

Kent County Central Office

Newsletter

March 2021

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.

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

Kent County Central Committee Feb. 18th, 2021

Meeting Minutes

Meeting opened at 6:20 with the Serenity prayer.

Present: Susan J., Jim H., Rick P., Tom W., Sandy C., Dave P., Ed B.

REPORTS:

- Minutes, Financial, Check Detail, Website and telephone reports were submitted and approved.
- District 7 Report- Next meeting will be via Zoom and In-Person on March 6, 2021 hosted at the South Alano Club.

Round up Business:

- 2021 Main Speaker – Carlyle W.
- 2022 Speaker Ideas. Maybe have a listening party.
- 2023 Speaker – Chris Raymer locked in.
- Discussion on possible online video portions of the Round Up be available.

Old Business:

- Quick Books, Bylaws and Phone Service discussion tabled.

New Business: None

Closed the meeting at 7:10 with the Lord's Prayer.

GROUP DONATIONS

“Thank You” to all of the Groups who donated in February.

Not So Secret Service Manual

Far Far Away Retreat

Search For Serenity

Comstock Park Monday Night

Hastings - Spiritual Awakenings

Serenity II

Clean and Sober Riders

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.

FRIDAY NIGHT FUNDRAISER SPEAKER MEETING

LOCATION: THE NORTH ALANO CLUB

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

Phone 616-456-5709

Or Join us on-line

Zoom Meeting ID: 580 161 5260

Password: 1020

Friday, March 5, 2021, 7:00 pm

Speaker: Sam P

Home Group:

Friday, March 12, 2021, 7:00 pm

Speaker: Paul K

Home Group:

Friday, March 19, 2021, 7:00 pm

Speaker: Mike P

Home Group:

Friday, March 26, 2021, 7:00 pm

Speaker: Emily B

Home Group:

Sponsored by Kent County Central Committee

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

For any information call: 616-913-9216

Step 3

**Made a decision to turn our will and our lives over to the care of God
as we understood Him**

What Is the Purpose of This Step?

This step helps transform your mindset from thinking about concepts to carrying them out. It opens the door to conforming your will to that of your higher power's.

How Do You Complete This Step?

Step 3 is the first step that requires action. The first two steps focus on reflection and introspection.

To achieve full recovery through Alcoholics Anonymous, you must take your faith one step further and create a plan for letting in a higher power.

What Are Some Tips for Completing This Step?

- Embrace complete reliance on a higher power and view this dependence as a kind of strength.
- Recite the Serenity Prayer during times of emotional distress or indecision.
- Make a commitment to turn yourself over to something greater than yourself. Your higher power can be God, nature, the AA community-whatever feels right to you.

Perspectives on Step 3

By Dominica A.

Some of my decisions in life led me to misery.

Self-will and acting on addiction causes me to experience difficulty. For this reason, Step 3 is so crucial to me, as making a firm decision to turn my will over to my Higher Power invites the

kind of Power that leads me out of bondage and into freedom.

This step allows me the opportunity to surrender my will and my life over to my Higher Power. It allows me to experience peace knowing that I don't have to do it alone anymore!

I try to remember Step 3 daily, because if I don't, sometimes I'll get back into self-will and end up in trouble. So when my emotions are off or I find myself battling overwhelming urges to drink, run, or escape, I get quiet with myself and do a mental scan of the first three steps. I ask myself if I've forgotten how powerless I am on my own. Have I turned my will and my life over to God that day? Have I really turned over the pain, fear, grief, or anger over to my God?

My Inner Journey With Step 3

I was willing to be open and explore my spiritual path. I tried for many years to find some level of relief, peace, and joy through external dependence. I believed if I possessed more money, friends, love, toys, or status I'd be happier. I also thought things like booze would help me out with that.

Wrong. None of that did anything for me spiritually. I was left feeling pretty empty and alone. But when I stepped into recovery and made a decision to give my life over to something greater than myself, I started this

inner journey that set me on the path to true freedom and joy.

Once you put the booze or drugs down, you'll likely begin contending with emotions that you've stuffed. Wounds that have been numbed. Dreams that have been shattered. My emotional dam broke and a lifetime of stuffed emotions came flooding out.

I had no clue how to contend with them.

Let Go and Let God

"Let go and let God" is what many people talk about with Step 3. Try not to get tripped up on the "God" language. God can be a Higher Power of your choosing. When I get into self-will, I say, "God, I surrender. I give this to you right now. Take it because I don't want it. I trust you." Then, I do my best to let it go.

The more we give to our Higher Power, the more freedom and joy we are able to feel. Complete trust allows us to relax and simply be us—our amazing selves—**and that is a beautiful thing**

(from Recovery.org)