

Kent County Central Office Newsletter

DECEMBER 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 NOVEMBER 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, December 6, 2019, 7:00 pm

Speaker: Margaret B.

Home Group:

Friday, December 13, 2019, 7:00 pm

Speaker: Janell B.

Home Group:

Friday, December 20, 2019, 7:00 pm

Speaker: Christine B.

Home Group:

Friday, December 27, 2019, 7:00 pm

Speaker:

Luke D.

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
November 21, 2019
Minutes**

Present: Mike W., Chairperson; Jim H., District 7 KCCC Liaison & KCCC Treasurer; Sharron S., Office Manager; Mary Beth R., Secretary; Sandee C., Trustee #3; Chris B., Trustee#2; Jeff O., Web Master; David P., Comstock Park; Steve C., Lauren R., Mary P., Deb L.

Absent: Susie J., Vice-Chairperson; Ed B., District 7 Chair; Bruce M, Alternate District 7 KCCC Liaison;

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

Reports:

Minutes, Financial, Check Detail, Website and telephone reports were submitted.

Report by Jim H. from District 7, meeting at South Club and elections were held. Next meeting on 12/7, 10:00 am, at The Young People's Group in Saranac. District 7 to host Area Assembly in Jan/Feb 2020. Location TBD. Bids being accepted for site of Area Assembly.

Roundup Business:

2022 Speaker- Bring suggestions to December Business Meeting

Other Speakers (Al-Anon, MCYPAA)- Sharron S. has the name for Al-Anon speaker and will contact them. Lindsey L. will get a MCYPAA speaker.

Dinner Ticket/Registration prices- A **Motion** was made, seconded, and unanimously passed for ticket prices \$25 dinner/registration, \$15 registration only.

Using "Square" at registration-Lauren R. to lead.

Mike W. showed initial design by Alex. Topic is broad. Group discussed what "Actions in Recovery" means and list of ideas generated. Mike to give list to Alex.

Pre-Sales through Event Brite- Jeff O. and Lauren R. to bring information to December meeting. Chris B. to check on getting plug-in on website.

Old Business:

NAATW report by Jeff O. Discussion regarding G-Suite-tabled. Jeff to bring a list of pros/cons for G-Suite to December meeting.

Discussion of Office Manager job description-workable document. Sharron to email job description to the Board.

Questions for Office Manager Applicants. Mike W. to email resumes of applicants to the Board.

New Business:

Winter Fundraiser results reviewed.

Discuss date for 2020 Gratitude Dinner-tabled. Tentative date 11.07.2020-will vote at December Business Meeting.

Office Manager applicants attending meeting, open questions.

Meeting directories- 500 directories left. Discussion tabled until December Business Meeting. Jim H. to discuss at District meeting.

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.

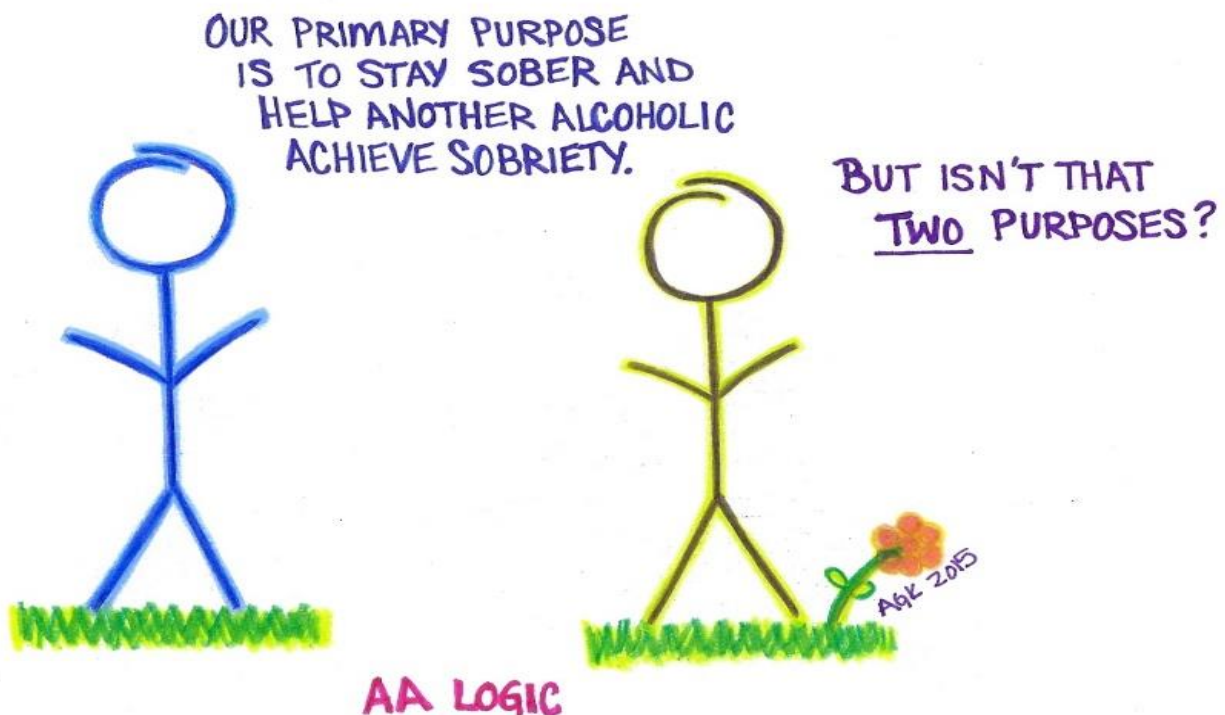
Next meeting 6:00 pm, Thursday, December 19, 2019 at KCCO office, 4920 Plainfield Ave NE, Suite 19, Grand Rapids 49525, phone 616-913-9216.

Send your GSR or someone to represent your group and have a voice in how your Central Office is run!!! New officers will be elected in 2019 and we need interested parties to attend and learn about KCCO.

7th Tradition: Passed the basket.

The meeting adjourned with the Lord's Prayer at 7:58.

Respectfully submitted, Mary Beth R., Secretary.



Office Manager Report

November 2019

Group donations through were low. In 2019, April was the only month that met the goal of \$3,000. **If your group can help with a donation, that would be great!** It costs about \$3,000 to pay KCCO monthly expenses.

The Nov. 9 Gratitude Dinner at the South Alano Club went well. We made a little money, and Jim H. and Hank H. made the auctions fun. Thanks to Sandee C. for shopping for some of the items for the dinner, and helping with setup. There was a good turnout. Thanks to everyone who helped make it a success!!

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 Tues. mornings, 9:00 am - 1:00 pm. 616-913-9216. If you can substitute, call. People want vacation time and have other obligations. Changes often, so we're always looking for new people.

I will be leaving as Office Manager in a few months, so if you are interested in the position, please submit your resume to KCCC at their business meeting, see below for date and time. I'm on a waiting list for senior housing, and have to sell my condo before I can actually resign.

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.

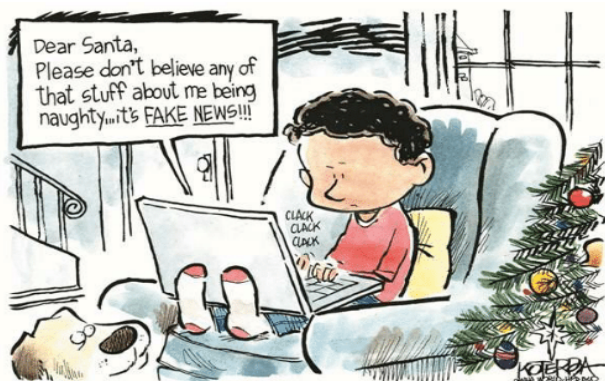
In love and service,
Sharron



>>>>>> BE SURE TO CHECK OUT THE TIPS >>>>>
 TO HAVE A HAPPY, JOYOUS AND SOBER SEASON!
 GO TO A NEW MEETING... MAYBE A BIGBOOK STUDY...



HAVE A CHUCKLE...OR TWO!



A holiday cartoon for our times.

BUT FOR THE GRACE OF GOD GOI...



TIPS TO KEEPING YOUR HOLIDAY SEASON SOBER AND JOYOUS (WORTH A REPEAT!)

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.

STEP 12

“Having had a spiritual awakening as the result of working these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

This is the step where *we give it away in order to keep it*. “Keep what?” You may ask... The joy of living! Action is the key word! We finally experience the kind of giving that asks no rewards. We practice ALL 12 steps in our daily lives so that we and those around us may find emotional sobriety.

“How do I know if I have had that ‘Spiritual Awakening’? The most important meaning of it is that we now have become able to do, feel and believe that which we could not do before unaided. We have been granted a gift – a new state of consciousness AND being. We are transformed... we find ourselves in possession of a degree of honesty, tolerance, unselfishness, peace of mind and LOVE we never dreamed possible! It’s a gift we have readied ourselves to receive.

The energy in us is released and the eager action to carry the message to the next suffering alcoholic finally translates the 12 steps into action upon all our affairs is the payoff, the magnificent reality of Alcoholics Anonymous

Even the newest of newcomers finds undreamed rewards as he tries to help his/her brother/sister alcoholic. This type of giving demands nothing.

“Our Primary Purpose is to carry the message to the alcoholic who still suffers.”

There is no deeper satisfaction and no joy greater than in 12 step work well done. To watch the eyes of men and women open in wonder as they move from dark to light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community; and, above all to watch these people awaken to the presence of a loving God in their lives – these things are the substance of what we receive as we carry AA’s message to the next alcoholic.

This is not the only 12 step work – we sit in meetings and we listen, not only to receive something ourselves, but to give reassurance and support which our presence can bring. We share and carry the message. Setting up the coffee, cleaning up after meetings, participating in fellowship – all 12-step work! All steppingstones to bigger things.

Practicing these principles in all our affairs – can we bring the same love and tolerance into our sometimes deranged family lives that we bring to our AA group? Can we have the same confidence and faith in these people who have been infected and sometimes crippled by our own illness that we have in our sponsors? Can we carry the AA spirit into our daily work? Can we find a new joy of living in trying to do something about all those things? The AA answer to all these questions and more about living can be found in the book “12 Steps & 12 Traditions” pgs.106-125 available @ KCCO!

SPONSORSHIP: WORKING WITH OTHER ALCOHOLICS

Sponsorship represents the ultimate in AA giving. By this sharing act, persons on reprieve from insanity or alcoholic death share their recovery with others who want to escape the same penalty. This act is not entirely charitable since to withhold help is to lose our own reprieves.

Sponsorship, the dynamic factor of AA growth, fills 3 definite requirements:

1. It helps us maintain contented sobriety.
2. It helps others arrest their alcoholism
3. It kills complacency and progressively replenishes the ranks of our fellowship.

How important is sponsorship to recovery? Should we consider it a “must?” Answers in the 3rd edition of the Big Book: page 89 paragraph 2, page 14 last paragraph through page 15 1st paragraph, page 97 1st paragraph, page 102 lines 7-8.

CHECKLIST – TRADITION 12

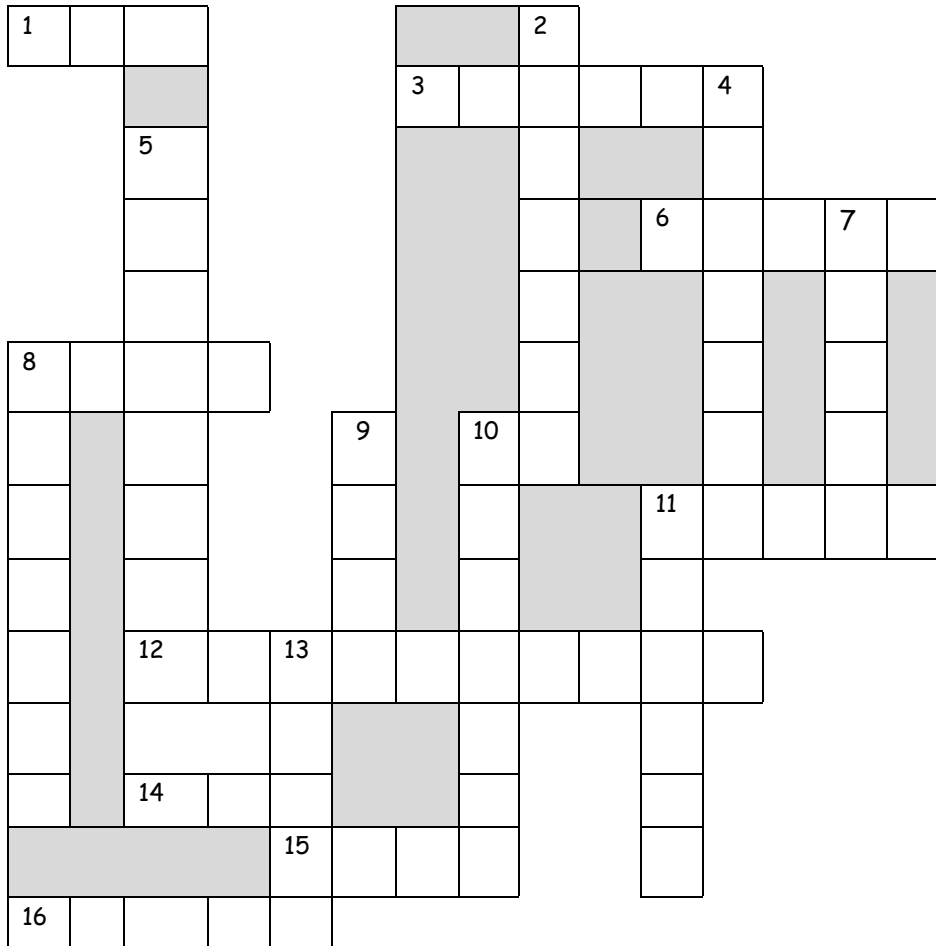
www.aagrapevine.org © AA Grapevine, Inc. These questions were originally published with a series of articles on the 12 Traditions that ran from November 1969 – September 1971. While they were originally intended as suggestions for individual use, many AA groups have since adopted them as a basis for wider discussion.

ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS, EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES.

1. Why is it a good idea for me to place the common welfare of all AA members before individual members? What would happen to me if AA (as a whole) disappeared?
2. When I do not trust or agree with AA’s current servants, who do I wish had the authority to straighten them out?
3. In my opinions or remarks about other AAs, do I imply that membership requirement go beyond a desire to stay sober?
4. Have I a personal responsibility to help an AA group fulfill its primary purpose? What is my part?
5. Do I do all I can to support AA financially?
6. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me?) Is my brand of AA attractive so that other drunks may want it?
7. What does anonymity mean to me?
8. In light of increased awareness of alcoholism and AA’s program of recovery among the general public, why is the principle of anonymity still important?
9. Am I mindful to respect the anonymity of other AA members who may work in my place of employment or my industry? How about AA members who live in my neighborhood?
10. What does principles before personalities mean to me?

“...and finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine HUMILITY, This to the end that our great blessings may never spoil us; that we should forever live in thankful contemplation of Him who presides over us all.”

Twelve Steps and Twelve Traditions - Long Form page 192



ACROSS

1. SURRENDER TO _____
3. CHANGE PEOPLE PLACES AND _____
6. GOD COULD AND _____
8. KEEP COMING _____
11. DON'T _____ NO MATTER WHAT
12. IT'S THE #1 OFFENDER – WE CANNOT OFFORD THEM
14. _____ IS TOO MANY, A THOUSAND IS NEVER ENOUGH
15. PUT IT IN THE JUG

DOWN

2. _____ MEETINGS IN 90 DAYS
3. CALL YOUR _____
4. THE MOST IMPORTANT PERSON AT ANY MEETING
7. LEARN TO LISTEN; LISTEN TO _____
8. NICK NAME FOR OUR TEXTBOOK – 2 WORDS
9. _____ IT AWAY TO KEEP IT
10. _____ MAKERS MAKE IT
11. IT'S NOT JUST A RIVER IN EGYPT

Question:

How many sponsors does it take to change a lightbulb?

Answer:

Sponsors can't change light bulbs! The most they can do is offer guidance based on their experience strength and hope. If the lightbulb wants to change and is willing to go to any lengths, then a Higher Power can change a lightbulb.



"You're fired, Jack. The lab results just came back, and you tested positive for Coke."

THANKS TO THE FOLLOWING GROUPS WHO DONATED TO KCCO LAST MONTH!

Bryon Center-If he were sought, Caledonia - Cherry Valley, Cedar Springs - There is a Solution, Comstock Park - Friday, East Grand Rapids - Happy Hour, Greenville - Candlelight, Middleville - Miracle, Not So Secret Service Manual, Sunday Morning Balcony Group

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.

WHAT CAN YOUR GROUP DO? Have a group conscience with YOUR TREASURER and DONATE the extra funds your group is sitting on!

AA GUIDELINES

(FINANCES)

“ AA’s far flung 12 step activities, carrying the message to the next sufferer, are the very lifeblood of our AA adventure. Without this vital activity, we would soon become anemic; we would literally wither and die.

Where do AA’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 AA service is designated to make more and better 12 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 AA must everywhere function at full strength – and that, under our Tradition of self-support, we are all going to foot the bill.

Bill W., 1967 Grapevine