



**HAPPY!
JOYOUS!
FREE!**

**April 2024 Issue
KCCO Newsletter**

**April is
Alcohol
Awareness
Month**
NCADD

Kent County Central Office
4920 Plainfield Ave. NE, Ste. 19, Grand Rapids, MI 49525
Office Phone (616) 913-9216 (M-F, 1-5 PM)
Website: www.grandrapidsaa.org
AA 24-hour Hotline (616) 913-9149

Upcoming Events

Friday Evening Speaker Meetings
April 5, 12, 19, 26
7 p.m., North Alano Club
(see attached flyer)

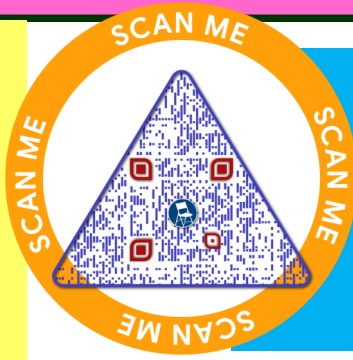
District 7 Business Meeting
Saturday, April 6, 9am-1pm
Middleville United Methodist
Church, Middleville (see flyer)

Area 34 Assembly
Sunday, April 21, 10:30am
AKI Community Center
Manistee (see attached flyer)

KCCO Business Meeting
Thursday, April 18
6pm, KCCO/ZOOM
(for ZOOM sign-in, contact KCCO)

Spring Roundup
April 27, North Alano Club
(see attached flyer for details)

Michigan State Convention
June 7-9
(see attached flyers for details)



NEED TO FIND A MEETING?
Scan the QR Code at right, or
go to the AA meetings listing at:
www.grandrapidsaa.org/

Understanding the Importance of Alcohol Awareness Month

April is Alcohol Awareness Month, a time dedicated to raising awareness about the dangers of alcohol abuse and dependency. This annual observance is an opportunity to educate individuals and communities about the risks associated with excessive alcohol consumption and to promote the prevention and treatment of alcohol-related problems.

Alcohol use is a major public health issue in America. According to the National Institute on Alcohol Abuse and Alcoholism, alcohol use disorder (AUD) affects approximately 15 million adults in the United States. An estimated 140,000 deaths are attributed to alcohol-related causes each year. This makes alcohol the third leading preventable cause of death in the country. Therefore, the goal of Alcohol Awareness Month is to encourage individuals to understand the impact of alcohol misuse and to seek help before it becomes fatal.

History of Alcohol Awareness Month

National Alcohol Awareness Month began in 1987 and was established by the National Council on Alcoholism and Drug Dependence (NCADD). Marty Mann, one of the first women to find sobriety through Alcoholics Anonymous (AA), founded the NCADD. Mann realized the importance of educating individuals and communities about alcoholism and its effects and started the NCADD to support and promote scientific research on the topic.

April was chosen as Alcohol Awareness Month to raise awareness about the dangers of binge drinking and to encourage responsible attitudes toward alcohol. During the month of April, NCADD uses traditional and social media campaigns to draw attention to the causes and risks of heavy drinking. The campaigns aim to educate people about the harmful effects of alcohol and to encourage individuals to seek help before it becomes fatal.

Since its inception, Alcohol Awareness Month has helped many individuals struggling with alcoholism. The various campaigns, such as Alcohol-Free Weekend, DARE, and Know Your Limits, have helped educate children and adults about the dangers of alcohol and promote responsible drinking habits. They've encouraged candid discussions and information sharing about alcoholism, and urged people to seek help. Through these efforts, Alcohol Awareness Month has helped to save many

(Continued on page 2 . . .)

Thankful for
the blessing
of another
day clean and
sober.

(Continued from page 1 . . .)

lives from alcohol-related deaths, and continues to be an essential tool in the fight against alcoholism.

Impacts of Negative Stigma Associated with AUD

The stigma associated with alcohol use disorders can have harmful effects on individuals who are struggling with alcoholism or seeking treatment. This stigma is often fueled by stereotypes and myths that portray individuals with AUD as weak or lacking willpower. Here are some harmful effects that negative stigma can have on individuals:

Discourage Treatment

Stigma can discourage individuals from seeking help or treatment. They may feel ashamed or embarrassed to admit they have a problem, and fear being judged or ostracized by others. As a result, they may avoid seeking help and continue to struggle with their addiction, which can lead to serious health problems and even death.

Discrimination and Social Isolation

Individuals with AUD may be discriminated against in the workplace or denied opportunities because of their addiction. They may also be shunned by friends and family members who do not understand or accept their condition.

Quality of Care

The negative stigma associated with AUD can also impact individuals' quality of care. Healthcare providers may hold negative attitudes towards individuals with AUD, which can lead to discriminatory treatment and inadequate care. This can further discourage individuals from seeking treatment, and perpetuate the cycle of addiction.

Effects of Excessive Alcohol Consumption

Excessive alcohol consumption can have harmful effects on physical and mental health, as well as social and economic well-being.

Physically, it can lead to various health problems, including liver disease, cardiovascular disease, cancer, and neurological disorders. It can also weaken the immune system, making individuals more susceptible to infections and illnesses. Over time, alcoholism can cause permanent damage to the body, including brain damage, organ failure, and even death.

Mentally, it can negatively affect mood and behavior and increase the risk of depression, anxiety, and suicidal thoughts. It can also lead to memory loss, impaired judgment, and risky behavior. Alcoholism is also known to cause long-term mental health issues like alcohol-induced psychosis, hallucinations, and delirium tremens.

Excessive alcohol consumption can harm relationships, careers, and school performance. It can strain personal relationships, lead to job loss or decreased work performance, and negatively impact academic performance. Alcoholism can also have a significant financial impact, as individuals may spend large amounts on alcohol or face legal fees related to DUIs or other alcohol-related incidents.

The societal impacts of alcohol addiction can also be seen in many areas. It's evident in healthcare, law enforcement, and the economy. According to the CDC, the cost of excessive alcohol use in the US reached \$249 billion in 2010:

Collisions: \$13 billion

Criminal Justice: \$25 billion

Healthcare: \$28 billion

Workplace productivity: \$179 billion

Public health efforts, such as Alcohol Awareness Month, can help raise awareness about the risks of alcohol addiction and provide support for those in need.

Take Charge

Alcohol Awareness Month is an important time to reflect on our drinking habits and seek help if needed. If you or a loved one is struggling with alcohol addiction, knowing that help is available is essential. Here are some tips and resources to support you in quitting alcohol use:

Admit there is a problem: Denial is common among individuals struggling with addiction, so be honest with yourself about your drinking habits.

Seek professional help: Many treatment programs and resources are available to help you quit alcohol use. Recovery centers offer evidence-based therapies, medical detox, and personalized treatment plans to support recovery.

Build a support network: Surround yourself with people who support your decision to quit alcohol use. Attend support group meetings, such as Alcoholics Anonymous (AA), to connect with others in recovery.

Find healthy coping mechanisms: Identify healthy coping mechanisms, such as exercise, meditation, or hobbies, to replace alcohol use.

Avoid triggers: Avoid situations and people that may trigger cravings to drink. This may include avoiding places where alcohol is served, or limiting contact with people who drink heavily.

During Alcohol Awareness Month, it's important to remember that seeking help for alcohol addiction is a brave and necessary step toward recovery. If you or a loved one is struggling with alcohol addiction, know it's okay to seek help. Alcohol Awareness Month is a reminder that recovery is possible with the proper support and resources.

24 Hour Hotline: 616-913-9149 - We're here to help



We can show you how taking some simple steps can help loosen the grip that alcohol has on your life. The first step is to reach out and ask for help.

This can be done by attending an AA meeting.

If you are unsure or have questions, call the 24 hour hotline.

Making that call will put you in touch with an AA member that can answer your questions and point you in the right direction.

Help us continue to carry the message to those suffering from the disease of alcoholism.

Volunteer for our 24-hour AA Hotline. A one-month commitment of 4 hours per week is needed. Morning and afternoon shifts are available.

If you can help, please do not hesitate to call our office at 616-913-9216 .



MEETING GUIDE, a service of A.A. World Services, Inc., is a free-of-charge meeting finder app. The app helps people find A.A. meetings and resources near them. A.A. service entities provide the meeting data for the app. Meeting Guide is available for iOS and Android smartphones. Meeting Guide syncs with area, district, intergroup/central offices, and international general service office websites, relaying meeting information from more than 400 A.A. service entities directly to the app. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.

You can access and download Meeting Guide using the QR Code on page 1 of this newsletter. To add new local group meeting locations and schedules, or to update existing meeting information, please contact Steve at the Kent County Central Office at 616-913-9216. In addition, new local groups will need to contact the Registrar in their appropriate district to officially list the group with the General Service Office in New York, and to be assigned a group number.

The Pink Cloud of Recovery

Pink Cloud Syndrome, also known as “pink clouding,” refers to a “honeymoon” stage of early addiction recovery that involves feelings of optimism and exhilaration. The term is often used in Alcoholics Anonymous circles to describe members who are unrealistically happy and overconfident in early sobriety. As the logic goes, people experiencing this must be extra cautious of relapse, since the feeling is only temporary.

According to most sources, the term “pink cloud” originates with AA. Some argue that pink cloud syndrome is a myth, and that not all recovering alcoholics experience it. Others argue that as long as you are realistic about the work ahead—like identifying triggers and developing new coping skills—you can enjoy the initial feelings of happiness without crashing and relapsing.

How Long Does the Pink Cloud Last?

There is no definite answer regarding the duration of the pink cloud stage, since each person is different. Typically, people begin to experience it early on in their recovery. For some it lasts a few days, and for others a month or two. Either way, this stage is temporary. And as it fades, one’s emotional state changes again. Coming down from the “pink cloud high” can bring feelings of disappointment, discouragement, and frustration. These can impede the recovery process—or, worse yet, lead to relapse.

What Are Some Signs That You Are “Pink Clouding”?

So, how can you tell if you or a loved one is experiencing pink cloud syndrome? Here are some common indicators:

- Elevated feelings of happiness and euphoria
- Optimism and positivity
- Confidence about your ability to stay sober
- Commitment to making positive changes in your lifestyle
- Increased awareness of your emotions

(Continued on Page 5 . . .)

What's Your Story?

We'd love to hear it! It just might be what another alcoholic needs to jump on the recovery bandwagon, or what encourages another to stay the recovery course or to more fully engage in it. We all have a story. Will you share yours?

Stories can be submitted to our Newsletter Editor through email at newsletter@grandrapidsaa.org.

Pete's Story

Let's face it, returning to A.A. after relapsing can be extremely uncomfortable, and I should know because I've been a periodic "slipper" over the past 20 years. But now, after three lengths of serial sobriety, (5 years, 8 years and now, over 3) and two nearly fatal relapses, there is no doubt in my mind that I need A.A. in order to survive.

But, how to make it work this time?

When I returned to A.A. in 2015, I was not only in the throes of physical withdrawal, but I was also beset with toxic levels of self-pity, anger and jealousy that were blocking me from getting any real relief. For instance, when a dear friend took an anniversary cake for double-digit sobriety, I wallowed in self-pity that I had "lost my time" instead of being happy for him.

It took numerous calls to my sponsor to decipher my feelings from the fact that I'm nothing more or less than a jealous, self-obsessed alcoholic, which was quite a relief. And, I was worried that there was something seriously wrong with me! LOL Here's where a thorough 4th Step came in. Sorting out who did what to whom and my part in it was essential, but not as a means to browbeat myself for my defects of character. With Steps 4-7, I did something constructive with those flaws – namely to identify my wrong thinking, be ready to change it and pray like hell to have it removed.

It's taken years for me to put my life together again, but remembering that A.A. is a one-day-at-a-time venture on a long-haul journey is essential for my recovery. Going to meetings and not picking up a drink or drug is essential. But, not picking up a harmful thought, word or action keeps me away from an emotional state that leads me to relapse – and that's my hard-won fact.

True, I haven't done it perfectly. But, as Ethel Merman once said, "Sure I've made mistakes! But, that's why they put erasers on pencils!" We returnees are also the life-blood of A.A. and we've got a lot to contribute. Our stories provide our fellows with unique insights into staying sober where we went off the rails, and we can return to "the happy road of destiny" if we're willing. I'm happy to report that the program hasn't changed, but my willingness to maintain a spiritual solution to my self-obsession problem has.

By Pete A. LACOAA Zone E Delegate, Los Angeles A.A. Central Office Magazine, Fall 2018

THANK YOU!!

TO ALL OF THE GROUPS WHO HAVE DONATED
RECENTLY TO KCCO

No First Drink	Easier Softer Way
Primary Purpose	Serenity II
Into The Light	Keep On Growing
Breton Rd Early Birds	Bayberry

And all the individual donations that came in
via PayPal!

nothing
but
Gratitude!



(Pink Cloud continued from Page 3...)

What Are the Upsides of the Pink Cloud?

Although there are some concerns about the negative consequences of the pink cloud experience, there are also benefits. According to substance abuse counselor Pamela Duff in a recent Forbes article, the pink cloud can help people find a new lease on life. "It can give people the energy and hope to mend broken relationships, reenter the workforce or school, and prioritize a routine of engaging in recovery-based personal work."

Experiencing the pink cloud can motivate people to pursue change, and heal from addiction. A person's outlook on life can shift in a more empowered and optimistic direction. Some may begin to feel hopeful for the first time in years. Therefore, if one harnesses the pink cloud in a productive way, it can be an important stage in pivoting towards a newer, healthier lifestyle.

What Are the Dangers of the Pink Cloud?

Programs like AA are known for raising the red flag when it comes to pink cloud syndrome. And for good reason. The false sense of security that occurs during the pink cloud phase can result in some bad decisions for those with alcohol use disorder. For example, if someone is feeling too optimistic, they may quit seeing their therapist or stop attending meetings. They may engage in risky behaviors, or even decide to drink alcohol again because they mistakenly believe they are over their dependency.

In addition, as the pink cloud wears off, post-acute withdrawal syndrome (PAWS) can quickly emerge. PAWS is described as a secondary phase of withdrawal that typically occurs for weeks or months. It usually includes psychological or emotional symptoms such as memory issues, fatigue, depression, and anxiety, which can lead to drinking again.

Tips For Navigating the Pink Cloud

Navigating the pink cloud begins with educating yourself about it. Knowing what is happening can help you keep your expectations realistic and avoid overconfidence, while still reaping the benefits of optimism. By remaining cautious and self-aware, you can harness the motivation and energy of the pink cloud to establish good habits and self-care routines, which will be essential to future stages of recovery.

Here are some tips:

- Keep a journal or write encouraging notes to your future self for when you are feeling low or need a boost.
- Be sure to stay engaged with your therapist or recovery coach to discuss setback prevention and receive ongoing support.
- Establish healthy diet, exercise, and sleep routines.
- Regularly connect with friends and loved ones.
- Learn mindfulness and relaxation techniques.
- Make time for hobbies.
- Seek out inspirational books and videos about recovery.

Staying Steady Through the Ups and Downs

Recovery can be a long and often challenging process. The pink cloud phase feels very rewarding and is to be enjoyed, but it is important to always keep your eye on the big picture, and move steadily towards your long-term goals.

When "pink clouding," you may be tricked into believing that you no longer need support. However, disconnecting during this period can leave you very vulnerable once the positive feelings subside and the dark clouds come rolling back in. Offer yourself encouragement by stating, "I am thankful that I feel great today, but I need to be realistic and prepare myself for challenging times ahead." It's crucial to stay engaged with your support system and establish self-care routines that feed your body, mind, and relationships. The goal is to build a solid foundation, so you will be fortified for any peaks and valleys you will encounter on your road to recovery!

<https://riahealth.com/blog/pink-cloud-syndrome/>

12 x 12 x 12

A.A.'s Twelve Steps are principles for personal recovery. The Twelve Traditions ensure the Unity of the Fellowship. Written by co-founder Bill W. in 1962, the Twelve Concepts for World Service provide a group of related principles to help ensure that various elements of A.A.'s service structure remain responsive and responsible to those they serve.

STEP FOUR

"Made a searching and fearless moral inventory of ourselves."

TRADITION FOUR

"Each group should be autonomous, except in matters affecting other groups, or AA as a whole."

CONCEPT FOUR

"At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge."

To read the **Long Version** of the 12 Steps, 12 Traditions, & 12 Concepts, visit: www.aa.org.



We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed. BB There Is A Solution, p.25

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 newsletter sent to you through email, please send an email request to: newsletter@grandrapidsaa.org.

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.

**KCCC BUSINESS MEETING
MARCH 21, 2024
MINUTES**

Present: Susie J., (Chairperson); David P., (Vice Chairperson); Emily B., (Secretary); Shelley W., (KCCC Treasurer); Mike W., (Trustee #2); Steve C., (Office Manager); Peggy, (Office Staff); Damian L. (YP Liaison); Megan G., (North Club Rep.).

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

Reports:

- Minutes, Telephone and Website reports were submitted and approved.
- Financial Report submitted and approved. February starting balance was \$28,265.63. Balance as of February 29 was \$26,775.09. Balance as of the date of business meeting was \$24,392.10.
- District 7 report was submitted. Next District 7 meeting is on April 6th at the South Clue hosted by the We Became Friends group.
- Young People's report was submitted.
- No Newsletter report.

Spring Roundup 2024:

- Went over 'day of' plan with a walk through at the north club with Megan G (North Club Rep.) all room and plan for the day confirmed.
- Main Speaker: Quincy W.'s hotel has been confirmed.
- Caterer: Billy K has been paid and is ready to go. He confirmed April 18th for a cut of date for dinner tickets.
- Service panel, jail sale, young people panel and bring the gap all confirmed for roundup.
- Area and District both confirmed.
- Dinner tickets are \$30.
- A **motion** was made to have dinner tickets be available until April 18th. **Approved.** See Steve at the office to get your tickets.
- Tee shirts are \$20 and are available at the Kent County Central Office and will be for sale on the day of the event as well.
- Job assignments for the day will be:
 - Treasury/tee shirts: Shelly W.
 - 50/50: Dave P and Emily B.
 - Programming: Susie J and Shelley W.
- There was a **motion** made to give speakers and panelist dinner tickets. The motion was **passed.**
- Set up on the day of the event will be 9am-11am

Old Business:

- Committee members were asked to write a little something about themselves to add to the newsletter.

- A **motion** was made for there be a thank you to Randy for making the KCCO a sign for the office in the newsletter. **Passed.**
- Committee members still need to set up emails.

New Business:

- State Convention: at Calvin College June 7-9th. The KCCO will be selling literature at the convention, they are looking for volunteers to work the literature table. Please bring back to groups. How many books to bring to the event was **tabled.**
- Friday, May 10th, the North Club has an event that could interfere with the Friday Night Speaker meeting. There was no speaker assigned to that Friday yet. A **motion** was made to cancel the May 10th speaker meeting. **Passed.**
- Steve C, the office manager, announced that his last day as the office manager will be May 1st, 2025.
- There was a **motion** made to have the newsletter include a section of struggling meetings. **Passed.**

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, April 18th, 2024, at the KCCO office, 4920 Plainfield Ave NE, Suite 19, Grand Rapids 49525, phone 616-913-9216.

Option to attend via Zoom, hosted by District 7. Meeting ID - 881 7063 2218 Password – 235257

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

The meeting adjourned with the Lord's Prayer at 7:36 PM.

Respectfully Submitted,
Emily B. (Secretary)

FRIDAY NIGHT SPEAKER MEETING

LOCATION: THE NORTH ALANO CLUB

1020 College Ave, NE, Grand Rapids, MI (Lower Level Balcony)
Phone 616-456-5709

Friday, April 5, 2024, 7:00 pm

Speaker: Becca H

Home Group: [AA In The Country](#)

Friday, April 12, 2024, 7:00 pm

Speaker: Curt B

Home Group: AA In The Country

Friday, April 19, 2024, 7:00 pm

Speaker: Janet P

Home Group: AA In The Country

Friday, April 26, 2024, 7:00 pm

Speaker: Joe K

Home Group: AA In The Country

Sponsored by Kent County Central Committee

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

For any information call: 616-913-9216

THE
CAMEL EACH DAY
GOES TWICE TO HIS KNEES
HE PICKS UP HIS LOAD
WITH THE GREATEST OF EASE
HE WALKS THROUGH THE DAY
WITH HIS HEAD HELD HIGH
AND STAYS FOR THAT DAY
COMPLETELY DRY

2024

KCCO



SPRING ROUND UP

Saturday, April 27, 2024 / 11:30a - 9:30p

**Location: Alano Club of Kent County
1020 College Avenue NE
Grand Rapids, MI 49503**

Dinner Ticket only \$30

Tickets available through April 17th at the

Kent County Central Office

616-913-9216

Noon - Kick off Speaker - Scott S. Cedar Springs, MI

1:15p - Alanon Speaker - Debra E. Grand Rapids, MI

5:15p - Y.P.A.A. Panel (Young People in A.A.)

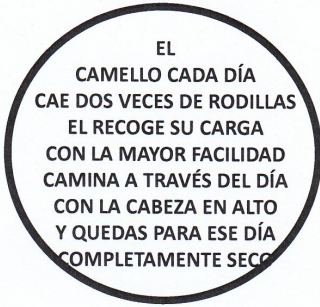
6:00p - Dinner and Fellowship

8:00p - Main Speaker - Quincy W. - Aurora, CA

Area 34 Archives / A.A. History by Norm B..

B.T.G. Service Workshop (Bridging The Gap)

Sobriety Countdown / Guided Meditation/ Alcathon



2024



KCCO

RONDA DE PRIMAVERA

Sábado, 27 de abril de 2024 / 11:30a - 9:30p

**Ubicación: Alano Club del condado de Kent
1020 College Avenue NE
Grand Rapids, MI 49503**

Boleto para cenar solo \$30
Entradas disponibles hasta el 17 de abril en el
Oficina central del condado de Kent
616-913-9216

Mediodía - Orador de inicio - Scott S. Cedar Springs, MI
1:15p - Orador Alanon - Debra E. Grand Rapids, MI
5:15p - Y.P.A.A. Panel (Jóvenes en A.A.)
6:00p - Cena y Compañerismo
8:00p - Orador principal - Quincy W. - Aurora, CA

Archivos del Área 34 / A.A. Historia por norma B.
B.T.G. Taller de servicio (cerrando la brecha)
Cuenta atrás para la sobriedad / Meditación guiada / Alcathon

District 7 Meeting

All are welcome to attend!!

Learn about how YOU can become a part of the
AA fellowship at the district level.

Date: April 6, 2024

Location: Alano Club South

256 Celia St SW, Grand Rapids, MI 49548

Time: 10 am - Noon

Host Group: We Became Friends

AREA 34 ASSEMBLY

Sunday, APRIL 21, 2024 @10:30

DISTRICT 10 is HOSTING

2024 MI State Convention/East Regional Conference
Planning Committee is meeting at 9am before the assembly

Potluch
Lunch
around
noon
please
bring
a dish
to share

Chicken is
main dish



LOCATION:

AKI Community Center
2953 Shaw Be Quo Ung
Manistee, MI 49660



Area 34 Assembly offers
virtual attendace.

Zoom Link: 521-659-0401
No password is necessary

WiFi is not offered at this location
Zoom attendance might not be available

For more information about Area 34
Assembly, A.A. events, and other news
PLEASE VIST OUR WEBSITE

area34aa.org



All GSR'S and DCM'S are highly encoraged to attend the
Area 34 Assembly - ALL A.A. MEMBERS ARE WELCOME

71st Michigan State Convention

combined with the

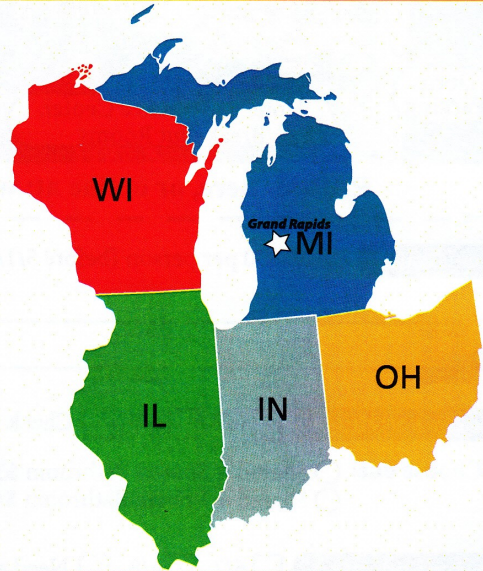
ECR Conference

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



GRAND RAPIDS AREA MAP
Calvin 3201 Burton Street SE
 Grand Rapids, MI 49546
 (616) 469-0322

DIRECTIONS:

- 1-96 from Muskegon, use East Beltline exit.
- US-131 from Kalamazoo, use 28th Street exit.
- 1-96 from Lansing, use Kentwood (28th Street) exit.
- M-6 from Holland, use Broadmoor (M37) exit.

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 _____ If group contribution, provide group name **Extra Contributions** \$ _____
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



I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible...

Area 34

Treatment Committee Virtual Scheduled Meetings



Bridging the Gap



Join us on the 2nd and 4th Tuesday at 5:00 pm. as we discuss ***Bridging the Gap Program*** that helps inform us how to connect Alcoholics who are just coming out of treatment, correctional, or other institutions, with a Temporary Contact to help introduce them to the ***A.A. Program***. All district and group committee chairs are encouraged to attend and collaborate on your experiences and interest in reaching out to the alcoholics that still suffer.

2nd Tuesday 5:00 – 6:00pm
Join Zoom Meeting
Meeting ID: 521-659-0401



4th Tuesday 5:00 – 6:00pm
Join Zoom Meeting
Meeting ID: 521-659-0401



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I am responsible... I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible...

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