



Outside the

Bottle

December 2020

District 16 Newsletter

Periods of Sobriety

by JJ

My name is JJ, I am an alcoholic. My sobriety date is 9/19/2013. Lately I have been thinking about my sobriety as three different periods: the period that I was willing, the period where the obsession was lifted and the period where the promises came true.

My sobriety started simultaneously with the moment I was willing to give up trying MY WAY. Immediately, I had a little hope but that was accompanied by the ever-lingering doubt and fear. I just hung on to that little bit of hope that I was going to get some sort of relief.

The second period of my sobriety was marked by my dedication to AA and the belief that AA was going to be my solution. This started at about the third day of inpatient rehab, when I met the men that came in for the night AA meeting. I saw something in one guy that I had never seen in anyone else: the similarity in our alcoholism. This is the comparable similarity that I can now find in just about every alcoholic and addict. I found out I was not so special and unique. At that moment, my hope for a better life grew with my decision that AA was my solution.

The third period of my sobriety was when I realized that the promises became true for me. Not only that, but I could see that the promises can come true for anyone. There were people all around me that I could see turning their lives around and that strengthened me. One day, I was taking my regular 30-40 minute drive to work, and it struck me that my obsession with alcohol was completely gone. Euphoria washed over me. This, to me, was a miracle.

I suppose, as I write this, there are more defining periods to my sobriety. But I just haven't defined them in my head yet. I hang on to that miracle because I believe that miracle happening is the answer for the so many men and women that I see. For those that it has not happened yet, I wish I could explain it to them. All I can do is reach out and try to be of service if I can.

Service. Probably my next period. I will reach out to someone now.

If you are interested in joining the next session of Design for Living (February 2021), please click [>>here <<](#) to sign up to receive information as it becomes available.

Family Atmosphere

By PD

Although this Holiday Season may be quite a bit different than a “normal” year given the conditions the Pandemic has brought, it is a time of end-of-year reflection and celebration. With that, our minds may often turn to our feelings of gratitude for the ones we hold dear and the gifts we received throughout the year. But this year, my thoughts are filled with much more, as a member of Alcoholics Anonymous.

I am in the process of completing my 9th step and have left some of the most important amends for last. Those are the amends I will be making to those closest to me; my mother, my father and two of my five siblings. Finding the words has not been easy...they have all of those same words before, only to see me return to drinking. Talk is cheap. I know that.

However, to “protect” my own emotions and get away from the noise of judgement and tough love which makes up the very DNA of my dysfunctional family, I wanted to learn to be functional and knew that in order to preserve my sobriety, so fragile in my earliest days, I needed to step away. I have had virtually no contact with my immediate family for almost 2 years.

Therefore, making direct amends would involve re-entry into the dysfunctional family atmosphere. This has definitely caused some anxiety for me. I have been known to self-medicate my anxiety with alcohol. This time, however, will be different. Of that I am sure. With the guidance of my sponsor, the strength of the fellowship, the unending help of a power greater than myself, and the self-awareness and humility I have gained will guide me through it. And for that, I am truly GRATEFUL.

By: Phil S.

Keep on Trudgin'



Broad Highway

To the recovering alcoholics of District 16,

Happy Holidays, and yes, they can be very, very happy. They can also be many other things depending on the spiritual condition of yourself. As for us, we are doing all that we can do at this time, which includes an online Christmas Day Zoom meeting from 10 a.m. to 4 p.m.

District 16, merely, is a service entity, a service board if you will. The representatives of the groups do not dictate or lay down any sort of rules for any group, any alcoholic or anyone at all even though some of us may think we can at times (lol). They enthusiastically pledge their time to be helpful and to service their groups.

That said servicing a District the way its groups would like to be serviced needs correspondence. Please feel free to send any message from your group... perhaps an idea for an event or possibly something your group is currently talking about. We now have an email address at dcm16@aa-semi.org. We will be on standby until called into action. :)

Happy Holidays once more,

The General Service Representatives of District 16, Area 33

Happy Anniversary to the Young People Can Too Group - Ferndale

***Please send any meeting location/status updates to
district16news@gmail.com***

Thank you! It has been an honor and privilege to serve the district as newsletter chairs for the past two years. It has been nothing short of a great experience for us, and so valuable to our sobriety. We appreciate all who have provided their experience, strength and hope in these pages and look forward to future issues as readers! JU & AA

We are self-supporting through our own contributions. The District, representing the overall conscience of 76 groups, is greatly appreciative for any funds of any amount. May we all be united together in spreading the message across this geographic area. If groups would like to donate funds to District 16, please mail a check or money order:

Must be made out to: District 16 of Area 33 AA
PO Box 725362
Berkley, MI 48072



Thank you to all
newsletter contributors!

Writings: JJ, PD

Comic: PS

Distributors:

BP	BR	BB	DF
DW	DC	EH	ES
VJ	JC	JR	JC
JT	JR	JH	KR
KP	LF	LJ	LN
LB	LS	LR	LC
LW	MS	MD	MR
MS	MB	MJ	MT
MW	PC	RS	RB
SS	SG	SG	SS
SS	VC	WB	YM
	KJ		

Content Chair: JU

Distribution Chair: AA

.....

AA of Detroit (Wayne
County): 313-831-5550

AA of Oakland County:
248-332-3521

AA of Greater Detroit:
877-337-0611