, P. 562.

⁷ Alcoholics Anonymous, 4th ED, APPENDIX I, THE A.A. TRADITION, P. 565.

⁸ The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 ED, p. IV.

⁹ The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 ED, p.C33.

¹⁰ The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 ED, p.C2.

¹¹ The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 ED, p.C1.

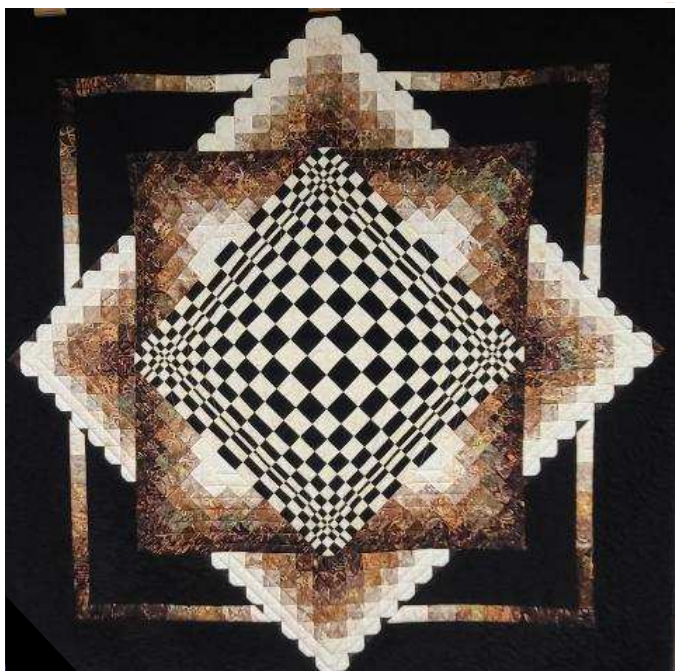
FLINT AREA UNITY COUNCIL AIMS AND PURPOSES

- 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.”

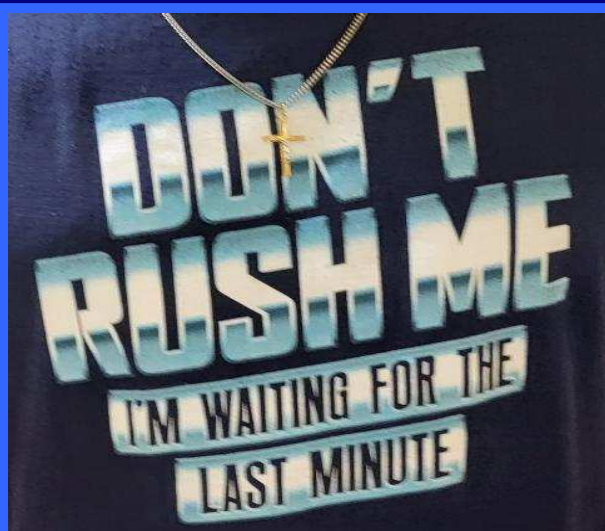
From “THE A.A. SERVICE MANUAL combined with TWELVE CONCEPTS FOR WORLD SERVICE” 2021- 2023 by Bill W. page 64, reprinted by permission of A.A.W.S. Please read paragraph seven on page 64 to understand this change.



I am the main piece of the puzzle I built of my life. It got warped from my lifestyle changes through the years. I had to be removed, changed, and have to give other pieces time to fit the now new me piece. Only then can the warp in my life be a part of the others there.

“We want to find exactly how, when, and where our natural desires have warped us.”

Twelve Steps and Twelve Traditions, STEP FOUR, p. 43.



“Provided you hold back nothing, your sense of relief will mount from minute to minute.”

Twelve Steps and Twelve Traditions, STEP FIVE, p. 62.

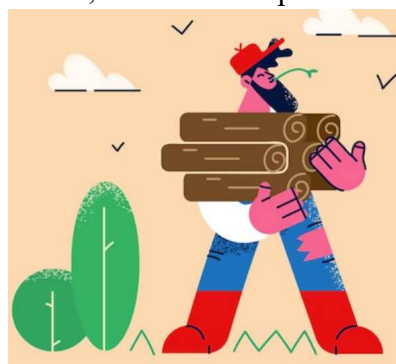


NO GLUM LOT HERE



Finding Work

Ole and Sven are looking for work. They go to the employment agency to see what there is to do. Ole went in first, and says he's a wood chopper. He comes out and tells Sven they might as well move along, because there is no work here. Sven says we already came here, what's the harm in having a look? He went in, and when they asked what he does, he says Pilot. He comes out the door, and tells Ole he got a job! Ole was furious, so he goes back in to see why they didn't hire him first. They told him there is plenty of work for Pilots, but just not wood choppers. Ole got a funny look on his face, and asked, "How can he pilot if I haven't chopped yet!!!?"



Ned & Jed

Hey'ya Jed, what do ya think about the new Trustees and the changes they made?

They are good fella's but I need to hear what others have to say.

That's good. Investigate the inventory of works.



If things don't work out, we can revert to the old way. Says so in the Choppers Service Manual, page C1, last sentence of paragraph three.

Why aren't you a new Trustee? You sure know those books inside and out, been on committees, lead the Chopper's Workshops sometimes, reach out to other



Chopper localities. You would be a cinch. Well, you might say that it's because I feel the best possible people have squared up with their axe in hand to fell these problems facing the Choppers. To me, my modesty might taint or suppress other's words of advice and action. Can't have that fella. But you do know when you yell timber everybody hears it. We all listen for you.

And I'm there for the Choppers; for me first you see. When stumped, they can ask for my help.

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 September 2023 Newsletter went to 234 emails, August had 75 Website Hits = 309 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: 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.

Hear Ye, Hear Ye!!!

Group NEWS

The F.A.U.C. meets October 21, 2023 at 11:30 AM for Committee Meetings, 12:30 PM for General Assembly St. Mary's School, 2600 N. Franklin, Flint, Women in A.A.

* CMIA32: October 1, 2023 at the Eagle's Nest Gym, 7070 E. Broadway Rd, Mt Pleasant MI 48858.

* October 21: FLYPAA AT Alano House

* October 22: Bristolwood Reunion Meeting.

* Oct 20- 22: Mackinaw Island Fall Weekend.

* F.A.U.C. Literature price lists, pp. 13, 14.

- 1) Fenton Alano 5 PM meeting has a dinner before meetings on 2nd & 4th Sundays May 1st to Oct. 1st.
 - 2) The New Years Eve Dinner/Dance is 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.

* = 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.

- Sun 1 6:00 pm, Torrey Rd. Group, Arid Club.
- Thu 5 7:00 pm, Van Slyke.
- Fri 6 12 noon, Eye Opener, Arid Club.
- Sat 7 7:30 pm, East Side St. Mary's.
- Sun 8 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 14 7:30 pm, East Side St. Mary's.
- Sun 15 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 21 7:30 pm, East Side St. Mary's.
- Sun 22 6:00 pm, Torrey Rd. Group, Arid Club.
- Thu 26 7:30 pm, Swartz Creek Group, St. Bartholomew.
- Sat 28 7:00 pm, Thetford
- Sat 28 7:30 pm, East Side St. Mary's.
- Mon 31 7:00 pm, Montrose HOPE.

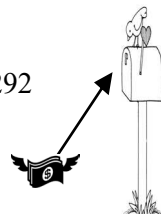
If your meeting opened for attendance with an Open Speaker, please contact farfromittoday@aol.com to list it.

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.**



SANGUINE vs. SERENITY

Sanguine – san-guine

An adjective meaning:

- 1) confidently optimistic and cheerful.
- 2) Inclined to a reddish color often associated with outdoor life.

First known use, 14th century, from Middle English – sanguine, from Old French – sanguine, from Latin – sanguineus.

Ex: If you're sanguine about a situation, that means you're optimistic that everything's going to work out fine.

Serenity - se-ren-i-ty

A noun meaning:

- 1) the state of being calm, peaceful, and untroubled.

Ex: An oasis of serenity amidst the bustling city.

First known use, early 16th century. (1530s) to describe weather. Since the late 16th century (1590s) to describe people¹². The word serenity comes from the French sérénité, which comes from the Latin serenitatem, which is the nominative form of the Latin serenitas, which means clearness¹². The name Serenity has Latin roots and comes from the word serenitas, which means “calmness” or “peace”³. It was first used as a given name in the 17th century and gained popularity in the United States in the 20th century³.

An interesting comparison of these words we come across to describe emotional or spiritual states we may be in shows similarity in growth and well being.

. If one is sanguine about the forthcoming day, they have no worries, no anxiety, and no stress in mind. It is clear sailing ahead.

If one has serenity about the forthcoming day, they have no worries, no anxiety, and no stress in mind. It is clear sailing ahead.

An adjective and a noun producing the same results on us is rare. “Rarely have we seen a person fail who has thoroughly followed our path.”^I

We are bound to have sanguine serenity when we do indeed have “... a daily reprieve contingent on the maintenance of our spiritual condition.”^{II} If our spiritual condition is fit to be “... of maximum service to God and the people about us.”^{III}

We can be grateful for this, “We will comprehend the word serenity and we will know peace.”^{IV} Not often is it we find a descriptive word that Bill W. did not use. Sanguine happens to be one. Is it because it is such a close cousin of serenity? (Liquor close cousins? “Scotch, bourbon and whisky all fall under the umbrella of whiskey.”)^V



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

^{II} Alcoholic Anonymous, 4th ED, INTO ACTION, p. 85.

^{III} Alcoholic Anonymous, 4th ED, INTO ACTION, p. 77.

^{IV} Alcoholic Anonymous, 4th ED, INTO ACTION, pp. 83-84.

^V <https://www.marketviewliquor.com/blog/what-are-the-different-types-of-liquor/>

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.



I can not shop at The Bulk Supplies Store anymore. Yesterday I was there buying a large bag of WONDER Dog Chow for my loyal pet, Necco, who I call the Wonder Dog, weighing in at 183 lbs.



I was in the check-out line when a woman behind me asked, "Do you have a big dog?" What did she think, I had an elephant? So because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog,

"I was starting the Purina Diet again."

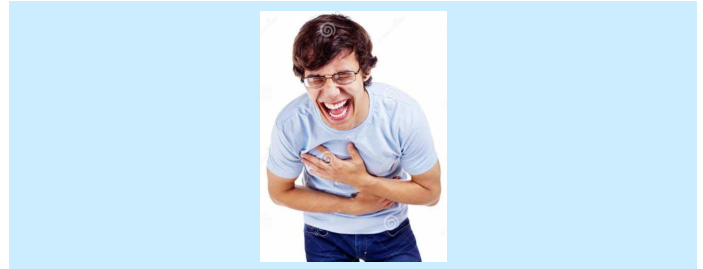
Tasty & Nutritious Dog Food Diet
<https://eatlikeabigdawg.com/quality/diet-food>

I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in intensive care with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a Perfect Diet and that the way that it works is, to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again.

(I have to mention here that practically everyone in line was now enthralled with my story.) Horrified, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, I stopped to Pee on a Fire Hydrant and a car hit me.

I thought the guy behind her was going to have a heart attack he was laughing so hard.



Costco won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the World to think of crazy things to say.

(This is the editor's adaptation of a funny story. WONDER Dog Chow in no way, shape, or big or little dog, endorses the facsimile or purported facts and opinions in this story of hilarity, gullibility, and imagination.)



The Wisdom of the Rooms

12 Months of Reflections for People in Recovery

September 11, 2023

Quote of the Week

"Don't ruin an apology with an excuse."

I used to be full of excuses: "I didn't do this because. . . . I acted this way because she did. . . . He deserved it, so I gave it to him." On the rare occasion when I was cornered and couldn't justify my behavior, I'd make an apology, but I'd always qualify it with an excuse or, at the very least, a justified reason. The bottom line was that I could always place the blame outside of myself.

As I worked through the Twelve Steps of the program, I discovered a fourth column in the Fourth Step called "my part." While I at first resented having to look at my side of the street, I found that this column soon made up my Eighth Step list of amends. This column also made it clear what the proper definition of an apology was supposed to look like during my Ninth Step.

My sponsor told me that we don't make apologies any longer, we make amends. And knowing this made the direction clear. Rather than revert back to old behavior and try to hide behind excuses and reasons, I was instead to focus strictly on my part, ask if there were any other wrongs I was unaware of, and then ask what I could do to make things better. "You've done enough damage," I can still hear my sponsor tell me. "Whatever you do, don't ruin your amends with a bunch of excuses."

"We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing." Alcoholics Anonymous, 4th ED, HOW IT WORKS, p. 69.

"After taking this preliminary trial at making amends, we may enjoy such a sense of relief that we conclude our task is finished." Twelve Steps and Twelve Traditions, STEP NINE, p.85.

"We will often manufacture plausible excuses for dodging these issues entirely."

Twelve Steps and Twelve Traditions, STEP NINE, p.85.

"Sometimes these excuses have a certain plausibility, but none of them really makes sense in the light of the havoc an alcoholic's drinking bout creates."

Alcoholics Anonymous, 4th ED, THERE IS A SOLUTION, p. 23.

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

▲ True Ambition -- and False

We have had a much keener look at ourselves and those about us. We have seen that we were prodded by unreasonable fears or anxieties into making a life business of winning fame, money, and what we thought was leadership. So false pride became the reverse side of that ruinous coin marked "Fear." We simply had to be Number One people to cover up our deep-lying inferiorities.

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

True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God.

TWELVE AND TWELVE

1. P. 123

2. PP. 124-125

As Bill Sees It, p. 26.

▲ Dear Friends:

Since 1938, the greatest part of my A.A. life has been spent in helping to create, design, manage, and insure the solvency and effectiveness of A.A.'s world services -- the office of which has enabled our Fellowship to function all over the globe, and as a unified whole.

It is no exaggeration to say that, under their trustees, these all important services have accounted for much of our present size and over-all effectiveness.

The A.A. General Service Office is by far the largest single carrier of the A.A. message. It has well related A.A. to the troubled world in which we live. It has fostered the spread of our Fellowship everywhere. A.A. World Services, Inc., stands ready to serve the special needs of any group or isolated individual, no matter the distance or language. Its many years of accumulated experience are available to us all.

The members of our trusteeship -- the General Service Board of A.A. -- will, in the future, be our primary leaders in all of our world affairs. This high responsibility has long since been delegated to them; they are the successors in world service to Dr. Bob and to me, and they are directly accountable to A.A. as a whole.

This is the legacy of world-service responsibility that we vanishing old timers are leaving to you, the A.A.'s of today and tomorrow. We know that you will guard, support, and cherish this world legacy as the greatest collective responsibility that A.A. has or ever can have.

Yours in trust, and in affection,

Bill W. died on January 24, 1971.

As Bill Sees It, pp. 134-135.

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

In the Twelve Steps and Twelve Traditions, STEP TEN, p. 89, **four suggestions** are given for when we should "Continue to take personal inventory and when we were promptly admitted it."

Although all inventories are alike in principle, the time factor does distinguish one from another. There's **the spot-check** inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at **day's end**, when we review the happenings of the hours just past. Here we cast up a balance sheet, crediting ourselves with things well done, and chalking up debits where due. Then there are those occasions when alone, or in the company of our sponsor or spiritual adviser, we make a careful **review of our progress since the last time**. Many A.A.'s go in for annual or semiannual **housecleanings**. Many of us also like the experience of an **occasional retreat** from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation.

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



Heard it **'Round the Rooms!**



I was in the U.S. Navy and on an Air Force plane being flown to a new assignment. Getting off the plane, the new Commanding Officer was there to greet all his new assignees. A personnel inspection was his first order of business.

The C.O. asked me, "Seaman, where is your piece?" I reached to my side holster and pulled out a 1/2 Pint bottle.

"Son," he said, "I want you to start attending Alcoholics Anonymous," as I weaved in front of him unsteadily on my feet.

So my introduction to A.A. was because I was going to kill myself before I could defend myself.



U.S. NAVY ANTHEM

**Anchors Aweigh,
my boys.
Anchors Aweigh.
Farewell to college joys,
we sail at break of
day-ay-ay-ay.
Through our last
night on shore,**

U.S. AIR FORCE ANTHEM

**Off we go into the
wild blue yonder,
Climbing high into the sun;
Here they come zooming
to meet our thunder.
At 'em, boys,
Give 'er the gun!
(Give 'er the gun now!)**



**TWO COMMON A.A. SAYINGS QUOTED IN MEETINGS:
YOU CAN'T GIVE AWAY THAT WHICH YOU DON'T HAVE.
YOU HAVE TO KEEP IT TO GIVE IT AWAY. (A PARADOX OF FORGIVENESS).**

**" - that where there is doubt, I may bring faith - " 1
"Its author was a man who for several hundred years now has been rated as a saint." 11
1. 11 Twelve Steps and Twelve Traditions, STEP ELEVEN, p.99.**

"For unto whomsoever much is given, of him shall be much required..."

Matthew 13:12

The Twelfth Step Principle, SERVICE.

The Devil is doing pushups waiting for me.

You have to receive forgiveness to feel the pain you've caused others.



**If I ain't prayin',
I ain't stayin'.**

**About the prayer in
Step 11 in the 12 X 12
(p. 99, para 3).**

**This prayer makes
me feel that I need
to change to be the
the opposite of what
I either was or still
am in some cases.**



THE SPIRITUAL PRINCIPLES OF THE 12 TRADITIONS

The Twelve Traditions are often referred to as, "Why it works." They ensure the continuance of A.A. as a whole, by providing guidelines for groups to evaluate their activities and actions. In a practical vein they are, individually and collectively, humility builders for the group; they ask that the group consider its conduct from a broader perspective and, when necessary, give up something for the overall good of A.A.

The Traditions also contain spiritual principles. These principles, when applied in our lives, complement the Steps as a guide to personal recovery. Here, taken from Twelve Steps and Twelve Traditions, (with minor editorial modification) are the spiritual principles of the Traditions that I strive to apply in my daily life:

1. The A.A. member conforms to the principles of recovery; at first because he must, later because he discovers a way of life he really wants to live. (Unity)
2. When we come to understand the wisdom of the group decision and the necessity of patiently awaiting developments, the real and permanent leadership of A.A. can offer the quiet opinion, the sure knowledge and humble example that resolve a crisis, leading by example, rather than driving by mandate. (Group Conscience)
3. When confronted by the fear that is the true basis of intolerance, we need only ask, "What would the Master do?" (Membership)
4. Eventually, we must conform to whatever tested principles guarantee survival. Sobriety must be our sole objective. In all other respects there is perfect freedom of will and action. We have the right to be wrong, but we no longer have the right to harm others. (Autonomy)
5. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. (Primary Purpose)
6. We are all perfectionists who, failing perfection, have gone to the other extreme. We can not be all things to all men, nor should we try. (Non-Affiliation)
7. We, too, should be self-supporting through our own contributions. Not only is it a responsibility of sobriety, it is essential to our self-esteem. (Self-Supporting)
8. We give freely what has been given freely to us. (Non-Professional)
9. Unless each A.A. member follows to the best of his ability our suggested Twelve Steps to recovery, he almost certainly signs his death warrant. His drunkenness and dissolution are not penalties inflicted by people in authority; they result from his personal disobedience to spiritual principles. (Spirit of Service)
10. We should not back away from our individual responsibility to act as we believe upon the issues of our time, yet self-righteousness should not cause us to enforce our will on others. (Outside Issues)
11. Personal ambition has no place in A.A. There is never need to praise ourselves. (Attraction Rather Than Promotion)
12. The spiritual substance of anonymity is sacrifice. We try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have. (Principles Before Personalities)

The spiritual principles of the traditions teach us that, "we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all."

Jack D. (The Home Group)

(Article continued on p. 10).

Living the Traditions
They work for individuals as well as for groups
AA Grapevine, March 1982

In our book AA Comes of Age, Bill W. says: "Our Traditions are a guide to better ways of working and living, and they are also an antidote for our various maladies. The Twelve Traditions are to group survival and harmony what AA's Twelve Steps are to each member's sobriety and peace of mind . . . But the Twelve Traditions also point straight at many of our individual defects. By implication they ask each of us to lay aside pride and resentment. They ask for personal as well as group sacrifice . . . The Traditions guarantee the equality of all members . . . They show how we may best relate ourselves to each other and to the world outside."

For some of us, the Traditions have been in reality an extension of the Twelve Steps. In trying to understand the last part of the Twelfth Step--"practice these principles in all our affairs"--I know I found it helpful to use the Twelve Traditions as a guideline. Here are some of the ways each Tradition affected me personally:

Tradition 1: It didn't take long for me to realize that without other AA members, my group, and AA as a whole, I would probably find it difficult to stay sober. Even though I was sometimes in hearty disagreement, I learned that I must be willing to yield--first to my sponsor, then to our group conscience, finally to the principles of AA as a whole. I tried to learn how to "disagree without being disagreeable."

Tradition 2: As I kept coming back, I began to believe that the Higher Power was speaking through the members of my home group. It was the beginning of faith in the group conscience, belief that it might represent God's will for me today. The concept of AA leaders who are "but trusted servants" calmed my rebellious nature and guided me toward trust in other people and peace of mind.

Tradition 3: When I first arrived at the doors of AA, I had little or no feeling of self-worth. I was filled with guilt over my "sins of commission and omission." How comforting to know that I was welcome as a member in spite of my imagined or actual faults--no questions asked! I felt the urge to earn the friendship of those wonderful people around the tables. So I began the long journey back to self-respect, to productivity, and to rejoining society as a whole--just because of Tradition Three.

Tradition 4: For too long, I thought I was autonomous in my own right; this is also called being self-centered or selfish, with "self-will run riot." This Tradition helped me understand that I could not take any actions harmful to others without dire consequences to myself. I learned that nothing was really good unless other people also were considered.

Tradition 5: This Tradition, I realized, delineated pretty clearly my own primary purpose, as well as the group's. I was told that I could not keep my sobriety unless I gave it away. Each of us is but a small

part of the whole, but by joining AA's primary purpose to our own, we become something bigger than our individual selves.

Tradition 6: In this Tradition, I began to learn the importance of singleness of purpose, both in AA and in my private life. I came to understand the difference between that which helps and that which hinders. By keeping my AA program simple, I underscored my own way to "Live and Let Live."

Tradition 7: Self-support lent me a sense of freedom of thought and of action. As an AA member, I knew, I was not bound by what other people thought. That helped me to open up my mind and start to think for myself--for the first time in a long time. AA gave me proof that money and spirituality can mix.

Tradition 8 & 9: When I began AA service work, these Traditions Eight and Nine told me I was simply one of many trusted servants, for whom special training or talent was unimportant. The fact that this Society was nonprofessional was reassuring. Titles and degrees became trivial. I felt a new sense of responsibility to myself and to others. It made me aware of pride and ambition as defects, so I could commence to learn my true identity before God.

Tradition 10: Here, I began to understand that as an AA member, I owed certain disciplines, obligations, and responsibilities to AA as a whole. I could speak out as an individual on any matter with which I was concerned; but as an AA member, I had to operate within certain limits, try to "engage the mind before opening the mouth."

Tradition 11: "Walk like you talk," I heard. If I could do that, I knew there would be a sufficient difference in my way of living and thinking to be noticeable by example, and there should be no necessity for me to blow my own horn. I didn't need to break my arm by patting myself on the back for staying sober, either (millions of people have been doing that for centuries). Tradition Eleven reminded me not to take personal credit for anything that I might do; ego and personal ambition have no place in AA life.

Tradition 12: When I listened to others, this Tradition told me, the important thing was the principle expressed, not the person expressing it. If I could go a step further and learn to place AA principles before my own personality, I could travel a long way on my journey of spiritual progress. Public anonymity was essential to such development--that was clear. But I also had to learn that I should not seek praise within the Fellowship. A simple job well done speaks for itself.

Using the Traditions as guides to spiritual progress, we begin to know that "God is doing for us what we could not do for ourselves," and the sense of humility is enhanced. So, although the Twelve Traditions are designed to further group survival and harmony (and those are most important!), a closer examination shows that another ultimate objective is the welfare of the individual AA member--truly an extension of the Twelve Steps to recovery.

D.K.
Oakland CA

Flint Area Unity Council Literature Order Form

RECEIPT #

| A.A. Literature Pamphlets | | | | | | | | | | | | | COINS | | | | |
|--|--------|------------|------|--------|------|------------|------|--------|------|------------|------|--------|-------|------------|------|--------|-------|
| A.A. Literature/Supplies | A.A. # | Price each | QTY. | Net \$ | Type | Price each | Qty. | Net \$ | Type | Price each | Qty. | Net \$ | Type | Price each | Qty. | Net \$ | |
| Meeting Books | MB | 0.70 | | | 24 H | 0.75 | | | 11 Y | 2.00 | | | 36 Y | 2.00 | | | |
| This is A.A. | P-01 | 0.30 | | | 1 M | 0.75 | | | 12 Y | 2.00 | | | 37 Y | 2.00 | | | |
| 44 Questions | P-02 | 0.35 | | | 2 M | 0.75 | | | 13 Y | 2.00 | | | 38 Y | 2.00 | | | |
| Is AA for you | P-03 | 0.15 | | | 3 M | 0.75 | | | 14 Y | 2.00 | | | 39 Y | 2.00 | | | |
| Young People & AA | P-04 | 0.40 | | | 4 M | 0.75 | | | 15 Y | 2.00 | | | 40 Y | 2.00 | | | |
| Women in A.A. | P-05 | 0.35 | | | 5 M | 0.75 | | | 16 Y | 2.00 | | | 41 Y | 2.00 | | | |
| Memo To an Inmate who may be Alcoholic | P-09 | 0.25 | | | 6 M | 0.75 | | | 17 Y | 2.00 | | | 42 Y | 2.00 | | | |
| How it Works | P-10 | 0.25 | | | 7 M | 0.75 | | | 18 Y | 2.00 | | | 43 Y | 2.00 | | | |
| The AA Member -Meds & Other Drugs | P-11 | 0.30 | | | 8 M | 0.75 | | | 19 Y | 2.00 | | | 44 Y | 2.00 | | | |
| The Jack Alexander Article about AA | P-12 | 0.30 | | | 9 M | 0.75 | | | 20 Y | 2.00 | | | 45 Y | 2.00 | | | |
| Question & Answers on Sponsorship | P-15 | 0.30 | | | 10 M | 0.75 | | | 21 Y | 2.00 | | | 46 Y | 2.00 | | | |
| The AA Group - Where it all begins | P-16 | 0.50 | | | 11 M | 0.75 | | | 22 Y | 2.00 | | | 47 Y | 2.00 | | | |
| Inside AA | P-18 | 0.10 | | | 18 M | 2.00 | | | 23 Y | 2.00 | | | 48 Y | 2.00 | | | |
| G.S.R. | P-19 | 0.10 | | | | | | | 24 Y | 2.00 | | | 49 Y | 2.00 | | | |
| AA for the Native American | P-21 | 0.45 | | | 1 Y | 2.00 | | | 25 Y | 2.00 | | | 50 Y | 2.00 | | | |
| A Newcomer Asks | P-24 | 0.15 | | | 2 Y | 2.00 | | | 26 Y | 2.00 | | | 51 Y | 2.00 | | | |
| Is There an Alcoholic In Your Life | P-30 | 0.30 | | | 3 Y | 2.00 | | | 27 Y | 2.00 | | | 52 Y | 2.00 | | | |
| Alcoholics Anonymous in your Community | P-31 | 0.20 | | | 4 Y | 2.00 | | | 28 Y | 2.00 | | | 53 Y | 2.00 | | | |
| AA and the Gay/Lesbian Alcoholic | P-32 | 0.45 | | | 5 Y | 2.00 | | | 29 Y | 2.00 | | | 54 Y | 2.00 | | | |
| It Sure Beats Sitting In a Cell | P-33 | 0.30 | | | 6 Y | 2.00 | | | 30 Y | 2.00 | | | 55 Y | 2.00 | | | |
| Problems Other Than alcohol | P-35 | 0.20 | | | 7 Y | 2.00 | | | 31 Y | 2.00 | | | 56 Y | 2.00 | | | |
| Too Young? | P-37 | 0.30 | | | 8 Y | 2.00 | | | 32 Y | 2.00 | | | 57 Y | 2.00 | | | |
| The Twelve Traditions Illustrated | P-43 | 0.50 | | | 9 Y | 2.00 | | | 33 Y | 2.00 | | | 58 Y | 2.00 | | | |
| A Brief Guide to Alcoholics Anonymous | P-42 | 0.35 | | | 10 Y | 2.00 | | | 34 Y | 2.00 | | | 59 Y | 2.00 | | | |
| Understanding Anonymity | P-47 | 0.30 | | | | | | | 35 Y | 2.00 | | | 60 Y | 2.00 | | | |
| The Twelve Steps Illustrated | P-55 | 0.35 | | | | | | | | | | | | | | | |
| | | | | | | | | | | NET 2 | | | | | | NET 3 | |
| | | | | | | | | | | | | | | | | | NET 4 |

| Contact Information | |
|---------------------|--|
| Date | |
| Group Name | |
| Contact Person | |
| Telephone # | |
| TAX ON NET | |
| TOTAL = NET + TAX | |

Please make checks payable to:
"Pass The Hat Association, Inc."
 Flint Area Unity Council
 Literature Order Form
 Please Call or Text:
James P. 313-613-3703

If using Page 2 only:

FLINT AREA UNITY COUNCIL

RECEIPT #

| |
|--|
| |
|--|

| A.A. Literature/Supplies | A.A. # | Description | Price each | Quantity Ordered | Total Order \$ |
|------------------------------|--------|--|------------|------------------|----------------|
| Alcoholic Anonymous Big Book | B-01 | Hard Cover | \$12.00 | | |
| Alcoholic Anonymous Big Book | B-16 | Soft Cover/Large Print | \$12.00 | | |
| Alcoholic Anonymous Big Book | B-30 | Soft Cover | \$11.00 | | |
| Alcoholic Anonymous Big Book | B-35 | Pocket Soft Cover | \$6.00 | | |
| Alcoholic Anonymous (1st ed) | B-00 | Hard Cover | \$12.00 | | |
| Alcoholic Anonymous Big Book | B-24 | Abridged soft cover | \$6.00 | | |
| 12 Steps and 12 Traditions | B-02 | Hard Cover | \$11.00 | | |
| 12 Steps and 12 Traditions | B-14 | Soft Cover/Large Print | \$11.00 | | |
| 12 Steps and 12 Traditions | B-15 | Soft Cover | \$10.00 | | |
| 12 Steps and 12 Traditions | B-17 | Pocket Size | \$8.00 | | |
| Daily Reflections | B-12 | Soft Cover | \$12.50 | | |
| Daily Reflections | B-19 | Soft Cover/Large Print | \$12.50 | | |
| AA Comes of Age | B-03 | Hard Cover | \$12.00 | | |
| As Bill Sees It | B-05 | Hard Cover | \$11.00 | | |
| As Bill Sees It | B-27 | Soft Cover/Large Print | \$11.00 | | |
| Came To Believe | B-06 | Soft Cover | \$6.00 | | |
| Came To Believe | B-26 | Soft Cover Large Print | 6.00 | | |
| Living Sober | B-07 | Soft Cover | \$6.00 | | |
| Living Sober | B-25 | Soft Cover/Large Print | 6.00 | | |
| Dr Bob & Good Old Timers | B-08 | Hard Cover | \$12.00 | | |
| Pass It On | B-09 | Hard Cover | \$12.00 | | |
| Service Manual/12 Concepts | BM-33 | Soft Cover | \$4.00 | | |
| Our Great Responsibility | B-70 | Soft Cover | \$12.00 | | |
| Experience, Strength & Hope | B20 | Hard Cover | \$6.00 | | |
| Meeting Books | FAUC | Soft Cover | \$0.70 | | |
| Welcome Wallet | FAUC | M-2 Card, Pamphlets: Is A.A. For You?, A Newcomer Asks, A Brief Guide to Alcoholics Anonymous, How It Works, This is A.A., An Introduction to the A.A. Recovery Program, Questions and Answers on Sponsorship. | \$2.00 | | |
| | | | | | |
| | | | | | |
| | | | | | |

Please make checks payable to:
"Pass The Hat Association, Inc."

Flint Area Unity Council
LITERATURE ORDER FORM
 Please Call or Text:
 James P. 313-613-3703

| Contact Information | |
|---------------------|--|
| DATE | |
| Group Name | |
| Contact Person | |
| Telephone No. | |

| | |
|--------------|--|
| NET | |
| Page 2 Net | |
| TAX | |
| TOTAL | |
| Check # | |

MACKINAC ISLAND FALL WEEKEND

October 20-22, 2023

| | | | |
|---|---|--|----------------------------------|
| Name: _____ Phone: () _____ Address: _____ _____ Email: _____ Rooming With: _____ Saturday Evening Menu Selection: (check one) <input type="checkbox"/> Chicken Piccata <input type="checkbox"/> Seared Salmon <input type="checkbox"/> Stuffed Pork Loin <input type="checkbox"/> Vegetable Napoleon Yes, I'm willing to be on a panel! (check one) <input type="checkbox"/> AA <input type="checkbox"/> Alanon <input type="checkbox"/> Either | Weekend Registration \$45 Each (add \$10 after August 1) | Quantity <input type="text" value="1"/> | Total \$ <input type="text"/> |
| | Zip Hoodie - \$50 Circle one: S M L XL 2X 3X add \$3 for 2X/3X | <input type="text"/> | <input type="text"/> |
| | Baseball T - \$30 Circle one: S M L XL 2X 3X add \$3 for 2X/3X | <input type="text"/> | <input type="text"/> |
| | Long Sleeve T-Shirt- \$25 Circle one: S M L XL 2X 3X add \$3 for 2X/3X | <input type="text"/> | <input type="text"/> |
| | <i>Please do not send the hotel reservation \$\$ with your registration. Send only what is indicated above.</i> | Total: | <input type="text"/> |

Method of Payment: Cash ____ Check # ____
 Make checks payable to Lansing Central AA
 1915 E. Michigan Ave. Ste D, Lansing, MI 48912

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



CMIA 32 Assembly

Hosted by District 16

OPEN TO ALL - BRING A FRIEND

- 7:00 - 8:30 am Setup and coffee brewing
- 9:00 am Coffee - Donuts & Fellowship
- 9:30 - 9:45 am Morning Opening Session
- 9:45 am - 10:30 am Finance Committee
- 10:00 am - 11:30 am General Service
Information Meeting
- 10:30 am - 11:30 am DCM Meeting
- 11:30 am - 12:30 pm Committee Meetings
- 12:30 pm - 1:00 pm Lunch
- 1:00 pm - 3:00 pm General Assembly
Business Meeting
- 3:00 pm Close and Teardown

.....
10.01.2023
.....

Eagles Nest Gym

7070 E. Broadway St
Mount Pleasant MI, 48858

In person and virtual via Zoom:

Meeting ID: 970 9209 4118 Passcode: area32



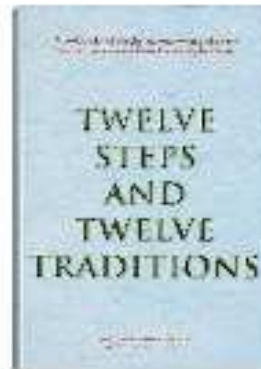
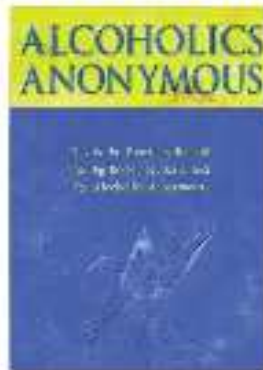
12 STEP WORKSHOP

When: October 14 2:30PM - 4:40PM

Where: Southern Baptist Ch 2827 Main St.
Pikeville, TN 37367

a "Pikeville AA Group" Event

*Come on by and go thru the steps with us
Bring your Big Book & 12x12 if you can.*



AGENDA

2:00 Doors Open

2:30 Introduction

2:40 First Step Speaker

3:00 Second/Third Step Speaker

3:20 BREAK

3:30 Steps Four thru Nine

4:15 Steps 10, 11, 12

4:40 Food (Furnished)

5:00 Pikeville AA Meeting/Discussion

For Info call Ted 423-619-3772

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**



BRISTOLWOOD REUNION MEETING

On Sunday, October 22nd, at Noon, We will Hold an OPEN Remembrance Meeting to Honor those Past and those still Presently with us that regularly attended The Sunday Morning Meeting that was held at Fenton Lawn School for over 30 years. Bring a Dish to Pass for a "Pot Luck" afterwards. This will be held at The Fenton Alano Club. It's location is 800 North Rd, Fenton, MI 48430. Please get this Information to your Home Group to be announced. Bristolwood Members came from All over Genesee County and the surrounding Counties. Come and Remember with us about the People that Supported Us and The Spiritual Essence that was Present at this Unique Meeting. All are Welcome to Attend. Please do your Best to Pass It On.

**FLYPAA EVENT AT THE FLINT ALANO HOUSE
OCTOBER 21ST, 2023, 6:00 PM
"CARVING THE ROAD TO**

**My Apologies to
FLYPAA &
Flint Alano House
As this is NOT the
Original Flyer.
I have tried to
download one with
no success. Probably
needed help from
Wednesday.
Young folks know
that stuff more than me.
~ Editor ~**



PUMPKIN CARVING CONTEST

Costume Contest

Chili Cook Off



Spooky Candle Light Meeting



Featuring The Four Headless Horsemen

Special Edition Late Night Mafia



HAPPY DESTINY



**Hawoerrr,
We'll be there.
Grandpa will bring
his Famous Chili!!!**

