

MAY

OUTSIDE THE

2026

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# BOTTLE



**I Always Knew - Jeremy U.'s story**  
**Going to Any Length to Stay Sober! - Karen S.'s Story**  
**District 16 Newsletter**

# JEREMY U.

## I ALWAYS KNEW

I always knew I didn't drink like other people. I never wanted to stop drinking once I got started. I could sometimes stop at just a couple of drinks, but I never wanted to.

When I started drinking around age 15, it was an immediate match. I would instantly feel some relief from the fear and anxiety that seemed to fill my thoughts at all times. Suddenly, I was able to fit in better, socialize more, and relax a little bit. Daily drinking started in my early 20s. I was able to keep it together for a long time in spite of everything I did to try to sabotage my life.

The anxiety had gotten worse, but I just drank more to cover it, then started with prescription pills when that stopped working. Built a pretty good career, got married, and eventually started a family.

I finally decided to quit when it became obvious to me that I was holding onto everything by my fingernails. Close to 30 years of using had screwed me up pretty good. Something had to change or everything was going to fall apart. My mental and physical health were terrible and I really didn't care whether I lived or died.



Six days clean, I walked into my first meeting. White knuckling it was not working. I was a wreck, and scared to death. The whole meeting was a struggle not to start weeping or run out, but people were saying things that I could identify with. My first inkling that I was not in fact unique.

I kept going back, and things slowly started to get better. I got a sponsor, read the big book, and made some friends. A year later, my life has changed drastically, in the best possible ways.

Someone said to me on my way out of that first meeting "Always know where your next meeting is" and I do.



**18<sup>TH</sup> ANNUAL FRIENDS OF**

**BILL & LOIS W. CANOE TRIP**

Fun!  
Unity!

Sponsored  
By:  
Shorline  
Serenity

July 30th - August 2nd, 2026  
on the Manistee River

**MUST RESERVE CANOEING/KAYAKING SEPARATELY TO ATTEND:**  
**CUT OFF JULY 17<sup>th</sup>, 2026, FOR RESERVATIONS AT WILDERNESS CANOE TRIPS**  
 6052 Riverview Road, Mesick, Michigan 49668 (231) 885-1485 wildernesscanoetrips.org.  
Ask for Roger, Bobby Jo or Patty - Reference "Friends of Bill and Lois W."

**RENTAL PRICING AS FOLLOWS:**  
 Kayak 45.00, Dbl. Kayak 55.00, Canoe 2-seat 55.00, Canoe 3-seat 70.00, Canoe 4-seat 80.00, Tube 20.00, 4-person tube 120.00, 6-person tube 180.00, 8-person tube 220.00, 10-person tube 250.00. Drop-in fee for personal kayak is \$35.00, personal canoe \$40.00

QR code to view  
Wilderness Canoe Trips  
Friends of Bill & Lois W. group.  
CALL FOR ALL RESERVATIONS

QR code to view Best Bear Resort site.  
CALL FOR ALL RESERVATIONS

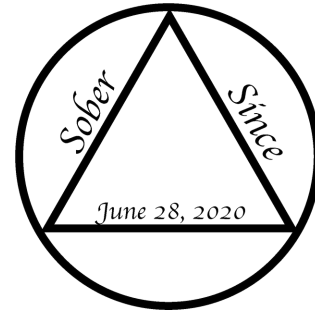
To make reservations for the "Friends of Bill & Lois W." group at **Best Bear Resort 10642 N Merrillville Rd. Irons, MI 49644 - [www.bestbearresort.com](http://www.bestbearresort.com)**. Please contact the resort at (231) 266-5235 and speak with Carrie or Matt. Let them know that you will be camping with "Friends of Bill and Lois W."

**It is important to note that reservations should not be made online.**  
 Best Bear Resort offers a variety of accommodation options, including 30/40/50-amp full hook-up campsites, RVs, and cabins for rent.

**ALL RESORT RESERVATIONS MUST BE MADE BY June 15<sup>th</sup>, 2026.**  
 In addition to camping accommodations, **Best Bear Resort** also rents out ATVs and offers tours upon request. To ensure the availability of an ATV during your stay, it is recommended that you reserve one when making your camping reservations.

**KAREN S.**

## GOING TO ANY LENGTH TO STAY SOBER!



My name is Karen S and I have been sober since June 28th, 2020.

I was one of five children, the only girl with 4 brothers. My dad was a blue collar worker for Chrysler and my mom stayed home. We were a close, loving family and my dad sacrificed a lot to get us through Catholic school.

My introduction to alcohol came with my first job at the Troy Hilton when I was 18. I worked in the kitchen and when you work in the restaurant business drinking is part of your job description. Every employee seemed to be high on the job, so I didn't have to worry about getting fired for drinking with them. But I was a responsible adult and drinking was still recreational.

I worked and went to community college and then went away to Central Michigan. Like most colleges, parties were every weekend, but I went to classes and eventually graduated. After graduating I did what most of my friends were doing, I got married. I only knew my husband for 4 months before he proposed. Being the people pleaser that I was, I said yes! Two years after we got married my mom's cancer came back and she died quickly. I was 28 and she was only 58. This is when my drinking changed drastically and so did my relationship with God.

I was angry with God and didn't care about anything but numbing the pain until I got pregnant. My purpose changed when I had to think of a child growing inside me. I was able to go 9 months without drinking through 3 pregnancies. Babies became band-aids that held our marriage together. After our 3rd was born my husband met someone at work and wanted a divorce.

I was devastated and knew that I had to get in survival mode to take care of 3 young children. I spent most of the weekends that my kids were with their dad drinking and feeling sorry for myself. My drinking did keep progressing but I had a job, car, paid my bills, raised my kids and was a functioning alcoholic.

A turning point for me was in 2019 when my father was dying, I became so obsessed with drinking that alcohol was all I thought about. After his funeral I felt this lonely dark cloud covering me and I knew that if I didn't get help, alcohol was going to kill me. I walked into my first meeting in March of 2020, I was desperate to get help.

After 4 months of staying sober I relapsed. I wasn't a black out drinker until my relapse. I passed out at a park and the police and my brother found me. I was so lucky that the police didn't ticket me and I didn't continue to drive home. I would not be here today if I did. My relapse was my bottom and I don't take that for granted. Getting a sponsor and getting to meetings has kept me sober. One of my favorite quotes is "Addiction is giving up everything for one thing and recovery is giving up one thing for everything"

**FUN & FELLOWSHIP!** **District 16's** **MEETINGS EVERY HOUR!**

# Pre-Memorial Day Alcathon

**Sunday, May 24, 2026**  
10 AM - 6 PM

**COOKING FROM NOON TIL 4PM**

Meeting tables all day, volleyball, cornhole, horseshoes, frisbee, cards and much, much more!

**BRING A DISH OR DESSERT TO PASS!**

District 16 will provide hamburgers, hot dogs, brats, beans, potato salad and cole slaw.



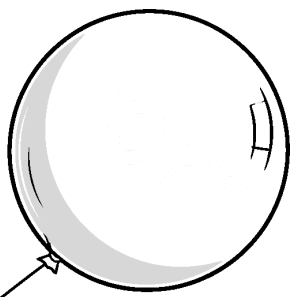
**Friends, Family & Kids Welcome!**  
**Madison Heights Civic Center Park**  
360 West 13 Mile Rd  
Madison Heights, MI 48071

*Serenity in the Park!* *Sober Under the Sun!*

**DISTRICT 16 IS LOOKING FOR AN EVENTS CHAIRPERSON**

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

Contact:  
district16news@gmail.com

W.A.R.M Presents

## BACK TO BASICS



TAKE ALL 12 STEPS IN 4 WEEKS!

FRIDAYS IN MAY, STARTING FRIDAY, MAY 1ST @ 6:30 PM

315 E NINE MILE RD, HAZEL PARK IN THE CHURCH BASEMENT

THIS IS A CLOSED AA MEETING

**Area Assembly: April 12**

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:**

1<sup>ST</sup> 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

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  
DAVE S.-- ALTERNATIVE DISTRICT COMMITTEE MEMBER  
PETER S-- TREASURER  
TANA M --SECRETARY