



Monroe Area A.A. *Embracing Sobriety*

Free Take one , Pass it on

Volume 12 Issue 9 September 2025

UPCOMING EVENTS!



Monday night Bellringers 6th Annual Ice Cream Social

Monday September 15th Door 5pm /Ice Cream 6pm / Meeting 7pm

First Presbyterian 108 Washington St. Monroe 48161



IDA'S Road to Recovery Grub Night

Thursday September 25th Dinner at 6pm / Meeting 7:02 pm

St. Joseph Catholic Church 8295 Van Aiken St. Ida



26th OCTSOBERFEST Allday Saturday October 4th 6 speakers

Doors open at 9am First Speaker 9:30am / Last Speaker 7:30 pm

**Lunch is on you / Dinner is provided by Monroe 24 Hour Group
Grace Lutheran Church 630 N. Monroe St. Tickets \$25.**

Call Mark M. 734-529-5565 for ticket information



Betterway Group 48th Anniversary

Saturday October 18th Dinner at 5:30 pm Meeting to Follow

Good Sheppard Church 2275 S. Custer Monroe, Mi



Dundee Sunday Night 37th Anniversary

Sunday October 26th Dinner at 7pm Speaker at 8pm

St. John Lutheran Church 460 Riley St., Dundee



Living Sober in Ida Anniversary

Saturday November 8th Dinner at 6 pm Speaker 7

Prince of Peace Church 1920 Lewis Ave. Ida, Mi.

9th Step “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

9th Tradition “A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

9th Promise “Our whole attitude and outlook upon life will change.”

Meeting Starters

What About Old Friends?

Mel B.

MODERATOR: You don't have to be in AA very long before you'll hear a newcomer ask about how he or she should relate to old friends. Time and again, we hear people fret about this, sometimes mentioning people they like very much but who are still drinking. AA does not ask anybody to drop their old friends. But it also suggests that our number one goal is to stay sober at all costs and to take any and all steps that are needed to maintain sobriety. By staying sober, we can be in a position to set other priorities as they appear.

We do need to be honest about the nature of our old friendships. If they were all built on drinking, we don't have to drop these friends. They will probably drop us when they realize we won't drink with them anymore. Our real friends, however, will be glad that we're doing something to straighten out our lives. We also have to remember that alcohol is the old friend that wants to call us back whenever possible. If we're not really honest, we may go back to old friends when our real motive is to drink again.

We can promise that anybody who is worried about losing friends will be able to make many new ones in AA. We have friends that have lasted decades. AA lives on friendships, and some members even call themselves “Friends of Bill W.” Another good idea is to “walk in dry places.” This means staying out of bars, even if we don't plan to drink alcohol there. If we're spiritually on a sound basis, we can have lunch with friends in bars or attend cocktail parties, but sobriety must come first. Any practice or any relationship that threatens sobriety ought to be questioned. But give AA a chance, and the friendships will work out in the right way.

Now, who will start the discussion by bringing up a time when this seemed to be a problem?

A.A. Timeline 1966

Mar 21, Ebby T died (of emphysema).

Apr 18-23, Hotel Roosevelt in NYC. Theme: Principles Before Personalities. The 16th GSC recommended that:

The restructure plan of the GSB be approved changing the board into a body of 14 AA (Class B) and 7 non-alcoholic (Class A) trustees.

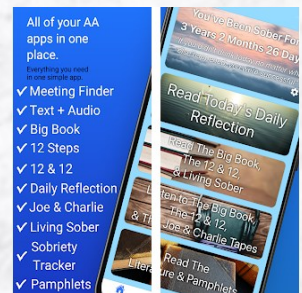
The GSB consist of 8 regional AA trustees, 6 from the US, 2 from Canada. Also, 6 “General Service” Class B trustees (chosen for business skill) – 4 from the NY City area, 1 from Canada, 1 from anywhere in the US.

AAWS publish a new hardcover book containing excerpts from Bill's letters, books, Grapevine articles and other writings with a title something like “The AA Reader” or “Selected Writings by Bill.”

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Individuals who struggle with alcoholism have more than just the overwhelming desire to drink in common. Across the board, they share similar emotional responses to alcoholism. As the disease advances, so too do the feelings attached to it. These are those emotions.

Guilt and Shame are dominant among alcoholics. Individuals in the throes of active alcoholism often feel guilty or ashamed for not only their continued drinking but the actions or behaviors that accompany their drinking. This sense of guilt and shame usually increases if the individual has a child, whether they have custody or not.

Additionally, any codependent friends, romantic partners or family members tend to use this to their advantage, perpetuating the feelings of guilt and imposing a sense of shame on the individual. Moreover, any religious convictions adopted or spiritual abuse suffered by the individual can further perpetuate these feelings.

Regret Almost anyone who has one too many drinks understands the next-day regret that occurs during a hangover. However, the degree of regret which is felt by an individual in active alcoholism goes far deeper. In fact, it is such an overwhelming feeling, it is typically accompanied by empty promises, apologies, and pleas for forgiveness from those who have been harmed by the behaviors that accompany alcoholism.

Emotional Isolation Isolation is not just a physical state, it's an emotional state. Isolation causes the individual to feel as though they are isolated from the rest of the world. It is a feeling of disconnection. And, in active alcoholism, the individual is disconnected from everyone – their family members, friends, spouses, significant others, children, any form of Higher Power and (of course) themselves. This is an excruciatingly lonely experience.

Disempowerment The feelings of disconnectedness and isolation lead to a sense of helplessness, as an individual loses sight of where to turn to or what steps to take to get the help he or she needs. Even if help has been offered, one may be so detached from oneself and one's priorities that the choice to get sober is an excruciating, cacophonous inner dialogue an addict has lost the ability to conduct. The individual can feel completely powerless over their disease, which ends up feeding into a sense of...

Hopelessness As a result of feeling disempowered, those struggling with alcoholism can feel hopeless. One can feel like giving up, that there is no point in seeking help. In some cases, an addict may see no reason to go on living. Obviously, suicidal ideation is a very dangerous train of thought. Because alcohol plays a role in suicide, both alcohol-addiction and suicidal thoughts should be addressed immediately.

Fear As the aforementioned feelings vary in intensity, an individual in active alcoholism can feel a great deal of fear. There is even fear in seeking help, in facing one's fears and in pursuing a major life change. Unfortunately, fear and anxiety only fuels continued alcohol use and causes a cycle that can only end with the decision to give up alcohol entirely and seek treatment.

Think, Think, Think

An important part of recovery is actively working to resist impulsive behavior. The phrase "Think, think, think" encourages you to reflect before you make a decision or take action. When you really reflect before you do something, you gain a better understanding of what the consequences might be. You can even learn to predict how what you are thinking of do-

Nothing Changes if Nothing Changes

While the phrase "Nothing changes if nothing changes" might seem confusing, reflecting on it is actually a useful way to stick to your goals. If you want to see major changes in your life, like getting a better job, being healthier, maintaining a relationship, or anything else, you need to identify and change the behaviors that are holding you back from that. Making small changes just one day at a time can eventually lead to long-term, sustainable change.



Book Meeting
"Tuesdays at Baker's Barn"
12686 Grafton Rd. Carlton.
7:30 pm

Women's Meeting
"Women Enjoying Sobriety Together"
Christ Lutheran Church
225 E. Elm St., Monroe
Wednesday 5:30 pm

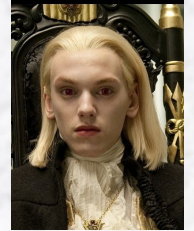
JAMIE CAMPBELL BOWER

SOBER SINCE 2015

"12 and a half years ago I was in active addiction," the "Stranger Things" star wrote in July 2022. "Hurting myself and those around me who I loved the most. It got so bad that eventually I ended up in a hospital for mental health. I am now 7 1/2 years clean and sober."

"I have made many mistakes in my life, but each day is a chance to start again. Atone for mistakes and grow," he continued. "For anyone who wakes up thinking 'oh god not again' I promise you there's a way." "I'm so grateful to be where I am, I'm so grateful to be sober," he said. "I'm so grateful to be. Remember, we are all works in progress."

Bower has opened up several times about his past struggles with alcoholism, drug abuse and mental health illnesses. In 2019, he said about the recovery: "I'm in recovery, so one of the first things that they teach you when you're in recovery is to be super honest about what it is that you're feeling, like guilt, shame, fear, sadness, whatever it is, the most important thing is, and it's the hardest thing to do, is just express exactly what it is that you're feeling." In the same year, he published with Counterfeit the song *It Gets Better* about it. In July 2022, Bower spoke about his sobriety on Twitter and revealed that he had spent time in a mental health hospital for his addiction in the past. Many mental health organizations, such as Turning Point and High Watch Recovery Center, praised Bower for his words. In September 2022, he said that he grew up with anxiety and that he used alcohol to relieve fears and insecurities. He also stated that during his period of active addiction he suffered from spiritual malady, and that he never thought he would detox at 27. On 5 March 2024, he celebrated nine years of sobriety.



When Love Is Not Enough: The Lois Wilson Story is a 2010 American biographical drama television film about Lois Wilson, the co-founder of Al-Anon, and her alcoholic husband Bill Wilson, the co-founder of Alcoholics Anonymous. Based on William G. Borchert's 2005 biography *The Lois Wilson Story: When Love Is Not Enough*, the film was directed by John Kent Harrison, written by Borchert and Camille Thomasson, and stars Winona Ryder as Lois and Barry Pepper as Bill. John Bourgeois and Rosemary Dunsmore also star.



Keep Coming Back One Day At A Time

Desi Arnaz Died Sober Dec. 1986 age 69

Desi Arnaz reached sobriety toward the end of his life, a proud and emotional moment for his children.

"He resisted going into AA or any program for a long, long time. We don't air our dirty laundry in front of other people; he hated that part. But he finally did after his wife Edy died," Lucie jr. tells PEOPLE. "He was just so upset that my brother convinced him, I think, 'Come on, Dad. You can do this.' And he did it. He stopped drinking."

"I was right next to him when he stood up and said, 'My name is Desi and I'm an alcoholic.' It was the proudest moment of my life to sit next to him and hear him do that," says Lucie. "It was like, 'Okay, I don't care what you do after this. That was the best thing you've ever done.' Because that was hard for him. It's hard for everybody, but for him especially it was really hard."

She adds, "It was a big hurdle for him to do that, and I was very proud of him. That takes incredible amount of courage."

Sadly, Arnaz found out he had lung cancer shortly after getting sober. He died a year later in December 1986 at age 69.



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

Ways to get & Stay Sober

Puzzle by Leann A.

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
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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
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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

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.

Thursday Night Open at Grace



9-4 BERNADETTE H.

9-11 Ray R.

9-18 Liz H.

9-25 RYAN O.

ALCOHOLICS ANONYMOUS

24 HOUR HOTLINE

JERRY

734-240-4844



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

Lois Wilson on Step 9 “Made direct amends to such people wherever possible, except when to do so would injure them or others.” This is just as important for me as for the alcoholic. To have serenity and joy in living and doing, to be able to withstand the hard knocks that come along, and to help others do the same, I found I had to make specific amends for each harm done. I couldn’t help others while emotionally sick myself.

4 Self-Sabotaging Emotional Effects of Alcohol

By Toshia Humphries Apr 14 2020

Alcohol wreaks havoc on the emotional state of any individual. Whether you're a one-time user, substance abuser or have crossed the line into chemical dependency, alcohol has noticeable negative effects. And, all too often, that impact shows up in the form of self-sabotage.

Sure, alcohol might temporarily impose a state of relaxation; it might even lighten the mood. For some, it seemingly creates a state of joy, typically referred to as a "happy drunk." Still, for these populations of drinkers, there are occasional, potentially life-altering negative effects.

Anger/Rage Though not everyone experiences anger or rage when consuming alcohol, the substance can certainly have that effect on some. In fact, there are multiple accounts from survivors of abuse who state that their abusers were drunk/drinking during abusive events.

Sadness/Depression Anyone who drinks alcohol experiences sadness and/or depression at some point. The reason for this is plain and simple: alcohol is a depressant. As such, it depresses the central nervous system. This can throw a well-balanced brain out of balance and result in a depressed emotional state.

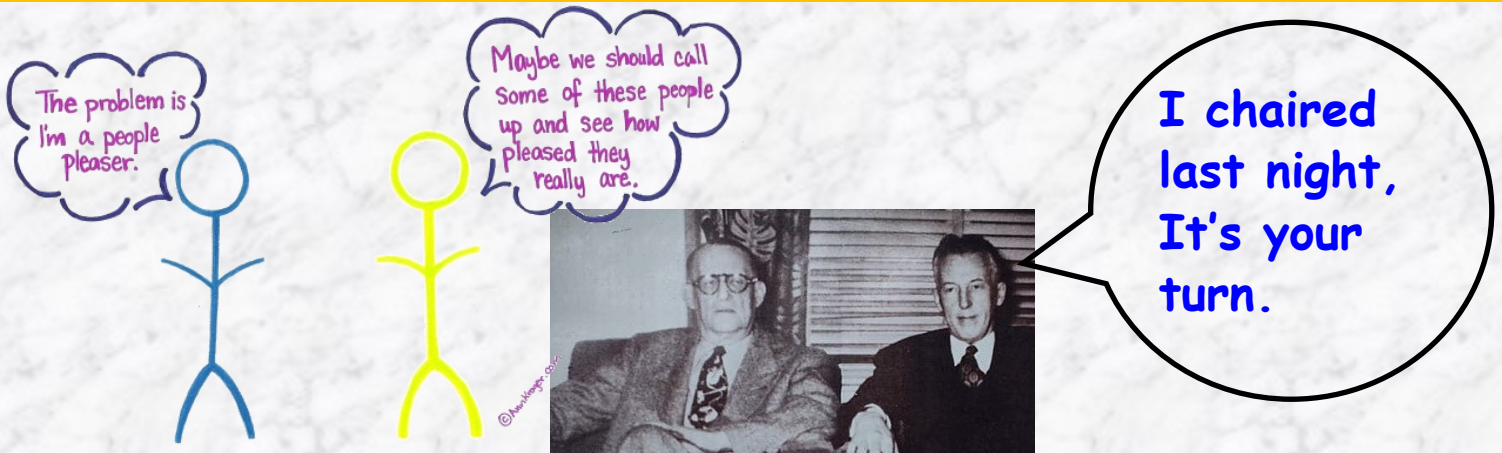
Still, alcohol is typically the go-to for breakups, grief or loss of any kind (loss of employment, relationship, life, etc.). Unfortunately, it only serves to worsen the pain and advance any pre-existing state of depression, both circumstantial or clinical.

Careless/Reckless Though alcohol can have a euphoric effect on some, that euphoric state is often met with a sense of recklessness. This includes "happy drunks" who believe they are capable of driving until they are either arrested or cause an accident.

So, though an individual seems to be in a joyous and fun-loving mood as a result of alcohol consumption, the degree to which that individual becomes uninhibited can present its own set of self-sabotaging possibilities.

Invincibility/Bulletproof Along with a lack of inhibition, most individuals who consume alcohol in excessive amounts experience a feeling of invincibility. Certainly, this particular emotional effect can have devastating and even tragic consequences for more than just the alcohol-consuming individual.

Though every individual's experience with alcohol is unique, the fact remains that some degree of emotional impact will be experienced with its consumption. Regardless of whether that impact is considered negative or positive, the odds of self-sabotaging events taking place increases with alcohol.



Early AA meeting with Bill W. & Dr. Bob

"Alcohol erases a bit of you every time you drink it. It can even erase entire nights when you are on a binge. Alcohol does not relieve stress; it erases your senses and your ability to think. Alcohol ultimately erases yourself."
— Annie Grace

Did you really have a bad day or did you have 10-20 minutes where you let your thoughts run undisciplined which led you to a bad vibe that you let carry you away? Come on... you got this. Pay attention."

"Desperation is the raw material of drastic change. Only those who can leave behind everything they have ever believed in can hope to escape." William S. Burroughs (1988).