



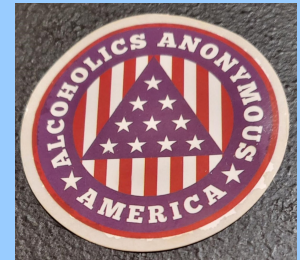
~ ~ - Newsletter - ~ ~

The F.A.U.C. Website is [www.geneseecountyaa.org](http://www.geneseecountyaa.org)  
Newsletter at <https://geneseecountyaa.org/f-a-u-c-newsletter>

The A.A.W.S. licensed Smart Phone Meeting Guide app  
has Flint Area A.A. Meetings and is free at the app store.

“Then I woke up. I had to admit that A.A. showed results, prodigious results. I saw my attitude regarding these had been anything but scientific. It wasn't A.A. that had the closed mind, it was me. The minute I stopped arguing, I could begin to see and feel. Right there, Step Two gently and gradually began to infiltrate my life. I can't say upon which occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now. To acquire it, I had only to stop fighting and practice the rest of A.A.'s program as enthusiastically as I could.”<sup>1</sup>

“First, Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions. Second, to get sober and to stay sober, you don't have to swallow all of Step Two right now. Looking back, I find that I took it piecemeal myself. (ED note: piecemeal is defined as; characterized by unsystematic partial measures taken over a period of time). Third, all you really need is a truly open mind.”<sup>2</sup>



<sup>1,2</sup> Twelve Steps and Twelve Traditions, STEP TWO, <sup>1</sup>, p. 27, <sup>2</sup>, p.26.

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“If I gave you time to change my mind I'd find a way to leave the past behind.”<sup>3</sup>

“Even my excuses sound hollow to myself”<sup>4</sup>

**STEP TWO**

“Came to believe that a Power greater than ourselves could restore us to sanity.”<sup>5</sup>

Step Two is the Step that had me considering what I knew about a Higher Power. I acknowledged the three parts of this step;

1. “Came to believe...”

This means if I came to believe, I did not have this belief before.

2. “...a Power greater than ourselves.” (myself),

“Had this power originated in him? Obviously it had not. There had been no more power in him than there was in me at that minute: and that was none at all”<sup>6</sup>

“Why don't you choose your own conception of God?”<sup>7</sup>

“It was only a matter of being willing to believe in a power greater than myself. Nothing more was required of me to make my beginning.”<sup>8</sup>

3. “...could restore us to sanity.”

“Then came the insidious insanity of that first drink...”<sup>9</sup>

“Again it was the old, insidious insanity -- that first drink.”<sup>10</sup>

The suggestion, the example so aptly given, is to avoid the insanity of that first drink, And to do so, I needed help from a Power greater than myself. A new belief, a way out, and that is called restore to sanity.



<sup>3</sup> “Reason to Believe” song by Tim Hardin, 1965.

<sup>4</sup> “I Stand Before You”, song by MerGin, 1995.

<sup>5</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, HOW IT WORKS, p. 59.

<sup>6</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, BILL'S STORY, p. 11.

<sup>7,8</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, BILL'S STORY, p. 12.

<sup>9</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, BILL'S STORY, p. 8.

<sup>10</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, A VISION FOR YOU, p. 154.

“Cause I've been waiting all my life  
For someone just like you  
But you're it  
You're the ultimate, you”<sup>11</sup>

### TRADITION TWO

“For our group purpose there is but one ultimate authority...a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants...they do not govern.”<sup>12</sup> (Short Form).

“For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience.”<sup>13</sup> (Long Form).

This is no conundrum; what the Big Book refers to as a dilemma or a paradox.

Define dilemma: “a situation involving such a choice.”<sup>14</sup> (Dilemma synonym is Predicament).

“The moment they read Step Two, most A.A. newcomers are confronted with a dilemma, sometimes a serious one.”<sup>15</sup>

“Relentlessly deepening our dilemma, our sponsors pointed out our increasing sensitivity to alcohol -- an allergy, they called it.”<sup>16</sup>

“Lack of power, that was our dilemma.”<sup>17</sup>

“Obviously, the dilemma of the wanderer from faith is that of profound confusion.”<sup>18</sup>

Define paradox: a statement that is seemingly contradictory or opposed to common sense and yet is perhaps true.<sup>19</sup> (Paradox synonym is incongruity).

“Those who look closely soon have the key to this strange paradox.”<sup>20</sup>

“And then he discovers that by the divine paradox of this kind of giving he has found his own reward, whether his brother has yet received anything or not.”<sup>21</sup>

“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.”<sup>22</sup>

It is this member's firm ascertainment that the dilemma and the paradox have become nonexistent through following the Twelve Steps and guidance from the Fellowship and my sponsor. Not only in details of the suggestions, but in observing and living the encouraged practices.

No phenomena of craving, no lack of choice from abstinence; blessed with a personal relationship to a greater Power, wisdom of the Fellowship, willingness to be restored to sanity, showing others how I could do it through these simple suggestions. This complicated person; a previously warped twisted mind and body of disease; avoids insidious insanity.

By recognizing I needed to be restored to sanity, and a greater Power that could indeed help, now this new belief was a beginning for me, and that as the guidance set in, I became a believer in my outcome.

“If he did not work, he would surely drink again, and if he drank, he would surely die.”<sup>23</sup>

As I have learned in Fellowship meetings, this “surely die” refers not only to the protracted, certain debilitation of my physical being, but also to the spiritualality I have of a Power greater than myself, and the loss of a new found secure, safe, relationship.

I now can be “harmonious in brotherly action”<sup>24</sup> and “follow the dictates of a Higher Power.”<sup>25</sup>

<sup>11</sup> “Ultimate”, song by Lindsay Lohan, 2003.

<sup>12, 13</sup> Alcoholics Anonymous, 4<sup>th</sup> ED.

APPENDICES, <sup>12</sup>, p. 561. (Short Form),

<sup>13</sup>, p. 562. (Long Form).

<sup>14</sup> <https://www.merriam-webster.com/dictionary>

<sup>15, 18</sup> Twelve Steps and Twelve Traditions, STEP TWO, <sup>15</sup>, p. 25, <sup>18</sup>, p. 28.

<sup>16</sup> Twelve Steps and Twelve Traditions, STEP ONE, p. 22.

<sup>17</sup> Alcoholics Anonymous, WE AGNOSTICS, p. 65.

<sup>19</sup> <https://www.merriam-webster.com/dictionary>

<sup>20</sup> Twelve Steps and Twelve Traditions, TRADITION ONE, p. 130.

<sup>21</sup> Twelve Steps and Twelve Traditions, STEP TWELVE, p.109.

<sup>22</sup> Twelve Steps and Twelve Traditions, TRADITION FIVE, p. 151.

<sup>23</sup> Alcoholics Anonymous, BILL'S STORY, p. 15.

<sup>24</sup> Alcoholics Anonymous, THERE IS A SOLUTION, p.17.

<sup>25</sup> Alcoholics Anonymous, WORKING WITH OTHERS, p.100.

#### **FLINT AREA UNITY COUNCIL AIMS AND PURPOSES**

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

The entire **F.A.U.C. Aims and Purposes with Election Procedures** is on the website [www.geneseecountyaa.org](http://www.geneseecountyaa.org).

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

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

Hold the door, say "Please", say "Thank you",  
 Don't steal, don't cheat, and don't lie,  
 I know you got mountains to climb,  
 But always stay humble and kind.<sup>26</sup>

### CONCEPT TWO

"The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in world affairs."<sup>27</sup> (Short Form).

"When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole Society."<sup>28</sup> (Long Form).

As Bill W. says, "The principle of amply delegated authority and responsibility to 'trusted servants' must be implicit from the top to the bottom of our active structure of service. This is the clear implication of A.A.'s Tradition Two."<sup>29</sup>

"Principle of the Concept: RELIANCE.

"One Thing You Need To Know:

The Conference Listens – Then Speaks."<sup>30</sup>

**Concept II: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.**

- Do we have an understanding of the history of the General Service Conference (the "Conference")?
- What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- Is our group meeting its wider Seventh Tradition responsibilities?

From understanding reliance as a principle of Concept II; in practice, reliance allows us to be humble to listen before speaking. Grandma said, "Listen before you speak and you won't sound like an idiot."<sup>32</sup>



<sup>26</sup> "Humble and Kind" song by Tim McGraw, 2015.  
<sup>27, 28, 29</sup> The A.A. Service Manual combined with Twelve Concepts for World Service by Bill W., 2021-2023 ED, <sup>26</sup> p. IV, <sup>27</sup> p. V, <sup>28</sup> p. C6.

<sup>30</sup> <https://www.takethe12.org/c2/>

<sup>31</sup> SMF-91 CONCEPTS Checklist, p. 1.

<sup>32</sup> Clementine (Pieri) Gingras, 1888 – 1975.



## NO GLUM LOT HERE



### Court Ruling from the UK

A seven year old boy was at the centre of a courtroom drama yesterday when he challenged a court ruling over who should have custody of him.

The boy has a history of being beaten by his parents and the judge initially awarded custody to his aunt, in keeping with the child custody law and regulations requiring that family unity be maintained to the degree possible.

The boy surprised the court when he proclaimed that his aunt beat him more than his parents and he adamantly refused to live with her. When the judge suggested that he live with his grandparents, the boy cried out that they also beat him.

After considering the remainder of the immediate family and learning that domestic violence was apparently a way of life among them, the judge took the unprecedented step of allowing the boy to propose who'd have custody of him.

After two recesses to check legal references and confer with child welfare officials, the judge granted temporary custody to the England Football (Soccer) team, the boy firmly believes they are not capable of beating anyone. (It might have been the Detroit Lions in 2008 with a 0-16 record...).

### Ned & Jed

Howdy Jed, y'know your outbursts get on people's nerves, don't you?

If they don't like what I have to say, they don't have to listen.

What you say has nothing to do with the discussion topic. Try to listen first.



Once choppers know you listen, then your voice of experience, strength, and hope is welcome.

My opinions range far and wide, y'know. I been everywhere man.

It's true as Confucius said, "Wherever you go, there you are"; you need to bring your experience in a certain



situation to each discussion in a way that Choppers know you've listened. Then let 'em have it, sticking to the topic, y'know?

Heard this saying once; "If listening to people is listening to God, then talking to people is talking to God. How do I want God to hear me today? But first listen."

That sure falls in line with that 'ultimate authority' of the Chopper's conscience doesn't it? Maybe I will have to listen and tone things down a wee bit so God knows and likes what he hears from me.

**F.A.U.C. Committees; Officers & Chairs.**

Committee Chairs with names. (Visit the website [www.geneseecountyaa.org](http://www.geneseecountyaa.org) to email the F.A.U.C.).

**F.A.U.C. Chair:** Gerri L.

**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:** Dennis S.

**A.A. Answering Service:** Wes S.,

Gordon G. – co-Chair

**C.P.C. - Cooperation with the Professional Community:** Jim F. **Corrections:** Dan M.

**DCM** – Doug G.

**Grapevine:** Kamesha M..

**Literature/Meeting Books:** James P.

Sub-Committee: **Newsletter:** James P. / Doug G.

**P.I. - Public Information:** Jason Z.

**Treatment:** Moe M. **Website:** OPEN.

**Young People:** Jason J., Sam – co-Chair.

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

Editor: Doug G. Coeditor: Randy H.

The January 2024 Newsletter went to 239 emails, with 115 Website Hits = 354 readers.

**2024 F.A.U.C. Meetings;** Date: Place: Host Group.

**Next F.A.U.C. Meeting:** Meetings are on the 3<sup>rd</sup> Saturday of the month at 12:30 pm for the General Assembly. **Host groups are encouraged to Host at their location** (but will meet at St. Mary’s School if needed).

January 20: St. Mary’s School; Women in A.A.

February 17: St. Mary’s School, Torrey Rd. Grp.

March 16: St. Mary’s School, Flushing-St. Roberts.

April 20: Thetford? Await Group approval.

May 18: Davison

June 15:

July 20:

August 17:

September 21: Fenton Alano Club.

October 19: FLYPAA

November 16: St. Francis; Quaderer Hall, 212 Center St, Otisville, Otisville A.A.

December 21:

**I BEEN ALMOST EVERYWHERE MAN; ASK YOUR GROUP TO HOST?**



**Group NEWS**

The F.A.U.C. meets February 17, 2024 at 11:30 AM for Committee Meetings, 12:30 PM General Assembly, St. Mary’s School, 2600 N. Franklin, Flint,

Hosted by Torrey Road Group.

- \* CMIA32 Meeting on February 4, 2024, Hosted by District 10 at The Z Hall, 1775 Owosso Avenue, Owosso, MI 48867, 9 AM Coffee. C’mon down!
- \* Fun With Friends Bowling, Feb. 10, 1PM.
- \* OTM Flyer of Virtual (Zoom) Meetings-Sun & Wed.
- \* Flint Alano House Social Event, Sat. Feb. 17, 6 PM.
- \* Flint Alano House A.A. Meeting Schedule.
- \* Flint Alano House new Whippersnappers meeting, Sundays at 7:30 PM.
- \* Flint Alano House, Sat. Feb 10, 6 PM, Valentine’s Day Dance/Speaker Event.
- \* Fenton Alano Club A.A. Meeting Schedule.
- \* Flint Arid Club Meeting Schedule.
- \* = Flyer at end of Newsletter; New F.A.U.C.

Committee Chairs have been elected,

Openings still for Al-Anon Liaison, Grapevine, Website.

**Please Step Up to Service Work!**

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

The F.A.U.C. Newsletter is looking for articles & ideas.

Request a Newsletter by email: [farfromittoday@aol.com](mailto:farfromittoday@aol.com).

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

**February 2024 Flint Area Open Speaker Meetings**

\* = Addresses of Locations can be found in the 2023 Flint Area Groups Meeting Book or on the website [www.geneseecountyaa.org](http://www.geneseecountyaa.org) under the Meetings Tab.

- Fri 2 12 noon, Eye Opener, Arid Club.
- Sat 3 7:30 pm, East Side St. Mary’s.
- Sun 4 6:00 pm, Torrey Rd. Group, Arid Club.
- Thu 8 7:00 pm, Van Slyke.
- Fri 9 12 noon, Eye Opener, Arid Club.
- Sat 10 7:30 pm, East Side St. Mary’s.
- Sun 11 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 17 7:30 pm, East Side St. Mary’s.
- Sun 18 6:00 pm, Torrey Rd. Group, Arid Club.
- Sat 24 7:00 pm, Thetford A.A., Thetford Senior Center
- Sat 24 7:30 pm, Eastside St. Mary’s.
- Sun 25 6:00 pm, Torrey Rd. Group, Arid Club.
- Sun 25 6:00 pm, Otter Lake, St. John’s the Baptist Ch.
- Mon 26 7:00 pm, Montrose HOPE
- Thu 29 7:30 pm, Swartz Creek Group, St. Bartholomew.

**Meeting has an Open Speaker? Email [farfromittoday@aol.com](mailto:farfromittoday@aol.com).**

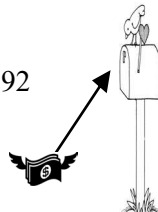
**A.A Treasurer’s addresses:**

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

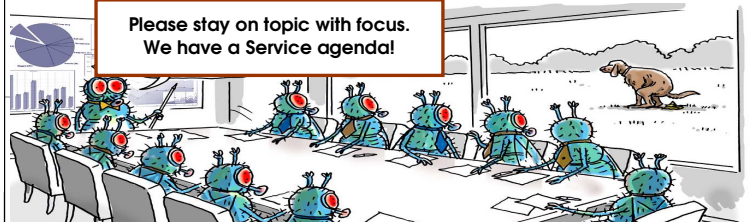
**CMIA 32 Treasurer** c/o Ed LaLonde 527 Handy Drive, Bay City, MI 48706-4292

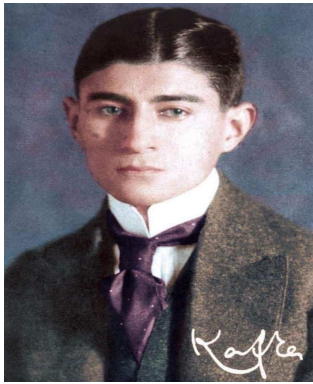
(For F.A.U.C.)

P.T.H.A, Inc. 4225 Miller Rd. Suite 119, Flint, MI 48507. Please make checks payable to **Pass The Hat Association, Inc.**



Please stay on topic with focus. We have a Service agenda!





When he was 40, the renowned Bohemian novelist and short story writer FRANZ KAFKA, (1883-1924), who never married and had no children, was strolling through Steglitz Park in Berlin. He chanced upon a young girl crying her eyes out because she had

lost her favorite doll. She and Kafka looked for the doll without success. Kafka told her to meet him there the next day and they would look again.

The next day, when they still had not found the doll, Kafka gave the girl a letter “written” by the doll that said, “Please do not cry. I have gone on a trip to see the world. I’m going to write to you about my adventures.”

Thus began a story that continued to the end of Kafka’s life.

When they would meet, Kafka read aloud his carefully composed letters of adventures and conversations about the beloved doll, which the girl found enchanting. Finally, Kafka read her a letter of the story that brought the doll back to Berlin, and he then gave her a doll he had purchased. “This does not look at all my doll,” she said. Kafka handed her another letter that explained, “My trips, they have changed me.” The girl hugged the new doll and took it home with her. A year later, Kafka died.

Many years later, the now grown-up girl found a letter tucked into an unnoticed crevice in the doll. The tiny letter, signed by Kafka, said, “Everything you love is very likely to be lost, but in the end, love will return in a different way.”

We all have opportunities in life where we have the choice to make a difference by our words and actions. Especially during this holiday season, may we all choose to be loving and kind.

This story is credited to Marina Veronica and Jim Fagiolo. Marlene López is the artist of the watercolor drawing.

Dec 13, 2019.  
<https://bfmarchives.familyfed.org/article-franz-kafka-and-the-lost-doll-36973/>



## And The Teacher Laughs Hysterically!

"I am a literacy interventionist and special education teacher. I had recently become pregnant with my first child and was sharing our exciting news with my fifth-grade students. They were all sweetly excited and happy for my husband and me. Then, out of the blue, one of the girls said, 'OMG, Mrs. Jimenez, does this mean that you lost your Virginia?'"

"I had a third-grade student tell me one of his classmates said a really bad word. I asked what letter the bad word began with. They said the letter 'M.' I racked my brain trying to figure out what bad word started with 'M.' Finally, I asked if they could whisper it in my ear. The student very quietly said, 'Marriage!' Wow! I didn't see that one coming, and it was hysterical!"

"I had a student ask me what year I was born. I told her '76. She quickly responded with, 'Which one? 18 or 19?'"

"I taught middle school health. I remember talking to my sixth-graders about almond milk for some reason. Then one of them said out loud, 'I didn't know almonds had titties!' The way he said it and his confused face were too funny."

“As a teacher, I was telling my class of fifth graders that when I was a kid, my parents would always say "Excuse my French" after a swear word... ..I should have never asked does anybody know any French?"



**DO CLOUDS EVER  
LOOK DOWN ON US  
AND SAY THAT ONE  
IS SHAPED LIKE AN  
IDIOT?**

...more than likely... Then they bunch together and laugh until they cry God's tears of mirth.

**I LEARN FROM THE  
MISTAKES OF PEOPLE  
WHO TOOK MY ADVICE**

Well golly, I learned like, per se, nada, from my own mistakes; so it only makes sense I should learn from yours!



**SOMETIMES, THE  
AMOUNT OF SELF  
CONTROL IT TAKES  
TO NOT SAY WHAT'S  
ON MY MIND IS  
SO EXHAUSTING  
THAT I NEED A  
NAP AFTERWARDS.**



The spitting Llama knows wherefore it spat!!!



Whoever is out there doing this voodoo on me needs to STOP!

Did you know there's a prayer called the "I don't know" prayer? It's very spiritual. You just go off somewhere quiet and hidden and you walk right up to the heart of God and you say, "I don't know."

I don't know where to go from here. I don't know what is happening. I don't know how to process this. I don't know what to do with these emotions. I don't know how to handle this situation.

It covers a lot of I don't knows.

And then with whatever dusty little sand grain of faith you have, you say, "But You know."

And you leave it there.

God most certainly hears that prayer.

~~Anonymous~~

**God is still writing  
your story.**

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.



# *The Wisdom of the Rooms*

## **12 Months of Reflections for People in Recovery**

January 15, 2024

### Quote of the Week

**"Those who laugh—last."**

I remember hearing the phrase “We are not a glum lot” when I was new in recovery. But I didn’t believe it. I mean, here I was sentenced to attend meetings, prohibited from partying, and forced to develop a faith in God. Things looked pretty glum to me. If it wasn’t for the laughter I heard in the rooms, I may not have stuck around.

At first, I couldn’t understand what they found so funny. People would share embarrassing, demoralizing, and even tragic experiences, and the room would burst into laughter. Some of the things they shared I wouldn’t even admit to myself. “I don’t get it,” I finally said to my sponsor. “Those who can laugh at themselves tend to last,” he told me. It took a while, but I sure did find that to be true.

One of the most valuable lessons I’ve learned in recovery is not to take myself so seriously. Once I cleared away the wreckage of my past, I was free. Today, I allow myself to make mistakes, and if I step on someone’s toes, I’m quick to make amends. Because of this, my life is lighter today, and I find it easy to laugh at myself. This not only makes the journey more enjoyable, but it’s what’s made it last so long, too.

“...a wonderful thing had happened. The head promoter wrote the Foundation office. He said he wished he’d paid some attention to A.A. experience. Then he did something else that was to become an A.A. classic. It all went on a little card about golf-score size. The cover read: “Middleton Group #1. Rule # 62.” Once the card was unfolded, a single pungent sentence leaped to the eye:

**“Don’t take yourself so damn seriously!”**

## DAILY REFLECTIONS

FEBRUARY 20

### THE GIFT OF LAUGHTER

*At this juncture, his A.A. sponsor usually laughs.*

TWELVE STEPS AND TWELVE TRADITIONS, p. 26

Before my recovery from alcoholism began, laughter was one of the most painful sounds I knew. I never laughed and I felt that anyone else's laughter was directed at me! My self-pity and anger denied me the simplest of pleasures or lightness of heart. By the end of my drinking not even alcohol could provoke a drunken giggle in me.

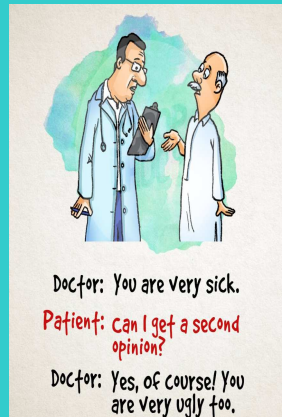
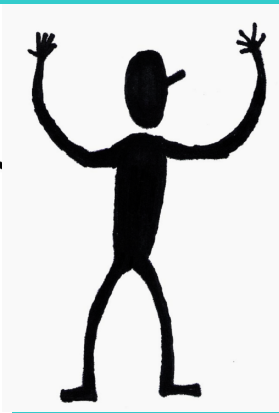
When my A.A. sponsor began to laugh and point out my self-pity and ego-feeding deceptions, I was annoyed and hurt, but it taught me to lighten up and focus on my recovery. I soon learned to laugh at myself and eventually I taught those I sponsor to laugh also. Every day I ask God to help me stop taking myself too seriously.

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**“So we think cheerfulness and laughter make for usefulness.”**

Alcoholics Anonymous, 4<sup>th</sup> ED, THE FAMILY AFTERWARD, p. 132.

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## *Heard it 'Round the Rooms!*



It's not that I was powerless; it's that I didn't think with Power.

You don't think your way into a new kind of living.  
You live your way into a new way of thinking.

I'm trying to be a leader in A.A. instead of a follower  
because when following other people outside of A.A. it led to trouble.

My philosophy is more like what Albert Einstein called a cosmic sense  
of a greater power involved in the creation of the Universe.

The fact that you are still here is proof that  
whatever tried to beat you, lost.

My first day sober I was at a meeting.

It kept me sober, so everyday I did that and stayed sober (23 years now).  
But all the people were laughing and having a good ole time every meeting.  
I thought it was something in the coffee!



Thanks Ted S.



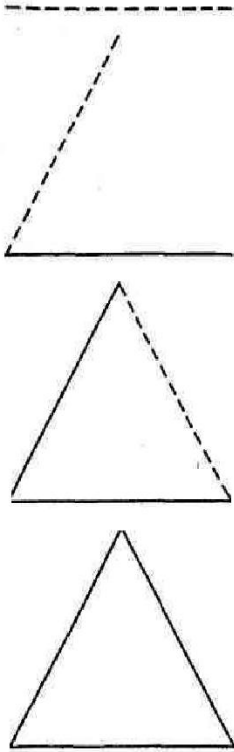
Seems to be the general consensus  
around here, where we're all here,  
not all there.

Dr. Bob's reasons for passing  
on what he learned.

- 1) Sense of duty.
- 2) It is a pleasure.
- 3) Because in so doing I am paying my debt to the man who took time to pass it on to me.
- 4) Because everytime I do it I take a little more insurance for myself against a possible slip.

Alcoholic Anonymous, 4<sup>th</sup> ED,  
DR. BOB'S NIGHTMARE, pp. 180-181.  
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## WHY IS THE TRIANGLE THE SYMBOL OF AA?



**S**YMBOLISM is a very important tool in the field of communications today. Almost every corporation, business enterprise or service organization is trying to project a symbol—a visual "image" of itself

For example, the Rock of Gibraltar is the symbol of the Prudential Life Insurance Company. The bell is the symbol of the Telephone Company. A red cross on a white background is the symbol of the American Red Cross, and so on.

If you stop to think about it, I believe you will agree that AA too has a symbol: the triangle.

The 1955 Conference in St. Louis adopted the triangle as AA's symbol of Recovery, Unity and Service. The base of the triangle represents our First Legacy — The Twelve Steps of Recovery. The left arm of the triangle represents our Second Legacy—The Twelve Traditions. And the right arm of the triangle represents our Third Legacy of Service. The official trademark of

AA Publishing Company literature is the triangle within a circle which represents the world.

Symbolism doesn't just happen. There is usually a reason for its existence. If we go back to the days before AA we find our very first triangle. Here Ebby T. suggests a novel idea to Bill W. His idea is that perhaps one alcoholic might be able to stay sober by working with another alcoholic. Bill W. thought about this and discussed it with Dr. Silkworth, the little doctor who loved drunks. Then Bill W. went out to Akron and met Dr. Bob. They teamed up together to make their first AA call on Bill D., "the man on the bed" in the Akron hospital. Thus, the first human triangle consisting of Bill W., Dr. Bob and Bill D. was formed.

Just stop to think about the symbolism of the triangle for a moment and what this means to you and me. The chances are that when you came into AA you had a sponsor. Chances are that since becoming sober you have helped to sponsor someone else. So here is your very own living triangle: your sponsor, you and your "pigeon."

It is easy to understand how AA works when you think of yourself as the base of your own triangle, supported on one side by your sponsor, and helping to support your pigeon on the other side. Perhaps you are the base of a dozen or more triangles.

As a sober alcoholic I am grateful to be an integral part of my own personal triangle. I am also grateful that my personal triangle draws upon the strength of many thousands of triangles—all joined firmly together among the 250,000 members of AA who belong to some 7,000 groups all over the world.

The North American groups elect eighty-three delegates to represent them each year at AA's annual General Service Conference. So we have another triangle consisting of 250,000 members, several thousand group representatives and the eighty-three Delegates to the Conference.

Also represented at the General Service Conference is still another triangle of about 100 people. The eighty-three Delegates form its base. The six staff members of the General Service office, plus two Directors of the AA Publishing Company and two Directors of the Grapevine plus Bill W. and Hank G. are the second arm of the triangle. The third arm is represented by the fifteen members of the Board of Trustees.

The triangle is, then—in many ways—the symbol of AA. And the delightful part of it all is that every time a sick new member comes into AA he or she immediately joins hands with two other members who lend their strength in helping him or her to succeed in our program of Recovery, Unity and Service.

C. J. M., Greenwich, Conn.

Silkworth.net

PDF Index

<https://silkworth.net/wp-content/uploads/2020/07/Why-Is-The-Triangle-The-Symbol-of-AA-Sep-1959.pdf>

### TRADEMARKS, LOGOS AND COPYRIGHTS

As noted by Bill W. in *A.A. Comes of Age*: "A society like ours ought to control and publish its own literature." Only in this way, it was believed, could the integrity of A.A. principles be preserved and our message not get garbled. And so it is today that every piece of literature written and produced by A.A., including use of its very name, is owned and controlled by the Fellowship itself.

A.A. World Services, Inc. and AA Grapevine, Inc. have registered a number of trademarks and logos, and the guidelines for using them are based partly on legal considerations and partly on the nature of A.A.

Use of these marks on goods or services that do not emanate from A.A., and have not been approved by A.A., both infringes upon and dilutes A.A. marks, in legal terms. The resulting harm is that the marks and A.A. itself, since A.A. is what the marks symbolize, will come to be associated with a variety of products and services that are not part of A.A., and are not consistent with A.A.'s purpose. This will cause the marks to lose their meaning and significance as symbols of Alcoholics Anonymous. 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.

Substantially all of the publications and other material produced and distributed by A.A.W.S. and Grapevine, including service material, are protected by copyrights that have been registered by the respective corporations. These materials are valuable Fellowship assets and are held for the benefit of A.A. as a whole. Therefore, the reprinting and/or copying of these materials is carefully monitored by A.A.W.S. and Grapevine in order to avoid any erosion or loss of the copyrights. (For additional information, see Appendix N.)

# Fun With Friends Event



Grand Blanc Lanes  
Saturday, Feb. 10<sup>th</sup> 1PM

**\$10** per person. Includes 2 hrs. w/ shoes

\*\* Please call to arrange payment to host:

**Jamie Stowe**

810-618-6601

February 5<sup>th</sup> - Deadline Date!

FLYPAA FORMALLY INVITES YOU  
TO JOIN THE

LOVE &  
TOLERANCE  
SOCIAL  
CLUB

•ICE CREAM SOCIAL  
•MOCKTAILS  
•SPEED SOCIAL  
(GET TO KNOW THE  
FELLOWSHIP)

LOVE &  
TOLERANCE  
LEAD-IN  
DISCUSSION  
MEETING

FEBRUARY  
17TH 6 PM  
FLINT  
ALANO

- DOORS OPEN AT 6
- SOCIAL EVENTS START AT 6:30
- MEETING AT 9:30

2608 MAPLEWOOD AVE. FLINT.  
MI 48506

# CMIA 32 Area Assembly

## District 10

### February 4th, 2024

In person and virtual via Zoom:

Meeting ID: 970 9209 4118 Passcode: area32



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 GSR 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

## The Z Hall

### 1775 Owosso Avenue

### Owosso, MI 48867



and please  
join our O.T.M.



zoom

meeting

every

Sunday & Wednesday

evening at 5:30pm

# Welcome Friends!

The Flint Alano Club's doors are open to the newcomer and anyone desiring a life of continuous sobriety. Our club offers a safe and inclusive environment for those who want to re-create their life and live sober one day at a time.

## Flint Alano House AA Meeting Schedule

### **Sunday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
7:30pm – Big Book Study  
9:30pm – Barefoot Meeting (Candlelight)

### **Monday:**

1:30pm – Step Discussion  
5:30pm – Men's Meeting  
  
5:00pm – Women's Meeting  
6:30pm – **Open** Women's Meeting  
7:30pm – Big Book Study  
9:30pm – Barefoot Meeting (Candlelight)

### **Tuesday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
9:30pm – Big Book Study

### **Wednesday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
7:30pm – Big Book Study  
9:30pm – Steps 3, 7, and 11 Meeting (Candlelight)

### **Thursday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
9:30pm – Barefoot Meeting (Candlelight)

### **Friday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
7:30pm – Big Book Study  
9:30pm – Barefoot Meeting (Candlelight)

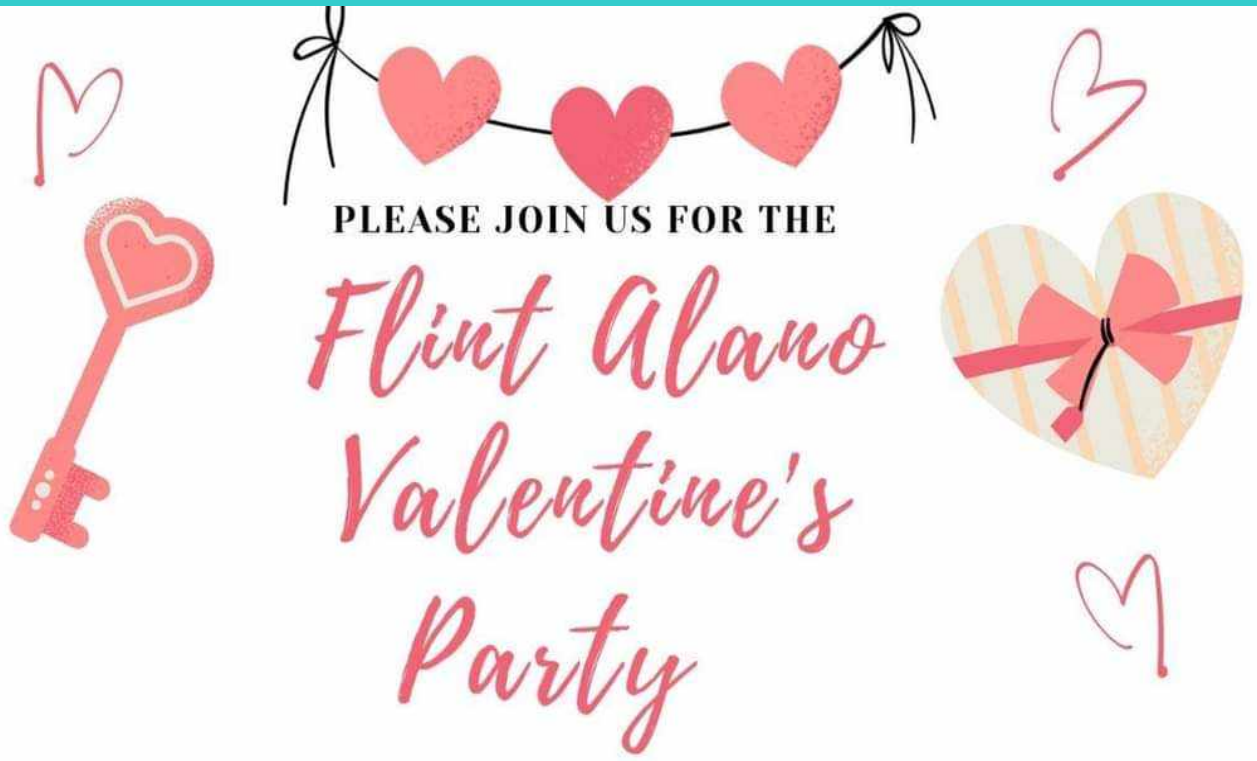
### **Saturday:**

1:30pm – Step Discussion  
5:00pm – Step Discussion  
9:30pm – Barefoot Meeting (Candlelight)

## Flint Arid Club A.A. Meetings

1	SUN	11:30 AM	<b>CA Group</b> ?????	Arid Club	715 East St	Flint
2	SUN	2:00 PM	S.I.N. (Spiritual in Nature)	Arid Club	715 East St	Flint
3	SUN	6:00 PM	- Torrey Road Group / Open Talk	Arid Club	715 East St	Flint
4	SUN	9:30 PM	Last Call	Arid Club	715 East St	Flint
5	MON	12:00 PM	Eye Opener - Big Book Study	Arid Club	715 East St	Flint
6	MON	1:30 PM	New Faith	Arid Club	715 East St	Flint
7	TUE	10:00 AM	Recovery is Possible	Arid Club	715 East St	Flint
8	TUE	12:00 PM	Eye Opener - Big Book Study	Arid Club	715 East St	Flint
9	TUE	7:00 PM	Women in A.A.	Arid Club	715 East St	Flint
10	TUE	9:30 PM	Last Call	Arid Club	715 East St	Flint
11	WED	10:00 AM	Recovery is Possible	Arid Club	715 East St	Flint
12	WED	12:00 PM	Eye Opener - Big Book Study	Arid Club	715 East St	Flint
13	WED	1:30 PM	New Faith	Arid Club	715 East St	Flint
14	WED	6:00 PM	Torrey Road Group - Big Book	Arid Club	715 East St	Flint
15	THU	12:00 PM	Eye Opener - Big Book Study	Arid Club	715 East St	Flint
16	FRI	12:00 PM	Eye Opener - Big Book Study	Arid Club	715 East St	Flint
17	FRI	1:30 PM	New Faith	Arid Club	715 East St	Flint
18	FRI	7:00 PM	Drop The Rock	Arid Club	715 East St	Flint
19	SAT	12:00 PM	Drop The Rock, Steps 6 & 7 Book Downtown Group	Arid Club	715 East St	Flint
20	SAT	9:30 PM	Last Call	Arid Club	715 East St	Flint





PLEASE JOIN US FOR THE

*Flint Alano  
Valentine's  
Party*

**SATURDAY, FEB 10, 2024**

*\$6 a person  
\$10 a couple*

**DOORS OPEN AT 6PM  
SPEAKERS AT 7PM  
DANCE 8PM-11PM**

*ALL PROCEEDS  
GO TO ST  
ANDREWS  
CHURCH*

**50/50 DRAWING  
DOOR PRIZES  
DJ ROB MOTA  
NACHO BAR!**

**ST ANDREWS CHURCH  
1922 IOWA, FLINT, 48506  
FOR QUESTIONS: CONTACT THE  
FLINT ALANO AT 810-233-0737**



**Speakers:  
Dan and  
Suzanne P.**

**NEW MEETING**

**THE  
WHIPPERSNAPPERS  
OF ALCOHOLICS  
ANONYMOUS**

**YOUNG PEOPLES  
BIG BOOK STUDY**

**Sunday Nights @  
7:30**

**ALANO HOUSE**

**2608 MAPLEWOOD Ave. Flint, MI 48506**



## FENTON ALANO CLUB A.A. MEETING SCHEDULE

### SUNDAY

10:00am Sunday Serenity \*O *upstairs*

5:00pm STEPS TO FREEDOM \*O

*Dinners will be held 1<sup>st</sup> and 3<sup>rd</sup> Sunday (Oct thru April). upstairs*

### MONDAY

10:00am New Horizons \*C *upstairs*

6:00pm Sobriety & Depression \*O *downstairs*  
(Ladies only)

7:00pm North Rd Group \*O *upstairs*

### TUESDAY

10:00am S.O.S (Sisters of Sobriety) \*C *downstairs*

10:00am New Horizons \*O *upstairs*

7:00pm North Rd Group \*C *upstairs*

7:00pm Big Book Study \*C *downstairs*

### WEDNESDAY

9:00 am Men's Meeting \*C*downstairs*

10:00am New Horizons \*O *upstairs*

6:30pm Alanon \*O *upstairs*

6:30pm Steps and Traditions \*O *downstairs*

### THURSDAY

10:00am New Horizons \*C *upstairs*

7:00pm Spirit Group \*O *upstairs*

### FRIDAY

10:00am New Horizons \*C *upstairs*

6:30pm 11th Step Meditation Meeting \*O *downstairs*

8:00pm Open Talk \*O *upstairs*

### SATURDAY

7:30am Saturday Straggler's \*C *downstairs*

6:30pm Young Peoples \*O *downstairs*

(all ages welcome)

8:00pm Saturday Night Open Talk \*O *upstairs*  
(formally at St. Jude's)

A.A. meetings can be 'Closed' or 'Open'.

\*C -Closed: meeting is for any person who has a desire to stop drinking.

\*O -Open: meetings are for members of the community who may wish to have more information about A.A.

The Difference Between AA-Related Discussion Groups and Traditional AA Meetings:

Unlike traditional AA meetings, Spirit Group offers free-flowing conversations related to AA. By design, this group compliments AA.