

*Happily and
Usefully Whole*

AA Responsibility Statement

*I am responsible.
When anyone, anywhere,
reaches out for help,
I want the hand of AA
always to be there. And for
that I am responsible.*

Sobriety in a Period of Chaos

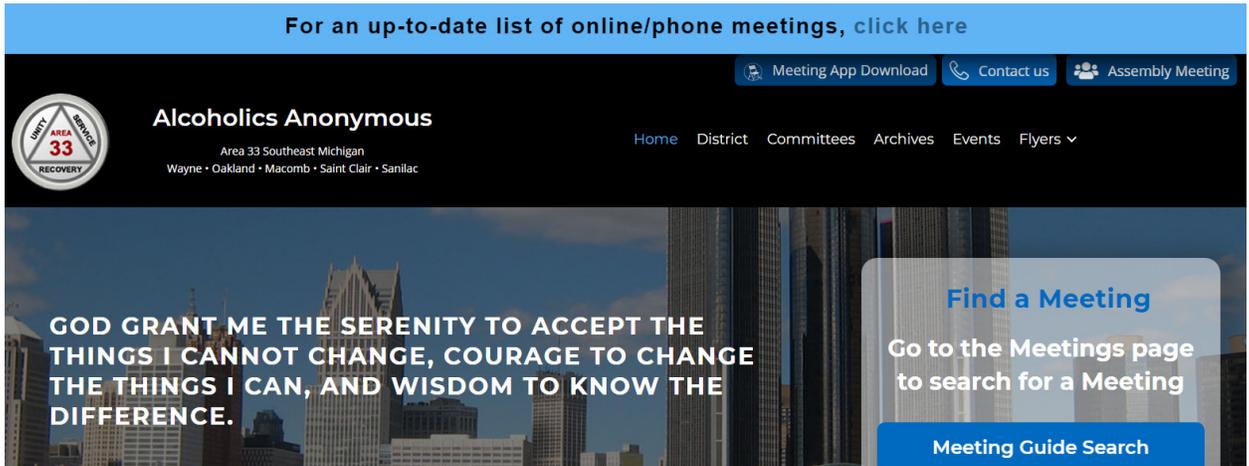
Michigan’s bars and restaurant may be closed through April 14th (though as of this writing restaurants are still permitted to prepare food for carryout and delivery purposes), but that doesn’t mean alcohol isn’t still readily available even to people less resourceful than alcoholics.

The current period of fear and uncertainty has dire potential for those of us who still remember the feeling of ease and comfort that the first sip of our preferred beverage used to promise us. With almost all of the face-to-face meetings we used to attend shut down, we need to be particularly diligent to maintain our habit of sobriety at this time.

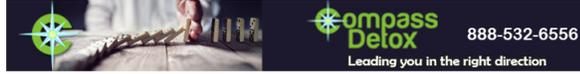
Here are some resources.

- The Area 33 Website (aa-semi.org) has a banner link to a continuously updated list of online and phone-in meetings. If your homegroup has implemented an online or phone-in option, you can add it to the list by sending the information to area33webcochair@aa-semi.org

District 20 of Area 33 represents nearly 100 AA groups that meet in Auburn Hills, Bloomfield, Bloomfield Hills, Goodison, Lake Angelus, Lake Orion, Lakeville, Orion Twp., Leonard, Oxford, part of Pontiac, Rochester, Rochester Hills, and Troy. The District normally meets at 6:45p the last TU of every month (except December) at Unity of Rochester on Harding St. in Rochester Hills, but for the moment we’ve turned to meeting virtually.. See p. 5 for participation information. Anyone can come to our meetings.



- For a broader range of established 12-step meetings (including but not limited to AA), check out intherooms.com. In addition to listing sortable (you can specify, AA, NA, or all sorts of other groups) meetings targeted at the homebound or those who can’t easily get to meetings, the site offers blog posts and articles aimed at people in recovery.



Trending Articles

[GETTING STARTED GUIDE](#)
Starting Alcohol Recovery With Dr. David Fawcett
MARCH 20, 2020

Your recovery space
when you can't meet face-to-face.

- If you're on Facebook, there's a [Greater Detroit Friends of Bill Virtual Fellowship](#) private group that lists local online meetings and also permits members to post messages.

The screenshot shows the Facebook interface for the 'Friends of Bill - Greater Detroit Virtual Fellowship' group. The group is a private group with 1,147 members. The main post is an announcement from Jake Davis, an admin, dated March 18 at 9:44 PM. The post includes a link to 'Southeast Michigan Virtual Meetings' and a list of virtual meetings. The group page also shows a 'Write Post' section, 'Announcements', and a list of suggested members.

If your own home group wants to try out having a virtual meeting, platforms include:

- [Zoom.com](#). Only the meeting organizer needs to download the app to set up a call and send out links to it to others, who can either dial in to a specified phone number and key in the meeting number. The free membership limits meeting length to 40 minutes, but the professional version removes this limitation.
- [Logmein.com](#) is similar to Zoom.
- For a more bare bones approach which dispenses with the whiteboard capabilities (Zoom and Log Me In are primarily targeted at remote access to traditional business meetings), try [FreeConfer-enceCall.com](#). Which is indeed totally free.

Regardless of which platform you're using, here are some recommendations

- All of the platforms are flooded with requests for admission to meetings starting on the hour or half-hour. Give them a break by flattening the curve. Start your meeting at 1:10p rather than 1:00p.
- If you're going to dial into a meeting, using a landline rather than a mobile phone reputedly makes for a clearer connection.
- Mute your phone when you're not speaking. Ambient sounds (whether they're a baby crying, a dog barking, or even your own breathing) are not only distracting, they can distort the digital signal. If you're connecting from your computer, wear headphones rather than turning on your speaker.

Don't forget to maintain your spiritual condition.

- Pray early and often. Your connection to your Higher Power is always online.
- If you regularly attend organized worship services but your place of worship has temporarily closed its doors, see whether they offer a virtual worship alternative.
- I've long been a fan of the free *Insight Timer* meditation app for both Windows and Android phones. In addition to thousands of guided meditations, it allows you to do freeform meditation using a timer module with user-specified ambient background noises. Plus there's a wide variety of message boards within the site. And if you don't have a smart phone (*looking at you, Burger Bob B.—get with the program, dude!*), most of the features are available by visiting [InsightTimer.com](#), though you will need to join the community (via providing your e-mail address or logging in via *Facebook*) to access them.

Finally, there's always your list of AA friends. No platform or protocol is necessary for you to call them and remotely indulge in a cup of coffee.

--DM

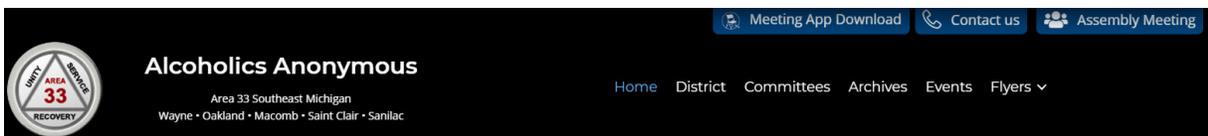
Speaking of Chaos . . .

The officers and DCMs of District 20 apologize that it's already three weeks into March and we haven't yet published any 2020 issues of our supposedly quarterly newsletter.

We had planned to have the hard copy of the March issue ready to distribute to GSRs at our FEB 25th meeting. We had even sent the camera-ready copy to our printer, but something went wrong on their end and the issue didn't get printed.

And then the world went to hell.

So for the time being, we've opted to forego distribution on printed copies and rely solely on digital publication. At the top of the [aa-semi.org](#) Area 33 Web site, click on the little triangle next to the *Flyers* text and you'll open a picklist that includes a *Newsletters* choice.



The footer of the website features a dark background with a white logo on the left. The logo is a circular emblem with 'UNITY' at the top, 'RECOVERY' at the bottom, and 'AREA 33' in the center. To the right of the logo, the text 'Alcoholics Anonymous' is displayed in a bold, white font. Below this, in a smaller font, is 'Area 33 Southeast Michigan' and 'Wayne • Oakland • Macomb • Saint Clair • Sanilac'. On the right side of the footer, there are three blue buttons with white text: 'Meeting App Download', 'Contact us', and 'Assembly Meeting'. Below these buttons is a horizontal navigation menu with white text: 'Home', 'District', 'Committees', 'Archives', 'Events', and 'Flyers' followed by a downward-pointing chevron.

Stand Up and Be Counted

We've heard it said that it's the steps that get us sober but the meetings that *keep* us sober.

Those of us who live in District 20 of Area 33 or elsewhere in Metro Detroit are blessed to have plentiful meeting from which to choose. The Meeting Finder on the Area 33 website tells me that one hundred groups meet within the 15 Oakland County communities that comprise District 20, with many of them meeting multiple times each week. But meetings and even groups are ephemeral, occasionally moving to new venues or changing meeting times or even entirely shutting down.

That's why District 20 is partnering with Area 33 Registrar Henry N. in an effort to update information on the groups and meetings within our District (see the box on page 1 to identify the communities that we include). Here's how you can help. For each group whose meetings you regularly attend, we would like one group member to send us the following information:

- The group's official name (not just *the Thursday night meeting at St. Pete's*)
- The unique service number that's been assigned to that group by the General Service Office in New York. (It's not a dealbreaker if you don't know it.)
- What days and times the group meets.
- Where the group meets—address as well as building name.
- Whether the meetings are open or closed. If you don't know the answer, raise the question at a meeting.
- The nature of the meetings—discussion, step/tradition study, Big Book study, open talk, lead speaker, etc.
- Whether the meetings are restricted to men or women or are open to everyone.
- The name, phone number, and e-mail for a primary and a secondary contact person. If either of those persons is the General Service Representative for the group, say so.
- Whether the group holds regularly scheduled group consciences or not and when they're held.

If each of our 100 District 20 groups would provide that information to Shannon H. (smhay24@gmail.com), she'll organize it and get it to the Area 33 Registrar. He, in turn, will share it with the GSO as well as the Pontiac and Ferndale service offices who publish their own printed directories.

This is important. If the Area 33 Registrar doesn't have contact info for (name, e-mail address, phone number) for contact persons for your group, your group's meeting(s) will temporarily be assigned the status of UNKNOWN. After a short period, all UNKNOWN meetings will be classified as INACTIVE, meaning that your meetings will no longer be listed in the searchable database that's part of the Area 33 Web site.

Note: If your group has already been visited by a District 20 representative who has collected and reported the information, you're off the hook. And if your group isn't located in District 20, feel free to send your info to your own district. Go to aa-semi.org and click on the *Districts* link

What's Going on in District 20 and Beyond

Upcoming Events

- **District 20 officers and GSRs** will meet virtually at 7:00p on TU March 31st via Zoom. Go to zoom.us/j/508761816 or else dial in to 312.626.6799 US (Chicago) and enter Meeting ID: 508 761 816.
- The **Area 33 Assembly Meetings** are, to the best of our knowledge, in limbo.
- At this time, we can't say whether **District 20 officers and GSRs** will meet in person at 6:45p on TU April 28th at Unity of Rochester Church on Harding Avenue in Rochester Hills or will still rely on a virtual meeting.
- **2020 International Convention of Alcoholics Anonymous** may or may not be held from July 2-5, 2020 in Detroit, with the major events planned for Ford Field. Information about the event can be found at www.aa.org/pages/en_US/international-convention-2020. Even though the GSO (which organizes the event) has been closed down due to the virus crisis, GSO staff are carefully monitoring the situation. The cut-off date for the early registration fee of \$115 presumably remains April 15. Persons registering after that date will be charged \$140.



Changes in District 20 Meetings/Groups

- None that we know of.

District 20 Officers

District Committee Member	Georganne G.	How It Works (Lake Orion)
Alternate District Committee Member	Dick M.	Troy Dignitaries
Secretary	Kathy M.	Surrender Group (Troy)
Treasurer	Shannon H.	Saturday Morning Live (Rochester)
Newsletter Editor	Dick M.	Troy Dignitaries

Copy deadline for our next issue is tentatively April 20th. Send your contributions (announcements of group events, group profiles, poetry, art-work, even general musings about recovery) to 3320newsletter@gmail.com.

