



Monroe Area A.A.

2025

Embracing Sobriety

Free Take one , Pass it on

Volume 12 Issue 1 January 2025

UPCOMING

Mark Your Calendars

EVENTS



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.



MonCYPAA Reformation & Game Night

Friday Jan. 17th Reformation 5pm / Games 7PM
Raw Building 554 Rambo Dr. Monroe 48161



Wednesday Night Resentment 15th Anniversary Dinner

Wednesday Feb 26 Door 4pm/ Dinner 5pm/ Speaker 6
St. Anne's Church 2420 N. Dixie Hwy Monroe Mi.

New Year's resolutions for people in recovery

Work on you: We can all stand to improve something about ourselves, if not several things. Pick just one aspect of yourself that you wish to improve upon — maybe managing anger, curbing procrastination tendencies or correcting self-centeredness — and then identify ways to do so. Maybe you commit to weekly therapy, join a support group or start journaling daily to help you reach this goal.

Look for ways to give back: Helping others can actually benefit both them and you. Look for opportunities to volunteer your time and skill set. Whether it's helping out at a local charity, **join a home group in A.A.** there are a multitude of ways to give back. Perform random acts of kindness, too, such as offering to help an elderly neighbor or dropping off canned goods at a food pantry.

Commit to getting healthy: One of the best ways to support recovery is to nurture your body back to health. Avoid making a general resolution like "Get healthy in 2025" and instead create a detailed plan. List how many times you will work out each week and what those activities will be. Create a healthy diet and toss out the unhealthy foods before heading out to replace them with healthy items.

Build your circle of sober friends: The more support you have around you, the better your odds of recovery success. Create a strong support network while staving off loneliness by seeking out opportunities to form new friendships. Make a list of places where you might meet others in recovery, and start checking them out. Before long you will have some new sober friends.

By creating a finely tuned list of New Year's resolutions, individuals in recovery can improve their quality of life on several fronts while also strengthening sobriety.

WWW.MONROEAA.ORG

AA HOTLINE 734-240-4844

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 halfway through.”

Meeting Starters

Am I different?

MODERATOR: Must of us think we are different, and in some ways we are. As alcoholics, we had similar problems, but we each had our own drinking patterns and other unique traits. One of our biggest jobs, then, is to convince people that they might be alcoholics just like the rest of us.

One delusion that has to be crushed is the belief that we might someday find the ability to do controlled drinking. Some people say it can be done, but they aren't in AA, and they probably don't have proof that it works. Some alcoholics are also brighter and more successful than the rest of us. But we have enough bright, successful people in AA to show that these advantages are of little help in overcoming alcoholism. Alcoholism appears to be an equal opportunity disease that targets people at every level in society. It's also a delusion to believe that we don't have a problem simply because other people had more trouble with alcohol than we seem to have. We don't have to go through everything that some other person endured in order to admit that we're powerless over alcohol. Just as with any other ailment, we can be grateful that we're dealing with it in the earlier stages.

So, we are the same in having the problem, though we are different in some respects. Who will start the discussion by explaining how “being different” was a problem that had to be dealt with in getting sober?

3 Ways Drinking Tries to Lure You Back and How to Say “NO!” By Nina Bradshaw Updated on Jul 11 2018

Anyone who has struggled with alcohol addiction knows that physical cravings can be difficult to manage. Your body, brain and mind cry out for the substance that they have become dependent on. It can be extremely difficult to fight these cravings, and there may be times when the lure of the booze can seem almost overwhelming.

Here are some of the ways that drinking can lure you back and how you can resist the temptation to give in.

It tells you it wasn't that bad. The typical forgetting process begins when you start to think that things are really not as bad as you once knew to be true. You convince yourself that you are now “cured” and able to handle your drink like a “normal” drinker. For myself, I find that it helps to look back on my old journals that I wrote in the early days of recovery. These entries clearly outline to me how bad the addiction was and how bad I felt in early recovery. Some people find that regularly attending meetings and helping the newcomers can also help them remember how it was before they stopped boozing.

It wants you to “fit in.” Even though you decide to get sober, it doesn't mean that others will do the same. Some of your other friends may still be drinking and see it as a very normal part of their lives. You will encounter this on many occasions, such as weddings, holidays and birthdays, and you may be tempted to want to join in with the drinking. In fact, on occasion, peers may put undue pressure on you, mourning the loss of their former drinking partner, or seeing you as “boring” for not wanting to join in the fun.

There are several ways to resist the peer pressure of your drinking friends. One is to cut yourself off from these friends. Some people in recovery find new friends, either through meetings or online. For me, I did not want to cut myself off from my friends entirely, but tried to just spend time with them in non-drinking situations such as meeting for coffee or going for a walk. On the occasions that I do join friends who are at a boozy event, I make sure to drive there so that I know I can't drink and often leave early before things get too raucous. Before going, I also play through the film of what it would be like the next day if I did get drunk, and if I feel really vulnerable I will take another sober buddy along.

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Here are a few tips that can help you keep your New Year's resolution to remain in recovery:

Take it one day at a time: To make your recovery plan more manageable, focus on staying sober one day at a time. Sobriety is a daily choice and the present moment is the only thing we have actual control over. Wake up and reaffirm your goals each day. Soon, you'll look back and see all the progress you've made as these individual days add up.

Be gentle with yourself: Forgive yourself for any mistakes you might make. Setbacks are common in addiction recovery and don't mean you've failed. Instead, they mean it's time to adjust your goals and continue working on minor daily improvements. Keep positive and try not to judge yourself in recovery — hope will motivate you to continue down a healthy path.

Choose activities you genuinely enjoy: In the beginning, it can be challenging to focus on new activities after a long time of substance use. Focus on the hobbies you genuinely like or explore untapped passions that can help you replace harmful habits with healthy and rewarding ones.

Make time for yourself: While staying active and maintaining structure in recovery is essential, don't forget about yourself. To avoid burnout, block a little time out of each day just for you. Take a moment to reflect, practice gratitude or participate in a mindfulness activity to aid your healing.

How do you make your New Year's resolutions stick? First, your recovery goals must be realistic. You may find it helpful to use the acronym SMART when setting your new goals. These goals should be specific, measurable, achievable, relevant, and time-bound. When developing your SMART goals, try to make sure they meet these parameters:

Specific: Provide enough detail so that there is no indecision regarding what exactly you should be doing.

Measurable: When you can see measurable progress toward your goals, you can mentally take note of change as it occurs. A quantifiable goal has an outcome that can be assessed as a success or failure, or on a sliding scale.

Achievable: A goal should be feasible given your current economic, social, or cultural resources and time available.

Relevant: Relevant objectives should answer a few questions. Ask yourself why you should pursue this goal and what the impact will be on your life when you do.

Time-bound: Set a time frame for your goal. You could aim to get it done next week, next month, or in three to six months. Setting an endpoint for your goal gives you a clear target to achieve. Of course, some goals will take longer to achieve than others.

Tony drank so much, that he actually convinced himself he wasn't Tony Stark!



ONLY AN **ADDICT** CAN UNDERSTAND HOW LONELY BEGINNING RECOVERY FEELS... HOW OVERWHELMING IT ALL SEEMS. AND THERE IS SHEER PHYSICAL EXHAUSTION. SOMETIMES JUST GETTING OUT OF BED SOBER IS THE ENTIRE DAY'S **VICTORY.**

Robert Downey Jr.



Joe Walsh

Sober Since 1995

"My greatest personal challenge was getting sober. I had to relearn everything. When I got sober, I had to go up and plug in and play and feel all those feelings I had neutralized by being high. I had to get through them and get to the other side. If you don't deal with the fear, you're damaged goods."

Alcoholism: the disease that makes you too selfish to see the havoc you created and care about the people you shattered

Slash Sobor Since 2006

Slash, the iconic guitarist from Guns N' Roses, has been open about his journey to sobriety. In various interviews, he has discussed his struggles which escalated during the peak of his fame in the late 80s and early 90s. Slash's battle with addiction led to several health issues, including a life-threatening case of cardiomyopathy.

After hitting rock bottom, Slash made the decision to get sober in 2006. He has credited his family, especially his then-wife, Perla Ferrar, for supporting him through his recovery process. Since achieving sobriety, Slash has been vocal about the positive changes it has brought to his life and career. He has mentioned that being sober has allowed him to be more present, creative, and focused on his music.

Slash's story is often highlighted as an inspiring example of overcoming addiction and reclaiming one's life. His journey underscores the importance of support systems and the possibility of recovery, even for those who have faced severe addiction.



Trees Lounge is a 1996 American comedy-drama film and the debut of Steve Buscemi as writer and director. It was produced by Brad Wyman and Chris Hanley and features a large ensemble cast of actors, including Buscemi, Anthony LaPaglia, Chloë Sevigny, and Samuel L. Jackson.



Things aren't going so well for Tommy Basilio. He lost his job because he "borrowed" money from the register, his girlfriend left him for his boss and is now pregnant, and he can't find work because of the incident. His life revolves around the Trees Lounge, a neighborhood bar over which he lives, full of the colorful eccentrics one finds in such places, like the estranged husband, or the old boozier drinking himself to death. He drunkenly wanders through his life, still in love with his ex, desperate for some sort of meaning beyond the bar, some sort of meaning to his life.



Actor Nelsan Ellis, best known for his role as Lafayette Reynold's on HBO's hit series "True Blood," died suddenly this week at the age of 39. The fan-favorite struggled with drug and alcohol abuse for many years. The exact circumstances of Ellis' death were shared by his manager, Emily Gerson Saines, who confirmed that his death was a result of heart failure following an attempt to quit drinking on his own.

According to Ellis' family, the actor had been through rehab many times, albeit unsuccessfully, which is why he was attempting to quit on his own. In a family statement, Ellis' father said his kidneys failed, he had a blood infection, his blood pressure dropped and "his dear sweet heart raced out of control." Died: July 8, 2017 (age 39 years)

Lois Wilson on Step I. Step I. 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.

Ways To Help The Promises Come True

Puzzle by Leann A.

- 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

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
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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
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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
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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

3 Ways Drinking Tries to Lure You Back and How to Say "NO!" By Nina Bradshaw

cont. from page 2

It convinces you that life is too hard to do it sober. When life deals us a difficult situation such as losing a job, a relationship breakdown or a bereavement, the temptation to revert to old coping mechanisms can be strong. For so long, we drank in order to manage difficult feelings and it is hard to break free of the old habits. That is why finding new ways of coping is important.

Gradually, over time, I have built up a repertoire of alternative ways to manage my emotions. I see a therapist regularly, have developed a mindfulness practice, have reached out to friends, and have art and crafts to distract me. It pays to practice these alternative methods when things are going well so you will find it easier to fall back on them when things are more difficult.

Drinking thoughts are inevitable. It pays to remember this and to have a comprehensive set of tools and techniques to fall back on at those times when the inner addictive voice is at its strongest. This way you are prepared and not

A.A. Timeline 1957

Creation of the first overseas GSB of AA in Great Britain and Ireland.

Apr 17-21. The 7th GSC recommended that: The General Service Headquarters designate Thanksgiving Week as AA Gratitude Week.

Since the delegates at their meeting unanimously approved Bill's new book (AA Comes of Age) it be adequately priced, \$4.50 (\$29 today) not being too high.

Apr 22, new bylaws written by Bernard B Smith, were adopted by the GSB.



WWW.MONROEAA.ORG

AA HOTLINE 734-240-4844

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

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



Anonymity is so FRAGILE, you can break it with one finger!

Thursday Night Open at Grace

1-2 Cherri W.
 1-9 Mark M.
 1-16 Dave V.
 1-23 Bruce N.
 1-30 Ryan K.

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

Prepared by:		<u>Treasures Report</u>	
Carol Bollenberg		Dec-24	
Income			
Basket 12/12/24	Donation		\$10.00
Thurs. Speaker	Donation		\$100.00
Member	Donation		\$2.00
Holday Party Income	Donation		\$742.00
PPG	Donation		\$100.00
Total Income			\$954.00
Expenses			
		Check #	
AT&T Mobility	Hot lIne - Nov.	Auto	\$42.03
Jeff Albergo	Newsletter	1756	\$70.00
United Way	Rent/Donation	1755	\$20.00
Total Expenses			\$132.03
Summary			
Beginning Balance			\$42.47
	Income		\$954.00
	Expenses		\$132.03
	Ending Balance		\$864.44
Prudent Reserve			
Balance			\$500.00

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 **1-9-2025, 2-13-2025**

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CALL OR TEXT 734-636-6545

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



Notice
 Elevator to sobriety out of order...
 Use the Steps.

R. H. SMITH, M. D.

2ND NATIONAL BLDG. AKRON, OHIO

TELEPHONE: HE-8523 REG. NO. _____

R FOR alcoholics

ADDRESS _____ DATE Feb 1937

always remember it

1. Trust God
2. Clean house
3. Help others

M. D.

NR 1 2 3 INF.

ALCOHOLICS ANONYMOUS

24 HOUR HOTLINE

JERRY

734-240-4844