



MONROE AREA A.A.

EMBRACING SOBRIETY

VOLUME 13 ISSUE 10 OCTOBER 2026

FREE TAKE ONE, PASS IT ON

COMING SOON...



Dundee Group 38th Anniversary

Sunday October 25th

**6pm, Dinner @ 7, Speaker to follow
460 Riley St., Dundee Mi.**



Bellringers Ice Cream Social

Monday October 12th

**Doors open at 5, Ice Cream at 6, meeting at 7
First Presbyterian 108 Washington St. Monroe**



Living sober in Ida 14th Anniversary Dinner

**Sat. Nov. 14th, 5pm, Dinner @ 6, Speaker @ 7:02
Prince of Peace 1920 Lewis Ave. Ida Mi.**



Free to Feel Good: Quality of Life & The Transition to Sobriety

Sobriety can be scary, for many reasons. First, because rehab and recovery is not a simple or easy road, though it is a journey that's possible for anyone willing to reach out for help and do the work. Second, recovery may seem like an unknown for individuals who have lived a life with drugs or alcohol for some time. What if you don't like being sober or don't like your sober self? Many people are worried that seeking sobriety means becoming a goody-two-shoes. And while recovery does involve change, it's a positive one, and it can feel good.

Cont. on page 3



10th Step “Continued to take personal inventory and when we were wrong promptly admitted it.”

10th Tradition “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy..”

10th Promise “Fear of people and economic insecurity will leave us.”

Meeting Starters

Attracting Trouble

Mel B.

MODERATOR: While many of us got lucky breaks even while drinking, there were also times when everything worked against us. We were driving drunk just when tough cops showed up, we wound up with bosses who seemed unfair, we had friends who betrayed us. What’s surprising is that some of us have the same kind of bad luck in sobriety. We don’t get DUIs anymore, but we still have trouble with people or get into work and business situations that turn into disasters. We may have marriage and relationship problems that have nothing to do with drinking.

Part of this trouble can be chalked up to the human condition. The price of being human is that we have to be involved in the struggles and disputes that go on almost everywhere. Being AA members doesn’t automatically give us immunity from the problems common in society.

But there are times when we seem to attract more than our share of troubles. When such things happen, it’s time to take inventory to see what we’re doing that might be attracting such misfortune into our lives. Maybe we’re doing something that violates our principles. Maybe we’ve been expecting too much from people and situations that can’t give us what we want or need.

Who can give an example of dealing with a personal tendency to attract trouble?

On Cultivating Tolerance By Dr. Bob S. Copyright © AA Grapevine, Inc, July 1944

During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in education advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior – which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another – and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness that is vastly important – is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

Yes, Sobriety Can Be Hard. It would be dishonest to sing the praises of sobriety without mentioning some of the harder parts.

Cravings, triggers and all the other things that come with addiction don't magically go away, even with professional treatment. That's why it's important to work with rehab professionals to establish a long-term support plan (also called an aftercare plan) that continues after inpatient or outpatient treatment. Studies have shown that aftercare, including groups such as Alcoholics or Narcotics anonymous, plays a pivotal role in successful sobriety. Peer support groups can also be a positive way to embrace sobriety.

Surrounding yourself with people who understand what you're going through can help you find the ways a sober lifestyle feels good. Sober friends who know how to have fun are great companions as you seek ways to add excitement and entertainment to your life without turning to drugs or alcohol. Your old friends and family don't have to fall by the wayside, either. Although this is another area where honesty is important, those who have never struggled with addiction don't always fully understand it. In fact, around one in five people say they would think less of someone they knew (even a loved one or friend) if they learned the person was in recovery from addiction. That's not a happy thing to consider, and you may be worried about how people in your social circle will look at the newly sober you. Perhaps some people will think less of you. Perhaps some people will consider you the "downer" now that you don't drink or do drugs with them.

But there's definitely a flip side to this coin. Being sober lets you repair relationships that might have been damaged by drug or alcohol abuse. It also lets you approach new relationships without the weight of active addiction. You may find that you're better able to nurture, grow and enjoy relationships. You will likely become a friend, coworker or partner that others are more able to trust and rely on, and the emotions that come from those situations can be as heady as the high that comes from substance use. Except positive interpersonal relationships tend to be a much healthier way to experience joy in life. But there's definitely a flip side to this coin. **But It Can Also Feel Good.** Relationships aren't the only thing that can bring you happiness while sober. But that happiness usually requires that you embrace the change that sobriety brings.

Changing your life, which involves removing drugs and alcohol but also addressing the causes of substance abuse in your life, Being completely honest, especially with yourself, Asking for help to get sober and remain that way, Practicing self-care to take care of your mind, body, and spirit and address triggers and stressors that might otherwise lead to relapse, Not bending the rules, which means you can't indulge even a little in your addiction or you risk losing everything you worked for.

It's that fifth rule that probably causes the false goody-two-shoes impression of sobriety. But it's not about being angelic all the time. You don't have to be a stick in the mud to be a recovering alcoholic, for example. What you have to do is not break the rules that you know keep you from drinking. Rule five doesn't cover all the rules ever written; you can still be you. You can be a rebel, a party lover, an artist or anything else that you want so long as you figure out how to do it without drinking or doing drugs.

Yes, that's not always easy. Many people at first wonder why they hate being sober, and it's often because they rely on drugs or alcohol to be the fun for them. When you're in long-term recovery, you have to do the work to learn how to be fun on your own. Here's the good news. When you figure out how to have fun without substances, you are: More likely to remember and enjoy the fun long-term, Likely more fun for others to be around, Better able to turn your passions and interests into hobbies or even careers, Able to enjoy the moment without worrying about the consequences of substance abuse later.

More apt to live each day to its fullest because you aren't putting effort into seeking the next high or hiding your drug or alcohol abuse.

The bottom line is that being sober can feel good, but it's a different type of good than a substance-induced high brings. It's a safer, more permanent and deeper good. Hopefully, one you can enjoy for a long time.

Why Celebrity Sobriety Stories Matter

The conventional wisdom says we should not need celebrity sobriety to feel validated. Cool, sure. We also live in a culture that has organized itself around famous people for a hundred years. Pretending we are above that is not the move. Seeing a Robert Downey Jr. interview, a Drew Barrymore book tour, a Mike McDaniel post-game press conference — and knowing those people are sober — is not validation. It is information. It is proof of concept that you can be a high-functioning, creative, ambitious, complicated, interesting person who does not drink. It is also entertaining. We are allowed to find this entertaining.

<https://thesobercurator.com/sober-celebrities-2026/>

Mike McDaniel, Miami Dolphins Head Coach.

Sober since 2016. The most prominent current example of a sober coach in a sport that does not exactly champion sobriety. What makes Mike's story compelling is not just that he got sober — it is that he got sober and then became one of the most creative, emotionally intelligent coaches in the NFL. Those two things are not unrelated.

It took years of losing jobs and not realizing friends were trying to help him see before he finally recognized what he was losing. At 25, Mike was fired from the Texans for issues caused by missing meetings due to being out late with alcohol. He wasn't ready to give up alcohol. "I wasn't at that stage of my life to kind of like admit that," he explained. "It was already hard enough to lose a dream job. And I just hated that feeling. I was embarrassed."

But it would still be another six years of drinking every night. "I thought I was just having fun," he said. "And then you start questioning, 'Ok, well, you know, why is this coming up again?' Why am I drinking in the office on a Wednesday night? It made me look in the mirror. I was this close to losing a job I had changed my life for. But this time, I was risking my career, unlike in Houston. I had to tell my now wife, you moved across the country, and our livelihoods are in the balance."

At this point, Mike accepted the help of the Atlanta Falcons and checked into rehab in 2016. He would spend the next three years there in treatment. He found his peace, and he saw the underlying reasons for his addiction. He took that deep dive into himself and realized he was using alcohol to check out and avoid his problems. Mike explained that he had constantly been comparing himself to his other young contemporaries and coming up short. "I was chasing Kyle Shanahan when I was 23 and he was 26," he said. "Then we get to Washington, and I'm chasing Mcvay and LaFleur. I was worried about the wrong stuff, chasing things that didn't matter."

Mike has remained sober and has seen significant life changes.

"All of a sudden, my product as a human being, as a husband, as a coach, was a completely better product and something that I think those life lessons really, in that time in my life, sealed the deal for me." He said in July, per The Palm Beach Post.

Now, Mike leads the Miami Dolphins to the Playoffs in only his second season as a head coach, leader in the NFL, and leader in the Sober community.



In 1964, Horton opened his first Tim Horton Doughnut Shop in Hamilton, Ontario on Ottawa Street. He added a few of his culinary creations to the initial menu. By 1968, Tim Horton had become a multi-million dollar franchise system. Horton was killed after losing control of his De Tomaso Pantera sports car on the Queen Elizabeth Way in St. Catharines, Ontario, in the early morning of February 21, 1974. He had played a game in Toronto the previous evening against his former team, the Maple Leafs, and was driving alone back to Buffalo. Horton's blood alcohol level was twice the legal limit, and that a half-filled vodka bottle was amongst the crash debris. Horton was also in possession of the drugs Dexedrine, a stimulant, and Dexamyl, a stimulant-sedative; traces of amobarbital, an ingredient in Dexamyl, were found in his blood. The autopsy report found no painkillers in Horton's body, and also concluded that his car had been in good working order.

10th Step: Continued to take personal inventory and when we were wrong promptly admitted it

Puzzle by Leann A.

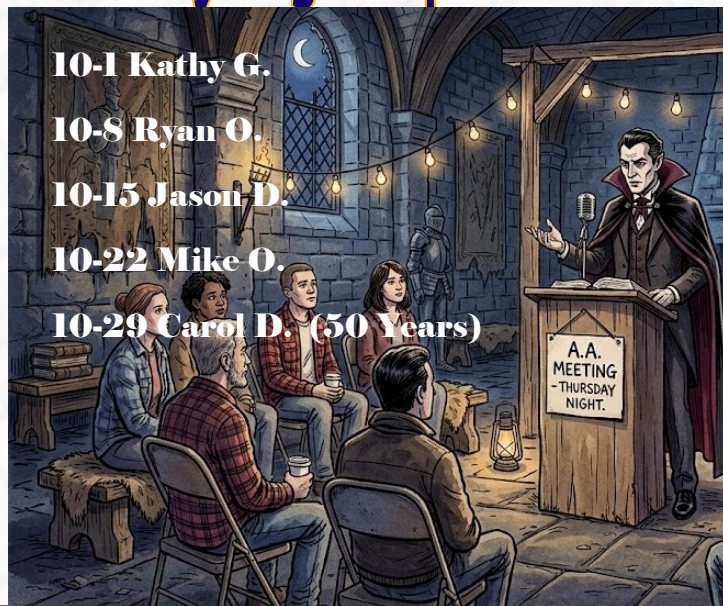
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1. Authenticity
2. Accountability
3. Balance
4. Check-In
5. Clarity
6. CleanSlate
7. Consistency
8. Discernment
9. Freedom
10. Groundedness
11. Growth
12. Honesty
13. Humility
14. Integrity
15. Maintenance
16. Maturity
17. Mindfulness
18. Openness
19. Peace
20. Promptness
21. Reflection
22. Relief
23. Resilience
24. Self-Awareness
25. Self-Correction
26. Serenity
27. Stability
28. Straightforward
29. Unburdened
30. Vigilance

"Desperation is the raw material of drastic change. Only those who can leave behind everything they have ever believed in can hope to escape." William S. Burroughs (1988).

Lois Wilson on Step 10 "Continued to take personal inventory and when we were wrong promptly admitted it.
It is astounding how each time I take an inventory I find some new rationalization, some new way I have been fooling myself that I hadn't recognized before. It is so easy to fool oneself about motives. And admitting it is so hard, but so beneficial.

Thursday Night Open at Grace



10-1 Kathy G.
10-8 Ryan O.
10-15 Jason D.
10-22 Mike O.
10-29 Carol D. (50 Years)



A.A. Timeline 1979

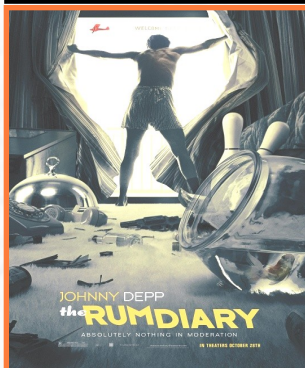
1979

Apr 22-28. Hotel Roosevelt in NYC. Theme: The Legacies: Our Heritage and My Responsibility. The 29th GSC recommended that:

The biographies of Dr Bob and Bill W be published as separate books rather than a joint biography.

Summer, Not-God, A History of Alcoholics Anonymous by Ernest Kurtz was published. The book was Kurtz's doctoral dissertation. He was given unprecedented cooperation by, and access to, AA Archives for research.

Dec 5, Henrietta Sieberling died in NYC. She was buried in Lawrenceburg, KY. An inscription on her tombstone reads, "Let go and let God."



The Rum Diary is a 2011 American comedy-drama film written and directed by Bruce Robinson, based on the 1998 novel of the same name by Hunter S. Thompson. The film stars Johnny Depp, Aaron Eckhart, Michael Rispoli, Amber Heard, Richard Jenkins, and Giovanni Ribisi.



www.monroea.org

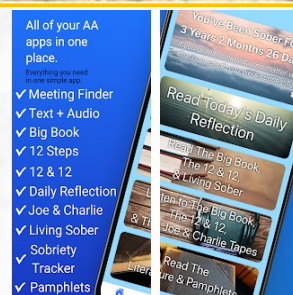


The **Monroe Area Intergroup** currently meets on the second Thursday of each month at 6:00 pm at the United Way Building, 216 Monroe Street,

Everything

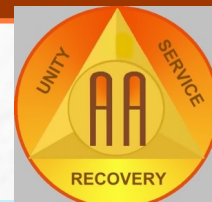
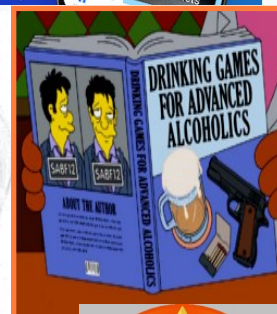


A great All in One A.A. app for your



Forgive yourself first.

Release the need to replay a negative situation over and over again in your mind. Don't become a hostage to your past by always reviewing and reliving your mistakes. Don't remind yourself of what should have, could have or would have been. Release it and let it go. Move on.



If we were to live, we had to be free of anger.



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