

JANUARY

OUTSIDE THE

2024

# BOTTLE

I am Powerless- Brian's Story  
Sober at a Tender Age-- Rebecca's Story  
Information on Mock Conferences and  
March Round Up

## District 16 Newsletter



## BRIAN V.

# I am Powerless



Hi my name is Brian and I am an alcoholic. I had a hard time in my teens. It was decided that I would see a psychiatrist. I was put on a variety of medications and different therapy plans, but nothing seemed to do the trick. I always felt off- different from others. I had a hard time connecting to people and was always looking for a way to feel better. Then I discovered alcohol. I must have been 15. All of a sudden, the fear, the anxiety, everything seemed to just melt off and all of a sudden, I could be myself and I wasn't worried about what anybody thought of me. I spent the next 11 years chasing that feeling with alcohol or weed or prescription pills wherever I could.

Over time that relief stopped coming. I was alone. I had been fired from my job. The girl I was dating left me. The family didn't want me at the holiday parties if I was going to be drunk-which I absolutely was. But I went on drinking. Then the seizures started, waking up in the hospital, not knowing why I was in a neck brace. Not knowing what day, it was. But I kept on drinking, surely drinking wasn't the problem. I tried to stop and realized I could not. As much as I wanted to put that bottle down I could not. It kept coming back up to my lips.

I realized I was in trouble and asked if I could be sent to a rehab. I went but still, I was not convinced that I was powerless over alcohol. After I got out of treatment, I was told to attend AA meetings and so that's what I started to do. I went to a few until I found a group, I felt comfortable at. I attended the weekly meetings, listened (sort of) and shared when it was my turn. However, I was still stubborn and refused to get a sponsor, and work the program of alcoholics anonymous. This stint of "3 stepping" would only last 90 days until I found it necessary to pick up a drink. I thought I could have one on the way to work, bought one before heading home and was back to my fifth the next morning.

I returned to my homegroup before long and was afraid to tell them I had relapsed, but I was eventually compelled to do so and I'm glad I did. Someone asked me, why I think this happened and what I would do differently. Being terrified of being gripped by my alcoholism, back to the hospitals, back to the seizures, alone, and out of control, I listened. I was given the gift of desperation. It was suggested to do a "90 in 90," so I did. It was suggested to do service work, so I started making coffee and eventually got a key. Most importantly I needed a sponsor, so I chose the man who asked me what I would do differently. He is still my sponsor.

I began working the steps as they are written, with a sponsor and my life soon began to change. Turning my will and life over to the care of a higher power daily gave me strength to go through these steps. They let me figure out who I really am, clear up the wreckage of my past, recognize my defects when they appear, have a relationship with a higher power, and most importantly get outside of myself. I can now share what was so freely given to me--my recovery. I can look the world in the eyes today and deal with life on life's terms. One day at a time, dependent on the maintenance of my spiritual condition, I am free from the insanity of my alcoholism. I have already done so many things I never thought I could in my life and have no idea what the future holds for me. All I know is that I want to be there when the next alcoholic walks in wondering if they are powerless, so I can share my experience, strength and hope with them. Today I know I am powerless. without my higher power, this program and the people in it, I would be dead. Thank you for this opportunity to share.

# REBECCA R. Sober at a Tender Age



My name is Rebecca and I'm an alcoholic. I've been sober since February 14, 1994 from the tender age of 18. I quit drinking my freshman year at Michigan State University. People ask me how hard it was to get sober being at a college known for its partying. Besides strong sponsorship and working the steps, the two things that helped me to stay sober back then and continue to help me stay sober today are fellowship and service work. When I was younger, I was lucky enough to find a group of fellow students that were also trying to live a sober life. We went to meetings together, had game nights, went to MCYPAA, had study breaks at coffee shops and shared openly and honestly about our struggles and victories. I'm still in touch with the majority of these people nearly 30 years later and we're all still actively sober. Fellowship can be as easy as showing up to a meeting early and chatting with your fellow alcoholics or going out to coffee with people after the meeting. It's important to let people get to know you...that's how you stay accountable. When I miss a meeting at my homegroup, I get text messages of women checking in. When I seem upset or share about tough things, people can relate and share their experience, strength and hope. The more accountable I am, the greater the chances I'll stay sober. My first sponsor told me that I had to have a service commitment at all times. I didn't understand why at first; I just did what she told me. I now know that being of service helps me to stay sober because it gets my butt into a seat at a meeting. It also helps meetings run and makes AA available for anyone that wants and needs it. Service work could mean setting up a meeting or making coffee, working the AA hotline, going on a 12 step call, or talking to a newcomer. Whenever I am wallowing in self-pity and self-centeredness, being of service gets me outside of myself and focuses my thinking on others. To stay sober, I believe you have to jump into the middle of AA and that's where fellowship and service come in.

UPCOMING PLANNING COMMITTEE  
MEETINGS FOR THE

## MARCH ROUND UP

December 9th 10am  
Motor City Hotel

January 20th 10am  
Motor City Hotel

February 18th 10am  
Assembly Hall prior to the  
Assembly

QUESTIONS? EMAIL HENRY AT  
AREA33MRUCHAIR@AA-SEMI.ORG

**Michigan Mock Conference**  
Connecting with Love, Unity and Service  
**Saturday, March 23, 2024**  
9:00AM - 4:00PM

First United Methodist Church  
400 South Main St., Mount Pleasant, MI 48858  
Questions? Email [2024mockconference@gmail.com](mailto:2024mockconference@gmail.com)  
or call (734) 834-5386

## 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

## MARCH ROUNDUP 2023 March 1-3

Motor City Hotel / 2901 Grand River Avenue / Detroit / 48201 / 313-237-7711  
Registration Fee: \$30.00 / \$35.00 after 2/16  
Saturday Night Banquet: \$75.00 & Hotel Rooms: \$153.00  
Register & Volunteer at: [aa-semi.org/mru2024](http://aa-semi.org/mru2024)

# Steps, Traditions, Concepts

- Step One: We admitted we were powerless over alcohol – that our lives had become unmanageable.
- Tradition One: Our common welfare should come first; personal recovery depends upon A.A. unity.
- Concept One: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



## January Events

### AREA 33 ASSEMBLY

Madison High School, 915 E. Eleven Mile Rd., Madison Heights  
New GSR Orientation @ 10:00 & Assembly @ 12:00 -  
Lunch Provided!

January 21st! Experience service beyond the Group!

## 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, January 13 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 contribute 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

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!

Editor: Anita B.

AA of Greater Detroit:  
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AA of Oakland County:  
248-332-3521

AA of Detroit Wayne County:  
313-831-5550

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)