



HAPPY! JOYOUS! FREE!



October 2023 Issue - KCCO Newsletter



Kent County Central Office

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

Office Phone (616) 913-9216 (M-F, 1-5 PM)

AA 24-hour Hotline (616) 913-9149

Website: www.grandrapidsaa.org

Upcoming Events

Friday Evening Speaker Meetings

October 6, 13, 20, & 27

7 p.m., North Alano Club

District 7 Business Meeting

Saturday, October 7

10 a.m. to 1 p.m.

Holy Family Catholic Church
Caledonia

KCCO Business Meeting

Thursday, October 19

6 p.m., KCCO

Fall Gratitude Dinner

Saturday, November 4

6 to 8 p.m., South Alano Club

Spring Roundup

April 27, 2024

North Alano Club

Michigan State Convention

June 7-9, 2024

(see attached flyer)

KCCO continues to seek volunteers for our 24-hour AA hotline.

A one-month commitment of 4 hours is needed every week.

Morning and afternoon shifts are available.

If you can help, please call Steve at 616-913-9216 .

Need to find a meeting?



Go to the AA meetings website at:
www.grandrapidsaa.org/meetings

What About This Spiritual Awakening Thing?

The phrase “spiritual awakening,” found in the Twelfth Step and throughout A.A. literature, remains daunting to many beginners. For some, it conjures up a dramatic “conversion” experience — not an appealing idea to an alcoholic just coming off a drunk. To others, beaten down by years of steady drinking, it seems completely out of reach. But for those who persevere, ongoing sobriety almost invariably brings the realization that — in some wonderful and unexpected way — they have indeed experienced a spiritual change. Spirituality, A.A. style, is the result of action. Step Twelve begins, “Having had a spiritual awakening as the result of these Steps. . .” (italics added), and in the book *Twelve Steps and Twelve Traditions* (page 106), Bill W. describes what happens: “Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. . . . When a man or woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself.”

https://www.aa.org/sites/default/files/newsletters/f-13_fall03.pdf,
About AA: A Newsletter for Professionals, Fall 2003

THE TENTH STEP

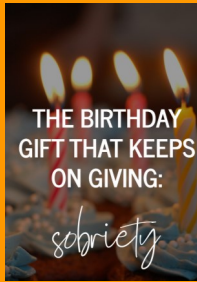
"Continued to take personal inventory, and when we were wrong, promptly admitted it."

My Higher Power,

My daily prayer is to best serve you, I pray I may continue to grow in understanding & effectiveness. Help me to watch for selfishness, dishonesty, resentment and fear. Help me to be willing to have you remove them at once. I must be willing to discuss them with someone immediately. I will make amends quickly if I have harmed anyone. Then I will turn my thoughts toward helping someone else. Please help me to remember to practice love and tolerance of others. Amen.

THE BIRTHDAY GLOB

Celebrating Sobriety!



WHAT IS THE BIRTHDAY CLUB?

We will add your name, or that of someone you know, to our Birthday Club list, for a donation of the amount equal to your number of sober years. Names and sobriety dates will appear in our newsletter all year.

Mike W. - January 29, 2004

Anne S. - August 30, 1981

Tom W. - March 30, 1980

Steve C. - August 14, 2018

Ed B. - May 29, 2010

Dave P. - November 18, 2007

Ben S. - December 5, 1978

Pamela W. - 20 years

Sharron S. - April 12, 1984

Wanda W. - 33 years

Jim H. - July 5, 2005

What is your local AA group up to?



Inquiring minds would like to know!

We would be happy to promote your special events here, in this monthly publication. You can submit event information by emailing our Newsletter Editor at KCCONewsletter@gmail.com.

We request that any digital flyers or prepared materials be sent using a JPEG format.

We look forward to being *in-the-know*, and passing on your information to others in our area.

PLEASE NOTE:

Inclusion of articles and announcements in *Happy! Joyous! Free!* does not constitute A.A or KCCO endorsement. Rather, members of the fellowship of Alcoholics Anonymous are encouraged to share their experience, strength and hope through this humble publication. 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.

THE TENTH TRADITION

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Hello, my name is Toni,
and I'm an alcoholic!



What a blessing it is for me to serve and carry the AA message to other alcoholics through volunteering as your Kent County Central Office newsletter editor! It is truly in my receiving so much, given so freely, that I am gratefully and joyfully able and willing to give back in this way. As I strive to wring the creativity out of myself and get it into my computer's keyboard, I invite your help, input, and feedback! It is enlightening working with the KCCO volunteers, and researching other Areas and Districts to keep up on what is going on in AA around our great state! Thank you, KCCO, for giving me this opportunity to serve others in my recovery!

NAME OUR NEWSLETTER Contest

We need your help! Do you have a clever suggestion for the title of our newsletter? *We're asking you to wet your witty whistle while we wage warily in our work, wishing we were well on our way, as we want a name!* Of course, we could continue on with "Happy! Joyous! Free!", if you like. I simply chose it for temporary use until I solicited thoughts from the Fellowship. You can submit your entries by email to: KCCONewsletter@gmail.com. We would like to have our new title chosen by year's end and revealed in our January 2024 New Year's issue. Thanks! Now get crackin'!

KCCO 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.

If you would like our KCCO newsletter sent to you through email, please send an email request to: KCCONewsletter@gmail.com.

— DON'T BE —
ASHAMED
OF YOUR
STORY
IT WILL
INSPIRE
— OTHERS —

What's Your Story?

We would love to hear it! Was Studio 54 your bottom back in the 80s? Did you get sober right after your disastrous weekend at Woodstock 99? Were you a sober Flower Child at the original Woodstock? Any stories of AA Fellowship during a hurricane or other natural disaster? Have you ever been to meetings in Hollywood or Beverly Hills? Tell us about AA in Greenwich Village during the birth of Punk Rock. How about AA in other countries? Tell us about AA in times that were by any other account completely unique. AA during Operation Desert Storm? Vietnam, WW2 or any other war time experiences? How did you make it through with AA?

You don't need to be an expert author to submit stories of AA Experience Strength and Hope. We want to know about our readers and their miracle stories in AA. Reach out to KCCONewsletter@gmail.com to email your story. We all have miracle moments in AA, coincidences that are just too amazing - where you know your higher power was there helping you

through. We also want to hear about the most absurdly beautiful stories that will have us Laughing Out Loud and Rolling On The Floor. On a more serious note, any stories about AA history told by relatives who may have been at the first AA meetings or a part of the beginnings of our incredible fellowship, we would love to hear them. We are all storytellers and have so much to share. We can't wait to hear from you!

*Excerpts "borrowed" from the AA Fellowship of Northern Michigan Central Office
Camel Courier, September 2023*

THE RECOVERY PARADOXES

We SURRENDER to WIN.

We FORGIVE to be FORGIVEN.

We GIVE it AWAY to KEEP it.

From WEAKNESS (adversity) comes STRENGTH.

We SUFFER to get WELL.

From DARKNESS comes LIGHT.

From DEPENDENCE comes INDEPENDENCE.

We DIE to LIVE.

**KCCO Committee Business Meeting
September 21, 2023
Minutes**

Present: Susie J. (Chairperson), Dave P. (Vice Chair), Steve C. (Office Manager), Emily B. (Secretary), Mike W. (Trustee #2), Damion L. (Young People Liaison).
Present Online: Jim H. (Area 34 Delegate), Ed B. (Area 34 Alternate Delegate), Jim S. (District 7/ KCCC Liaison)

The meeting opened with a moment of silence followed by the Serenity Prayer at 6:00pm

Reports:

- Minutes and financial reports were submitted and approved.
- **District 7 Report:** State convention in 2024 at Calvin Collage. District elections coming up in November. Area Elections will take place in October. Next meeting is at AA in the Country in Caledonia.
- **Meeting Guide App:** motion was made to contact District 9 and removed from meeting guide app.
- **Call List:** list needs to be updated. Starting a new list to get rid of old one.
- **Young People:** Convention for 2023 will be at Motor City Casino in Detroit, November 24-26. \$30 Registration.
- **Newsletter:** Toni M is doing a great job on the newsletter.

Roundup Business:

- **Speaker:** Susie reaching out to Quincey to confirm plans. **TABLED.**
- **Dates for Roundup:** Motion to make 4th Saturday of April consistently when Spring Roundup will be. **APPROVED.**
- **YP at roundup:** Ask Young People to have panel and/or speaker for Roundup 2024 in December. **TABLED.**
- **Roundup 2025:** Theresa F is interested in being the main speaker. She needs more information from the committee before committing. Motion was made to invite Theresa F to be main speaker for Roundup 2025. **APPROVED.**

Old Business:

- **Laptop:** Discussion to purchase two laptops for office and events. **TABLED.**
- **Office Updates:** Peggy is doing great filling in for Steve C when he needs time off. Discussion to move offices in the same building to help with flooding issues and more space. Motion was made to move offices. **APPROVED.**

- **KCCO Fall Gratitude Dinner:** The room is reserved for November 4,2023. Still discussing food options. Motion was made to ask Susan H to be the speaker for the event. **APPROVED.** Flyers will be made to handout next month.
- **NAC Friday Night Fundraiser:** Motion was made to donate the Friday Night Speaker Meeting basket to the Fundraiser. **APPROVED.**

No New Business

Please announce at your individual meetings that volunteers are always needed to answer the 24-hour hotline. Have them call Steve C at KCCO, 616-9'13-2916. Thank You!

Next Meeting: Thursday, October 19,2023 at 6:00pm at the Kent County Central Office.4920 Plainfield Ave NE, Suite 19, Grand Rapids 49525.616-913-2916

Option to attend viaZoom, hosted by District 7. **Meeting ID:881 70632218**
Passwordt 23525

The meeting adjourned with the Lord's Prayer at 7:40pm

Respectfully submitted,
Emily B. (Secretary)

FRIDAY NIGHT SPEAKER MEETING

PUBLIC WELCOME!

LOCATION: THE NORTH ALANO CLUB

1020 College Ave, NE, Grand Rapids, MI

(Lower-Level Balcony)

Phone 616-456-5709

Friday, October 6, 2023; 7:00 PM

Speaker: Jeff D.

Home Group: Search For Serenity

Friday, October 13, 2023; 7:00 PM

Speaker: Paul S.

Home Group: Tuesday Night Mens Stag

Friday, October 20, 2023; 7:00 PM

Speaker: David R.

Home Group: Life Club

Friday, October 27, 2023; 7:00 PM

Speaker: Adam O.

Home Group: Tuesday Night Mens Stag

FREE COFFEE AND DONUTS AFTER THE MEETING

(Coffee provided by the Alano Club of Kent County)

Sponsored by:

Kent County Central Office

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

For any information call: 616-913-9216



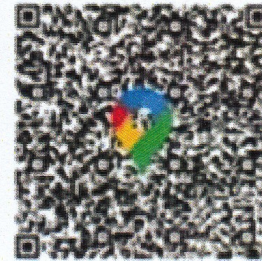
District 9 is Hosting
the AREA 34
ELECTION ASSEMBLY

Sunday, October 15, 2023

District Roll Call @ 10:30a

GSR's AND DCM's ARE HIGHLY ENCOURAGED TO ATTEND and **VOTE!!
PARTICIPATE IN ELECTING YOUR TRUSTED SERVANTS**

Mecosta Township Hall
19720 11 Mile Road
Big Rapids, MI 49307



for more information please visit our
Area 34 website at: WMAA34.ORG



Cant make it in person?

Join us on Zoom

ID: 521 659 0401

(no password required)



Potluck lunch @ Noonish, please bring a dish to pass

71st Michigan State Convention

combined with the

ECR Conference

June 7th-9th, 2024

Calvin University

3201 Burton S.E.

Grand Rapids, MI 49546



CONNECTING WITH
LOVE



UNITY



SERVICE

Keynote Speakers:

Friday: **Rich H.**, Hebron, IL

Saturday: **Madonna V.**, Auburn Hills, MI

Saturday Al-Anon - **TBA**

Sunday: **Barefoot Scott S.**, Hersey, MI

CARRYING THE A.A. MESSAGE OF RECOVERY

What makes an A.A. convention click for its participants?

It's probably not style or form that matters so much as the spirit and feeling behind it. As one member puts it, the best A.A. convention is "*just a darned good A.A. meeting blown up big.*" Just watch enthusiastic members at any A.A. convention and you'll get what he means. The atmosphere alone is worth the trip. Here you'll find fellowship, laughter, warmth, and understanding — "*heaped up, pressed down, and running over.*"

Mg-04 A.A. Guidelines, Conferences, Conventions, and Roundups

Please visit wmaa34.org for more information as it becomes available.

Co-Chair Contacts: **Linda B** 269.329.3159 ♦ linbow421@gmail.com | **Brian S.** 616.366.5827 ♦ digi@wmis.net



Register here, or online at: wmaa34.org Look for the 2024 State/ECR Button

Registration Early: \$30 per person (before 5/1/24), after 5/1, \$35 Total Registration \$ _____

#1 _____
 Name _____ Email _____ Phone _____ Area _____ Home Group _____

#2 _____
 Name _____ Email _____ Phone _____ Area _____ Home Group _____

Dorm Lodging #1 6/7 6/8 Check if sharing with Registrant #2 Need a Roommate? _____
 Roommate gender preference _____

Choose one: Shared + Shared Bathroom \$30/night Private Room + Shared Bathroom \$45/night
 Shared + Private Bathroom \$40/night Private Room + Private Bathroom \$70/night

For shared occupancy, list roommate if registering separately or a roommate will be assigned by committee:

Dorm Lodging #2 6/7 6/8 Need a Roommate? _____
 Roommate gender preference _____ Roommate's Name: _____

Choose one: Shared + Shared Bathroom \$30/night Private Room + Shared Bathroom \$45/night
 Shared + Private Bathroom \$40/night Private Room + Private Bathroom \$70/night

Dorm lodging can be reserved until 5/24/24. Total Dorm Lodging \$ _____

Meals 5-meal package-\$80 x _____ Sat. dinner only-\$18 x _____ Ice cream social-\$12 x _____ Total Meals \$ _____

Extra Contributions _____ Extra Contributions \$ _____
 If group contribution, provide group name _____ Grand Total \$ _____

To Reserve a room on line: HOTEL ONLY
 Guests will need to go to princecc.com
 At the bottom of the home page select Reserve A Room
 Below the banner click on RATE OPTION
 Type in the code: **DIGI**
 This will take you to the block dates and rates. Select from the room types available and click on the picture and then click **BOOK IT!**

Make Checks out to:
 2024 Michigan State Convention
Send Registration and Checks to:
 2024 Michigan State Convention
 PO Box 319
 Plainwell, MI 49080

If you encounter a problem, please contact, **Jim Nyhoff**
Hotel Operations Supervisor at 616-526-0107 or
 at jln3@calvin.edu and he will assist you as soon as possible.

Register/Dorms/Meals On-Line
<https://tinyurl.com/vptsx77j>
 or use the QR code

