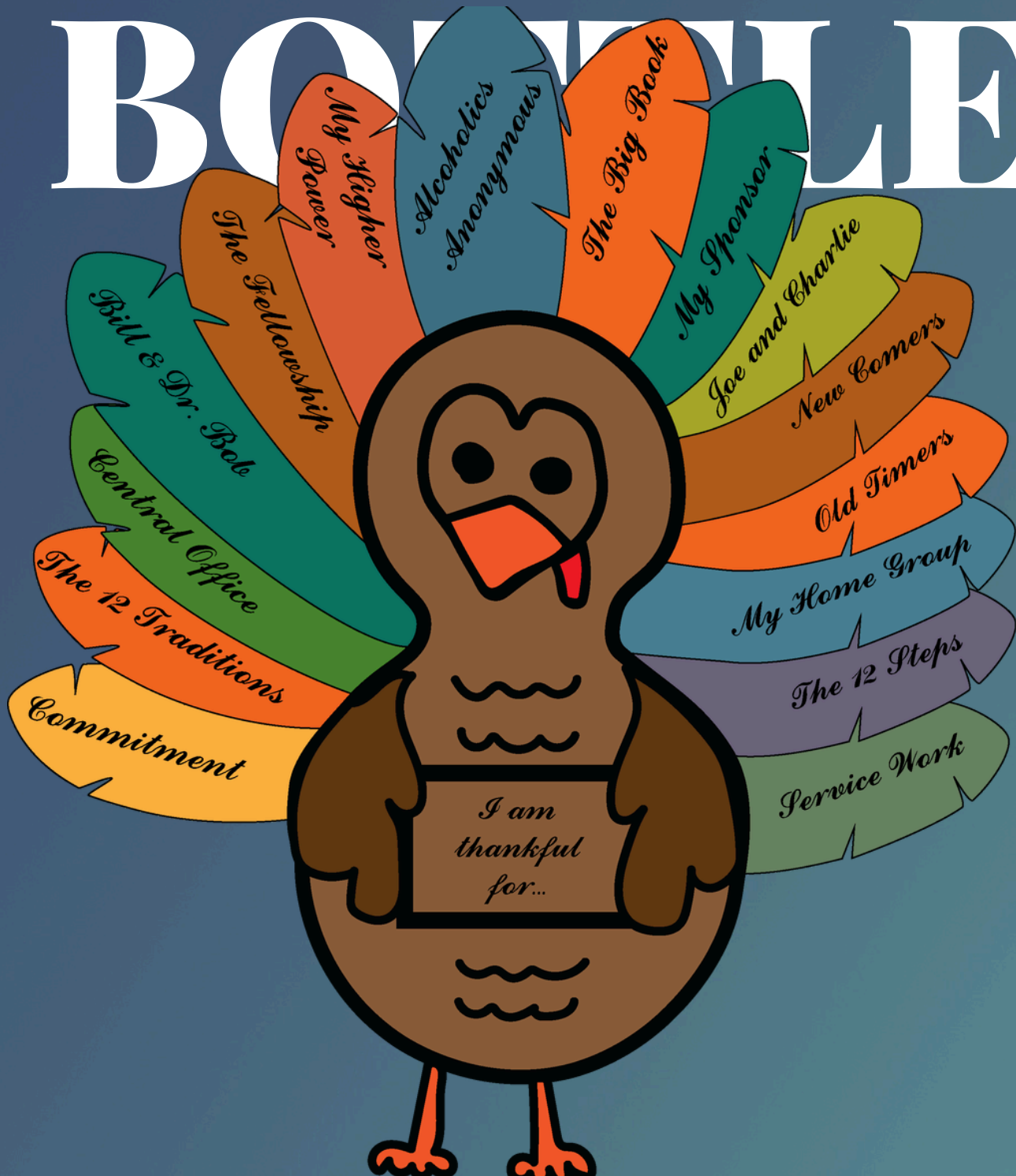


NOVEMBER

OUTSIDE THE

2026

BOONVILLE



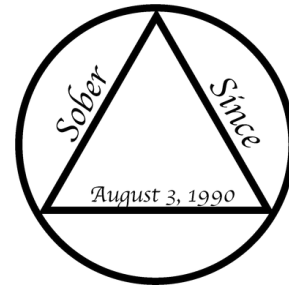
There is Life Without Alcohol - Pete S.'s story

When was the Last Time You were Happy? - Jessamyn J.'s story

District 16 Newsletter

PETE S.

THERE IS LIFE WITHOUT ALCOHOL



My journey into oblivion started in a small town in New York. I came from a middle class Italian Catholic family. My town is on the border of Connecticut and has 25K people and 52 bars. The drinking age in NY was 18 and in Connecticut is 21. So on the weekends the college folks from Connecticut increased the town by 15,000 and the bars were full.

My drinking started by having some of the alcohol in my parents cabinet, just a taste. When I got to High School 3 of my friends and I went driving on a Wednesday with a 6 pack or 2. We did some crazy stuff. That was a real start, when I was part of the High School play group cast parties were fun and I started to get a good feeling from Alcohol . I needed to be one of the guys and hung out at a place we called "the wall" where we were able to get someone to buy booze for us and get a bit high. My downfall was boonsfarm, I got drunk on it and swore I'd never have it again and then went on to beer and hard liquor. After graduation I went to a Catholic college in Detroit and found that College life was a blast. Went to many mixers and fraternity parties and finally joined a frat. Many nights I partied hearty and didn't like to go to my early classes. However, I didn't think I had a problem. Alcohol made me feel like I was part of the group.

After Graduation my careers all came with drinking during lunch and after work. I was married at 26 and had 3 children and a wife. Still partied as much as possible with work colleagues. Then it was too much, I got a divorce and the alcohol was a better relief. I joined organizations that have an affinity to drinking as a past time. I was hooked and I wouldn't quit or want to.

This went on for another marriage and divorce. Finally, I found a girlfriend that enjoyed drinking as much as I, We continued on that path until she had a 25th High School reunion. I drank so much that night, August 2, 1990, that I finally said to her I had enough. That was my last drink at 40 years old, I came to the realization that drinking and bouncing off walls had to stop and put the cork in the jug.

I toughed it out for about 90 days on my own then finally went to a meeting on a Saturday at the then Church of Today where the minister was Jack Boland, His sermons spoke of the 12 steps. I started to go to Church there on Sundays and weekly meetings. At first I sat in the back of the rooms near the coffee and back doors. If I didn't like it I could bolt and run. I Stayed.

I then got a Sponsor, read the Big Book and practiced the 12 steps. I then went to a treatment center in Val David Canada for 28 days in Nov/ Dec 1991. It changed my thinking and I realized that there is a life after and without Alcohol. Since then I've gone to at least 3 meetings a week, started to sponsor men in the program and give back by SERVICE. I realized that I can't keep my SOBRIETY without giving it away. I meditate in the morning with the 24 hour book and send it out to about 45 people. I have Chaired meetings, been treasurer for 15 years and gone on to work with the District as Treasurer all in the name of Service and giving back. I have new friends and a new way of living. I was once told that before I act I need to Pause, Ponder, Pray and Proceed. That is a great way to continue to Live a Happy Joyous and Free SOBER Life. The 6 words i now live by are Trust God, Clean House and Help Others, as pd164 says " 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. May God keep yo -until then".

JESSAMYN J.

WHEN WAS THE LAST TIME YOU WERE HAPPY?

I got sober when I was 21. I had two DUIs before I was 21 so I knew I had a problem. I have alcohol in my locker at school in 10th grade. I didn't learn any coping mechanisms for teenage angst when I was sober at 21. I thought I was very smart and I didn't have to work the program. The way you guys told me to I didn't surrender and I didn't have a higher power almost 40 years later I've had bouts of sobriety. I had 10 years here in the Royal Oak community and I had a 12 hour relapse changed. My sobriety date came back. I told myself the next time I relapse I'm gonna do it better and I did. I got another 10 years, but I wasn't really working the program again. I didn't surrender and I didn't have a relationship with a higher power or my sponsor after relapsing for five years. I was so beat up and beat down. I was so depressed, lonely, and unhappy. I asked myself. When was the last time you were Happy. My answer was when you were sober so I went to Sacred Heart. They gave me 12 days of sobriety and they told me to go to our meeting and I did. I saw people I once knew at this meeting and got lots of hugs and acceptance. I went to 90 and 90 for a year. I was on a pink cloud and I have a lot of gratitude in my life. I feel I finally put down the shovel. I know I got older. I don't know if I got wiser, but at 60 years old, I have two years of sobriety and I surrendered to a higher power as I call my sponsor and I do service work. I make coffee a chair meetings and I feel really good about where I am in my program.

Share your
Experience, Strength and Hope!



Outside the Bottle needs your story! Please share your story with us. You can submit it to: district16news@gmail.com
Please share anything about your recovery journey. The story can be about 500 to 600 words.
We can edit anything to make it work.



free for everyone

you are not alone!



The football game will be on.

Thanksgiving Day

Alkathon

marathon meetings

lots of food






WHERE: First Congregational Church
1314 Northwood blvd.,
Royal Oak MI

Please bring a dish to pass
(if you can - if not just come)
Hosting group - Primary Purpose men's Group

WHEN: Thanksgiving Day
Beginning at 11:00 A.M.
Food at 12:00 P.M.
Ends at 4:00 P.M.

Sponsoring groups will provide pop and food.

Any questions or to volunteer or provide group support call
Bob D. 248-974-9845

 **78TH ANNUAL
GRATITUDE
MEETING**

Wednesday, November 25, 2026 • 7:00 PM
Doors open at 6:00pm

Spiritual Speakers
AA Speaker
Hall of Memories / Sobriety Countdown
Plenty of fellowship, coffee and Dutch Girl donuts!



ROYAL OAK FARMER'S MARKET
316 E. ELEVEN MILE ROAD,
ROYAL OAK, MI 48067

 *Carrying
The Message
for 40 Years!*

**40th Annual
Tri-County Conference
Kickoff Meeting!**

**Help Us Plan the 40th Annual
Tri-County Conference!**

PLEASE JOIN US

 **Sunday, November 22nd, 2026
at 12:00 PM**

 **Clawson United Methodist Church**
205 N. Main Street, Clawson, MI 48017
Enter off Broadacre Avenue under the blue awning.

**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

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

15 NOVEMBER
11:00 AM – 03:00 PM
📍 Madison High School (Madison Heights)



Area Assembly

915 E Eleven Mile Rd, Madison Heights, MI 48071