

# Kent County Central Office

## Newsletter

December 2020

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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](http://grandrapidsaa.org/meetings)**

If you want to get the KCCO newsletter send an email to [KCCONewsletter@gmail.com](mailto: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**

# **Spring Roundup News**

**April 24, 2021**

**Saints Peter and Paul Church, Grand Rapids, MI**

**DETAILS TO FOLLOW**

**Please mark your calendar**

# Kent County Central Committee Nov. 19<sup>th</sup>, 2020

## Meeting Minutes

Meeting opened at 6:05 with the Serenity prayer.

Present: Mike W., Steve C., Jim H., Dave P., Rick P., Jeff O., Susan J., Tom W., Lauren R., and Chris B.

### REPORTS:

- Minutes, Financial, Check Detail, Website and telephone reports were submitted and approved.
- District 7 Report- Met via Zoom/In-Person in November. Next meeting will be via Zoom and In-Person in December, hosted by Saranac Young people's Group in person and by Video Conferencing.

### Round up Business:

- Venue: St. Peter and Paul. Contract signed by Mike W. and mailed.
- Norm B. has not been contacted yet about doing A.A. History.
- 2021 Main Speaker-Chris R.(tentative)/Committee reviewed letter to be sent to Chris and approved, letter will be sent.
- 2021 Program content discussion was held. District 7 workshop, A.A. Videos.
- 2023 Speaker – Bring ideas to December meeting.
- Discussion on possible online video portions of the Round Up be available.

### Old Business:

- Quick Book: Steve working with Accountant on creating new "Business"
- Bylaws Subcommittee having some progress.
- Steve J working on newsletter.
- Phone Service, discussed coming up with guidelines for volunteers, continue announcing at meeting of the need for volunteers.

- Friday Night Speaker meeting. Discussed attendance, the need to have back up speaker ready at short notice. Possibly restarting online video conferencing of speaker meeting, would need someone willing to do the tech and get speakers consent.

**New Business:**

- Contingency plan for if the Office manager is quarantined. Office manager to produce a Standard Operating Procedure document for volunteers to use in case a situation arises. Several people could fill in if needed.

Closed the meeting at 7:23 with the Lord's Prayer.

Another HUGE "Thank You" to all of the Groups who donated in October and November. Thanks to you we had our highest level of monthly donations since February!

Expect A Miracle

Trufant AA

Positively Sober

Oakview AA

Happy Hour of St. Stephens

Early Birds

Sparta AA

SJV Book Study

Breathe Easy

Lee Street

Search For Serenity

Attitude Adjustment

AA in the Country

Easy Does It

There is a Solution

Bayberry

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.



## December 2020

**Step Twelve:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

### Spiritual Principle:

#### SERVICE

Carrying the message to others by sharing experience, strength, and hope reinforces the spiritual principle of the 12 steps in the person being 12th-stepped as well as the one doing the sharing.

If nobody was doing any 12th-step work, the program would simply cease to exist. Without the service work of those who came before, no members would be here now.

But step 12 also calls for members to put the spiritual growth they have found to work—not only within the fellowship but in all aspects of their lives. It requires practicing these principles in all your affairs.

This too is doing 12th step "work" and makes the program work as one of attraction and not promotion. For many in the 12-step fellowships, working the 12th step is simply how it works.

## Benefits of Step 12

Step 12 allows people who have worked the program to work with others who are still struggling, which benefits both the person in recovery as well as those who are still going through the program. Being of service to others can:

- Remind you of the early days of recovery (and why you've worked so hard to move past that phase)

- Keep you accountable and prevent you from becoming complacent in your recovery
- Give you a sense of purpose
- Enhance your fellowship with others
- Inspire someone else to stay the sober path
- Help provide insight to someone else in recovery
- Allow you to become a trustworthy person for someone in recovery

## Making It Work

Twelve-step work isn't just going out to help the one who still suffers, but going to meetings and setting an example. Here are a few ways to work step 12 during an AA or AI-Anon meeting:

- Make coffee
- Speak up during comments
- Say "yes" when asked to do service work or speak at a meeting
- Offer to give a ride to those who otherwise would not go to a meeting

Follow-up is also an important part of a 12th-step call. Calling the person in a few days to see if they might want to go to a meeting with you shows that you are for real. A word of warning: Remember to carry the message, not the person with a substance use disorder.

By **Buddy T.** Updated on May 01, 2020

# Tips for Protecting Your Sobriety during the Holidays and Preventing Relapse

## Seven tips for staying sober, preventing relapse and avoiding the holiday blues

'Tis the season of glad tidings and good cheer, but for people in recovery from drug or alcohol addiction, the holidays can be an especially trying time to stay healthy and sober.

Unrealistic expectations, over-commitment, unhealthy eating, financial strain and fatigue can fray emotions. Travel complications and busy schedules can add to the stress, as well. You might be spending your holidays away from your addiction recovery support system and sober routines, which can make you more vulnerable to relapse. Holiday customs, childhood memories and annual gatherings that are closely associated with drug or alcohol use can also tug at your emotions and put your recovery at risk.

But there are ways you can prepare for this challenging season and safeguard the greatest gift you've ever given yourself and those you love: Your sobriety. Here are seven practical tips to help you avoid relapse and stay sober during the holidays and beyond.

### 1. Have Sober Strategies in Place

Develop a plan to protect your sobriety ahead of any holiday event and activity that could potentially trigger relapse to substance abuse. This may mean going to a Twelve Step meeting before or after the event, attending the festivities with your sponsor or a sober friend, or making sure you can leave the gathering at any time and are not dependent on someone else for transportation. Your plan to stay sober could also include "bookending" the event with before-and-after telephone calls to someone in recovery. Feel empowered to limit your time in stressful situations or around difficult people—and always have an escape plan. Much of relapse prevention is having an awareness of the people, places or things that could trigger trouble and planning

strategies for staying sober given those inevitable situations.

### 2. Adjust Your Attitude

Talk with your sponsor, a friend who understands addiction recovery, or a professional counselor about the emotions and expectations you have wrapped up in the holidays—especially if you find yourself replaying childhood experiences or memories during this time of year. This is called "calculating reality." Remember that your loved ones, coworkers and friends are probably feeling tired and stressed during the holidays, too. This realization alone will help you adjust your attitude, lower your expectations and be forgiving of yourself and others. Instead of showing up at a holiday event feeling on edge or defensive, orient your thinking to be open, accepting and positive: Ask yourself, what is the next right thing for me to do in this situation?

It's also important to be aware that some people in addiction recovery are vulnerable to substance abuse relapse *after* the holidays. The buildup of stress and resentment that might come with the holidays can lead to rationalizations, denial and relapse. In other words, we can convince ourselves that, considering what we've been through, we are entitled to drink or use. Sometimes, as alcoholics and addicts, we manage things better when we're in the midst of a crisis than afterwards. Remember, the disease of addiction is as powerful the day after a holiday as it is the day of and the day before. As we learn during addiction rehab and in the meeting rooms, recovery is a one-day-at-a-time endeavor, no matter the season.

### 3. Be of Service

The holidays offer powerful opportunities for spiritual growth by sharing your gratitude and joy with others. Connecting with others in this way can be a new experience that takes courage. But because you're in recovery from active addiction, you've already demonstrated the capacity for tremendous courage and change. So keep strengthening your recovery. Look for ways to be of service to others: Serve a meal at a homeless shelter, reach out with hospitality to a newcomer at a meeting, spend time with a neighbor who is confined. There are a million different ways to give back, pay it forward and be of service.

### 4. Be Mindful of What You're Drinking—and Thinking

At social gatherings, it might be helpful to always have a beverage in hand so people aren't constantly offering you a drink. When you order a beverage, pay attention to how it is being made. If you ask someone to get a beverage for you, he or she may not know your situation or might forget your request and bring you an alcoholic drink. If you accidentally pick up the wrong drink and swallow some alcohol, this doesn't mean you will automatically relapse. But watch for any rationalizations that could creep in: "Hmm, I guess I can handle alcohol in social situations after all. Perhaps my period of abstinence taught me how to control my drinking." Do not go down that road. Instead, tell someone who understands recovery from drug or alcohol addiction about your experience as soon as possible. A mistake is not a relapse—but it can lead to one if kept a secret.

## 5. Avoid Known Risks

If you know Aunt Lucy is going to grill you about rehab, avoid her. If Uncle Bob will try to mix you a stiff drink, stay away from him. If the office New Year's party is really all about drinking or other drug use, make a brief appearance or don't attend. It is unrealistic in all of these scenarios to say, "I can soldier through." That's what Step One of the Twelve Steps teaches us, right? *That we don't have the power.* So, why put yourself in the position of having to "power through" an obstacle course of relapse triggers? Staying sober and safeguarding your recovery must always come first.

## 6. Practice Self-care

Celebrate the holiday season and the fullness of your sober life by taking time for yourself. Proper nutrition, gentle exercise and restorative sleep can do wonders for your well-being. The better you feel physically, the stronger you will be emotionally. Nourish your spirit, too, through personal reflection and connection with those you love. Find some quiet time each day for relaxation and meditation—if only for a few minutes, no matter how busy you are. Let your spirit be your guide.

## 7. If You Need Drug or Alcohol Addiction Treatment, Consider Going to Rehab During the Holidays

Some families might consider the holidays an inappropriate time to help a loved one get into addiction treatment when, in fact, it could be an ideal opportunity. For many of the reasons mentioned above, substance abuse tends to ramp up over the holidays. Addiction treatment initiated during the holidays could be the best gift you give to your family, your friends and yourself.

October 29, 2018, Hazelden Betty Ford Foundation





# **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 4, 2020, 7:00 pm**

**Speaker: Geno**

**Home Group: Guides to Progress**

**Friday, December 11, 2020, 7:00 pm**

**Speaker: Steve C.**

**Home Group: Serenity II - Calvary**

**Friday, December 18, 2020, 7:00 pm**

**Speaker: Abby M.**

**Home Group: Young People's**

**Friday, December 25, 2020, 7:00 pm**

**Speaker: Rhonda**

**Home Group: Young People's**

**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)*