



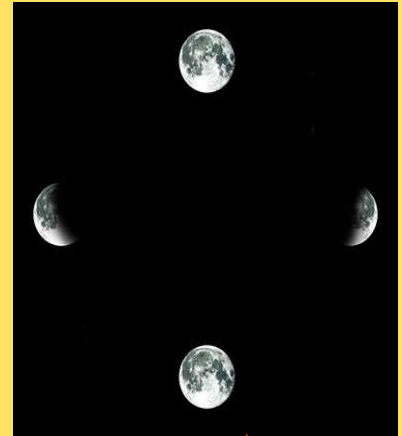
~ ~ - Newsletter - ~ ~

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.  
*The following Newsletter is thoughts of the Editor alone, thanks to A.A.*



**Number 4** is the number of:  
Stability, order and completion of justice:  
Of the earth and mankind:  
Symbolizes building a strong foundation:  
Of the square:  
There are four cardinal points:  
North – South – East – West.  
There are four winds encompassing all four corners of the earth:  
*The Moon's 4 phases:*  
There are four seasons: Winter, Spring, Summer, Fall.  
In the West we have four elements: Earth – Air – Fire – Water.  
The Four Absolutes of Honesty, Purity, Unselfishness, and Love:  
First written in 1904, by Robert Speer, (no proof they were his original thoughts), and, would be used by The Oxford Group in 1931.



*New Moon, 1<sup>st</sup> Quarter,  
Full Moon, 3<sup>rd</sup> Quarter.*

“If you look into your heart  
With a positive mind  
Take self inventory...”<sup>1</sup>

**STEP FOUR**

“Made a searching and fearless moral inventory of ourselves.”<sup>2</sup>

“Therefore, we started upon a personal inventory. *This was Step Four.* A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.”<sup>3</sup>

The searching, fearless, moral, inventory is about past deeds that, good or bad. We do not want to be rid of valuable goods; rather discard those worthless.

That is the how with us; those who claim to only look at the bad in our past may need more mastery.

We need the fact-finding and fact-facing process.  
What is of good value? What is of bad value?

<sup>1</sup> LOOK INTO YOUR HEART, Aretha Franklin, 1992.  
<sup>2</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, HOW IT WORKS, p. 59.  
<sup>3</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, HOW IT WORKS, p. 64.  
All quotes reprinted with A.A.W.S. permission where applicable.

Now to the parameters, (a limit or boundary that defines the scope of a particular process or activity).<sup>4</sup>

The Big Book gives suggestions to begin this quest.

Why are the following Four Parameters part of our inventory? Refer to the text of Alcoholic Anonymous to find the reasons.

1) “Resentment is the ‘number one’ offender. It destroys more alcoholics than anything else.”<sup>3</sup> *ibid*

2) Fear. “This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. Or set in motion trains of circumstances which brought us misfortune we felt we didn’t deserve. But did not we, ourselves, set the ball rolling?”<sup>5</sup>

3) Harm done to others. “We have listed the people we hurt by our conduct, and are willing to straighten out the past if we can.”<sup>6</sup>

4) Sexual Conduct. “We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead?”<sup>7</sup>

<sup>4</sup> Oxford Languages Dictionary.  
<sup>5</sup> Alcoholic Anonymous, 4<sup>th</sup> ED, HOW IT WORKS, p. 67.  
<sup>6</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, HOW IT WORKS, p. 70.  
<sup>7</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, HOW IT WORKS, p. 69.  
All quotes reprinted with A.A.W.S. permission where applicable.

## TRADITION FOUR

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”<sup>8</sup> (Short Form).

“With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.”<sup>9</sup> (Long Form).

How does a group know how it affects others? Through the group conscience inventory with the Ultimate Authority; we are but only trusted servants.

The long form gives suggestions for group guidance when problematic for a group decision. At this crossroad; the 1<sup>st</sup> Tradition of ‘common welfare’ and ‘unity’ then becomes part of any decisions made.

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members’ behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?<sup>10</sup>

<sup>6</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, APPENDICES I, THE TRADITIONS, p. 561.

<sup>7</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, BILL’S STORY, p. 13.

<sup>8</sup> <https://www.merriam-webster.com/dictionary/noninclusion>.

<sup>9</sup> Alcoholics Anonymous, 4<sup>th</sup> ED, APPENDICES II, SPIRITUAL EXPERIENCE, p. 567.

<sup>10</sup> SMF-131, Tradition Questions from the A.A. Grapevine, Nov. 69 to Sept 71.

Reprinted with A.A.W.S. permission where applicable.

## CONCEPT IV

“At all responsible levels, we ought to maintain a traditional ‘Right of Participation,’ allowing a voting representation in reasonable proportion to the responsibility that each must discharge.”<sup>11</sup> (Short Form).

“Throughout our Conference structure, we ought to maintain at all responsible levels a traditional ‘Right of Participation,’ taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.”<sup>12</sup> (Long Form).

“You are an A.A. member if you say so.”<sup>13</sup>

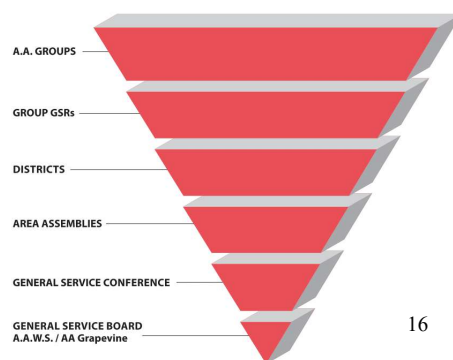
“The A.A. member has to conform to the principles of recovery.”<sup>14</sup>

“There is another good reason for ‘participation,’ and this has to do with our spiritual needs. All of us deeply desire to belong. We want an A.A. relation of brotherly partnership. It is our shining ideal that the ‘spiritual corporation’ of A.A. should never include any members who are regarded as ‘second class.’ Deep down, I think this is what we have been struggling to achieve in our world service structure. Here is perhaps the principal reason why we should continue to ensure ‘participation’ at every important level. Just as there are no second-class A.A.’s, neither should there be any second-class world service workers, either.”<sup>15</sup> (Continued on p. 3).

<sup>11, 12, 15, 16</sup> The A.A. Service Manual combined with The Twelve Concepts for World Service, 2021-2023 Edition, REVISED AND UPDATED, THE TWELVE CONCEPTS (SHORT FORM),<sup>11</sup> p. IV, (Long Form),<sup>12</sup> p. V,<sup>15</sup> p. C15,<sup>16</sup> p. 3.

<sup>13, 14</sup> Twelve Steps and Twelve Traditions, TRADITION THREE,<sup>13</sup> p.139,<sup>14</sup> p. 130.

Structure of the Conference U.S. and Canada



16

### **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.

(Continued from p. 2).

“The ‘Right of Participation’ is therefore a corrective of ultimate authority because it mitigates its harshness or misuse. It also encourages us who serve A.A. to accept the necessary disciplines that our several tasks require. We can do this when we are sure that we belong, when the fact of our ‘participation’ assures the we truly are the ‘trusted servants’ described in Tradition Two.”<sup>15</sup> *ibid*

The Fourth Step of A.A. with its four suggestions to inventory is good start as my Father used to tell me when I’d been working a good job for more than a while. He taught to strive for better, for more, to continue to be my best.

The fact that I did this while studying alcohol ended up to be disastrous for me. It took what it took, we so often hear. You were only late for your first meeting, is another cliché trying to exude confidence in us to carry on wayward son.



So much Service to do at just the Meetings!  
Wait until you get enlightened with  
Carrying The Message!



It is your Right to Participate!!!  
Then be Happy, Joyous, and Free  
really Kicks In.



NO MORE HORSIN’ AROUND!

7 PM Weds  
Done Horsing Around  
Lions Hall/Open Disc.  
3790 N. Oak St.  
Metamora 48455



NO GLUM LOT HERE



What do you call a participation trophy in astronomy?

A constellation prize.

Back in my day, high school sports athletic conferences wouldn’t let you participate if you didn’t keep at least a 2.0 grade point average. Wow, times drastically changed...

Heard of 20,000 leagues under the C! My friend didn’t want to participate in the pick your new hairstyle conference but I convinced him...

He took part.

Is your name Michael? Yes or No?

Thank you for your participation.

I’m doing a Mike Check.

SOUND OFF!!!

- 1) Yep.
- 2) NOT!!!
- 3) My middle name is Michael, Does that count?



Ned & Jed

- 4) Nay.
- 5) Who’s asking?
- 6) Should it be? What’s the prize?
- 7) Is Michelle close enough?

‘Lo Jed, you participate in the Chopper’s Conscience?

Listened, wasn’t sure what I had to say was anything anybody wanted to hear.

All joking aside Jed, did ye, or did ye not give thoughts on the matter discussed?



Jussayin’ here. How can the best decision be made without the voice and thoughts of all?

Been called crazy, out in left field, told to shut up and listen, been trod upon.

So you gave in to naysayers prompted to aggressive defense of their ideas and didn’t voice yours? Thought



you were past that. What if what is discussed about your idea ends up to be best for the Choppers? Can’t you see that? With your experience, strength, hope? Omission is omitting the truth, y’know? Also, “If he thinks he can do the job in some other way, or prefers some other spiritual approach, encourage him to follow his own conscience.”<sup>A</sup>

I remember reading. thinking about that. It works, if ya work it.

<sup>A</sup> Alcoholic Anonymous, 4<sup>th</sup> ED, WORKING WITH OTHERS, p.95. Reprinted with A.A.W.S. permission.

**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:**

**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. LCM's-Jim M., Brad S., Lisa M-T.**

**Grapevine:** Kamesha M..

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

Sub-Committee: **Newsletter:** Doug G.

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

**Treatment:** Moe M. **Website:** Nick E.

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

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

Editor: Doug G. Coeditor: Randy H.

The March 2024 Newsletter went to 259 emails, with 102 Website Hits = 361 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, St. Robert's of Flushing

April 20: Thetford Sr. Ctr., Thetford A.A.

May 18: Davison Fri Night

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:

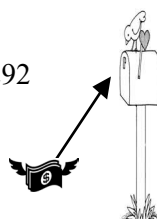
**A.A Treasurer's addresses:**

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

**For CMIA 32:** 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.**



**Group NEWS**

The F.A.U.C. meets April 20, 2024 at 11:30 AM for Committee Meetings, 12:30 PM General Assembly. Thetford Senior Center, G-11495 N. Center Rd. Clio. Hosted by the Thetford Group.

- \* CMIA32 Meeting on April 7th, 2024, Hosted by District 26 – Gladwin. 9 AM Coffee.
  - \* 71<sup>st</sup> Michigan & ECR Convention June 7 -9, 2024.
  - \* A.A. 2025 International Convention News.
  - \* Gaines Group Tradition Interactive Meetings.
- \* = Flyer at end of Newsletter; New F.A.U.C.

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.**  
**April 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.

- Thu 4 7:00 PM, Van Slyke.
- Fri 5 12 noon, Eye Opener, Arid Club.
- Sat 6 7:30 PM, East Side St. Mary's.
- Sun 7 6:00 PM, Otter Lake, Jamie S.
- Sun 7 6:00 PM, Torrey Rd. Group, Arid Club.
- Fri 12 12 noon, Eye Opener, Arid Club.
- Sat 13 7:30 PM, East Side St. Mary's.
- Sun 14 6:00 PM, Torrey Rd. Group, Arid Club.
- Sat 20 7:30 PM, East Side St. Mary's.
- Sun 21 6:00 PM, Torrey Rd. Group, Arid Club.
- Sat 27 7:00 PM, Thetford A.A., Thetford Senior Center
- Sun 28 6:00 PM, Otter Lake.
- Sun 28 6:00 PM, Torrey Rd. Group, Arid Club.
- Mon 29 7:00 PM, Montrose HOPE.

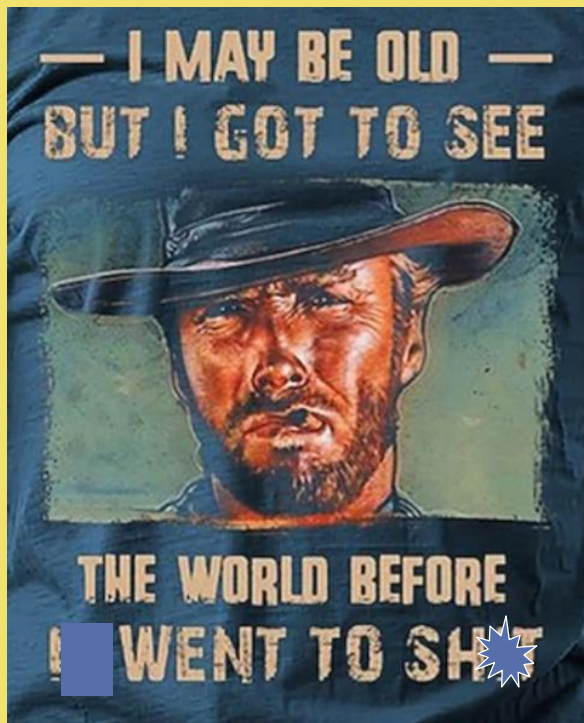


Methinks that sounds like either a newcomer or a Bleeding Deacon.

Sometimes you have to  
stay busy so you don't have  
time to feel.

Thanks Harold E.

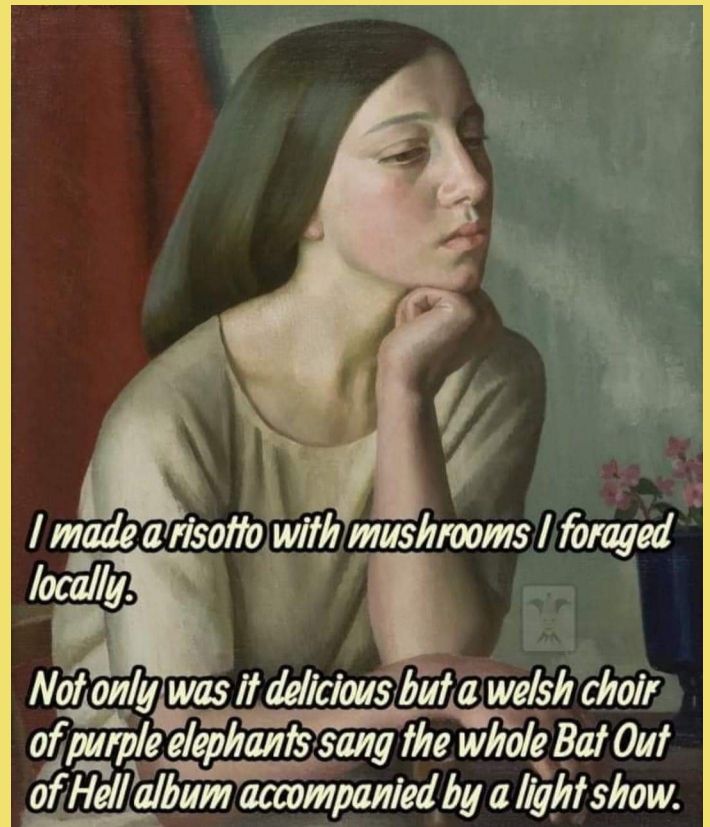
My feelings run deeper than busy.  
I am not lazy,  
Just heartbroken.  
No pity here,  
I prayed & meditated on what my part in it was.



Took awhile, but there you have it... I did.  
The WORLD within I saw  
and with your help.

## The 3 P's of A.A.

Purpose,  
Passion  
(Higher)  
POWER.



“Willingness to take inventory brings light  
and new confidence.”

Twelve Steps and Twelve Traditions, CONTENTS, (Step Four), p 6.

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

### Remember;

Only  
You  
Can  
Remind  
Yourself  
To  
Stay  
CALM.  
Care  
About  
Life's  
Moments.



810-234-0815; Flint Area A.A. Helpline.

To find a meeting, scan this  
QR Code into your phone for  
Immediate information on meetings,  
days, and, times in this area. 24/7.



# *The Wisdom of the Rooms*

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

February 26, 2024

### Quote of the Week

**"Before you do something stupid, wait twenty-four hours..."**

Restraint of pen and tongue was a foreign concept to me before I entered the program. Instead, I was impetuous and acted on feelings of jealousy, fear, anger, or hurt pride. Fueled by resentment, it was easy for me to justify my actions and ignore the repercussions and reactions of others. When I got into the rooms, I was at odds with most people and alienated even from myself. My life had become unmanageable.

When I began working the Steps, I learned to take the focus off what other people were doing to me and look at my own behavior instead. It was hard at first not reacting to the many perceived wrongs I felt people were doing to me, but when I finally learned to put a space between what I felt and how I reacted, my life began to dramatically improve.

Today, I've come to rely on the wisdom and the miracles that can happen in between my thoughts and my actions. Time after time, situations will automatically clear themselves up if I only wait, pray on them, and turn them over. I am much less likely to become excited or agitated, and I'm much less likely to make things worse if I can just pause before I react. Today, I've learned that before I do something stupid, I should wait at least twenty-four hours.

**"We have been especially stupid and stubborn..."**

**Twelve Steps and Twelve Traditions, Step Four, p. 53.**

**"This principle is telling evidence of the profound change that A.A. has wrought in all of us."**

**Twelve Steps and Twelve Traditions, p. 160.**

**"But in A.A. we slowly learned that something had to be done about our vengeful resentments, self-pity, and unwarranted pride."**

**Twelve Steps and Twelve Traditions, Step Four, p. 47.**

**"The age of miracles is still with us."**

**Alcoholics Anonymous, 4<sup>th</sup> ED, A VISION FOR YOU, p. 153.**

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

## **“Tradition 4: AA Group Autonomy and Responsibility**

### **Group Freedom and Responsibility in the 12 Traditions of AA and Al-Anon**

“Tradition 4 of the 12 traditions of Alcoholics Anonymous states that the freedom individual groups have carried with it the admonition to protect the fellowship as a whole. This means that meeting formats can vary from group to group, but it also cautions against straying too far from the usual program.

“Tradition 4: Each group should be autonomous except in matters affecting other groups or AA as a whole.’

### **“Tradition 4 Grants AA Group Freedom With Responsibility to the Whole”**

“Each 12-step group has complete freedom to decide for itself the program content of its meetings and the topics that will be discussed. The group can decide if the meeting will be open or closed and when and where the meeting will be held. Each group can decide to change its meeting format and has complete authority to spend its funds as needed.

“The group can also decide how it wishes to begin and end its meetings. Some groups close with a prayer, while others have a moment of silence. In all of these matters, each group has total freedom. It is entirely up to the membership of that individual group.

“But the second part of this tradition reminds each group that it has a responsibility also to the worldwide fellowship and other groups. By adhering to the traditions and principals of its program, each group can assure that it will not stray too far away from the program's basic tenets.

### **“Limits to Freedom Granted By the Fourth Tradition”**

“The autonomy provided in Tradition 4 does not mean an individual group has the authority to re-word the 12 steps or traditions or to create its own literature. Nor should groups introduce, discuss, or sell outside literature at their meeting places.

“Other than that, groups have complete freedom to design their programs to the needs of their members, which can result in a wide variety of formats.

“Many a meeting has gotten away from the look and feel of its primary purpose by using non-conference-approved literature, showing videos of popular self-help speakers, or allowing treatment professionals to speak at open meetings on the latest therapy techniques.

“There is a saying that there is no right or wrong way to hold a meeting, but the group can cease carrying the message if it strays too far from its traditions and concepts.

### **“How Group Autonomy Creates Different Environments”**

“One AA member described what it was like when encountering groups that did things differently. He says that when he first came into AA, he learned how it went in his little group, and as he went to other groups in neighboring towns, he would think, "They don't do their meetings right," simply because they weren't the same as the first group he went to.

“Today these little things that used to bother him make him realize that they're what makes all these groups unique and different. He looks forward to the different meetings now because they're unique in their own rights. As long as the guidelines of the program are followed and the basic message is there for everyone, the autonomy of each group is one more example of why Alcoholics Anonymous works.”

Sources

By Buddy T

Buddy T is a writer and founding member of the Online Al-Anon Outreach Committee with decades of experience writing about alcoholism. Because he is a member of a support group that stresses the importance of anonymity at the public level, he does not use his photograph or his real name on this website.

## CONCEPT IV: WE'RE ALL EQUAL

**“Short Form: At all responsible levels, we ought to maintain a traditional ‘Right of Participation,’ allowing a voting representation in reasonable proportion to the responsibility that each must discharge.**

### **“No members are ‘second class’**

**“I was surprised to discover that Concept IV is about equality, humility and inclusion: Voting members include not only delegates, but also the trustees, and the directors and staff members of A.A. World Services (i.e., G.S.O.) and the A.A. Grapevine.**

**“The boards of these two operating entities include as voting members not only trustees, but also non-trustee directors and paid administrators and staff members. New trustees on the General Service Board and new directors of the A.A.W.S. and Grapevine boards are sometimes surprised to see paid executives, staff members and outside accountants attending the board meetings. They are invited because of A.A.’s ‘Right of Participation.’**

### **“All of us desire to belong**

**“Bill warns against the possibility of new delegates or trustees trying to ‘weaken, modify or toss out’ the Right of Participation. He cites arguments by delegates to take away the trustees’, directors’ and staff members’ vote at the Conference. ‘Certainly,’ he says, ‘our trustees and service workers are not less conscientious, experienced and wise than the delegates. It is vital,’ he continues, ‘to preserve the traditional ‘Right of Participation,’ in the face of every tendency to whittle it down.’**

**“Finally, there is a spiritual reason for the Right of Participation. All of us desire to belong. In A.A., no members are second class. We perform our service tasks better when we are sure we belong-when our ‘participation’ assures us we are truly the ‘trusted servants’ described in Tradition Two.”**

**By Kathleen C.**

**<https://aasfmarin.org/concept-iv-were-all-equal>**



## Serenity Prayer

God, grant me the Serenity  
to accept the things I cannot change.  
The courage to change the things I can,  
and the wisdom to know the difference.

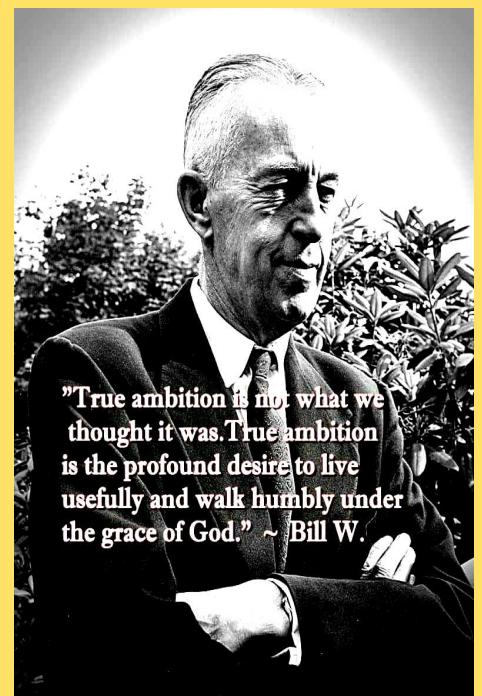
Living one day at a time,  
enjoying one moment at a time;  
Accepting hardship as a pathway to peace;  
Taking, as Jesus did, this sinful world as it is;  
Not as I would have it;  
Trusting that You will make all things right  
if I surrender to Your will;

So that I may be reasonably happy in this life  
and supremely  
happy with You forever in the next.

AMEN

[courageouschristianfather.com](http://courageouschristianfather.com)

Reinhold Niebuhr





Teacher: How old is your father?  
Kid: He is 6 years.  
Teacher: What? How is this possible?  
Kid: He became father only when I was born.  
(Logic!! Children are quick and always speak their minds.)

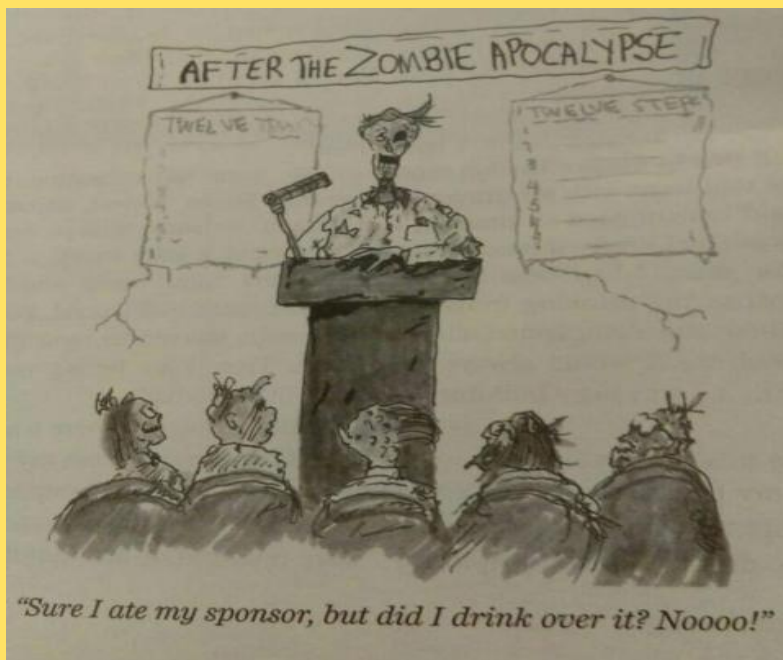
TEACHER: Maria, go to the map and find North America.  
MARIA: Here it is.  
TEACHER: Correct. Now, Class, who discovered America?  
CLASS: Maria.

TEACHER: Glenn, how do you spell 'crocodile?'  
GLENN: K-R-O-K-O-D-I-A-L'  
TEACHER: No, that's wrong  
GLENN: Maybe it is wrong, but you asked me how I spell it.  
(I love this child.)

TEACHER: Donald, what is the chemical formula for water?  
DONALD: H I J K L M N O.  
TEACHER: What are you talking about?  
DONALD: Yesterday you said it's H to O.

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?  
CLYDE: No, sir; It's the same dog.  
(I want to adopt this kid!!!)

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?  
HAROLD: A teacher.

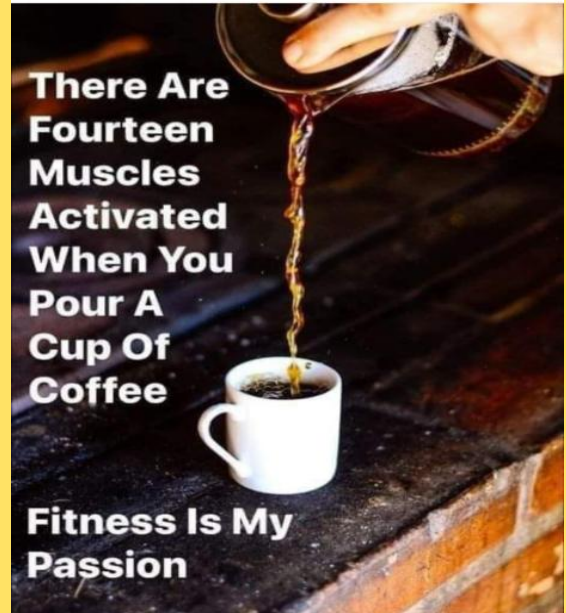


Thanks Ted S.

I'm engaging in my morning exercise

**There Are  
Fourteen  
Muscles  
Activated  
When You  
Pour A  
Cup Of  
Coffee**

**Fitness Is My  
Passion**



Thanks Marv G.

## Classic Rock

Argent  
"God Gave Rock And Roll To You"  
In Deep (1973)

"Who am you to say there's no God?"  
Alcoholics Anonymous, 4<sup>th</sup> Ed, WE AGNOSTICS, p. 56.  
Reprinted with A.A.W.S. permission.

**When i finally  
walked away  
it wasn't to  
show YOU  
anything.  
I was showing  
MYSELF that  
i was worth  
more.**

"As God's people we stand on our feet;  
we don't crawl before anyone."  
Alcoholics Anonymous 4<sup>th</sup> ED, INTO ACTION, p. 83.

### A FIRSRT STEP CONVINCER

Made a list of all the prior  
unmanageability of my past life.  
Then went back over that list putting a check mark  
next to each that was a result of my excess use  
or abuse of alcohol. This I did; and it pointed out my  
true powerless. Yet, a Power greater than myself  
returned me to sanity in this regard and  
my entire life became more sane.



*Heard it*  
*'Round the Rooms!*



**A.A. SLOGANS and SAYINGS**

- 1. One Day at a time.**
- 2. Easy Does It.**
- 3. Let Go and Let God.**
- 4. KISS – Keep It Simple Stupid.**
- 5. Progress, not perfection.**
- 6. Nothing changes if nothing changes.**
- 7. First Things First.**
- 8. Instant a-hole”, just add alcohol.**
- 9. A treatment center is where you go and pay \$25,000 to find out that A.A. meetings are free.**
- 10. Death, Insanity, or Sobriety.**
- 11. Death is not the worst thing; it’s just the last thing.**
- 12. Denial is not a river in Egypt.**
- 13. Don’t quit 5 minutes before the miracle happens.**
- 14. I didn’t get into trouble every time I drank, but every time I got in trouble I was drunk.**
- 15. I don’t always know what’s right, but I always know what’s wrong.**
- 16. If we knew which drink was going to cause “wet brain”, we would stop just before it.**
- 17. If you find a path with no obstacles, it probably doesn’t lead anywhere.**
- 18. If you want to hide something from an alcoholic, hide it in the Big Book.**
- 19. It’s a simple program for complicated people.**
- 20. It’s easier to stay sober than to get sober.**
- 21. Keep an Open Mind.**

Any A.A. quotes reprinted with A.A.W.S. permission.

# AA TRADITION MEETING AND POTLUCK

LAST WEDNESDAY OF EVERY MONTH

	POTLUCK AT 6 PM	
	MEETING AT 7 PM	
Lead-in Speaker	Group Discussion	

## The Twelve Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. 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.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. 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.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**Location: Faith Church**  
**303 Walnut st. Gaines 48436**

# 71<sup>st</sup> Michigan State Convention

*combined with the*

## ECR Conference

**June 7<sup>th</sup>-9<sup>th</sup>, 2024**

Calvin University  
3201 Burton S.E.  
Grand Rapids, MI 49546



**CONNECTING WITH**

**LOVE**



**UNITY**



**SERVICE**

**Keynote Speakers:**

Friday: *Rich H.*, Hebron, IL  
Saturday: *Madonna V.*, Auburn Hills, MI  
Saturday Al-Anon - TBA  
Sunday: *Barefoot Scott S.*, Hersey, MI

**CARRYING THE A.A. MESSAGE OF RECOVERY**

What makes an A.A. convention click for its participants? It's probably not style or form that matters so much as the spirit and feeling behind it. As one member puts it, the best A.A. convention is "*just a darned good A.A. meeting blown up big.*" Just watch enthusiastic members at any A.A. convention and you'll get what he means. The atmosphere alone is worth the trip. Here you'll find fellowship, laughter, warmth, and understanding — "*heaped up, pressed down, and running over.*"

Mg-04 A.A. Guidelines, Conferences, Conventions, and Roundups

Please visit [area34aa.org](http://area34aa.org) for more information as it becomes available.

Co-Chair Contacts: Linda B 269.329.3159 • [linbow421@gmail.com](mailto:linbow421@gmail.com) | Brian S. 616.366.5827 • [digi@wmis.net](mailto:digi@wmis.net)

## International Convention

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. A.A. members and their families and friends from around the globe attend the event. At the International Convention people attend meetings, workshops, dances and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

### Make plans to attend the 2025 A.A. International Convention scheduled in Vancouver, British Columbia, Canada

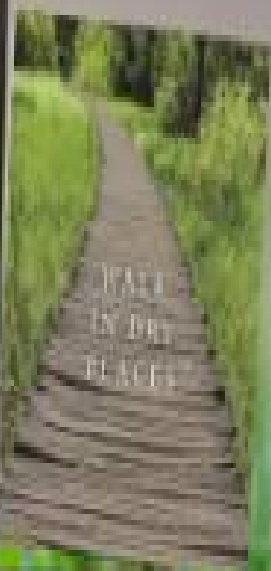
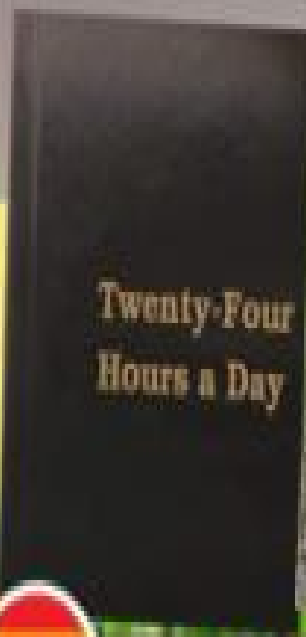
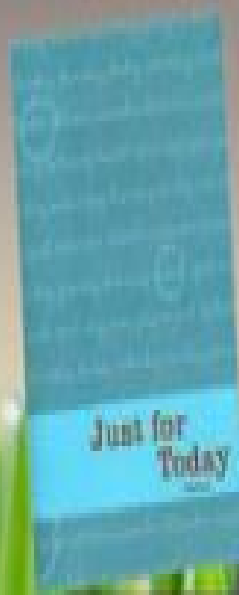
Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding. The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium.

As the Convention approaches, we will update our website with registration information. Let's celebrate sobriety together in Vancouver in 2025!

# "Oh, THAT Meeting"

daily readings for

Monday, April 1st



and please join our O.T.M. on  **zoom** or

In-person meetings at Passengers in Hamtramck  
every Sunday & Wednesday evening at 5:30pm