



Monroe Area A.A. *Embracing Sobriety*

Free Take one , Pass-it on

Volume 11 Issue 12 December 2024

UPCOMING EVENTS



Monroe Intergroup Holiday Party **Saturday Dec. 14 2024**
Doors open @ 5pm / Dinner @ 6pm / Speaker to follow
Grace Lutheran Church 630 N. Monroe St. Monroe Mi.

Better Way Group Holiday Dinner
Saturday Dec 28th. Door 5pm/ Dinner 6pm/ Meeting 7pm
Good Shepherd Church 2275 S. Custer (M-50) Monroe

Ida's Road to Recovery 33rd Anniversary Dinner
Thursday Jan. 9th Door 5pm/ Dinner 6pm/ Speaker 7:02
St. Joseph Church 8295 Van Aiken St. Ida.

PLEASE JOIN US FOR A

HOLIDAY DINNER



Christmas Day Meetings **Wednesday Dec. 25 2024**

Weds. Night Resentment Group 6pm St. Anne's 2420 N. Dixie Hwy.

New Year's Day Meetings **Wednesday Jan. 1 2025**

Weds. Night Resentment Group 6pm St. Anne's 2420 N. Dixie Hwy.



I chose sober because I wanted a better life.

I stay sober because I got one



WWW.MONROEAA.ORG

AA HOTLINE 734-240-4844

12th Step “Having had a spiritual awakening as the 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 for ourselves.”

Meeting Starters

Changing Things We Can

MODERATOR: One of the ideas stated in the Serenity Prayer is that we ought to change the things we can while accepting other things we can't change. We should also find the wisdom to know the difference between the two.

It's also not stated, but implied, that we should only try to change things that concern us; we certainly can't be expected to change things in which we have no interest. But in order to change the things we can change, we have to show a certain amount of courage, which may be in short supply if we have been hiding our problems by drinking.

We put up with things in our lives that could be changed for many reasons. We may fear facing something that could be unpleasant, for example. Sometimes it seems easier to stay in the old behavior or the rut than does to make a change that would be better for everyone concerned. Suppose, for example, that we've been having a bad relationship with someone at work or in another setting. Changing this situation may require sitting down with that person and laying it all out. That takes courage, but it can also put an end to an unbearable situation.

Some AA members have regretted not having more schooling or training. But with enough courage, it's possible for a person to go back and hit the books at any age. A surprising number of AA's have done that, and it has helped to change their lives. Making necessary amends always pays off when we do it. A great example of this type of thing is in Dr. Bob's story in the big book. At this time, let's look at things we've been putting off out of fear, such as a medical exam. Who has other examples to start the discussion?

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To all AA members,

Greetings on our 10th Christmas, 1944. Yes, it's 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 Wilson

Tips to help stay sober during the Holidays and any other day.

Recognize your relapse triggers. This year, you may be brought back to places and parties where you used to have fun and get high. You may run into old friends who are back in town, old friends from your using days, who will remind you of substance use. You may find yourself grieving relationships and ties that were broken during the holiday season. As a part of your recovery plan, it is important to know how to properly cope with the relapse triggers that the holidays so often bring. Manage them as they arise so that you do not find yourself face-to-face with relapse. If you encounter a familiar, dangerous situation, walk away. If you feel yourself getting frustrated or lonely in your sobriety, talk to someone you trust. If you feel physically or mentally exhausted, get some rest to try and quiet any uneasiness. Properly taking care of yourself – physically, mentally, and emotionally – can help you avoid a relapse.

Start every day with a plan. To avoid holiday temptations, start each waking day with a plan to keep sober. This means thinking ahead about all the possible triggers and situations that may come your way during the holiday season. Always be prepared. If you are in a place where your cravings start to unleash, have a plan to settle them. Leave the situation or call a sober friend. If you are uncomfortable at a party, be sure that you always have your own way home. Decide in advance what you are going to say if someone offers you a drink. Rehearse three or four responses. A polite, clear “No, thank you” most often does the trick, but you may encounter pushy and prodding people as well. Have a plan for dealing with them, whether it be saying, “I don’t drink for health reasons” or just simply walking away.

Keep a (non-alcoholic) drink in your hand. If it’s one of your first sober holiday parties, you may be a bit anxious about having to deny drinks or talk about your recovery. To avoid excessive explanations or denials, simply carry a drink of choice in your hand – ice tea, water, coffee, whichever you prefer. By doing so, you will most often avoid the question altogether. And if someone does offer you a glass of wine, you can easily turn it down by saying, “No, thank you, I’m all set.”

Keep busy. Most often sitting around can involve or lead to drinking. This year, plan some more engaging activities. Get outside for some ice skating or sledding with the family. Plan Yankee swaps or other holiday games to engage both the young and the old. Help out with decorating, cooking, or driving to and from events in efforts to stay sober.

Learn how to channel holiday stress. While most often a merry time, many people still experience stress during the holidays. Whether it be last-minute gift giving or stressful relationships within the family, you may know these anxieties as well. In the past, you may have channeled these stresses through drinking and drug use. In recovery, you must find new ways to cope with your stresses – such as working out at the gym, going for a walk, reading a book, or meeting a sober friend for coffee.

Stick to your meeting schedule or call in your sober network when you need support. Despite being the holidays, 12-step meetings do not take days off. Whether you are home for the holidays or traveling, find a meeting place or recovery center near you. Meet with others who are staying sober during the holidays, people who are like you and understand your journey, to help keep you on the right path.



Please tell me a sober Christmas is possible.

Yes, it’s possible! For me Christmas is my favorite holiday! My family hosts my extended family for our infamous Christmas Eve party. All my cousins are my age give or take 5 years and we are super close and in years past it’s basically been a gong show.

Drinking is always a huge part of the event. It was always one of my favorite party nights of the year since I was a teenager (I’m 35 now). Some of them I remember, some I forget. One landed me in the ER. That kind of drinking.

Last Christmas was my first sober Christmas. I was still looking forward to Christmas and the Christmas Eve party, but wondered how it would go. My whole family has known I’ve been sober so I didn’t have to worry about Them asking questions. I do think that helped the situation for me tremendously.


Well.....I had an absolute blast!! I didn’t feel left out in the slightest, got to actually enjoy my Mom’s amazing cooking/baking, had meaningful talks (that I’ll remember) with my family members, and once the music started - you bet I was on the living room “dance floor”. My parents were so happy for me - I was happy. I was having so much fun and didn’t feel like I missed out on a thing.

Waking up Christmas morning clear-headed made it that much better.

I just took it day by day. I’m not going to drink Christmas Eve. Next day - Heck that felt good. I’m not going to drink Christmas either!

Was it the same fun as before? It’s different. However, after having almost 20 drunken Christmases, my sober Christmas last year has to have been one of my favorites because of how much it meant to me :)

Anonymous 2023.

Keep Coming Back  One Day At A Time

Megan Fox Sobor Since 2009

Megan Fox revealed enough was enough when it came to drinking after a 'belligerent' 2009 Golden Globes incident.

Speaking to Who What Wear about the awards ceremony, the Transformers actor recalled how she was seated at a table with Blake Lively and the Jonas Brothers, and remembers that there were large bottles of Moët champagne on the table in front of them.

'I went through multiple glasses of that and now I don't drink and this is why,' she said.

'I was belligerent and said a bunch of sh*t on the red carpet that I shouldn't have said after that. I think I got into a lot of trouble for whatever I said on the red carpet at that event, I don't remember why but I know I did and you can look that up.' "I'm always completely sober. I don't even drink a glass of wine," she

"I'm not saying you have to be like that. I'm saying for me, that's how I feel the best," Fox explained.

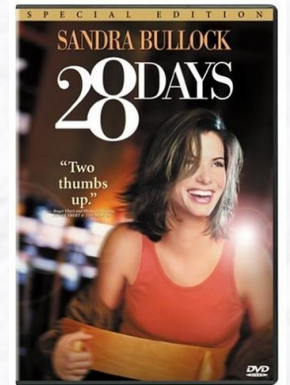
"When I was in Costa Rica, somebody described the purpose of alcohol with plant medicine: you use alcohol to extract the essence of a plant. And I thought, 'That is exactly how alcohol makes me feel. As though it is extracting my essence.' Which is why I have avoided it for so long."



"28 Days" 2000

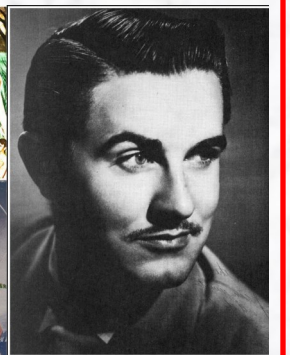
One of the movies about alcoholism on Netflix that you may want to check out is called 28 days. This movie came out in 2000. The main stars in this movie are Gwen Cummings and Sandra Bullock. Out of all the films these actresses have performed in, this is one of the best and most realistic.

After crashing the stolen limousine, Gwen had a choice to attend rehab or spend 28 days in a jail cell. In this movie, Gwen is a troubled drinker. It is important to note that while the movie focuses on serious disease, alcoholism, there are also funny moments. These moments help to make the movie feel a bit lighter and easier to watch. In addition, they help the viewer to connect with the storyline. In everyone's life, there are going to be some fun and good times. These times happen even when the person has a challenging overall lifestyle.



Ed Wood Filmmaker "Plan 9 from outer space" Died 12-10-1978 Age 54 Alcoholism

A "B" rated filmmaker & author of over 80 pulp novels his drinking lead him to depression & poverty. While watching football with friends he felt sick and went to lay down. He called to his wife to bring him a drink & she refused, later called out "Kathy, I can't breathe!" she ignored him. He died of a heart attack. Kathy later said "I still remember when I went in the room he was dead, his eyes and mouth were wide open. He Clutched the sheets. It looked like he'd seen Hell"



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.

- 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

DANGERS DURING THE HOLIDAYS

Puzzle by Leann A.

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



What's the difference between a Newcomer and a puppy?

Puppies stop whining after 6 months...

What's the difference between a social drinker, a heavy drinker and an alcoholic?

The social drinker sees a fly in his drink and says, "Eww, there's a fly in this. I don't want it now."

The heavy drinker will flick the fly out of the drink and "Well, down the hatch!"

The alcoholic will grab the fly and shout "Spit it out, spit it out!"

A.A. Timeline 1956

After 1955 the depression that had plagued Bill W for so long, lifted and he regained his bright outlook .

April, General Service Hq. designate Thanksgiving Week each year as AA Gratitude Week and that this action be noted in the annual pre-Thanksgiving appeals to groups for funds to help support AA's worldwide services.

the delegates at their meeting unanimously approved Bill's new book "AA Comes of Age" it be produced in a first class manner, decisions as to pictures and price being left to the Board of Trustees, every effort be made to have it available for the 1956 Christmas season

Dear Friends...

Lois and I join in sending to A.A.'s worldwide our warmest affection at this Christmastime.

You will agree that we of A.A. are just about the most fortunate people on the globe today. By God's Grace we have received an unexampled opportunity to live, to serve, and to love.



At this season, and in the New Year to come, may joys overflow and our gratitude be boundless. May the Spirit of the Prince of Peace be among us always.

Bill

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- ✓ Text + Audio
- ✓ Big Book
- ✓ 12 Steps
- ✓ 12 & 12
- ✓ Daily Reflection
- ✓ Joe & Charlie
- ✓ Living Sober
- ✓ Tracker
- ✓ Pamphlets

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Thursday Night Open at Grace



- 12-5 Stan W.
- 12-12 Bob B.
- 12-19 Shamus G.
- 12-26 Joel K



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

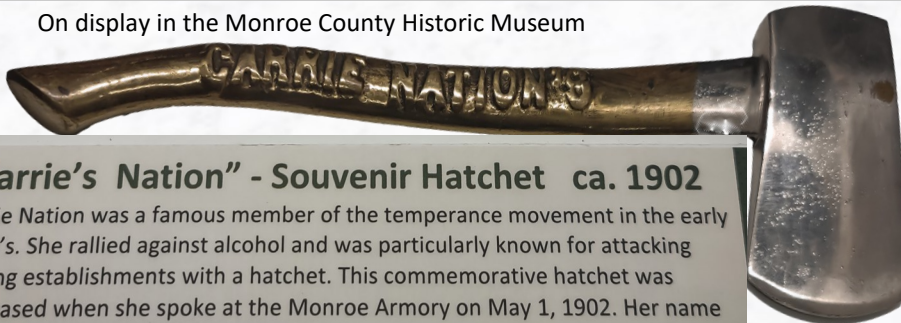
Treasures Report		Nov-24	Prepared by:
			Carol Bollenberg
Income			
Basket 11/14/24	donation		\$5.00
FNL-EN	donation		\$10.00
Fri. Gratitude	donation		\$6.41
Total Income			\$21.41
Expenses			
		Check #	
AT&T Mobility	Hot Line - Nov. pmt	Auto	\$42.03
Jeff Albergo	Newsletter	1754	\$70.00
Lamours	Raffle tickets	1753	\$15.00
United Way	Rent/Don.	1752	\$20.00
Total Expenses			\$147.03
Summary			
	Beginning Balance		\$168.09
	Income		\$21.41
	Expenses		\$147.03
	Ending Balance		\$42.47
Prudent Reserve			
Balance			\$500.00

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The **Monroe Area Intergruop** 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 12-12, 1-9-2025**

Text your e-mail address to this number & get on the mailing list

On display in the Monroe County Historic Museum



"Carrie's Nation" - Souvenir Hatchet ca. 1902

Carrie Nation was a famous member of the temperance movement in the early 1900's. She rallied against alcohol and was particularly known for attacking serving establishments with a hatchet. This commemorative hatchet was purchased when she spoke at the Monroe Armory on May 1, 1902. Her name is prominently embossed on the side.

ALCOHOLICS ANONYMOUS 24 HOUR HOTLINE



JERRY

734-240-4844

