



MONROE AREA A.A. EMBRACING SOBRIETY

Free Take one , Pass it on

Volume 12 Issue 12 December 2025

COMING EVENTS

Don't Miss Out!



Monroe Intergroup Holiday Party **Saturday Dec. 13**

Doors open @ 5pm / Dinner @ 6pm / Speaker to follow
Grace Lutheran Church 630 N. Monroe St. Monroe Mi.



Betterway Group Eatin' Meetin'

Saturday December 27th 5pm, Eatin' 6pm, Meetin' 7pm
Good Shepard Church 2275 S. Custer (M50) Monroe Mi.



Christmas Eve./New Years Eve. Meetings will be at

Resentment Group St. Annes 2420 N. Dixie 6pm
SOS Group St. Johns 521 S. Monroe St. Monroe 7pm



Christmas Day/New Years Day Meetings will be at

Grace Lutheran Church 630 N. Monroe St. 8pm
Ida's Road to Recovery 8295 Van Aiken St. Ida 7:02pm



Ida's Road to Recovery 34rd Anniversary Dinner

Thursday Jan. 8th Door 5pm/ Dinner 6pm/ Speaker 7:02
St. Joseph Church 8295 Van Aiken St. Ida.

Merry CHRISTMAS

WWW.MONROEAA.ORG

AA HOTLINE 734-240-4844

12th Step “ Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

12th Tradition “ Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

12th Promise “ We will suddenly realize that god is doing for us what we could not do ourselves.”

Why I Chose Sobriety – The Magic of my First Sober Christmas

I tiptoed out of my bedroom and closed the door as quietly as I could behind me. I stepped into the living room to see it filled with all of the wrapped presents my mom, just a few minutes earlier, had left for me.

The stillness of the house calmed my nerves and I listened closely to my breathe as I watched the water on the stove bubble and boil. I poured the water over my tea leaves, texted my mom to thank her for dropping everything off, and then, it was time to play Santa.

As I built the teepee I bought for my kids and placed all of their presents in neat piles inside of it....I couldn't help but wonder what this night would have been like if I hadn't quit drinking.

Just one month prior, I found myself at “rock bottom”. Drinking morning until night. Crying, frustrated, stressed, worried, angry, fearful...but most of all, feeling a complete hopelessness I had never known before.

My family wasn't quite aware of how bad my drinking had gotten. I hadn't shared too many details, I hid it all so well so when I finally decided to quit in November, I didn't tell any of them about it. My mom had called me a couple weeks before Christmas and asked if I'd be joining the annual family Christmas Eve party and I knew immediately that I wouldn't be able to go. There wouldn't be a whole lot of drinking at this extended family's party, but the thought of being there with them drinking at all, was just too much for me. I decided instead, to spend the night at home just me and my kids. My mom didn't even think anything of it, said she didn't like going either but felt obligated to and then told me she was proud of me for doing what I felt was best. She didn't know I was hiding from alcohol, but nevertheless, the support to skip it, was welcomed.

That Christmas Eve as I cuddled on the couch with my kids, watching the time tick by so slowly, anticipating their Christmas morning reactions... I felt grief; as if a dear friend of mine was missing. Was I the only person in the world not celebrating right now with a drink in my hand? Of course not! What a silly thought I reassured myself. I tucked them into bed and waited to hear my mom at the door with the presents I had been keeping safely hidden at her house.

After setting up all the presents and lying back down into bed, I felt relief. This was the first Christmas I was able to buy all the presents I wanted for my children. It was the first Christmas Eve I slowed down. Spent time with the two people who matter the most to me in the entire world... no distraction, no need to numb or hide. No need to wonder if I'd wake up the next day hungover and unable to enjoy the present opening so early in the morning.

Christmas morning, I watched as my children felt the magic of the holidays. We opened presents, played and then headed to my moms house. Christmas at my moms, had always been alcohol free. My mom and her gf, my nana and grandpa and my recovering alcoholic uncle, don't drink. So it had become a habit of mine, to make it though the day pretending to not need a drink and then pour one as soon as I got home. This year I wasn't rushing to leave; my dear friend alcohol was already gone.

We sat and we talked and laughed and ate. It was almost as if I was meeting my family for the first time. The expressions on their faces, the way their eyes lit up as they told old stories I had heard a million times but was only just NOW HEARING. And every time I glanced at my watch and got that nagging suggestion that it was time to leave and find a drink, I would take a sip of my hot coffee and ask someone another question to distract myself and carry on the conversation a little bit longer. It worked every time.

What I came to realize later on after reflecting on this day and how I managed to stay sober, is this; connection is key to recovery. Connection in all forms. Connection with ourselves, with loved ones and friends, and if not most importantly, with the PRESENT MOMENT.

My first month of sobriety forced me to connect with myself in ways I had never imagined possible. To feel such emotional pain and anguish for something I was doing for so long but couldn't do any longer, for taking responsibility for my actions and behaviors while simultaneously learning to be SO very gentle and compassionate with myself, was the hardest, but greatest process I have ever endured. Reestablishing and rebuilding my closest relationships was the most healing thing I could have done. Becoming more aware, mindful and conscious of the present moment, was life changing. This was what sobriety was offering me.

Cont. on pg. 5

How can you enjoy your first sober Christmas when it feels like you're the only one not drinking? Don't worry, there are lots of ways to stay sober over the holidays and still have a great time.

1. Change Your Focus.

While everyone may be drinking alcohol to celebrate the Christmas season, that's not the point. Christmas is a time to gather with loved ones, give thoughtful gifts, and remember the birth of Jesus (if you're religious).

Instead of focusing on how difficult it will be to stay sober, focus on:

- the true meaning of Christmas
- why you're sober and what happens when you're not
- a positive attitude (you can get through this)
- genuine social connections (without alcohol getting in the way)



Christmas decorations and lights

There was a time when you didn't drink at Christmas, even if it was when you were a child. Remember the magic of that time and think of what you love about the festive season, rather than the challenges you'll face this year. You have a chance to experience that magic again.

2. Prepare For Stress

Stress is a major trigger for alcohol or drug use, and it's hard to avoid during the holidays. To keep your stress levels as low as possible, do a little preparation.

Here are a few tips to minimize stress:

Have A Plan

If you know you're likely to encounter a difficult conversation or situation, prepare a response in your mind. Have an escape plan or an excuse for leaving early if necessary.

Make A To-Do List

A list keeps you from having to hold everything in your mind, which can be overwhelming. It also prevents you from forgetting things you need to get done. Plus, you get the satisfaction of crossing things off as you accomplish them.

Practice Mindfulness

Mindfulness is being present in the moment and aware of the world around you. Don't get distracted by mistakes you made last year or problems you might have in the future. Breathe deeply and enjoy each moment as it comes.

Only Do What's Necessary

Maybe you don't need to get a present for everyone you know. Or host a Christmas Eve party. Despite what you've done on Christmases past, this year it may be wise to take it easy.

3. Give Yourself Permission To Say "No"

You don't have to go to every Christmas party. Between family gatherings, office parties, and celebrating with friends, your schedule can get pretty full this time of year.

The holiday season is overwhelming enough without back-to-back obligations on top of not drinking. Choose the event(s) that are most important to you and give yourself permission to say "no" to the rest.

4. Let Go Of The Need To Explain

You may feel uncomfortable attending a Christmas dinner or party and staying sober. People might ask you why you're not drinking, and what would you say?

The fear of being interrogated doesn't have to keep you from enjoying your first sober holiday. Explain the situation if you're comfortable sharing, but let go of the need to explain to everyone. If you don't want to talk about it, answer briefly and change the subject.

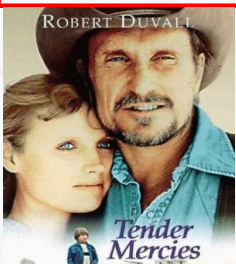
There are lots of reasons someone may choose not to drink—for you, it's the best choice you could make.

5. Ask For Support

It's hard to be the only sober person during the holiday season. But you're not alone. Support groups like Alcoholics Anonymous (AA) hold meetings throughout the holidays. These groups bring together people just like you who face the same challenges and want to stay sober.

If you're uncomfortable attending holiday parties clean and sober, ask a friend or family member to join you. You don't have to drink to have fun. Instead, you can enjoy spending time together and not waking up hungover on Christmas day.

If you're struggling to stay sober this Christmas, it may be the perfect time to get help for alcohol or drug addiction.



Tender Mercies Down-on-his-luck country singer Mac Sledge (Robert Duvall) has nowhere to turn when he wakes up in a motel, short on cash. So he takes a job from Rosa Lee (Tess Harper), the kindly widow who runs the place. Mac begins to fall for Rosa, who helps him confront his drinking, and also finds an unexpected bond with Rosa's young son (Allan Hubbard). When the opportunity for a career comeback surfaces, Mac must choose between his new life and the life he let slip through his hands.



Brad Pitt recently revealed that his recovery practice includes regular 12 Step meetings in an interview with the New York Times:

"I had taken things as far as I could take it, so I removed my drinking privileges. It was actually really freeing just to expose the ugly sides of yourself. There's great value in that."



Samuel L. Jackson has been sober for close to 25 years. He shared how his treatment experience and recovery have influenced his career:

"I understood, through rehab, things about creating characters. I understood that creating whole people means knowing where we come from, how we can make a mistake and how we overcome things to make ourselves stronger."



Swimmer **Michael Phelps**, who has won more Olympic Gold Medals than other athlete in history, entered addiction treatment after his second DUI arrest in 2014. After treatment, he dove back into the pool and won five gold medals at the 2016 Summer Olympics in Rio. He told NBC News:

"Honestly, at one point I felt like I didn't want to see another day. I sent myself down a downward spiral. I think it was more of, of a sign than anything else. That I had to get something under control, whatever it was. I checked myself in [to treatment] because I think I was at a point in my life where something needed to change."



Marshall Mathers, better known as **Eminem**, began his recovery journey in 2007 after an overdose. In 2010, he released an album inspired by his sobriety, *Recovery*.

"I feel stronger than ever, better than ever, nothing is going to stop me. That is the undertone of the record. It's also; I think by me putting out a record like this, it can show people that no matter how down you are, it does get better."



WWW.MONROEAA.ORG

AA HOTLINE 734-240-4844

Cady Danyl Groves (July 30, 1989 – May 2, 2020) age 30 was an American singer and songwriter. She began her career independently releasing music and signed with RCA Records in 2010. Her second EP, *This Little Girl* (2011), was positively received; its title track became her best known song. She went on to release another EP and six more singles before her death on May 2, 2020. Her fourth EP, *Bless My Heart*, was released posthumously that same year.



Groves died on May 2, 2020, at the age of 30. Her brother Cody stated that her death was due to unspecified natural causes and that self-harm and foul play were ruled out. On August 8, 2020, Fox News reported that an autopsy report stated that she died of complications from alcohol abuse.

Lois Wilson on Step 12. Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

I am like many AAs who do not realize when their spiritual awakening occurred. Mine was a slow developing experience. Even following a sudden spiritual awakening, no one can stand still. One either moves forward, or slips backward. In retrospect I can see a change for the better between my old and new self, and I hope that tomorrow, next month, next year I shall continue to see a better new self.

And nothing has done more to move me forward than carrying the AA message to those non-alcoholics who do not yet comprehend and are still in need of the understanding and help of those who have gone before.

resentments
 gatherings
 isolating
 skipping meetings
 loneliness
 bitterness
 unforgiveness
 stop working the program
 quit praying
 not reaching out
 being dishonest
 wet places
 toxic friends
 self will
 expectations
 anger
 family conflicts
 not calling supports
 forgetting literature
 avoiding sponsor
 too busy for aa
 chaos
 depression
 hate
 hurtful memories

PUZZLE BY Leann A.

DANGERS DURING THE HOLIDAYS

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

Why I Chose Sobriety – The Magic of my First Sober Christmas

cont. from pg. 2

Part of the reason I stayed sober through the holidays was sheer stubbornness. I would not, could not drink. End of story. But mostly, it was because I worked very hard to stay connected with myself. I kept reminding myself over and over again that I had to just focus on THIS moment, and I'd worry about the next moment, when it arrived. And in each moment I focused, I SAW the reasons why I chose sobriety in the first place. My dear old "friend" alcohol might have been missing that Christmas, but I had finally found the person who I was ACTUALLY looking for ALL along... ME.

The woman who made the holiday, magical for my children just by being fully present. The one who made my family's holiday amazing, just by being fully present. The one who enjoyed the holidays by being fully present.

If you're struggling with the idea of staying sober for the upcoming holidays, please try to plan ahead, and PLEASE reach out to us here at A.A, conversation and connection will support you through!! Although this year will have new challenges and may look very different for many of us, please remember; it's just one moment and then another. You can stay sober for just one moment, right? Of course you can... you are sober right NOW!

Wishing you all happy, safe and sober holidays!

Boozemusings Blog.

A.A. Timeline 1969

Apr 21-26, Hotel Roosevelt in NYC. Theme: Our Group Conscience: Voice of AA. The 19th GSC recommended that:

The GSC approve the recommendations to incorporate into existing AA Guidelines the questions on how AA and Al-Anon can cooperate with regard to central offices and area and regional get-togethers and conventions.

Approved a final draft of the AA Service Manual, a revision of the Third Legacy Manual

Oct 9-11, the first World Service Meeting was held in NYC with dele-



Keep Coming Back

Dear Friends...

Lois and I join in sending to A.A.'s worldwide our warmest affection at this Christmastime.

You will agree that we of A.A. are just about the most fortunate people on the globe today. By God's Grace we have received an unexampled opportunity to live, to serve, and to love.

At this season, and in the New Year to come, may joys overflow and our gratitude be boundless. May the Spirit of the Prince of Peace be among us always.

Bill



Thursday Night Open at Grace

12-4 Rob K.

12-11 Dominic C.

12-13 Paula W.

12-18 Mark M.

12-25 TBD

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

Let's spend Christmas and New Year's THIS WAY!



AND NOT IN A HOSPITAL!



Monroe County Museum



One Day At A Time

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

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

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

"Carrie's Nation" - Souvenir Hatchet ca. 1902

Carrie Nation was a famous member of the temperance movement in the early 1900's. She rallied against alcohol and was particularly known for attacking serving establishments with a hatchet. This commemorative hatchet was purchased when she spoke at the Monroe Armory on May 1, 1902. Her name is prominently embossed on the side.

ALCOHOLICS ANONYMOUS 24 HOUR HOTLINE



734-240-4844

