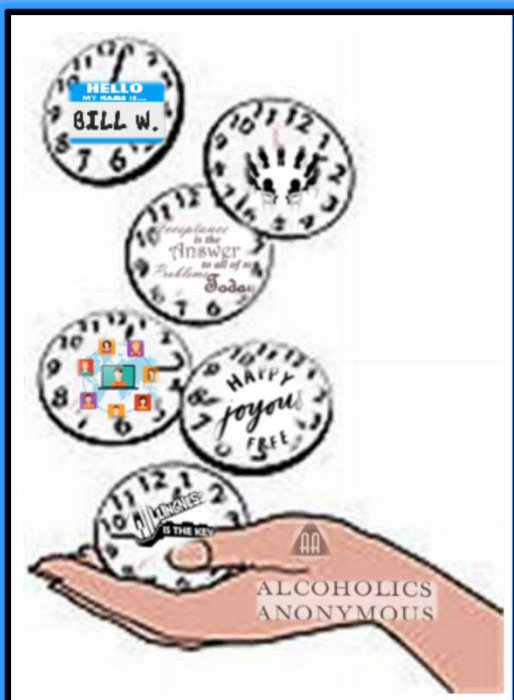




HAPPILY, AND USEFULLY WHOLE AA IN A TIME OF CHANGE

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NEWSLETTER



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at dcm20newsletter@gmail.com.
Thank you!



EXPERIENCE, STRENGTH AND HOPE OF AA IN A TIME OF CHANGE FOR THOSE WITH LESS THAN A YEAR

When I first started in the program, things with COVID were still changing rapidly. I began going to in-person meetings in the beginning. The overwhelming anxiety I felt before going into those rooms was incomparable. But so was the feeling of relief after leaving them. I was meeting all of these amazing new people who were sharing their experience and I was learning so much. Only a couple of months in, most meetings had moved to Zoom. At first, I was not thrilled about going to the online meetings. I had just gotten used to in person meetings and now it just was not the same.



Despite these feelings, I continued going to meetings and meeting new people in the program. I met my sponsor and started working with her. Now I do not mind online meetings. I can accept them for the blessing that they are. I know that so many of us would be lost without meetings if it were not for having them on Zoom or over the phone throughout this time of change and uncertainty. I can still meet new people and connect with them the same as we did before.

The transition from in person meetings, just starting in the program and then starting over with zoom meetings was a learning experience for me and helped me to put more effort into reaching out and connecting with people.

If I could convey one thing to newcomers, it would be that we are all the same. No one is better than anyone else and no one is going to judge you. We are all coming from our very worst place and trying to make a fresh start for ourselves. In the beginning of my recovery, I had no idea how important it was to connect with people and build relationships with others in sobriety. Now I understand that these relationships are so essential to my sobriety because by making those connections with one another, we keep each other sober. When I started working the steps with my sponsor was when change became a reality for me. My recovery was real, and I was actively working on myself- for myself, not for anyone else. I was working on forgiving myself and learning to love myself. These were two very foreign concepts to me and something I had struggled with- and still struggle with today. While doing my ninth step I was explaining it to my therapist- how I was making amends with people, mostly through writing letters. I was having a hard time with feeling very bogged down by one matter and I was having a hard time forgiving myself. My therapist recommended writing a letter to myself to make amends with myself. At first, I was unsure how I was going to write this letter and I felt like it was going to be disingenuous. I did not feel as if I could truly forgive myself and show myself that kind of compassion. I ended up writing the letter and it did end up being very therapeutic for me. I will not say I have fully forgiven myself and moved on from holding this over my head, but I made a tremendous step forward from where I was before. I work on loving myself every day and staying sober is one of the best ways to practice this.

The biggest difference I have noticed in my life is the contrast of thinking everyday "I don't want to be alive" to being grateful at the end of every day that I am still alive. I know that this is all because I have turned my life over to my higher power who I call God. Without my God I would still be in the same rut I was in, repeating the same destructive habits and wishing for something different to happen. Rather than continue wishing, I acted in my life and started to do something about those destructive habits. I cannot repeat the same things over and over and wish for a different result. If I want my life to go in a different direction, I must continue to work the program and act in order for things in my life to change.

Today I wake up every morning with a positive attitude and at the end of the day I express my gratitude to God for another day in recovery. – **Rachel P.**



EXPERIENCE, STRENGTH, AND HOPE OF AA IN A TIME OR CHANGE FOR THOSE WITH ONE YEAR +

Like many of us, I come from a family tree full of alcoholism. Throughout my drinking career, I used that fact as a badge of honor. It was my excuse to drink as much as I wanted. I did not even know that an alcoholic could recover and stop drinking until I met one. I am so grateful to my mentor, “Doc,” who introduced me to the concept of a sober alcoholic and then to the program of Alcoholics Anonymous. I was set to meet up with Doc for coffee, and he showed up with one of his sponsees (a stranger to me at the time). I had no idea I was on the other end of a 12-step call. I remember laughing while comparing drinking stories and then eventually crying when I realized that I was matching these two sober alcoholics story for story. They left me with a copy of the Big Book. Doc said to open it to page 112 and read the first three words: “read this book.”

While I did follow their instructions, I was not immediately willing to put down the alcohol. I had to reach a moment of complete desperation, which led to a grain of willingness. On April 1st 2007, I woke up feeling utterly disgusted with myself. I could no longer hide behind my denial. I called Doc and asked him what to do. He told me to get to a meeting. I remember lying to my friend on the way to my first meeting, telling him I had already been to AA before. Someone asked me to read the preamble, but I am sure I did not introduce myself as an alcoholic. I do not remember much about what anyone said at that first meeting, but I remember the energy in the room. I was not very open to receiving help, so I did not announce that I was new or get any phone numbers. It took me three weeks into my recovery to realize there were meetings every day. Then, of course, I doubled up to make sure I got to my 90th meeting on my 90th day.

I found a sponsor early on, and she started me through the Big Book word by word. I remember being so irritated that we even read the preface and the forewords. My sponsor wanted to know that I was willing to go to any length to stay sober. I wish I could report that I stayed that willing as I progressed along the steps. I stalled out at step four for a very long time. I was willing to look at my resentments, but not ready to look at my fears or relationships. I spent about three years shuffling between steps and sponsors in an attempt to avoid doing the work. It eventually ended up catching up with me, when I realized at three years sober that I was engaged to an active alcoholic. Thankfully, with the help of my higher power and an amazing support system, I was able to leave that relationship and not drink. After hitting a bottom in sobriety, I started the steps again from the beginning. My sponsor and I read through the Big Book word by word. It was a blow to my ego, but it was exactly what I needed. I proceeded to work through all the steps and then get to the point of being able to sponsor others. I am so grateful for my sponsees. They help me stay sober more than they will ever know.

Throughout the years I have been sober, I have experienced the ups and downs of living life on life's terms. I graduated college, got married, and became a mom. I have also been diagnosed with stage one melanoma, had three miscarriages, and made it through 2020. I know that I can get through anything sober, because I watch other people in the program face whatever challenge comes their way with grace and serenity. The past year in particular has made me reflect on this passage from the Big Book (page 98) often: “Some of us have taken very hard knocks to learn this truth: Job or **no job- wife or no wife**—we simply do **not** stop drinking so long as we place dependence upon other people ahead of dependence on God.” – **Katie L.**



ARCHIVES DEPT- FEATURING SARAH KLEIN – “ANGEL OF A.A.”

<https://aa-semi.org/archive/sarah-k-angel-of-a-a-2/>



There are many myths and urban legends about a non-alcoholic “member” of Alcoholics Anonymous in the metro-Detroit area. We hope this clears up many views.

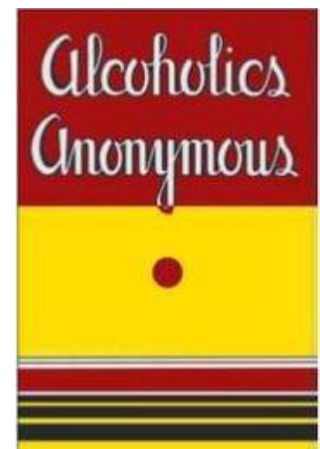
Sarah Klein

Sarah Klein, a non-alcoholic, had received one of the earliest copies of the “Big Book” which contained the story of Alcoholics Anonymous in April, 1939. It held the instructions for a program of recovery from alcoholism. She was so impressed by what she read that she wrote to the Alcoholic Foundation in New York City. In her letter, she inquired how they intended to put into practice that which they had wrote in the book. The Foundation had sent her a reply that they had a member in Akron that would be returning to Detroit about mid-summer. The Foundation also sent a letter to Archie Trowbridge recovering at Clarence Snyder’s home and informed him that they had received a letter of request from someone in Detroit and of course he assumed that S. Klein was not only an alcoholic, but also a man. [Archie Trowbridge](#) came home July 10, 1939 and immediately contacted S. Klein.

Sarah Klein could have been one of the leading socialites in Detroit, an outstanding art patron or belong to any of the many country clubs of the time. She chose instead to help a down and out recovering drunk in a flop house in Detroit’s skid row. She didn’t drink and never did.

1st Edition “Big Book”

Her unbelievable story has always been lightly touched on, the story of a social matron sitting with a recovering drunk in a dingy third-floor walk-up room on Kirby Street between Cass Avenue and Second Street, now a part of the Wayne State campus. Two people attending the first Alcoholics Anonymous meeting in the city; the alcoholic, sick and penniless, who was determined to start that first meeting in Detroit. Sarah Klein, then 53, a wife of an alcoholic, mother of two. She and the alcoholic, Archie, were complete strangers. His home was bleak, hers was an elegant home in the Palmer Park District.





Detroit Public Library

The only furniture in the room was single bed and a table with a wash basin. With no chairs in the room and Archie too weak to sit-up, Sarah would sit on the side of his bed as they talked. Her voice would carry, showing traces of her proper Bostonian schooling. She had been a student of the Greek, French and Latin languages.

She was the wife of Edward Klein, and advertising executive. They had raised two children, sending them off to college. She had been the perfect partner behind a bridge table. She had been one of the founders of the Women's City club of Detroit, a group of local women that encouraged people to attend plays to help maintain culture in a city of blue collar workers. But bridge, travel and talk about the new plays, she left to those whose hearts were not touched by an inspiration like hers.

She had been born into a proud and privileged New York family. The granite from father's quarry built New York's Grand Central Station and the Detroit Public Library on Woodward Ave and Kirby Street. She broke her mother's heart because she didn't want a debutante party, didn't like teas, didn't like chiffon dresses.

At the tender age of six, she had begun school in a Boston Girl's boarding school, and through her schoolmate and closest friend, encountered her first alcoholic, the little girl's mother. At 53, she recalled the compassion she felt for that beautiful alcoholic woman. Sarah recalled, "In those school years, more than twelve, no one ever mentioned that she drank. Three or four times a year she would lock herself into her room and drink for days and days. When she came out, the family went on like nothing had happened. I sorrowed for her. I cried on the inside, 'Why doesn't someone help her!'"

Her yearning to help caused her to throw herself into issues of the day: The peace rallies before World War I, the preparedness parade down Fifth Avenue led by Mrs. Theodore Roosevelt. She marched to the suffrage parades and her young husband, Edward would stand on the curb and laugh.

They moved to Cleveland, and then in 1920s they moved to Detroit, where her children, Charles and Jane Ann were born. She eventually went on to have four grandsons. During this time alcoholism touched her life again, someone very close. She said, "Again there was a prayer within me that somewhere there was someone who could help." That alcoholic turned out to be her husband, Edward. They were separated, and then divorced, moving out of the Palmer Park District, over to the east-side of Woodward Avenue onto Longwood Street. Edward was on an early A.A. membership list, living in a skid row hotel, but eventually disappeared.

A "Scratch" Hotel

Alcoholics Anonymous had begun in Akron and New York City and stories had begun appearing. Sarah wrote asking for information. Her letter, signed S. Klein, was referred subsequently to the lone interested alcoholic in Detroit who thought he might be able to start a "chapter."

Archie thought S. Klein was an alcoholic as well as a man. They met anyway. For three months, on Thursday nights the two held meetings, the jobless impoverished alcoholic and the slim aristocratic, divorced woman who didn't drink.



They prayed for another alcoholic to join them. They acquired two more men that achieved sobriety, but they didn't want to be involved in any of those "damned" meetings. Eventually, a man named Lloyd, his brother-in-law, a man named Steve, who was to become the group's first secretary, and a man from the [Ypsilanti State Hospital](#), who was Roy(Leroy), the first 12th step call Archie had made in March, joined their group.

Roy, the man from the hospital, was the first person from a "treatment center," although back then they were called asylums. This man was a former executive for Hudson Motor Car Co. and was able to go back to work for a major automobile company. Sad to say, he eventually died from alcoholism in the late 1940s.

Roy M.-Arch T.-Mike E.

Others came and went; they had to borrow chairs from other boarders, until they reached six, with one member sitting in the archway. Only Sarah could afford a telephone. She took messages from her home, it was uncharted ground. The "Big Book," Alcoholics Anonymous wasn't quite available or affordable yet, it was the princely sum of \$3.50 for those "low-bottom" drunks. They had to feel their way and pray. Arch would start each meeting by saying, "I haven't had a drink since September." Week by week they moved on.

In October, 1939, Sarah and the Bensons' urged Archie to go on the radio and be interviewed about his disease. The feeling was that by going on the air it would get the word out about Alcoholics Anonymous being available locally to the alcoholic. They also felt Archie was the best one to be interviewed, which would also help him with low self-esteem, even though the interview only last 6-7 minutes. This would probably be one of the first times A.A. was heard on the air.

Sarah Klein Article

Sarah was the office girl, secretary, receptionist, and finally, librarian. She carried "Big Books" in a briefcase, eventually going to six meetings a week, always going by bus and streetcar. This austere beginning was to set the stage for what was to become the Central Office, A.A. of Greater Detroit, incorporating in January of 1946. Sometimes her family would say, "Mother, you go with the queerest people." Sarah tried to keep her personal life separate, but enthusiasm bubbled out wherever she went.

One time a woman asked Sarah to meet her for lunch at the D.A.C., Detroit Athletic Club. The woman said she had seen Sarah at so many places and knew about her work and she begged Sarah never to tell people that her husband was alcoholic. Sarah assured her she never had to worry.

At first, Sarah's husband's family urged her to join the country clubs and try to become a part of their life. But she didn't fit in; she always felt she was a square peg. Near the end of her life, with the all the vigor she could muster in her voice, she would snap her fingers indignantly and say, "She'll have no part of that angel talk. Her hair was white, not gold. She could scarcely walk, much less fly."

Archie Trowbridge and Sarah Klein along with a lady named Helen King would start the first Intergroup in Detroit, called the [Metropolitan Groups Association](#). This experiment would prove to be very disastrous as there were no Traditions yet in place.



MARCH ROUND UP 2021 MARCH 5TH – MARCH 7TH, 2021 DETROIT, MI EST

Area 33 March Round Up 2021 - AA In A Time of Change

On March 5, 6, and 7th, Area 33 hosted a virtual conference on Zoom with the theme, AA In A Time of Change. The purpose of the March Round Up is to carry the message of experience, strength, and hope of our Society and the contributions for the March Round Up are dedicated to sending our current Delegate, Russ R., to the 71st General Service Conference which is being held virtually in April 18th to April 24, 2021. Each Area of Alcoholics Anonymous sends a Delegate for the General Service Conference. Since it is a virtual conference this year, the amount to be fully self-supporting for each Area is \$2,200.00 which pays for the technology, the employees who are administering the conference, for example. Area 33 was able to do that because of the generous 7th Tradition contributions of all who participated.

The March Round Up certainly was a success! There were hundreds of people listening to the experience, strength, and hope of the speakers and workshop panelists. We opened the conference with the Detroit Prayer. On Friday night, we kicked off the conference with the Michigan Speaker. On Saturday morning, we had a guided Morning Meditation and had the opportunity to continue with the speakers from Alateen, Alanon, and members of Alcoholics Anonymous. We are not a glum lot, for sure! We were able to close the night on Saturday with hilarious comedians who are also members of Alcoholics Anonymous. It was a fabulous way to close the night on a lighthearted and message of experience, strength, and hope. We closed the conference on Sunday with more powerful and strong messages.

The message of AA In a Time of Change, the theme of this conference, resonated with me, in particular, as we are still able to continue to live a life worth living beyond our wildest dreams. Although my first two conferences at March Round Up were in person at hotels with thousands of people, this transition to zoom for virtual conference reminds me of the passage from the Big Book, page xxiv, *"While literature has preserved the integrity of the A.A. message, sweeping changes in society as a whole are reflected in new customs and practices within the Fellowship. Taking advantage of technological advances, for example. A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world. In any meeting, anywhere, A.A.'s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics. Modem-to-modem or face-to-face, A.A.'s speaks the language of the heart in all its power and simplicity."*



Area 33 March Round Up 2021 - AA In A Time of Change story continued...

By members committed to service through the organization of the conference, and our members of our Fellowship who shared from different states and locally, the language of the heart still resonates even virtually. The prayers and message are so powerful even over a computer screen. What a concept! This conference and the experience of the stay-at-home orders caused by the global pandemic, has encouraged me to have the courage to try meetings and conferences, virtually, and to most importantly, connect with my Higher Power and then pass it on to other alcoholics while practicing the principles throughout all my affairs. – Dana M.

On **April 11, 2021 on Zoom at 2:00 pm EST**, March Round Up has its 2022 Kickoff meeting and there are still opportunities of service:

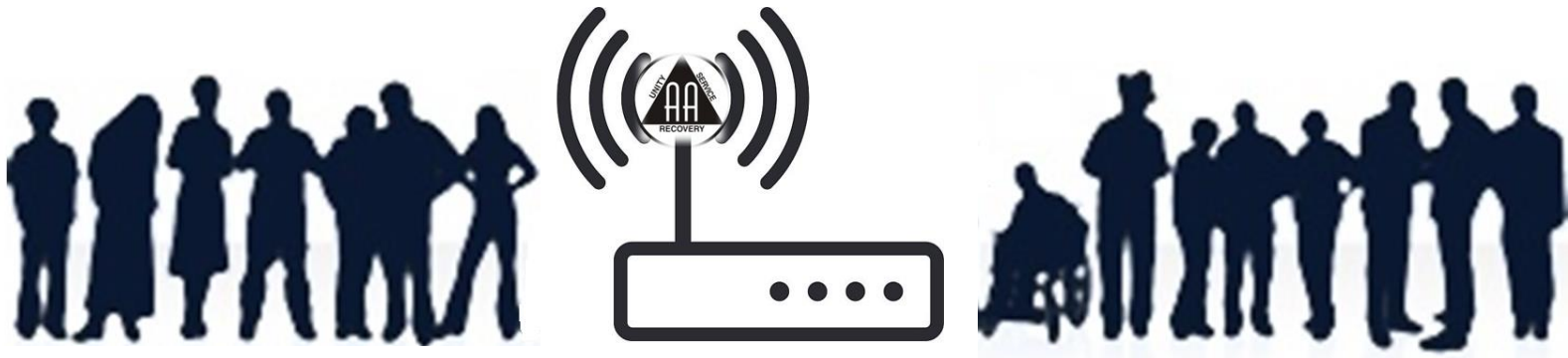
Meeting ID: 742 8494 9684

Passcode: MRU - For more information, please email area33mruchair@aa-semi.org

The Zoom link is: <https://us04web.zoom.us/j/74284949684?pwd=K09PbnE4VUM0LzlPMDBHei91R2E2UT09>

Thank you to the committee and to all who made the March Round Up enjoyable! If you missed the conference and/or would like to order the dvds of the conference, please find the link to the recordings at BC Sobervoices at <https://www.bcsobervoices.com/>





Modem - to Modem: Speaking the Language of the Heart

I am amazed at the numerous amounts of resources of the solution of Alcoholics Anonymous. I admit that prior to the pandemic and stay at home orders, I only thought that A.A. had in person meetings. I was originally scared of being on Zoom or other virtual meeting platform because of what I heard in the news and just being online. As each day passed, it was clear that the virtual solution was going to last a lot longer. My fears were, for example, a) would the meeting be the same, b) can I recover online, c) what about the newcomer, d) how is it going to be? Taking that first leap of faith starting with online meetings from my Home Group, I was able to continue the routines established - and what a blessing that was - yet still thinking in the back of my head (mainly future tripping) that soon, we would meet in person.

Memorial Day, July 4th, Labor Day, Sweetest Day, and soon Thanksgiving approached - it was crystal clear that the unknown of in person was the known. After careful prayer and meditation, a few ladies created a woman's Morning Meditation Meeting as it was done in the 1940's and 1950's originating from the Oxford Group and the How to Listen to God pamphlet. We were to voyage on the unknown frontier of an online meditation meeting!

At a Group Conscience meeting attended in another state, one of the ladies mentioned that there was an Online Intergroup. Hmm, I thought, what was that? One of the members thought it was not affiliated with A.A., so, of course, my curiosity got the best of me, and I looked it up. We found that the Online Intergroup (aa-intergroup.org) did not recently get created as a result of the pandemic and meetings transitioning on Zoom or WebEx.

There was a community of Alcoholics online since the 1990's and they were looking forward to meeting other Alcoholics in person at the San Diego International Convention of June 1995. The Living Cyber Committee (LCC) formed in March 1994 for the purpose of hosting the hospitality suite for the San Diego Convention. Basically, in order to communicate its existence, the LCC created a web page and the members of the committee circulated info about this new opportunity and web page. Because not everyone could participate at the convention, the LCC created a link to the online fellowship. This resource proved a success! After the convention, the LCC dissolved, and the online AA groups thought it important to continue having a representative from each group to participate to that committee. With their Group Conscience, the former LCC was newly formed into an Intergroup.

Story continued...



ONLINE INTERGROUP OF AA



Building Fellowship: Anytime, Anywhere - For Everyone

[HTTPS://AA-INTERGROUP.ORG/](https://aa-intergroup.org/)



Modem - to Modem: Speaking the Language of the Heart, story continued...

It is now known as OIAA or Online Intergroup of Alcoholics Anonymous. Just like any other AA Intergroup, all of the traditions, concepts, and steps are the same. There are service boards, and you can add your meeting to their online directory as long as your group follows the Traditions of Alcoholics Anonymous. There are even standing committees such as "Policy and Admissions, the World Wide Web, the Finance, Public Information, Convention, and Unity to be of service. Since the pandemic and the need for online meetings, the OIAA went from hundreds of online meetings to over 3000 meetings listed in their directory: all made possible by trusted servants.

Our online groups have signed our meetings up with OIAA and it is always exciting to see new faces from around the globe join us to carry the message as we follow traditions. It has been an exciting year since spring 2020 and I have much gratitude to follow the three legacies of AA: Unity, Service, and Recovery. By taking that leap of faith and connecting by modem to modem with other alcoholics, I have much gratitude that there exist resources such as the online intergroup. If you are struggling or would simply like to join a new meeting, or both, there are over 3000 meetings, just click the link: <https://aa-intergroup.org/oiaa/meetings/> - It is also possible to add your online meeting to this resource.

This year has really instilled upon me the importance of the HOW of the program especially being open to new ideas. I am truly grateful for being open to new ideas that have helped me change and grow resulting in the spiritual experience I crave; reminding me of page 567-568 of the Big Book, and specifically, p. 568, "We find that no one need have difficulty with the spirituality of the program. *Willingness, honesty, and open mindedness are the essentials of recovery. But these are indispensable.*" – **Dana M.**

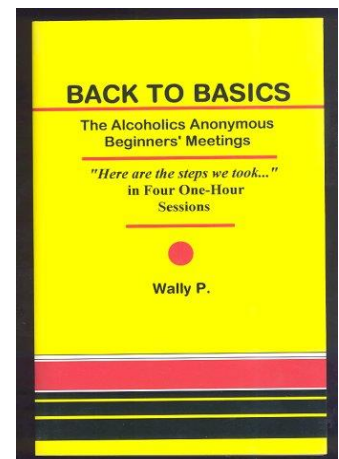
"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance--that principle is contempt prior to investigation." - **Herbert Spencer**



50 years of being in AA

In 50 years of being in AA, I had never heard of the “Back to Basics” 4-week course. Recently, having found a new sponsor and having a hard time getting together during this time of COVID, and me wanting to get started on another 4th step again, someone reached out to me and told me about the 4 weeks Back to Basics course that the old-timers used to do, and I wanted to share this with you! It was amazing that I got to complete ALL the steps in 4 weeks on zoom in one month. The feeling of being with other alcoholics, working ALL the steps together, was so powerful. I learned a long time ago that skipping oversteps, cutting corners, and not coming to meetings eventually led to my relapsing.

Recently, I came back to AA after a bout with Medical Marijuana and wanted to start over and begin working the steps with a newfound vigor. I was assigned a partner in Back to Basics which made it easy for me to be a part of. I did the 4th step and the 5th step with my sharing partner. I did it before the deadline even I was so anxious to get started on a new 4th step right away. Before the 4th and 5th steps, we read through steps 1-3 and did the 3rd step prayer together. Yes, I will do a more in-depth 4th step with my sponsor, but I am now free from much wreckage that I have been carrying around, and already feel so much better having shared that with my sharing partner. We then proceeded to steps, 6,7,8,9,10, 11 and 12. In 4 weeks I worked the steps quickly, like the old timers did and who felt it was essential that everyone do. Do them quickly in 4 weeks!!



The 2 readers of the Back-to-Basics book at the end asked each one of us, “Will you carry this message to other alcoholics?” On zoom we individually raised our hands and had so much willingness to help others still sick and suffering. Never had I done an in person Back to Basics 4-week course of the 12 steps. One day I hope too. In the meantime, I have already asked to be a part of starting up the next Back to Basics on ZOOM so I can be a partner to someone else wanting to do the 4th step and will be there to listen and guide them through their 5th step. Every time I read the Big Book, I learn something new, just like reading the Back to Basics book I heard and learned something new.... again! We did work each week individually, like started to make amends to those we had harmed and learned to start practicing “prayer and meditation” daily. We wrote down our guidance and could share that with our sharing partner. I love this from the “How to Listen to God Pamphlet” which is also in the Back-to-Basics book. “There is a way of life, for everyone, everywhere. ANYONE can be in touch with the living God, anywhere, anytime, IF WE FULFILL HIS CONDITIONS: WHEN MAN LISTENS, GOD SPEAKS. WHEN MAN OBEYS, GOD ACTS. This is the law of prayer” (“How to Listen to God” pg. 4.)



50 years of being in AA, story continued...

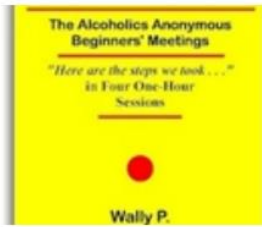

I personally feel this is an excellent way of doing service for others in the program who want to get through the 12 steps. It is very thorough, so rewarding, and I now feel a greater sense about me that I can listen better and serve others in the program in a much better way. I DID ALL THE 12 STEPS in 4 weeks. I am hungry to do them again and again and help others do them in 4 weeks too. I recommend this to all my recovering sisters and brothers who want to get through the 12 steps quickly like they believed we needed to do so long ago. IT WORKS! IT REALLY WORKS! I have more experience to share now, I hear your experience more now. I have more strength and hope in my own recovery and feel more confident that I can help others better now after taking this Back to Basics 4-week course. We will keep you updated on the next Back to Basics on Zoom and very much we hope to have you join us. Who knows, perhaps I will have the honor of being your sharing partner like someone was for me. Glory to God. Glory to AA. Everything I need in my recovery is in the BIG BOOK which I will continue to read and learn from. I will also be back to the next Back to Basics 4-week course for more learning and helping others, for it is in helping others that I find my greatest joy, and biggest release of self.

This is the goal I strive to do daily, along with coming to meetings, doing service work. working the steps and NOT PICKING UP one day at a time. I am ready to be of more service now than ever before. Sure, hope to see you at the next Back to Basics, Four One-Hour sessions of "Here are the Steps we Took....." May you continue to rely on a POWER GREATER THAN YOURSELF, this POWER will remove our obsession to drink and lead us to a "NEW FREEDOM AND A NEW HAPPINESS." - Jyl F.

HAPPILY AND USEFULLY WHOLE DCM **20 NEWSLETTER MEETING**

***The next meeting is on April 4, 2021 at 1:00 pm
EST on Zoom.***

**Zoom Meeting Code: 853 7441 5046
Passcode: 537129**

<p style="text-align: center;">BACK TO BASICS LADIES MEETING</p> <p>BACK To BASICS - Work all 12 Steps in Four Weeks Get your foundation started, like they did in the early 1940's when A.A. had a 75% success rate!</p>	<p>Come be part of how people stayed sober with the A.A. Beginner's Meetings. Great for newcomers. Bring your sponsor or a sharing partner can be assigned to you at the first meeting. Great for old timers. Bring a newcomer and show her how to recover. We will be reading from the Back To Basics Book to show you precisely how we have recovered from a seemingly hopeless state of mind and body</p> <p>Saturdays from 9:00 am –10:30 am EST April 10th, April 17th, April 24th, & May 1st</p> <p>Register by April 8, 2021 – Space is limited. Email: back2basicsmigroup@gmail.com</p>	 
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Founders' Day 2021 will be a virtual event. Registration is required and opens on **March 15th**. There is no fee to register, although donations are greatly appreciated. An exciting lineup will be released soon. The Founders' Day Committee encourages you to check back for schedules and details.

THE HISTORY OF FOUNDERS' DAY

Founders' Day has been an important part of the history of Alcoholics Anonymous. Our current celebration has its roots from our humble beginnings. Here are a few events which have helped shape our annual Founders' Day celebration.

1941 Bill W. and Dr. Bob were the featured speakers.

1942 Dr. Bob traced the early history of our movement, introduced early members, followed by a buffet supper served by wives of Akron Group #1.

1945 Dr. Bob and Bill W. spoke at a dinner at the Mayflower Ballroom.

1945 A modest celebration was held at the M. O'Neil Auditorium with the co-founders present.

1947 Dr. Bob and A.A. #3 Bill D. were the speakers.

1948 The Akron Armory was used and talks were given by Dr. Walter Tunks, Bill W. and Dr. Bob.

1951 Dr. Bob had died. An open house was held at 855 Ardmore. (Dr. Bob's Home) Bill spoke at the Goodyear Theater.

1953 Bill W. attended an open house at St. Thomas Hospital.

1957 The first "Play" was introduced and a Sunday morning breakfast was held at The University of Akron's Memorial Hall.

1958 Bill W. his wife Lois W. and Ethel M. were speakers at The University of Akron's Memorial Hall.

1961 This was the start of the memorial for Dr. Bob at 9:00 am.

1965 The "Modern" Era of Founders' Day begins with the first Friday-Sunday Weekend. Founders' Day is an integral piece the legacy our co-founders have left for us. Founders' Day has grown to where 10,000 visitors from around the world come each year. Please come to Akron to see, to feel, and to be part of The Fellowship of the Spirit.

<https://foundersday.org/>



1 1TH STEP MEDITATION - STAYING SOBER –

AA IN A TIME OF CHANGE

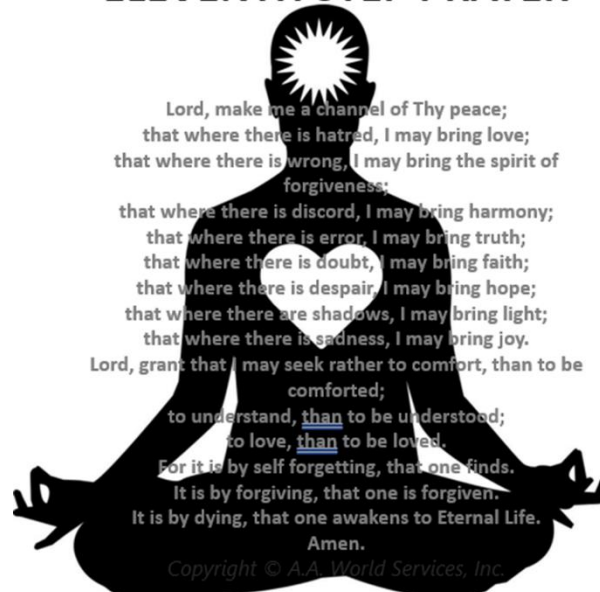
I was first introduced to this amazing women's **Alcoholics Anonymous** group called **How To Listen To God (HTLTG)** by my sponsor just 3 weeks after my recovery journey began. I will admit that I was immediately very skeptical about this group mainly because of the title and was not sure how I could be taught how to listen to God. I strongly believe in God as my **Higher Power**; however, I had lost and regained my faith in Him many times since my parents' passing as a young child. It was hard for me to imagine that I could ever make any conscious contact with my Higher Power; since I had been talking and praying to Him my whole life. The big difference was that I never learned how to actually be still and truly try to listen. It was through this **HTLTG** women's AA group that I feel like I

All women are welcome at this meeting; some may just be hours sober after or decades sober full of wisdom and experience with successfully maintaining their sobriety **one day at a time**. I've met some fascinating women from all over the world to those living just minutes away, all with very unique stories. This is an **11th Step Meditation** meeting where we sit and try to meditate in silence for eleven minutes and many ladies journal as suggested. Some sit and meditate or pray; others journal whatever racing thoughts come into their minds; and many have had success writing letters to God and in time have heard what God wanted them to hear in response. For many of us denial and deception were a foundation on which we built our lives of addiction. Inversely, it is this strict **honesty** that we build our recovery on. Being honest with ourselves and writing about what we are thinking and feeling makes it easier for us to start opening up and sharing with others. Writing about my fears or resentments has helped me bring these into the light of consciousness where they can be dealt with; while writing about my hopes, dreams and intentions has helped affirm these in my mind.

After our meditation period we are asked to test our thoughts to see if they are **honest, pure, unselfish** and **loving**; if these thoughts are in line with our spiritual teachings; and if they are in line with our duties to our family and our county. If so, then these thoughts would come from God or our Higher Power and we can share these thoughts, if we would like to. For me I have had the most success listening to God through this **Two-Way Prayer**. I have had many of my questions or prayers to God answered through someone else's share. By accepting life as it is; I have been able to start letting go of the guilt, shame, and anger that I have been carrying around for years. I have also been able to start to forgive myself and others; and in turn change the direction of my life for the better.

This women's group has been a safe haven and judgement free place where we can share our experiences, strengths, and hope by offering comfort, compassion, and understanding to one another. This empowering group of women have offered me inspiration, guidance, and perspective on a daily basis. They have helped me remain sober from alcohol for over five months now. They have also helped me improve my **emotional sobriety** through finding **acceptance, patience, faith, courage**, and the **willingness to keep coming back** and working the steps. My daily practice of making a list of some things I'm grateful for; including this group of women and my sponsor, has helped bring balance and **serenity** to my life. It is through this **Eleventh Step Prayer** and meditation that we improve our conscious contact with God; as we understand Him, and we pray for the knowledge of His will for us and the power to carry that out. I am so thankful for this AA program and look forward to helping other alcoholics stay strong through their recovery. – **Maureen M.**

ELEVENTH STEP PRAYER





District 20 Officers & Monthly Meeting information

The Districts form the next larger unit, the Area. There are 25 Districts in General Service of Southeast Michigan - Area 33, which includes a Spanish district. GSRs and DCMs attend Area Assemblies once a month to share information and vote on issues that affect A.A. as a whole.

District 20 Business Meeting

Attendance is open to any AA members residing in District 20.

Last Tuesday Of The Month

AT 6:45 PM

District 20 Information

DCM: Shannon H.

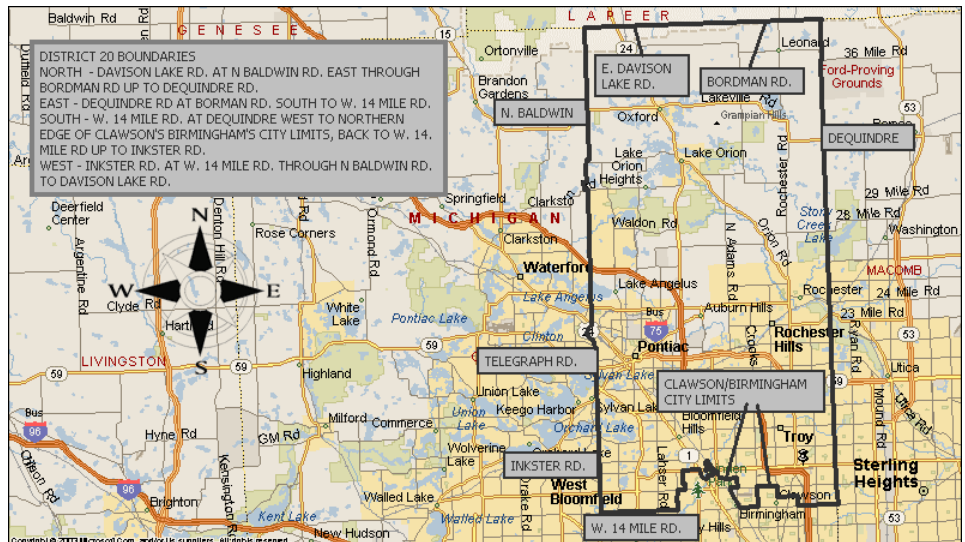
Email: dcm20@aa-semi.org

Send Contributions To:

District 20

PO Box 70963

Rochester Hills, MI 48307-0963



Additions

District 20 Officers for 2021-2022 Term

District Committee Member Shannon H. Saturday Morning Live

(Rochester)

Alternate District Committee Member Georganne G. How It Works

(Lake Orion)

Secretary Gar H. Acceptance (Bloomfield Hills)

Treasurer Kathy M. Surrender Group (Troy)

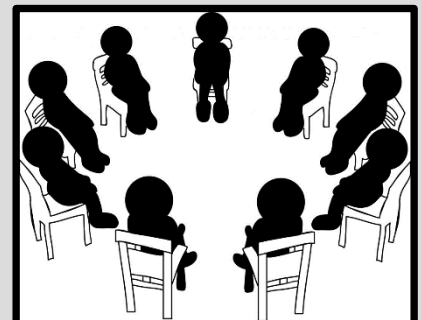
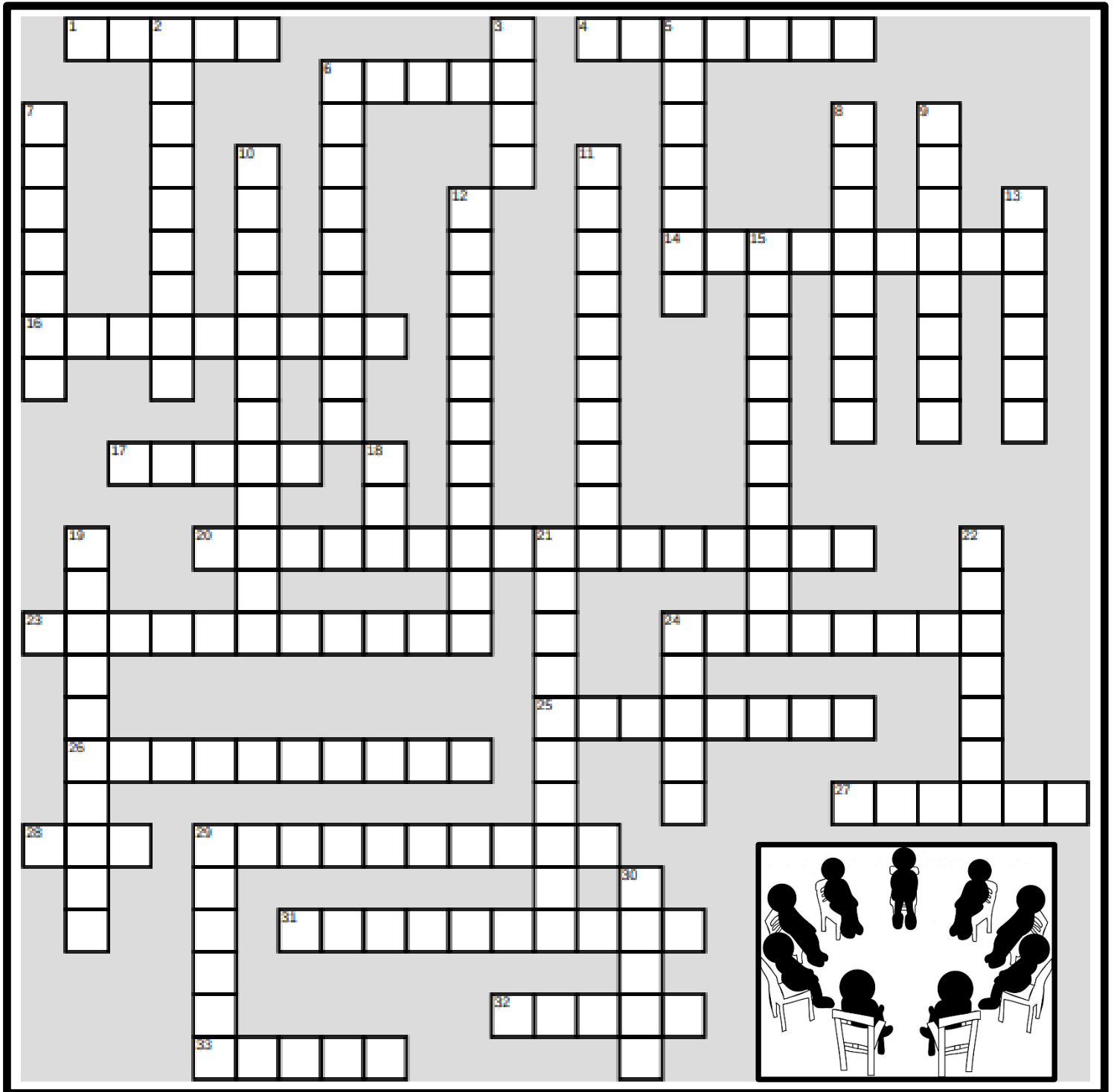
Newsletter Editor Dana McA. Acceptance Group

(Bloomfield Hills)

**NEXT ZOOM
MEETING
MAY 25TH,
2021 AT 6:45
EST**



ALCOHOLICS ANONYMOUS CROSSWORD



**Across**

- 1 Carl Jung was a noted _____ psychoanalyst
- 4 This is the name of the worldwide fellowship that offers a program of recovery for the younger generation of the families of alcoholics
- 6 "_____ works it's magic in an area called the mesolimbic pathway"
- 14 Our AA newsletter is called the _____
- 16 a person who claims neither faith nor disbelief in God.
- 17 The 2013 _____ for our annual convention was "Trudge the road of Happy Destiny"
- 20 "This we owe to A.A.'s future: to place our common welfare first; to keep our Fellowship united. For an A.A. unity depend our lives and the lives of those to come", is called the. (2 words)
- 23 "With all the _____ at our command, we beg of you to be fearless and thorough from the very start"
- 24 the title of the first opening meeting at the VCAAC Convention on Friday, is called the _____ Speaker
- 25 The three legs of the _____ represent the Three Legacies of Recovery, Unity, and Service
- 26 Rarely have we seen a person fail who has _____ followed our path
- 27 In step 12 we ask you when you speak to another alcoholic continue about our disease, refer to it as an illness, a fatal _____
- 28 For our group purpose there is but one ultimate authority, a loving _____ (Tradition 2)
- 29 The Second Edition of the Bog Book added the _____, --"
- 31 A.A.'s Twelve Traditions apply to the life of the _____ itself
- 32 The first name of the 2007 VCAAC Alcoholic Anonymous Chairperson
- 33 In what step do we " Humbly ask Him to remove our shortcomings"

Down

- 2 In Step 4 we make a searching and fearless moral _____ of ourselves
- 3 "The Big Book is our basic _____ for our Society".....
- 5 it is believed that Alcoholics of our type have a _____ to Alcohol
- 6 We celebrate _____ at certain meetings for staying sober consistently for 365 consecutive days
- 7 When a sober member of AA has a "slip" or goes "off the wagon"
- 8 "God grant me the _____"
- 9 In Step 5 we _____ to God, to ourselves and to another human being the exact nature of our wrongs
- 10 In Step Seven we "Humbly ask Him to remove our _____"
- 11 William Silkworth, subjected Bill W to a detox regimen known as the _____ Cure
- 12 " _____, honesty, and open mindedness are the essentials of recovery"
- 13 "13th step"—AA slang for _____ exploitation
- 15 The Big Book of AA has helped millions of men and women recover from _____
- 18 We are learning to live without alcohol _____ at a time.
- 19 "AA's Twelve _____ apply to the life of the Fellowship itself"....
- 21 the next to last meeting we have at the VCAAC Convention is known as the _____ Meeting
- 22 VCAAC stands for _____ County Alcoholics Anonymous Convention
- 24 the name of the Hotel were we are currently hosting our VCAAC Convention
- 29 AA addresses this risk with the eighth and ninth steps, which require alcoholics to make _____ to people they've wronged
- 30 The Preamble _____ appeared in the Grapevine in June 1947



Saturday, April 3, 2021
9:30 AM to 1:00 PM PDT
Zoom ID: 834 8110 8128
Passcode: AFV

A Feminine Victory
again

**A SOBER WOMEN'S EVENT
 CELEBRATING OUR AA HISTORY**

9:30 AM PRESENTATION
**Angels, Saints & Sinners:
 Pioneering Women in the
 Early Days of AA**
 Kathleen CH. Dallas, TX (1983)

**FOLLOWED BY AN AFTERNOON
 OF FABULOUS SPEAKERS**

11:00 AM Francine W.
 Palm Desert, CA (1979)

12:00 PM Wendy A.
 Los Angeles, CA (1993)

1:00 PM Marilyn S.
 West LA, CA (1972)

all new speakers

4W *What it was like, What happened and What it is like now - Women*

Portraits and names on the left:
 Sylvia K. 1939
 Marty M. 1941
 Sybil M. 1941
 Florence R. 1937
 Jimmy M. 1948