

SEPTEMBER

OUTSIDE THE

2026

BOTTLE



The Party Was Over - Marni W.'s Story

The Power of the Big Book - Jim F.'s Story

District 16 Newsletter

MARNI W.

THE PARTY WAS OVER

I was born into a family of drinkers and many alcoholics on both sides of my family. I learned young that drinking was at least part of the reason my parents broke up. I knew my dad was an alcoholic because my mom told me and it was obvious because he drank a lot. Therefore I compared my drinking to others, including my dad and had a hard time admitting I had a problem and an even harder time saying I am an alcoholic.

Every time something bad happened, alcohol was involved. I didn't know where I'd end up at the end of the night while "partying", often blacking out and trying to piece things together next day.

Relationships suffered and I picked other alcoholics, either still drinking or sober and life and communication was often mixed up and unclear. I made bad choices and put myself in many dangerous situations due to drinking and I got behind the wheel at times when I had been drinking. I'm very fortunate there was never an accident or a drunk driving arrest.

Eventually, when I was about 35, I had had enough after a crazy night out with my sister and others, drinking at the bar, blacking out and not remembering parts of the night. The next morning I woke up and decided I was done, the party was over and I went to some meetings.



I still couldn't admit I was an alcoholic but I knew I had issues with drinking and with other drinkers. I got really into Al-Anon for a long time because a boyfriend of mine quit drinking around the same time as me and I thought I was supporting him, not wanting to face my own problems. Eventually I stopped going to meetings altogether and just tried living my life sober without a program. It never really worked because I realized it was my thinking and my immaturity that were the problem.

A crisis happened which caused me to have a mental breakdown and I started going to AA meetings and then I kept going to more and more. I found an amazing new way of life with all kinds of wonderful, sober acquaintances and friends. Life became amazing and it still is, despite serious health issues and other medical concerns. I have kidney failure due to inherited polycystic kidney disease and am on the waiting list for a transplant and hoping for a donor. I live my life one day at a time and feel grateful every day.

BACK TO BASICS **INTRODUCTION TO** **THE 12 STEPS**

An Open Workshop

Take all 12 steps in four weeks!

WHEN

**Beginning first Tuesday of every month,
four consecutive Tuesdays,
6:30pm-8:00pm
January – May, September – November**

WHERE

St. David's Episcopal Church
16200 West 12 Mile Rd, Southfield, MI 48076
[Enter behind building]

JIM F.

THE POWER OF THE BIG BOOK



When was the first time a Big Book was handed to you? Who gave it to you? Your reaction? Do you remember?

I do...I hope you do too.

"Take one of those Big Books off the shelf, right next to you. Yes, one of those. It is yours. The is the bible of AA. Read it," the Brighton's admission's officer said to me. I did as she directed. Book in hand, examining it, thinking – not so big. Dark blue cover. Words ALCOHOLICS ANONYMOUS brailed into the cover, easier to feel than to read. "The bible of AA," her words resounding within. Familiar with the Bible; not so with AA. Curious how she used both words together. Bible. AA.

Curious... and broken, grasped in the greatest depth of desperation.

Brighton Hospital proved a life savior. This house of refuge launched saving messages of wisdom from counselors and speakers. All soaked up, taken in. Yet the biggest impactful messages came from that little Big Book, freely given to me, fully accepted, entirely read while there, twice. Page after page, word after word, story after story, all provided message after message of what exactly I needed and wanted. I identified. I cried. I read. Reread. Prayed. Meditated. The healing journey began. Hope rose. A new way of life opened from the power of the Alcoholics Anonymous Big Book.

Peace grew. Days brightened. Reading the Big Book became a new daily habit. I identified so much with the book. From the forwards to "Bill's Story," entirely to Chapter 11, "A Vision for You," throughout to the last of the "Personal Stories," all became impactful in my recovery. "I was lonely and again turned to alcohol," Bill shares (Alcoholics Anonymous,1). Page 1, the first connection. Page 1! How long did it take for you to see your story within the Big Book? Gems of Big Book wisdom directed me forward in my recovery. Words from Chapters 1-11, pages 1-162 changed my life. The stories which followed, equally powerful.

As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we began to lose our fear of today, tomorrow or the hereafter. We were reborn (Alcoholics Anonymous, 63).

We were reborn! My pen circled this line back in 2011 while at Brighton. We were reborn! Read and reread. My desire to change connected with this promise of the Big Book. I was all in! For I was one of the broken masses entering the doors of AA tired, beaten, finally done with the "pitiful and incomprehensible demoralization" of wasting time, and, more importantly, harming myself and especially harming others. ((Alcoholics Anonymous, 30). With AA I found a new way of life, a new freedom.

More suggestions of thinking given freely: "...I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be this moment ((Alcoholics Anonymous, 417). Acceptance. Willingness. Faith. Action. Practicing the AA principles, living the 12 Steps, changed my life, deepened my spirituality of knowing a God of my understanding to practice "love and tolerance of others..." (Alcoholics Anonymous, 84.)

"This is the Bible of AA. Read it."

The first suggestion freely given to me.

So blessed to have listened.



MONDAY NIGHT
AFTERGLOWS

39TH ANNIVERSARY PARTY

MONDAY SEPTEMBER 28

DOORS AT 730PM

SPEAKER AT 8PM

Home group member:

JEREMIAH T.

**DINNER & CAKE PROVIDED
COME CELEBRATE WITH US!**

1314 Northwood Blvd
Royal oak, MI

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

20 SEPTEMBER
11:00 AM – 03:00 PM
© Madison High School (Madison Heights)



Area Assembly

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

39th Annual

Tri-County Conference

"Come Witness Recovery in Action"

September 11, 12, 13, 2026

(doors open at 4:00 p.m. on Friday, September 11)



Auburn Hills Marriott Pontiac

3600 Centerpointe Parkway

Pontiac, MI 48341

248.253.9800



Special Hotel Room Rate
Available through 08/28/2026*
\$139 per night + tax
Reserve using hotel QR
*LIMITED AVAILABILITY:
while supplies last



Keynote Speakers

Amy D. - Louisville, KY
Harold L. - St. Louis, MO
Rachel W. - Georgetown, IN
FloAnn Y. - Tucson, AZ

Register online: tricityconference.org