



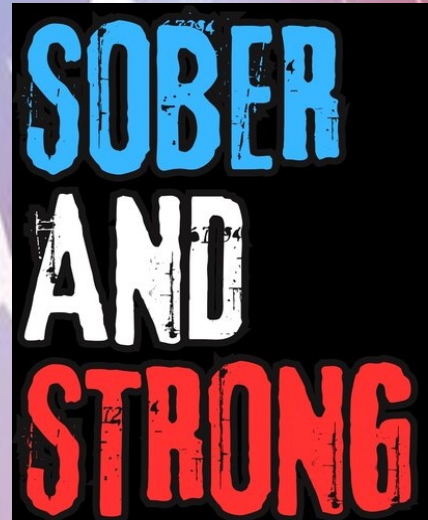
HAPPY! JOYOUS! FREE!

July 2024 Issue
KCCO Newsletter

Kent County Central Office

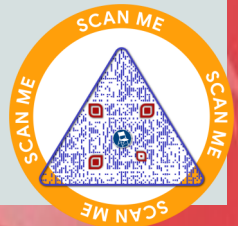
4920 Plainfield Ave. NE, Ste. 19, Grand Rapids, MI 49525
Office Phone (616) 913-9216 Hours: M-F, 10:00am-2:00pm
Website: www.grandrapidsaa.org

AA 24-hour Hotline (616) 913-9149



NEED TO FIND A MEETING?

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



Upcoming Events

Friday Evening Speaker Meetings
July 5, 12, 19, 26

7 p.m., North Alano Club
(See attached flyer for details.)

District 7 Business Meeting
Saturday, July 6

Ionia Noon Group - John S. Home
(See attached flyer for details.)

KCCO Business Meeting
Thursday, July 18
6pm, KCCO/ZOOM
(For ZOOM sign-in, contact KCCO.)

Area 34 Assembly
Sunday, July 21
10:30am, Superior
Township Hall
Brimley, MI
(Virtual attendance is
available.
See attached flyer for
details, or visit
www.area34aa.org.)

Yes, You CAN Stay Sober on the July 4th Holiday!

Is it possible to stay sober on July 4th and the holiday weekend?
This time of year can be the hardest for people in recovery.

Independence Day is one of the biggest highlights of the summer. With endless parades, festivals, concerts, barbecues, and fireworks, drinking alcohol and indulging in other substance use activities tends to be a focal point.

Unlike the winter holidays, where people spend more time indoors, the Fourth of July brings everyone outdoors. There are parades and festivals in the streets, concerts in the park, and gatherings in backyards. It's hard to escape the festivities.

While drinking is certainly sensationalized on the holidays, remember that not everyone is doing it. Below are some tips for staying sober on the Fourth of July, as well as ideas on ways to celebrate.

TIPS FOR STAYING SOBER ON INDEPENDENCE DAY

Right now, everything is immersed in red, white and blue. But, the Fourth of July is only one day. You must protect your sobriety, as this too shall pass. Here are some important tips to follow:

Go to your meetings. Being with other people is a great way to get through the temptation. You can attend any open meeting in your community or join an online meeting. Go to Meeting Guide at:
www.grandrapidsaa.org for a list of active meetings.

Continued on page 2

CHOOSE FREEDOM

WE DRANK FOR FREEDOM... AND BECAME SLAVES.

Sober on July 4th - Continued from page 1

Practice self-care. When things are more stressful, you need to step up your self-care routine. Be sure to eat nutritious foods, get enough rest at night, and exercise most days of the week.

Keep busy. Boredom is a common relapse trigger. Keep yourself busy with hobbies, exercise, cooking, volunteering, gardening, and other activities. Plus, staying busy tires you out, making it easier to sleep.

Download an app. Keep support near by downloading a sobriety app. You can track your recovery, read motivational quotes, reach an addiction hotline, and read the reasons why you quit drinking in the first place.

YOU CAN HAVE SOBER FUN ON THE 4TH OF JULY! Looking for fun things to do this Independence Day? Some of our favorite (and reasonable) ideas include:

- **Attend a festival.** Many cities have ethnic celebrations, tasting booths, outdoor concerts, and more. Choose a festival where drinking is not permitted outside the beer tent.
- **Spend the day swimming.** Most swimming pools do not allow alcohol, because people shouldn't swim while intoxicated. So, you should be safe in this environment. Or, opt for a fun and busy day at the water park.
- **Visit the zoo or amusement park.** Alcohol is often sold at these locations, but drinking is limited to certain areas only. So, if you're walking around the park, you won't come into contact with alcohol. And, seeing the animals or riding rides should keep your mind off drinking.
- **Volunteer your time.** If you're feeling bitter or resentful that you can't drink, donate your time on the Fourth. This is a great way to give back to others while changing your perspective on things. Volunteering is a humbling experience – some people don't even have food on the table or a home to enjoy.
- **Participate in a walk or run.** If you participate in a summer walk or run, the training will keep you active and busy over the 4th weekend. You'll have something to look forward to and exciting goals to reach.

Remember, the Fourth of July will come and go. No party is worth losing your sobriety over. Keep focused on your goals, choose your activities wisely, and take extra special care of yourself.

Excerpts from <https://www.awakeningstreatment.com/blog/staying-sober-on-the-fourth-of-july/>



meeting spotlight

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.

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.

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!

24/7 SUPPORT 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.

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 SEVEN

Humbly asked Him to remove our shortcomings.

TRADITION SEVEN

Every A.A. group ought to be fully self-supporting, declining outside contributions.

CONCEPT SEVEN

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

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



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.

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.



**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.



AA Rule 62: “Don’t take yourself too seriously.” *Seriously.*

The realization that we can have fun in sobriety doesn’t always dawn on us when we first get clean. Coming into recovery, I had the mistaken idea that I was signing off on a life sentence dooming me to a future of musty wooden cellars filled with cigarette smoke, coffee stains, and grumpy old men.

I couldn’t imagine what fun one could possibly have in sobriety, without drugs and alcohol. For some reason though, I saw a lot of people around me having a lot of fun – and they weren’t using drugs or alcohol either. That’s when someone told me something that has stuck with me to this day, “If you are bored in your recovery, its probably because you’re a boring person.”

Rule #62 is one of those old sayings that are stalwarts in the rooms of the 12 step recovery communities that are applicable to all of our lives. When I’m spending all of my energy on being this rigid automaton, I miss out on the beauty happening around me. Here’s the problem – if I take myself so seriously that I miss out on having fun in my recovery, I’m going to burn out, and start to ask myself, “What’s the point in even being sober?”

I don’t remember a whole lot that was said to me in my first 30 days sober to be completely honest. But I do remember the first time that I laughed. Not the forced chuckle that I had perfected when around other people to fit in. I’m talking about the deep belly laugh that made me gasp for air and my eyes water. I don’t remember the joke that was told either, but I clearly remember feeling a part of something, feeling connected to the guys around me, and realizing that sobriety didn’t mean I had to be miserable. It was the moments like these that got me through the difficulties of early recovery. Slowly, they became a regular occurrence in my life. Rule 62 of Alcoholics Anonymous is all about taking that lighthearted perspective and applying it to your own life. The ability to laugh at yourself not only makes life more fun; it also makes you a lot more enjoyable to be around!

I struggled with this quite a bit when I was new in the program and spent a lot of time trying to be perfect. I had to step outside of my comfort zone and as a result, found myself enjoying my sobriety a lot more. Going to a dance or a party? Go out on the dance floor and dance like nobody’s watching! Make a mistake or do something silly? Step back and have a laugh about it with your friends! Nobody is perfect, and it is the quirks and imperfections that make us all unique and give texture to our personalities and relationships.

Some of the most fun I have had in my life has been in sobriety. From picking up new hobbies, to building new friends, to conquering some of my biggest fears (bungee jumping anyone?), I wouldn’t trade the experiences of the last few years for anything. The laughs I have shared and the bonds I have formed are a couple of the things that keep me around, and the relationships I have built always give me something to look forward to. A year from now, you’re going to look back on yourself and laugh anyway, so you might as well do it today!

Anonymous

<https://newlifehouse.com/rule-62/>

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. We all have a story. Will you share yours? Stories can be submitted to our Newsletter Editor through email at: newsletter@grandrapidsaa.org.

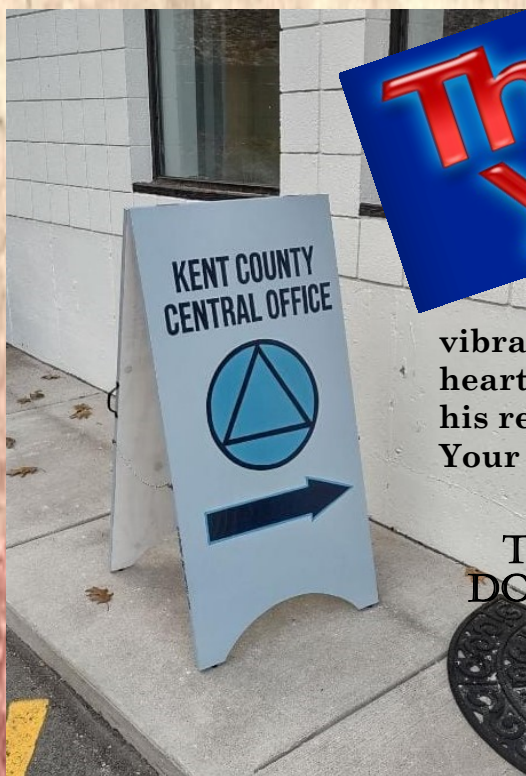


THANK YOU, RANDY!

The Kent County Central Office now has eye-catching, vibrant signage to direct those who visit us to our facility! Our heartfelt thanks go to RANDY for giving of himself, his time, and his resources to provide this most helpful element for our office! Your gift is greatly appreciated!

THANK YOU TO THESE GROUPS WHO RECENTLY DONATED TO THE KENT COUNTY CENTRAL OFFICE:

- Breton Road Early Birds
- Friends For Life
- and to individuals who donated via PayPal



**KCCC BUSINESS MEETING
JUNE 20TH 2024
MINUTES**

Present: Susie J., (Chairperson); Steve C., (Office Manager); Emily B., (Secretary); Peggy, (Office Assistant), Connor J., (Young People Representative).
Present Online: Shelly W., (Treasurer)

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

Report:

- Minutes and web reports were submitted and approved.
- Financial report was submitted and approved. May 1st: \$30,742.68. May 31st: \$23,670.33. As of this months meeting (June 20th): \$23,606.15. Donations were down this month and the office has been extremely slow. The KCCO had to up there inventory of literature for the state convention.
- No District 7, phone or newsletter report.
- Young People: Camp Unity will be held on the Eastside of the state over Labor Day Weekend.

Round Up 2025:

- We will be getting a proposal from the North Club to review next meeting. Tabled.

Round Up 2026:

- Committee needs to start thinking of speakers for 2026 Round Up. Bring ideas to next meeting. Tabled.

Old Business:

- Still need committee members to contribute to newsletter with a paragraph introducing themselves.
- State Convention went well, sold lot of literature inventory. There were talks of having a position on the committee for some one specifically in charge of literature. Tabled.
- Open positions still available for committee member. Emily B will make a flyer to let people know of the available positions.
- Steves last day May 2025

New Business:

- The newsletter will be late being sent out for next month, Steve C will be on vacation.
- Fall Gratitude Dinner/Fall Fundraiser: Will we be doing it this year? How can we improve it to get more people to come? Come with ideas to next meeting. Tabled.

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, July 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 - 882 6134 9065 Password – 664811

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 6:40 PM.

Respectfully Submitted,
Emily B. (Secretary)

FRIDAY NIGHT SPEAKER MEETING

JULY 2024

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

Friday, July 5, 2024, 7:00 pm
Speaker: Dan D.
Home Group: East End

Friday, July 12, 2024, 7:00 pm
Speaker: Laura H.
Home Group: East End

Friday, July 19, 2024, 7:00 pm
Speaker: Randy S.
Home Group: East End

Friday, July 26, 2024, 7:00 pm
Speaker: Anna P.
Home Group: East End

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

DISTRICT 7



BUSINESS MEETING

WHEN?
Saturday July 6th, 2024

WHAT?

9:00am DCM's Meet
10:00am Business Meeting
Noon-ish After-Meeting BBQ
Picnic Lunch & Fellowship
for EVERYONE!
Bring Dish to Pass!
Bring your favorite outdoor
chair, if you like.

WHERE?

John S. Residence
1224 Prairie Creek Rd., Ionia, MI

Sponsored by the IONIA NOON GROUP

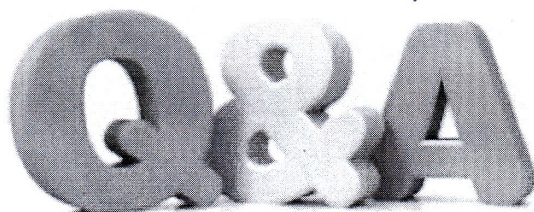
**Area 34 Assembly
Technology & Communications
Committee *is hosting***



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**

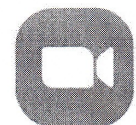
**Should Area 34 Assembly become a
501(c)3 non-profit organization?**



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

Join us on Zoom

ID: 521 659 0401- NO PASSWORD



zoom

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

AREA 34 ASSEMBLY

Sunday, **JULY** 21, 2024 @10:30

DISTRICT 16 is HOSTING

Potluch Lunch around noon please bring a dish to share

The Area 34 Assembly will be voting on the MOTION to become a 501(c)3 non profit organizaion. Who can vote in the INFORMED Group Concious? GSR's, DCM's, Committee Chairs, Assembly Officers, & Past Delegates.



Google Maps



Assembly location:

SUPERIOR TOWNSHIP HALL

7049 M-221

Brimley, MI 49715

Area 34 Assembly
offers virtual
attendance
ID: 521-659-0401
no password

ZOOM

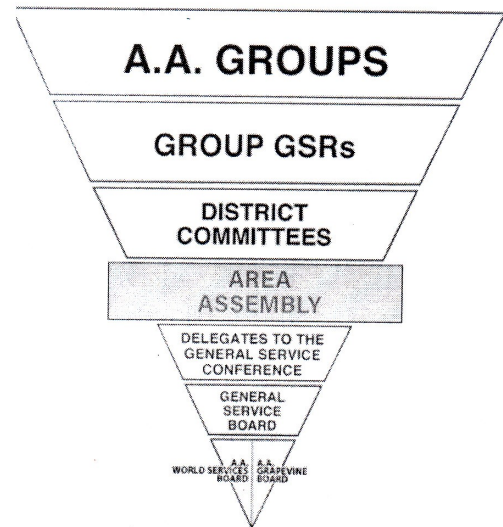


**WESTERN MICHIGAN
ALCOHOLICS ANONYMOUS**

area34aa.org



vist
our
**AREA
34
WEBSITE**



GSR'S and DCM'S are highly
encoraged to attend and
PARTICIPATE
**ALL A.A. MEMBERS
ARE WELCOME**

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...