

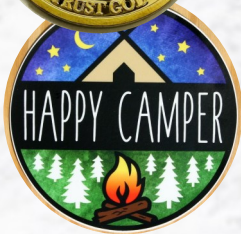


# Monroe Area A.A.

## Embracing Sobriety

Free Take one , Pass it on

Volume 12 Issue 2 February 2025



**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.**

**Happy Campers Camping & Cook out**  
**Friday June 27th & Saturday June 28th site 174**  
**More details to Follow Sterling State Park Monroe, Mi.**

### **FEAR: False Evidence Appearing Real**

**Our fears sometimes feel overwhelmingly real, but FEAR reminds us that they often represent False Evidence Appearing Real. It's a prompt to challenge limiting thoughts or fears that might be getting in the way of our progress.**

### **The Instant Gratification Trap**

In today's society, and with the advent of new technologies, we are used to being gratified instantly. We can communicate with others whenever we want, shop online, have it shipped to our door the next day, and endlessly stream new shows and movies after just hearing about them. Anything and everything is at our fingertips. This makes giving in to our desire for instant gratification and pleasure all the easier.

However, as an individual seeking help for Substance Use Disorder (SUD), it is essential to learn how to cope with these desires. The trap of making decisions based on instant gratification, rather than taking a moment to think things through, is that over time, continually chasing the "quick fix" will leave us struggling with the consequences of those choices. Whether it is always reaching for unhealthy foods or another drink, the stronghold this has on a person is correlated with its ability to change a person's feelings almost instantly. Addiction is based on instant gratification, whereas recovery is based on delayed gratification. The process of addiction promotes the idea of feeling good now and dealing with the consequences later. In contrast, recovery entails struggling in the beginning in order to feel better later. It is important to recognize for those seeking treatment that recovery is not instant. It is a process. Therefore, learning how to curb our desires for instant gratification and become acquainted with the benefits of delayed gratification is critical for long-term recovery.

Cont. on page 3



**2nd Step “ Came to believe that a Power greater than ourselves could restore us to sanity..”**

**2nd Tradition “ For our group purpose there is but one ultimate authority-- a loving God as He may express Himself in our group conscience.**

## **Meeting Starters**

## **How to Deal with Impatience?**

**MODERATOR:** The topic today, “How to deal with impatience,” could just as easily have been “How to find patience.” However we phrase it, one of the problems we have in sobriety is developing the patience and perseverance we admire in others but don’t have ourselves. You can always get a laugh in meetings by recalling the prayer “ Lord, grant me patience, and do it now!”

It might be unrealistic to believe that alcoholics can be quickly transformed into patient people just by putting down the bottle. Some newcomers display a lot of impatience, for example, in trying to get ahead and rebuild their finances. You hear about people who take two jobs or overwork in some way to repair their financial situations. This can cause setbacks, because it may mean skipping meetings and building up a lot of unnecessary tension and anxiety. So what are we to do?

We can start by conceding that we’re impatient people who want instant results, instant gratification, instant solutions. But we shouldn’t take all the blame for this, because impatience is almost part of the air we breathe. We can get film developed in an hour, an oil change or fast food in minutes, new glasses in an hour, and much more, almost instantly. Why should we have to wait for growth and change in the program?

That’s where inventory comes in to help us along. By taking an honest inventory, we should be able to see how impatience carries a heavy price. It gives us drive at times, but it can also result in carelessness, mistakes, disappointments, and even tragic accidents. We are the ones who have to look at it in our own lives to see where we go wrong. One AA member felt that he was schooling himself in patience simply by learning to replace the cap on the toothpaste tube in the morning.

Who can give other examples from personal experience?

## **There’s Always Hope**

The road to recovery is never an easy one. However, the beautiful thing is that there is new hope available each day. When I reflect on my journey with Alcoholics Anonymous, I am filled with gratitude for the support and guidance I have received from this incredible community. AA has not only helped me on my road to recovery, but it has helped me find a newfound purpose and connection. I have learned valuable lessons about resilience, self-awareness, and human connection, and I am grateful to be able to share these insights with others.

If you or someone you know has struggled with alcohol addiction, let me be the first to remind you that you are not alone. There is hope for a brighter future, and taking the first step can be truly life-changing. That first step can be reaching out to a loved one for help, attending your first AA meeting, or seeking therapy.

Together, we can support each other and walk this road of healing and recovery together. Remember, recovery is possible, and you are worthy of a life filled with joy, fulfillment, and sobriety.

Yours in Recovery, Jim

Keep Coming Back



One Day At A Time

Thought Process: Five stages

Instant gratification tends to forgo short-term pain and indulge in momentary pleasures that ultimately result in long-term harm. When confronted with a temptation or a desire for instant gratification, the thought process behind it may feel familiar to a person dealing with SUD when they experience a craving. Although the thought process of struggling with instant gratification may look different for each individual, some people may experience these stages of thought:

1. A crippling need to fulfill a certain desire
2. Possible resistance to that thought, playing of the tape of what is to come if you give in to this desire
3. Anxiety, anger, fear, or several other emotions that breakdown original mental defenses
4. A decision is rashly made to give in to the urge
5. After some time, monetary relief may turn into remorse or guilt

How to Cope When Faced With Temptations

Although the instant results produced by drugs and alcohol are only temporary, they never truly remove the underlying issues. However, when an individual desires instant relief, this temptation can be hard to overcome. When a person starts recovery, they may feel tempted to go back to what feels familiar and comfortable when the process becomes too painful. Many feelings can arise that you may have avoided for many years, and the want for instant gratification can be all-consuming. When faced with this temptation to give in, here are some tips to keep in mind:

- ◆ Distract yourself immediately. When you are caught up in the moment, distracting yourself with another activity and separating yourself from the temptation you wish to indulge in is essential. This can give you some time to refocus on what is most important to you.
- ◆ Focus on the big picture. Consider the long-term rewards you will experience in the future from walking away from the temptation.
- ◆ Eliminate temptations. When you walk away from this temptation, it's essential to remove it from your surroundings if you can. If you don't, you are likely to fall into this same trap again.

How to Avoid Future Traps

Knowing what you want and where you want to go is critical to overcoming temptations. If you do not clearly understand what it is you are working towards and why the desire for instant gratification can quickly overwhelm any ill-founded goal. When you experience unexpected problems during difficult times, indulging in temptations can seem more enticing and pleasurable than working through the pain of trying to figure things out. This is why it can be helpful to:

- ◆ Identify potential obstacles early on and plan out healthy ways you can cope with them. For example, ask yourself what future temptations could sidetrack me and how will I handle them?
- ◆ Build a strong support group. To avoid falling into the instant gratification trap, having people around that you trust and who can support you is paramount.
- ◆ Learn to manage self-control. Over time your self-control can strengthen like a muscle. The more you practice it, and the more you resist instant pleasures and stay focused on what's most important, the more control you can have over yourself and your life.
- ◆ Develop long-lasting motivation.
- ◆ Create visual reminders of your goals.
- ◆ Prepare for short-term challenges in order to have long-term rewards.

Giving in to instant pleasures may seem unavoidable at times. When this is the case, it is essential to remember the bigger picture and reflect on your long-term goals. Recognize ways in your daily life that you are routinely instantly gratifying yourself that are not healthy for you. To avoid these traps, distract yourself with a different, healthy activity that brings you happiness, such as turning on your favorite playlist, going for a nature walk, turning on your favorite show, or calling a good friend. Choose to be gratified in ways that are healthy and appropriate.

"Recovery is not a race. You don't have to feel guilty if it takes you longer than you thought it would."

You're not going to master the rest of your life in one day. Just relax.

Master the day. Then just keep doing that every day.

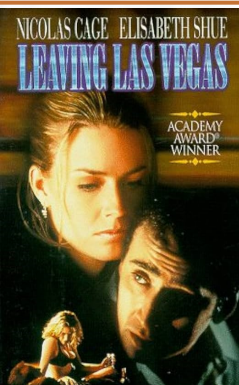


## Josh Peck Sobor Since 2008 / John Stamos

Josh Peck has said that sobriety is the thing that still keeps him “anchored” in his day-to-day life. The Drake and Josh star struggled with drug and alcohol addiction after leaving the Nickelodeon kids show in the mid-Noughties and losing a large amount of weight. “I’m lucky to have found recovery through a 12-steps program almost 14 years ago and it’s something that I still do regularly to this day,” he said. “It gives me a lot of structure in my life. It’s really the bedrock of my life and from it, all these wonderful things have been built.” “I was always looking for something outside to fix my insides,” he wrote. “But eventually I realized that whether my life was beyond my wildest dreams or a total mess, it didn’t change the temperature of what was going on in my mind. I knew that nothing in the outside world would make me feel whole.”



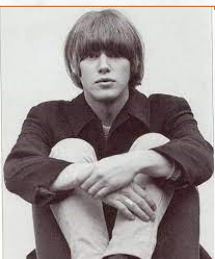
“Full House” star John Stamos struggled with alcohol abuse and a few years ago was arrested for a DUI and entered rehab. “Josh Peck was a big inspiration in my recovery,” Stamos said. “Right around that time, I was going down the wrong path and I had to straighten out. And then, I’m on this show with this guy who was then in recovery for many, many years, playing my son. That part was meant to be. I wouldn’t be alive, if I hadn’t straightened up, and he was certainly part of it.”



### Leaving Las Vegas

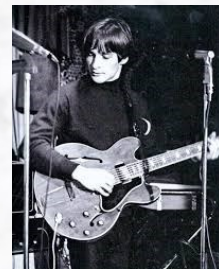
Leaving Las Vegas is a 1995 American drama film written and directed by Mike Figgis and based on the 1990 semi-autobiographical novel by John O'Brien. Nicolas Cage stars as a suicidal alcoholic in Los Angeles who, having lost his family and been recently fired, has decided to move to Las Vegas and drink himself to death. He loads a supply of liquor and beer into his BMW and gets drunk as he drives from Los Angeles to Las Vegas. Once there, he develops a romantic relationship with a prostitute played by Elisabeth Shue and the film shifts to include her narrative perspective. O'Brien died by suicide after signing away the film rights to the novel.

**ANDRE THE GIANT IS KNOWN FOR DRINKING LARGE AMOUNTS OF ALCOHOL, INCLUDING 117 BEERS IN ONE SITTING. HE ALSO DRANK 7,000 CALORIES OF ALCOHOL EVERY DAY, INCLUDING 2 DOZEN QUARTS OF BEER BEFORE A WRESTLING MATCH.**



**Michael Clarke** was the drummer for the Byrds from 1965-1968. Hired as much for his looks as for his musical ability, by his own admission Clarke began drinking at age 14 and never stopped. By the late 1980s this had taken its toll on his health. Inducted in the Rock and Roll Hall of Fame in 1991 as an original member of the Byrds, Clarke suffered liver failure due to cirrhosis at the age of 47.

**Gene Clark** was a gifted songwriter and singer, famous for co-founding the Byrds in 1965. He suffered from anxiety and other possible mental health problems, self-medicating himself with alcohol and drugs. After already having had part of his stomach removed, Clark passed in 1991 at the age of 46, only a few months after he was inducted into the Rock and Roll Hall of Fame as a member of the Byrds.



**Lois Wilson on Step 2. Step 2. Came to believe that a Power greater than ourselves could restore us to sanity.**

**My thinking was distorted, my nerves over-wrought. I held fears and attitudes that certainly were not sane. I finally realized that I had to be restored to sanity also and that only by having faith in God, in AA, in my husband and myself, could this come about.**

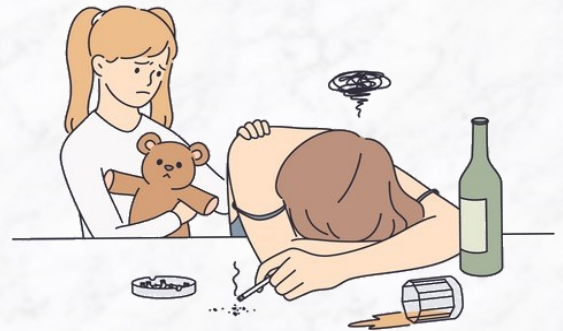
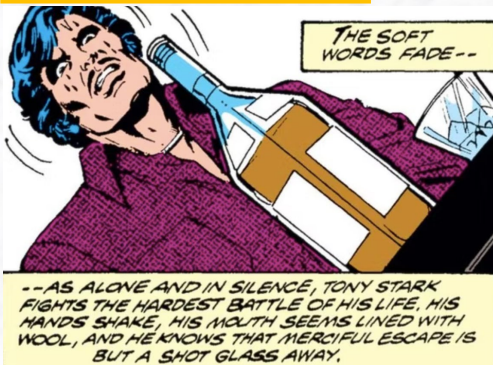


# Ways to get & Stay Sober

Puzzle by Leann A.

- 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

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



## A.A. Timeline 1958

**Apr 28**, Bill W presented a talk to the NYC Medical Society on Alcoholism.

**Apr**, Theme: Promise and Progress. The 8th GSC recommended that:

The GSC voted unanimously to ask Bill W to provide continuing leadership on all projects of movement-wide concern in which he was currently interested.

In regard to the attitude of the movement as a whole toward the use of so-called AA "chips", "tokens", "lapel emblems" and similar devices, the consensus was this was a matter for local autonomy and not one on which the GSC should record a definite position in behalf of the movement.

Since the use of tokens of sobriety is a matter of local taste and custom, there seems to be no expressed need at the present time for a standard token of sobriety and no need for AA Publishing, Inc. to carry such an item.

**MY COMFORT ZONE  
 WAS DRUNK, OR  
 HUNGOVER.  
 I HAD TO GET OUT  
 OF THERE.**

*Angela Pugh*

**WWW.MONROEAA.ORG**

**AA HOTLINE 734-240-4844**



# Everything AA



- All of your AA apps in one place.
- ✓ Meeting Finder
  - ✓ 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.



# Thursday Night Open at Grace



- 2-6 Mike Z.
- 2-13 Tony C.
- 2-20 Cherrie L.
- 2-27 Eileen L.

Speaker Subject to Change. See Dave O. About speaking

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



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

**PUBLISHED BY JEFF A. THE NEON CAT**  
**3175 COMBONI WAY MONROE, MI. 48162**  
**CALL OR TEXT 734-636-6545**

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 2-13-2025, 3-13-2025**

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



Every sober sunrise is a canvas of hope; paint your day with courage and gratitude



**ALCOHOLICS ANONYMOUS**  
**24 HOUR HOTLINE**

**JERRY**  
**734-240-4844**

