



Alcoholics Anonymous Area 33 - District 21 & 22

Sober Times

April 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.

Upcoming Events

☑ = food will be served 🍰 = dessert provided

Did you know...

about these meetings.....

Open Door

Turner Chapel
125 Clinton River Dr.
Mount Clemens 48043

Saturdays at 3:00pm

Come out and give them your support

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Open Meeting

BYOBB - 4D Study

Big Books are available for use

great for newcomers...& everyone else

Watermark Church  
54205 Washington St.  
New Baltimore 48047

Mondays 8:00pm - 9:30pm

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~ AA Hotline ~
(877) 337-0611

~ Area 33 Accessibilities ~
(586) 335-2840

Area33accessibilitieschair@aa-semi.org

- Area 33 Pre-Conference ~ April 2nd 11:00am - 4:00pm ☑
Registration at door is available, pre-registration is advised:
www.aa-semi.org
VFW Hall - Post 2645 - 24222 W. Nine Mile Rd. Southfield 48033
- March Round Up Planning Committee ~ April 8th 10:00am
Zoom Meeting ID: 848 6288 6959 Passcode: 33
Contact: area33mruchair@aa-semi.org
- District 21/22 Meeting ~ April 10th 7:00 pm - 8:00 pm
New Life Presbyterian Church - 11300 19 Mile Rd. Ster. Hgts. 48314
- Back to Basics Spring Open Talk ☑
April 12th 6:00pm doors open; 7:00pm open talk (Kelly R.)
Holy Family Episcopal Church - 115 N. 6th Street St. Clair 48079
- Share the Gift ~ 24th Anniversary Breakfast ☑
April 15th 7:00am doors open; 7:30am pancake breakfast; 8:30am speaker (Jim H.)
VFW - 8311 Wilson Drive Shelby Twp. 48316 (Van Dyke / 24 mile)
- Area 33 Assembly Meeting ~ April 16th
11am new GSR orientation; 1130am lunch; 12pm business meeting
VFW Hall - 24222 W. Nine Mile Rd. Southfield 48033
www.aa-semi.org

Fourth Step

Made a searching and fearless moral inventory of ourselves.

Fourth Tradition

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Spiritual Principles

Step Four ~ Courage: The mental or moral strength to venture, persevere, and withstand danger, fear or difficulty. The fourth step requires fearless self-examination; Courage is also needed to meet every day with an eagerness to improve ourselves.

Fourth Step Prayer *

Dear God, it is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine. Please be with me and guide me as I make a searching and fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

* There are several prayers that can be used during this phase (of development) and action. See BB pg 13 (when in doubt); BB pg 67 (the sick man); BB pg 68 (fear); BB pg 69 (assistance to change)

Concept 4

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Popping up everywhere

BY: Alex M. | Louisville, Kentucky

His fear of past wrongs overwhelming him was put to rest with a thorough Step Four

Step Four: *Made a searching and fearless moral inventory of ourselves.*

In reading Step Four, I realized my main character defects were already listed: selfishness, dishonesty, resentment and fear. Resentment, per my grudge list, was easy to recognize. Dishonesty was also easy, since I lied about everything so you wouldn't discover my secrets. Fear was a defect because it was about losing something I had or not getting something I wanted.

These three defects boiled down to selfishness and self-centeredness. These got me into trouble in so many ways, especially when I believed I was all-powerful and could control every aspect of my life.

Writing my moral inventory of what I had done wrong in my past was a liberating experience. For once, I could be honest with myself and didn't have to keep those skeletons in my closet any more. They were like zombies. They wouldn't stay dead and kept popping up where they weren't wanted. When they did, I was flooded with shame and guilt. The committee in my head got fired up. Fear set in about what I did yesterday while in a blackout and what might happen tomorrow after all was discovered.

So I did Step Four exactly as it's suggested in the book, with a lot of help from my sponsor. I wrote about how I resented my parents, wife, family, boss, coworkers, neighbors, people from my childhood and some who had died long ago. I wrote about the injustices I had so stoically endured and all of my justified anger. I wrote about my fear of dying a long, slow, painful death from cancer and my fear of going broke and fear of people hating me...and my fear of never being loved.

I wrote about my inability to have any kind of healthy or fulfilling relationship with anyone and why that was. I wrote about people I had harmed more than they had harmed me and some who hadn't harmed me at all.

I listed character defects I had never acknowledged or accepted as mine. As I saw it, those defects had always been someone else's. I wrote about how much easier it was to play the victim and blame others for my messed up life rather than be accountable for my own role in my miserable life.

At the end, I couldn't believe the mountain of manure I had created. It reeked. And it was all mine. I hadn't cleaned house, I had cleaned out my insides.

The book says, "When we decide who is to hear our story, we waste no time." No problem there. I wanted that pile of muck gone. So I did Step Five right away. It was long and a little scary, but it was such a relief. I could finally let go of the guilt and shame from my past, and see that maybe, just maybe, I could actually start a new life.

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Does your group hold regular monthly or quarterly open talks?

Let's get the word out in an upcoming Sober Times!

Email your group's name and when open talks are held to: district21.22aa@gmail.com.

District 21 & 22 website QR code



Select the rear-facing camera in camera or photo mode; center the QR code and hold phone steady; tap the notification link that generates. Welcome to the District 21 & 22 website ~ K.I.S.S