



MONROE AREA AA EMBRACING SOBRIETY

FREE TAKE ONE, PASS IT ON

VOLUME 13 ISSUE 5 MAY 2026

COMING EVENTS



Bellringers 41st Anniversary Dinner Monday May 18th

Doors open at 5pm / Dinner 6pm / Speakers 7pm
First Presbyterian 108 Washington St. Monroe, Mi



The Britton Primary Purpose Group 35th Anniversary Dinner Friday May 29th

Doors open 6:30pm / Eat 7pm / Speaker 8:30
Grace United Methodist Church 9250 E. Monroe Rd. (M50) Britton, Mi.



Ida's Road to Recovery Grubb Night Thursday May 28th

St. Joseph Church 8295 Van Aiken St. Ida
Doors open at 5pm / Dinner 6pm / Meeting 7:02pm



Happy Camper 2026

June 19-21 July 17-19 Aug. 14-16

Sterling state park 2800 State park rd. Monroe mi.
Site 175 You don't have to camp to join us.



27th Annual OctSoberFest

October 3rd More Information to come
Grace Lutheran Church 630 N. Monroe St.

If we only hurt ourselves when we drink why is there a support group for people who know us?

5th Step “ Admitted to God , ourselves, and to another human being the exact nature of our wrongs.”

5th Tradition “ Each group has but one primary purpose-to carry it’s message to the alcoholic who still suffers.”

5th Promise “ No matter how far down the scale we have gone, we will see how our experience can benefit others.”

Meeting Starters

Fearing Change

Mel B.

MODERATOR: We sometimes hear that alcoholics don’t like change. This is odd, because drinking usually brought lots of changes, mostly unpleasant ones. And whether we liked it or not, we had changes thrust upon us.

The reality of life is that change is going on all the time. Our challenge is not to fight change, but to work within it so that it brings positive outcomes rather than loss and hurt. And sometimes even the unpleasant changes can have surprisingly beneficial outcomes.

Some alcoholics have even been able to transform the unpleasant changes of the past into advantages. Mike E., the second AA member to get sober in Detroit, had been fired from an executive position in a rather humiliating way. He found sobriety, forgave the man who had humiliated him, and went on to operate a small shop that grew into a manufacturing company employing hundreds of people. Other AA members, however, have intentionally made changes that didn’t work out as planned, but they learned important lessons.

Changes are also brought about by illness, failed marriages, economic recession, and accidents. As much as possible, we try to deal constructively with such crises by recalling and following our principles. But whether we see changes as good or bad, they are occurring all the time, and we cannot prevent them even if we want.

If we look at human progress in total, we must admit that change has given us the advancement we seek and desire. Change is good for humankind, but how do we deal with the change we fear as individuals? Who will offer an example from personal experience?

Honesty is a Moral Characteristic

Honesty is one of the most respected of all moral characteristics. If it becomes known that a respected individual has behaved dishonestly, it can cause devastating harm to their reputation. Some types of dishonesty are more acceptable than others. Most people tell fibs or white lies from time to time – there is even therapeutic fibbing. Other people would claim that all types of dishonesty are bad.

Those people who are trying to rebuild their life after an addiction need to pay particular attention to honesty. They need to not only be truthful with other people, but more importantly with themselves. Failure to establish honesty as a personal quality may mean that the individual will be more at risk of relapse. It could also mean that they live a life in recovery that is not fulfilling – it could lead to dry drunk syndrome.

Dishonesty in Addiction

Those who become addicted to alcohol or drugs will usually live a life that involves plenty of dishonesty. This is because substance abuse is going to bring them in conflict with many people. In order to avoid such conflicts the addict needs to lie. So when their boss wants to know why they are not at work they might claim that they’ve picked up some type of stomach bug. The life of an addict tends to involve telling one lie after another, and more lies to cover previous lies. The most damaging of all will be the lies that the addict tells themselves.

All addicts rely on self-deception and denial in order to keep abusing their favorite chemicals. The evidence of the destruction caused by their addiction is usually plain for everyone else to see, but the addict is able to hide from this truth. It is only when the evidence of the destructiveness of their behavior becomes too overwhelming to ignore that most will develop a willingness to change. Honesty is what finally leads people into recovery, and it is this that then keeps them there.

cont. page 3

Keep Coming Back



Reasons for Dishonesty in Recovery

cont. from page 2

There are a number of reasons why people in recovery will behave dishonestly including:

They fear the consequences of their actions and so lie to protect themselves from these consequences.

Lying is a habit. The more people do it the more they are likely to do it in the future. It is easy to slip into the habit of lying until dishonestly just becomes an almost automatic response.

Dishonesty can produce desirable outcomes both socially and economically. There is therefore the temptation to use this as a tool to fulfill desires. The problem is that the long-term consequences of dishonesty are usually negative.

Addicts tend to lie without even realizing it. This is because they are so self-deluded that they are unable to see the truth. Even those who give up alcohol and drugs can still become self-deluded again in the future.

Some lies may be said to protect other people and so may be considered relatively harmless. For example, if a friend pays for an expensive new haircut it might be hurtful to say that they don't look very attractive. Another example of dishonesty that would be considered acceptable is telling children that Santa Clause is coming.

The Dangers of Dishonesty in Recovery

Dishonesty in recovery is dangerous because:

It is a common relapse trigger. It means that the individual is returning to old ineffective coping strategies for dealing with life.

The most common reason why people relapse after a period of sobriety is that they become stuck in recovery. This often happens because they have stopped being honest with themselves and other people. They feel unwilling to face a challenge on the path before them so they try to hide from it in denial. No further progress can occur until the individual can clearly acknowledge what the problem is and be willing to take action to remedy the situation.

If friends and family find out about this dishonesty it can destroy any progress that has been made in rebuilding relationships.

Programs such as the 12 Steps require that people are rigorously honest. If the individual begins to behave dishonestly it will mean that they will be unable to benefit from this program.

Dishonesty can lead to feelings of guilt afterwards. The individual who is dealing with too much guilt in recovery can find it hard to discover real happiness.

It was the failure of the individual to be honest with themselves that kept them trapped in addiction. If they allow self-deception to once again take hold of their life then they are likely to question the value of sobriety and the need to refrain from alcohol and drugs.

Honesty allows for healing of the individual and those close to them. If people continue to be dishonest then it means that this healing will not take place.

If people are attending any type of therapy then it is vital that they are truthful during these sessions. If there is no honesty there can be little benefit from such treatment.

How to Increase Honesty in Recovery

Honesty is a key element of any successful life away from addiction. It is therefore important that people develop this moral characteristic. Here are a few ways to increase honesty in their recovery:

The key to breaking away from dishonesty is to admit when it has occurred as soon as possible afterwards. Those who are in a Twelve Step fellowship will be asked to do this as part of step 10; continued to take personal inventory and when we were wrong promptly admitted to it. It can be hard to own up to dishonesty, but it makes it harder to be dishonest in the future.

Developing honesty is like building up muscles; the more people do it the more honest they become.

Keeping a journal is a useful way to track behavior. It gives people the opportunity to look back on their day to look for any examples of dishonest behavior. Journaling also reduces the risk of becoming caught up in self-delusion because things appear clearer when they are written down on paper.

If people do not value honesty then they will not put much effort into living a life that is built upon it. Therefore it is vital that the individual has a clear understanding of the importance of honesty, and the dangers of dishonesty in recovery.

It is usual for people to play down the significance of certain lies – they can justify the telling of white lies. While there are times when telling a lie might be the less of two evils it is not a good idea to view any type of dishonesty in recovery as acceptable. Ideally the individual should be aiming for complete honesty; although they are unlikely to ever achieve this.

"Many of them do recover if they have the capacity to be honest."

**A truth that's told with bad intent
beats all the lies you can invent.**

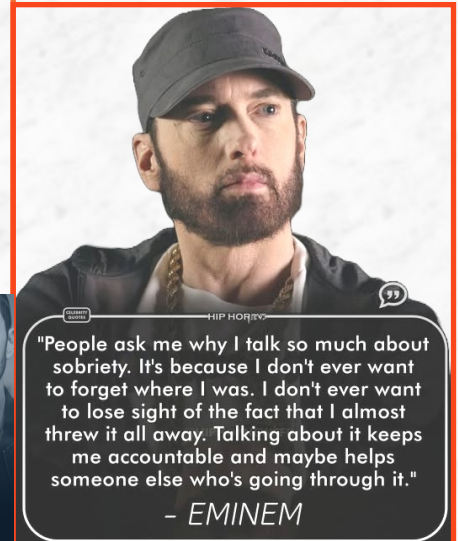


*Being Honest To Yourself
Is Much Harder Than
You Could Have Imagined,
But It Is The Only Way
To Live Your Life With No Regrets...*

Marshall Bruce Mathers III (born October 17, 1972), known professionally as Eminem, is an American rapper, songwriter, record producer, and record executive. Widely regarded as one of the greatest and most influential rappers of all time, he is often credited with popularizing hip-hop in Middle America and the acceptance of white rappers. While much of his transgressive art during the late 1990s and early 2000s made him a controversial figure, Eminem has become a representation of popular angst in lower-income America and is noted for his conscious rap—including political criticism and social commentary—and rap flow.

“I was a renewed and fortunate man.”

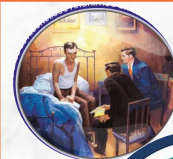
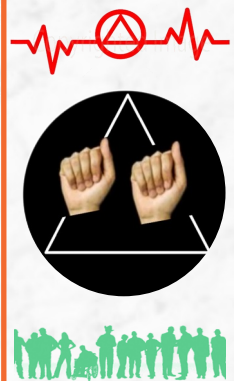
Celebrating 18 years of sobriety as of April 20, 2026. He has been clean from all alcohol and prescription drugs since April 20, 2008, following a near-fatal overdose in December 2007. **Elton John** served as a mentor and close friend during his recovery, frequently checking in on him. He currently views his sobriety as a "superpower" that has allowed him to rebuild his life and be present for his family.



Jack Leroy Wilson Jr. (June 9, 1934 – January 21, 1984) was an American singer who was a prominent figure in the transition of rhythm and blues into soul. Nicknamed "Mr. Excitement", **Jackie Wilson** struggled with alcohol and drug dependency for most of his life, beginning as a young teen due to early exposure and a chaotic upbringing. His habits were influenced by an alcoholic father, and he frequently engaged in heavy drinking and substance abuse throughout his career, which contributed to severe health issues, including a heart attack in 1975

Jackie Wilson collapsed onstage at the Cherry Hill (New Jersey) Latin Casino on September 29, 1975 while performing his signature song, "Lonely Teardrops," as the top-billed act on Dick Clark's Good Ole Rock and Roll Revue. Wilson fell over suddenly and, some say, struck his head on a piece of stage equipment. Cornell Gunter of The Coasters was onstage contributing to Jackie's back-up vocals. Gunter performed mouth-to-mouth resuscitation on Wilson and reported that Wilson was conscious and communicating with eye blinks at the point paramedics took over.

Soon after his collapse, Wilson became comatose, and many of his fans believed that he remained in that coma until his death in 1984. This, however, was not true. The coma apparently lasted only about four months. Photos of Jackie Wilson in medical facilities appeared occasionally, mainly in magazines catering to Black readers. Film footage exists that shows Wilson helpless, but not in a coma. Most of Wilson's fans discovered these facts long after his death, when ABC's 20/20 and other television programs broadcast the photos and videos.



**HONESTLY
BEING
HONEST**

ALCOHOL
BECAUSE NO GOOD
STORY HAS EVER
STARTED WITH A SALAD



Lois Wilson on Step 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I found this was just as necessary for me to do as it was for an alcoholic, even more so perhaps, because of my former “mother-and-bad-boy” attitude toward Bill. Admitting my wrongs helped so much to balance our relationship, to bring it closer to the ideal of partnership in marriage.

rigorous honesty
 unmanageable
 fellowship
 alcoholic
 humility
 cunning
 freedom
 obsession lifted
 higher power
 one day at a time
 step work
 miracle
 service
 disease
 keep coming back
 acceptance
 do the work
 delirium
 baffling
 amends
 balked
 keep it simple
 bill and bob
 anonymous
 powerful
 sponsor
 sanity

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

**REMEMBER THAT JUST BECAUSE
 YOU HIT BOTTOM
 DOESN'T MEAN YOU HAVE TO STAY THERE**
 ROBERT DOWNEY JR.

Every sober sunrise is a
 canvas of hope; paint
 your day with courage
 and gratitude

A.A. Timeline 1974

Apr 22-27, Hotel Roosevelt in NYC. Theme: Understanding and Cooperation – Inside and Outside AA. The 24th GSC recommended that:

Private picture taking should not occur at AA events.

In accordance with the GSB's recommendation, the film Bill's Own Story be released to Al-Anon groups under the same conditions as to AA Groups.

In order to maintain subscriber's anonymity, the legal name of The AA Grapevine was changed to Box 1980 to comply with postal regulation that required the corporate name of an organization be placed on official envelopes and on the magazine itself.

A short form of the Twelve Concepts for World Service for inclusion in the AA Service Manual.



ACCEPTANCE
IS THE
ANSWER
TO ALL MY
PROBLEMS

Thursday Night Open at Grace

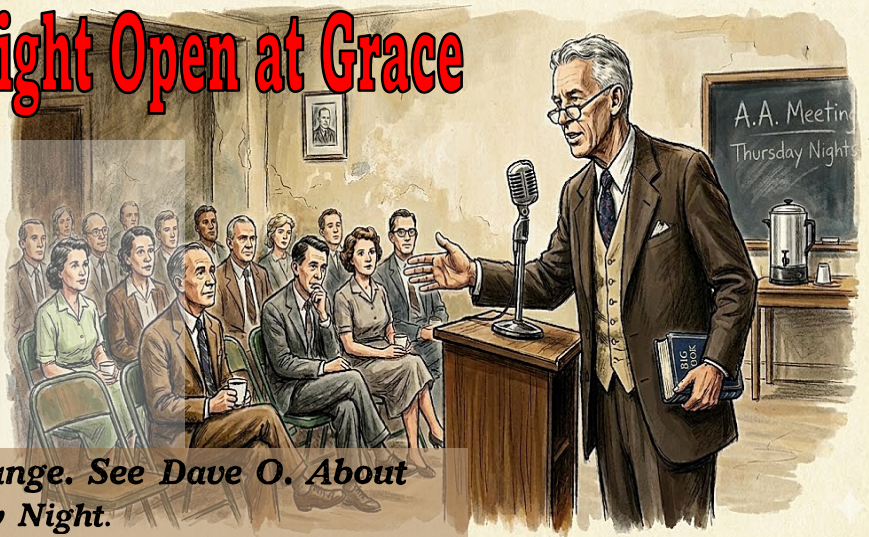
5-7 *Corthell W.*

5-14 *Tone F.*

5-21 *Joe L.*

5-28 *Will S.*

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



Everything AA



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

A great All in One

A.A. app for your phone



That Time Iron Man was Captain Marvel's AA Sponsor Ironman #18

"You Kill Me" 2007

Frank Falencyk loves his job. He just happens to be the hitman for his Polish mob family in Buffalo, New York. But Frank's got a drinking problem and when he messes up a critical assignment that puts the family business in peril, his uncle sends him to San Francisco to clean up his act. Frank is not a touchy-feely kind of guy, but he starts going to AA meetings, gets a sponsor and a job at a mortuary where he falls for the tart-tongued Laurel, a woman who is dangerously devoid of boundaries. Meanwhile, things aren't going well in Buffalo where an upstart Irish gang is threatening the family business. When violence erupts, Frank is forced to return home and with an unlikely assist from Laurel, faces old rivals on new terms.



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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