

Kent County Central Office

Newsletter

October 2020

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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.

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 the Website grandrapidsaa.org/meetings**

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

**NOW THAT WE ARE OPEN FOR REGULAR BUSINESS –
WE NEED SOME SERVICE WORKERS!! CALL NOW!**

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 Steve 616-913-9216

KCCC Business Meeting

October 15, 2020

Minutes

Present: Mike W., Chairperson; Susie J., Vice-Chairperson; Jim H., KCCC Treasurer; Mary Beth R., Secretary; Chris B., Trustee #2 and Dist. 7/KCCO Liaison; Ed B., Cherry Valley and Area 34 Chairperson; Steve C., Office Manager; Tom W., District 7/KCCC Liaison. David P.; Sandee C., Trustee #3; Rick P.; Steve J.

Absent: Jeff O., Webmaster

The meeting opened with a moment of silence, followed by the Serenity Prayer at 6:06 pm

Reports:

- Minutes, Financial, Check Detail, Website and telephone reports were submitted and approved.
- District 7 Report- Met via Zoom/In-Person in October. Next meeting will be via Zoom and In-Person on November 7th in Middleville, hosted by Middleville Miracles.

Roundup Business:

- Venue: St. Peter and Paul. Sandee C. to follow up on signed contract and update Mike W.
- Menu selected. See Attached.
- 2021 Main Speaker-Chris R.(tentative)/Workshop – A **Motion** was made, seconded, and unanimously passed to have a back-up speaker, “Plan B,” established. Jim H. to check with Carlisle W. to be back-up. A **Motion** was made, seconded, and unanimously passed to have commitment from Chris R. by 02.01.2020 or we move to Plan B.
- Al-Anon Speaker-Erika E. Still need to secure Young Peoples’ Speaker.
- 2023 Speaker – Bring ideas to November meeting or email Steve C. or Mike W. Dave P. suggested Theresa F.
- Many jobs in need of volunteers: T-Shirt sales (Dave P.), 50/50 raffle, Sobriety Countdown, compose letter to District 7 to participate, movies (Jim H.)
- A **Motion** was made, seconded, and unanimously passed to invite Norm B. to do AA History. Steve C. to contact Norm B.
- A **Motion** was made, seconded, and unanimously passed to invite Mike Y. to do AA Archives. A **Motion** was made, seconded, and unanimously passed to buy Mike Y. his dinner ticket.
- A **Motion** was made, seconded, and unanimously passed to have Dick H. do the prayer before opening remarks and before dinner. Ed B. to ask Dick H.

Old Business:

- QuickBooks update-nothing new to report.
- Bylaws committee working on reviewing and editing bylaws in google docs. Contact Steve C. if you would like a copy to review. Discussion of having committee create proposal and having a special board meeting to review. Tabled
- Newsletter editor replacement – Steve J. volunteered. A **Motion** was made, seconded, and unanimously passed to have Steve J. as newsletter editor. Thank you, Steve!
- A **Motion** was made, seconded, and unanimously passed to cancel the Gratitude Dinner on Nov 7th at the South Club.

- Election of vacant Trustee position – A **Motion** was made, seconded, and unanimously passed to reelect Sandee C. into Trustee Emeriti position.
- A **Motion** was made, seconded, and unanimously passed to table discussion to abolish the answering service and fill with volunteers.
- Jim H. to follow up with District 7 and/or Area to host our KCCO Business Meeting via zoom.

New Business:

- Discussion regarding Friday night speaker meeting-speakers and chairs. Susie J. to create a list of speakers to post. Attendance has increased. Discussion regarding video platform for meeting as well. A **Motion** was made, seconded, and unanimously passed to open speaker meeting up to video platform for treatment centers.

Contact Central Office for list of In-Person and Zoom AA meetings.

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

Next meeting 6:00 pm, Thursday, November 19, 2020 at the KCCO office, 4920 Plainfield Ave NE, Suite 19, Grand Rapids 49525, phone 616-913-9216. Option to attend **via Zoom**, hosted by There Is A Solution. Please contact the KCCO office for Zoom link to join the meeting.

Send your GSR or someone to represent your group and have a voice in how your Central Office is run!!!

7th Tradition: Virtually.

The meeting adjourned with the Lord's Prayer at 7:45 pm.

Respectfully submitted, Mary Beth R., Secretary.

Spring Roundup News

April 24, 2021

Saints Peter and Paul Church, Grand Rapids, MI

DETAILS TO FOLLOW

Please mark your calendar

**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 6, 2020, 7:00 pm

Speaker: Geno

Home Group:

Friday, November 13, 2020, 7:00 pm

Speaker: Dan C.

Home Group:

Friday, November 20, 2020, 7:00 pm

Speaker: Kim

Home Group:

Friday, November 27, 2020, 7:00 pm

Speaker: April B.

Home Group:

Sponsored by Kent County Central Office

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

For any information call: **616-913-9216**

FREE COFFEE AND DONUTS AT THE MEETING

(Coffee provided by the Alano Club of Kent County)

A HUGE "Thank You" to all of the Groups who have donated over the last several months. Your generosity helped keep the hot-line manned and ensured literature and coins were available throughout the COVID shutdown. Thanks again!

Positively Sober	Friends For Life
Not So Secret Service Study Group	Wayland Way Of Life
South End Friday Night Men's	Sparta AA
SJV Big Book Study	Rockford AA
Breathe Easy	Middleville Miracles
Clean & Sober Riders	Lamont Higher Power
Expect A Miracle	East Nelson AA
Higher Power Rewards	Git Er Dun
12 Steps of Freedom	Coopersville AA
Comstock Park Congregational Church	Mel Trotter
St Stephen's Happy Hour	Rockford Big Book
Spiritual Awakenings	Life Recovery
January 6 Group	Search For Serenity
Breton Rd Early Birds	Ionia Noon
North Kent Enrichment	There Is A Solution

And all the individual donations that came in via PayPal too! We know many of these were from groups and if you'd like your group to be credited for these donations please call the office at (616) 913-9216.

October 2020

Step Ten: We continue to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle:

PATIENCE/PERSEVERANCE

Big Book (Alcoholics Anonymous World Services, Inc. 4th edition)

We continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee—Thy will (not mine) be done." These are thoughts which must go with us

constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action

Applying Step 10 (American Addiction Centers, Alcohol.org)

An example of working step 10 might be getting angry when someone cuts you off at a traffic light. Just as you begin to form the profanities to hurl from your open window, you recognize that the other driver will not be improved by your anger and would benefit more from your demonstration of the right way to react to anger or stress. Instead of hurling abuse, you smile as you pass the driver, even if it's not a real smile. By responding to a conflict or anger with grace, you have used step 10.

Another example might be that you didn't get a recent promotion. When your boss tells you it is due to poor work performance, you disagree, and because you're angry, you tell him off. Working step 10 doesn't mean that you don't get angry ever again, or that you don't make mistakes. It means that if you do, you admit when you're wrong. So immediately after your outburst, you calm down and apologize to your boss for your inappropriate reaction. Step 10 doesn't require you to go into a long explanation about why you're wrong or to make excuses for it. It requires only that you admit you're wrong

Step 10 keeps your house clean and is not about being perfect. Everyone makes mistakes, but owning up to them settles conflict before it can fester and become blown out of proportion. The tenth step of Alcoholics Anonymous is a natural progression from step 9, where you make amends. Step 10 helps you to keep your commitment to better behavior by serving as a motivator to act in a manner that doesn't require you to owe any apologies. Essentially, accomplishing step 10 means you've worked hard to be the person you want to be.

An A-A Pandemic Story

AA Members See Good, Bad in Zoom Meetings

Attracted Newcomers, But Video Can Make It 'Easier to Hide Emotions'

By Karen Cernich, Missourian Feature Writer

Jul 18, 2020 Updated Jul 20, 2020

Before the COVID-19 pandemic, Jane* attended Alcoholics Anonymous (AA) meetings in Franklin County four times a week. Meetings are a great way to stay grounded, she told The Missourian. Hearing from newcomers reminds her where she came from.

"You can easily slip back into your old habits, and before you know it, you've got a drink in your hand," Jane said. "I can't do that. That is death for me. I have three children ... had I not found Alcoholics Anonymous, I wouldn't be here with them right now. It is vital for me. "It helps me keep the crazies at bay," she said.

Not all AA members feel the same way. Some go to meetings every day and have been for 30 years, while others go once a week or even once a month.

"For some, a meeting is like a refresher course," Jane said. "They go to a meeting every morning before work. It's how they start their day."

That changed when rules about social distancing to slow the spread of COVID-19 became the norm in mid-March. A lot of AA meetings, especially those held at churches, were canceled, forcing members in District 16, which covers Franklin County, to come up with a new approach. They decided to follow the lead of the St. Louis district and offered online meetings through Zoom, an online videoconferencing service.

Pat, an AA member who organized a weekly AA meeting on Zoom, said early on people recognized that it was a worthy alternative to no meetings at all, and after a few months of meeting that way some people found they preferred online to face-to-face meetings.

"At District 16, we made a decision to continue to have Zoom meetings even after the virus is history," Pat said.

"Younger people like it better, and we can reach people who are in nursing homes or other places like that," Jane said.

"It's a wonderful thing," Pat said, of AA's greater accessibility now. "There is a telephone conference meeting out of Cape Cod, meets four times a day, seven days a week, and there's over 100 people at each one of those, and it has worldwide attendance."

A Zoom meeting organized in Franklin County has had people from as far away as New York attend. Someone found the District 16 website and dialed in.

"It's kind of cool to hear from people halfway across the country," Jane said.

The local AA groups had never offered anything like Zoom meetings before the COVID-19 pandemic. The success they are experiencing now as a result is one good thing to come out of the crisis, Jane said.

Zoom meetings are held on Sundays and Tuesdays at 9 a.m. and Thursdays at 6 p.m. A monthly district meeting is held the first Thursday of each month at 6 p.m. The Zoom links and other information are available at <https://aamodistrict16.org/>.

Although Zoom is a videoconferencing service, people have the choice of whether or not to turn on the video option. And for people who don't have a computer or internet access, a phone number is available for them to participate by phone.

Newcomers are always welcome, and so far they have been showing up.

"We have seen an uptick in newcomers through all of this," Jane said. "I don't know if it was because people had more down time, because as you know, alcohol sales went up 60 percent during the lockdown."

A survey from [DrugAbuse.com](https://www.drugabuse.com) found one in four Missourians admit to drinking more alcohol since the lockdown began.

He Feels Better Prepared

While stress brought on by the upheaval to schedules, lack of social contact or loss of a job due to COVID may tempt some people to turn to alcohol, for Pat that hasn't been the case, and he credits AA's 12-step program with helping him learn to weather such storms.

"All of this is just another occurrence of upset that happens in people's lives," Pat said. "Loved ones continue to die and jobs continue to be lost

regardless of whether there is a virus or not. The nature of the (AA) program is it allows us to take life in stride and not let it bother us too badly.

“I get strength, spiritually, emotionally and every which way, from AA to be able to not let things like this bother my daily life.”

He knows not everyone who struggles with addiction has been as fortunate.

No Substitute for Real Thing

AA meetings held through Zoom have been a lifesaver for members right now, but Jane said they are no substitute for the real thing.

“There’s nothing like that one-on-one contact with somebody in a face-to-face meeting,” she said. “For me it’s accountability. One-on-one, they can see my emotion more. On the phone, over text and even on Zoom, I felt like I could hide if I wanted to,” she said. “Face-to-face, you can’t hide your emotion. I feel like people would have called me out, asked if I was OK. “That is what AA is all about. It’s one alcoholic helping another alcoholic. There’s nothing like it in the world. You are with people who understand you, where you can see the look on people’s faces in person and give them a hug at the end of a meeting, and feel that comfort that comes from being in the same room or space as someone.”

Jane has returned to attending face-to-face meetings, but she said District 16 will continue to offer Zoom meetings indefinitely. It’s the best of both worlds and a great way to provide support to people who want it, she said.

For more information, go to <https://aamodistrict16.org/>.

**Jane is a pseudonym to protect her anonymity.*