



Monroe Area A.A.

Embracing Sobriety

Free Take one , Pass it on


Volume 12 Issue 3 March 2025

UPCOMING
events

Happy★★★★
Campers

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

Monroe Intergroup Workshop



The Power Of History & Prayer

Saturday March 29th
Doors Open: 8:30am
Program: 9:00am

Grace Lutheran Fellowship Hall
630 N Monroe

Historical & Personal Perspectives of early A.A. and A.A. Prayers
2 Panels & Open Discussion
Donuts, Fellowship & Fun!

Monroe Intergroup Workshop
Saturday March 29th 2025 Doors Open 8:30am
Donuts, Fellowship Program Starts at 9:00am
Grace Lutheran Fellowship Hall 630 n Monroe St. Monroe
"Historical & Personal Perspectives of Early A.A. and A.A. Prayers"
2 Panels & Open Discussion

Handling urges to drink

Plan ahead to stay in control

As you change your drinking, it's normal and common to have urges or a craving for alcohol. The words "urge" and "craving" refer to a broad range of thoughts, physical sensations, or emotions that tempt you to drink, even though you have at least some desire not to. You may feel an uncomfortable pull in two directions or sense a loss of control.

Fortunately, urges to drink are short-lived, predictable, and controllable. This short activity offers a recognize-avoid-cope approach commonly used in cognitive behavioral therapy, which helps people to change unhelpful thinking patterns and reactions. It also provides worksheets to help you uncover the nature of your urges to drink and to make a plan for handling them. With time, and by practicing new responses, you'll find that your urges to drink will lose strength, and you'll gain confidence in your ability to deal with urges that may still arise at times. If you are having a very difficult time with urges, or do not make progress with the strategies in this activity after a few weeks, then consult a healthcare professional for support.

Recognize two types of "triggers"

An urge to drink can be set off by external triggers in the environment and internal ones within yourself.

External triggers are people, places, things, or times of day that offer drinking opportunities or remind you of drinking. These "tempting situations" are more obvious, predictable, and avoidable than internal triggers.

Internal triggers can be puzzling because the urge to drink just seems to "pop up." But if you pause to think about it when it happens, you'll find that the urge may have been set off by a fleeting thought, a positive emotion such as excitement, a negative emotion such as frustration, or a physical sensation such as a headache, tension, or nervousness.

Cont. on pg. 3

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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.”

Meeting Starters

Coming to Grips with Fear

MODERATOR: I did not like to admit it while I was still drinking, but I can now see that fear played a big part in my alcoholism. There were times when I dove into the bottle because I was afraid, and this only had the effect of creating more situations that caused more fear. We’ve all had these experiences. We fear bill collectors, for example, and then got drunk and created more debt. We feared getting fired, and by getting drunk we made it happen.

Fear doesn’t go away just because we’re no longer drinking. So the topic I’ve chosen for this meeting is “Coming to Grips with Fear”. In sobriety, how can we cope with fear in ways that make it work for us rather than against us?

When fear comes as a topic, someone is likely to point out that fear is necessary to help get us out of the way of an oncoming truck. But I’m talking about the kind of fear that freezes us in our tracks when we see a truck coming.

The truck, of course, is any kind of a threat or big problem in our lives. We have all kinds of them in different forms, and if we’re going to be sober and happy, we have to deal with them. Here are just a few examples of irrational fears that hinder us:

1. Being afraid to go to the doctor when symptoms appear, even though early detection of any ailment is always critical in treatment.
2. Being afraid to make a move in one’s own best interest, such as applying for a job or asking somebody for a date.
3. Being afraid to open letters from creditors or to take any steps to get one’s financial affairs in order.

These are only a few examples, but I’m sure we can find others. Who will begin by sharing an example of coming to grips with fear while also living sober?

Why Do You Need Slogans in Recovery?

It can be difficult and overwhelming to remember everything you have to do in recovery. Seeing the bigger picture and staying focused on your long-term goals and your present reality can be difficult. However, short but meaningful slogans to reflect on, like “one day at a time,” can quickly bring to mind the most important ideas of the recovery process. Better yet, these slogans take just a second of your time to think, say out loud, or write down so you can remember to stay focused on your healing and your growth.



**"Have no fear of perfection -
you'll never reach it."
- Salvador Dali**

Progress, Not Perfection

Recovery is not a straightforward process. If you pressure yourself to be perfect and make no mistakes, you are setting unrealistic expectations. You might also be more likely to give up if you do not achieve that perfection. No one is perfect, and no road to recovery is easy – making progress just one day at a time should be your focus.

During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in education advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior – which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another – and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness that is vastly important – is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

Handling urges to drink

Cont. from pg. 1

Consider tracking and analyzing your urges to drink for a couple of weeks. This will help you become more aware of when and how you experience urges, what triggers them, and ways to avoid or control them.

Avoid tempting situations

In many cases, your best strategy will be to avoid taking the chance that you'll have an urge, then slip and drink. At home, keep little or no alcohol. Socially, avoid activities involving drinking. If you feel guilty about turning down an invitation, remind yourself that you are not necessarily talking about "forever." When the urges subside or become more manageable, you may decide to ease gradually into some situations you now choose to avoid. In the meantime, you can stay connected with friends by suggesting alternate activities that don't involve drinking. (Also, see the activity on building drink refusal skills.)

Cope with triggers you can't avoid

It's not possible to avoid all tempting situations or to block internal triggers, so you'll need a range of strategies to handle urges to drink. Here are some options:

Remind yourself of your reasons for making a change. Carry your top reasons on a wallet card or in an electronic message that you can access easily, such as on a mobile phone or a saved email. (Visit the pros and cons page to list and sort your reasons.)

Talk it through with someone you trust. Have a trusted friend on standby for a phone call, or bring one along for support in situations where you might be tempted to drink.

Distract yourself with a healthy, alternative activity. For different situations, come up with engaging short, mid-range, and longer options, like texting or calling someone, watching short online videos, lifting weights to music, showering, meditating, taking a walk, or doing a hobby.

Challenge the thought that drives the urge. Stop it, analyze the error in it, and replace it. Example: "It couldn't hurt to have one little drink. WAIT a minute—what am I thinking? One could hurt, as I've seen 'just one' lead to lots more. I am sticking with my choice not to drink."

Ride it out without giving in. Instead of fighting an urge, accept it as normal and temporary. As you ride it out, keep in mind that it will soon crest like an ocean wave and pass.

Leave tempting situations quickly and gracefully. It helps to plan your escape in advance.

Drew Barrymore Sober since August 2019



The actor initially kept her choice to abstain from alcohol a secret, only choosing to share it with the world after she'd been sober for two years (despite having previously been open about the substance abuse issues she faced as a teenager) - which is absolutely fair enough.

Speaking to TV host Gayle King, Drew admitted that she was previously stuck in a bad cycle, "When you are stuck in a pattern, or if you are going through things and you not only admit them out loud, but you force yourself to say, 'I'm willing to make big changes'... I think we all think we're very weak when we don't make those changes [but when we do, that's where the empowerment comes in]."

She added that she kept her sober journey a secret until it was one she'd built enough confidence in on a personal level. "I just want to figure this out and go about this with no profession, no public anything, and now it's been long enough where I'm in a lifestyle that I know is really working on a high road for my little journey, and there's so much peace finally being had where there were demons."



Clean & Sober (1988)

"Although the subject matter of this film is commonplace in our society—for every celebrity who checks into the Betty Ford Center, there are thousands of ordinary people who check in somewhere else, or who pick up the phone and call AA. Everybody knows somebody like this. But the actual process of surrender and recovery is hardly ever the subject of films, maybe because it seems too depressing



Ronald Charles McKernan (September 8, 1945 – March 8, 1973), known as Pigpen, was an American musician. He was a founding member of the San Francisco band the Grateful Dead and played in the group from 1965 to 1972.

McKernan was close friends with American singer-songwriter Janis Joplin due to common musical influences and lifestyles, particularly a shared love of alcohol over other drugs. While his bandmates and friends were using cannabis, LSD, and other hallucinogenic drugs, McKernan preferred alcoholic beverages such as Thunderbird and Southern Comfort. McKernan's alcohol abuse had begun to affect his health by his mid twenties.[16] By the early 1970s, he also began to experience symptoms of congenital primary biliary cholangitis, a rare autoimmune disease which was unrelated to his use of alcohol. After he was hospitalized in August 1971, doctors requested that he stop touring indefinitely.

McKernan rejoined the band in December 1971. Manager Rock Scully alleged that McKernan passed out in front of his Hammond organ at one show during this period, However, his health soon deteriorated again to the point where he could no longer continue to perform. He made his final concert appearance on June 17, 1972, at the Hollywood Bowl in Los Angeles. He subsequently broke off all personal relationships with the band, explaining "I don't want you around when I die." On March 8, 1973, aged 27, he was found dead of a gastrointestinal hemorrhage at his home



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.

A.A. Terms

Puzzle by Leann A.

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

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

“There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis,” he said to a hushed crowd. “One is the simplicity of our program. Let’s not louse it up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work,” he said. “Our 12 Steps, when simmered down to the last, resolve themselves into the words ‘love’ and ‘service’. We understand what love is, and we understand what service is. So let’s bear those two things in mind.” Dr. Bob Smith

A.A. Timeline 1960

Between 1959 to 1964 (likely near 1960) Marty M relapsed briefly on alcohol. It was a closely held secret among NY AA members who knew about it. The information was revealed in the publication of Marty’s biography in 2001 .

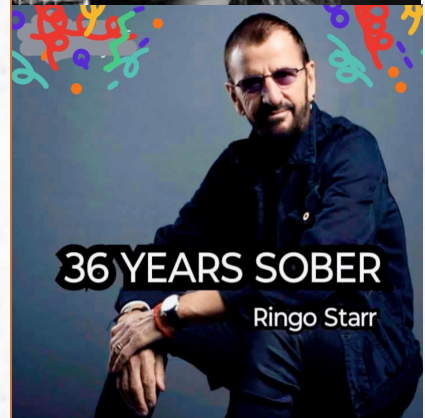
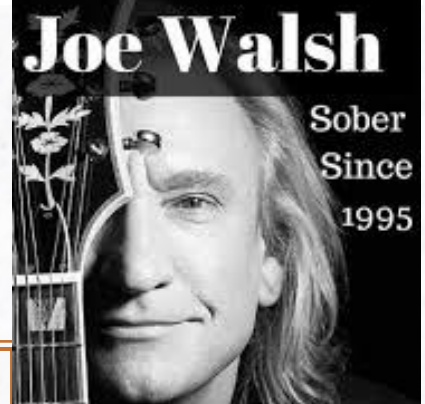
E M Jellinek published The Disease Concept of Alcoholism.

Apr, Bill W declined the opportunity to be on the cover of Time magazine.

Apr 3, Father Edward Dowling SJ, died in Memphis, TN.

Apr 20-24, Roosevelt Hotel in NYC. Theme: Need for Internal and External Communication. The 10th GSC:

In a talk to the Conference, Bill W announced for the past three years, he had been working on codifying principles and developing essays for the structure of the Third Legacy of Service. The principles were announced as the Twelve Concepts for World Service



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- ✓ Daily Reflection
- ✓ Joe & Charlie
- ✓ Living Sober
- ✓ Tracker
- ✓ Pamphlets



Thursday Night Open at Grace

- 3-6 Corey F.**
- 3-13 Ashly K.**
- 3-20 Dan A.**
- 2-27 Stacy P.**



*Speaker Subject to Change.
See Dave O. About speaking*



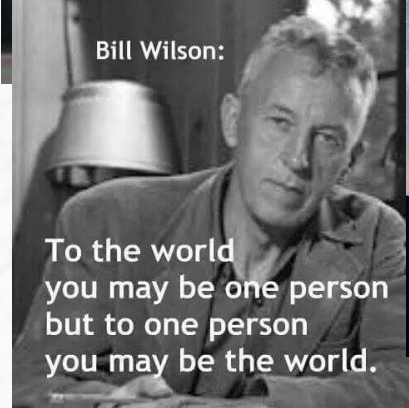
Nothing matters more to AA's future welfare than the manner in which we use the colossus of modern communication. Used unselfishly and well, it can produce results surpassing our present imagination.

Bill W.

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 **3-13-2025**

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How dark it is before the dawn! In reality that was the beginning of my last debauch. I was soon to be catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness, in a way of life that is **incredibly more wonderful** as time passes.

Bill W.

Alcohol is a very effective dissolving agent, It dissolves families, marriages, friendships, jobs, bank accounts and neurons, but never **PROBLEMS.**



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JERRY

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