



Alcoholics Anonymous Area 33 - District 21 & 22

Sober Times

February 2023

I AM RESPONSIBLE ... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.



The District 21 & 22 monthly newsletter's purpose is to share the AA message and inform members of upcoming events around our area and the needs and celebrations of our local AA groups. Supporting our members in unity, service and recovery. Please email district21.22aa@gmail.com with details of your group's upcoming celebrations, events and/or needs.

Did you know...

About Area 33 Accessibilities?

If you, or you know of an AA member, unable to attend meetings due to accessibility issues (hearing, visually, mentally or physically impaired, language barrier, bed bound, chronically ill), contact Area 33 Accessibilities and they can help connect you with AA members in your area and appropriate resources.

If interested in service work with Area 33 Accessibilities, please notify the committee either by phone or email

(248) 274-6055

Area33accessibilitieschair@aa-semi.org

~ District Boundaries ~

District 21

Macomb County north of Metro Pkwy.

District 22

All of St. Clair County except Port Huron and Port Huron Township

~ AA Hotline ~

(877) 337-0611

Upcoming Events

☺ = food will be served

- Gary and Matt's Big Book Study - February 4th 9:30 am - 4:00 pm
Watermark Church - 54205 Washington St. New Baltimore 48047
\$10 donation opt. at door to cover materials & food ☺ - Open event
- District 21/22 Meeting - February 13th 7:00 pm
New Life Presbyterian Church - 11300 19 Mile Rd. Ster. Hgts. 48314
- Utica Tuesday Night ~ 63rd Anniversary celebration ☺
February 14th 630pm doors open; 7pm dinner (bring a dish to pass if you wish); 8pm speaker (Grace L.)
New Life Presbyterian Church - 11300 19 Mile Rd. Ster. Hgts. 48314
- Area 33 Assembly Meeting - February 19th
11am new GSR orientation; 1130am lunch; 12pm business meeting
VFW Hall - 24222 W. Nine Mile Rd. Southfield 48033
www.aa-semi.org
- Adair K.I.S.S. ~ 28th Anniversary celebration ☺
Sunday, February 26th 6pm doors open; 7pm Traditions skit
8052 Chapin St. Casco 48064
- March Round Up - March 3rd-5th
Motor City Hotel - 2901 Grand River Ave. Detroit 48201
Additional information: area33mruchair@aa-semi.org
Registration: area33mruregistrationchair@aa-semi.org

To have your group's anniversary or celebrations announced in the newsletter, please email details or flyer to district21.22aa@gmail.com.

Second Step

Came to believe that a Power greater than ourselves could restore us to sanity.

Second Tradition

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Spiritual Principles

Step Two~ Hope: a feeling of expectation and desire for a certain thing to happen; a feeling of trust.

Second Step Prayer

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today.

Concept 2

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Sanity Restored

BY: Michael P.

Sobriety means more than a lengthy string of days

This November I will have seven years of continuous sobriety. Seven years of doing the right thing. Seven years of not letting myself use alcohol as a way to cope with life. It seems like a lot of time, yet staying sober is more than an accomplishment memorialized by a chip and cake at my home group.

Sobriety for the sake of long-lasting sobriety, or a large amount of time sober, has never been my focus. I've simply stayed sober one day at a time, while knowing the most important time in my recovery is my current 24 hours. I have to say I'm not as impressed as I thought I might be with the lengthier amount of time I've accumulated. Yet I am in wonder and awe at what continuous sobriety represents—the restoration of sanity.

In the Big Book Chapter "A Vision For You," I have seen myself. I am the proverbial "corker" the head nurse talked about when Bill and Dr. Bob enquired about "a first-class alcoholic prospect." I truly had no idea how long I stayed in my alcoholic insanity. I simply woke up in August 2013 in an emergency room, irritated because of all the shouting coming from some insane person. As I came out of a major blackout, I realized the insane person causing me so much irritation was, in fact, me. I was tied down to a gurney and had several IVs going. A cop came into the room and told me I very nearly died of alcohol poisoning. I felt such a profound sense of shame for being such a burden on society that I sought help and found that help in Alcoholics Anonymous.

I thought all I needed to do was stay sober and the rest would come. Nine months later, I relapsed. And in that relapse, I finally found the desperation and bottom needed to set me on a course out of insanity. Alcohol, it seemed, was not my problem. It had merely become a symptom of my insanity, and that insanity started long before I ever took my first drink. Therefore, I find that my continuous sobriety is simply a marker on a calendar revealing to me the time spent restoring myself to sanity.

The first seed of sanity came when I realized my powerlessness over alcohol and the unmanageability of even the simplest things in life. Sanity grew as I relied on an external power to bring balance to my life. Sanity blossomed even further after I let go of the idea that I could become sane on my own. Each step of the process of regaining my humanity also bought me a little more sanity.

Moral bankruptcy turned into moral equity, hidden horrors became total transparency, self-hate turned into forgiveness and removal of defects of character, arrogance gave way to humility, blaming others was traded for personal accountability, selfishness gave way to seeking justice for others other than myself, procrastination was squelched with prompt appraisal of my behavior, dwelling in morbid thought became meditation on higher ideals and spiritual ruin was replaced with an awakening of spirit of the "educational variety," as the Big Book says. And all the sanity I gained, I freely share with those in need.

My sober date is just a number that indicates how long I've worked on my sanity. If I remain happy, joyful and free of the insanity lurking in the background, waiting for the opportunity to imprison me yet again through an alcoholic stupor, I just may be blessed with an opportunity to pass on my newfound sanity to one that still suffers. When that day comes, I will embrace it as the very good day it will be. And remember that I got there one day at a time.