

Outside the Bottle

District 16 Newsletter
AUGUST 2023



The Catalyst

Faith R.



2012 started my downward spiral into alcoholism. I drank daily for the most part, but I could go days without drinking. Then our beloved Brittany spaniel, Scout, died. I was officially an empty nester. My kids were grown and were starting families of their own.

When the kids left for college, I didn't feel like an empty nester because I still had animals that needed daily care. When Scout died, I became an absolute everyday drinker. I tried for years to control my drinking. I couldn't figure out why I couldn't control my drinking. I knew then I was an alcoholic.

I continued to drink for 6 more years, still trying to tell myself I'd figure out how "to do better" with my drinking. I never even tried to stop drinking because I didn't want to quit altogether. I just wanted to drink like other people. Unbeknownst to me, it was the first drink that was the catalyst! Not the fifth drink, or the tenth drink!

I finally hit my bottom in August of 2018. I had a big drinking night with my son and daughter and of course I said things that I would never have said if I was sober. I knew that was it. I knew I never wanted to see that hurt look on my kids' faces again.

I went to treatment on September 5th, 2018. I went there with the mindset that I was ready to listen to someone else for a change. They told me that treatment was the beginning of my new life, and A.A. was going to be the rest of my life. I was relieved to know that when I went home my support would continue. I needed that! I still do, and always will. I feel so blessed to have made all the wonderful friends I now have in the program. A.A. keeps me busy. As long as there is service work to be done, I will stay busy! I now understand what being a grateful recovering alcoholic really means.

A JOINT OPEN TALK!!

Saturday, August 12th at 8:30 p.m.
Southfield Group A.A. (Glenn R.)

&

Southfield AFG – Al-Anon (Karen B)

Location: St. David's Episcopal Church
16200 W. 12 Mile Road. Southfield, MI

For Questions, Email Us At:
thesouthfieldgroup@gmail.com

BIG BOOK STUDY!!

Last Tuesday of the Month @ 6:30 pm

Hosted By: Nothing But The Book
Genesis Church

309 N. Main St., Royal Oak

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Zoom Accessible

Meeting ID: 457 505 2737

Passcode: 450844

Pizza, Drinks & Sweets Provided!



“And we have ceased fighting anything or anyone – even alcohol. For by this time, sanity will have returned.”

- Alcoholics Anonymous, p. 84

Step 8

Jeff P.



I had thought a few times about what I could write for this month's edition. My history working the twelve steps for the first time? Some of the promises and positive life changes as a result of a good orderly direction and fellowship? I also thought of writing about the tenth step and its tangible results in my life. To keep things simple and to get the task completed- I decided on writing about my first time working the eighth step. It'll be the 8th month when this is published, so poof there is! Nothing else to think about. Then as the day shook out- I suddenly had two and a half hours free time. Let's do it.

I didn't get sober and start working the eighth step. I wanted what you had and was willing to go to any length to get it- then I was ready to take certain steps. I was later told that's the step before the steps or maybe even one's individual bottom. I had worked my own steps one, two and three in my own head, the State of Michigan was a power greater than I and I had told myself I needed to do whatever I needed to do: regardless. I write this above paragraph to illustrate: I didn't get sober for two weeks and tell people I was sorry. I had months of sobriety, and it may have been apparent to close family members and friends my life had changed.

Before I continue on step eight: I remember going through my routine for two weeks in a row. I was telling A.A. people of my decision - I must have been needing their approval or seeking their awestruck responses regarding the depth of my third step decision. During this same time, I remember asking my sponsor how I knew I was onto the next step. He said, "when you stop working the step you're on." I was being guided through the steps. I received Christmas cards. I called my grandmother every Saturday. The obsession to drink was long gone.

I want to quickly pay homage to the 2005 Southfield meetings, my first sponsor and the people at my home group for changing the path of my life. I'm writing this July 11th, 2023. Eighteen years ago, yesterday, July 10th, 2005, I went face to concrete with no helmet, on my way to make coffee at my home group. Two of those guys came to the ER to see me. A - an A.A. friend had previously suggested I buy a helmet which I never did. B - I can see their faces to this day as they saw the results of the bike crash. Toe up from the flo up.

So, by the time I had gotten to the eighth step my entire eco-system of life: connections, expectations, responses, and needs had changed. My sponsor said, "it's not about saying you're sorry, but it's about changing your behavior." He was the one who said, "your actions need to be aligned with your words."

I had my eighth step and as it's written in the Big Book "and became willing to make amends to them all." I say that because some of the steps have multiple parts. I had worked it out with my sponsor, and I had a plan and was prepared. My family was together having a barbeque at my grandmother's new home. The party was our family's first time together in several years. My grandfather died from a house fire, grandmother had to live with her daughter, the house was built incorrectly: all sorts of things happened. In the sun, with my family and it was either the first year or second year of sobriety: I can't remember. I knew then getting all my amends completed that day with family was incorrect. The day wasn't about me. I enjoyed the day and ate the overcooked hamburgers. Later I made my amends.

Lastly, continually taking the tenth step is how I stay away from needing to make new amends.

District 17 Presents: Friends & Family Picnic

Saturday, August 26th from 11:00 a.m. to 4:00 p.m.

Speaker at 11:30 a.m. / Cheryl B. - Alt. Delegate of Area 33



**Location: Butcher Park & Pavilion
4700 Martin Road, Warren, MI 48092**

Food & Fun for the Whole Family!

CONVENTIONS & CONFERENCES

March Roundup 2024 Planning Committee - August 19th at 9:00 a.m.

Zoom Meeting ID: 848 6288 6959 / Passcode: 33

Contact: area33mruchair@ao-semi.org for more information / Volunteers Needed!

36th Tri-County Conference: September 8th - 10th, 2023 / SAVE THE DATE!

Auburn Hills Marriott Pontiac/3600 Centerpoint Parkway, Pontiac, MI 48341

Committee Meetings: August 6th & August 27th @ 12 pm / info@triconfrence.org

CHECK OUT THESE UPCOMING EVENTS!

AREA 33 ASSEMBLY – SUNDAY, AUGUST 20TH

12:00 to 3:00 p.m. at the VFW Hall, 24222 W. Nine Mile in Southfield

GSR Orientation & Service Manual Study at 11:00 a.m. / Lunch provided at 11:30!

A.A. MICHIGAN STATEWIDE CORRECTIONS WORKSHOP

Save The Date: Saturday, October 21st, 2023 / Hosted by Area 33

Location: St. James Catholic Church, 46325 10 Mile Road, Novi, MI 48374

To get involved, please contact: area33correctionschair@aa-semi.org

70TH ANNUAL MICHIGAN STATE CONVENTION

A.A.'s Three Legacies: Our Common Solution / August 11th - 13th, 2023

Comfort Inn and Suites Conference Center

2424 S. Mission Street, Mt. Pleasant, MI 48858 / (989)772-4000

Register online at: aa-michigan-2023.square.site

District 16 meets at 7:00 p.m. on the 4th Thursday of every month at:

1st United Methodist Church of Madison Heights - 246 E. 11 Mile Road, Madison Heights, MI 48071

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



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!

Special thanks for our cover art to: Melissa A!

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248-332-3521

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Wayne County:
313-831-5550

“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