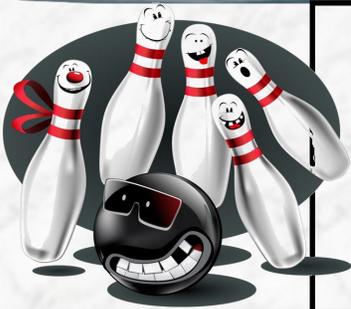




MONROE AREA AA EMBRACING SOBRIETY

FREE TAKE ONE, PASS IT ON — VOLUME 13 ISSUE 2 FEBRUARY 2026

COMING EVENTS



Friends & Frames Bowling Night Hosted by RAW
Saturday Feb 7th 7:00 to 9:00pm
Monroe Sports Center 15425 S. Dixie Hwy Monroe
\$10 Suggested Donation. No One Turned Away
2 Games, Shoes Pizza & Soft Drinks



Wednesday Night Resentment Group 16th Anniversary
Wednesday Feb. 25th Door 4:30pm/ Dinner 5pm/ Speaker 6pm
St. Anne's Church 2420 Dixie Hwy. Monroe

HAPPY CAMPER 2026

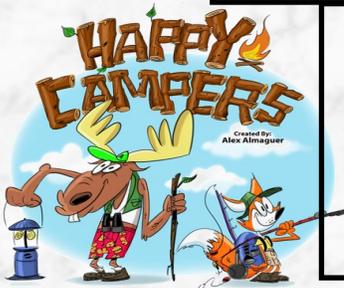
JUNE 19-21

JULY 17-19

AUG. 14-16

STERLING STATE PARK 2800 STATE PARK RD. MONROE MI. 48161

SITES TO BE ANNOUNCED



It convinces you that life is too hard to do it sober.

When life deals us a difficult situation such as losing a job, a relationship breakdown or a bereavement, the temptation to revert to old coping mechanisms can be strong. For so long, we drank in order to manage difficult feelings and it is hard to break free of the old habits. That is why finding new ways of coping is important. Gradually, over time, I have built up a repertoire of alternative ways to manage my emotions.

I have reached out to friends, and have art and crafts to distract me. It pays to practice these alternative methods when things are going well so you will find it easier to fall back on them when things are more difficult.

Drinking thoughts are inevitable. It pays to remember this and to have a comprehensive set of tools and techniques to fall back on at those times when the inner addictive voice is at its strongest. This way you are prepared and not out on a limb when alcohol beckons.

WWW.MONROEAA.ORG

AA HOTLINE 734-240-4844

2nd Step “ Came to believe that a Power greater than ourselves could restore us to sanity..”

2nd Tradition “ For our group purpose there is but one ultimate authority a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

2nd Promise “We are going to know a new freedom and a new happiness.”

Meeting Starters

Coping with Social Pressure?

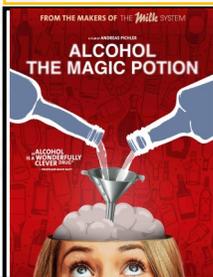
Mel B.

MODERATOR: We don't talk about it often in AA, but there is a thing called “social pressure” that alcoholics have to cope with in recovery. Social pressure comes in several forms and hits people at all ages and all levels of society. With young people, we often call it “peer pressure”, but it's the same whether you're thirteen or thirty or seventy.

In North America, we live in a sea of alcohol. As we navigate our way in this sea, our situation is like that of a real ship at sea. And the rule for a real ship is that all the water in the ocean cannot sink it unless it get inside. The same is true for alcoholics. All the booze around cannot defeat us unless it gets inside, unless we take a drink.

Taking that a step further, we can also say that we will never take a drink unless our thinking causes us to. We can be surrounded by active drinkers, but we don't have to join them in drinking. Few people would be so mean-spirited as to pressure an alcoholic to drink when they know it means disaster. But they can unknowingly create pressure with their comments and attitudes. A friend might say, “You've been sober two years. Surly you ought to be able to drink now.” another person might ask, “How long are you going to stay on the wagon?” and there are a few people who will raise their eyebrows when they learn you're having a soft drink at a party. Special occasions, such as weddings and anniversaries, are also seen as reasons to drink excessively, even for people who rarely take a drink.

How are we to handle ourselves in these situations? Whatever we do, our primary need is to stay sober under any and all conditions. So let's throw the subject out on the table to see how the group feels about social pressure.



“Alcohol the Magic Potion” Alcohol is widely consumed yet rarely seen as a drug, despite its psychoactive effects and three million alcohol-related deaths each year. Director Andreas Pichler travels to various countries to explore why we drink, its effects, and the alcohol industry's influence on politics, offering solutions for change

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For a long time, we've been fed the idea that drinking is a reward for many things. Having a hard day? Pop a cold one open and relax. Got a hot date? Order some wine for an impressive meal. Facing some big nerves before a big performance or social function? A little pre-game never hurt anyone.

The problem is we aren't ever really satisfied after drinking, are we? That's probably because alcohol is a depressant—not quite the reward we're going for on long work days, romantic outings, or nerve-rattling events, is it?

When I used to think about pleasure, I used to think it meant having whatever I desired. Even more accurately, I thought to have pleasure meant to have what my palette desired. The trouble is that after we “reward” our bodies with what we think it wants, we are left dissatisfied and the trickery of pleasure deceives us again. That's why it's so important to learn what we truly need when our bodies tell us it wants a drink.

Here are three things more rewarding than a drink, no matter what you think your body is saying:

- 1. Being Outdoors** Being in nature literally heals our bodies. Whether it's listening to the rain, watching trees blow in the wind or walking barefoot, we are made to be in contact with Earth and all its beauty. The next time you're craving pleasure from a drink, pause and find beauty in outdoor scenes around you, or even in pictures. Notice how your body feels—is it calm, peaceful, still? Unlike alcohol, nature actually grounds us and satisfies our body's craving to be connected to the world around us.
- 2. Bonding with a Furry Friend** Sometimes we want a drink because we are lonely. Even around our fellow humans, we can often feel like we don't belong. That's why I highly recommend connecting with animals. Domesticated pets make great companions and can bring great relief to an alcohol craving. If you don't have your own pet, volunteer at a shelter or pick up hours as a pet sitter.
- 3. Getting Creative** Want to know something really crazy? Colors and sounds emit energy. I didn't believe it at first, either. Then, I began to take notice of how I felt when looking at certain paintings or photos and listening to certain types of music. Art and music communicate with our minds and bodies in ways we may not understand. But next time you want some source of pleasure, find a color to focus on—be it on a painting, a plant, a sunset, the sky. Pay attention to your body and how it responds to colors, imagery, and music, then create your own masterpieces.

Can You Recover Socially After Misusing Alcohol?

It can be tough to determine an exact timeline of when social issues, such as family estrangement, job loss, and education, can be resolved, as there is an incredible number of variables involved. Still, one thing is clear: the longer a person abstains from alcohol, and the more invested one is in a recovery program, the better chance they have at improving their social life. The amount of time it can take for people to accept the changes and to move on from the past is different from person to person, but many have and continue to move forward and accept the past while not letting it dictate their future.

I'M NOT SOBER BECAUSE
I HAVE TO BE, I'M SOBER BECAUSE
I FINALLY WANT TO BE.

**It's not your job to make people
comfortable with your sobriety.**

Gary Moore 1952-2011 58 years old. Guitarist

Fans of hard rock and heavy metal music will be familiar with the legendary musician Gary Moore. While he was a solid musician and guitarist, he was mostly known for his early days in the industry as part of numerous music groups.

Gary's association with the Skid Row band 1968-1971 and Thin-Lizzy band 1974-1978 are probably his most notable acts.

After Thin Lizzy was excluded from the band in 1983, Moore would go on to have a Solo career, something he had started whilst the band was still performing. He would continue to perform Solo up until he died in 2011. Mostly known for his facial expressions whilst performing and lyrics that always came from the heart, Moore's fans dearly loved him. His skills with the guitar are still renowned to this day with industry giants referring to him as a genius.

Alcohol was always a part of Moore's life from the day he started performing professionally till the day he died. He however managed to keep his drinking under control during the larger part of his career and life. While it is unclear how much he usually drank, it certainly was something he could handle. With band rock stars, however, there is usually more alcohol consumption than sobriety in most cases. There were, however, no complaints of excessive drinking, even though there probably were incidents.

Gary Moore would eventually die in the early hours of the 6th of February. When he was discovered by his girlfriend, the initial diagnosis was Moore had died of a heart attack. Further analysis confirmed this assessment but also revealed the heart attack was induced by alcoholism. The amount of alcohol found in his blood after toxicology was said to be more than eight times the legal limit for blood alcohol levels. Witnesses who had last seen him at his hotel confirmed he and his girlfriend had drunk at night before retiring to their hotel room. Upon his death, it was revealed that in his final years, he had fallen to alcoholism and battled it severely.

Since it was probably something he had done for a long time, his heart attack may have come as a result of aging. He could no longer handle massive amounts of alcohol as he once had. With about 380mg of alcohol per 100 ml of blood in his body, he was over the average fatality blood alcohol level by at least 30 mg. (.38 BAC)

**Tim Allen sober since 1998**

"It is a disease of the soul and the mind," Allen said, "and it will tear up the people around you...I was tired of my excuses, I was tired of the shame and the guilt... so much energy to manage it. It was unmanageable...I'm a guy who doesn't like 'organized' anything, but AA is just brilliant to me."

Having found so much help through the program, Allen sees helping others as an important part of his recovery.

"The program I practice," he said, "it's all about as soon as you get it, you gotta give it away. A kid can't hold onto all these toys, and every time he sees a new toy he goes, 'Mine.' You gotta drop one of those before I can give you another one." Allen called giving back – and watching others do the same – "a miracle."

Lois Wilson on Step 2. Step 2. Came to believe that a Power greater than ourselves could restore us to sanity.

My thinking was distorted, my nerves over-wrought. I held fears and attitudes that certainly were not sane. I finally realized that I had to be restored to sanity also and that only by having faith in God, in AA, in my husband and myself, could this come about.

- 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

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
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 M O D I N E D D Z K N T A A D G M I T L Q V K H L E Q S G I
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 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

A.A. Timeline 1971

Jan 24, William Griffith Wilson, co-founder of Alcoholics Anonymous, 36 years sober, died (of emphysema, sometimes described as heart failure) at Miami Beach, FL. It was his and Lois' 53rd wedding anniversary. In 1990, Life magazine named Bill among the 100 most important figures of the 20th century.

Apr 19-24 The Grapevine Corp. Board be given GSC approval to raise the price of the Grapevine from \$.35 to \$.50 for a single copy, and from \$3.50 to \$5 (\$22 today) for a yearly subscription, if the trend of rising costs indicates that there is a need.

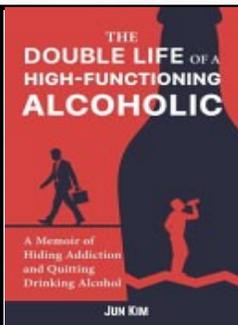
The short form of the Twelve Concepts be approved.

The delegates give wholehearted support to the efforts of the GSO to establish an Institutions Correspondence Service on an individual basis, similar to the Loner Sponsor Service

One Day At A Time



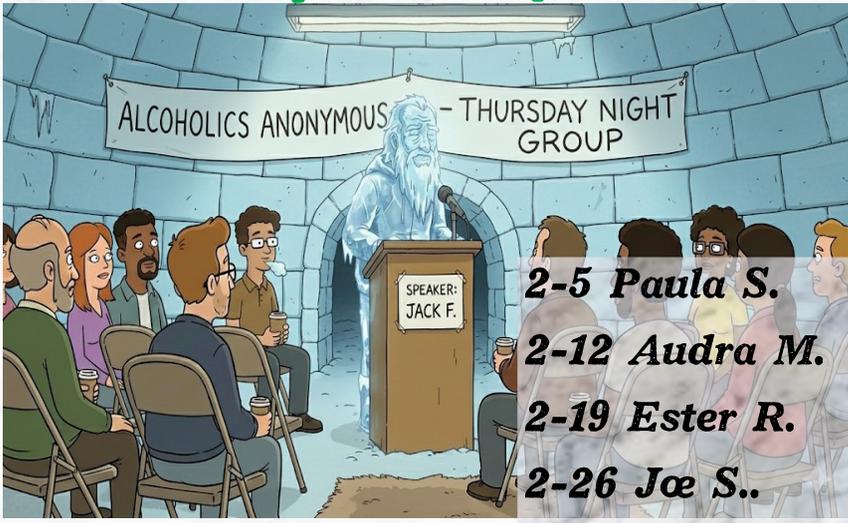
AA HOTLINE 734-240-4844



Dave seemed to have it all: a successful career, a loving family, the respect of everyone around him. But behind the polished surface, he was drinking in secret, convincing himself it wasn't a problem. No arrests. No missed meetings. Just a few drinks to relax... until the blackouts, the lies, and the fear he couldn't escape. Inspired by Howard Kane's own sobriety journey, this memoir-style novel takes you inside the hidden world of high-functioning alcoholism where success is a mask, denial runs deep, and every drink feels both normal and dangerous.

If you've ever asked yourself, "Is my drinking really a problem?" this book is for you.

Thursday Night Open at Grace



2-5 Paula S.
2-12 Audra M.
2-19 Ester R.
2-26 Joe S..

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



Winston Churchill was so fond of alcohol that when he visited the United States in 1932, with Prohibition still in effect, he managed to get a note from his doctor saying that he was allowed to drink. In fact, the note said that he required unlimited amounts of alcohol at all times, especially with meals. Across the top of the note are scrawled the words "Keep on hand" in big letters and then underlined.

O. C. PICKHARDT, M. D.
 117 EAST 80TH STREET
 NEW YORK

January 26, 1932.

Keep on hand

This is to certify that the post-accident convalescence of the Hon. Winston S. Churchill necessitates the use of alcoholic spirits especially at meal times. The quantity is naturally indefinite but the minimum requirements would be 250 cubic centimeters.

Signed: -

O. C. Pickhardt, M.D.
 OTTO C. PICKHARDT, M.D.

OCP:P

Akron Splits with Oxford Group



Clarace Williams



Henrietta Seiberling



Anne Smith

Bob E. felt that the women had a lot to do with the final split. This belief was not farfetched. The wives all considered themselves members of A.A. and had a great deal to say. Furthermore, Anne was extremely protective of Dr. Bob, who evidently was taking quite a beating at the time ... "Henrietta [Seiberling] didn't like the book," said Bob ... "She and Anne had a little falling-out over that. Then Clarace Williams and Anne had a falling-out over something. What it was, no one ever found out. "There were some hot conversations on the telephone. It was a three-way thing between Clarace, Henrietta, and Anne. The women decided it, as was usually the case in things like that."

William H. Schaberg

Writing the Big Book: The Creation of A.A.



Everything



A great All in One A.A. app for you

- All of your AA apps in one place.
- Everything you need in one app.
- ✓ Meeting Finder
- ✓ Text + Audio
- ✓ Big Book
- ✓ 12 Steps
- ✓ 12 & 12
- ✓ Daily Reflection
- ✓ Living Sober
- ✓ Society Tracker
- ✓ Pamphlets



You can outgrow alcohol, you know. There doesn't have to be a horrific rock bottom. You're allowed to wake up and decide you want more from life anytime you like.

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

ALCOHOLICS ANONYMOUS
24 HOUR HOTLINE

JERRY
734-240-4844