

Kent County Central Office

Newsletter

January 2021

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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
December 17, 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; Sandee C., Trustee #3; Ed B., Cherry Valley and Area 34 Chairperson; Steve C., Office Manager; Tom W., District 7/KCCC Liaison. David P.; Rick P.; Steve J.

Absent: Jeff O., Webmaster

The meeting opened with a moment of silence, followed by the Serenity Prayer at 6:04 pm

Reports:

- Minutes, Financial, Check Detail, Website and telephone reports were submitted and approved.
- District 7 Report- Met via Zoom in December. Next meeting will be via Zoom and In-Person on January 2nd at Alpine Baptist Church, hosted by Not So Secret Service Manual Group.

Roundup Business:

- Venue: St. Peter and Paul – contract signed and Sandee C. to deliver to St. Peter and Paul.
- Chris R. 2021 letter sent. Carlisle W. back-up.
- Attempts made to contact Norm B. about doing A.A. History. Mike to reach out to Sharron S. about contacting Norm B.
- Preliminary Flyer for Spring Roundup reviewed.
- Young Peoples' Speaker/Sobriety Countdown. Susie J. to reach out to Lauren and Abby.
- 2023 Speaker – Bring ideas to January meeting or email Steve C. or Mike W. Dave P. suggested Theresa F.
- A **Motion** was made, seconded, and unanimously passed to send John M., District 7 Chairperson, a letter formerly inviting District 7 to participate in Spring Roundup. Mike W. to draft a letter.
- Discussion about possible online video portions of the Roundup be available. Tabled.
- Clean-Up committee – David P. and Jim H. volunteered to Co-Chair set-up and clean-up committee.
- Ed B. to touch base with Dick H. again, closer to Roundup date, regarding the prayer before opening remarks and before dinner. Jim H. volunteered to be back-up.

Old Business:

- QuickBooks update – formation of “new” company. Steve working on spreadsheet to track inventory. Currently QuickBooks not reliable for inventory.

Spring Roundup News

April 24, 2021

Saints Peter and Paul Church, Grand Rapids, MI

DETAILS TO FOLLOW

Please mark your calendar

"Thank You" to all of the Groups who donated in December.

Jenison Grapevine

Friends For Life

Not So Secret Service

Serenity II

Clean & Sober

Second Chance Club

Coopersville AA

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.

January 2021

Step One:

“We admitted that we were powerless over our addiction, that our lives had become unmanageable.” That’s Step 1 of the 12-Steps of Alcoholics Anonymous, and as anyone who is active in the 12-Step community will tell you, admitting powerlessness is far from a sign of defeat.

Step 1: The First Step Toward a Solution

We live in a society that tells us we should be able to figure out our problems and overcome challenges on our own; that if we can’t, we’re weak. Being open to trying something new requires a great deal of courage because it’s an admission that you don’t have all the answers.

Powerlessness is not meant to disempower. Although you may be powerless in the fact that you struggle with addiction and have no control over it, you are not powerless over the actions you can take because of that knowledge. By accepting the things you cannot change and understanding that it’s possible to change the things that are within your control, you open yourself up to options that can help you heal.

Letting go of the past, accepting your present and opening yourself up to a new way of living isn’t an easy thing to do, especially in the beginning. The 12-step road to recovery can appear pretty intimidating to someone who is just starting out, but solutions exist. You just don’t know them yet.

Powerlessness refers to a lack of control, and it helps you realize that there are things you can do to treat your addiction and create the life you want. Although you can’t change your

addiction, you can learn how to live a sober life in recovery.

The Power of Powerlessness

You aren’t powerless when it comes to entering treatment or a recovery program. But you are, however, powerless when substances are in your body.

It’s so easy to blame other people for our problems, but recovery requires us to take personal responsibility, and that’s exactly what Alcoholics Anonymous teaches. It’s your responsibility to stay engaged in your recovery and work with your sponsor. It’s your responsibility to be open and willing to treatment and growth. And if you end up drinking or using once sober, you have to take responsibility for that too. You can’t blame it on powerlessness—that is, the complete inability to control your actions.

Acknowledging your powerlessness is liberating because it helps you realize the things you are powerless over so you can devote your energy to your actions—the things you can control. You may be powerless over addiction, but you aren’t powerless, period. Once you realize what you can and cannot change, you’re actually quite powerful.

Recovery is a journey that can seem intimidating if you’re just beginning, but in AA, you just have to take it one step at a time. Asking for help seems like such a simple concept, but admitting powerlessness is a humbling, courageous act. In recovery, we learn that it takes far more strength to surrender and admit powerlessness than it does to try to control addiction by ourselves.

FRIDAY NIGHT SPEAKER MEETING

PUBLIC WELCOME

LOCATION: THE NORTH ALANO CLUB

1020 College Ave, NE, Grand Rapids, MI (Lower Level Balcony)

Friday, January 1, 2021, 7:00 pm

Speaker: Chelsea O

Home Group: Cherry Valley Group

Friday, January 8, 2021, 7:00 pm

Speaker: Pete M

Home Group: In The Country Group

Friday, January 15, 2021, 7:00 pm

Speaker: Ben D

Home Group: Dutton 76'ers Group

Friday, January 22, 2021, 7:00 pm

Speaker: Keith F

Home Group: Young People's

Friday, January 29, 2021, 7:00 pm

Speaker: Cam C

Home Group: Cherry Valley Group

Sponsored by Kent County Central Office

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

FREE COFFEE AND DONUTS AT THE MEETING

(Coffee provided by the Alano Club of Kent County)