

# Outside the Bottle

District 16 Newsletter

June 2022



God grant me the  
SERENITY to  
accept the things  
I cannot change;  
COURAGE TO CHANGE  
THE THINGS I CAN;  
& wisdom to know  
the difference.

# **Grateful, Recovering Alcoholic**

**Anita B.**

Hi! I'm Anita and I'm a grateful recovering alcoholic. What a relief to be able to say that and to be among others who get me. I remember jumping on my first Zoom AA meeting, seeing the nods of others, and realizing I was no longer alone or different in my thinking. I was no longer burdened with the shame of not being able to control my drinking by myself. I had hope for the first time in a long time.

My alcohol story is like many others—difficult childhood, lots of family drama, need for perfection from myself and from others. And I was fortunate because while these circumstances could have led me down the path of alcoholism earlier in my life, I found spirituality in my religion. That worked for a long time until it just didn't. At some point, very slowly, my spirituality that grounded me started petering away. As my marriage started to have cracks, the demands of my career escalated and I experienced the losses of several relatives, I was introduced to my back-stabbing friend alcohol, who made all my troubles and worries go away. Suddenly, I had the perception that everyone liked me and that I was funny (I can be even sober). For those hours that I was drinking I could let down my need for perfection. I could be the unguarded Anita that I was dying to be.

At first it worked. I'd go out and socialize with my friends, sipping a good tequila and enjoying a good bottle of wine. But my friend alcohol wanted more of me, and the more alcohol wanted me, the more I craved it. It wasn't unusual to go out with the girls until 2 am, come home drunk and drink more until I passed out. Everything in my world revolved around drinking, asking myself what time I could leave work and go to the bar to begin my nightly routine of drinking and passing out.

Then one night, I was waitressing at a bar a friend owned. At the end of the night, we all pounded a few shots of tequila. I thought I was okay to drive. I wasn't. Within two blocks of the bar, I got pulled over for a DUI. I had to call my husband at 4 am from the county jail. That should have been my rock bottom—here I was an accomplished educator, mother, wife sitting in a county jail wearing prison jumpsuit and eating crappy food. But I was insane. I was too afraid to sever my relationship with my best friend - alcohol. I thought I tried to outsmart my disease and decided alcohol wasn't the problem. It was only driving while drinking. I continued to drink, but now I drank alone at home.

My drinking career ended thanks to the courts. The weekend before my arraignment, I drank as I usually did—a lot. At the arraignment the judge ordered alcohol testing to be completed within 24 hours. I went that Tuesday to alcohol testing, where I was told that the alcohol could stay in my system for 24 hours. I was screwed. I hadn't gone drink-free for over two years at this point. I knew I couldn't do it by myself. I was broken and desperate and I needed help.

It was this decision that literally changed my life. I decided to find an AA meeting. That zoom meeting saved my life! It was at this group that I found my first sponsor and made close, meaningful friendships. This meeting was the first step to getting to know amazing people—myself included. As I have worked the program, the Steps have allowed me to reconnect with my Higher Power, trusting my Higher Power to direct me to do the next right thing. I can't say that life is always easy, but I have tools to deal with life on life's terms. And when life is joyous, which gratefully it is most of the time, I can appreciate and be grateful for the gifts that were given me. Today, when I say, "Hi, I'm Anita, a grateful, recovering alcoholic," I say it with tremendous gratitude that I've been given the gift of sobriety.

# There Is a Solution

Dan P.

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Hi! I'm Dan and I'm an alcoholic. I believe I was born with this illness and one day I finally woke up. I'm going to tell you a story about my beginnings and the things I had to overcome in sobriety.

This was about three years ago. Things had gone bad with my wife. Very rough situation. I had opted for suicide. I did not go through with it. I ended up at the hospital and when I left, I learned that I had an addiction problem after talking to a therapist. I was told I could not drink any longer. At that point I had given up everything, so I decided I wasn't going to drink anymore.

The first couple days at home after the visit to the psych ward were very strange. After two months I had decided to go to AA with my therapist nudging me a bit. Shortly after joining AA, I had met my sponsor who I still have today. I started finding empty alcohol bottles in my car in the morning before work and after meetings. Always empty. Did not know if I was sleepwalking. I wasn't sure what was going on. I ended up going to the hospital getting checked out for everything including a brain tumor. All the tests turned out fine and I was given a clean bill of health.

During that time, it was very toxic in my house with my wife. My phone would go missing, my wallet would go missing, no ID, no debit card, no credit card. This happened three or four times. I went to the Secretary of State several times!

One day I was issued a PPO after trying to get into my own house! I was not allowed in my house for 13 months and didn't see my son for five weeks. Then I was able to see him once a week with a tutor for only one hour. As it turns out, my now ex-wife was planting the bottles in my car to try to get me to relapse, but I never did. I stayed close to my sponsor and went to meetings every day. I talked about everything that was going on and I did not pick up a drink during this time.

It is over three years later, and I am still sober and still going to meetings. I have a come long way! I don't take Alcoholics Anonymous, my higher power, and the relationships I have found in the AA fellowship for granted.



## SUMMER FUN!



**Madison Heights Group of Alcoholics Anonymous  
is hosting:**

### **Canoe Trip**

**Sunday, June 5<sup>th</sup> from 12:00 to 3:00 p. m.**

**Potluck Picnic to follow at:**

(Heritage Park / 44500 VanDyke / South of M59)

Clinton River Kayak

37328 Utica Road, Sterling Heights

Call 248-421-3445 to reserve a canoe

Canoe Rental \$70

Kayak Rental \$40

### **First Things First Group of Berkley Summer Picnic**

**Saturday, June 11<sup>th</sup>  
10:00 a. m. to 2:00 p. m.**

Join Us for Food & Beverages!  
Potluck – Bring a Dish if You Wish

### **Games and Fellowship!**

At Jaycee Park  
(Bacon Ave & Webster Rd in Berkley)

## STEPS, TRADITIONS & CONCEPTS

**Step Six:** Were entirely ready to have God remove all these defects of character.

**Tradition Six:** An AA Group ought never endorse, finance, or lend the AA name to any related facility, or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

**Concept Six:** The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

## UPCOMING EVENTS

### **AA of Greater Detroit – 50 years in Ferndale celebration!**

Saturday, August 13<sup>th</sup> at Noon  
Harding Park Pavilion  
Mapledale Street, Ferndale

### **Tri-County Conference – September 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>**

Pre-register now for just \$20  
Please visit [www.tricountyconference.org](http://www.tricountyconference.org) for details and service opportunities!

### **SAVE THE DATE!!**

#### **2022 Michigan State Convention – hosted by Area 33**

Auburn Hills Marriott Pontiac  
December 16<sup>th</sup> – 18<sup>th</sup>, 2022

#### **Bi-Monthly Intergroup Meeting**

Monday, June 13<sup>th</sup> at 7:00 p.m.  
1<sup>st</sup> United Methodist Church of Madison Heights  
246 E. 11 Mile Road, Madison Heights, MI 48071

#### **District 16 meets at 7:00 p.m. on the 4<sup>th</sup> Thursday of every month at:**

1<sup>st</sup> United Methodist Church of Madison Heights  
246 E. 11 Mile Road, Madison Heights, MI 48071

We are self-supporting through our own contributions. The District, representing the overall conscience of 77 groups, is greatly appreciative for any and all donations. 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 - *Payable to:* **District 16 of Area 33 AA, PO Box 725362, Berkley, MI 48072**

**Outside the Bottle** is the newsletter of District 16. The newsletter contains announcements, meeting changes, events, news & information around the district, and stories about sobriety and recovery.

Any AA member is invited to submit material to the newsletter. Please send questions/comments/contributions to: [district16news@gmail.com](mailto:district16news@gmail.com)



Thank you to all newsletter contributors and to the many people that distribute the newsletter throughout our district. We are truly grateful for your service!

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**“Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.”**

-Alcoholics Anonymous, p. 164