

MARCH

OUTSIDE THE

2026

BOTTLE



Stay Connected - Dan K's Story

I just did not know - Wajid H's Story

District 16 Newsletter

DAN K.

STAY CONNECTED

Seems I was off to the races from day one at the age of 14. My family had just moved from Livonia out to Brighton Mi. in 1972.

I was excited to now be living in “the country” but at the same time very fearful as I didn’t know anyone in my 8th grade class, where would I fit in.

It didn’t take long being in this state of fear that I would find “my people”, all I had to do was join them smoking weed across the street from the middle school, at the time it seemed simple and the high took my fear away.

Not long after my initiation to weed, alcohol and many other drugs soon followed and for the next ten years I loved and lived the lifestyle of sex, drugs & rock-n-roll and it really took a toll.

At 24 yrs of age I was broken and entered my second rehab (the first rehab being court ordered at 17) accumulating 4 dui’s before 21. At the age of 24 I wanted to get sober and I did for the next 21 years I managed to stay clean and sober but had drifted away from the fellowship of Alcoholics Anonymous.

At 45 years old “doing sober on my own” and accomplishing many great things that we do while sober it all caught up and the “thin ice I was walking on gave way” starting again with “managing” weed, ten years later I was drinking again and quickly it once again grabbed ahold of me and I needed help.



Once again I needed rehab so I drove myself drinking all the way to Brighton recovery center.

I was 57 years old and I needed help and needed to do it this time like you all suggested because I didn’t want to ever be on thin ice again.

Today I’m grateful there was still a chair with my name on it and you all welcomed me back with open arms and service opportunities.

Just for today I feel grounded and surrounded with the greatest program in the world that none of us initially wanted to join.

I’ve learned the past 11 years that it’s so much easier and enjoyable staying connected to others in the fellowship.

My sober date is 12-31-14

Michigan Mock Conference

Get Registered!

Humility in Action

Sponsored by the three Michigan Areas: 32, 33, and 34

Saturday, March 28, 2026 9:00 AM - 4:00 PM+/-

First United Methodist Church

400 South Main Street, Mount Pleasant, MI 48858

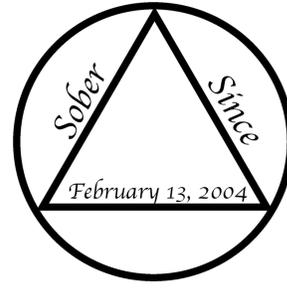
What is a Mock Conference? "Mock" means a practice or rehearsal for a later event. The Michigan Mock Conference does just that and more. At this conference we examine select Conference Agenda Items and inform our three Michigan Area Delegates how we feel about those Agenda Items so that they are better informed to represent us at the General Service Conference in New York.

For more information visit:

<https://aa-semi.org/event/michigan-mock-conference/>

WAJID H.

I JUST DID NOT KNOW



“What’s wrong with you?” Why can’t you stop drinking?

These and other thoughts flared into my drunken stupor as I spent another lonely night in isolation, deep depression and despair blotting out all my feelings not wanting to face the world.

The next day the same ritual, pouring all the booze down the sink vowing to never touch another drop again and within two hours going to the liquor store to fill up for another night of self destruction. I did not know that I had

crossed that invisible line from fun at the bars to total dark addiction and becoming a subservient slave to king alcohol. There was no way out so I thought.

Finally my ex wife told me either I went to AA or the marriage was over. Had never heard of AA and no one mentioned it to me over the years of making a fool of myself before family and friends. All they said was I was

better off if I didn’t drink.

I paced back and forth outside the AA meeting place for three evenings frightened to go in wondering what was going to happen to me if I entered these forlorn doors.

Finally I could not take it anymore and mustered the courage to enter, It was a 10pm candlelight meeting so I could vaguely see the outlines of others that were there. I listened intently to what was being shared and got the shock of my life!

I understood what these people were saying! I could relate to their experiences! I just broke down and cried thinking all this time the world did not understand the dark lonely alcoholic prison I had made for myself. After the meeting I was surrounded by many men who gave me their phone numbers and an old timer gave me a hug with these words of simple assurance “Welcome home.”

The next day there was a speaker who again spoke the language of the heart and shared his experience strength and hope which again I could relate to. I asked him to become my sponsor and he guided me through the fellowship and the steps like a father teaching his child to crawl, walk and then run on his own.

I did not know! I did not know I was an alcoholic! I needed the spiritual education of the program of Alcoholics Anonymous to help me not to just stop drinking but to move on from the mind of a teenage drama queen where everything was about me and all my problems to becoming a somewhat productive member of society living life on life’s terms and having the courage to change.

Today after 22 years I’m more productive and enthusiastic in the program than ever before. My serenity is on par with my daily sobriety based on my spiritual maintenance. I can only pay it forward to help others as I will never be able to pay back the unconditional love that was shown to me as I faltered through my early years to now being who I was always meant to be. A sober and contented alcoholic helping others to stay sober.

March Roundup Registration

March 6-8, 2026

Motor City Hotel, 2901 Grand River Ave., Detroit, MI 48201



EDITOR: MAUREEN H.

AA OF GREATER DETROIT:

248-541-6565

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

BOB P--DISTRICT COMMITTEE MEMBER

CHRISTINA N-- ALTERNATIVE DISTRICT COMMITTEE MEMBER

PETER S-- TREASURER

TANA M --SECRETARY

DUBIOUS LUXURY MENS 3 YEAR ANNIVERSARY PARTY

Come celebrate with us! Friends and family welcome!



March 11th
Doors at 6pm
Food & drinks
6:30pm
Speaker: Jon S
from Ann Arbor
7:30pm

Genesis church
309 N Main St,
Royal Oak, MI
48067

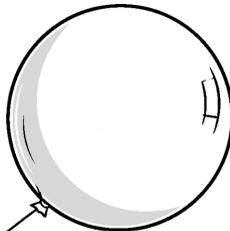


DISTRICT 16 IS LOOKING FOR AN EVENTS CHAIRPERSON

Fun Position, 2 events per year!
2 year commitment.

Contact:

district16news@gmail.com



Area Assembly: March 15

- 10am – Various Committee Meetings
- 10am – Service Manual Study
- 10:45am – New GSR Orientation
- 11:30am – LUNCH PROVIDED
- 12pm – Assembly Start Time

915 E Eleven Mile Rd, Madison Heights, MI 48071

DISTRICT 16 MEETS AT 7:00PM 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

Nothin' But The Book's
24th Anniversary

Tuesday, March 3
6:00pm doors and food
Gene K of A reason to Believe

Genesis The Church
309 N. Main Street