



Monroe Area A.A.

Embracing Sobriety

Free Take one , Pass it on

Volume 9 Issue 12 December 2022

Monroe Area Intergroup Annual Holiday Party

Saturday 12-10-22 5pm, Dinner at 6, Speaker to Follow

Grace Lutheran Church 630 N. Monroe St. Monroe Mi, 48161

Saturday 12-24-22 Christmas Eve Meeting 7pm

Better Way Group @ Good Shepherd Lutheran Church 2275 S. Custer, Monroe

Sunday 12-25-22 Christmas Meeting 7pm

A Vision For You @ St. John's Catholic School 521 S. Monroe St, Monroe

Saturday 12-21-22 New Years Eve Potluck Dinner

Doors Open @ 5pm, Dinner @ 6pm Meeting to Follow

Better Way Group @ Good Shepherd Lutheran Church 2275 S. Custer, Monroe

Sunday 1-1-2023 New Year's Day Meeting 7pm

A Vision For You @ St. John's Catholic School 521 S. Monroe St, Monroe

Ida's Road To Recovery 31th Anniversary Dinner

Thursday 1-5-2023 5pm, Dinner at 6, Speaker to Follow

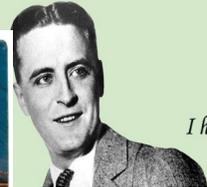
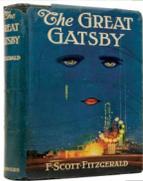
St. Joseph Parrish Hall 8294 Van Aiken St. Ida, Mi. 48140



12th Step “ Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

12th Tradition “ Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

12th Promise “ We will suddenly realize that god is doing for us what we could not do ourselves.”



*"I hope you live a life you're proud of.
If you find that you're not,
I hope you have the strength to start all over again."*

F. Scott Fitzgerald

Since 12-13-2002

Award-winning comedian, actor, author, public thought leader, and a passionate activist for mental health and drug rehabilitation.



Russell Brand is another famously sober screen actor. Not only is he quite open about his own struggles with addiction, but he actually penned a 2011 article about his friendship with Amy Winehouse. Brand is also a very vocal proponent of overhauling the legal system in favor of ensuring that addicts and alcoholics receive rehabilitation rather than jail. He strongly believes that the only alternatives to rehabilitation are “jail, mental institutions or death.” Brand may be a comedic actor, but he takes addiction as seriously as any of the other sober celebrities out there. Since he has survived his own addiction while watching a dear friend lose her life to the same disease, Brand is able to speak on the subject with profound knowledge. “Whether this tragedy was preventable or not is now irrelevant,” says Brand of Winehouse’s death. “It is not preventable today.” He notes that recovery is technically easy to come by, although it is not always easy for the addict to seek the help they need. There is no telling when it will be too late. “All they have to do is pick up the phone and make the call. Or not. Either way,” he writes, “there will be a phone call.”

R.I.P.

F. Scott Fitzgerald 12-21-1940 Age44

was an American novelist, essayist, and short story writer. He is best known for his novels depicting the flamboyance and excess of the Jazz Age—a term he popularized. During his lifetime, he published four novels, four story collections, and 164 short stories. Although he achieved temporary popular success and fortune in the 1920s, Fitzgerald received critical acclaim only after his death and is now widely regarded as one of the greatest American writers of the 20th century.

As he had been an alcoholic for many years, Fitzgerald's heavy drinking undermined his health by the late 1930s. His alcoholism resulted in cardiomyopathy, angina, dyspnea, syncope and coronary artery disease. According to biographer Nancy Milford, Fitzgerald's claims of having tuberculosis served as a pretext to cover his drinking ailments.

Fitzgerald's deteriorating health, chronic alcoholism, and financial woes made for difficult years in Baltimore. His friend H. L. Mencken wrote in a June 1934 diary entry that "the case of F. Scott Fitzgerald has become distressing. He is boozing in a wild manner and has become a nuisance. His wife, Zelda, who has been insane for years, is now confined at the Sheppard-Pratt Hospital. By 1935, alcoholism disrupted Fitzgerald's writing and limited his mental acuity. From 1933 to 1937, he was hospitalized for alcoholism eight times. In September 1936, journalist Michel Mok of the New York Post publicly reported Fitzgerald's alcoholism and career failure in a nationally syndicated article. The article damaged Fitzgerald's reputation and prompted him to attempt suicide after reading it.

In 1937 an effort to abstain from alcohol, Fitzgerald drank large amounts of Coca-Cola and ate many sweets. His failure in Hollywood pushed him to return to drinking, and he drank nearly 40 beers a day in 1939.

Throughout their relationship, Graham claimed Fitzgerald felt constant guilt over Zelda's mental illness and confinement. He repeatedly attempted sobriety, had depression, had violent outbursts, and attempted suicide. On occasions that Fitzgerald failed his attempt at sobriety, he would ask strangers, "I'm F. Scott Fitzgerald. You've read my books. You've read *The Great Gatsby*, haven't you? Remember?" As Graham had read none of his works, Fitzgerald attempted to buy her a set of his novels. After visiting several bookstores, he realized they had stopped carrying his works. The realization that he was largely forgotten as an author further depressed him.

Fitzgerald achieved sobriety over a year before his death. Fitzgerald died of occlusive coronary arteriosclerosis at 44 years old.

When Fitzgerald's poorly embalmed corpse arrived in Bethesda, Maryland, only thirty people attended his funeral.

Everything



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



PUBLISHED BY JEFF A. THE NEON CAT
3175 COMBONI WAY MONROE, MI. 48162
734-636-6545

Greetings on our 10th Christmas, 1944. Yes, its' in the air! The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least, are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before. But there is another world which is not poor. Neither is it distraught. It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted. Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World. How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth. Knowing its full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty; peace and joy have sprung out of the very midst of chaos. Great indeed our blessings! And so Merry Christmas to you all - from the Trustees, from Bobbie and from Lois and me.

Bill W.

Dear Friends:

As we stand together, looking back on 1957, we see among us a heartening growth in numbers and in spirit. Our global unity is something for wonder. The world around us is everywhere our friend.

That we of AA can really have and hold such blessings in this time of great fear and conflict – this time when all men and women stand at history's most fateful crossroads – is almost beyond belief.

Nevertheless we do have these blessings. The sum of them is God's gift to us at this Christmas time.

Therefore let us be worthy – come what may – to hold, to use and to carry our gift to all those who suffer and who may want our aid in the days to come. In the full measure of our abilities, let us follow in the footsteps of Him who is called the Prince of Peace.

Lois joins me in a very Merry Christmas to every one!

Bill W.

Dear Friends.--

This is AA's thirty-second Christmas. Never have we known more reasons for wonder, for joy, and for gratitude. In these distraught times of conflict and peril, we have been enabled to find an always increasing measure of peace within ourselves, and with the world in which we live.

Most literally we have each received the gift of a new life. Sobriety--by God's Grace--has opened the door to endless possibilities for love, and for service.

May the coming year disclose an ever-greater willingness to share these priceless blessings with all who suffer alcoholism.

Lots joins me in warmest affection, and in the celebration of AA's finest Christmas yet.

Ever,
Bill W. 1967

Friday 12:00 Noon Better Way Group Good Shepherd Church 2275 S. Custer (M50), Monroe

To this day, I am amazed at how many of my problems-- most of which had nothing to do with drinking, I believed - have become manageable or have simply disappeared since I quit drinking.

How can you enjoy your first sober Christmas when it feels like you're the only one not drinking? Don't worry, there are lots of ways to stay sober over the holidays and still have a great time.

1. Change Your Focus.

While everyone may be drinking alcohol to celebrate the Christmas season, that's not the point. Christmas is a time to gather with loved ones, give thoughtful gifts, and remember the birth of Jesus (if you're religious).

Instead of focusing on how difficult it will be to stay sober, focus on:

- the true meaning of Christmas
- why you're sober and what happens when you're not
- a positive attitude (you can get through this)
- genuine social connections (without alcohol getting in the way)

Christmas decorations and lights

There was a time when you didn't drink at Christmas, even if it was when you were a child. Remember the magic of that time and think of what you love about the festive season, rather than the challenges you'll face this year. You have a chance to experience that magic again.

2. Prepare For Stress

Stress is a major trigger for alcohol or drug use, and it's hard to avoid during the holidays. To keep your stress levels as low as possible, do a little preparation.

Here are a few tips to minimize stress:

Have A Plan

If you know you're likely to encounter a difficult conversation or situation, prepare a response in your mind. Have an escape plan or an excuse for leaving early if necessary.

Make A To-Do List

A list keeps you from having to hold everything in your mind, which can be overwhelming. It also prevents you from forgetting things you need to get done. Plus, you get the satisfaction of crossing things off as you accomplish them.

Practice Mindfulness

Mindfulness is being present in the moment and aware of the world around you. Don't get distracted by mistakes you made last year or problems you might have in the future. Breathe deeply and enjoy each moment as it comes.

Only Do What's Necessary

Maybe you don't need to get a present for everyone you know. Or host a Christmas Eve party. Despite what you've done on Christmases past, this year it may be wise to take it easy.

3. Give Yourself Permission To Say "No"

You don't have to go to every Christmas party. Between family gatherings, office parties, and celebrating with friends, your schedule can get pretty full this time of year.

The holiday season is overwhelming enough without back-to-back obligations on top of not drinking. Choose the event(s) that are most important to you and give yourself permission to say "no" to the rest.

4. Let Go Of The Need To Explain

You may feel uncomfortable attending a Christmas dinner or party and staying sober. People might ask you why you're not drinking, and what would you say?

The fear of being interrogated doesn't have to keep you from enjoying your first sober holiday. Explain the situation if you're comfortable sharing, but let go of the need to explain to everyone. If you don't want to talk about it, answer briefly and change the subject.

There are lots of reasons someone may choose not to drink—for you, it's the best choice you could make.

5. Ask For Support

It's hard to be the only sober person during the holiday season. But you're not alone. Support groups like Alcoholics Anonymous (AA) hold meetings throughout the holidays. These groups bring together people just like you who face the same challenges and want to stay sober.

If you're uncomfortable attending holiday parties clean and sober, ask a friend or family member to join you. You don't have to drink to have fun. Instead, you can enjoy spending time together and not waking up hungover on Christmas day.

If you're struggling to stay sober this Christmas, it may be the perfect time to get help for alcohol or drug addiction.

At long last, you have come to realize that service to others is all you have to offer in this life!



The greatest enemies of us alcoholics are resentment, jealousy, envy, frustration, and fear.

- resentments
- gatherings
- isolating
- skipping meetings
- loneliness
- bitterness
- unforgiveness
- stop working the program
- quit praying
- not reaching out
- being dishonest
- wet places
- toxic friends
- self will
- expectations
- anger
- family conflicts
- not calling supports
- forgetting literature
- avoiding sponsor
- too busy for aa
- chaos
- depression
- hate
- hurtful memories

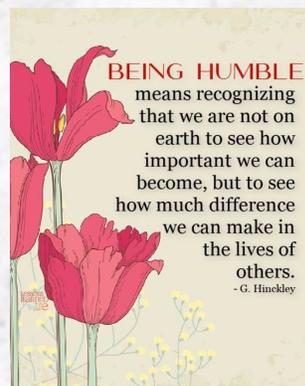
FMJMXXRUEDETLHCRESSENTMENTSXVWH
 ICXUJPFNTNZXUIGNJAVUNOWNXHLBQPU
 MZOQHUUFTOPFRYHFNFQUITPRAYINGSR
 SRFZCIFMOXETPIPSGVVLKEXHZBKYAT
 MTNSFLRDRGCTFIALEENPKERIHVZQEF
 VOHDZLNLGETGSGQHURSKKWI IUTXGGNU
 EOXVVKMVINAVOOIFJCTEVKVCPLATCL
 RBWKCSFFVXTQYFYDADADHDDL DHZMCVM
 FUSOKEFSERICWBFVZPKKKZZXUIGQE
 ASPTHJEYNI OCXVKVOUEQNCMDKBBBMM
 MYWNOPIAEFNHFJPSIHBUZFMWCIBVWO
 IFPJOPDMSRSWSAFGDAISNOPQQTKGBR
 LONJPZWP S FORGETTINGLITERATUREI
 YREOZOYOOFCAQOHCNMGEQEVAI EQTIE
 CAQSTKXKR SOXRJPGGOJPNKZVSRFKNS
 OAXTKCHCFKLC SXWWSKZVHYANYNBEGD
 NGUDSIATGTIHD FQFP MHRDMUEEAODP
 FKL VUQPLJVMNKM BGOHZWQUSKJSLRIW
 LYDSDCQPLMZLGSCNNTSXLIVRWSOHSE
 IGEDMHVAIIYUOTIDSZOLHYSTTZVNHT
 CAPHSOVEMNNMSNH SOQQXYLIOXUUXOP
 TTRZIHATENGGSQEEREJKIASFLGZRNL
 SHELXFHGYRDMSQTLPWJYRCPE SAXZEA
 KESLWVRJEZACEUXWIRXWGI FTLUTZSC
 PRSCHAO STKKSQEPQVNOAEOTRGFSITE
 EII SUJWONPCDPOTPULEGBFESIRWZNS
 HNOTREACHINGOUTIOYBSRSEQJEWILG
 MGNRQLJVAUXWULENRCRSANWWZNHLF
 SSHWIBGGHYZXJVDQLGTGKRMZHQKDYL
 ESNJICLYISGZIMRLFGSSNH IYRYRSE



Thursday Night Open at Grace



- 12-1 DAVE O.
- 12-8 YOUR NAME HERE
- 12-15 MOJO
- 12-22 GARRY M.
- 12-29 CHAD P.



Lois Wilson on Step 12. Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

I am like many AAs who do not realize when their spiritual awakening occurred. Mine was a slow developing experience. Even following a sudden spiritual awakening, no one can stand still. One either moves forward, or slips backward. In retrospect I can see a change for the better between my old and new self, and I hope that tomorrow, next month, next year I shall continue to see a better new self.

And nothing has done more to move me forward than carrying the AA message to those non-alcoholics who do not yet comprehend and are still in need of the understanding and help of those who have gone before.

A.A. Timeline

1933 Bill & Joe Hirshhorn break due Bill's drinking, Dr. Bob started attending Oxford Group

early 33 -Beer legal, Dr. Bob tried beer experiment

Autumn -Bill enters Towns Hospital 1st time; oblivion drinking

December 5th -Prohibition ended

1933-1934 -Bill admitted Charles B. Towns Hospital 4 times, Bill's memories totally disordered

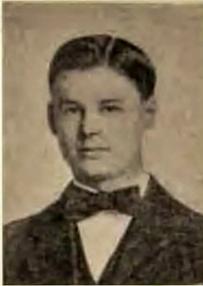
Summer -Dr. Silkworth pronounces Bill hopeless alcoholic

July -Ebby trying complete paint job, arrested again drunkenness 6 months Windsor gets Prison

August -Rowland H. & Cebra G. from Oxford Group intervene with judge, sober up Ebby

TOM UZZELL

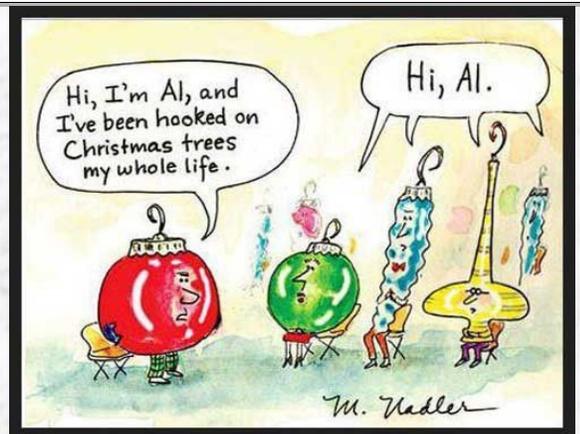
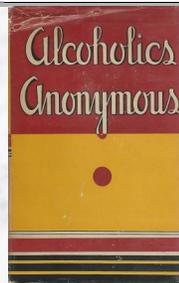
In December 1938, Hank P. gave his friend Tom Uzzell, an editor at Collier's and a member of the NYU faculty, a copy of the raw manuscript that would later become *Alcoholics Anonymous*. Uzzell was paid \$380 for the final editing of the manuscript in a more professional manner, which reduced the pages from over 600 to 400 to create a pre-publication manuscript. The cuts mostly came from the personal stories. According to Bill W., Uzzell "sharpened up the English but didn't change much of anything excepting to take my story out of the story section where it had been the number one story and insisted on using it to open the book. What is now Chapter 2; I had intended to be Chapter 1." Uzzell was very firm in declaring that "Alcoholics Anonymous" was the right title in that it described the Fellowship and it was catchy.



NO CAMERAS
or MOBILE PHONE
CAMERAS



Tony Stark Ironman #14



ALCOHOLICS ANONYMOUS

24 HOUR HOTLINE



JERRY



734-240-4844

"GRATTITUDE FRIDAY GROUP"

EVERY FRIDAY NIGHT 8 TO 9PM

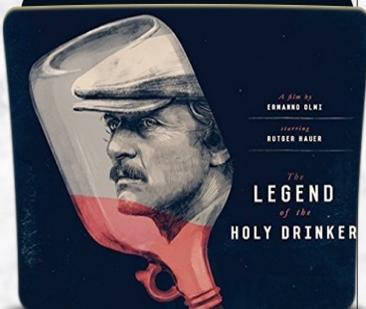
MONROE CHURCH OF NAZARENE

3401 S CUSTER RD. MONROE, MI. 48161

www.monroeea.org

The Monroe Area Intergroup currently meets on the second Thursday of each month at 6:00 pm at the United Way Building, 216 Monroe Street, Monroe, MI.

The Legend of the Holy Drinker



THE LEGEND OF THE HOLY DRINKER (1988)

Every actor seeks the role that allows them to display their theatrical chops and here Blade Runner star Rutger Hauer found his. He brings a well of compassion to his portrayal of a homeless drunk who is given money by a stranger on the proviso that he repays it to a local church when he can. An adaptation of Joseph Roth's 1939 novella by the great Italian filmmaker Ermanno Olmi (best known for the 1978 Cannes Palme d'Or winner *Tree of Wooden Clogs*), it was awarded the Golden Lion at the Venice Film Festival.