



# Carry the Message July 2008

The Huron Valley Area Intergroup Newsletter

Serving the Recovery Community since 1979

## Step Seven

Humbly asked Him to remove our shortcomings

When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." We have then completed Step Seven..

Page 76

*Alcoholics Anonymous*

## Tradition Seven: Long Form

The AA groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of

contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those AA treasuries which continue, beyond prudent reserves, to accumulate funds for no stated purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority.

## Traditions Checklist—from the A.A. Grapevine

### Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

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

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## HVAI Contributions

Huron Valley Area Intergroup could not exist without the support of our many Groups and generous contributions from individual members. We rely on your contributions to keep our doors open to the still suffering alcoholics, and those who care for them. We wish to thank the following contributors:

**Thursday Night Steps**

**New Directions**

**Chelsea Thy Not MY Will II**

**Women of Substance**

**Saline Woman's Group**

**Saturday Nite Open at St. Joe's**

**Weekend By the Book**

**Chelsea Group**

**1,2,3 Steps Group**

**Starting Over**

## From Bill

**This is the substance of a revealing letter which Bill Wilson wrote several years ago to a close friend who also had troubles with depression. The letter appeared in the "Grapevine" January, 1953.**

### EMOTIONAL SOBRIETY

"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God. Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs. Even then, as we hew away,

peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden 'Mr. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect. I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer ... "it's better to comfort than to be comforted". Here was the formula, all right, but why didn't it work?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression. There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what

*(Continued on page 4)*

## Meeting Updates

Our meeting updates are now available online at [www.hvai.org](http://www.hvai.org).

New to the HVAI website is a searchable meeting directory! heck it out, let us know what you think, and help us to spread the word. You can search by day, time, location, and type of meeting to name a few options.

The Spring 2008 meeting directory is now available. Get one at a local meeting or stop into the HVAI office at 31 South Huron Street, Ypsilanti MI.

## Send Your Voluntary 7th Tradition Contributions To:

**Huron Valley Area Intergroup  
31 South Huron Street  
Ypsilanti, MI 48197**

**District 4  
Washtenaw County Treasurer  
Box 971502  
Ypsilanti, MI 48197**

**Central Michigan Intra-Area 32  
C.M.I.A. Area 32 Treasurer  
P. O. Box 283  
Saline, MI 48176**

**AA World Service  
Grand Central Station  
P.O. Box 459  
New York, NY 10164-0423**

## Upcoming Events

### July

**July 3rd-6th, 2008:** 50th ICYPAA, Internation Conference of Young People in AA presents: 'Smashing the Delusion' in Oklahoma City. [www.50thICYPAA.org](http://www.50thICYPAA.org)

**July 12, 2008:** Karaoke at Washtenaw Alano Club, every other Saturday evening 6 PM- midnight FREE. 995 N. Maple Rd, Ann Arbor, Michigan 48103 [www.washtenawalano.org](http://www.washtenawalano.org) 734-668-8138

**July 13, 2008:** 1st Sun. (July exception) Central Michigan Intra-Area Meeting Conference Service Structure: Skidway Lake Chamber of Commerce Senior Center, 2777 Greenwood Rd., Skidway Lake, MI (near Alger)  
[www.cmia32.org](http://www.cmia32.org)

**July 18-20, 2008:** 15th Annual MCYPAA Advisory & Host campout. Speaker meetings both nights around a bonfire! River Park Campground and Trout Pond, Grayling MI. Call Chris S. (616) 308-8226.

**July 25-27, 2008:** AA East Central Regional Convention, Westlake, OH info: [www.cmia32.org](http://www.cmia32.org)

**July 26, 2008:** Karaoke at Washtenaw Alano Club, every other Saturday evening 6 PM- midnight FREE. 995 N. Maple Rd, Ann Arbor, Michigan 48103 [www.washtenawalano.org](http://www.washtenawalano.org) 734-668-8138

### August

**August 1-3, 2008:** *Gem State Roundup:* Sobriety and Beyond, Boise, ID [www.gemstateroundup.org](http://www.gemstateroundup.org)

**August 1-3, 2008:** *3rd Annual Women's Recovery Retreat,* Lake Huron Retreat Center, Port Huron MI. Retreat begins Friday evening and ends Sunday morning. Space for 50 women. Scholarships will be available. Registration begins in May, watch for updated flyers and info. For a Registration Form Call Eileen at (734) 972-3851 or Gigi at (734) 483-3981. or E-mail [glanger1@comcast.net](mailto:glanger1@comcast.net)

**August 3, 2008:** 1st. Sun. *Central MI CMIA Conference Service Structure Meeting:* Alpena

**August 8-10th, 2008:** *20th Annual Courage Round Up:* "Sailing into Sobriety, It's not the gales but the set of the sails that determine the way we go" Sponsored by gay men and lesbians in AA. Open to all. e-mail: [courage449@yahoo.com](mailto:courage449@yahoo.com) [www.rationallunacy.com/courageroundup/](http://www.rationallunacy.com/courageroundup/)

**August 8-10th, 2008:** *56th Michigan State Convention* at Valley Plaza Resort, Midland, MI Info: Pauline N. (989) 708-7728 or Mike K. (517) 403-2764 [www.valleyplazaresort.com](http://www.valleyplazaresort.com) \$99.99 per night (Valley Plaza Suites), please indicate you are registering for the 56th Michigan State Convention. \$79.99 per night (Best Western)

**August 9, 2008:** *Friday Night Group 25th Anniversary celebration.* 11 AM canoe trip at Argo Park, 2 PM picnic (meat provided) and open talk at Bendemeer Park, Ann Arbor MI.

**August 9, 2008:** *Karaoke at Washtenaw Alano Club,* every other Saturday evening 6 PM- midnight FREE. 995 N. Maple Rd, Ann Arbor, Michigan 48103 [www.washtenawalano.org](http://www.washtenawalano.org) 734-668-8138

**August 23-25, 2008:** *21st Annual Sunset Round Up Key West.* meetings, workshops, fellowship, fun and sun.  
[www.sunsetroundup.com](http://www.sunsetroundup.com)

**August 23, 2008:** *Karaoke at Washtenaw Alano Club,* every other Saturday evening 6 PM- midnight FREE. 995 N. Maple Rd, Ann Arbor, Michigan 48103 [www.washtenawalano.org](http://www.washtenawalano.org) 734-668-8138

grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act of circumstance whatsoever. Then only could I be free to love as Francis did.

Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life. Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies. For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me. While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand.

Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: We may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea --- only a gimmick that has started to unhook several of my own hexes' at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine"

—Bill Wilson

Attitude is Everything

## District 4 Corner

*The HVAJ provides this space as a courtesy to District 4 in the spirit of cooperation in carrying the message. Please direct all questions and comments to your Home Group GSR or DCM or attend a District 4 meeting.*

### District 4 News

**District 4 monthly meeting** is held at 7 August 8-10, 2008 in Midland Michigan. PM on the third Monday of each month. Donations are needed for coffee and hospitality rooms. Volunteers are also needed. The meeting is primarily for G.S.R.s and L.C.M.s and all AAs are welcome to attend. For a donation form visit: <http://snipurl.com/1v1o7>

The July 2008 District meeting will take place on Monday July 21, 2008 at the *First Congregational Church*, 608 East William Street, Ann Arbor, at the intersection of William and State Streets.

**District 4** is looking for a new meeting location. Please contact [Stephan](#) with any ideas.

**Our Delegate Larry S.** will be visiting the District in the next few months. Time and location to be announced when available.

**Grapevine:** Looking for volunteers to serve on Grapevine Committee for District 4 and ideas on how to share the Grapevine message. Contact Daryl A. at 517.851.8255.

**Share your Story:** A.A.s willing to share story in local treatment facilities contact Shannon T. at 734.678.2478 or [distric-t4treatment@gmail.com](mailto:distric-t4treatment@gmail.com)

**Carry the Message:** join the Public Information Committee! Matt O. [mobrien9@emich.edu](mailto:mobrien9@emich.edu)

**Service Work opportunity:** Local Committee Members need to be assigned for all of the AA groups in Washtenaw County to update info. This is a *huge* undertaking. Please contact Sean O. at (734) 837-7187 if you are able to help.

**56th Michigan State Convention** donations are needed. The Convention will be

### District 4 Finances

#### 03/01/08 – 03/31/08

Beginning balance	\$907.62
Total income	736.45
Total expenses	356.38

**Closing balance** **\$1287.69**

#### 04/01/08 – 04/30/08

Beginning balance	\$1287.69
Total income	219.67
Total Expenses	440.80

**Closing balance** **\$1066.56**

#### 05/01/08 – 05/31/08

Beginning balance	\$1066.56
Total income	283.95
Total expense	61.00

**Closing balance** **\$ 1289.51**

When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn't. What was our choice to be?