



Monroe Area A.A.

Embracing Sobriety

Free Take one , Pass it on

Volume 9 Issue 6 June 2022

Happy Campers Campout June 17,18 & 19th 2022

Sterling State Park Site 233 Everyone is welcome Desserts Welcome

Dinner & Speakers Saturday Night 6:00pm

Thursday Night Open @ Grace Lutheran Pizza Party June 30th

Doors open @ 6:30

Dinner @ 7:00

Speakers @ 8pm

Alcoholics Anonymous Makes Its Stand Here October 21, 1939 Cleveland Plain Dealer

Part 1

Much has been written about Alcoholics Anonymous, an organization doing major work in reclaiming the habitual drinker. This is the first of a series describing the work the group is doing in Cleveland.

Success

By now it is a rare Clevelander who does not know, or know of, at least one man or woman of high talent whose drinking had become a public scandal, and who suddenly has straightened out "overnight," as the saying goes-the liquor habit licked. Men who have lost \$15,000 a year jobs have them back again. Drunks who have taken every "cure" available to the most lavish purse, only to take them over again with equally spectacular lack of success, suddenly have become total abstainers, apparently without anything to account for their reform. Yet something must account for the seeming miracle. Something does. Alcoholics Anonymous has reached the town.

Fellowship

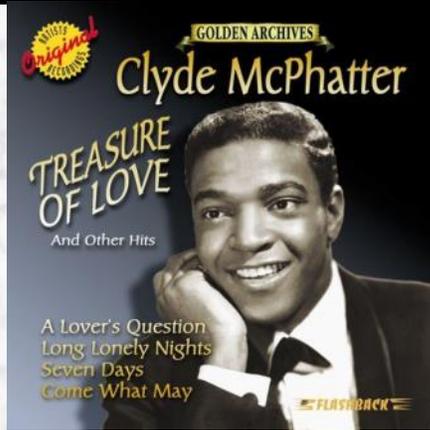
Every Thursday evening at the home of some ex-drunk in Cleveland, 40 or 50 former hopeless rummies meet for a social evening during which they buck each other up. Nearly every Saturday evening they and their families have a party — just as gay as any other party held that evening despite the fact that there is nothing alcoholic to drink. From time to time they have a picnic, where everyone has a roaring good time without the aid of even one bottle of beer. Yet these are men and women who, until recently, had scarcely been sober a day for years, and members of their families who all that time had been emotionally distraught, social and economic victims of another's addition. These ex-rummies, as they call themselves, suddenly salvaged from the most socially noisome of fates, are the members of the Cleveland Fellowship of an informal society called "Alcoholics Anonymous." Who they are cannot be told, because the name means exactly what it says. But any incurable alcoholic who really wants to be cured will find the members of the Cleveland chapter eager to help.

The society maintains a "blind" address: The Alcoholic Foundation, Box 657, Church Street Annex Postoffice, New York City. Inquiries made there are forwarded to a Cleveland banker, who is head of the local Fellowship, or to a former big-league ballplayer who is recruiting officer of the Akron Fellowship, which meets Wednesday evenings in a mansion loaned for the purpose by a non-alcoholic supporter of the movement.

6th Step “ Were entirely ready to have God remove all these defects of character.”

6th Tradition “ An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

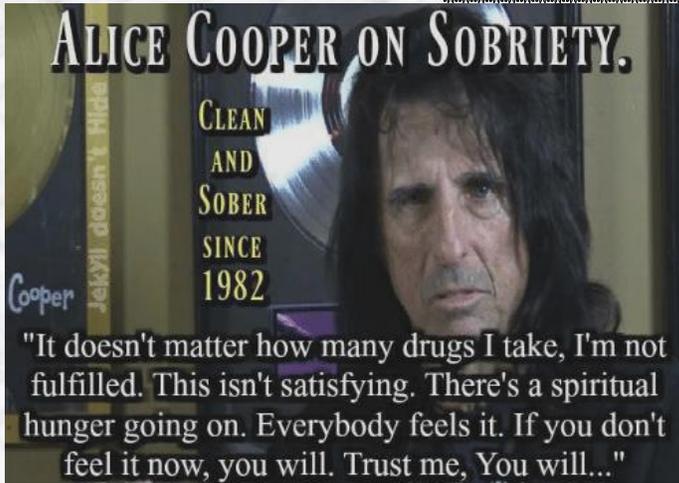
6th Promise “That feeling of uselessness and self-pity will disappear.



R.I.P. Singer "The Drifters"

In 1968, McPhatter moved to England, where he still had something of a following. McPhatter returned to the U.S. in 1970, making a few appearances in rock-and-roll revival tours, but lived mostly as a recluse.

Hopes for a major comeback with a Decca album were crushed on June 13, 1972, when he died in his sleep at the age of 39, of complications of heart, liver, and kidney disease, brought on by alcohol abuse - behavior fueled by a failed career and resentment he harbored towards the fans he felt deserted him



Everything AA



A great All in One A.A. app for your phone.



This front man of a band with which he shares a name is one of the most famous sober rock stars, but it wasn't always that way. Alice Cooper, the band, gained popularity in the early 1970s, and

by 1976 it was clear that Alice, the man, was a serious alcoholic, drinking as much as two cases of Budweiser and a bottle of whiskey each day. Soon, he entered into rehab, but he was not successful the first time, despite writing a book about his struggles and recovery in 1978. He continued to use drugs and alcohol into the early 1980s and was hospitalized for cirrhosis of the liver in 1983. Not long after this hospitalization, he got sober again and has been sober ever since. In 1986, Megadeth opened for Alice Cooper and Alice, concerned about their heavy substance abuse, approached them with offers of help. Since then, he has reached out to many musicians with this same offer, and has been credited as a powerful force in the recovery efforts of many. In 2008, he won the Stevie Ray Vaughn Award at the fourth annual MusiCares MAP Fund Benefit; this organization recognizes artists who have taken great strides to address human service issues that directly impact the health and welfare of the music community



NAVARRE FIRESIDE MEETING

57 NAVARRE ST. MONROE 48161

WEDNESDAY NIGHTS 8PM

IN MEMORY OF DAVID G.

PUBLISHED BY JEFF A. THE NEON CAT

3175 COMBONI WAY MONROE, MI. 48162

734-636-6545

KEEP COMING BACK

ALCOHOLISM A TRUE ALLERGIC STATE

W. D. Silkworth, New York, N.Y. 293 CENTRAL PARK WEST -MEDICAL RECORD MARCH 17, 1937

The inevitable conclusion is that true alcoholism is an allergic state, the result of gradually increasing sensitization by alcohol over a more or less extended period of time. The constancy of the symptoms and progress is too fixed to permit any other explanation. Some are allergic from birth, but the condition usually develops later in life. The development and course of these cases are quite comparable with the history of hay fever patients in many respects. One may enjoy absolute freedom for many years from any susceptibility to pollen. Year after year, however, there gradually develops a sensitivity to it in certain individuals, culminating at last in paroxysms of hay fever that persist indefinitely when the condition is fully established.

It is noteworthy also, that such patients may be deprived of liquor altogether for a long period, a year or longer for example, and become apparently normal. They are still allergic, however, and a single drink will develop the full symptomatology again.

There is another class of allergics who exhibit periodicity. At certain regular intervals, predictable in a given case almost to a day, varying from a few months to a year, these patients desire liquor. After a prolonged spree, they are apparently normal during the succeeding interval. These alternating cycles have a tendency to shorten the intervals between debauches, and these patients, also, deny any craving. Certainly it seems absurd to think that a man should have a craving only on certain fixed dates. Rather, we must take into consideration the fact that a manic depressive cycle is normal to all individuals. The ordinary person "down in the dumps" cheers up on a drink or several drinks, if that mode appeals to him, gets into a merry, or mellow, mood, takes a cold shower in the morning and is done with it. The manic-depressive type who is allergic, however, goes on a spree and must carry it, willy-nilly, to a finish that may require a week or more, until a complete nerve and mental demoralization brings it to a termination through sheer exhaustion and inability to stand anymore abuse for the time being. We also have the constitutional psychopaths who become allergic to alcohol, and are emotionally unstable and inadequate. The prognosis in these cases is most unfavorable.

PHYSICAL AND PSYCHOLOGICAL TREATMENT

The physical treatment of these patients has heretofore been unsatisfactory. But if we recognize the condition as a species of anaphylaxis occurring in persons constitutionally susceptible to sensitization by alcohol, the problem resolves itself into two factors. First, the revitalizing and normalizing of cells, and second, the energizing of the normalized cells into producing their own defensive mechanism. As long ago as 1916, Professor Bechhold of Leipzig University, in his textbook on Colloids in Biology and Medicine, said: "Some day, chronic alcoholism may possibly receive a physicochemical explanation from the change in the condition of the body colloids." On the mental side, from our point of view, the situation is a practical one and must be met through the medium of intelligence and not emotion. Nothing is to be gained by substituting one emotion for another. The patient cannot use alcohol at all for physiological reasons. He must understand and accept the situation as a law of nature operating inexorably. Once he has fully and intelligently grasped the facts of the matter he will shape his policy accordingly.

It is true, of course, that psychologically much assistance can be given. Wrong methods of thinking can be corrected. Extroversion rather than introversion can be encouraged; but fundamentally this individual must stand on his own platform, come what will - social and financial troubles, heredity, etc., notwithstanding.

In a subsequent paper, we shall discuss special therapeutics applicable to the treatment of the allergic type of case, describe some of the outstanding results that we have seen from this line of approach in this hospital and discuss moral psychology, the necessity for discriminating between those who must be hospitalized and those who can be treated at home. The complications to be met and other factors influencing treatment are so numerous and require so much space that it is not practicable to include a discussion of them in this paper.

Let's ask Bill Question #3 Just how does A.A. work?

I cannot fully answer that question. Many A.A. techniques have been adopted after a ten-year period of trial and error, which has led to some interesting results. But, as laymen, we doubt our own ability to explain them. We can only tell you what we do, and what seems, from our point of view, to happen to us.

At the very outset we should like it made ever so clear that A.A. is a synthetic gadget, as it were, drawing upon the resources of medicine, psychiatry, religion, and our own experience of drinking and recovery. You will search in vain for a single new fundamental. We have merely streamlined old and proven principles of psychiatry and religion into such forms that the alcoholic will accept them. And then we have created a society of his own kind where he can enthusiastically put these very principles to work on himself and other sufferers.

Then too, we have tried hard to capitalize on our one great natural advantage. That advantage is, of course, our personal experience as drinkers who have recovered. How often the doctors and clergymen throw up their hands when, after exhaustive treatment or exhortation, the alcoholic still insists, "But you don't understand me. You never did any serious drinking yourself, so how can you? Neither can you show me many who have recovered."

Now, when one alcoholic who has got well talks to another who hasn't, such objections seldom arise, for the new man sees in a few minutes that he is talking to a kindred spirit, one who understands. Neither can the recovered A.A. member be deceived, for he knows every trick, every rationalization of the drinking game. So the usual barriers go down with a crash. Mutual confidence, that indispensable of all therapy, follows as surely as day does night. And if this absolutely necessary rapport is not forthcoming at once it is almost certain to develop when the new man has met other A. A.s. Someone will, as we say, "click with him."

As soon as that happens we have a good chance of selling our prospect those very essentials which you doctors have so long advocated, and the problem drinker finds our society a congenial place to work them out for himself and his fellow alcoholic. For the first time in years he thinks himself understood and he feels useful; uniquely useful, indeed, as he takes his own turn promoting the recovery of others. No matter what the outer world thinks of him, he knows he can get well, for he stands in the midst of scores of cases worse than his own who have attained the goal. And there are other cases precisely like his own – a pressure of testimony which usually overwhelms him. If he doesn't succumb at once, he will almost surely do so later when Barleycorn builds a still hotter fire under him, thus blocking off all his other carefully planned exits from dilemma. The speaker recalls seventy-five failures during the first three years of A.A. – people we utterly gave up on. During the past seven years sixty-two of these people have returned to us, most of them making good. They tell us they returned because they knew they would die or go mad if they didn't. Having tried everything else within their means and having exhausted their pet rationalizations, they came back and took their medicine. That is why we never need to evangelize alcoholics. If still in their right minds they come back, once they have been well exposed to A.A. Now to recapitulate, Alcoholics Anonymous has made two major contributions to the programs of psychiatry and religion. These are, it seems to us, the long missing links in the chain of recovery:

1. Our ability, as ex-drinkers, to secure the confidence of the new man – to "build a transmission line into him."

2. The provision of an understanding society of ex-drinkers in which the newcomer can successfully apply the principles of medicine and religion to himself and others.

So far as we A.A.s are concerned, these principles, now used by us every day, seem to be in surprising agreement. (N.Y. State J. Med., Vol.44, Aug. 15, 1944).

- gratitude
- powerlessness
- acceptance
- our shortcomings
- step studies
- twelve and twelve table
- making amends
- forgiveness
- big book studies
- gaining humility
- spirituality
- growth
- speaker meetings
- coping with fear
- dealing with others
- joyful lives
- AA principles
- fighting loneliness
- finding freedom
- alcoholic families
- gaining confidence
- helping others
- life on life's terms
- sponsorship
- fighting temptation

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FNL SUNDAY NOON MEETING

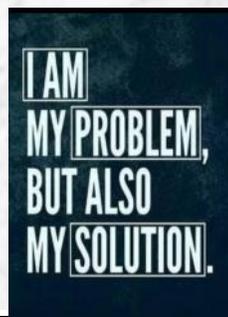
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Lois Wilson on Step 6. Were entirely ready to have God remove all these defects of character.

I came to realize there were selfish thoughts, feelings and actions that I had felt justified in keeping because of what Bill or someone else had done to me. I had to try very hard to want God to remove these. There was, for instance, my self-pity at losing Bill’s companionship, now that the house was full of drunks, and we saw each other alone so seldom. At that time I didn’t realize the importance of his working with other alcoholics. In order to banish his alcoholic obsession he needed to be equally obsessed by AA.

In the early days there was also my deep and unconscious resentment because someone else had done in a few minutes what I had tried my whole married life to do. Now I realize that a wife can rarely if ever do this job. The sick alcoholic feels his wife’s account has been written on the credit page of life’s ledger. But he knows his own has been on the debit side; therefore she cannot possibly understand. Another alcoholic, with similar debit entry, immediately identifies himself as a non-alcoholic really cannot.

This important fact took me a long time to recognize. I could find no peace of mind until I did so.

“Ebby had been enabled to bring me the gift of grace because he could reach me at depth through the language of the heart. He had pushed ajar that great gate through which all in AA have since passed to find their freedom under God.”
 – Bill W., Grapevine



ALCOHOLICS ANONYMOUS

24 HOUR HOTLINE



JERRY

734-240-4844



If Batman was my sponsor.

A.A. Timeline

1907 Dr. Bob tries geographic cure on a farm.

-Dr. Bob forced to leave University Michigan for drinking went to Rush University near Chicago.

1908 Seed Oxford Group planted in Frank Buchman, native Allentown Pennsylvania, had remarkable spiritual transformation, been running home orphan boys Philadelphia, resigned bitter dispute trustees, sailed England, drifted religious conference Keswick, Salvation Member's inspiring sermon profound effect, made amends former trustees brought great relief & joy, shared this, began see personal spiritual change way healing world; Dr. Frank Buchman & Dr. Sam Shoemaker met China; 1st Century Christian Fellowship started, later became Oxford Group.

1910 Dr. Bob receives medical degree Rush University age 31, received highly coveted 2 year internship City Hospital.

1915 Dr. Bob & Anne Ripley married; T. Henry Williams came Akron

1916 Bill suspended Norwich College due participation hazing situation

THURSDAY NIGHT OPEN AT GRACE



6-2 Jeff A.

6-9 Stan W.

6-16 your name here

6-23 Jackie P.

6-30 your name here

Lost & Found

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"FEROCIOUSLY IMPRESSIVE"



Trey Edward Shults made his debut feature on a shoestring budget in his parents' home, using his family as actors. Krisha tells the story of a troubled alcoholic who seeks to make amends with her family over Thanksgiving. Inventively using stylistic choices of horror cinema to heighten the drama, Krisha is a tiny movie that will knock you flat. At its heart, this gut-punch of an indie is about family.