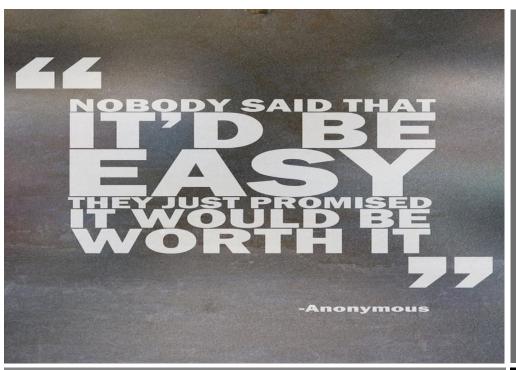
PASS IT ON..... February 2017





SERVING THE RECOVERY COMMUNITY SINCE 1972

Step Four

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"Made a searching a fearless moral inventory of ourselves."

Step Four

Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to the causes and conditions.

Therefore, we started upon a personal inventory. This was step four. A business which takes no regular inventory

usually goes broke. Taking a commercial inventory is a fact-finding process. It is an effort to find out the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about his values.

We did exact the same thing with our lives. We took stock honestly. First, we searched out the flaws in our makeup which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

ALCOHOLICS ESPECIALLY SHOULD BE ABLE TO SEE THAT INSTINCT RUN WILD IN THEMSELVES IS THE UNDERLYING CAUSE OF THEIR DESTRUCTIVE DRINKING. 12 & 12 P.44

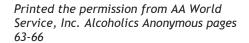
Resentment is the 'number one' offender. It destroys more alcoholics than anything else. From it stem all forms about spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on

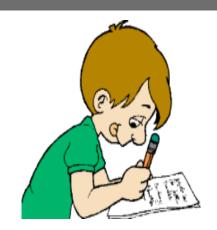
paper. We listed people, institutions or principles with whom we were angry. In most cases it was found that our self esteem, our pocket books, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were "burned up". Our grudge list. We set opposite each name our injuries. Was it our self-esteem, our security, our ambitions our personal, or our sex relations. which had been interfered with. (See page 65 in the book of "Alcoholics Anonymous" for an example)

We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished, we considered it carefully. The first thing apparent was that this world and its people were often quite wrong. To conclude that others were wrong was as far as most of us had ever got. The usual outcome was that people continued to wrong us and we stayed sore. Sometimes it was remorse and then we stayed sore at ourselves. But the more we fought and tried to have our own way, the worse matters got. As in war, the victory only seemed to win. Our moments of triumph were short lived.

It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while.

But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harbouring such feelings, we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. If we were to live we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics, these things are poison.





FOURTH STEP TRADITION

"EACH GROUP SHOULD BE AUTONOMOUS EXEPT IN MATTERS AFFECTING OTHER GROUPS OR A.A. AS A WHOLE."

When A.A.'s traditions were first published, in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival.

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THE SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Whenever a human being becomes a battleground for the instincts, there can be no peace....

What is a spiritual experience and a spiritual awakening?

They are used many times in the book of "Alcoholics Anonymous". Upon careful reading shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.



LIVING IT

The spiritual life is not a theory. We have to live it. Alcoholics Anonymous P.83

When new in the program, I couldn't comprehend living the spiritual aspect of the program, but now that I'm sober, I can't comprehend living without it. Spirituality was what I'd been seeking. God as I understand him, has given me answers to the whys that kept me drinking for 20 years. By living a spiritual life, by asking God for help, I have learned to love, care for a feel compassion for all my fellow men, and to feel joy in the world where, before I felt only fear.

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WE NEED SUBMISSIONS FOR FUTURE EDITIONS OF "PASS IT ON"

Carry the message by sharing your personal story about the steps, traditions, or experience, strength & hope in recovery.

All submissions should be approximately 350-400 words in length and are subject to editing of grammar and/or content.

Submit by e-mail to newsletter@hvai.org OR drop your submission by the HVAI office anytime (mail slot available 24 hours a day).

HVAI OFFICE

(734) 482-0707



Huron Valley Area Intergroup Business Meetings

All AA's are welcome to attend!

HVAI Business Meeting:

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

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

AnnA/Fr. 730p 12 Steps Delones

AnnA/Fr. 73op Primary Purpose

AnnA/Fr. 930a Friday's As Bill sees

AnnA/Mo. - Fr. 630a New Awakening

AnnA/Mo. 12nn T.G.I.M.A.A.

AnnA/Mo. 7p Men's Huron St. Spera

AnnA/Sa. 10a Living the Steps (12/12)

Anna/Th. 1030a Keep Hope Alive

AnnA/Th. 63op New 5th Tradition

AnnA/Th. 930 a Stadium Big Book Group

AnnA/Tu. & Fr. 630a On-Ramp O/L

AnnA/Tu. & Th. 2p AA at the VA

AnnA/Tu. 8p Working With Others

AnnA/Tu. Th. & Fi. n Singleness/Purpose

Bellville/Fr. 730p 12/12

Bellville/Tu.12nn 449ers

Chelsea/Sa. 9am Today Group

Chelsea/Tu.& Fr. 9am, Sunshine Grp of AA

Dexter/Th.73op We Are Not Saints Group

District o4 Washtenaw:District 4 Web & HelpLine

Milan/Mo.New time 8pm

Saline/Fr.7p Womans Group

Saline/We.73op We.Nite@Church Group

Saline/We.73op We.Nite@Church Group

Ypsi/We. 73op Desperately/Need

Ypsi/We. 7p Survivors

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Announcements and Events

Saturday, April 15 3:00pm

IAAMC 29th Annual Men's Conference

11:00am

Corrections Committee Meets (3rd Sat.s)

1:00pm

HVAI Business Meeting (3rd Sat.s)

2:00pm

Office Hours 2-5pm

Sunday, April 16

IAAMC 29th Annual Men's Conference

Monday, April 17 10:00pm

IAAMC 29th Annual Men's Conference

7:00pm

District 4 Meets (3rd Mondays)

Tuesday, April 18

7:30pm

D.F. Lectures: Grief and Loss in Recovery

Thursday, April 20 6:30pm

Reception Prior to D.F. Lecture

7:30pm

D.F. Presents: Emerging from The Darkness: the End of the Drug War

and Rise of Recovery

Friday, April 21

11:30am

Reception with Dr. Kevin McCauley, MD.

12:30pm

D.F. The Brain and Recovery: Neuroscience of Addiction

Saturday, April 22

9:00am

Jail Volunteers' Orientation

Sunday, April 23 11:00am

 $\label{thm:michigan State Wide Committees Meet (4th Sun.s in Jan., April, July,$

and Oct.)

Tuesday, April 25 7:30pm

D.F. Lectures: Spirituality in Recover: Many Paths

Friday, April 28

Jackson Hill 45th Spring Round-Up

Saturday, April 29

Jackson Hill 45th Spring Round-Up

Sunday, April 30

Jackson Hill 45th Spring Round-Up @ 7:00am

Dawn Farm Ride for Recovery @ 8:00am

Ride for Recovery

Tuesday, May 2

7:30pm

Teens Using Drug or Alcohol

Sunday, May 7

Central Michigan Intra-Area (1st. Sun. of even month)

Thank You!!