



MONROE AREA AA EMBRACING SOBRIETY

FREE TAKE ONE, PASS IT ON VOLUME 13 ISSUE 8 AUGUST 2026

COMING EVENTS



Fnl Sunday Noon Meeting at Raw
Moved to ProMedica Hospital 4th Floor Room A
718 N. Macomb St. Monroe Mi 48162



MONCYPAA Monkey Business 1st. Anniversary
Thursday Aug. 6th Dinner 6pm / Panel 7pm
554 Rambow Dr. Monroe Mi. 48162



Livin' Sober in Ida Grub Night

Tuesday Aug 11, Sept. 8 Maybe more

Prince of Peace Church 1920 Lewis Ave., Ida
Doors open at 5pm / Dinner 6pm / Meeting 7:02pm



Blissfield Group 82nd. Anniversary

Tuesday Aug. 25th First United Methodist
201 W. Adrian St Blissfield, Mi. 49228
Dinner 5:30pm / Speaker to Follow



Ida's Road to Recovery Grubb Night

Thursday Aug. 27th Maybe More

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



Happy Camper 2026

Aug. 14-16 Pig Roast Aug 15 dinner at 6ish
Sterling State Park 2800 State Park Rd. Monroe mi.
Site 175 You don't have to camp to join us.



8th Step “Made a list of all persons we had harmed, and become willing to make amends to them all.”

8th Tradition “ Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

8th Promise “Self-seeking will slip away.”

Meeting Starters

What is Insanity

Mel B.

MODERATOR: The AA pioneers really threw us a fast ball when they inserted the phrase "restore us to sanity" in the Twelve Steps. This suggests that we apparently were insane, despite how well we may have been managing some parts of our lives. We hear people say that insanity is doing the same thing over and over while expecting a better outcome the next time. That's what happens with alcoholics. No matter how much trouble we cause, there's the frantic hope that things will be different next time around. But they aren't; the insane behavior repeats itself endlessly.

Insanity isn't the goofy or tragic behavior that while drunk. The insanity is in taking a first drink even when the grim record already shows that it's going to be disastrous.

What does it take to make this admission that we were insane? A strong desire to recover can be a powerful tool. It's also helpful to get rid of the false pride that makes us think we're still different from the people who have gone before us in AA.

But if we must admit that we've been insane, the good news is that we can recover. All we have to do is stay away from the first drink and change the wretched ideas and beliefs that have kept us trapped in the vicious cycle. Of course, this isn't as simple as it sounds. But with support in AA, we don't have to stay insane. Can we have a volunteer who will offer some personal thoughts on the nature of insanity— that is, insanity of the practicing alcoholic?

The saying "the definition of insanity is doing the same thing over and over again and expecting different results" is a popular idiom, not a literal definition of insanity in a clinical sense. It's used to describe a situation where someone keeps repeating the same actions, despite those actions consistently failing to produce the desired outcome. This idiom emphasizes the importance of changing one's approach when faced with repeated failure, suggesting that continuing down the same path is illogical and unproductive.



27th Annual OctSoberFest

October 3rd 2026 DOORS OPEN AT 9AM

6 Speakers (2 Al-Anon / 4 A.A. speakers)

Dinner 6pm Last speaker at 7:30pm Tickets \$25.

Mark 734-693-5529 or dmmasserant@yahoo.com

Grace Lutheran Church 630 N. Monroe St.

Presented by Monroe's Tuesday Night 24 Hour Groups

The Insanity of Alcoholism

by Jim LaPierre

Sadly, well intentioned folks try to protect the alcoholic from him/herself (enabling) or try to predict what they will do next (no crystal ball available). There are hundreds of wise sayings amongst alcoholics in recovery. Some are meant to make you think and some are meant to be taken very literally. Alcoholics Anonymous refers to, "the insanity of our disease." This is a very literal statement. I can tell you a bit about understanding the active alcoholic but I cannot make it make sense to you because understanding the active alcoholic requires stripping away a lot of rational thought, the acknowledgement and willingness to learn from mistakes, the ability to recognize obvious patterns of behavior, and quite often, the application of common sense.

There are at least a hundred forms of alcoholism. What I am describing here is the person who is still drinking, is high functioning, and has not yet lost the things they hold dear. The disease of addiction dictates that they will lose these things in time and the rule of threes dictates a grim long term prognosis (jail, institution, and/or death).

Alcoholics think, act, believe, and feel based on distorted perceptions or themselves and the world around them. They live at the extremes of all or nothing. There is no moderation, no middle ground, no compromise, and no gray area in their worldview. To varying degrees, alcoholics live in denial of their destructiveness (self and others) and this further distorts what they are able to make sense of.

"Probably"

Alcoholics are the very best liars because they are able to use rationalization and justification to convince themselves that a lie is truth. This happens subconsciously. They are not aware that they are, if you'll pardon the term – mind screwing themselves. Alcoholics adopt a language that facilitates lying in a way that sounds very well intentioned. Their favorite word is, "probably." This word implies intention where in fact none exists. An alcoholic who tells you they will probably do something is highly unlikely to do it. Using words like these provides them a loop hole – an escape hatch in which no absolutes are given and no promises made. The alcoholic relies on words and phrases like: possibly, maybe, would, could, should, I'd like to, I want to, I need to. These words mean nothing. They sound good but almost always lead to disappointment. Progressively, alcoholism blurs every line and impacts every interaction, every relationship, every part of the alcoholic's world.

Firehouse Management

Putting blinders on a horse leaves it with no peripheral vision – such is the worldview of the alcoholic. They may attend to many things, but in order to do so they must turn their attention away from one thing and toward another. Multitasking for the alcoholic means making many messes at once. There is no balance for the active alcoholic. As one area of their life declines they will often focus their attention on it and take it to an extreme. As this happens, another part of their life declines and gradually their life becomes dictated by "firehouse management" – every course of action becomes based on the most pressing problem. This is an inevitably downward spiral, though some alcoholics manage to maintain it for a very long time.

External Locus of Control

As alcoholics tend to drink progressively more they will generally conceal the frequency and amount they drink. They will tell you they only had three glasses of wine and this is true. What they have not told you is that each glass was a 16 ounce tumbler. It is not only the drinking that gets hidden; it is also the negative affects alcohol produces in their lives. Alcoholics develop what counselors call "an external locus of control." Progressively, everything is someone else's fault. If their job is going poorly it's because their boss hates them. If their marriage suffers then their spouse is unreasonable. If they fail as parents they will see their children as ungrateful. Everything and everyone becomes a reason to drink. The spiraling alcoholic will often say that they don't even want to drink but that circumstances like their horrible job/spouse/kids "force" them to.

Self-Pity and the Sense of Entitlement

Alcoholics often have a bizarre sense of entitlement. They reason that having such a difficult/stressful/demanding life entitles them to act in ways that are immature, irresponsible, and selfish. To observe their behavior is to conclude a belief that the world must owe them something. The active alcoholic wallows in self-pity and concludes that they are a victim of life. As they demand more from the world they expect less and less from themselves.

Cont. on page 4

I'm happy to be sober. Happy to be alive. I found myself in some places I can't believe I made it out of alive.



Tom Waits



Sober up, and you see and hear everything you'd been able to avoid hearing before.

— Sammy Davis —



The Insanity of Alcoholism Appearance over Substance

by Jim LaPierre

cont. from pg.3

The quickest route to self destruction for alcoholics are the words, "Screw it." This is a declaration that everything is already screwed so they might as well drink. When people decide to stop drinking we encourage them to notice that "It" is actually, "Me." This is evident in, "It's not worth it." On some level the alcoholic always knows the truth and they are usually working hard not to know it. They pretend and demand that those close to them buy into the fantasy that all is well. Life becomes progressively less about anything substantive and progressively more about maintaining appearances. This is well explained in Pink's song, "Family Portrait." "In our family portrait we look pretty happy. We look pretty normal..."

Master Manipulators

Alcoholics are master manipulators. They may not have been con artists before they started drinking but they come to have remarkable skills. They are the folks who can sell ice to Eskimos. They will pick a fight with you because they want to leave and they will have you believing it's your fault. They show little or no accountability. They may have had integrity before their addiction kicked in but it will be conspicuously absent from their lives as they spiral. There is often one exception to this rule for each alcoholic – one thing they do especially well and it will most generally be their sole source of self esteem. We have known a large number of alcoholics who have incredible work ethics because being a good worker is the one thing they know they're good at...well, they will say that and drinking.

Alcoholism - A Unique Disease

The disease of alcoholism gradually and insidiously strips everything away from a person. We have been asked countless times whether alcoholism is truly a disease or a choice. In truth it is both. Alcoholism is unique as a disease in that it not only hides from view – it also lies to its carrier about its presence. The person who is active in addiction has a unique choice relative to all other diseases. The alcoholic can go into remission at any time and many do. We see that alcoholics will abstain from drinking for a time to prove to themselves or others that they are not addicted, only to return later with a vengeance.

Alcoholics Anonymous (the only real recovery)

Recovery from alcoholism involves far more than sobriety. Recovery from alcoholism involves changing every part of a person's life. The person who only stops drinking is what we refer to as a "dry drunk" meaning that they are every bit as unhealthy they have simply stopped drinking – a small percentage of folks manage this long term. In my professional opinion, real recovery is only made possible by the program of Alcoholics Anonymous. There are countless positive things that can be added to the program of AA and their importance cannot be overstated. Folks in recovery need the support of family and friends. Sadly, I meet too many friends and family who are unwittingly enabling (protecting an alcoholic from the natural consequences of their behavior) the alcoholic and this always results in a person staying stuck in addiction.

Lois Wilson on Step 8 Made a list of all persons we had harmed, and became willing to make amends to them all.

At first I couldn't think of anyone I had harmed. But when I broke through my own smugness even a little, I saw many relatives and friends whom I had resented; I had given short, irritated answers and had even imperiled long standing friendships. In fact, I remember one friend that I threw a book at when, after a nerve-racking day, he annoyed me. (Throwing seems to have been my pet temper outlet.) I try to keep this list up to date. And I also try to shorten it.

Step Eight

Puzzle by Leann A.



Left to right



Bottom to top



Bottom-left to top-right



Top-right to bottom-left



Top to bottom



Top-left to bottom-right



Right to left



Bottom-right to top-left

H Z K O R G O U T F X F W O X O R P K P U R P O S E L E S S G W R Y N S U G N M
H M I Y M M O R A L Z A K N Q J U E M R G P G G Q U G E P T P S F J M P Q D E C
W M R Y N P Z L T R L A E E V F H K L C D A O L Z C S G F E Y V Y H U R T P S D
V S E C U R I T Y X N R U Q G R M G N A D M I T T E D H G W E U C D Q N F B F Z
H K V K K X W R E C K A G E D W C B R E T U C E U S E A S C P Z E O F M V Y P N
G G F Q Y M C U N V M I S B E H A V I N G I R H T W W C Y Y F S M B F I A K N F
V N L Q Y F H W B A C K T R A C K B N T Z V O P Y A P O X G C O W L H P O K Q E
Q U A T E P C X F E I F T M O T I V E S A E D N A L N I U N G Q R N R F E R M T
F O I E Z C Y P Y D C N T D M Z J L Q L H F Z F S F L S N N H S E G D P Y V W A
J N C E C V R H S Z Q J M R F Z C Z Z G E S Q M R H K K C S D I L M O D I B T R
K E I L K P K N O W L E D G E O S P O O I T D Z B T F M F G I S D I Y T T D X U
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L T S V T X J G J Z E S Y W F K I N Z Q M F R C O S I O S G Y F E P B I G C Z F
J A R F Z K L D E T D A Y W K L R E P U T A T I O N S C O N D U C T P J C Q M L
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V B J Z C G N M Z H I E P U N C O L L I S I O N N X E O Q R S O H Y T T E I M R T
H Z Y M V I U S G H L R Q H J D U Q N P S J N K C B G W S T I S L C O Y B A M N
S K J G O E T Q L M E B Z X G H S A P O L O G I E S J X E C C R L N R H H F C A
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J R K R W N W E U P I Z U K B B K Z S S U F F E R E D G S S Y N R W D U R B U D
B Y U L D R I G M K J U S R L P S G Y P K N Z D T S C F C X T I M B Y V U O N Z
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1. StepEight 2. Amends 3. Debris 4. Knowledge 5. Relations 6. Partnership

7. Backtrack 8. Wreckage 9. Inventory 10. Moral 11. Hurt 12. Wounds 13. Painfully

14. Forgotten 15. Purposeless 16. Forgiveness 17. Defensive 18. Triumphantly

19. Misbehaving 20. Bedeviled 21. Suffered 22. Confidence 23. Embarrassing

24. Admitted 25. FaceToFace 26. Reputations 27. Bygones 28. Apologies 29. Honest

30. Actions 31. Accurate 32. Attitude 33. Motives 34. Exhaustive 35. Emotional

36. Damage 37. Conflicts 38. Insight 39. Superficial 40. Flaws 41. Instincts

42. Collision 43. Security 44. Conduct

A.A. Timeline 1977

Apr 18-23, Statler Hilton Hotel in NYC. Theme: The AA Group – Where It Begins. The 27th GSC recommended that:

The Institutions Committee be dissolved and two new committees – one dealing with Correctional Facilities and one with Treatment Facilities – be formed.

AAWS proceed with the project of a joint biography of Dr Bob and Bill.

The publication of a facsimile of the first Ed. Big Book should not be undertaken as it would destroy the sentimental value of the actual first Ed.

It was suggested that AA groups be discouraged from selling literature not distributed by the GSO & the Grapevine

Thursday Night Open at Grace



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

8-6 Roxanne D.
8-13 Dustin R.
8-20 Mark D.
8-27 Dominic C.

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BEING
HONEST**



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- ✓ Big Book
- ✓ 12 Steps
- ✓ 12 & 12
- ✓ Daily Reflection
- ✓ Joe & Charlie
- ✓ Living Sober
- ✓ Pamphlets



Smashed



NO CAMERAS or MOBILE PHONE CAMERAS

The story follows Kate Hannah, a Los Angeles schoolteacher, and her husband Charlie, a young married couple whose tight bond is primarily anchored by their shared love of heavy drinking. When Kate's drinking escalates into a series of dangerous and deeply embarrassing incidents that threaten her teaching job, she makes the difficult choice to enter Alcoholics Anonymous (AA) and pursue sobriety

CELEBRITIES WHO DIED OF ALCOHOLISM			
			
VERNE TROYER	OLIVER REED	VERONICA LAKE	AMY WINEHOUSE
SUICIDE BY ALCOHOL INTOXICATION	WHILE FILMING GLADIATOR	LIVER INFLAMMATION	ALCOHOL INTOXICATION
			
MAYO METHOT	PEONGGY SHANN	BARBARA PAYTON	TOM CONWAY
COMPLICATIONS DUE TO HEAVY ALCOHOLISM	LIVER FAILURE	LIVER FAILURE	LUNG CANCER
			
RICHARD BURTON	DAVID CASSIDY	MICHAEL MADSEN	GAIL RUSSELL
CEREBRAL DAMAGE	LIVER DAMAGE	HEART FAILURE	LIVER DAMAGE

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**



734-240-4844