



Monroe Area A.A.

Embracing Sobriety

Free Take one, Pass it on

Volume 12 Issue 4 April 2025

UPCOMING EVENTS



Thursday Speaker meeting at Grace

Thursday 8:00 Grace Lutheran 630 Monroe St. Monroe
Will be held downstairs in the Fellowship Hall
Till further notice.



Monroe County Young People in A.A.

General Business Meeting Saturday April 19 7pm
Raw Building 554 Rambow Dr. Monroe 48162
Come help support this great program



Bellringers 40th Anniversary Dinner

Monday May 19th 2025 Doors Open 5:00am
Dinner at 6:00 Speaker 7:00
First Presbyterian Church 108 Washington St. Monroe



Happy Campers Camping & Cook out

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

Sobriety can lose its excitement. But I'll take the occasional boredom of work, bills and relationships over the excitement of warrants, arrests and withdrawals, hands down

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. -



Honesty with ourselves & others gets us sober, but it is tolerance that keeps us that way.

— Bill W. —

WWW.MONROEAA.ORG

AA HOTLINE 734-240-4844

4th Step “ Made a searching and fearless moral inventory of ourselves.”

4th Tradition “ Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

4th Promise “ We will comprehend the word serenity and we will know Peace.”

Meeting Starters

Coming to Grips with Fear

MODERATOR: We talk about some heavy problems in AA, but hardly ever mention such a simple subject as boredom. When did anybody say that he or she had a slip just because of continuing boredom? Do we ever look at boredom and ask how we can deal with it constructively so we're not led to places where we shouldn't go?

One answer for boredom is excitement. That's not a very good answer, however, because it's not healthy to seek continuously the kind of stimulation that excitement gives. We sometimes looked for exciting experiences in bars, though we didn't find them very often. But even *seeking* excitement is a form of excitement, so that became part of our problem. Another answer for boredom is simply to accept it as part of the human experience. That is not a very attractive answer, and it seems like a form of resignation—resigning ourselves to be bored and unhappy much of the time. Yet, if there is no alternative except drinking, it's okay to accept boredom with the knowledge that “this too will pass someday.” A large number of AA members have successfully dealt with boredom in this way, and imply as much in their talks.

People who are interested in their work and hobbies have suitable answers to boredom. The only risk in this is in becoming a workaholic or using the hobby to replace AA activity. Finally, there's a lot to be said for the answers that AA itself gives for boredom. Perhaps it wasn't planned that way, but an AA meeting will help a person get through a lonely evening. A person on a business trip to a strange town can always count on an AA meeting to fill up an evening. AA also has other boredom-fighting ideas. In any case, boredom is something we have to deal with, one way or another. Who would like to discuss it?

Help to Overcome Boredom in Addiction Recovery

Find a New Hobby or Passion

Explore sober activities that interest you and give you a sense of fulfillment. It could be anything from painting or playing a musical instrument to cooking or gardening. The key is to find something that brings you joy and allows you to express your creativity – and in some cases, forces you out of your comfort zone. By engaging in a new hobby or passion, you not only fill your spare time with meaningful activity but also boost your self-esteem and gain a sense of accomplishment.

Learn a New Skill or Take a Class

Learning a new skill keeps your mind active and engaged, providing a sense of purpose and accomplishment. You can learn a new language, take a cooking class, or enroll in a course at a local community college. When you challenge yourself to learn something new, you build your confidence and expand your knowledge base, which can help create a fulfilling life in sobriety. It also provides a great opportunity to connect with others with similar interests.

Sober and Bored? Here's What To Do About It

Are you reading this right now because you got sober recently and feel so bored you might spontaneously combust... or worse...drink? You are not alone, my friend.

Getting sober is like learning to walk again after a terrible accident. You should be able to go about living your life without drinking alcohol, but you feel utterly useless and have no idea what to do with yourself.

I mean, look at all this TIME you have! The hours you used to devote to drinking and recovering from drinking have to be filled now with... well who knows what? The more you think about it, the more it annoys you, which is unfortunate because you're already feeling rather annoyed these days. Let's help you get started, shall we? Have no fear! I've been where you are, as have thousands of other sober people who had to learn to have a life again after sobriety.

Reasons You Might Feel Bored in Sobriety.

It's pretty normal to reduce the entire experience of boredom in sobriety to missing alcohol and believing that getting drunk is the primary way you (and everyone else) have fun. In fact, when you first quit, it feels like everyone in the world is out getting drunk but you. The FOMO can be maddening. But what if there is a physiological reason contributing to your feelings?

Being sober is so boring because your life revolves around alcohol.

Let's address another reason life without alcohol feels boring. If you've created an entire social life around drinking, it is natural to be afraid of life without it. When I was a heavy drinker, everything involved alcohol. If I was sad, I drank alcohol to feel better. If I was hanging out with friends, we were getting drunk. Did I have a stressful day at work? I drank alcohol. My friends and I got together for happy hours after work. On the weekend, we went to bars and clubs. During the day, there were all-inclusive brunches. It all felt normal, even the terrible parts like awful hangovers and hangxiety. When you remove alcohol from your life, you free up all the time you spent drinking and recovering from drinking. If you ever sit down to do that math, you will shock yourself with how much time went towards drinking. It's hard to fill that time, especially when dealing with alcohol cravings and triggers.

Alcohol didn't make life fun. It just made you not care.

When I drank alcohol, I could (and did) sit and do nothing for hours. My husband and I would plop down on our balcony drinking Jack and Sprite, chain-smoking cigarettes, and scrolling on our phones. Fun, right? Sometimes we would watch a show, but even that become untenable for me after a couple of drinks because I did not have the attention span for it. I used to love going to bars for hours. I'd sit around a table with friends, ordering rounds, talking shit. It was fun! Or was it? I have gone to bars with people I genuinely like as a sober person, and I don't stay for longer than an hour or two if nothing is happening. Why? Because it is boring! Getting drunk did not magically change the dynamics of that situation. It made me not care. We were all just sitting around and getting drunk, perfectly content to not really do anything together.

Sobriety pulls back the veil on your social life.

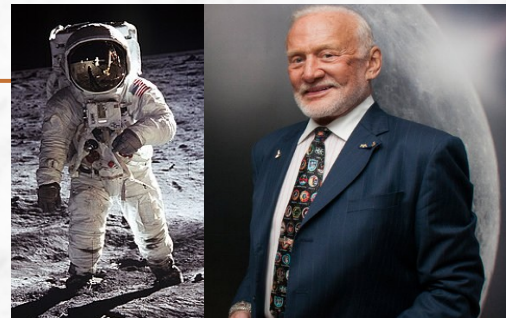
I realized that sobriety was not fundamentally boring. Alcohol merely blurred my perception of social situations. I can go to a party where people play games and drink and enjoy myself. Why? Because the games are fun! Sobriety forces you to re-examine your social life in ways that are uncomfortable. In the absence of alcohol, do you even like talking to your "friends"? My social circle changed when I got sober because I realized that many of my relationships were based on getting drunk together, and that was it. Once I realized that I had to rediscover what fun meant to me. Once you understand that your brain needs to recover and regain balance, it's time to start inserting some joy back into your world. This can be a daunting task.

Keep Coming Back  One Day At A Time

Buzz Aldrin Sober since 1978 47 Years

Buzz Aldrin, The second man to walk on the moon.

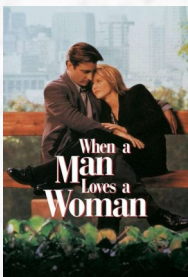
Before Aldrin's historic moon landing with Neil Armstrong on Apollo 11, he had already achieved a level of hero status in the U.S. and worldwide for his space mission on Gemini 12 three years earlier. He believes his sudden rise to fame, combined with his family's history of depression and suicide, contributed to his mother's decision to end her life in 1968. After her death, Aldrin feared he might be genetically predisposed to depression and suicide, which led him to alcoholism.



"I began to think suicide was a genetic, inherited tendency," he said. "That brought me to consuming alcohol more and more, and of course, you can't straighten out something in your head unless you have a clear mind." The pressures of his newfound fame after the moon landing didn't help either. "When I returned to earth, I became a celebrity, a hero, with ticker-tape parades and speeches," he recalled. "But that's not really what I looked for or desired."

In the decade that followed, Aldrin's life grew increasingly tumultuous as he continued to drink heavily. He went through a divorce, experienced unemployment, briefly worked at a car dealership, and was arrested for breaking down the door to his girlfriend's home. He got sober in 1978, which he says allowed him to finally deal with his underlying issues. "You have to achieve sobriety first before dealing with other situations that are disturbing you."

Even nowadays, Aldrin continues to battle alcoholic tendencies, like the occasional desire to isolate, which is common among recovering alcoholics. "If, occasionally, my mind gets the sense that the world around me is not doing what I'd like it to do, I may disappear for a day or even a week," he said. "That's something I've needed to deal with."



When A Man Loves A Woman. A wife and mother of two daughters, Alice Green (Meg Ryan) has developed a severe drinking problem. While her husband, Michael (Andy Garcia), has been patient in dealing with this issue, it soon becomes clear that he has been enabling her alcoholism. When her addiction threatens her children's safety, Alice decides to enter a rehab clinic. Upon returning home, she finds that her new lifestyle causes an unexpected rift with Michael, leading to some soul-searching for the couple.

Jani Lane (born John Kennedy Oswald; February 1, 1964 – August 11, 2011)

An American singer and the lead vocalist, frontman, lyricist and main songwriter for the glam metal band Warrant .

On August 11, 2011, the Los Angeles Police Department and local news stations announced that Lane was found dead of acute alcohol poisoning at a Comfort Inn hotel in Woodland Hills, California at the age of 47. Lane was pronounced dead by fire department personnel who responded to a call shortly before 5:30 p.m



Lois Wilson on Step 4. Made a searching and fearless moral inventory of ourselves.

Here is where, when I tried to be really honest, I received a tremendous shock. Many of the things that I thought I did unselfishly were, when I tracked them down, pure rationalizations - rationalizations to get my own way about something. This disclosure doubled my need to live by the 12 Steps as completely as I could .

A.A. Keywords

Puzzle by Leann A.

honest
 faith
 sponsor
 home group
 speaker
 traditions
 steps
 serenity
 concepts
 recovery
 spiritual
 together
 courage
 recovery
 twelve
 meeting
 wisdom
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 S C O O W S H H F C F O F P R N V H M P V R A B F S Y U I G
 R Z V G I O K K W L C I K E M U K E X Z J B E V O D A A V J
 X D E S S X K J C C V H O A X Q R S A M S Y F L G Z G F R V
 C Q R M D H B H Q A S K G K R E C O V E R Y U G L D A Y Q V
 T J Y J O B H Y P O P Z B E W M V L N H X G L B A G M J P O
 T B G K M C S H Z U X D V R W Y N T C H B Z I Q L M I A D T
 C C D E W A Y X C E H J W C A H O A C O N C E P T S A A K K

7th Tradition “Now that we are sober in A.A., the word support has to do with sharing, people, self-respect, gratitude, and what we are privileged to give-not take - in material terms.”

We are self-supporting through our own contributions. Many of our meetings are suffering from the lack of support. How much does drink cost? If it were not for Alcoholics Anonymous, we'd be drinking plenty!!! Drop a buck or two in the basket when it comes by

You can't afford not too !!!



A.A. Timeline 1960

Apr 19-23, Roosevelt Hotel in NYC. Theme: A True and High and a Constant Purpose. The 11th GSC recommended that:

It was the sense of the meeting that no action be taken by the 1961 GSC on the proposal for a paperback edition of the Big Book.

The following motion was adopted unanimously: The GSC recognizes that publication of cheap editions of AA books would probably reduce the income to World Services and Bill W's personal income. This GSC unanimously suggests the following to the Trustees: To add a rider to Bill's royalty contract to the effect that, if cheaper books are ever published, Bill's royalties be increased by an amount sufficient to keep the royalty income at the same average level it had been for the 5 years before the cheaper books were published; (further that) as time goes on, if inflation erodes the purchasing power of this income, the Trustees will adjust the royalties to produce the same approximate purchasing power; this to be effective during the lifetime of Bill and Lois and Bill's legatees.

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AA HOTLINE 734-240-4844

Everything AA



A great All in One
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- ✓ 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



Thursday Night Open at Grace

- 4-3 Jeff D.
- 4-10 Rob K.
- 4-17 Mary H.
- 4-24 Stanley T.



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

I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for 4 reasons:

1. Sense of duty
2. It is a pleasure.
3. Because in doing so I am paying my debt to the man who took time to pass it onto me.
4. Because every time I do it I take a little more insurance for myself against a possible sip.



Dr. Bob

Big Book of Alcoholics



MEETINGS: A BUNCH OF CRAZYS
SITTING AROUND DRINKING COFFEE



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 4-10, 5-8, 6-12, 7-10

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Easy Does It

Similar to "One day at a time," the slogan "Easy does it" reminds you that you do not have to have this entire recovery journey figured out all at once. It reminds you to proceed carefully, one step at a time, and avoid putting too much pressure on yourself. In fact, nobody recovers all at once. As long as you show up each day and remain gentle with yourself, you are on the right track.



When it gets too hot in Australia, the nectar in some flowers turns into alcohol, and the bees that get "drunk" begin stumbling around. 'Bouncer' bees at the hive won't let them in until they've sobered up.

ALCOHOLICS ANONYMOUS
24 HOUR HOTLINE



JERRY

734-240-4844

