



Monroe Area A.A. *Embracing Sobriety*

Free Take one , Pass it on

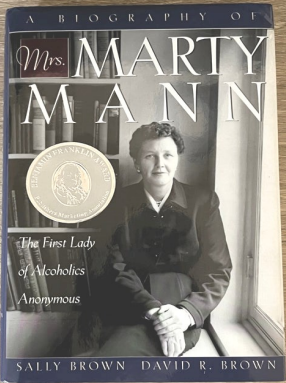
Volume 11 Issue 3 March 2024



Monroe Happy Campers 2024 Campouts

The 4th weekend of June (Site 174), July & August

Sterling State Park. Monroe MI. Camp for the weekend or Stop in for the day.



How a struggling socialite convinced the world alcoholism is a disease.

By Carl Erik Fisher Jan. 29, 2022 Washington Post. Cont. from Feb issue.

Hundreds of elegant passengers poured off the Queen Mary, the enormous luxury liner, and down to the docks of 1936 New York City. Among the jostling crowds, Marty Mann's mother and sister craned their necks, eager to catch a glimpse of Marty. They wondered: How had their brilliant debutante changed after six years in Europe, hobnobbing with the likes of Virginia Woolf and others in the famous Bloomsbury Group?

Mann threw herself into the nascent fellowship, which grew slowly. Later in 1939, Bill and Lois Wilson, Mann, and a few others drove to Cleveland to help establish a new meeting. In front of the crowd, Mann quipped, "Wouldn't it be wonderful if some day

we could travel across the country and find an AA meeting in every town?" It was a joke, and the hundred or so people collapsed in laughter. For Mann, though, it was only a half-joke. In their own circle, people were relapsing, even dying. Surely there was more they could do.

In sobriety, Mann was a dynamo. Brimming with energy, brilliant and polished, she captivated audiences at AA meetings. She became known in her social circles as the go to person for advice and counsel. AA was growing: The group opened a spacious office near Grand Central Station and was answering a rising volume of correspondence from across the country and, soon, the world. Yet Mann hungered for more. There were still legions of people, she thought, who had never heard of their lifesaving program.

World War II was raging, and Mann was working in her new job, producing radio programs on American history. One featured Dorothea Dix, the 19th century crusader who led a national campaign against the inhumane treatment of the mentally ill, and Mann was profoundly moved. What if there was a similar battle to be waged on behalf of alcoholics?

Soon afterward, she woke in the middle of the night with an epiphany, ran to her typewriter and typed out a detailed plan for a national campaign that would convince the public that alcoholism was not a moral but a medical condition.



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AA HOTLINE 734-240-4844

3rd Step “Made a Decision to turn our will and our lives over to the care of God as we *understand Him*..”

3rd Tradition “The only requirement for A.A. membership is a desire to stop drinking.”

3rd Promise “We will not regret the past nor wish to shut the door on it.”

Marty Mann By Carl Erik Fisher Jan. 29,2022 Washington Post

cont. from page 1

Her plan was to reach not just scientists and medical professionals but the whole of society. Her project was medicalization: She wanted to make alcoholism into a disease like any other, one that would be recognized and treated as such.

Mann attributed this notion of disease to AA, but the main AA text she was reading used the term “disease” only once, and generally in AA, the physical is always tempered with, if not wholly subordinated to, the spiritual. Mann, on the other hand, insisted that alcoholism was a clear, known and singular scientific entity.

She was more innovator than inventor. Interest in thinking about alcoholism as a disease was already on the rise. In 1941, the U.S. Public Health Service had issued an important publication framing alcoholism as a public health problem rather than immoral behavior. A group of alcohol scientists had also established a group called the Research Council on Problems of Alcohol, which was attempting to promote a therapeutic approach to alcohol problems. At Yale University, some researchers involved with the research council had already begun conducting studies, engaging in state level advocacy, and generally promoting a new scientific vision of alcoholism.

Mann connected with these Yale researchers most fatefully, a brilliant and iconoclastic Hungarian American man named E.M. “Bunky” Jellinek, who recognized Mann’s gifts. She was a stunningly talented speaker. Her social capital was unmatched, including a firm footing in the growing fellowship of AA. As an attractive, upper class woman willing to identify herself as an alcoholic in recovery, she shattered the dominant stereotype of the alcoholic as a skid row bum. Mann moved in with the Jellinek family in New Haven and spent the summer studying alcoholism. A few months after that, she was ready.

In October 1944, Mann held a news conference in New York to announce a new national organization to combat alcoholism. In her dignified, finishing school accent, like Katharine Hepburn with just a hint of a homey Midwest twang, she captivated the 45 newspapers in attendance, especially after she revealed herself as an alcoholic, one who had “been free for five years.” Mann announced that her organization, which in time became known as the National Council on Alcoholism (NCA), would embark on a campaign to convince the public that, first and foremost, “alcoholism is a disease.”

News items about the news conference appeared for two weeks afterward. Time magazine published a feature story on Mann that month. In less than a year, she made no fewer than 49 speaking appearances across the country, and her visibility only rose from there in later years, she routinely booked more than 200 public talks a year. Everywhere she went, she established and developed local “alcoholism information centers” that launched public education campaigns framing alcoholism as a disease. There was a churning positive feedback loop between grass roots organizing and high-level connections. It was the birth of what scholars have come to call the “modern alcoholism movement,” a vigorous yet loosely organized coalition of advocates for mutual help and therapeutic approaches. AA grew from slightly more than 10,000 members in 1944 to just shy of 100,000 members in 1950.

Mann’s advocacy was soon felt in the medical domain. She helped establish the medical organization that eventually became today’s American Society of Addiction Medicine, the nation’s largest professional organization of its kind. Slowly but surely, these efforts helped inspire therapeutic approaches to addiction, as community hospitals began establishing specialized alcoholism treatment units. In 1956, the American Medical Association adopted a resolution recognizing “alcoholism as a medical problem.” A year later, the American Hospital Association



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

Mann leaned on her connections with politicians, such as President Lyndon B. Johnson, once a member of the Texas NCA. In 1966, he announced a new program in a special health message to Congress, declaring that alcoholism was “a disease which will yield eventually to scientific research and adequate treatment.”

Two years later, Mann and the NCA rejoiced when Harold Hughes, an AA member and an openly recovering alcoholic, was elected to the Senate, where he proceeded to work for federal legislation on alcoholism and arranged for Mann to testify before Congress.

In 1970, Congress passed a comprehensive alcoholism act, known as the Hughes Act. President Richard Nixon almost let the bill die in a pocket veto, but at the last minute Mann’s wealthy Republican allies put some backdoor political pressure on the president, who finally signed the bill into law on the last day of 1970. It was the first significant federal legislation on alcoholism. Not only did it create the National Institute on Alcohol Abuse and Alcoholism, but it laid the groundwork for today’s system of addiction treatment.

Soon after the Hughes Act was passed, Mann gave a speech declaring an end to “America’s 150-year war” of alcohol versus alcoholism. Since the first days of our nation, she explained, the moralistic forces of temperance, the “drys,” had railed against the evils of alcohol. The supposed evil of demon rum had attached itself to alcoholics; this was “the origin of stigma, that smothering blanket which so effectively prevented alcoholics or their families from recognizing, admitting, or seeking help for their illness.”

But then her NCA had brought together two important countervailing forces: scientists (in the form of the Yale researchers) and alcoholics (in the form of AA), and through their combined powers, the alcoholism movement won the day over the forces of superstition and stigma.

This article is adapted from “The Urge: Our History of Addiction,” by Carl Erik Fisher, published by Penguin Press.

Don't be Fooled by the Myth of the 'Happy Drunk' - Beware of This Hidden Danger

In the world of active addiction, there is a multitude of myths. One which continues to perpetuate the enabling process for many is the myth of the happy drunk.

The happy drunk is portrayed as one who may indeed drink too much but appears to be joyful or even happier or more fun to be around when drinking. As such, this substance abuse is seen as inconsequential simply because these individuals don’t become belligerent or abusive when intoxicated. However, nothing is further from the truth.

The 'Happy Drunk' in Reality

The disease of alcoholism is not diagnosed by abusive or angry outbursts. In fact, that’s not a criterion for any addictive disorder. The negative consequences that occur (and the drinking that continues, regardless) are criteria, along with the reasoning for use. Both are simply likely unseen by those who engage in or encounter the drinking habits of the so-called happy drunk.

The reality is that these individuals are no less addicted than those who display negative or even dangerous behaviors. Additionally, their emotional state is no less unstable. More importantly (and often tragically), their lack of belligerence often prevents the world from seeing the reality of their pain and life-threatening addiction.

In this way, the happy drunk is often times even more at risk for liver disease, accidental overdose, and suicide. The false presentation of joy typically implies the reasoning for their drinking – not merely to numb the pain, but to present and experience the exact opposite of it. This reality leaves the happy drunk consuming more and more alcohol to achieve this altered state.

The Harm of Unseen Pain As the happy drunk’s addiction worsens, their pain does as well. The world around them may see them as joyful. Therefore, loved ones will likely never reach out to them or support them through the unseen pain they experience. This leaves the happy drunk feeling empty and alone – an experience that typically sends them to the bar or after-party to seek solace from the crowd whose inaccurate reflections feel better than the reality they experience within.

In this way, the pain cycle and cycle of addiction for the happy drunk continues and intensifies, leaving them with an emotional experience that is anything but happy. In fact, it may be more akin to an emotional roller coaster. Even worse, these so-called happy drunks likely experience a great deal of shame, loneliness, and self-loathing.

The latter is nothing new to any alcoholic, but those who are abusive and belligerent make their pain and need for help well-known.

Seeing Addiction for What it is The happy drunk’s pain and cries for help go unseen and unheard, making their existence a myth that typically ends in tragedy – a harsh reality for friends and family who never saw the signs.

If you fall into this mythical category of addiction, be aware that it is exactly what the experience is – addiction. And, as such, it’s no less holistically painful and self-destructive. There is help, hope, and no need to pretend anymore. Get honest and get help today.

Mel Gibson Sober since 2006

MEL Gibson has revealed that he wouldn't have survived if it wasn't for Alcoholics Anonymous, which he says he has spent many years attending. The actor and director opened up about staying sober since his string of booze-fueled incidents and bigoted rants stemming from a decade ago, crediting Alcoholics Anonymous for helping him turn his life around.

"I am a member of Alcoholics Anonymous and I achieved sobriety like that," Gibson explained. "I've got 18 years of sobriety under my belt."

The controversial 60-year-old actor's prosperous Hollywood career came crashing down when his 2006 arrest for drunk driving and his following anti-Semitic tirade dominated headlines. Things only got worse when ex-girlfriend Oksana Grigorieva claimed in 2010 that Gibson had punched her and broke her teeth. She then released secretly recorded audio in which the Braveheart filmmaker went on another profanity-laced rant against Grigorieva – using the N-word and other derogatory phrases.

Gibson now describes the outbursts against Grigorieva as the "worst moment" of his life, saying that what he did "wasn't meant to be public."

"Imagine the worst moment you have even had being recorded and broadcast to the world, and it wasn't meant to be public. You didn't stand on a soapbox and do it, but that's what happens," he said. He says that his sobriety is constantly questioned by the media, but he insists that he won't have a "pity party" about the past.

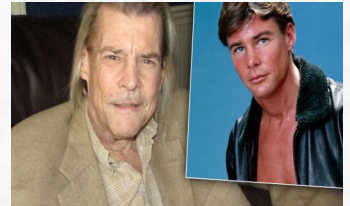
"It is disheartening when you've been 10 years dry, on the wagon — sober — and you have to read every year or so that you're loaded, That's disappointing because it's like a public notice that you're loaded, but you're not. It's a disingenuous reportage."

Gibson recently returned to the director's chair after a 10-year hiatus for the World War II drama Hacksaw Ridge and is expecting his ninth child with girlfriend of two years Rosalind Ross.



Jan-Michael Vincent (July 15, 1944– February 10, 2019) was an American actor known for portraying helicopter pilot Stringfellow Hawke in the TV series Airwolf (1984–1987) .

He battled alcoholism and intravenous drug use for much of his life. In 1977, 1978, and 1979 he was arrested for possession of cocaine, and in 1984 and 1985 he was arrested after two bar brawls. Vincent then was arrested for drunk driving but avoided jail by entering rehab in 1988. During the 1990s, he was involved in three severe automobile collisions, which he barely survived. The first near-fatal accident occurred in February 1992. In the second accident, in August 1996, Vincent broke three vertebrae in his neck. He sustained a permanent injury to his vocal cords from an emergency medical procedure, leaving him with a permanently raspy voice. Vincent was charged with drunk driving again after his 1996 accident, and once again sentenced to rehabilitation and placed on probation. In an interview on the television program The Insider on September 18, 2007, when asked about his 1996 car accident, Vincent answered "Y'know, I have no idea what you're talking about. I don't remember being in an accident."



In 2000, Vincent violated probation for his prior alcohol-related arrests by appearing drunk in public three times and assaulting his fiancée. As a result, he was sentenced to 60 days in the Orange County Jail. Vincent was involved in yet another automobile accident in 2008. October 24, 2014, He revealed that his right leg was amputated just below the knee in 2012 . Vincent died on February 10, 2019, at the age of 74.

Each year in the US, there are 7,756 homicides attributable to alcohol, and 1,269 of these occur in persons younger than 21 years old. Alcohol is the most commonly reported drug used by homicide offenders.



Thursday Night Open at Grace

A.A. Timeline

1949 As plans for the first Int'l Convention were under way, Earl T suggested to Bill W that the Twelve Suggested Points for AA Tradition would benefit from revision and shortening. Bill, with Earl's help, set out to develop the short form of the Twelve Traditions.

Jun 1, Anne Ripley Smith (age 69) died at St Thomas Hospital.

Jul 14, in a letter to the Rev Sam Shoemaker Bill W wrote "So far as I am concerned, and Dr Smith too, the Oxford Group seeded AA. It was our spiritual wellspring at the beginning."

Oct, Dr William D Silkworth and Fulton Oursler joined the Alcoholic Foundation Board.



3-7 Stacey P.

3-14 Seymour S.

3-21 Lynn C.

3-28 Dammion J.

Speaker Subject to Change. See Dave O.
About speaking on a Thursday Night.

Joy
peace
grace
security
serenity
wisdom
meetings
sponsorship
homegroup
acceptance
real happiness
gods help
service work
the promises
reaching out
helping newcomers
one day at a time
it works if you work it
spiritual experience
open mindedness
put in the work
out of isolation
stick with the winners
obsession lifted
keep coming back

A.A. Terms

Puzzle by Leann A.

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

I'll Cry Tomorrow (1955) is a bio-pic that tells the story of Lillian Roth, a Broadway star who rebels against the pressure of her domineering mother and struggles with alcoholism after the death of her fiancé. It stars Susan Hayward, Richard Conte, Eddie Albert, Margo, and Jo Van Fleet.



Dr. Robert Smith
AA Co-founder



Bill Wilson
AA Co-founder

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“The tremendous fact for every one of us is that we have discovered a common solution”

Alcoholics Anonymous, page 17.

Everything AA



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



Lois Wilson on Step 3.

Step 3. Made a decision to turn our will and our lives over to the care of God as we understand him.

Self-sufficiency and the habit of acting as mother, nurse, caretaker, and breadwinner, added to the fact of always being considered on the credit side of the ledger with my husband on the debit side, caused me to have a smug feeling of rightness. At the same time, illogically, I felt a failure at my life's job. All this made me blind for a long time to the fact that I needed to turn my will and my life over to the care of God. Smugness is the very worst sin of all, I do believe. No shaft of light can pierce the armour of self-righteousness.

Liver Disease Rising Among Young Adults who Abuse Alcohol

Think that alcohol-related liver disease only plagues older adults who have been drinking heavily for decades? Think again. Emerging research now shows a dramatic increase in fatalities caused by liver cirrhosis among young adults between the ages of 25-34. This research poses an alarming trend for both young adults and their loved ones. Why is alcohol-related liver disease on the rise? What can be done about it? And, at what point is the damage irreversible?

Between 1999 and 2016, the number of young deaths related to alcohol-related liver disease nearly tripled. This rise in deaths corresponds to the rising rates of binge drinking occurring throughout the United States.

To date, 1 in 6 adults reports drinking about four times a month. The average consumption during these binge periods is seven drinks.

Interestingly, one liver specialist, Dr. Neehar Parikh, found that binge drinking started spiking around 2009, a year associated with a ravaging recession plaguing the country. Parikh hypothesized that the loss of opportunity and emotional burden associated with it might have surged problematic drinking.

Today, many liver specialists report seeing more young adults on their caseloads than ever before. They associate it with the widespread socialization of binge drinking and other, prevalent risk factors like obesity- which can exacerbate liver problems. Fortunately, for young adults, most liver disease problems are reversible. The liver tends to be very resilient, and it can develop new cells.

Drinking large amounts of alcohol- even just over a few days- can lead to fat buildup in the liver. However, if you stop drinking for two weeks, the liver typically returns to normal functioning.

Cirrhosis occurs when the liver has severe scarring. While it is not inherently reversible, when someone stops drinking, it can pause and even prevent further damage. However, if the person does not stop drinking, they face serious complications including death. For most young adults, the most straightforward answer is to stop drinking. Since this is easier said than done, seeking professional treatment may be the best answer for recovery.

In treatment, individuals receive support, monitoring, and stabilization throughout the initial stages of recovery. They also learn the necessary life skills and relapse prevention techniques to manage triggers and cravings in the future.

WWW.MONROEAA.ORG
AA HOTLINE 734-240-4844

Your life is worth the fight for sobriety.



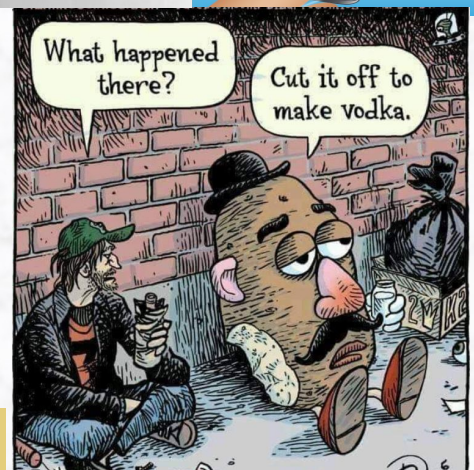
Hungry
Angry
Lonely
Tired

Call your sponsor!



Invincible Iron Man # 2016

Tony Stark & Carol Danvers (Ms. Marvel) @ an A.A. meeting



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,

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