



MONROE AREA AA

EMBRACING SOBRIETY

FREE TAKE ONE. PASS IT ON

VOLUME 13 ISSUE 1 JANUARY 2020

COMING EVENTS



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.



MONCYPAA Game Night at the Raw Building

Friday Jan. 23rd 7:00 to 9:00pm

552 Rambow Dr. Monroe, Mi.

Light refreshments will be provided. All ages are welcome

Bring your favorite game Bring your favorite friend

Addiction isn't about alcohol and drugs. Its the absence of self. This absence is described as a hole in your soul. You can't love others when you're empty inside. Recovery peels back the painful layers and heals that hole through connect, honest and hard work. To love one self is the beginning of a lifetime of recovery'

HAPPY NEW YEAR

you can't think your way into a new way of living....

...You have to live your way into a new way of thinking

big change, but it doesn't mean anything if it's not solidified into actions. The more we make those good choices, the easier they become. So if your resolution is incredibly hard at first, remember--it won't always be this hard. The less powerful the habit will get.



WWW.MONROEAA.ORG

AA HOTLINE 734-240-4844

1st Step "We admitted we were powerless over alcohol—that our lives had become unmanageable."

1st Tradition "Our common welfare should come first; personal recovery depends upon A.A. unity."

1st Promise "If we are painstaking about this phase of our development, we will be amazed before we are halfway through."

Meeting Starters

Are We Passing It On?

Mel B.

MODERATOR: When people met Bill W. for the first time and expressed their gratitude, his usual answer was "Pass it on." This became the title of his biography, published by AA World Services. It has also become a slogan in AA.

Unfortunately, people can pass on bad ideas as well as good ones. A number of recovering alcoholic can feel real guilt over the bad things they passed on while they were drinking. Some are sicker than others, of course, and some have done terrible things while others have injured only themselves for the most part. But the truth is that very little good is passed on while we drink.

In AA, we have the opportunity to pass on principles and actions that can be of real benefit to others, including people we will never meet. If we create active groups that really carry the message, we will be passing on things that will endure long after we're no longer in the picture. If our AA experience enables us to take responsibility for our family's well-being, our family members will benefit and so will society as a whole. When we "pass it on," we are also paying any debt we might have to the people who carried the message to us.

How do we pass it on in AA terms? One of the best ways is to keep the group functioning as a place where newcomers can find hope and recovery. This means that future newcomers—people whom Bill W. called "the million who still don't know"—can find the same recovery that was presented to us.



Long Day's Journey Into Night Over the course of one day in August 1912, the family of retired actor James Tyrone grapples with the morphine addiction of his wife Mary, the illness of their youngest son Edmund and the alcoholism and debauchery of their older son Jamie. As day turns into night, guilt, anger, despair, and regret threaten to destroy the family.

Jackman Thomas Harlow (born March 13, 1998) is an American rapper and singer. He began his recording career in 2015, and released several EPs and mixtapes until signing with Don Cannon and DJ Drama's record label Generation Now, an imprint of Atlantic Records in 2018. Rapper Jack Harlow quit drinking in 2021, crediting the move as one of the greatest decisions he's ever made. Speaking to Rolling Stone, the "First Class" hitmaker explained that while he didn't feel like he had a problem with booze, it was around him much more often as his fame skyrocketed.

"I was sick of waking up with a dry throat, sick of feeling bloated and sick of the decisions I make on it," he said, also sharing that drink sometimes made him feel "numb."

Starting Fresh: Setting Realistic New Year's Resolutions in Addiction Recovery

As we start the New Year, many of us think about making resolutions. These are promises we make to ourselves to change something in our lives for the better. Just like a New Year's resolution, the journey to recovery from addiction is about making a big change. It's not easy but leads to a healthier, fulfilled life. In this blog, we'll explore how recovery is similar to keeping a New Year's resolution and how both take hard work but lead to greater things than you could imagine.

Setting the Goal: Deciding to Change

Deciding to change is the first step in a New Year's resolution and recovery. It is also the toughest part for most people. You must look deep inside and say, "I want to change; I want to be better." For someone in recovery, this means deciding to live a life free from addiction. It's a very big and brave decision.

This decision is the beginning of a journey, one that requires courage and commitment. It's about recognizing that the path ahead may have challenges but also believing in the brighter future that awaits. Making this choice isn't just about turning away from past habits; it's about embracing a new way of life. This moment of decision is powerful, where you acknowledge your strength and ability to change. It marks the start of a transformative journey that leads to a life filled with more joy, health, and peace.

Planning Your Path: Steps to Success

Once you decide to change, the next step is making a plan. With a New Year's resolution, you might decide to exercise more or eat healthier. In recovery, the plan might include: **Going to meetings, Talking to a counselor or sponsor, Staying away from places that will trigger your urge to use.**

Planning helps you see the steps you need to take to reach your goal. It's like drawing a map for your journey. You identify the resources you need and the steps you should take.

Remember, a good plan also includes ways to handle challenges. In recovery, this could mean having a friend to call when things get tough or a healthy activity to turn to instead of using substances. A plan gives you direction and helps keep you focused on your path to a healthier life. Just like a roadmap, it guides you towards your destination, reminding you that every step forward is a step towards a better future.

Getting Support: You're Not Alone

Both New Year's resolutions and recovery can be hard to do alone. It's important to have support from friends, family, or groups who understand what you're going through. They can cheer you on, listen when you're having a hard day, and help keep you focused on your goals. Remember, asking for help is a sign of strength, not weakness.

This support network becomes your safety net, offering encouragement and understanding when needed. They celebrate your successes with you and provide comfort during setbacks. Surrounding yourself with positive influences and people who believe in your ability to change can make a huge difference in your journey. In this shared experience, you find strength and motivation, knowing you're not alone.

Taking It One Day at a Time: Small Steps Matter

Big changes don't happen overnight. It's about taking one small step at a time. With a New Year's resolution, it could be choosing a healthy snack or taking a short walk. In recovery, this means focusing on staying sober for today. Celebrate these small victories—they add up to big success!

Each little achievement is a brick in the foundation of your new life. Whether saying no to a craving or making a healthier choice, every positive step is progress. These moments might seem small, but they're incredibly powerful. They show you're moving in the right direction. And, as these small steps add up, they create a path leading to a stronger, healthier you. Keep going; soon, you'll look back and be amazed at how far you've come.

Facing Challenges: It's Okay to Struggle

There will be tough days. You might slip up or feel like giving up. That's normal. What's important is to keep going. In recovery, a setback doesn't mean you've failed. It's just a bump on the road to getting better. These moments don't define your journey; they're just part of the process.

Acknowledging the struggle and understanding that it's a natural part of making significant changes is okay. Every day is a new opportunity to get back on track and move closer to your goals. Be kind to yourself and recognize that perseverance is key. Your determination to push through challenges leads to lasting change and growth.

Seeing Progress: The Rewards of Hard Work

Over time, you'll start to see changes. In recovery, this might mean feeling healthier, having more energy, or rebuilding relationships. While you might lose weight, feel stronger, or save money with a resolution. These positive changes are rewards for your hard work. They remind you why you started this journey. **Cont. on page 5**



Bill W., 75, Dies; Cofounder Of Alcoholics Anonymous

Jan. 27, 1971 - New York Times News Service

NEW YORK — William Griffith Wilson died late Sunday night and, with the announcement of his death, was revealed to have been the Bill W. who cofounded Alcoholics Anonymous in 1935. He was 75.

The retired Wall Street securities analyst had expected to die or to go insane as a hopeless drunk 36 years ago but - after what he called a dramatic spiritual experience - sobered up and stayed sober.

He leaves a program of recovery as a legacy to 47,000 acknowledged alcoholics in 15,000 A.A. groups throughout the United States and in 18 other countries.



Making Recovery Resolutions

For people in recovery, consider the following options for simple self-improvement as you plan your resolutions and attainable goals for the New Year:



Explore Your Creativity

Develop an outlet for self-expression through creativity. Try your hand at painting or photography, take up knitting quilts for family and friends, write short stories or poetry, take a pottery class - artistic expression is very therapeutic. You may find a hidden talent. Share your creative pursuits with others.

Develop a New Skill

By developing a new skill or engaging in new healthy hobby, you can expand your mind and your network. Social hobbies like sports and personal hobbies like bird watching, metal/wood fabrication or learning a new language or instrument - they all have incredible benefits.

Give Back

Few things are as fulfilling as giving back to the community. Helping others new to recovery or getting involved in service with your AA group are great places to start. Serve meals at a homeless shelter, volunteer at a food bank or find an opportunity that can use your specific skill set.

Learn to Meditate

Meditation is a powerful, essential tool in developing mindfulness. Empower your recovery by starting with a meditation practice focused on gratitude. Begin your day in gratitude. Reserve five minutes each morning to offer appreciation. Keep it simple or more profound, but make sure to start each morning in thankfulness and set the tone for the day. As you build your routine, expand your meditation practice.

Attainable goals for the new year can help you evolve your recovery from addiction

Lois Wilson on Step 1. Step 1. We admitted we were powerless over alcohol...that our lives had become unmanageable.

I was just as powerless over my husband's alcoholism as he. I tried in every way I knew to control his drinking. My own life was indeed unmanageable. I was forced into doing and being that which I did not want to do or be. And I tried to manage Bill's life as well as my own. I wanted to get inside his brain and turn the screws in what I thought was the right direction. But I finally saw how mistaken I was. I, too, was powerless over alcohol.

get a home group
 work with a sponsor
 service work
 be open minded
 work the steps
 honesty
 read literature
 reach out
 attend meetings
 get a higher power
 desire new way
 commitment
 call people
 prayer
 get a sponsor
 tired of insanity
 relief of obsession
 meditation
 stick with aa s
 listen
 belief
 apply wisdom
 change everything
 avoid temptation
 play tape through

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

A.A. Timeline 1970

Apr 20-25, Hotel New Yorker in NYC. Theme: Service – the Heart of AA. The 20th GSC recommended that: The 20th GSC go on record as opposing the use of the title “AA Counselor.”

Jul, AA’s 35th anniversary and 5th Int’l Convention at Miami Beach, FL. Est. attendance 10,700 (13,000?) Keynote was Declaration of Unity: This we owe to AA’s future: to place our common welfare first; to keep our Fellowship united. For on AA Unity depend our lives and the lives of those to come. It was Bill’s last public appearance

Summer, long-time GSB Trustee Bernard B Smith died.

Starting Fresh: Setting Realistic New Year’s Resolutions in Addiction Recovery

cont. from pg. 3

These changes aren’t just physical or external and include emotional and mental growth. No matter how small, every positive change is a testament to your perseverance and dedication. They’re signs that you’re moving in the right direction, growing stronger and more resilient daily. Keep embracing these changes and let them fuel your motivation to keep going on this rewarding path.

Living the Change: A New Way of Life Eventually, your New Year’s resolution or recovery path becomes a part of who you are. It’s no longer something you have to think about all the time. It’s just the way you live. This new way of life is healthier and happier. It’s a life where you’re in control, and that’s a great feeling.

You start living with a new sense of purpose and clarity. The habits and choices that once seemed so difficult become second nature, and the new, healthier you becomes a source of pride and joy. This journey, which started with a single step, has brought you to a place of wellness and contentment. It’s a beautiful reminder that change is possible and that your efforts truly impact your life.

Celebrating Your Journey Remember, whether it’s a New Year’s resolution or the path of recovery, you’re choosing a better life. It’s a journey that takes courage, hard work, and dedication. But the rewards are worth it. You’re building a life that’s healthier, happier, and full of hope. So, celebrate your journey. Be proud of yourself. You’re doing something amazing.

Keep Coming Back

Everything AA



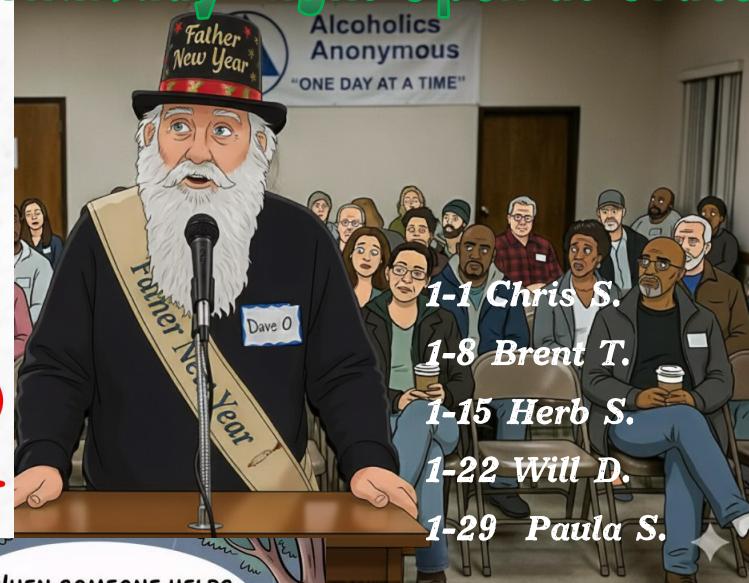
A great All in One

A.A. app for your phone.

All of your AA apps in one place.
Everything AA is the easiest way to have all of your AA apps in one simple app.
✓ Meeting Finder
✓ Text + Audio
✓ Big Book
✓ 12 Steps
✓ 12 & 12
✓ Daily Reflection
✓ Joe & Charlie
✓ Living Sober
✓ Pamphlets



Thursday Night Open at Grace

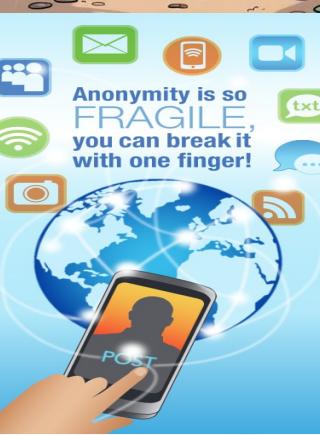


Sobriety
doesn't open the gates
of heaven and let you in;
it opens the gates of hell
to let you out.



"WHEN SOMEONE HELPS
YOU AND THEY'RE
STRUGGLING TOO...
"THAT'S NOT HELP,
THAT'S LOVE."

Every Meeting Has



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.

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