


**CAN YOU FIND GOD'S
 HEART  IN THE
 PICTURE?**

**"GOD COULD AND
 WOULD IF HE
 WERE SOUGHT." ¹**

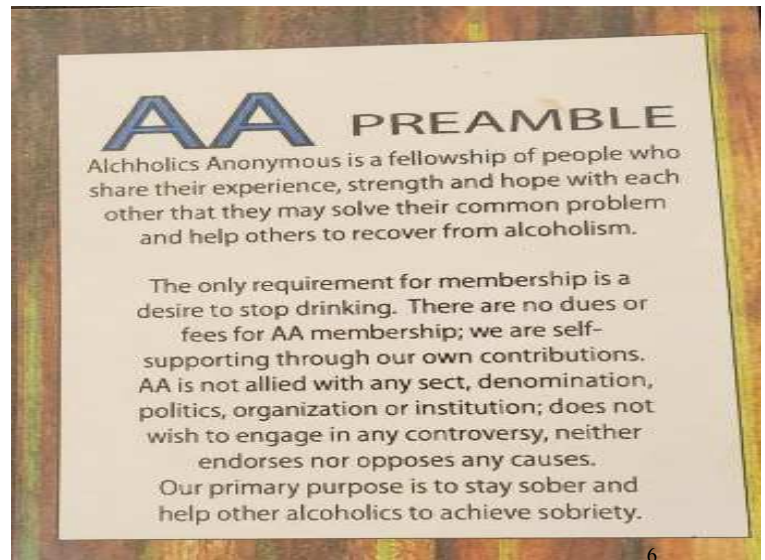
The Autumn of Recovery featured in this Issue.

“Autumn is a season of harvest, transition, letting go, and rebirth in the spiritual sense. It represents the natural cycle of growth, death, and renewal that we experience in our lives. It also reminds us to surrender to Spirit and honor the balance of light and darkness. The autumn equinox is a specific time of year that marks the beginning of fall and the equal length of day and night.”²

“As we watch leaves fluttering to the ground in the fall, we are reminded that nature's cycles are mirrored in our lives. Autumn is a time for letting go and releasing things that have been a burden.”³

“Autumn does still connote a time of beauty; it signals the rebirth that will occur once more after the old leaves and plants have died away. The old must die and pass away, so that in the spring the new will be able to be born and grow.”⁴

“Each of the seasons offers a great deal of wisdom for the spiritual journey. Autumn is a season of transition, reminding us that our lives are constantly in flux. Of course change is always with us, but autumn brings us to a deeper awareness that we live in a continual cycle of dying and rising.”⁵



Find the Seasons of Change.



¹ Alcoholics Anonymous, 4th ED, HOW IT WORKS, p. 60.

² <https://www.bing.com/search?pglt=41&q=spiritual+meaning+of+autumn&cvid=...>

³ <https://www.spiritualityandpractice.com/practices/naming-the-days/view/10950/autumn-reflections-on-the-season>.

⁴ <https://www.theodysseyonline.com/spiritual-autumn>.

⁵ <https://www.patheos.com/resources/additional-resources/2010/09/invitations-of-autumn>.

⁶ <https://www.aa.org/aa-preamble>

THE AA PREAMBLE: BACKGROUND INFORMATION

THE PREAMBLE was introduced in the June 1947 issue of the AA Grapevine magazine. It was written by the then-editor, who borrowed much of the phrasing from the Foreword to the original edition of the Big Book, *Alcoholics Anonymous*.

In those early years, the Grapevine had just begun to circulate among nonalcoholics, and the Preamble was intended primarily to describe for them what AA is and is not. It is still often used for public information purposes. As time passed, it began appearing in all Conference-approved publications, and many AA groups now use it to open meetings.

The original version differed in two ways from the familiar form we all know: 1) It stated that the only requirement for membership is an *honest* desire to stop drinking,” and 2) it contained only the very brief statement “AA has no dues or fees.”

People often ask why the word “honest” was deleted. At the 1958 General Service Conference, a delegate asked about the words “honest desire to stop drinking,” suggesting that since “honest” does not appear in the Third Tradition, it might be deleted from the Preamble. In discussion, most Conference members felt that as AA had matured, it had become almost impossible to determine what constitutes an honest desire to stop drinking, and also that some who might be interested in the program could be confused by the phrase. Thus, as part of the evolution of AA, the phrase had been dropped from common usage. The midsummer 1958 meeting of the General Service Board of Trustees ratified the deletion, and since then the Preamble has read simply “a desire to stop drinking.”

At the same time, the phrase “AA has no dues or fees” was clarified to read as it presently does: “There are no dues or fees for AA membership; we are self-supporting through our own contributions.” The current version of the Preamble appears on page one of every issue of the Grapevine.

At the 71st General Service Conference in 2021, after a series of votes, a final Advisory Action requested that “The Preamble revision replacing the words ‘men and women’ with the word ‘people’ be presented to the General Service Board for approval as the new revised A.A. Preamble.” The revised A.A. Preamble first appeared in the July 2021 AA Grapevine and the July/August La Viña, and afterwards throughout Grapevine and A.A.W.S. literature and other media.

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AA PREAMBLE©

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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FLINT AREA UNITY COUNCIL AIMS AND PURPOSES

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

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

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

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

STEP ELEVEN

“Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.”⁷

We are given three suggestions on when to practice Step Eleven in the Big Book.

1. “When we retire at night, we constructively review our day.”⁸
2. “On awakening, let us think about the twenty four hours ahead.”⁹
3. “As we go through the day we pause, when agitated or doubtful, we ask for the right thought or action.”¹⁰

Of course there are many more times and ways in which prayer and meditation can be used to achieve “What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”¹¹

“We will want to know the good that is in us all, even in the worst of us, to flower and to grow.”¹²

“In the morning we think of the hour to come. Perhaps we think of our day’s work and the chances it may afford us to be useful and helpful...”¹³

“A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us.”¹⁴

So a suggestion in Step Ten is during our continued inventory we look at the good and bad of us in our life just past.

And Step Four also guides us to look at our self in a constructive, critical way, “Assets can be noted with liabilities.”¹⁵

⁷ Alcoholics Anonymous, 4th ED, HOW IT WORKS, p. 60.

^{8,9} Alcoholics Anonymous, 4th ED, INTO ACTION, p. 86.

¹⁰ Alcoholics Anonymous, 4th ED, INTO ACTION, p. 87.

¹¹ Alcoholics Anonymous, 4th ED, INTO ACTION, p. 85.

¹² Twelve Steps and Twelve Traditions, STEP ELEVEN, p. 98.

¹³ Twelve Steps and Twelve Traditions, STEP ELEVEN, p. 102.

¹⁴ Twelve Steps and Twelve Traditions, STEP TEN, p. 88.

¹⁵ Twelve Steps and Twelve Traditions, CONTENTS, STEP FOUR, p. 6.



NO GLUM LOT HERE



Today, my son asked "Can I have a book mark?" and I burst into tears. 11 years old and he still doesn't know **my name is Doug**.

I entered a contest where I had to submit eleven jokes about Wimbledon.

But I think tennis enough.

A pirate goes to the ship’s doctor to check the red bumps on his arm. The doctor looks at them, and says "Don't worry, they benign."

The pirate says, "Arrrgh! I counted them meself, and **they be eleven of 'em!**"

Eleven people were hanging under the helicopter’s rope. Ten men and one woman; the rope wasn’t strong enough for them all; they decided that one has to drop off. Not able to choose that person, the woman made a very touching speech.

She said she’d let go of the rope, because as a woman she was used to giving up everything for her husband and kids, and for men in general, without ever getting anything in return. As soon as she finished her speech,

all the men started clapping their hands.

Ned & Jed

Is that right? I heard Jed said he is against rotating between pruner and dragger?

Well sure, we are not all climbers like you, no experience.

Haha, that’s funny. Do you think I hired on with experience?



Well sure, that there tree climbing you are a natural at.

I did not start there. Dragging Oak through Sumac taught me to keep my eyes open.

You’re saying that matters of serious concern are larnt? Sure enough Jed. From pruning to dragging to chopping and felling; there was always somebody with more experience than me. Took my time, learned from suggestions, heard to listen, took it all in. It’s a one day at a time thing. One day this you will all see from the tree tops.



Like from telling one knotted rope from another, somebody had to teach me knots too. Wait a minute! That was you! You used to call me a knothead for not seeing a double half hitch from a square.

You learned, just as you keep on keepin’ on.

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 October 2023 Newsletter went to 233 emails, September had 74 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: 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.

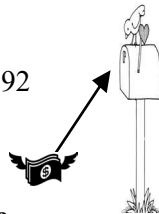
December 16: St. Mary's School; 2600 N, Franklin, Flint, Eastside A.A. Grp.

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.**



Hear Ye, Hear Ye!!!

Group NEWS

The F.A.U.C. meets November 18, 2023 at 11:30 AM for Committee Meetings, 12:30 PM General Assembly, St. Francis; Quaderer Hall, 212 Center St, Otisville.

* F.A.U.C. will host the CMIA32 meeting on 12/3/23.

VOLUNTEERS NEEDED. See Flyer for Details.

* GRATITUDE Meeting November 22, 2023. UAW Local 659 Doors Open 5:30 PM. Meeting 7 to 9 PM.

* A.A. Grapevine PODCAST.

1) The New Years Eve Dinner/Dance is on 12/31/23.

* = 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

THESE MEETINGS ARE OPEN AND LISTED ON THE WEBSITE.

August 2023 Flint Area Open Speaker Meetings

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

Sat 4	7:30 pm, East Side St. Mary's.
Sun 5	6:00 pm, Torrey Rd. Group, Arid Club.
Thu 9	7:00 pm, Van Slyke.
Fri 10	12 noon, Eye Opener, Arid Club.
Sat 11	7:30 pm, East Side St. Mary's.
Sun 12	6:00 pm, Torrey Rd. Group, Arid Club.
Sat 18	7:30 pm, East Side St. Mary's.
Sun 19	6:00 pm, Torrey Rd. Group, Arid Club.
Sat 25	7:30 pm, East Side St. Mary's.
Sat 25	7:00 pm, Thetford
Sun 26	6:00 pm, Torrey Rd. Group, Arid Club.
Sun 26	6:00 pm, Otter Lake, St. John's the Baptist Ch.
Mon 27	7:00 pm, Montrose HOPE.
Thu 30	7:30 pm, Swartz Creek Group, St. Bartholomew.

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

A prayer in a book titled **"IN THE BLEAK MIDWINTER"**, by Julia Spencer-Fleming, Copyright © 2022, p. 122.

"Lord God," she said, "for the blessings of food and fellowship we are about to receive, make us truly thankful. Open our hearts so that in the midst of plenty, we are aware of those who hunger, and in the midst of friends, we remember those who are friendless, give us a hunger to do your will, and an appetite to see your kingdom here and in the world to come..."

A man saw a snake burning to death and decided to take it out of the fire. When he did, the snake bit him causing excruciating pain. The man dropped the snake, and the reptile fell right back into the fire.

So, the man looked around and found a metal pole and used it to take the snake out of the fire, saving its life.

Someone who was watching approached the man and said: "That snake bit you. Why are you still trying to save it?"

The man replied: "The nature of the snake is to bite, but that's not going to change my nature, which is to help."

Thanks Rick M.



The Responsibility Statement was written for the 1965 A.A. International Convention in Toronto. I have enclosed an article titled, 'How I am Responsible became a part of A.A.', from the GSO newsletter, Box 4-5-9. The article identifies former AA trustee, Al S. as the author of the Responsibility Statement. In the souvenir book for the 1965 Convention, Dr. Jack Norris writes: "... We must remember that AA will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our Group, for our Intergroup activities, and for AA as a whole. It is in taking responsibility that real freedom and the enduring satisfactions of life are found. AA has given us the power to choose – to drink or not to drink – and in doing so has given us the freedom to be responsible for ourselves. As we become responsible for ourselves, we are free to be responsible for our share in AA, and unless we happily accept this responsibility we lose AA. Strange, isn't it?"

<https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/aa-history/history-aas-responsibility-statement/>

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

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.



TRADITION ELEVEN

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.” (Short Form).¹⁶

“Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.” (Long Form).¹⁷

This tradition has four main parts.

- 1) Public Relations, which is defined as the state of the relationship between the public and an organization.
- 2) Attraction rather than promotion. By the way we live and get along in society should be the attraction to A.A. Some examples of this from the Big Book: P. 118, “Live and let live is the rule.” P. 124 “Cling to the thought that, in God’s hands, the dark past is the greatest possession you have – the key to life and happiness for others.” P. 130. “We have found nothing incompatible between a powerful spiritual experience and a life of sane and happy usefulness.”
- 3) Personal Anonymity. Anonymity is derived from a Greek word that means "without a name" or "namelessness". This typically refers to a person, and means that the personal identity of a person is not known.
- 4) At the level of press, radio, and films. When the traditions were put forth, there was no Internet, Facebook, Twitter, and other communication means used and accessed by others than those just in A.A. So to maintain anonymity is generally understood to not break our personal anonymity in those venues also. . From the G.S.O. guidelines for the internet is the following quote, “We observe all A.A.’s principles and Traditions on our Web sites. Since anonymity is ‘the spiritual foundation of all our Traditions,’ we practice anonymity on A.A. Web sites at all times. An A.A. Web site is a public medium, which has the potential for reaching the broadest possible audience and, therefore, requires the same safeguards that we use at the level of press, radio and film”¹⁸ Another quote from these same guidelines is “When we use digital media, we are responsible for our own anonymity and that of others. When we post, text, or blog, we should

assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others.”^{18 ibid}

“The A.A. Anonymity checklist asks these questions:

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?”¹⁹

¹⁶ Alcoholics Anonymous, 4th ED, APPENDIX I, THE A.A. TRADITION, P. 562.

¹⁷ Alcoholics Anonymous, 4th ED, APPENDIX I, THE A.A. TRADITION, P. 565.

¹⁸ MG-18 GSO Guideline for Internet, p. 1.

¹⁹ These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.



Well, aren't we attractive?



Who can tell? I won't tell.

CONCEPT ELEVEN

“The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualification, induction procedures, and the rights and duties will always be matters of serious concern.”

The A.A. Service Manual combined with Twelve Concepts for World Service, by Bill W., 2021-2023 Edition, page IV.

“This concept recognizes that the trusted servants who work for the various AA entities need to be carefully selected because they will have the most day-to-day contact with members and others interested in AA. The Twelve Concepts of World Service specifically mentions the nominating, budgetary, public information, literature and general policy committees as requiring people with very specific skills and outlooks.”

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

“...no organization structure can fully guarantee our Headquarters against the depredations of clashing personalities, that only the sustained willingness to practice spiritual principles in all our affair can accomplish this, and we should never need to have any fear for our future harmony.” 19

“It is the duty of the good executive officer therefore to learn discrimination of when he, (or she), should act on his, (or her), own and limited or wide consultation is proper, and when he, (or she), should ask for specific definitions and directions. This discrimination is really up to him, (or her). His, (or her), privilege of making these choices is structurally guaranteed by the ‘Right of Decision’. He, (or she), can always be censured after his, (or her), acts, but seldom before.” 20

19, 20 The A.A. Service Manual combined with Twelve Concepts for World Service by Bill W., 2021 2023 Edition, page C47, 19, p. C44.



CONCEPT ELEVEN CHECKLIST

Concept XI: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

- Do we understand how the roles of nontrustee directors and nontrustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional “Right of Participation”?
- Do we practice rotation in all our service positions?

From: SMF-91 - Concepts Checklist;
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A CONCEPTS PRESENTATION OPENING REMARKS

On Monday, February the 7th, 2022, James called me and asked me to do a talk on the A.A. Concepts. I was taken aback somewhat, but agreed, being honored and flattered at the same time. We agreed upon Thursday the 10th at 5:30 pm. This is how this talk came about.

At the Flint Area Unity Council meeting in December 2019, as Newsletter Editor I expressed an interest to cover the Concepts. James was one of those not in favor of that. No motion made or seconded, nor was a vote taken.

Newsletters were not published, only sent out digitally. The length of the Newsletter grew from 4 pages to now being up to 20 or more. I had decided to do it with support of the co-Editors. If someone wanted to read about the Concepts, they could, if not, they did not have to.

The Newsletter started with 45 email addresses, is now at 184 from Fellowship requests to be added to the distribution list. The content has remained consistent with information about A.A. locally and as a whole. From the research done, talking to others about and above in the A.A. Service Work, this may be something you gain from.

Having studied the Service Manual for years, I have tried to conduct myself along Concept suggestions in dealing with groups and the Flint Area Unity Council and CMIA32. Sometimes to a satisfactory result, other times, not so much. However, I am not any part of the ‘angry majority’ as Bill W. refers to in Concept V in the Service Manual on page C16.

So let us try to understand these Concepts, and understand also that I am here to learn from you also in your experience, strength and hope. Bill W. stated the Traditions outline the general basis on which we may best conduct our services. The best way for me to truly understand how the services are conducted is to talk to those that do the work.

Thank you, Doug G.

The Wisdom of the Rooms

12 Months of Reflections for People in Recovery

October 30, 2023

Quote of the Week

"Watch out; I still have a self-destruct button."

I used to be the master of self-sabotage and self-destruct. If things were going well, or might go well, I had the knack for ruining them. Surprise party for someone close to me? I would get tight at the party and spoil it. Great job interview in the morning? I would sleep in because I had celebrated too hard the night before. I foiled countless opportunities and thought my punishment was Alcoholics Anonymous.

When I was ninety days sober, at my regular Wednesday night meeting to take a chip, I left because they were out of them. I went home and drank. I beat myself up for months over that and finally crawled back four months later. As I worked through the Steps, I continued to make mistakes, and my anger grew into rage. To my surprise, I found my rage was mainly directed inward, and that's when I discovered that the core characteristic of alcoholism is a deep self-loathing. That is why we can ruin so many lives and drink ourselves to death. . . .

It has taken many years to move beyond the illusion of alcoholic hatred. What I found is that in the core of each of us is not loathing but rather love—God's love. Recovery means that we find this love and learn to act from it, and to share it with others. We rely on the Steps to help us grow past the destructive impulse of the disease, but we must remain vigilant because the disease never goes away. Today, I still have a self-destruct button, but I also have the path to healing and love. And because of recovery, I have the power to choose God's love.

Person: What's the dumbest thing you've ever done?

Me: Awfully bold of you to assume I've peaked.

As Bill See's It

▲Pain and Progress

"Years ago I used to commiserate with all people who suffered. Now I commiserate only with those who suffer in ignorance, who do not understand the purpose and ultimate utility of pain."

<<<<<>>>>>

Someone once remarked that pain is the touchstone of spiritual progress. How heartily we A.A.'s can agree with him, for we know that the pains of alcoholism had to come before sobriety, and emotional turmoil before serenity.

<<<<<>>>>>

"Believe more deeply. Hold your face up to the Light, even though for the moment you do not see."

1. *LETTER, 1950*

2. *TWELVE AND TWELVE, PP. 93-94*

3. *LETTER, 1950*

GREAT SPIRIT PRAYER

Great Spirit, Whose Voice I hear in the wind,
Whose Breath gives life to the world,
Hear me.

I come to you as one of your many children.
I am small and weak.
I need your strength and wisdom.
May I Walk in Beauty.

Make my eyes behold the red and purple sunset.
Make my hands respect the things that you have made,
and my ears sharp to hear your voice.

Make me wise so that I may know the things
that you have taught your children.
The lessons that you have hidden
in every leaf and rock.

Make me strong - not to be superior
to my brothers and sisters, but to be able
to fight my greatest enemy: Myself.

Make me ever ready to come to you with straight eyes,
So that when life fades as the faded sunset,
My spirit will come to you without shame.

Anonymous

Opening Prayer of 12 Step Seminar, Pikeville, TN.



***Heard it
'Round the Rooms!***



“When life is too much to stand, kneel so you can stand it.”

“This is not Well People Anonymous, it is Alcoholics Anonymous.”

**“If you didn’t have a house, if you didn’t have a job, if you didn’t have a car –
I wanted you!**

**I found a Higher Power with all those expectations of mine, and more.
The 2nd Step began the understanding of my recovery.”**

**“Even though I know right from wrong, I still have a hard time doing it.
I need my God to help me, which I didn’t know before.”**

“My Sponsor said to me... Read the first page of the Big Book, what does it say?”

“Alcoholics Anonymous.” “What do you know about Alcoholics Anonymous?”

**“Nothing.” “Launch into a comprehensive study of the Big Book my Sponsor told me.
I found it a Recipe Book to become a better person
and the more I read, the more the recipes advanced.”**

Read the quote* on page 73 of the Big Book. It is about Continued Denial.

**“We have seldom told them the whole truth nor have we followed their advice.
Unwilling to be honest with these sympathetic men, we were honest with no one else.”**

“All my resentments turned into amends.”

**“Make a list of ALL people we had harmed is the 1st part of the 8th Step.
Do it for ALL you harmed. This list includes the Step Four list,
but add those whom you have no resentment or fear of.”**

**“The Big Book has less than two pages on Step 10, which help me.
Then I turn to the 12 X 12 for elaboration on Step 10.”**

**“I read the Big Book, pages 86 to 88 everyday.
My life began to improve as I prayed and meditated and
God helped me to see how to improve.”**

“Read the 5th Step Promises in the Big Book on page 75.”

**“Once we have taken this step, withholding nothing, we are delighted. We can look the
world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We
begin to feel the nearness of our Creator. We may have had certain spiritual beliefs,
but now we begin to have a spiritual experience. The feeling that the drink problem
has disappeared will often come strongly. We feel we are on the Broad Highway,
walking hand in hand with the Spirit of the Universe.” ***

I was living a lifestyle that would make a happy chirping bird take its own life.

*** All A.A. quotes reprinted with A.A.W.S. permission.**

The Wisdom of the Rooms

12 Months of Reflections for People in Recovery

Dear subscribers,

Welcome to all the new subscribers who [signed up](#) to receive these weekly quotes on my new author list. I'm overwhelmed with gratitude by your support!

Here are a few more for you to enjoy:

"The goal in marriage is not to think alike, but to think together."

--Robert C. Dodds

"Things turn out best for the people who make the best out of the way things turn out."

--Art Linkletter

"A man who has committed a mistake and doesn't correct it is committing another mistake."

--Confucius

"Dreaming, after all, is a form of planning."

--Gloria Steinem

"What we see depends mainly on what we look for."

--John Lubbock

"Don't judge each day by the harvest you reap, but by the seeds you plant."

--Robert Louis Stevenson

"All time spent angry is time lost being happy."

--Mexican Proverb





"IT'S JUST A BREEZE"

STAND STRONG, THE WINDS OF CHANGE ARE BUT A BREEZE.



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 had to give the other pieces time to fit the new me piece. Only then can the warp in my life be a part of the others there.

I came from nowhere to somewhere.

Reading the Big Book and you people are showing me the road.

Bad Dogma

By Bill Wilson

"It is a historical fact that practically all groupings of men and women tend to become more dogmatic; their beliefs and practices harden and sometimes freeze. This is a natural and almost inevitable process. All people must, of course, rally to the call of their convictions, and we of AA are no exception.

Moreover, all people should have the right to voice their convictions. This is good principle and good dogma. But dogma also has its liabilities. Simply because we have convictions that work well for us, it becomes very easy to assume that we have all the truth. Whenever this brand of arrogance develops, we are certain to become aggressive; we demand agreement with us; we play God. This isn't good dogma; it's very bad dogma. It could be especially destructive for us of AA to indulge in this sort of thing.

Newcomers are approaching AA at the rate of tens of thousands yearly. They represent almost every belief and attitude imaginable. We have atheists and agnostics. We have people of nearly every race, culture and religion. In AA we are supposed to be bound together in the kinship of a common suffering.

Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of AA, so long as he or she so declares."

Bill Wilson, Toronto International Convention, 1965.

Thanks, Ted S.

Count your
Smiles instead
of your Tears.
Count your
Courage instead
of your fears.



Thanks Debbi G.

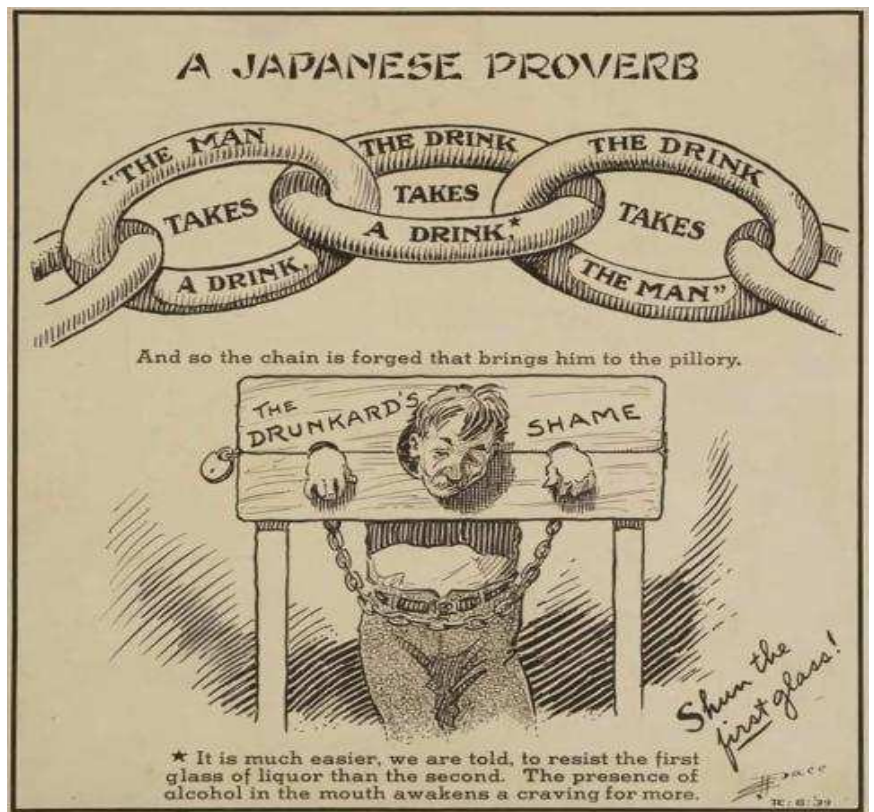
Feel that? that's from
sharing memes all day
everyday

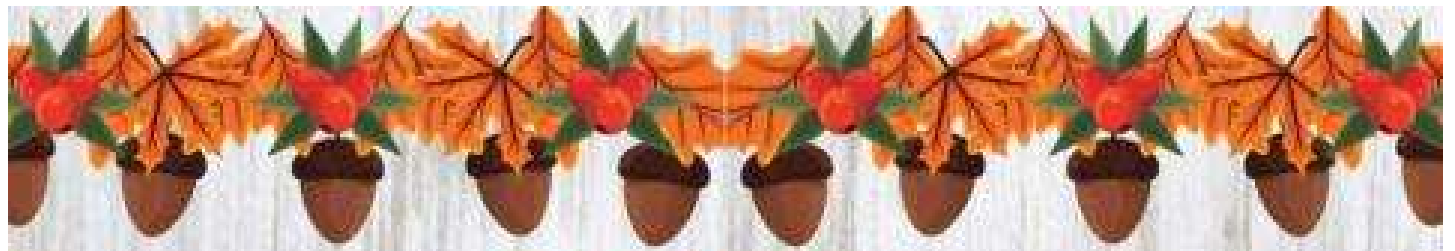


Thanks John P/Bonnie M



Thanks Andy K.





Flint Area

A A Gratitude Meeting

Wednesday, November 22, 2023

**UAW Local 659
4549 Van Slyke Rd
Flint, MI 48507**

**Doors open at 5:30pm
Meeting from 7pm-9pm**

**OPEN SPEAKERS
SOBRIETY COUNTDOWN
DESSERTS AND COFFEE**

ACCEPTING VOLUNTEERS

**FOR MORE INFORMATION OR TO MAKE A
DONATION, EMAIL:
FLINTAAGRATITUDEMTG@GMAIL.COM**



AA Grapevine's Podcast

The AA Grapevine Half-Hour Variety Hour

If you hadn't heard, AA Grapevine has its own podcast. Each week, long-time AA members Don and Sam will interview a different member about their experience, strength, and hope.

The podcast is available on your favorite podcast platforms and via the player below.

The screenshot shows a podcast player interface. At the top left, there are instructions: "3 Easy Steps: 1. Click 'Start' 2. Download on our website! 3. Download How To Guides - OneLaunch". A large blue "START" button is in the top center. To the right, it says "How To Guides - OneLaunch". Below the instructions is a square icon with a white background and a grey border, containing a white 'T' and a grey 'I' on separate rectangular backgrounds. To the right of the icon is the title "AA Grapevine's Pod..." and the category "Storytelling Podcasts >". Below the title is a short description: "AA members Don and Sam interview other AA members about their experience, strength, and hope in recovering from alcoholism. Expect both humor and inspiration as these AA members share their stories." Below the description are three icons: a play button, a heart, and a share icon. Below the icons is a "MORE INFORMATION" link with a downward arrow. At the bottom, there is a section titled "Episodes" with three entries, each with a play button icon, the episode title, and the date: "The Seventh Step Prayer Saved Me [Season 5, Episode 18] 10/30/2023", "Willingness Grew on Me [Season 5, Episode 17] 10/23/2023", and "Come All the Way In, Sit All the Way Down [Season 5, Episode 16] 10/16/2023". Each entry has a "MORE" link with a downward arrow.

<https://tunein.com/podcasts/Storytelling-Podcasts/AA-Grapevines-Podcast-p1547031/>

CMIA 32 Area Assembly

December Area Assembly

Sunday December 03, 2023

Location: St. Michael's Conference Center
609 E. Fifth Ave.
Flint, MI 48503



AGENDA FOR AREA ASSEMBLIES:

Morning Session

- 8:30 – 9:30 Fellowship and Coffee
- 9:30 – 9:45 Opening and Group Concerns
- 9:45 – 10:30 Finance Committee
- 10:00 – 11:30 General Service Meeting
- 10:30 – 11:30 DCM Meeting
- 11:15 – 12:00 Officers and Delegates Meeting
- 11:30 – 12:30 Standing Committees
- 12:30 – 1:00 LUNCH BREAK!

Afternoon Session

- 1:00 – 3:00 General Assembly Session Open Meeting.

VOLUNTEERS NEEDED!
CONTACT
Moe M. 810-908-3449 or
Jim M. 810-252-7932 or
Doug G. 810-410-7458
THANK YOU!!!

Note: All CMIA 32 Assemblies are held in a hybrid format

Zoom login information can be found here:

https://www.cmia32.org/wp-content/uploads/2022/05/Virtual_CMIA32.pdf

ANN ARBOR VA HOSPITAL

FRIENDS OF BILL W.



EVERYTHING WORKS OUT FOR US!

TUESDAYS 3 P.M.

GROUP ROOM F131

1st Floor (By A.I.M.H. Unit)