

2024

Monroe Area A.A. *Embracing Sobriety*

Free Take one , Pass it on

Volume 11 Issue 1 January



MONCYPAA Game Night & Elections

Friday Jan. 19th, 6:30, Panel 7pm, Games till 12
\$5. Suggested Donation.

No one Refused, Food provided, BYOBeverage
Raw Building 554 Rambow Dr. Monroe Mi.

December 31, 1940 New Year's Gala. This event would be the beginning of many sobriety celebrations.

The very first major event held in Detroit was a New Year's celebration on December 31, 1940. It was held at Mike Eshleman's home with about 20 members along with their spouse or guest, so roughly there were forty people in attendance.

For the 1941 celebration it was moved to the Fairview Gardens arena located at Mack Ave and Fairview Ave. This facility held boxing matches there from November 1, 1937 thru May 27, 1942, and then eventually this location would become a venue for Detroit "Big Time" wrestling and finally becoming a roller ring rink.

In 1944, they were still holding their New Year's celebration at the Fairview Gardens, but they had gotten to the point of outgrowing it and would have to figure something out. In the same year the city began to hold no-alcoholic parties for young people at the Moose Lodge.

Through 1942 to 1945 the parties were smaller because of the ban on large gatherings, but we did party with our Vernors and Stroh's Ice Cream. The gatherings continued to grow and we became shining examples on how people could celebrate without drinking.

In 1948, this celebration became so enormous that it could not be held at any one place, with so many parties going on. So this year it appears would be the last year. The celebration would be broken up into a half a dozen smaller affairs with the two largest being held in Highland Park and Farmington Hills.

The total amount was 2000 people, with largest holding 500 people. There were sober people attending with six months to ten years. The youngest attending was nineteen years old and that his first drink lasted two years. Mike Eshleman mentioned he was on skid row for fifteen years before coming into the program.

There were so many big events that went on in 1948, including Bill Wilson speaking here on January 17, 1948, Dr. Bob Smith speaking on November 7th with 3000 in attendance at both events. The beginning of the Gratitude meeting for the members of the time began in 1949.

Happy Sober New Year

1st Step “ We admitted we were powerless over alcohol— that our lives had become unmanageable.”

1st Tradition “ Our common welfare should come first; personal recovery depends upon A.A. unity.”

1st Promise “If we are painstaking about this phase of our development, we will be amazed before we are half-way through.”

The Origin of Tradition Seven

In the early days of Alcoholics Anonymous, groups were struggling for money. When a woman left ten thousand dollars to AA's main office, the members engaged in a lively debate over whether or not they should accept it. Many wanted to take the money, but eventually, came to a decision to decline it.

The threat of outside interference loomed over them, as money rarely comes without at least a few strings attached. These benefactors would hold too much sway over AA's principles and put the fellowship in jeopardy. Additionally, they feared that accepting all such donations would make the organization wealthy which would compromise the spiritual growth of its members. For if AA became rich, its members would stop donating and would revert back to selfishness and greed—the same defects of character they embodied while drinking. The 12&12 notes that it was difficult to put this tradition into place. Many addicts and alcoholics have very light wallets when they first get sober (this is one of the consequences of our former lifestyle). Even so, these members did not feel it was right to accept handouts. Although outside donations could do a lot to help the groups, they felt that it would interfere with the organization's spiritual focus. They had seen this in action already: “Now and then, grateful benefactors had endowed clubhouses, and as a result there was sometimes outside interference in our affairs. We had been presented with a hospital, and almost immediately the donor's son became its principal patient and would-be manager. One A.A. group was given five thousand dollars to do with what it would. The hassle over that chunk of money played havoc for years. Frightened by these complications, some groups refused to have a cent in their treasuries.”

While poverty caused disillusionment, handouts caused disruption and chaos with Alcoholics Anonymous groups. Still, it's impossible to deny the logistical necessity for funding. How could the groups help people if they could not afford meeting places? How could they answer the phone if the company denied service?

What Does Tradition Seven Mean? Ideals aside, A. A. realized that every organization needs funds to operate, and groups needed a way to ensure there was money in the treasury. This led to the Seventh Tradition as it is currently written. The groups could not accept outside contributions, but by being self-supporting, they shouldn't need them. It would be unreasonable to expect all members to donate, which is why AA's pamphlet for newcomers goes out of its way to state that donations are not required. Members with the means are asked to give what they can and A. A. can function thanks to donations from their members—and only their members—to truly remain self-sufficient.

The Purpose of Tradition Seven. Alcoholics Anonymous' refusal of large gifts and grants is more than simply preventing outside interference within group operations. It instills the principle of independence at the highest level so that it may serve as an example for its members. Further, by relying on internal donations from members, the message of self-reliance also assists with spiritual growth.

There is a story in the 12&12 about a time in the early days of AA. when they needed money. Founder, Bill Wilson, asked members to donate as little as one dollar per year. The response from disappointing and the lack of generosity made him furious. Though he chastised his peers for being so cheap, he found that when his group was in need of money, he himself was being just as frugal as they were. When the hat was passed that night, he initially put 50 cents in the hat...only to retract and put in a dime.

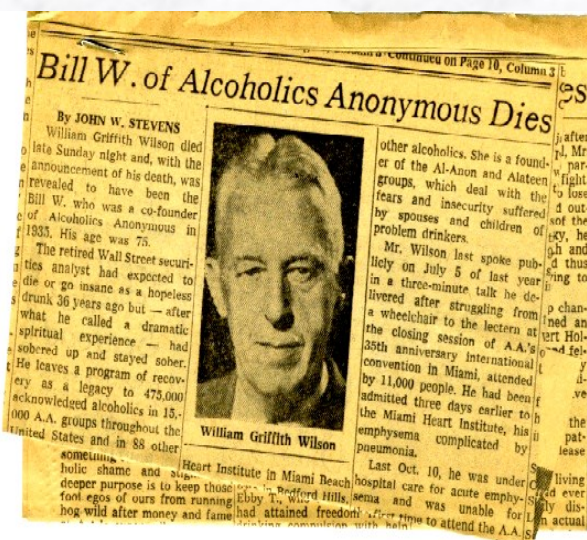
Earlier that day, however, he had come across his friend who was hungover and had clearly relapsed and gave the man five dollars without a second thought. He realized that he donated to the alcoholic not to help him—if anything, he feared he might've enabled him—but out of pride. As a result of this pride, he found himself unable to support his group when they really needed it. He decided it was better for his spirituality that he donates his money to the hat, not to the individuals.

Cont. page 3

How To Apply the Seventh Tradition. To people familiar with endless drives for charitable funds, A.A. presented a strange and refreshing spectacle. Approving editorials here and abroad generated a wave of confidence in the integrity of Alcoholics Anonymous. They pointed out that the irresponsible had become responsible, and that by making financial independence part of its tradition, Alcoholics Anonymous had revived an ideal that its era had almost forgotten." All around us, there are people who want something for nothing, many of them fit the description of the addict or alcoholic. There are people who live off of their families yet feel they do not get enough. There are people who do not apply for jobs yet frequently complain about the economy and the job market. We recognize these behaviors because many of us did the same thing in our addiction. Many of us who were unwittingly selfish during our addiction yearned for independence without the willingness to make the sacrifices needed for self-sufficiency.

The Seventh Tradition allows us to break ourselves from this selfish behavior. We learn to give instead of take, and it challenges us to make sure that we're doing it for the right reasons. It teaches us empathy in that we are not the only ones in this world who struggle, there are others like us, and we should do what we can to help them. And lastly, that to provide this help, we cannot sit around and wait for someone else to be a force of good in the world. On the other hand, we also cannot allow ourselves to be enabled and continue to take handouts we don't need. We should do our best to earn what we have, asking only for emotional and spiritual support along the way. Perhaps, at times, we will truly need financial assistance from friends and family. But we must assess whether or not this is a true need. And if it is, we should move forward with a solid plan to pay it back. The Seventh Tradition allows us to develop the responsibility needed to stay sober. If we truly care about our spiritual growth, we must never take this responsibility for granted.

The Takeaway Tradition Seven falls in line with Tradition Four (autonomy) and Tradition Six (withholding endorsements). In terms of our personal recovery, the major theme of the Seventh Tradition is self-efficacy. We must learn to ask for help when we need it, but we must also learn when we should accomplish something on our own. It does not matter how we define the Seventh Tradition. Perhaps we see it as a means of gaining spirituality. Perhaps we see it as a way of avoiding outside interference. Neither interpretation is incorrect, for the board considered both of them when forging the Seventh Tradition in the first place. Emotional and spiritual support is one thing. But when it comes to financial matters, sometimes addicts and alcoholics simply must be self-supporting. It may not always be easy, but it is the right thing to do. After all, what good is sobriety if we do not learn responsibility?



Bill W. Dies January 24, 1971



Ironman #313 Feb, 1995

Stop Digging



Coffee pot that Bill Wilson and Robert Holbrook Smith (Dr. Bob) used while getting sober at Dr. Bob's home in Akron, Ohio.

"Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility – one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and AA as a whole will not function unless our services are sufficient and their bills are paid."

AA Co-Founder, Bill W., November 1957, "Respecting Money", The Language of the Heart

Tom Holland sober since January 2022

The "Spider-Man" star spoke about his decision to become sober. After having a "very boozy December," the British actor chose to participate in Dry January. During that time, Holland found that he kept thinking about drinking, "and it just really scared me," to the point that he realized he has a dependency.

Holland said he was "definitely addicted to alcohol" and didn't know how to navigate social settings without drinking.

"I was really, really struggling and I started to really worry that maybe I had an alcohol problem. So I decided that I would wait until my birthday, which is June 1," the actor said. "I said to myself, 'If I can do six months without alcohol, then I can prove to myself that I don't have a problem.' And by the time I got to June 1, I was the happiest I've ever been in my life."

"It's honestly been the best thing I've ever done," Holland added. "I'm a year and a half into it now. It doesn't even cross my mind. I've found amazing replacements that I think are fantastic, ones that are also really healthy."



R.I.P.

Townes Van Zandt Singer/Songwriter "Pancho and Lefty"

1-1-1997 Cardiac Arrhythmia. Age 52

Van Zandt was addicted to heroin and alcohol throughout his adult life. His habit was so intense that he offered a friend the publishing rights to all of the songs on each of his first four albums for \$20. At various points, his friends saw him shoot up not just heroin, but also cocaine, vodka, as well as a mixture of rum and Coke.

Hank Williams Singer /Songwriter "Moanin' the Blues" 1-1-1953 Acute ventricular dilation. Age 29

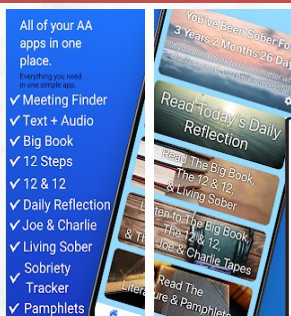
That evening, when the announcer in Canton announced Williams's death to the gathered crowd, they started laughing because they thought it was just another excuse.



Everything



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Thursday Night Open at Grace



I-4 Kenny M.

I-11 Rob K.

I-18 Franklin E

I-25 Ryan O.

See Dave O. About
speaking on a Thursday
Night.

A.A. Timeline

1947 Mar 3, Nell Wing started work at the Alcoholic Foundation, Starting as a typist earning \$32 a week (\$260 today) she stayed for 36 years.

June, the AA Preamble first appeared in the Grapevine. It was written by Tom Y, Grapevine's first editor. The Grapevine also announced the availability of a set of two 12-inch phonograph records of a general talk on AA by Bill W at \$3.30 per set (\$45 today).

Dec, the Grapevine carried a notice that an important new 48-page pamphlet titled AA Traditions was sent to each group and that enough copies were available for each member to have one free of charge.

get a home group
work with a sponsor
service work
be open minded
work the steps
honesty
read literature
reach out
attend meetings
get a higher power
desire new way
commitment
call people
prayer
get a sponsor
tired of insanity
relief of obsession
meditation
stick with aa s
listen
belief
apply wisdom
change everything
avoid temptation
play tape through

Ways To Help The Promises Come True

Puzzle by Leann

G Q U W O R K W I T H A S P O N S O R E K U S M S R N O S Y
M Z N P X R X V J E B O K Y R H H H T F X A M H L J R E D
P V X V W I U Q K M B N X L P J Q R H A Z M L I R B I H R Z
T I R E D O F I N S A N I T Y F N N P Z R D O O T L Z A V C
S F C C L X N J S Y U E R E A D L I T E R A T U R E G O I D
K T V V H D A G B R T V G H R H X T J N V B K F C P N B C B
Z J I V E A N V Q C P I J V A A P U X Q U H R N E E K I E E
Q U H C J L N X O M E A S A Q R L C C M R E A C H O U T W L
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R W Y H A W E E E U D N I X H J C A P U V L Q B Z W N F R E
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P K I M U Z D T A F V Z E W O R K T H E S T E P S C B G Y C
R K H T E G A K H S R E R M K F U F K P M L Z E C V C T Q U
M V M D H V E P S A P V R E P T Q H C L I S T E N G M W Z B
P Q J Z O O N T P Z A O G Y L T V Z H S D J M A P R J Q B R
P W J A T U N Z A L Z S N E T I A A U A E V T P H L F D G I
L C U T R N Y E D H Y H Z S T H E T A W P W S J D E T E Q U
A H Y T V Y R M S D O W K Y O A I F I S C N G E Q S B S E J
Y J X E F N Q Z T T F M I B R R H N O O F C B P R S J I Q R
T H A N J A M S R K Y Q E S E U G I G F N Z Z B R C M R M C
A S R D G V F V M V F Q P G D O E G G K O Q R T N A P E U A
P F K M Z A J O K O V B W Q R O P N S H T B J J P G Y N R L
E H V E Y U T S L S Y T J F G O M E X A E D S K H J X E S L
T P E E U G D R N U C B N K L D U B N Z K R E E D Z B W R P
H P E T O H A W X D O N S J N C I P O M B W P P S K H W K E
R D J I P R V G V A B H R E E C F M D T I U D O I S L A X O
O T B N C G C I E C S B Y F F C P C I B K N A W W U I Y L P
U K R G E V X G X K G H C S C D D U I J L G D L D E U O R L
G T R S J X O C O M M I T M E N T O S H K I N E M U R J N E
H M D G M E D I T A T I O N N B A M K R I X T S D E P R M L



To get over drinking will require a transformation of thought and attitude.

FLIGHT (2012)

Whip Whittaker lives life in the fast lane. An airline pilot who frequently flies under the influence, when he steers his plane to a crash landing with a minimum of casualties, his behaviour comes under the scrutiny of investigators. Denzel Washington excels as a man whose professional and personal lives collide and then spiral out of control.

Lois Wilson on Step 1. Step 1. We admitted we were powerless over alcohol...that our lives had become unmanageable.

I was just as powerless over my husband's alcoholism as he. I tried in every way I knew to control his drinking. My own life was indeed unmanageable. I was forced into doing and being that which I did not want to do or be. And I tried to manage Bill's life as well as my own. I wanted to get inside his brain and turn the screws in what I thought was the right direction. But I finally saw how mistaken I was. I, too, was powerless over alcohol.

Alcohol use disorder is a pattern of alcohol use that involves problems controlling your drinking, being preoccupied with alcohol or continuing to use alcohol even when it causes problems. This disorder also involves having to drink more to get the same effect or having withdrawal symptoms when you rapidly decrease or stop drinking. Alcohol use disorder includes a level of drinking that's sometimes called alcoholism.

Unhealthy alcohol use includes any alcohol use that puts your health or safety at risk or causes other alcohol-related problems. It also includes binge drinking — a pattern of drinking where a male has five or more drinks within two hours or a female has at least four drinks within two hours. Binge drinking causes significant health and safety risks.

If your pattern of drinking results in repeated significant distress and problems functioning in your daily life, you likely have alcohol use disorder. It can range from mild to severe. However, even a mild disorder can escalate and lead to serious problems, so early treatment is important.

Symptoms

Alcohol use disorder can be mild, moderate or severe, based on the number of symptoms you experience. Signs and symptoms may include:

Being unable to limit the amount of alcohol you drink

Wanting to cut down on how much you drink or making unsuccessful attempts to do so

Spending a lot of time drinking, getting alcohol or recovering from alcohol use

Feeling a strong craving or urge to drink alcohol

Failing to fulfill major obligations at work, school or home due to repeated alcohol use

Continuing to drink alcohol even though you know it's causing physical, social, work or relationship problems

Giving up or reducing social and work activities and hobbies to use alcohol

Using alcohol in situations where it's not safe, such as when driving or swimming

Developing a tolerance to alcohol so you need more to feel its effect or you have a reduced effect from the same amount

Experiencing withdrawal symptoms — such as nausea, sweating and shaking — when you don't drink, or drinking to avoid these symptoms

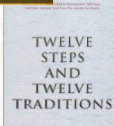
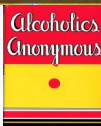
Alcohol use disorder can include periods of being drunk (alcohol intoxication) and symptoms of withdrawal.

Alcohol intoxication results as the amount of alcohol in your bloodstream increases. The higher the blood alcohol concentration is, the more likely you are to have bad effects. Alcohol intoxication causes behavior problems and mental changes. These may include inappropriate behavior, unstable moods, poor judgment, slurred speech, problems with attention or memory, and poor coordination. You can also have periods called "blackouts," where you don't remember events. Very high blood alcohol levels can lead to coma, permanent brain damage or even death.

Alcohol withdrawal can occur when alcohol use has been heavy and prolonged and is then stopped or greatly reduced. It can occur within several hours to 4 to 5 days later. Signs and symptoms include sweating, rapid heartbeat, hand tremors, problems sleeping, nausea and vomiting, hallucinations, restlessness and agitation, anxiety, and occasionally seizures. Symptoms can be severe enough to impair your ability to function at work or in social situations.

It's simple, not necessarily easy
but, the rewards are endless.

www.monroeaa.org



SELF-SUPPORT

The Seventh Tradition states that Alcoholics Anonymous is self-supporting through our own contributions. The contributions help to cover the group's expenses. But the Seventh Tradition is more than simply paying for rent and other group expenses. It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose.

The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world.

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. Upcoming Meetings **Jan. 11, Feb 8.**

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