



SERVING THE RECOVERY COMMUNITY SINCE 1972

PASS IT ON

Monthly



Huron Valley Area Intergroup
 31 S. Huron Ypsilanti, MI 48197
 Office: (734) 482-0707
 24 Hour Hotline: (734) 482-5700

WWW.HVAI.ORG

Step Four

Reprinted from the Big Book with permission of the A.A. World Service, Inc.

“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.

Printed the permission from AA World Service, Inc. Alcoholics Anonymous pages 63-66



FOURTH STEP TRADITION

"EACH GROUP SHOULD BE AUTONOMOUS EXCEPT 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.

REPRINTED FROM THE TWELVE STEPS AND TWELVE TRADITIONS, PG. 146, WITH PERMISSION OF THE A.A. WORLD SERVICE, INC.



shutterstock · 295899524

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.

REPRINTED WITH PERMISSION OF THE
A.A. WORLD SERVICE, INC.

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

ONE DAY
AT A TIME

Huron Valley Area Intergroup Business Meetings

All AA's are welcome to attend!

HVAI Business Meeting:

3rd Saturday of the month @ 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

2017 7TH STEP CONTRIBUTORS

AnnA/Fr. 730p 12 Steps Delones

AnnA/Fr. 730p Primary Purpose

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

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. 630p 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.730p We Are Not Saints Group

District 04 Washtenaw:District 4 Web & HelpLine

Milan/Mo.New time 8pm

Saline/Fr.7p Womans Group

Saline/We.730p We.Nite@Church Group

Saline/We.730p We.Nite@Church Group

Ypsi/We. 730p Desperately/Need

Ypsi/We. 7p Survivors

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

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!!