



Monroe Area A.A. *Embracing Sobriety*

Free Take one , Pass it on

Volume 11 Issue 5 May2024



New Meeting “ S.O.S With Fox ” O/D/BB

Wednesday Night 7pm at St. John’s 521 S. Monroe St. Monroe..
Formally the Wednesday night “Marion Group”



Monroe Intergroup Spring Fling Sat. May 18th. 2024
Doors open @ 5pm Dinner @ 6pm Speaker to follow
Grace Lutheran 630 N. Monroe St. Monroe,



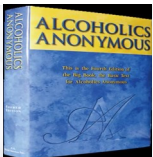
Ida Road to Recovery Grubb Night Thursday May 30
Doors open @ 5pm , Dinner @ 6pm , Meeting to follow
St. Joseph Church. 8295 Van Aiken St. Ida
The Last Thursday of Every Month.



Living Sober in Ida Grubb Night Tuesday June 11th
Doors open @ 5pm , Dinner @ 6pm , Meeting to follow
Prince of Peace Church 1920 Lewis Av. Ida
2nd Tuesday of Every Month.



Monroe Happy Campers 2024 Campouts
June 28,29 &30th (Site 174), July & August TBA
Saturday Night Dinner at 6 Speaker to Follow.
Sterling State Park. Monroe MI.



**IF, WHEN YOU HONESTLY WANT TO, YOU FIND YOU CANNOT
QUIT ENTIRELY, OR IF WHEN DRINKING, YOU HAVE LITTLE
CONTROL OVER THE AMOUNT YOU TAKE, YOU ARE PROBABLY
ALCOHOLIC.**

WWW.MONROEAA.ORG



AA HOTLINE 734-240-4844

5TH STEP “ ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.”

5TH TRADITION “ EACH GROUP HAS BUT ONE PRIMARY PURPOSE-TO CARRY ITS MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS ”

5TH PROMISE “NO MATTER HOW FAR DOWN THE SCALE WE HAVE GONE, WE WILL SEE HOW OUR EXPERIENCE CAN BENEFIT OTHERS. ”

Meeting Starters

The ABC's of AA

Table Leader: The fifth chapter of the Big Book , “How It Works” contains three statements that could be called the ABC's of AA. They are read at every meeting, but I'll repeat them here. (A) That we were alcoholic and could not manage our own lives; (B) That probably no human power could have relieved our alcoholism; and (C.) That God could and would if He were sought. These are powerful statements that will save our lives if they are accepted and believed wholeheartedly. In fact, these three things are probably all we need to know to get a firm start in AA. But why is it hard for so many people to grasp the ABCs? Well, to begin with, it takes real honesty to accept that first statement — that we were alcoholic and could not manage our lives. We have to give up forever the idea that we'll ever be able to take one drink safely. And there may be people telling us that we're not really alcoholic and can recover control. As for the second statement, we should have pretty much lost confidence in any human power to help us. Nobody can stay sober for us, and our own powers have proved to be inadequate for task. The third , God could and would if He were sought,” requires us to believe that there is a Higher Power who can and will help us. But do we really believe that? **Who will start the discussion by sharing an account of their struggles with these statements?**

A Look at Willpower

Table Leader: In AA, we don't believe that willpower can keep us sober. Most of us tried that route before we got here, and it didn't work for us. No matter how much we “willed” ourselves to get sober and stay that way, we always wound up drunk. This was a frustrating business, and some of us decided we were just too weak-willed to find sobriety. But many alcoholics are very strong-willed, and this can even be part of the problem. The will is our power to make choices and carry through with them. In drinking, however, we've acquired a compulsion that makes the wrong choices. The more we fight this compulsion, the more it tightens its grip on us. (People with other compulsions understand this well, hence the saying that “you can't eat just one potato chip.”)

The process that seems to work for us in AA is to choose a different path with the understanding that our Higher Power is working in and through us, as well as over and above us. Our own will then becomes only the power to choose, but it is not the power that does the actual work of keeping us sober. For this to work, we have to believe in the process and accept it for ourselves. It is simple, but it works. Now I'd like to ask the group to recall efforts to stay sober on willpower alone. Most likely, these efforts worked for a time and then failed. **I need a volunteer to start the discussion with an example from personal experience.**

**ROCK BOTTOM
BECAME THE SOLID
FOUNDATION
ON WHICH I
REBUILT MY LIFE.**

Captain Alcohol is an obscure Canadian superhero comic. It was created by the Canadian government to discourage alcohol use in the North West Territory, and it lasted four issues. In the actual story, Captain Alcohol is an alien from the planet Barkelda. However when piloting a space ship, he crashed on Earth (specifically the North West Territory). He decided to become a superhero, but finds his alcoholism is interfering with his heroic acts.



Let's ask Bill W Question #19 Could you describe your spiritual experience for us and your understanding of what happened?

In December 1934, I appeared at Towns Hospital, New York. My old friend, Dr. William Silkworth shook his head. Soon free of my sedation and alcohol I felt horribly depressed. My friend Ebby turned up and although glad to see him, I shrank a little as I feared evangelism, but nothing of the sort happened. After some small talk, I again asked him for his neat little formula for recovery. Quietly and sanely and without the slightest pressure he told me and then he left. Lying there in conflict, I dropped into the blackest depression I had ever known. Momentarily my prideful depression was crushed. I cried out, "Now I am ready to do anything – anything to receive what my friend Ebby has." Though I certainly didn't expect anything, I did make this frantic appeal, "If there be a God, will He show Himself!" The result was instant, electric beyond description. The place seemed to light up, blinding white. I knew only ecstasy and seemed on a mountain. A great wind blew, enveloping and penetrating me. To me, it was not of air but of Spirit. Blazing, there came the tremendous thought, "you are a free man." Then the ecstasy subsided. Still on the bed, I now found myself in a new world of consciousness which was suffused by a Presence. One with the Universe, a great peace came over me. I thought, "So this is the God of the preachers, this is the great Reality." But soon my so-called reason returned, my modern education took over and I thought I must be crazy and I became terribly frightened. Dr. Silkworth, a medical saint if ever there was one, came in to hear my trembling account of this phenomenon. After questioning me carefully, he assured me that I was not mad and that perhaps I had undergone a psychic experience which might solve my problem. Skeptical man of science though he then was, this was most kind and astute. If he had said, "hallucination," I might now be dead. To him I shall ever be eternally grateful.

Good fortune pursued me. Ebby brought me a book entitled "Varieties of Religious Experience" and I devoured it. Written by William James, the psychologist, it suggests that the conversion experience can have objective reality. Conversion does alter motivation and it does semi-automatically enable a person to be and to do the formerly impossible. Significant it was, that marked conversion experience came mostly to individuals who knew complete defeat in a controlling area of life. The book certainly showed variety but whether these experiences were bright or dim, cataclysmic or gradual, theological or intellectual in bearing, such conversions did have a common denominator – they did change utterly defeated people. So declared William James, the father of modern psychology. The shoe fitted and I have tried to wear it ever since.

For drunks, the obvious answer was deflation at depth, and more of it. That seemed plain as a pikestaff. I had been trained as an engineer, so the news of this authoritative psychologist meant everything to me. This eminent scientist of the mind had confirmed everything that Dr. Jung had said, and had extensively documented all he claimed. Thus William James firmed up the foundation on which I and many others had stood all these years. I haven't had a drink of alcohol since 1934. (N.Y. Med. Soc. Alcsm., April 28, 1958).

5 Types of Alcohol Abuse Are Common at Different Ages

By SoberRecovery, Staff Writer Updated on Jul 15 2019

Alcohol abuse is one of the most common forms of substance addiction in the United States. Data reveals that over 25 percent of adults had at least one heavy drinking day (five or more drinks for men and four or more drinks for women) in the past year.

Everyone is aware of the harmful consequences excessive drinking can cause. Abusing alcohol inhibits a person's ability to spend time on their family, friends and career and leads to destructive behavior. However, abuse is more complicated than simply drinking too much. Now, research has uncovered that there may be five separate types of problem drinkers. And each one may be more common at different stages of life.

Alcohol Use Disorder A person is considered to have an alcohol use disorder (AUD) if they experience two or more designated indicators.[3] These indicators range from "drinking more or longer than intended" to "experiencing withdrawal symptoms when sober."

AUD refers to situations where there is a problem in: controlling drinking, being preoccupied with alcohol, continuing to drink even when it causes problems, having to drink more to get the same effect, or having withdrawal symptoms when a person rapidly decreases or stops drinking. As a result of this study, researchers discovered five distinct classes or "profiles" among people with alcohol use disorder, with each profile defined by a specific set of symptoms. This groundbreaking information may be able to help in designing much needed personalized alcohol treatment programs and reducing relapse occurrence.

Disorder Types During their investigation, the researchers were able to establish five distinct profiles within the study participants. Each type had specific attributes as follows:

Alcohol-induced injury: People in this group reported getting into risky situations during or after drinking, which typically resulted in injury.

Difficulty cutting back: The bodies and brains of those with serious alcohol use disorders physically crave alcohol. This group struggled with wanting to cut back on their problematic drinking, but were unable to meet this objective.

Highly problematic, low perceived life interference: While individuals in this profile reported experiencing many symptoms, they said their drinking did not interfere with their family, friends, work or hobbies.

Adverse effects only: Participants who fit this profile reported experiencing hangovers or withdrawal symptoms in addition to drinking too much.

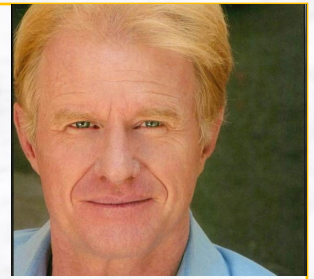
Highly problematic: People in this group reported experiencing every symptom of alcohol use disorder.

The Influence of Age In addition to identifying the five groups, perhaps of greatest interest were the findings that certain profiles were more common at different stages of life.

For example, **Prevalent** among younger adults were the three classifications of: **Adverse Effects Only, Low Perceived Life Interference, Highly Problematic**, This demographic is based on excessive drinking, hangovers and other withdrawal symptoms.

"Difficulty Cutting Back" and "Alcohol-Induced Injury" classifications are more prevalent as age increases. The adults in their late fifties to sixties experienced consistent struggles when attempting to cut back. In fact, relapse rates for substance use disorders, including alcohol ranges from 40 to 60 percent. The definition of a "problem drinker" isn't cut and dry. Investigators believe that this latest data suggests that the diagnosing and treating of alcohol use disorders cannot be "one size fits all." Instead, AUD must treat the individual's specific symptoms and how their age relates to the primary obstacles they face.

Ed Begley Jr. 45 years Sober



Ed Begley Jr. turned to alcohol and pills to cope with the revelation of his mother's true identity. "In 1979, I finally got sober, stayed sober and began to grow up."

Actor Ed Begley was a heavy drinker in the 1970s and told Page Six exclusively in October 2023 that he was "headed for trouble" before getting sober.

He remembered deciding to stop drinking for good when his alcoholism landed him in the hospital and affected his ability to be a parent.

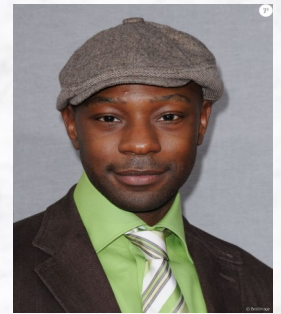
"My first-born Amanda was one year old and she wanted to hold me," he recalled.

"But the problem was I was in the hospital with all these needles and tubes going in me that are trying to keep me alive and I couldn't hold my daughter because of the tubes."

"I said, 'You know? Deal me out. I'm done with this,'" he continued.

"And thank God it's been since the 70s since I've had a drink or anything like that. And I'm very lucky to still be around."

Nelsan Ellis (November 30, 1977 - July 8, 2017) was an American actor. He achieved critical acclaim for his portrayal of Lafayette Reynolds in the HBO television series *True Blood* (2008-2014), for which he won a Satellite Award from the International Press Academy. Ellis died at the age of 39 on July 8, 2017, in Woodhull Medical Center in Brooklyn, New York. His family released a statement on July 10, 2017, saying that he had an ongoing struggle with drug and alcohol abuse. He had been reluctant to talk to anyone about his addiction because of his sense of shame. In the days prior to his death, Ellis was attempting to withdraw from alcohol on his own; he was hospitalized due to serious complications from alcohol withdrawal syndrome, which resulted in his death.



Doctors say alcohol is often the most dangerous substance for the body to withdraw from - and still more so, when attempted without medical supervision.

About 16 million people in the United States have alcohol use disorder, which the National Institutes of Alcohol Abuse and Alcoholism define as "compulsive alcohol use, loss of con-

"As I look back on that period, I realize how true it is that one of the primary differences between alcoholics and nonalcoholics is that nonalcoholics change their behavior to meet their goals and alcoholics change their goals to meet their behavior."

Ways to get & Stay Sober

Puzzle by Leann A.

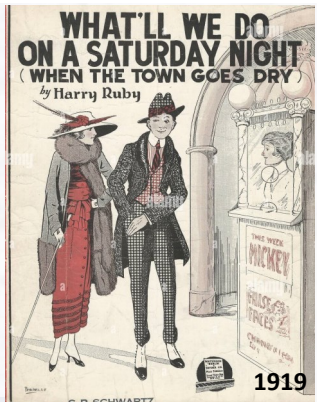
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- surrender
- reaching out
- meditation
- selflessness
- make amends
- give back
- humility
- fearlessness
- take inventory
- good decisions
- seek God's will
- service work
- sharing
- meetings
- sponsorship
- open mindedness
- dedication
- prayer
- acceptance
- higher power
- admission
- listening
- belief
- love
- practice principles



"I CHOSE SOBER BECAUSE I WANTED A BETTER LIFE. I STAY SOBER BECAUSE I GOT ONE."

Getting sober was not just about alcohol. I also had to detox from anger, fear, resentment and toxic people.



A.A. Timeline 1950

Jul 30, Dr Bob made a brief appearance for his last talk. Part of his now famous short statement was "There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with our actual AA work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words love and service."

The attendees adopted the Twelve Traditions unanimously by standing vote.

Aug Bill W's last visit to Dr Bob in Akron. Bill advised Bob that the board would likely give its consent to the Conference. Dr Bob gave Bill his endorsement for the Conference.

Everything AA

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Lois Wilson on Step 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I found this was just as necessary for me to do as it was for an alcoholic, even more so perhaps, because of my former "mother-and-bad-boy" attitude toward Bill. Admitting my wrongs helped so much to balance our relationship, to bring it closer to the ideal of partnership in marriage.

What Is Spiritual Awakening?

Defining a spiritual awakening is not straightforward for every person. However, there are some clear indicators that those in recovery are experiencing a personal and spiritual transformation. Some of these indicators include:

A change in attitude – At the beginning of the recovery journey, it is normal to feel consumed by emotions such as anger, resistance, and fear. However, when a spiritual awakening is encountered, it is easier to accept mistakes, take advice, and support others.

A change in personality – Accepting one's emotions, feeling worthy of respect, and recognizing good qualities are signs that someone in recovery is moving forward to a healthier place in their life.

An improved outlook – Changing perspective on oneself and embracing qualities is a clear sign that someone is experiencing a shift in their attitude. Through newfound self-respect, resentment and jealousy reduce, and joy replaces any negative feelings associated with addiction.

Feeling able to share and feel emotions – During addiction, some people find it very difficult to admit their feelings or emotions to themselves, let alone those around them. In sobriety, they discover the power of expressing and showing their emotions in a productive and beneficial way.

Overall increased health and happiness – Numbness, depression, and anxiety are often felt during addiction. Those in recovery often express feeling an intense feeling of being alive in the world.

Joining an AA meeting can be an incredible step in the direction of recovery. Reach out today to find your local group, not only to find sobriety and avoid drinking but also to find a caring, supportive, and understanding community.

"There is a complete failure of the kind of defense that keeps one from putting his hand on a hot stove."



Your past is not a life sentence. It doesn't define who you are today. So keep the wisdom, remember the lessons, and leave the rest. Don't stay stuck. Keep going!

Thursday Night Open at Grace

BLA BLA
BLA



5-2 Hershey J.

5-9 Friend of Bill W.

5-16 Cody R.

5-23 Matt B.

5-30 Lorenzo L. III

Speaker Subject to

Change. See Dave O. About speaking on a



The Glass Castle Based on a memoir, four siblings must learn to take care of themselves as their responsibility-averse, free-spirit parents both inspire and inhibit them. When sober, the children's brilliant and charismatic father captured their imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Meanwhile, their mother abhorred the idea of domesticity and didn't want to take on the work of raising a family. **Woody Harrelson**

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 **May**

PUBLISHED BY JEFF A. THE NEON CAT
3175 COMBONI WAY MONROE, MI. 48162
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ALCOHOLICS ANONYMOUS
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