

Outside the Bottle

District 16 Newsletter
DECEMBER 2023



Living in the Solution

Boyd W.



I'm the fourth of seven children born to a loving, close-knit family. In the early years, we lived in the Charles project in Detroit. For reasons unknown, my family moved a lot. I attended ten different schools and lived in even more houses. I was always the new kid on the block. I struggled to fit in. When I started drinking, I thought it would be my ticket to being "someone." I soon fell into an intimate relationship with self-centeredness, self-will, self-pity, self-indulgence, and self-loathing.

When I began to hear the voices, it was "Jack" whispering in my ear telling me that it was alright to feel like that. Just have another shot of Jack Daniels, then we won't care. When I was 23, I moved to California so that my family wouldn't know how much I was drinking. That experiment didn't work out too well. In six months, I was back home jobless, broke, and embarrassed. Soon after I met the woman who would become my first wife. After six months of dating, we were married. That experiment didn't work out either. In 1976 we moved to Houston. Another failed experiment. Wouldn't you know that they sell whiskey there too?

That was the start of a 5-year downhill slide for me. I couldn't manage my drinking and I always managed to get drunk. In 1981 my wife left me, taking my 6-month-old son with her. After the initial shock, I thought this wouldn't be too bad. There would not be anyone there to complain about what time I came home, and I could drink all I wanted. I would drink in the bars until closing time and then get up at 7:00 in the morning to go to work. Sometimes I wouldn't shower for 3 or 4 days at a time.

That year, the great state of Texas presented me with my second drunk driving ticket in 5 months. I didn't know it then, but that would be the first of God's many gifts. The next day I attended my first A.A. meeting (scared to death). Something wonderful happened, (you people). On that day I found hope and love. Fear had begun to leave me. Meeting after meeting, I heard my story from so many of you. They shared that we have a common problem - alcoholism - and we all have a common solution. You showed me the spiritual path that leads me to a God of my understanding. I was to read the Big Book, get a sponsor, and to live these 12 steps in my daily life to have peace and serenity. I thank God for leading me out of those bar rooms and bedrooms and into these A.A. rooms. God's gifts just keep coming as I continue to clear away the wreckage of the past and to carry this message to another alcoholic. I'm so grateful to be living the life that God had planned for me.

New Meeting!

Friends of Bill W.

Friday at 7:00 p.m.



Heritage Church of Christ
529 Grove Avenue, Clawson
1st Friday of the Month:
Lead Speaker Meeting

Film Committee

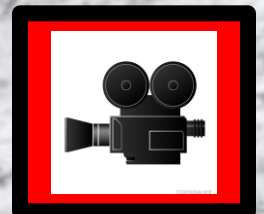
Information Meeting

Thursday, December 7th @ 7:00 p.m.

Zoom ID: 909 918 6602

Password: 439163

- *Request Meetings!
- *Show Films!
- *Create Awareness!
- *Bring Ideas!
- *Tell a Friend!



Back to Basics

Kathy P.



'These classes are not for alcoholics only. They are for anyone with an interest in learning about and performing the 12 steps as they were done in the 1940's.'

This is the way Back to Basics begins. In the 1940's the recovery rate was 50 to 75%! Unlike the 10 to 15% we experience today. Why? Because the willing recovering drunk was educated in 4 one-hour sessions that took them through the steps and a spiritual experience in one month or less. They would then be issued a card that would allow them into a discussion meeting.

Classes? What are we teaching? The A.A. way of the 12 steps and the A.A. way of living. It would be a GREAT idea to learn this in the first month of your sobriety so that armed with this knowledge, a spiritual experience, and a sponsor the battle ahead becomes a much easier one. A safe place to get answers to many questions.

What happened to that very effective way of recovery in a month? It was in wide use during the 40's and brought in many people. The 12 & 12 was printed in 1953 and 3 short years later the Back-to-Basics classes were pretty much dropped around North America. This left educating the newbie to old timers and themselves to try as best they can to understand what is expected of them by attending meetings.

We've all met confused newbies and we have seen them come and go from meetings because of a lack of understanding. Go, possibly, to their deaths.

In this area, B2B is a stepchild, if you will, of the venerable Southfield Group which has been around for 67 years and can boast of some powerful members and great parties. We are not a group that can be listed in the meeting directory because we meet 8 months of the year at 6:30 before the Southfield Group and Al Anon meet at 8:30 at St. David's.

At about 5 years sober I was at the Southfield Group when I first heard about B2B and was curious, eager to try a new thing. After about 3 months of attending, I finally "got it," made a long-forgotten amends and decided to become a part of the group. It drew me in with the experience of continuing fellowship, freedom, peace, and the discipline of doing all the steps all the time (Step 2 – we alcoholics are undisciplined...). These classes have blessed me with 16 years of service, gratitude, and increased faith.

Then a few things happened: The Plague shut us all down for 2 years. Zoom it was, I missed B2B. Then we lost about 4 of our strongest supporters of B2B – they moved out of convenient driving distance and it's taking some time (more than a year) for folks to return to meetings they once attended regularly. Which presents an even more rough landing for newbies to feel welcomed and stay sober.

Now that we can breathe again, I'd like to invite any and all curious people to come and test out your program knowledge with a run thru B2B and stick around to help another through the program, invite more newbies to it and become a full-time supporter for Back to Basics!

We meet on Tuesdays from 6:30 to 7:30 at St. David's in Southfield on 12 Mile Road, September through November and January thru May. Bonus! If there is a 5th Tuesday in the month, we hold a candlelight 11th Step Meditation Meeting on that Tuesday. Also, the way they did it in the 40's. See you there!

"Study 1st, accept help, understand afterward. It's an approach to understanding A.A.'s spiritual program of recovery that can lift the fog. God has done for me what I could not do for myself." - Ebby Thatcher



CONVENTIONS & CONFERENCES

2024 March Roundup - Friday, March 1st to Sunday, March 3rd

Motor City Hotel & Convention Center / Register at: <https://aa-semi.org/mru2024>

Hotel Reservation Info: www.motorcitycasino.com OR (313) 237-7711 - reference March Roundup 2024



2024 Michigan Mock Conference - Saturday, March 23rd / 9:00 a.m. - 4:00 p.m.

First United Methodist Church, 400 Main Street, Mount Pleasant, MI 48858

Pre-Register: michiganmockconference.com / Hotel: <http://group.hamptoninn.com/goqfmt>



DECEMBER EVENTS



AREA 33 ASSEMBLY

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

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

December 17th! Experience service beyond the Group!

.....CHRISTMAS DAY ALKATHON.....

Location: Heritage Church, 529 Grove Ave., Clawson / Time: 12:00 to 4:00

Cards, Games, Fellowship & Continuous A.A. Meeting!!

Contact Laurie F. at: dudleyf626@gmail.com for more info!

DESIGN FOR LIVING - ONLINE STEP TAKING GROUP

NEXT SESSION - FEBRUARY 22ND TO MAY 23RD, 2024

Thursdays 6:30 to 8:00 p.m. / Contact Mary Beth K. at 248-336-0795

Sign Up Now! Registration Open January 11th to February 1st

Register at: <https://designforlivingroyaloak.webnode.page>

Michigan Statewide Mock Conference Planning Committee

Saturday, December 9th at 9:00 a.m. Via Zoom

Zoom ID: 517 414 7662 / No Password Required

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 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



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