



Monroe Area A.A.

Embracing Sobriety

Free Take one , Pass it on

Volume 9 Issue 11 November 2022

Bedford 12 Step Anniversary Dinner @6 , Meeting to Follow

Wednesday 11-16 Carr Community Center 9240 Lewis Ave. Temperance

Bellringer's "Giving Thanks" Dinner @6, Meeting to Follow

Monday 11-21 First Presbyterian Church 108 Washington St. Monroe

Monroe RAW Thanksgiving Day Dinner 6pm

Thursday 11-17 554 Rambow Drive Monroe 48161

Thursday Night Open Thanksgiving Day Meeting 8pm

Thursday 11-24 Grace Lutheran Church, 630 N. Monroe St. Monroe

The Next Frontier : Emotional Sobriety by Bill Wilson Copyright © AA Grapevine, Inc, January 1958

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years backed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

Cont. pg. 3

NOVEMBER IS GRATITUDE MONTH

11th Step “ Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.”

11th Tradition “ 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.”

11th Promise “ We will intuitively know how to handle situations which used to baffle us. .”



David Bowie died 2016 38 years sober
Trent Reznor sober since 2001

It was an out of body experience for Nine Inch Nails lead vocalist Trent Reznor when he was asked to tour with David Bowie in the 1990s, but he had little idea of how much their friendship would positively impact his life, a relationship which eventually helped him finally get sober.

Bowie was going through another period of experimentation when their paths initially crossed. He was inspired by the new wave of heavy artists dominating the airwaves, including Nine Inch Nails. The singer's intrigue about trends and his willingness to collaborate with the younger generation made him an anti-veteran of sorts.

At this time, drugs were still controlling the Nine Inch Nails singer's life, and he could see no way out from breaking the cycle. It wouldn't be until 2001 when Reznor would finally get his life back on track after ending a rehab facility, and through perseverance, he's successfully stayed that way ever since.

“Bowie said some things that weren't scolding, but pieces of wisdom that stuck with me: ‘You know, there is a better way here, and it doesn't have to end in despair or in death, in the bottom.’”



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- ✓ Living Sober
- ✓ Sobriety Tracker
- ✓ Pamphlets



R.I.P.

David Cassidy 11-21-2017 Age 67

Actor, singer, songwriter, and guitarist.

In 1970, Cassidy took the role of Keith Partridge on the musical television show *The Partridge Family*. The show proved popular, but the fame took its toll on Cassidy. In the midst of his rise to fame, Cassidy felt stifled by the show and trapped by the mass hysteria surrounding his every move. [12]: 92–95 In May 1972, to alter his public image, he appeared nude on the cover of *Rolling Stone*. Among other things, the accompanying *Rolling Stone* article mentioned that Cassidy was riding around New York in the back of a car "stoned and drunk." After launching his solo musical career, he was for a short time the highest paid entertainer in the world. At the peak of his career, Cassidy's fan club was larger than that of any other pop star, including *The Beatles* or *Elvis Presley*. In 2008, Cassidy publicly admitted he had an alcohol problem. 4 DUI's from 2010-2015.

On February 20, 2017, following a performance in Agoura Hills, California, in which Cassidy had difficulty remembering the lyrics of songs he had been performing for nearly 50 years, and appeared to fall off the stage, he announced that he was living with dementia and was retiring from all further performing.

Later in 2017, Cassidy fell ill at a recording studio and was hospitalized. In a later phone conversation with an A&E producer, he stated that he had just met with his doctor, that he had liver disease, and that his life had "changed dramatically." Cassidy added that he had been unconscious and near death for the first few days after the incident, but that his memory had returned. Cassidy also acknowledged that there was "no sign of dementia at this stage of his life," adding that "it was complete alcohol poisoning—and the fact is, I lied about my drinking." Cassidy said, I did it to myself to cover up the sadness and the emptiness. On November 18, 2017, Cassidy was hospitalized with liver and kidney failure, and was critically ill in a medically induced coma. He came out of the coma two days later, remaining in critical but stable condition. Doctors hoped to keep Cassidy stable until a liver became available for transplant, but he died of liver failure on November 21, 2017, at the age of 67

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3175 COMBONI WAY MONROE, MI. 48162

734-636-6545

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer..."It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence – almost absolute dependence – on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies. For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is. Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine—both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living.

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know.

Bill W. March 1962

12 Tips to Staying Clean and Sober during the Holidays

For those that have been in recovery from substance use disorder for a while, some of the greatest joy and inner freedom has come to you from staying clean and sober. It's important to protect yourself from relapse during this holiday season where the alcohol, excitement, and emotions flow more readily than usual.

If you are newly clean and sober, we want to extend you some hope. Feel confident that the best years of your life lie ahead of you. The 12-step program of Alcoholics Anonymous offers many promises. Life will take on a new meaning, and you will know happiness like you have never known before.

To help support your sobriety over the next few months, we feel it's important to share with you our "12 Tips to Staying Clean and Sober during the Holidays".

1 Plan Ahead. Always take your own vehicle to holiday parties so YOU can control your destiny. Also, take a sober companion with you for support and pay close attention to relapse triggers: H.A.L.T: Hungry. Angry. Lonely. Tired. Arrive early and leave early.

2 Make Self Care a Priority. Celebrate the holiday season by taking care of your body, mind, and soul. We cannot be our very best if we are depleted. Give yourself the gift of time for yourself: time for meditation, and prayer. Proper nutrition and plenty of healthy physical movement will make you feel stronger, both physically and emotionally.

3 Increase Support. We can get overwhelmed with the erratic nature of the season, so as you plan each day in November and December, start with 12-step support as your first priority. This could mean bookending a holiday event with phone calls to someone in recovery before and after the event. Commit to attend a 12-step meeting (or two) each day and inviting a friend to attend with you. Also, if you're traveling to another city, plan ahead and make sure you attend meetings there as well, or pick up a phone meeting.

4 Be mindful of time spent around your relatives – know your limits. We all have our own version of crazy Aunt Mildred who is going to criticize your career choice and make you feel "less than" or Uncle Harry who will insist on you having his famous holiday drink. And even worse, we most likely have strained family relationships that have been simmering for years. This type of stress can lead us to rationalize and convince ourselves we are entitled to a drink. Instead, surround yourself with supportive loved ones that will help you follow the steps to staying clean and sober.

5 Have your props ready. When you arrive at a party, immediately get a non-alcoholic beverage and keep it in your hand. Whether it's Tea, water or soda, others won't be inclined to push drinks on you constantly. And, the truth of the matter is, people never really notice or pay attention to what's in your glass.

6 Celebrate relationships. As you consider holiday occasions, think about them as a way to make new friendships and perhaps rekindle old relationships with friends. Instead of making the event about drinking and eating as a priority, intentionally make it about "people" and building relationships; go into each party looking forward to establishing real connections.

7 Eat well. The holidays don't give us a green light to overindulge. There's nothing worse than stuffing ourselves with too much sugar, carbs, and fat-laden foods that make us feel bad. So be proactive and choose healthy foods that will make you want to celebrate, not feel guilty.

8 Service, not self. When we can focus on others, we find more joy and gratitude. So look for ways to think about and serve others. Make a special family recipe and deliver to friends. Donate your time at a homeless shelter, food pantry, or soup kitchen. Spend time with a neighbor who is confined. These spiritual opportunities allow us to spread happiness and cheer to others. Treat it as one of the benefits of staying clean and sober; being able to have a clear mind and body to help others.

9 Create new traditions. Celebrate the fact you are reestablishing your own life. As you affirm your new self on these festive days, you are choosing to celebrate the new, better, clean and sober life that you have created. This might mean hosting a sober, festive gathering with friends in recovery. It may mean volunteering to serve at local 12-Step support groups. Remember, giving is one of the best things you can do during the holidays.

10 Avoid relapse triggers. Of all triggers, the most significant can be emotional triggers. No matter if you are in recovery or not, the holiday season is one of the most stressful times of the year. With so many activities squeezed into one month, our normal routines get disrupted and people get frustrated and anxious. Also, there's increased demands from your spouse, partner or other family members, and this can put serious stress on your sobriety. This can lead to feelings of shame, guilt, humiliation, embarrassment, anger and depression. The holidays don't have to be "perfect" and just like previous years. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Saying "no" is perfectly acceptable and it will protect you.

11 Make sobriety your top priority. If you think about it, all holiday parties are optional. If you don't think the activity is going to be good for your recovery, it's okay not to go. You can politely decline the party invite, but make a lunch date with the host for another day.

12 Maintain your spirituality. Our commercial world wants us to believe that joy can come from tinsel, booze, and shopping. It sells us the lie that happiness can be found in these. Instead, focus on the true spirit of the season. Regardless of your faith or spiritual beliefs, the holidays are really about two things: giving and gratitude. When we focus on these, the other things such as resentment, disappointment, anger, worry, self-loathing show up far less often and cannot find a foothold in our hearts.

Staying clean and sober is possible during the holiday season. It can be quite fun if we direct our attention towards people and activities that can help strengthen us on our road to recovery. Go, have fun, and enjoy your sobriety with those that matter: your loved ones.

our sponsors
 fellowship
 doctor bob
 meetings
 sobriety
 newcomers
 home-groups
 the twelve and twelve
 forgiveness
 freedom
 our families
 the literature
 acceptance
 hope
 spondees'
 bill Wilson
 the twelve steps
 wisdom
 old-timers
 the big book
 serenity
 alcoholics anonymous
 relationships
 happiness
 courage

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THURSDAY NIGHT OPEN AT GRACE



11-3 GREG J.
 11-10 NANCY M.
 11-17 ALLY B.
 11-24 GRATITUDE NIGHT
 THANKSGIVING

FEAR

THE ACHIEVEMENT OF FREEDOM FROM FEAR IS A LIFETIME UNDERTAKING, ONE THAT CAN NEVER BE WHOLLY COMPLETED. WHEN UNDER HEAVY ATTACK, ACUTE ILLNESS, OR IN OTHER CONDITIONS OF SERIOUS INSECURITY, WE SHALL ALL REACT TO THIS EMOTION -- WELL OR BADLY, AS THE CASE MAY BE. ONLY THE SELF-DECEIVED WILL CLAIM PERFECT FREEDOM FROM FEAR.

BILL W., GRAPEVINE, JANUARY 1962

"The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker." Bill W.

Lois Wilson on Step 11. Step 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

I am just beginning to understand how to pray. Bargaining with God is not real prayer and asking him for what I want, even good things, I've had to learn is not the highest form of prayer. I used to think I knew what was good for me and I, the captain, would give my instructions to my Lieutenant, God, to carry out. That is very different from praying only for the knowledge of God's will and the power for me to carry it out.

Time for meditation is hard to find, I imagine, for most of us. Today's living is so involved. But I've set aside a few minutes night and morning. I am filled with gratitude to God these days. It is one of my principal subjects for meditation; gratitude for all the love and beauty and friends around me; gratitude even for the hard days of long ago that taught me so much. At least I've made a start and have improved to some small degree my conscious contact with God.

A.A. Timeline

1930's, early -Sister Ignatia secretly hospitalizing isolated cases alcoholics; double standards men & women alcoholics

May 1930 Bill & Lois moved handsome, expense apartment Cotes des Neiges; Bill started nipping morning

Sept 1930 Bill wrote promise family Bible quit drinking

Dec 1930 Bill returned from Canada, mother-in-law died Bill to drunk attend funeral

1931 Bill enters helpless drinking phase

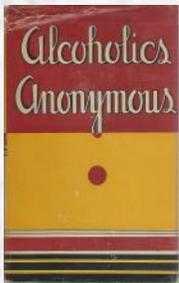
May 1931 Lois gets a job at Macy's Department Store

1932 -Anne Smith began attending Oxford Group meetings with friend Henrietta Seiberling; received guidance have special Oxford Group meeting Dr. Bob's drinking



Henrietta Buckler Seiberling

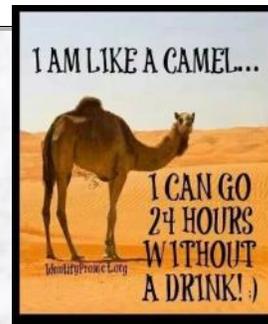
Henrietta McBryer Buckler Seiberling (March 18, 1888 – December 5, 1979) was a member of a Christian fellowship group named the Oxford Group. She and others of the Oxford group helped found Alcoholics Anonymous.



IN THE COURSE OF HIS (BILL W'S) THIRD TREATMENT HE ACQUIRED CERTAIN IDEAS CONCERNING A POSSIBLE MEANS OF RECOVERY. AS PART OF HIS REHABILITATION HE COMMENCED TO PRESENT HIS CONCEPTIONS TO OTHER ALCOHOLICS, IMPRESSING UPON THEM THAT THEY MUST DO LIKEWISE WITH STILL OTHERS. THIS HAS BECOME THE BASIS OF A RAPIDLY GROWING FELLOWSHIP OF THESE MEN AND THEIR FAMILIES. THIS MAN AND OVER ONE HUNDRED OTHERS APPEAR TO HAVE RECOVERED.

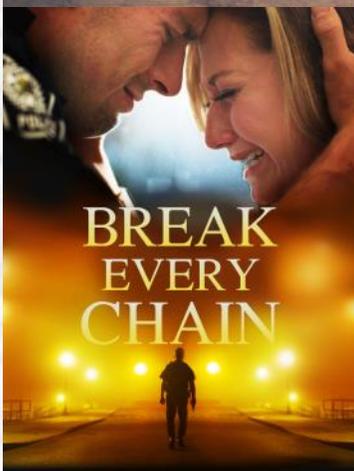
William D. Silkworth, M.D.

SOBERTOSTAY



“Gratitude should go forward, rather than backwards.”

In other words, if you carry the message to still others, you will be making the best possible repayment for the help given to you” Bill W.



Drowning in the depths of depression and sadness, burning with anger, and chained down by alcoholism, Jonathan couldn't take any more. After the loss of his father as a young boy, facing countless horrific death scenes in the line of duty, and the death of his first son, Jonathan turned to the world for answers and found only darkness. Facing the threat of losing his job as a police officer and also the loss of his wife and daughter, Jonathan contemplates suicide and turns to the only One who can truly save.—Jonathan Hickory

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