



HAPPY! JOYOUS! FREE!

June 2024 Issue
KCCO Newsletter



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

June 7, 14, 21, 28

7 p.m., North Alano Club

(See attached flyer for details.)

District 7 Business Meeting

Saturday, June 1, 9am-1pm

Breton Road Early Birds

St. Paul's UM Church, Kentwood

Michigan State Convention

June 7-9

(See attached flyers for details.)

KCCO Business Meeting

Thursday, June 20

6pm, KCCO/ZOOM

(For ZOOM sign-in, contact KCCO.)

The AA Groups

District
Meeting

General
Service
Conference

General Service Board

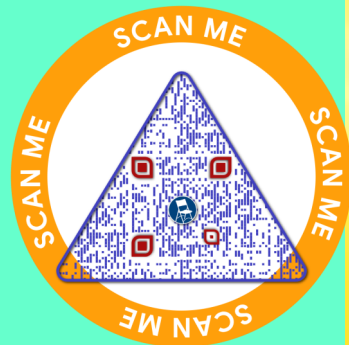
Delegates

AAWS & Grapevine
Directors and Staff

Area
Assembly

NEED TO FIND A MEETING?

Scan the QR Code at right, or
go to the AA meetings listing at:
www.grandrapidsaa.org/meetings



Ready to get involved in A.A.?

A.A. members work together to help the alcoholic who still suffers. Helping each other is a key to staying sober. There are many opportunities to participate in a variety of ways. The best place to start getting involved is through an A.A. group. Participating in a group helps ensure that when a person reaches out for help, A.A. will be available.

What is an A.A. Group?

Any gathering of two or more alcoholics who wish to recover, and have no other affiliation may call themselves an A.A. group. Membership at the group level is open to all who have a desire to recover from alcoholism. There are no dues, fees, requirements, or restrictions of any kind. There is no formal application to join a group.

Is your group linked to A.A. as a whole?

Most groups in the United States and Canada choose to be linked to A.A. as a whole by listing the group with the General Service Office, as well as with the Area Assembly, District, and local Central/Intergroup Office. Contact your district Registrar to get your group listed and the KCCO to add your meeting schedule to the *Meeting Guide* app.

<https://www.aa.org/aa-member>

CONNECTING WITH LOVE, UNITY, & SERVICE

Our **71st Annual State Conference**,
coupled with the
East Central Regional Conference
is nearly upon us -

June 7-9!

HAVE YOU REGISTERED?

Registration for food and lodging closes on May 27, but conference-only registration remains open into June.

DO NOT DELAY - REGISTER TODAY!

Come, and stay on the campus of Calvin University (excellent rate!), purchase the meal plan, and/or Saturday dinner ticket, with an added option of purchasing a ticket for the ice cream social! (See the flyer included in this newsletter for details and registration.) The conference promises an amazing line-up of speakers and panels, and offers our AA Fellowship the opportunity to grow and succeed in our recovery journeys, as well as to gather in unity and support of one another.

**We hope to see
you there!
(or be square!)**



JUNE 2024 DISTRICT 7 BUSINESS MEETING

Breton Road Early Birds
Saturday, June 1, 2024
St. Paul's United Methodist Church
3334 Breton Road, SE, Kenwood

9:00 am - DCM Meeting
10:00 am - Business Meeting

JULY 2024 DISTRICT 7 BUSINESS MEETING

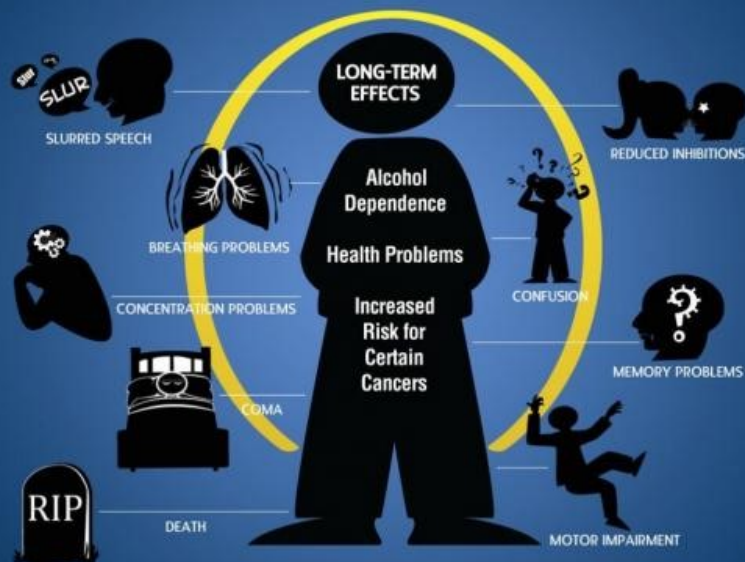
Ionia Noon Group-Saturday, July 6, 2024
John S. Residence
1224 Prairie Creek Rd., Ionia

9:00 am - DCM Meeting
10:00 am - Business Meeting
BBQ and Picnic follow business meeting
at noon-thirty-ish. Bring a dish to share!
ALL ARE WELCOME!

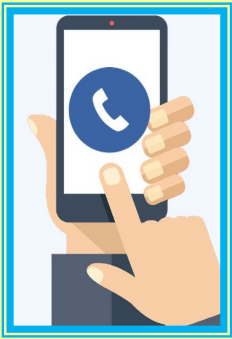
Please plan on staying after the business meeting and enjoy "AA on the Creek" with your fellow AAs! This is the district meeting to attend for the added enjoyment of nature, sunshine (we hope!), food, and the great outdoors, all built into the day!

*Don't want to end up here again?
THINK THAT FIRST DRINK THROUGH!*

CONSEQUENCES OF ALCOHOL



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.

Do you know that you can help service our Hotline REMOTELY?

If you can help, please do not hesitate to call our office at 616-913-9216, and speak with Steve, our Office Manager.



Meetings here, Meetings there, Meetings EVERYWHERE!

*You can access and download **MEETING GUIDE** app using the **QR Code** on page one 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. 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.*



Back to Basics Beginners Meeting

A 4-week crash course into the 12 Steps

Wednesdays @ 6:45 p.m.

Alano Club South, Unity Room

256 Celia St., SW, Grand Rapids

If you are a newcomer, or simply someone looking for a focused refresher on the 12 Steps of AA, this meeting may be just for you! This local group meeting is classified as "open" (available to anyone), English language, and is wheelchair accessible.

What is "Meeting Spotlight"?

Is your group looking to increase participation? Looking to get the word out of the availability of its meeting? KCCO can help!

If you would like your group featured in "Meeting Spotlight", please submit your group's meeting details

and any information you would like us to share, to: newsletter@grandrapidsaa.org.

A Little Bit of This - A Little Bit of That

VOLUNTEERS NEEDED! - The Kent County Central Office will be selling literature at the state convention in June. We are in need of volunteers to work our literature table. Please share this invitation to serve with the members of your groups. Those interested in serving in this way can contact Steve at the KCCO. Thank you!

PLEASE COMPLETE THE WEB SURVEY! - Be sure to get the word out to your group that District 7 is in the midst of developing a new website. The district Web Committee is requesting group members to complete their survey in order to hear from our local groups about what they would like to see featured/included in the makeup of the site. It's four simple questions, and **YOUR INPUT** is essential! Group members can access the survey online at: www.grandrapidsaa.org. Thank you!

Additionally, District 7 now has a general email address that groups can utilize to communicate with district committee chairs, share concerns, and conduct other business with the district. The **new email address is: district7area34web@gmail.com**. Messages will be forwarded to the appropriate officer or committee chair for review and follow-up with the sender.

REQUIREMENTS FOR HOSTING DISTRICT MEETINGS - *If your group would like to host a District 7 meeting in 2025, you can submit your request at our next District 7 business meeting, scheduled for Saturday, June 1.* Facility details: room availability from 8:30am-1:00pm; seating, table space, and parking for up to 60 people; handicap accessibility and restroom facilities; ample supply of coffee, cups, and condiments. Groups should also provide greeters, and a sharing of group history. A \$115 stipend is available from District 7 upon request. Thank you!

AREA 34 - www.area34aa.org - If you haven't already, check out the new Area 34 website! No Area Assembly meeting in June.



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.

A LETTER TO GRANDPA —

Happily, the recipient of this letter now has 14 years of sobriety.

Dear Grandpa,

Please stop. It hurts me to see you like this. Ever since you've had your seizure, you look weaker and weaker every time I see you. I thought with your seizure, you would learn your lesson. You would stop drinking. But I have seen no improvement.

When I think back on all of my memories of you, they all include you being intoxicated. My whole life, every time I see my grandpa, his eyes are glazed over. He has a beer can in his hand. He's sitting at the bar at the VFW. Is that what you want, Grandpa? When you're gone, do you want all of the memories your grandchildren have of you to be when you were drunk? I'm seventeen now. I'll be graduating soon. Moving out. The only times I'll come home to visit will be on the holidays. Will you be drunk then, too? Can't you spend one holiday with your family and be able to have a good time, sober?

I know you've had some hard times in your life. Seen things that the rest of us can't even imagine. That's why you started going to the VFW. The VFW wasn't created to make alcoholics, Grandpa. You're shortening your life. Why would you want that? Don't you want to live long enough to meet my children one day? Don't they deserve to know you?

This has to stop. It's too late for excuses. You may not have had the greatest life, but you're just making it worse. Why don't you realize that? I don't ever want to hear you say, "Just one more beer", or "Just let me finish up the ones I have". No. It's too late for that. You have to stop, now. You have to stop killing yourself like this. If you won't do it for yourself, do it for me. For Grandma. For your children. For your grandchildren. Let us all have a few more years with you. Please, Grandpa. Don't do this anymore.

Love,
Your Granddaughter

Thank You!

TO ALL GROUPS WHO
RECENTLY DONATED TO THE
KENT COUNTY CENTRAL OFFICE:

SJV Big Book Study
Ionia Noon Group
Expect A Miracle
Breton Road Early Birds

Maple Street Misfits
No First Drink
North Kent Enrichment
Avery Street



... and for all of the individual donations that came in via PayPal!

5 tips for STAYING SOBER this ★ SUMMER ★



Manage the Risks

Summer activities often bring non-sober environments, stress, & unrealistic expectations. Know the risks & set your mind accordingly.



Strategize for Stress

This season is fun & laid back, but it isn't without stress. Develop a healthy plan in advance!



Practice Saying No

Say "No" to alcohol & drugs, but also to situations that may bring undue anxiety or pressure to use.



Rely on Your Team

Lean on your recovery support system — they understand what you are going through!



Find the Fun!

Enjoy the delights of the season. Warm weather, time with friends, & the beauty of nature make for plenty of opportunities for sober fun.

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 SIX

Were entirely ready to have God remove all these defects of character.

TRADITION SIX

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

CONCEPT SIX

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Essays on the 12 Steps can be read in the book, "Twelve Steps and Twelve Traditions", available for purchase at the Kent County Central Office.

To read the Long Version of the 12 Traditions and 12 Concepts, go to the Area 34 website at:
www.area34aa.org

KCCO NEWSLETTER 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.

5 Fun Sober Summer Activities:



Volunteer for a local organization you support



Take up creative writing or journaling (or both!)



Visit an art museum in your city



Attend a new recovery meeting



Host a movie night with your support group

5 DESTINATIONS

We welcome your suggestions!

If you have an idea for our newsletter, or would like to request specific information be published, please let us know! Contact our Newsletter Editor, Toni M., at:
newsletter@grandrapidsaa.org.

FRIDAY NIGHT SPEAKER MEETING

JUNE 2024

LOCATION: THE NORTH ALANO CLUB
1020 College Ave, NE, Grand Rapids, MI (Lower Level Balcony)
Phone 616-456-5709

Friday, June 7, 2024, 7:00 pm
Speaker: April B.
Home Group: Young People AA

Friday, June 14, 2024, 7:00 pm
Speaker: Heidi D.
Home Group: Young People AA

Friday, June 21, 2024, 7:00 pm
Speaker: Tom W.
Home Group: Boys In The Barn

Friday, June 28, 2024, 7:00 pm
Speaker: Shelly T.
Home Group: California

Sponsored by Kent County Central Committee
4920 Plainfield NE, Suite 19, Grand Rapids, MI 49525
For any information call: **616-913-9216**

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**



Keynote Speakers:

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

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

Saturday Al-Anon - **Maureen H.**, Dyer, IN

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

CARRYING THE A.A. MESSAGE OF RECOVERY

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

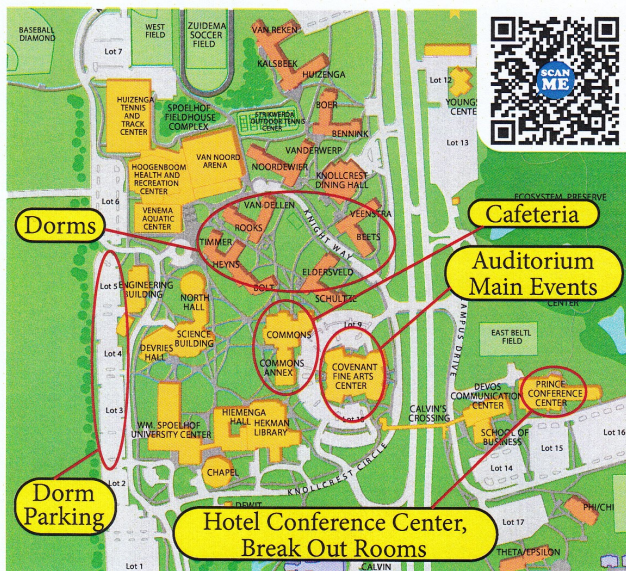
It's probably not style or form that matters so much as the spirit and feeling behind it. As one member puts it, the best A.A. convention is "*just a darned good A.A. meeting blown up big.*" Just watch enthusiastic members at any A.A. convention and you'll get what he means. The atmosphere alone is worth 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 area34aa.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: area34aa.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
☐ Check for Mobility Accessible Room

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
☐ Check for Mobility Accessible Room

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!**

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.

Dorm lodging can be reserved until 5/24/24.

Make Checks out to:

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

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



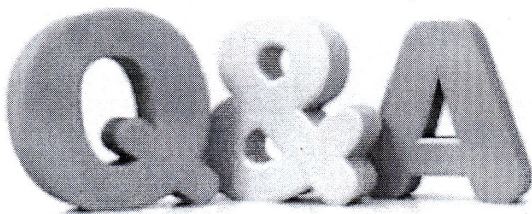
**Area 34 Assembly
Technology & Communications
Committee *is hosting***



2 QUESTION & ANSWER SESSIONS

**We are hosting two Q&A sessions before the July
VOTE for Area 34 members to ask questions
and give input, so we all can make an INFORMED vote**

**Should Area 34 Assembly become a
501(c)3 non-profit organization?**



**Thursday, June 20th
Thursday, July 11th
both at 7pm est**

Join us on Zoom

ID: 521 659 0401- NO PASSWORD



**If you would like to get questions answered personally
via email send them to: info@area34aa.org**

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



area34aa.org

treatment@area34aa.org

bridgingthegap@area34aa.org

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...

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...