

JUNE

OUTSIDE THE

2024

BOTTLE

Promises Fulfilled: Our Spiritual Awakenings - Mary Beth K.'s Story
Are these Extravagant Promises? --Ronnie B.'s Story

District 16 Newsletter

MARY BETH K.

Promises Fulfilled: Our Spittitual Awakenings



“Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. 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.” (BB, page 164)

On May 28, while sitting at a stop light, I was hit from behind and traveled across four lanes of traffic. My dream car was totaled, and I had memory loss and a prescription for two weeks of bed rest. It was the first of a year-long series of stressful events.

On June 14, my father, my friend, my hero was transferred to the emergency room, from the nursing center as he was coughing up blood. Although he had been recovering from surgeries and a stroke, his death less than 24 hours later was a shock.

At the same time I was initiating a relationship with JS that I hoped would result in marriage, commitment, and children. However, it was an unfulfilling relationship, which ended after three more months. The deciding event, which precipitated the choice, was the birth of my niece. Experiencing first hand, in the delivery room, the heartache and joy, reaffirmed by my desire for a child of my own. That was not a priority for him.

On July 17, I was on a much needed vacation in North Carolina. While I was there, the three-year old daughter of the friend I was staying with fell in the pool and drowned. I spent the next week supporting my loving friend and her family.

On October 16 my mother died after a long debilitating illness and a broken heart.

Many days it was like pulling teeth just to move out of bed on to my knees, let alone to attend my regular 7 am meetings. Once there, though, I poured my heart out and felt shame for still grieving. I asked myself, “Why can’t I be through with this?” I said to myself, “These people are tired of hearing this.” But the love of the program has buoyed me along. The hugs, encouraging words, and the sharing experiences, strengths, and hopes have given me life after death.

I am so grateful that, with my sponsor’s support and encouragement, I worked the steps while my parents were still alive. I made my amends, expressed my love, and received theirs. And every time I experienced conflict or powerlessness during my relationship with JS, I applied the steps, cleaned up my side of the street, and emerged free and loving. Promises fulfilled!

CANOE TRIP

Hosted by
MHGAA
(2 1/2 HOUR CANOE TRIP)



Canoe Rental \$65
Kayak \$35
2 or 3 adults per canoe

Family and friends welcome

8th Annual Fellowship event

SUNDAY

June 02, 2024 12-3pm

Launch time: 12pm sharp
Arrive by 11:30 to sign up
Clinton River Kayak
37328 Utica Road Sterling Heights.
Picnic following @Heritage Park
44500 Van Dyke South of M59

Pay upon Arrival

Pot luck Picnic Appx: 3p

To Reserve a canoe
Call - 248-421-3445

Let them know you're with the Madison Heights Group and want to reserve for 12pm

Any questions or concerns: Please call Henry N. 248-505-5166.

Rev 06/01/2023

RONNIE B.

Are these extravagant Promises? We think not!




I was reminded of when I first came in.
 How for 48 years of my life.
 I thought I knew a lot.
 I did,
 but not enough to live a happy life without alcohol and pot.
 My thoughts were that I needed those things in my life to remain happy.
 My imagination, willpower and knowledge did not help me.
 I had to find a new high to replace that old one.
 How can I do that when my only thoughts were to abstain for a certain period of time.
 It started with just keep coming back.
 That allowed me to see and hear people that knew more than I did.
 At first I heard people telling me what to do, but after time.
 I realized they were only suggestions.
 Just like when you jump out of a plane.
 We suggest you pull the ripcord.

Doing service work became a service opportunity.
 It opened the gates to the WE of the program.
 From there I started to see similarities, not differences.
 For the first time in my life.
 I started to feel truly awake. Inspired.
 A new freedom and a new happiness started to appear through the dark clouds.
 We all hit our own bottom. Mine was insanity.
 In my 20's, DUI's and the courts did not work.
 A near death experience or experiences did not work.
 In my 40's, Doing the same things over, over and over again.
 Got me in here.
 Even though I always had God in my life.
 It brought a lot of confusion.
 Praying and praying for years for help.
 I felt abandoned by God.
 Hearing others say I had to believe a certain way and if I didn't, hell was my path.
 There seemed to be a lot of judgment on those that did not believe exactly how they did.
 Coming to AA not only opened me up to believe how I wanted and needed.
 It opened me up to many gifts.

God is Love. Kindness. Caring. Sharing. Giving freely of one self without expecting anything in return. All acts of love.
 It was the acts of complete strangers that allowed me to see this new world.
 As they gave and did not expect anything in return,
 It drew me closer to the program. It drew me closer to my authentic self.
 Closer to many gifts I did not know exist.
 My ideal of only not drinking for 6 months. Has came and gone.
 My ideal of not quitting smoking pot. Has left.
 I now see I can be completely happy without pot or alcohol.
 A new high so I no longer have to chase the old one.
 Once I surrendered and became teachable.
 That is what grew in my life.
 The more I know. The more I realize the more I don't know,
 The more I realize my ego is not my friend.
 My ego tells me I'm better or worse.
 That knowledge and willpower is what I need.
 Willpower and knowledge has never guaranteed me that I will wake up the next day. There is not a guarantee.
 Something a lot stronger than me wakes me up every day and allows me another gift of life.
 In this moment, this is where I live.
 These moments of joy, peace, love and serenity get longer. My moments turn into hours and hours into days. Now it's been years.
 No, I cannot be inspired at all times.
 In this moment I am. This is where I try to live as much as possible.
 My heart is filled with gratitude and love.
 Appreciate the many gifts in life.
 Each new person that comes into my life being another gift.
 The more I get out of my own way.
 The more guided and protected I feel.
 This could not be done by myself.
 It was done with the first word of the first step.
 WE. There is a lot of power in WE.
 Millions of people of like minds helping one another.
 Not only survive, but becoming functional parts of society.
 The love in the program reaches way outside of AA.
 The world is being transformed by the love here.
 As we interact with our family, friends and strangers.
 The world is better because you're in it.
 It's amazing to see and feel the love of AA.

71st Michigan State Convention
combined with the
ECR Conference

June 7th-9th, 2024
Calvin University
3201 Burton S.E.
Grand Rapids, MI 49546



CONNECTING WITH LOVE

UNITY SERVICE

Keynote Speakers:
Friday: *Rich H.*, Hebron, IL
Saturday: *Madonna V.*, Auburn Hills, MI
Saturday: *Al-Anon - TBA*
Sunday: *Barefoot Scott S.*, Hersey, MI

CARRYING THE A.A. MESSAGE OF RECOVERY
What makes an A.A. convention click for its participants? It's probably not style or form that matters so much as the spirit and feeling behind it. As one member puts it, the best A.A. convention is "just a darned good A.A. meeting blown up big." Just watch enthusiastic members at any A.A. convention and you'll get what he means. The atmosphere alone is worth the trip. Here you'll find fellowship, laughter, warmth, and understanding — "heaped up, pressed down, and running over."

Mg 04 A.A. Guidelines, Conferences, Conventions, and Roundups

Please visit area34aa.org for more information as it becomes available.
Co-Chair Contacts: *Linda B* 269.329.3159 • linbow421@gmail.com | *Brian S.* 616.366.5827 • digit@vemis.net



**Michigan Statewide
Corrections Committee
Workshop**

When: October 12, 2024
Where: Re/Max Building Brighton, MI
What time: 9:30 am-3 pm.

SAVE THE DATE!

**MARCH ROUNDUP 2025
Committee Meeting Schedule**

**Sundays, at 10:00 am,
Madison Heights High School
Preceding Area 33 Assemblies**

APRIL 21, 2024
MAY 19, 2024
JUNE 23, 2024
JULY 21, 2024
AUGUST 18, 2024
SEPTEMBER 15, 2024

(MEETINGS MAY MOVE TO VIRTUAL DUE TO WEATHER
CONDITONS OR SCHEDULING CONFLICTS)

**Join us to learn more about the March Roundup service
opportunities, or email for more information.**

Area33mruchair@aa-semi.org

AREA 33 ASSEMBLY

Madison High School, 915 E. Eleven Mile Rd.,
Madison Heights

New GSR Orientation @ 11:00 &
Assembly @ 12:00

June 23 Come hear the Delegates Conference
report

**DISTRICT 16 MEETS AT 7:00 P.M. 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: Anita B.

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



Area 33 - Treatment Committee Needs YOU On Board!



**Scan This Code
Volunteer To:**

- Help patients get to their first meeting after treatment.
- Bring an AA meeting to a treatment center.

Boarding Pass

**BRIDGING
THE GAP**

