

Kent County Central Office Newsletter

OCTOBER 2019

4920 Plainfield Ave NE, Suite 19
Grand Rapids, MI 49525
Office (616) 913-9216 (M-F, 1-5 PM)
A.A. 24-hour Hotline (616) 913-9149
Website: www.grandrapidsaa.org

Note: Inclusion of articles and announcements in Central Office News does not constitute A.A. or KCCO endorsement. Rather, members of the fellowship of Alcoholics Anonymous have been encouraged to share their experience, strength and hope through this humble periodical. Opinions expressed are those of the writer unless otherwise noted. The Kent County Central Office makes these announcements solely as a service to the reader, not as an endorsement.



Please consider donating
A dollar for each year of
Sobriety and joining our
Birthday club show your
GRATITUDE

A.A. BIRTHDAYS!!!

Carol K.	January 13, 1988
Sharron S.	April 12, 1984
Anne S.	August 30, 1981
Ben S.	December 5, 1978
Thomas B.	October 5, 1995
John Z.	March 29 1985
Jim H.	July 5 2005
Paul S.	August 10 1983
Charlie B.	February 14 1982
Harry G.	September 23 1982
Mike W.	January 29 2004
David P.	November 10 2007
Gary Z.	October 31, 1985
David S.	March 20, 1984
Bill E.	May 30, 1965
Amy S.	December 13 2013
John F.	April 22 1989
Joanne D.	June 6 1992
Rebecca M.	November 3 2001
Jason D.	March 5 2014
Peter W.	January 11 2004
Mike Y.	April 22 1989
Shelley H.	April 4 2007
Mary	May 15 1973
Sandee	June 23 1987
Jim K.	December 16 2017

MISSION STATEMENT The mission of the Kent County Central Office Newsletter is to serve Kent County and the surrounding A.A. community, in four ways. 1. *To carry the A.A. message* 2. *To inform our readers.* 3. *To provide a forum for discussion of A.A. principles* 4. *To provide service work opportunities for A.A. members.* **Need to find a meeting? Go To Website grandrapidsaa.org/meetings**

KCCO NEWSLETTER

If you want to get the KCCO newsletter send an email to
KCCONewsletter@gmail.com include your email address

THANK YOU TO OUR PHONE VOLUNTEERS FOR AUGUST 2019!!

David A. Marty P. Steve C. Jesse D. Sharon A. Shelley H. Steve E. Sharron S.

**KCCO desperately needs volunteers for the 24-hour AA hotline.
We need a one-month commitment of 4 hours every week.
Morning and afternoon shifts available.
Call Sharron 616-913-9216**

FRIDAY NIGHT SPEAKER MEETING

COME ONE.....COME ALL

PUBLIC WELCOME

LOCATION: THE NORTH ALANO CLUB

1020 College Ave, NE, Grand Rapids, MI

(Lower Level Balcony)

Phone 616-456-5709

Friday, October 4, 2019, 7:00 pm

Speaker: Robert B.

Home Group: Leftover, Detroit

Friday, October 11, 2018, 7:00 pm

Speaker: Wanda J.

Home Group: Princess, Flint

Friday, October 18, 2018, 7:00 pm

Speaker: Rob H.

Home Group: Picasso, Coldwater

Friday, October 25, 2018, 7:00 pm

Speaker: Linsey B.

MCYPAA

FREE COFFEE AND DONUTS AFTER THE MEETING

Sponsored by

Kent County Central Office

4920 Plainfield NE, Suite 19, Grand Rapids, MI 49525

For any information call: 616-913-9216

**KCCC Business Meeting
September 19, 2019
Minutes**

Present: Mike W., Chairperson; Jim H., Treasurer and District 7 Liaison; Sandee C., Trustee #3; Sharron S., Office Manager; Ed B., District 7 Chair; David P., Comstock Park; Chris B., Trustee#2; Lindsey L., MCYPAA, and Jaclyn R., MCYPAA.

Absent: Mary Beth R., Secretary; Susie J., Vice-Chairperson; Jeff O., Webmaster; Bruce M, Alternate District 7 KCCC Liaison.

The meeting opened with a moment of silence, followed by the Serenity Prayer at 6:05pm

Reports:

1. Minutes, Financial, Check Detail, Website and telephone reports were submitted.
 - Report by Ed B. from District 7 meeting held in Hudsonville. Next meeting on 10/5, 10:00am, hosted by AA in the Country, 9669 Kraft Ave SE, Caledonia. Recovery Palooza will be held on 9/28, from 11-3, at the KROC CENTER on 2500 Division. District 7/KCCO will have a table. Jim H. reported that since KCCO switched credit card companies, the fees charged us were much lower, less than 3-1/2%.

Roundup Business:

- 2020 Roundup theme: Recovery through Action.
- Additional Menu item chosen: kapusta.
- Give remainder of 2019 t-shirts, as prizes, at Friday night speaker meetings.
- 2022 Speaker-tabled until October business meeting.
- Janet O. was contacted by Sharron; she will let us know about the 2020 Spring Roundup Al-Anon speaker. Linsey L. will get a MCYPAA speaker.
- MYPAA wants to be involved once again in the sobriety countdown and they will discuss whether they want to do a panel or anything else at their next business meeting.
- Jesse S. was contacted by Mike W., and he will help to promote T-shirt sales.
- Alex B. will submit a couple of designs for t-shirts (black shirts) with four colors or less.

Old Business:

- Mike W will email updated Office Manager duties to KCCC review and bring recommendations to next meeting.

New Business:

- MOTION made, seconded and passed to give Jim H., Treasurer, password to access KCCO bank accounts.
- The newsletter editor has resigned; Shelley H. has graciously accepted the position on a trial basis. She and Sharron will work together for a couple of months and run the newsletter by KCCC for approval before distributing.
- Sharron will prepare a signup sheet for anyone who wishes to receive the newsletter, and Ed B. will help distribute.
- 2019 KCCO Gratitude Dinner will be held Sat., Nov. 9 at the South Alano Club. A flyer will be out shortly. Please ask your group to donate a gift basket and/or white elephant to raffle off. There will be dinner and a speaker.
- MOTION made, seconded and passed to give LAKEYPAA a letter of support stating that we will have no conflicting planned activities between November 20 and December 6, 2020.

Please announce at your individual meetings that volunteers are always needed to answer the 24-hour hotline. Have them call Sharron at KCCO, 616-913-9216.

Next meeting 6:00 pm, Thursday, October 17, 2019 at KCCO office, 4920 Plainfield Ave NE, Suite 19, Grand Rapids 49525, phone 616-913-9216.

Send your GSR or someone to represent your group and have a voice in how your Central Office is run!!!
Making decisions now for upcoming events.

7th Tradition: Passed the basket.

The meeting adjourned with the Lord's Prayer at 7:10.

Respectfully submitted, Sharron S., Office Manager.

Office Manager Report

September 2019

Group donations through September 27 were low again. **If your group can help with a donation, that would be great!** It costs about \$3,000 to pay KCCO monthly expenses.

Could your group donate a basket that we can raffle off at our November 9 Fundraiser at the South Alano Club? (See flyer - we hope you can make it!!) Any theme would be great; last year we had Wolverines, purses, snacks. Bring baskets to Sharron at KCCO. We also need wrapped white elephant gifts we can raffle off. Thanks!!

Always looking for AA hotline phone volunteers. Call me if you have any time Mon-Fri 9:00 a.m. to 1:00 p.m. (must be an experienced A.A. member for this morning shift, you will be alone), or 1:00 p.m. to 5:00 p.m. **Just four hours a week** for one month, more if you can!! Opening right now for Mon., Tues. & Thurs. mornings, 9:00 am - 1:00 pm. 616-913-9216. There is also an opening for Thursday afternoons from 1:00 pm - 5:00 pm. If you can substitute, call. People want vacation time and have other obligations.

Call 616-913-9216 if you can add your name to the 12th Step Call List. We often have to make numerous calls to find someone who will take a call. If you are home during the day or have a cell that you will answer for someone who needs help and wants to talk to an A.A. member, please call Sharron 616-913-9216 (M-F 1-5pm) to get on the list. If there's no A.A. person to answer the hotline, the bill from the answering service is higher. Thanks.

We would sure like to see your group representatives at our monthly business meeting. We are working on our annual November Fundraiser 2019 and Spring Roundup 2020. We will be choosing a theme next month. Show up if you want a part in the decision-making. The Kent County Central Committee makes decisions for Central Office at their monthly meetings. **Next business meeting, Thursday, October 17, 2019 at 6:00 pm at KCCO office, 4920 Plainfield Ave NE, Suite #19, Grand Rapids 49525.**

2020 International Convention, July 4th weekend, Detroit, MI. Don't miss it!! Online registration now available.

In love and service,
Sharron

The following groups made donations to KCCO in Sept 2019 (through 9/24/2019):

BABBS - NAC, Belmont #717460, Breton Rd. Early Birds #631606, Hastings - Young to Old, In the Light, Search for Serenity #169037, Sparta #107435, Sun. Morning Balcony #173042, and Wyoming - Primary Purpose #722060.

Thank you for your support

The 10th Step: “*Continued to Take Personal Inventory...*”

Step 4 provided us with an inventory which exposed the character defects we formally refused to recognize. Defects that made our lives unmanageable. The necessity of listing and removing these personality flaws becomes increasingly obvious as we add new days to our record of sober living.

The inventory supplied us with an understanding of our problem, bringing us face to face with ourselves, with our shortcomings – with a sense of removing them through God’s help. It was indispensable at the time but fulfilled its intended use once the nature of our self-willed our habits and defects were recorded. Without the record, progress in AA would be impossible.

Knowledge of our moral defects and practice of the AA program ***have completely changed our lives!*** It has improved our attitude towards God, our daily problems and our feelings toward fellow human beings. We have gained the confidence and respect of others. Many of our friends have expressed their admiration for the sobriety we have acquired; peace and satisfaction naturally follow. We enjoy our security and the friendly attitudes of those around us. Step 10 will safeguard this progress ***ONLY*** if we continue our personal inventories ***and promptly admit when we are wrong on a daily basis!***

Our founders knew new defects would appear, and any old defects would reappear in disguised forms. Hence, we need daily mental *check-ups* to the advent of old habits and act as sentries to detect new defects.

The plan for our philosophy is to ***live each step***. We must continue our personal inventory and daily check the progress we make with each step. We often find ourselves “off the beam”. This is a bad spot for an alcoholic who invariably goes whole hog if immediate steps are not taken for correction. Correction is then possible if we realize our danger when our inventories reveal it to us. Prompt action is necessary. This is not unusual to find ourselves “*off the beam*”; the idea is to get right back on. The daily inventory is essential for this requirement. Members may recognize a few of the “*off the beam*” positions in the following tendencies:

- When we have forgotten we are alcoholics – we have nervous systems that are incapable of withstanding the narcotic effect of alcohol.
- When complacency lowers our guard and allow resentments and intolerance to creep back into our lives
- When we ease up on the practice of honesty, open mindedness, and making amends.
- When we become cocky over our AA success and cease contact with God.
- When we lack interest in new members and find it inconvenient to help them
- When we demand authority or expect praise for our sobriety.
- When we demand authority or expect praise for our sobriety.
- When boredom makes an appearance,
- When we start missing AA meetings
- When we stop studying the AA Big Book

When our inventories disclose any of these symptoms, we stand in jeopardy of drinking. What is our most serious problem? Our **SELF-CENTEREDNESS!** Further investigation will unearth a severe case of spiritual congestion. The antidote is a quick review of our alcoholism. We should pray for renewed interest and....

- Read the Big Book
- Talk with other AA members, sincerely interest yourselves with your group
- Attend more meetings
- Do your part
- Consider your alcoholism as arrested but never cured
- Lose yourself in the program
- Work with newcomers
- Review the miracle that God performed in your life
- Be honest and thankfully offer a prayer of gratitude
- Always carry a Big Book

WHAT ABOUT THE 2ND PART OF STEP 10...?

"...and When We are Wrong, we Promptly Admit it."

This is a good character conditioner: promptly admit when we are wrong – not just to ourselves and to GOD (he already knows) but to someone else. Verbally acknowledge our wrong(s) and remember the requirement of our program is to make amends if our wrong(s) have hurt anyone else. The inventory keeps us alert to our responsibility in this manner.

We must apply this to ourselves, if we are sincere, we will search out the significance of admitting it when we are wrong.

Let us remember, in step 5, we admitted to God, to ourselves and to another human being the exact nature of our wrongs. We meditated on our shortcomings in Steps 6 and 7. It was vital to our wellbeing at the time. It ***is STILL VITAL!*** We haven't changed in that respect and we never will! Remember, Alcoholism has been arrested, it is NEVER cured.

It is not in the nature of the alcoholic to stay put. We must admit our wrongs to receive the feelings of decency and worthiness that keep us in the right mental and spiritual condition to maintain contented and permanent sobriety!

Continue this inventory daily; when we are wrong, we can understand the value of getting it off our chest at once. Admit our mistakes – get rid of the habit of making excuses. Remember, our new personality is not compatible with moral defects or concealed errors. Step 10 makes us self-critical and less apt to criticize other. It keeps us *"on the beam"*.

Step 10 will create a stable mental balance that helps provide the spiritual condition so necessary in our recovery from alcoholism. Nothing is more important to the recovering alcoholic than the maintenance of contented sobriety.

I AM RESPONSIBLE...

WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP -

I WANT THE HAND OF A.A. ALWAYS TO BE THERE.

AND FOR THAT, I AM RESPONSIBLE.

REGISTRATION FORMS FOR THE 2020 INTERNATIONAL CONVENTION IN
DETROIT, MI HAVE ARRIVED AT KCCO, STOP BY & GET YOURS.

OR-register ONLINE AND RESERVE A ROOM NOW BEFORE THEY FILL UP!

TRADITION 10 - "ALCOHOLICS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES;
HENCE THE AA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY."

NO AA GROUP OR MEMBER SHOULD EVER, IN SUCH A WAY AS TO IMPLICATE AA,
EXPRESS ANY OPINION ON OUTSIDE CONTROVERSIAL ISSUES – PARTICULARLY
THOSE OF POLITICS, ALCOHOL REFORM, OR SECTARIAN RELIGION. THE ALCOHOLIC
ANONYMOUS GROUPS OPPOSE NO ONE. CONCERNING SUCH MATTERS, THEY CAN
EXPRESS NO VIEWS WHATSOEVER

INVENTORY - WORD SEARCH

A	G	O	O	V	R	A	E	C	P	D	E	F	M	S
W	A	N	W	I	B	Y	U	S	E	X	V	O	N	T
N	X	G	I	I	N	V	E	N	T	O	R	Y	I	N
Y	A	E	H	K	R	E	E	B	S	A	N	L	N	E
A	S	W	U	W	E	T	M	E	L	K	Y	S	S	M
S	U	S	E	U	H	E	C	A	D	N	R	E	T	T
M	E	R	E	G	F	N	S	S	L	E	J	K	I	N
W	H	A	I	L	A	A	R	F	V	B	X	A	N	E
R	L	R	R	N	R	A	U	E	L	D	C	T	C	S
O	F	M	I	C	E	A	A	L	W	E	S	S	T	E
N	E	F	I	F	H	L	E	F	T	T	S	I	S	R
G	D	A	O	I	I	I	F	F	M	S	U	M	Y	S
S	I	H	T	N	W	S	N	O	I	T	I	B	M	A
P	R	W	G	Q	R	Z	M	G	S	W	A	L	F	X
B	P	R	B	L	I	L	S	E	L	F	I	S	H	I

AMBITIONS
BLAME
FAULTS
FEARLESS
FEARS
FINANCES
FLAWS
FRIGHTENED
INSTINCTS
INVENTORY
MISTAKES
MORAL
PRIDE
RESENTMENTS
REVEALING
SEARCHING
SELFISH
SELF-SEEKING
SEX
WRONGS

A 10th STEP PRAYER:

God remove the Selfishness, dishonesty, resentment and fear that has cropped up in
my life right now. Help me to discuss this with someone immediately and make
amends quickly if I have harmed anyone. Help me to cease fight anything and anyone.
Show me where I may be helpful to someone else. Help me react sanely; not cocky or
afraid. How can I best serve You? – Your will, not mine be done. AMEN

(p. 84-5 BB)

**KENT COUNTY CENTRAL OFFICE
GRATITUDE DINNER
Saturday, November 9th, 2019
SOUTH ALANO CLUB
256 CELIA ST. SW,
GRAND RAPIDS 49548**

6:00 Fellowship

7:00 Dinner, pizza and salad.

**8:00 Speaker; Sharron S., Women of Hope
\$5 suggested donation.**

**Gift baskets for Chinese raffle and White Elephant gifts for
Live Auction.**

**Gift basket and/or wrapped white elephant donations from local
A.A. groups requested.**

50/50 Raffle

ALL PROCEEDS TO BENEFIT THE KCCC 24 HOUR HOTLINE!

**For more information and to RSVP contact Jim H. at
616-366-5143 or at jimtheradman@hotmail.com**

MEMBER CONTRIBUTIONS

“The A.A. 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.”

—from the Long Form of Tradition Seven

Below are the A.A. recommended proportions for group donations:

- 50% to Kent County Central Office
 - 4920 Plainfield NE – Suite 19, Grand Rapids, MI 49525
- 30% to General Service Office
 - PO Box 459 Grand Central Station, New York, NY 10163
- 10% to District 7
 - PO Box 1131, Grand Rapids, MI 49501
- 10% to Area 34
 - (c/o Ed Brooks) 2590 Lowell View Ave, Lowell, MI 49331

“A.A.’s far-flung Twelfth Step activities, carrying the message to the next sufferer, are the very lifeblood of our A.A. adventure. Without this vital activity, we would soon become anemic; we would literally wither and die.

Now where do A.A.’s services—worldwide, area, local—fit into our scheme of things? Why should we provide these functions with money? The answer is simple enough. Every single A.A. service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or intergroup office to arrange hospitalization and sponsorship, or the world service Headquarters [now the General Service Office] to maintain unity and effectiveness all over the globe.

Though not costly, these service agencies are absolutely essential to our continued expansion—to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to recognition on our part that A.A. must everywhere function in full strength—and that, under our Tradition of self-support, we are all going to foot the bill.”

Bill W., October 1967 Grapevine

(616) 913-9149

24 HOUR HELPLINE