

Kent County Central Office Newsletter

NOVEMBER 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
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!!

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

**2 - \$5.00 EVENTS THIS WEEKEND YOU DON'T WANT
TO MISS!**

BOTH ON SATURDAY NOVEMBER 9TH

9AM – NOON Montcalm Alano Club Pancake Breakfast

(It's a FUN-d raiser)

**\$5 Donation -Pancakes, Sausage, Scrambled Eggs,
Toast, Juice & coffee**

St. Paul's Episcopal Church

305 S. Clay Street

Greenville, MI ?'S CALL DAVE T. 616-340-5245

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

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, November 1, 2019, 7:00 pm

Speaker: Carl S.

Home Group: Friday Night Speaker Meeting

Friday, November 8, 2019, 7:00 pm

Speaker: Roger A.

Home Group: Battle Creek

Friday, November 15, 2019, 7:00 pm

Speaker: Brian Z.

Home Group: 8:30 Mon. Night MCAC

Friday, November 22, 2019, 7:00 pm

Speaker: Danica B.

Home Group: LAKEYPAA

Friday, November 29, 2019, 7:00 pm

Speaker: Catherine C.

Home Group: Sun. Rm C NAC

FREE COFFEE AND DONUTS AT THE MEETING

Sponsored by

Kent County Central Office

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

For any information call: 616-913-9216

Office Manager Report
October 2019

Group donations through October 23 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. Hope to see you there. 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. 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 finalizing Spring Roundup 2020. 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, November 21, 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 11th Step: “Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will and the power to carry that out”

“There is a great linkage between self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakeable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God’s kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however falteringly, to find and do the will of our creator.”

“We will want the good that is in us all, even in the worst of us, to flower and grow.... But first of all, we shall want sunlight; nothing much can grow in the dark. Meditation is our step into the sun. How then shall we meditate?

The actual experience of meditation and prayer across the centuries is, of course, immense. The world’s libraries and places of worship are a treasure trove for all seekers. It is hoped that every AA who has a religious connection which emphasizes meditation will return to the practice of that devotion as never before. But what about the rest of us who, less fortunate, don’t even know how to begin? 1st, let’s look at a good prayer – we don’t have to seek far, great men and women of all religions have left us a wonderful supply. Consider one that is a classic: (the St Francis Prayer):

LORD- Make me a channel of thy peace – that where there is hatred – I may bring LOVE

That where there is wrong - I may bring the spirit of FORGIVENESS

That where there is discord - I may bring HARMONY

That where there is error – I may bring TRUTH

That where there is doubt – I may bring FAITH

That where there is despair – I may bring HOPE

That where there are shadows – I may bring LIGHT

That where there is sadness – I may bring JOY

Lord, grant that I may seek rather to comfort, than to be comforted, to understand, than to be understood, to LOVE than to be loved.

For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. AMEN”

As beginners in meditation, we might now reread this prayer several times a day very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea. It will help if we drop all resistance to whatever our friends say – for in meditation, debate has no place. We rest quietly with thoughts of someone who knows, so that we may experience and learn.

It is reasonable to believe, therefore, that the power to carry out God’s will must come from the inspiration and energy that are found in the emotion, love – love that embraces God and humankind. We serve and appreciate BOTH.

(12 & 12 pgs 99-100)

The 11th Step: (Continued)

Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer lie in a completely hostile world. We are no longer lost and frightened and purposeless. The Moment we catch even a glimpse of God's will, the moment we begin to see truth, justice and LOVE as the real eternal things in life, we are no longer deeply disturbed by all the seeming evidenced to the contrary that surrounds us in truly human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter.

SUMMARIZATION:

We set up a definite twenty-four hour discipline of our emotional conduct. We start each day with a morning quiet time praying for freedom from self-centeredness, fear, and dishonesty. Planning our day, we ask for knowledge of God's will and for divine direction that we make right decisions. Our prayers should be unselfish and useful to others.

This step recommends we relax and cease foolish waste of energy. We can establish a daily period for reading the Big Book, reading spiritual literature, clearing our minds of wrongs and learning to live and let live.

Each night we inventory our activities of that day. We admit the wrong we have done. We ask God's forgiveness and consult Him regarding amends to be made, closing our day with a prayer of appreciation for his help and our sobriety. (Little Red Book pgs 116-117)

11th 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 fighting 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)

Here are some Step 11 guideline questions that I have found the most useful- both in the beginning of Step 11 work and at various intervals in recovery:

- How has my understanding of a "higher power" changed since starting my step work?
- Do I have a specific spiritual path- and how might it contribute to my recovery?
- What is the difference between a religion and spirituality?
- What have I done to explore my own spirituality?
- How do I pray? How do I meditate?
- Does prayer and meditation help me put things in perspective?
- In what ways have I seen any changes in my life as a result of prayer and meditation?
- When do I notice the presence of a higher power in my life? What does it feel like?
- What am I doing to improve my conscious contact with a God of my understanding?
- What were some situations in my life where I tried to align my will with Gods? What were those results?
- Why should I pray only for the "knowledge of God's will" for me and the "power to carry that out?"
- Did I pray or meditate today? This week? Do I have faith that I will be given the knowledge and courage to carry out my higher powers will?

TWELVE TIPS ON KEEPING YOUR HOLIDAY SEASON SOBER AND JOYOUS

Holiday parties without liquid spirits may seem like a dreary prospect to newcomers. But, many of us have enjoyed the happiest holidays of our lives sober- an idea we would have never dreamed of, wanted or believed possible when drinking. Here are some tips for having an all-around ball without a drop of alcohol.

1. **Line up extra AA activities for the Holiday Season.** Arrange to take newcomers to meetings, answer the phones at a clubhouse or KCCO, speak, help with dishes or visit an alcoholic ward at a hospital or treatment center.
2. **Be host to A.A. friends, especially newcomers.** If you don't have a place you can throw a formal party; take one person to a diner and spring for it.
3. **Keep your AA telephone list with you all the time.** If a drinking urge or panic comes - postpone everything else until you've called another member of AA.
4. **Find out about other special holiday parties, celebrations, meetings given by other groups in your area and go.** If you're timid, take someone newer than you with you.
5. **Skip any drinking occasion you are worried about.** Remember how clever you were at excuses when you were drinking? Now put that talent to good use. No office party is as important as saving your life.
6. **If you HAVE TO go to a drinking party,** and can't take another member with you, take some candy.
7. **Don't think you have to stay late.** Plan in advance an "important date" you have to keep.
8. **Worship in your own way.**
9. **Don't sit around brooding.** Catch up on those books, museums, walks and letters.
10. **Don't start getting all worked up about all those "Holiday Temptations".** Remember - "One day at a time."
11. **Enjoy the true beauty of Holiday Love and Joy.** Maybe you cannot give material gifts - but this year, you can give love.
12. **"Having had a spiritual awakening..."** no need to spell out the 12th Step here, since you already know it.

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.

"It is one of the most beautiful compensations of this life, that no man can sincerely try to help another without helping himself."
- Ralph Waldo Emerson



WHAT ARE YOU GRATEFUL FOR TODAY??!!

TRADITIONS CHECKLIST FROM THE AA GRAPEVINE – TRADITION 11

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions between 1969-1971. While they were originally intended for individual use, many AA groups have since used them as a basis for wider discussion.

OUR PERSONAL RELATION POLICY IS BASED ON ATTRACTON RATHER THAN PROMOTION; WE MAY MAINTAIN PERSONAL ANONYMITY AT THE LEVEL OF PRESS, RADIO AND FILMS.

1. Do I sometimes promote AA so frantically that I make it seem Unattractive?
2. Am I always careful to keep the confidence reposed in me as an AA member?
3. Am I careful about throwing AA names around – even within the fellowship?
4. Am I ashamed of being a recovered or a recovering alcoholic?
5. What would AA be like if we were NOT guided by the ideas in Tradition 11? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for themselves?

MEETINGS - WORD SEARCH

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

AS BILL SEES IT - ASK IT BASKET - BIG BOOK STUDY
CLOSED - DISCUSSION - GRAPEVINE - LADIES - MENS -
OPEN - PANEL - SPEAKER - SPECIAL INTEREST - TAG -
TWELVE AND TWELVE - WORKSHOP

A Cold Wife

I just got off the phone with a friend who lives in North Dakota. She said that since this morning the snow has been nearly waist high, and it's still falling. The temperature is 32 below zero, and the north wind is increasing to near gale force. Her husband has done nothing but look through the kitchen window and just stare. She says if it gets much worse, she may have to let the drunken bum

in.
Dick S.,
Shewsbury, PA from Take Me to Your Sponsor

KEEP COMING BACK!

YOU KNOW YOU'RE A RECOVERING ALCOHOLIC IF:

- Emails from your friends say HALT in the subject header
- Your idea of a smooth opening line is: "I really liked what you shared."
- You don't know the last name of most of your friends.

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

KCCO is working for YOU and YOUR HOME GROUPS - we also are self-supporting, declining outside contributions.

Each group should have a 3-month prudent reserve AFTER paying rent, buying coffee, supplies and literature. Anything above and beyond that is NEEDED elsewhere!! PLEASE – If your home group has not donated yet this year.... THERE IS STILL TIME! Please consider the above recommended donations to KCCO, GSO, District 7 AND your AREA 34. Last month donations ***decreased by <31.2%>!!***

WHAT CAN YOUR GROUP DO? Have a group conscience with YOUR TREASURER and DONATE the funds above your reserve!!!