



PASS IT ON...

Huron Valley Area Intergroup

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Serving the Recovery Community since 1979

September 2013

Volume 1, Issue 9

In this issue:

Message from the Editor	1
HVAI & District 4 News	1
9th Step, Tradition & Checklist	2
CMIA (Area 32) News	3
Other Fellowship Related News	3
Making Your Group a Safe Place by Gigi L.	4
Meeting Changes	5
Announcements	5
New Meetings	6
Thank You!	6
Contact Information	6



"Surveying the Past"

"We reacted more strongly to frustration than normal people. By reliving these episodes and discussing them in strict confidence with somebody else, we can reduce their size and therefore their potency in the unconscious."

Bill W., Letter 1957

Reprinted from *As Bill Sees It*, page 111, with permission of A.A. World Services, Inc.

Made direct amends *wherever possible*...

When I first got sober and heard that making amends was part of the deal, I thought it appropriate to seek people out right away—as in everyone I could—and give them a heartfelt apology. However, people heard "I'm sorry" from me enough when I was drinking (and even prior to my drinking problem). The last thing they wanted to hear was an apology. Not to mention that amends aren't necessarily to make you "feel better" - but rather to provoke a change. My experience has shown that change is not comfortable.

So, what does amend mean exactly? There are several dictionary definitions: "to change for the better; improve—to remove or correct faults in; rectify—to grow or become better by reforming oneself". So yes, the amends process is to rectify situations from the past but the biggest part is the byproduct of doing this. Simply put—the growth we experience is a result of doing the necessary house cleaning, to tidy up our side of the street.

Aside from running out and apologizing to people, another thing I had confused was the word "*wherever*" as reading "*whenever*"; a lot of people do this in new sobriety. The distinction, to me, is that *whenever* means just that—whenever I can, even if I have to force the scenario. Whereas, *wherever* means when the situation presents itself, *after I have worked the first 8 steps*.

Another experience of mine is that there is a way to make amends for every situation that exists. When making "direct amends wherever possible" isn't possible, (such as it may result in incarceration, harm to another, or the person is deceased), there is always another way. I think about this in terms of spiritual growth/change/amending. I often volunteer or do random, kind things for friends and strangers alike, in memory of my mother who is no longer alive. I just don't think there are any shortcuts when it comes to a thorough house cleaning, at least based on my experience.

Kim K., Saline, MI, Newsletter Editor

HVAI News

The holidays will be here before you know it! Encourage your group to participate in the holiday alkathons. We need groups to cover one hour slots:

Thanksgiving - Wed Nov 20 10:00pm to Fri Nov 22 12:00pm

Christmas - Tue Dec 24 8:00pm to Thu Dec 25 12:00pm

New Year's - Tue Dec 31 8:30pm to Thu Jan 2 12:00pm

We are also requesting 3 volunteers; one to chair each of the alkathons. Please contact 734-482-0707 or email office@hvai.org to sign up!

District 4 News

On Saturday, September 14th, District 4 held a 4th & 10th Step Workshop. The day began with coffee, pastries, and fellowship at the Dawn Farm Community Barn. The morning included speakers discussing all aspects of 4th step inventory including resentments, fear, harms to others, and sexual inventory. The main lunch entrée was provided and enjoyed along with several side dishes brought by attendees. In the afternoon panel members shared experience and wisdom on the 10th step including spot check inventory and promptly admitting wrongs. District 4 plans on having more workshops in the future. To get involved please come to the next District 4 Monthly Business meeting!

Step Nine

“Made a list of all persons we had harmed and became willing to make amends to them all.”

Tradition Nine

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

Tradition Nine - Long Form

“Every group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee and the groups of a large metropolitan area its central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are in effect our General Service Committee. They are the custodians of our AA Tradition and the receivers of voluntary AA contributions by which we maintain our General Service office in New York. They are authorized by the groups to handle our all-over public relations and they guarantee the integrity of our principal newspaper, the Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in AA are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.”

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Traditions Checklist - from the AA Grapevine www.aagrapevine.org

These questions were originally published in the Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since used them as a basis for wider discussion.

Tradition Nine:

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

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THE AA GRAPEVINE INC., PO BOX 1980, GRAND CENTRAL STATION, NEW YORK, NY 10163-1980

CMIA (Area 32) News

CMIA 32 will have its bi-monthly meeting on Sunday October 6, 2013 in Brighton, MI.

ALL are welcome & encouraged to attend. The location is:

St. Patrick's Academy

1001 Orndorf Drive Brighton, MI 48116

[Map & Directions](#)

9:00am - Coffee, Donuts & Fellowship

8:30 - 10:00am - 2014 State Convention Meeting	11:30am - 12:30pm - Service Committee Meetings
9:30 - 10:30am - Finance Committee	12:30 - 1:00pm - Lunch (<i>provided</i>)
10:00 - 11:30am - GSR Meeting	1:00 - 2:30pm - General Assembly Meeting

Other Fellowship Related News

THE ANONYMOUS PEOPLE

RECOVERY IS OUT - TO CHANGE THE ADDICTION CONVERSATION FROM - PROBLEMS TO SOLUTIONS

A documentary film about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs.

Tuesday September 24, 2013

Rackham Auditorium

5:00-6:00pm Reception ~ **6:00-7:30pm** Film

[View the Trailer Online](#)

Movie Night at Friends of Little House

Friends of Little House 802 River St Ypsilanti

1st Saturday of every month @ 7:00pm

Having trouble finding something to do on a Saturday night? Come join us for fun, fellowship, and a movie! Free admission.

Oct 5: "When a Man Loves a Woman" - with Meg Ryan & Andy Garcia

Nov 2: "Clean and Sober" - **Dec 7:** "My Name is Bill W."

For info contact: (734) 219-5051 or go to FOLH.net/movienight.

Box 4-5-9

Fall 2013 (Vol. 59, No. 3) Issue

Learn more about the General Service Office of A.A.®

http://www.aa.org/en_pdfs/en_box459_fall13.pdf

Ann Arbor's Got Talent 5

presented by Together We Can

Saturday October 12, 2013

Towsley Auditorium in the Morris Lawrence Building

Washtenaw Community College

4800 E Huron River Dr., Ann Arbor, MI

6:00pm Doors Open ~ **7:00pm** Open speaker, Chuck T.

8:15pm Curtain

\$5.00 suggested donation

Great new venue with stage! Lots of seating & parking!

A negative thinker sees a difficulty in every opportunity;

A positive thinker sees an opportunity in every difficulty.

**Would you like to receive the HVAI Intergroup
Newsletter "Pass It On..." via e-mail?**

**Just click here on newsletter@hvai.org and we
will send you the newsletter every month!**

Making Your Group a Safe Place for All by Gigi L.

The September 2013 issue of the *Grapevine* "Keeping AA Safe" tackles a thorny topic: What group behavior might push people away from meetings? My article, "Welcome" hopes to open a lively discussion on this very topic.

One day, I was in a new city and feeling distressed about my work there. So I went to a meeting. Since there were no open chairs at the table, I sat in a chair against the wall, along with about ten other women. As the women around the table read aloud from the *12 and 12*, I noticed that no one had offered a book to any of us who were sitting outside the circle. I couldn't hear well, and I had no book to look at to get some healthy AA thoughts into my head. I began to grow frustrated. When my turn came to share, I stated my disappointment and my need for support. After the meeting, several women offered me their phone numbers. I felt so relieved that once again my need for AA care had been fulfilled.

On another occasion, I was visiting my ill mother in her city. I was struggling with sadness, so I looked up a meeting and drove to a large church with several entrances. I walked around and tried several doors, looking for the familiar AA triangle. This took several minutes, and I was growing anxious. Finally, I saw a woman walking toward a door I had already checked. There was no AA triangle on it. No wonder I had missed it.

After both experiences, I asked myself, What if I had been a newcomer? What if I had been about to drink? This month's *Grapevine* describes common situations that might cause people not to return, and shows how groups have addressed these issues. In one story, a woman who cherished her faith was shocked when one person implied that believing in her church's teachings was like believing in the Easter Bunny. Even though she had 18 years of sobriety, she felt a tremendous loneliness as she walked to her car. She concluded that she would have to find a new group.

Additionally, two more articles describe the dangers of "13th Stepping." In one case, the group members decided to tell the offender that they would not condone him preying on a female newcomer. In the other case, the group emphasized that same-sex members should offer rides and fellowship to the newcomer before and after meetings. Other articles describe how a group dealt with one member's angry outbursts, and how a woman who reprimanded another during a meeting had to make amends. Such controversies can make a member feel like they're sitting in a dysfunctional family. Who *would* want to come back?

The author of the final article is an old-timer who was accused of not "doing AA the right way." Some members told him that he was "killing people" by saying that "AA is a program of suggestions only." These critics think modern AA is "too watered down." They propose a return to the program as outlined in the first 164 pages of the Big Book. The article counters these beliefs with several quotes from AA literature. We are reminded that "In AA there are no musts"—as written by Bill W. in the February 1948 *Grapevine*. The author concludes that "tolerance in AA can be gained by reading *all* the AA literature."

It's important for AA groups to do their best to provide "fellowship, friendliness and an understanding that is indescribably wonderful." If your group has fallen short of this ideal, you might find use from the "Traditions Checklist" to do a Group Inventory at your next Group Conscience Meeting.

(See page 2 for this month's "Traditions Checklist" and share it at your home group)

Do you like to write? Do you have a story about experience, strength, and hope in recovery?

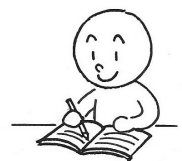
You can have *your story* published in a future edition of "Pass It On..."

We are looking for personal stories about the steps, traditions, or other experiences in recovery.

Submissions can be about 600 words or less in length and are subject to editing of grammar and/or content.

Click here to submit by e-mail to newsletter@hvai.org OR

drop your submission by the HVAI office anytime (mail slot available 24 hours a day).



Announcements (Visit www.hvai.org/announcements for additional details & upcoming events)

September 2013

September 24: Anonymous People Documentary film viewing at Rackham Auditorium 6:00-7:30pm <http://manyfaces1voice.org> - For more info: 734-763-3933 or visit: <http://www.uhs.umich.edu/recovery>

September 27: Reaching Out to the Professional - Al Anon/Alateen Family Groups and Alcoholics Anonymous - 10:00am to 5:30pm - Faith Lutheran Church, 12534 Holly Rd., Grand Blanc, MI 48439 - call Geri H (810) 655-8064 or Debbie G (810) 577-0473 for more info

September 27: Reaching Out to the Community - Al Anon/Alateen Family Groups and Alcoholics Anonymous - 9:00am to 5:00pm - Faith Lutheran Church, 12534 Holly Rd., Grand Blanc, MI 48439 call Geri H (810) 655-8064 or Debbie G (810) 577-0473 for more info

September 28: "A Recovery Story: Perseverance - The Dr. Billy Taylor Story" on the Big 10 Network at 9:30pm.

September 29: MCYPAA's Roast of Pam B. 6:30PM - Clark Conference Center Sparrow Hospital, St. Lawrence Campus 1210 W. Saginaw Street, Lansing MI Come join in the laughter and sentiments as we honor a dear servant of our host of friends \$5 Suggested-Donation Dessert-Potluck!

September 30: 36th Annual Milan Celebration Doors open at 6pm. Hot dogs and Sloppy Joes provided.. Please bring a dish to pass. Speaker at 8pm.

October 2013

October 6: CMIA32 (Central Michigan Intra Area) Assembly First Sunday Bimonthly: 9am Coffee, 9:30am Finance Committee, 10:30am New GSR Orientation, 11:30am Standing Committees, LUNCH at 12:30pm, 1pm General Assembly Meeting. - St. Patrick School 1001 Orndorf Drive Brighton, MI 48116 - More info: www.cmia32.org

October 12: Ann Arbor's Got Talent Five, Join the recovery talent night - Doors Open 6:00pm - Speaker Chuck T. 7:00pm - Curtain 8:15pm - Suggested donation \$5.00 - Concessions and 50-50 Raffle. At the Towsley Auditorium in the Morris Lawrence Building, Washtenaw Community Collage Campus - free parking, stage, & lots of seating!! For more info: twcdetroit.com

October 2013 (Continued)

October 18, 19 & 20: "Across All Barriers" 25th Anniversary Fall Weekend Mission Point Resort Mackinac Island, MI for more info please phone 517-377-1444

October 18, 19 & 20: Southern Motorcyclists in Alcoholics Anonymous Camping Convention: "Carrying the Message" in Fall Creek State Park, Pikesville, TN Info: www.SMAACC.org

October 19: Huron Valley Area Intergroup Business Meeting (HVAI) at 1:00 PM 1st Presbyterian Church basement, 300 N. Washington St., Ypsilanti 48197 (use office door) (every 3rd Sat.)

October 21: District 4: Conference Service Structure Meeting, 7:00pm Calvary Methodist Church, 1415 Miller, Ann Arbor, 48103 3rd Mondays: (ea. month)

October 26: Monroe's 15th Annual Oktoberfest 'A Design for Living'. Doors open 9:00am, speakers through 8:00pm. Sponsored by Monroe's 24 Hour Group. Tickets \$20/ea. Trinity Lutheran Church, 323 Scott St., Monroe, MI. Info: Mark 734-529-5565 or Greg 734-777-7349.

October 27: STATEWIDE SERVICE MEETINGS Michigan's three major Delegate Areas meet jointly on a quarterly basis. Everyone is welcome to attend; Area Officers, DCM's and Committee Chairpersons are encouraged to attend. The Statewide meeting is designed for updating the three Areas regarding activities and learning going on in the areas. Experience and knowledge is shared to benefit all three Delegate Areas. This promotes unity throughout the state, and helps in coordinating events such as the Mock Conference and State Convention.

Statewide Service Committees meeting times: Corrections 11:30am, Grapevine 12:30pm, General Statewide Meeting 1:30pm. Meets the 4th Sundays of January, April, July, & October at the West Alano Club, 2909 W. Genesee St. (1 blk south of W. Saginaw St.) Lansing, Michigan

To submit an announcement to be placed on the HVAI website for a group anniversary, conference or convention, workshop or seminar, or any other related announcements please email linda@hvai.org or call the office at (734) 482-5700.

Meeting Changes (for New Meeting listings see page 6)

- **Note Cancellation:** Dexter Thu Night Al-Anon meeting - We Are Not Saints Group - is cancelled
- **Note Change of Location:** Ann Arbor Thu 5:30pm Serenity Group at Body, Mind, Spirit moved to Hidden Valley Apt. Club House, 500 Hidden Valley Drive (Off State St.)
- **Temporary Change of Location:** Ann Arbor Thu 8:00pm Young People in Groove at 242 Community Church 410 S Maple during construction

Huron Valley Area Intergroup

31 S. Huron St.,
Ypsilanti, Michigan 48197

Tel: (734) 482-0707
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www.hvai.org

OFFICERS

Chair: Dennis G., Ann Arbor
Vice-Chair: Hugh
Secretary: Bill D., Ann Arbor
Treasurer: Tom C.

SERVICE COMMITTEE CHAIRS

Corrections:

Tabitha B., Ann Arbor

Cooperation w/ the Professional Community:

Chuck T., Ann Arbor

Newsletter Chair:

Valerie K., Ypsilanti

Newsletter Co-Chair:

Kim K., Saline

Public Information:

Bud L., Ann Arbor

Treatment Centers:

John G., Ann Arbor

District 4 Liaison:

Eric R., Ann Arbor

HVAI Office Manager:

Linda K., Ypsilanti

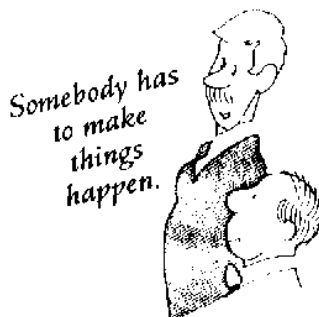
Many thanks to HVAI's August 2013 7th Tradition Contributors!

Ann Arbor	Mon-Fri 630am New Awakenings Wed 730pm Women's Fusion Thu 800pm Young People in the Groove Sat 730pm S.N.O.W. Sun 1100am 11th Step Group
Chelsea	Sun 700pm, Mon 830pm, Thu 800pm, Sat 700pm Chelsea Group
Dexter	Thu 630pm Women of Substance
District 4	District 4 Public Information Contribution
HVAI	Ypsilanti Heritage Festival
Manchester	Wed 630pm Mid-Week M-52
Ypsilanti	Mon 700pm Sisters in Serenity Wed 730pm Desperately in Need Fri 730pm Windows of Opportunity Sat 730pm Sat Night at St. Joe's Group



New Meetings (for other meeting changes see page 5)

Ann Arbor - Tue 9:30am Sobriety with Grace - Grace Bible Church 1300 S Maple near Pauline	Ypsilanti - Friends of Little House 802 N River St - All meetings are upstairs unless otherwise noted
Canton - Fri 10:00pm Canton Candlelight - Life Church 7001 N Haggerty	Wed 5:30pm Big Book Study Fri 5:30pm 12 & 12 Meeting
Milan - Wed 5:30pm & Sat 8:30am London Gratitude - United Methodist Church 11318 Plank Rd	Sat 9:30am Women's Meeting Sat 9:30am Men's Meeting (downstairs) Sun 12:00pm AWOL Meeting Sun 5:30pm Big Book Study



Huron Valley Area Intergroup Business Meetings:

All AA's are welcome to attend!
3rd Saturday of the month at @ 1:00pm
1st Presbyterian Church - 300 N. Washington St., Ypsilanti, MI
Enter through office door.
**A handicapped accessible entry is available.

District 4 Business Meetings:

3rd Monday of the month @ 7:00pm,
Calvary Methodist Church - 1415 Miller St., Ann Arbor, MI
**A handicapped accessible lift is available to access basement.

CMIA (Area 32) Meetings:

1st Sunday of the even months
Location rotates in Michigan within the area ([click here to see upcoming location](#))
9:00am - Coffee & Donuts 9:30am - Finance 10:30am - GSR Orientation 12:30pm - Lunch 1:00pm - Assembly

Statewide Service Meetings:

4th Sunday of Jan, Apr, July (usually at State Convention), and October
West Alano Club - 2909 W. Genesee St. (1 blk. South of W. Saginaw St.) Lansing, MI
3 Delegate Areas (32, 33 & 34) meet jointly - everyone is welcome!
11:00am - Corrections 12:30pm - Grapevine 1:30pm - General Statewide Meeting