

# Outside the Bottle

District 16 Newsletter  
OCTOBER 2023







# What's With These Promises?

Roxanne K.

I am Roxanne, grateful recovered alcoholic. My sobriety date is July 12, 2009. I was in my first treatment center at the age of 16. I never drank normally from my first experience, when I realized alcohol could numb my pain and loneliness away. At the end of my drinking career, I had gotten three DUI's and injured two people which resulted in my incarceration in prison for a year. I was broken and desperate for change. I was in jail and had a spiritual experience when I found a 12 and 12 book on an empty bookcase. The Big Book says you will be amazed before you are halfway through, and the promises started for me as soon as Step 1.

In prison it is very hard to get into any programs unless you have been in a while. My Higher Power started showing up right away. In the first months of my sentence, I was able to get into a 12-step program where they gave me a Life Recovery Bible and I attended church services. I started working the steps immediately. I was 1 of 50 women chosen out of 1200 to attend a weekend ministry retreat held at the prison where women from local churches all over came, including Northridge. I was 1 of 8 chosen to leave the prison to do a special work project that helped me pay down my fines and fees. The day I got out and at my first A.A. meeting I asked a lady to be my sponsor, and she was also the leader of a 12-step program at that Northridge church! When I started going to those meetings, I could not find anyone who would hire a felon. One of the women there said she would talk to her boss. She already picked up another lady and said that she would pick me up for work also. It ended up the lady she picked up lived in my same apartment complex. That job led me to start my own business 10 years ago.

All these "god moments" were the promises coming true. In the Big Book it says to clean house, and we remind ourselves we will go to any lengths to find a spiritual experience. IF we do this, we are open to experiencing the promises that follow. I was most amazed before I was halfway through. I just kept trusting and moving one step at a time. It says we will know a new freedom and a new happiness. I felt peace with the weight of the lies off my back. We will not regret the past nor wish to shut the door on it. I stay connected to A.A. to always remember how far down the scale I was and the miracles that have taken place since. We will comprehend serenity and know peace. In my sobriety, I have had many deaths and a horrible divorce, but I was able to lean on my HP and trust the process. We will see how our experience can benefit others. It has been an honor to sponsor other women and watch them experience that the program works. Feelings of uselessness and self-pity disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. I find the best way to get out of my head is to go to a meeting or be of service. My whole attitude and outlook has changed and now when I am in fear I can turn my will over. Fear of people and economic insecurity will go. When I went through my separation from my ex and had two small children to support, all I could do was trust and fall into my HP. I turned my will over and I knew peace. We will intuitively know how to handle situations. I am often not good at this still, but I have my HP and sponsor to turn to and guide me with wisdom. Lastly, God will do for us what we could not. I never thought I could quit drinking, but by the grace of my HP I have 14 years sober and countless blessings from that daily choice to not pick up. Are these extravagant promises? I think not, some of them worked quickly and some slowly for my life but as long as I keep sober, I trust they will materialize.

## GSR Workshop!

**Hosted By: Districts 16 & 18**

**Saturday, November 11<sup>th</sup> / 10 AM - 2 PM**

**COFFEE + LUNCH WILL BE PROVIDED!**



**Location: United Methodist Church  
246 E. 11 Mile Rd, Madison Heights  
Link the group with A.A. as a whole!**

## Dr. Bob's House!!

**Bus Trip Hosted By: Sobriety First  
Sunday, November 5<sup>th</sup> / 8 AM - 8 PM  
Church of Christ**

**115 S. Campbell., Royal Oak**

**Cost: \$50 Per Person**

**Register & Pay by October 20<sup>th</sup>**

**Contacts for more info:**

**Willy: 248-808-0250 -or- Anita: 248-496-8942**

**QR Code on the flyer at: aa-semi.org**



# Always Welcome

RJ



I guess I've always known since around the age of 19 that I'm a person who doesn't need to be drinking alcohol. While in college, I got a DUI and back then, they would wipe it from your record if you went to a 72-hour intervention. This was in the state of Ohio. While there, they brought an A.A. group in to give an open talk and I realized that absolute abstinence was necessary for certain people. And I KNEW that I was one of those people. It took another 10 years of trying to control my drinking to finally land my seat in Alcoholics Anonymous. As I've read somewhere before, "Under the lash of alcoholism, we were driven to A.A.". I was able to identify to some extent but like thousands of other people, I thought I was just a little bit different.

Being "different" allowed me to have a different program. I could take the things that I thought made sense for me and disregard the rest. I would disregard getting a sponsor, having a home group, having a service position in A.A., etc., etc. As one could imagine, I also had different results than the people that were staying sober. I liked the 90-in-90 idea, so I did that several times. I'd get my 3-month token (my graduation diploma, LOL) and be on my merry way. Time and time again, I'd pick up a drink, crash and burn, and then come back to A.A. (under the lash of alcoholism). The amazing thing is that they ALWAYS welcomed me back. I didn't receive a fine or a punishment. They just welcomed me back with love.

I carried this practice on for years. I even had 6 years of sobriety at one point and went back out. I thought I'd never have sobriety at that point. I stayed out there drinking for 5 years. I had my last drink on July 12<sup>th</sup>, 2016. I put my fanny in an A.A. seat the very next day. And again, no one scolded me; no one called me an idiot; they just welcomed me back. With thanks to a good sponsor, a great home group, and a service position I have not found it necessary to pick up a drink since!



## **District 16 HALLOWEEN HOOTENANNY**

**Saturday, October 21<sup>st</sup> from 6pm - 11pm**  
**Costume Contest, 50/50 Raffle, A.A. Prizes**  
**Best Howling Contest, Sobriety Countdown**  
**Location: United Methodist Church**  
**246 E. 11 Mile Rd, Madison Heights, MI 48071**  
**Speakers: Kathleen P, Jim F, & Ronnie P**

## **2024 Michigan Statewide Mock Conference Planning Committee**

\*\*\*\*\*

Meetings will be held the 2<sup>nd</sup>  
Saturday of every month via Zoom

**Meeting Date: October 14<sup>th</sup>**

**Time: 9:00 A. M.**

Meeting ID: 517 414 7662 / No Password

\*\*\*\*\*

**Date of the Event: March 23, 2024**

**Many Service Positions Available!**



## CONVENTIONS & CONFERENCES

## 2024 March Roundup Planning Committee Meeting - Saturday, October 14<sup>th</sup> at 9:00 a.m.

Meeting ID: 848 6288 6959 / Password: 33 / [area33mruchair@aa-semi.org](mailto:area33mruchair@aa-semi.org)

## East Central Regional Forum - November 17<sup>th</sup> - 19<sup>th</sup>, 2023

Hosted by the A.A. General Service Board and open to all A.A. members!

**Location: The Doubletree by Hilton, 6200 Quarry Lane, Independence, Ohio / (866) 568-0896**

**Registration is FREE!! Last day to book is November 3<sup>rd</sup> / [regionalforums@aa.org](mailto:regionalforums@aa.org) for more info!**



# FALL FESTIVITIES

# AREA 33 ASSEMBLY – NEW LOCATION!

**Madison High School, 915 E. Eleven Mile Rd., Madison Heights, 48071**

**New GSR Orientation @ 10:00 & Assembly @ 12:00 – Lunch Provided!**

**Join us to experience A.A. General Service beyond the Group!**

## A.A. MICHIGAN STATEWIDE CORRECTIONS WORKSHOP

**Save The Date: Saturday, October 21<sup>st</sup>, 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](mailto:area33correctionschair@aa-semi.org)**

## BACK TO BASICS - Introduction to the 12 Steps

**MEETING DATES: OCTOBER 3<sup>RD</sup>, 10<sup>TH</sup>, 17<sup>TH</sup> & 24<sup>TH</sup>**

**Tuesdays 6:30 to 8:00 p.m. / Sponsored by The Southfield Group**

**Location: St. David's Episcopal Church, 16200 W. 12 Mile Rd., Southfield, MI 48076**

# Michigan Women's Conference/October 6<sup>th</sup> - 8<sup>th</sup>, 2023

Location: Garland Resort in Lewiston Michigan

**Register info available at: [www.miwcaa.com](http://www.miwcaa.com)**

**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**

If groups would like to donate funds to District 16, please mail a check or money order:

**Payable to: District 16 of Area 33 A.A., 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 A.A. 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!

Cover Art: Melissa A.

AA of Greater Detroit:  
248-541-6565

AA of Oakland County:  
248-332-3521

AA of Detroit  
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