

Kent County Central Office

4920 Plainfield Ave. NE, Ste. 19 - Grand Rapids, MI 49525
Office Phone (616) 913-9216 - Website: www.grandrapidsaa.org

AA 24-hour Hotline (616) 913-9149

OFFICE HOURS

Monday 2:00PM to 6:00PM / Tuesday through Friday 10:00AM to 2:00PM

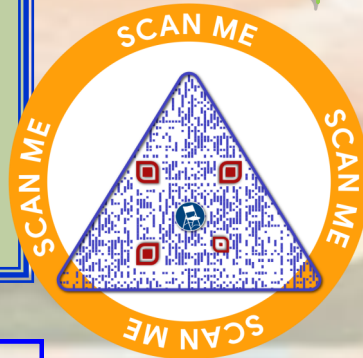
Closed Saturday, Sunday, and Holidays

HAPPY!
JOYOUS!
FREE!

**August
2026**

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

District 7 Business Meeting

Saturday, August 1
Host: North Alano Club
1020 College Ave. NE, GR
9 a.m. District Committee Members
10 a.m. Business Meeting
ALL ARE WELCOME!

Friday Evening Speaker Meetings

August 7, 14, 21, 28
7 p.m., North Alano Club (See Flyer)
ALL ARE WELCOME!

Area 34 Assembly

Sunday, August 16, 10:30 a.m.
See area34aa.org for details.
ALL ARE WELCOME!

KCCO Business Meeting

Thursday, August 20
6:00 p.m., KCCO/ZOOM
(For ZOOM sign-in, contact KCCO.)
ALL ARE WELCOME!

Thank You
**TO ALL GROUP &
INDIVIDUAL DONORS FOR
YOUR GENEROUS GIVING TO
KENT COUNTY CENTRAL OFFICE!**
WE ARE HERE TO SERVE YOU!

AA on the Hill
NSSSMG
AA in the Country
Attitude Adjustment
Rockford Monday Nite
J. H.
Serenity II Group

Coopersville AA Group
Happy, Joyous, and Free
Sunday Reflections
Happy Hour at St. Stephens
KCCC Business Meeting
North Kent Enrichment Group
SJV Big Book Study Group

.. AND TO ALL WHO DONATED VIA PAYPAL

LESSON OF THE GEESE

When you see geese flying in their familiar "V" formation, you might be interested in knowing why they fly that way. Science has learned that, as each bird flaps its wings, it creates an uplift for the bird immediately behind it. By flying in a "V" formation, the flock together gains over 70% more flying range than if each bird flew on its own.

Like the geese, people who share a common direction and a sense of community can get where they are going quicker and easier, because they are traveling on the thrust of one another.

Whenever one goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone. It will quickly try to get back into formation to take advantage of the lifting power of the birds in front.

If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going.

When the lead goose gets tired, it rotates back in the wing, and another goose takes over the point position. It pays to take turns doing hard jobs!

The geese from behind honk constantly, as you've no doubt heard whenever a flock passes overhead. They do this to encourage those up front to keep up their speed. An encouraging word goes a long way.

Finally, when a goose gets sick or is wounded and falls out of the formation, two geese follow it down to stay with it and protect it. They stay until it is either able to fly again, or dies. They then launch out on their own or with another formation to catch up with the group.

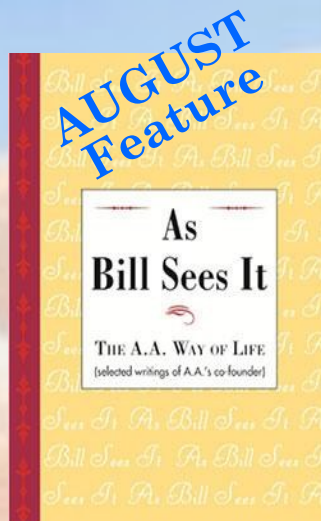
Oh that we would all practice this lesson from geese and stand by one another!

~ Author Unknown



Focus On Literature

B-5 As Bill Sees It



A source of comfort and inspiration, this collection of Bill W.'s writings addresses themes such as acceptance, gratitude and spirituality. Excerpted from the Big Book, the "Twelve and Twelve," Grapevine and other A.A. literature. With a topical index to help guide reading and discussion.

General Service Conference-approved.

View the KCCO literature and pamphlet stock/price lists at:

**What's YOUR
"Freedom from Bondage"
Story?**

We all have a story. Will you share yours?

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

Meetings EVERYWHERE!



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

KCCO continues to edit those meetings in our meeting directory that are currently listed as inactive.

Please check the meetings you attend on the directory at: www.grandrapidsaa.org/meetings

If your group DOES meet and you are listed as "In-active," please contact us at officeadmin@grandrapidsaa.org and we will update your listing. Only meetings currently listed as "In-Active" will be deleted from the database.



**24/7 SUPPORT
HOTLINE**

616-913-9149

We're here to help.

I'm not okay.

I'm here, and
I'm listening.

Is A.A for you? Only you can decide. If you are unsure, we are happy to share with you how we stopped drinking, ourselves. Just call our **Hotline**. ♥

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.

12 x 12 x 12

STEP EIGHT

"Made a list of all people we had harmed, and became willing to make amends to them all."

TRADITION EIGHT

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

CONCEPT EIGHT

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs; (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

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.

meeting spotlight

PLEASE HELP SUPPORT THESE GROUPS

Women's Meeting

Wednesdays @ 8:00 p.m. (Big Book study)
North Alano Club, 1020 College Ave., Grand Rapids

Portland Group

Sundays (Open) & Thursdays (Closed Step Mtg.)
@ 7:30 p.m. Friday @ 5:30 p.m. (Open Big Book Mtg.)
Mt. Hope Church, 845 Ionia Rd., Portland

Second Chance Alano Club

Open Meetings, Monday through Friday @ 12:00 noon
(Mon.: 12/12; Tues.: Women; Wed.: Living Sober;
Thurs.: Grapevine; Fri.: Open Discussion)
1000 Muskegon NW, Grand Rapids

Comstock Park Group

Open Meeting, Fridays at 7:30pm
Closed Meetings, Mondays & Thursdays (12/12 Study) @ 7:30pm
Grace Fellowship Church, 735 Buth Dr. NE, Comstock Park

Downtown Promises Group

Open Meetings, Monday through Thursday @ 12:05pm
(Thursdays: Book Study format, Big Book/12 & 12)
Fountain Street Church, 24 Fountain St., NE, Grand Rapids

Easy Does It Group

Open Meeting, Wednesdays @ 8:00 p.m.
Home Acres Reformed Church, 21 Murray St., SE, Kentwood

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 MOMENT OF SILENCE

To reflect on why we are here

I like the moment of silence at the start of meetings. I like how the chattering slowly quiets down and there is finally “silence”. I feel it brings us all together and reminds me to focus on the issue at hand, which is alcoholism. It’s like a clean, new sheet of paper, ready for the stories to be written down and shared with others.

When I first started attending AA meetings I had no doubt as to why I was there. It was because I was court ordered to attend two meetings a week, for two years or my deferred prosecution for driving under the influence of alcohol would be rescinded. I would then have a DUI conviction on my record. I really didn’t want the financial and restrictive impacts that would bring so I was resigned to going to meetings for two years.

Once I found a meeting I felt comfortable in, and had members I could identify with, I started to enjoy the meetings and came to believe that I could learn things that would make my life more enjoyable and maybe even make me a better person. When I started thinking about why I was here, without the “court ordered” reason at the forefront, I let my mind wander and slowly, over time, I found a common theme. I’ve always liked simple, concise directions so I boiled all my reasons down to these basic things; I am here because; I need to be here, I want to be here, I get to be here, and for that, I am grateful.

Now, in that moment of silence, I repeat that mantra to myself and then let my mind wander on those things, and about the still suffering alcoholic. I need to be here: I am an alcoholic. Left to my own devices, I will drink again, and if I drink again, my life will become unmanageable and I may die. I am given a daily reprieve from my alcoholism based on my spiritual condition. I need meetings to nourish my spiritual contact with God. I can’t do it alone, in a room talking to myself or even reading spiritual books. I need the presence of other living human beings to truly feel a conscious contact with the God of my understanding. I need the power of a group conscious to raise my awareness of the good in the world and to feel that I am a part of it. I need the reminder that I can be of service to others by sharing my experiences, strengths, and hopes and listening to theirs. I need to share my feelings with others to truly understand them myself.

Sometimes, I just have a feeling that I am not in a good place, that I am not being a comfort to my partner, or that my world view is becoming too dark, and I know that if I go to a meeting, that feeling will go away and I can be the kind of person I want to be and lead the life I want to lead. I want to be here: I enjoy meetings. I enjoy the visiting before the meeting, the meeting itself and the gatherings after the meeting. I very much enjoy being around people that are trying to understand and improve their lives, not just for themselves, but also for the people around them. I enjoy being around people that I feel truly know me and that I really know. I love the wisdom that evolves from our group conscious as we think deeply about a common subject and share our experiences, strengths and hopes.

I read once that stories are the box that the truth comes in. When we share our stories, we are giving presents to those around us and when we listen to others stories, we are

receiving gifts. Some of these gifts are kind of like socks and underwear for birthdays, we need them but don’t get really excited. Some, however, are like a wonderful new tool that we can’t wait to get home and try out. I get to be here: Because a group of people who were at one time, complete strangers to me, gather together, I get to enjoy and benefit from their wisdom.

Because we all agree to adhere to the traditions we have very little conflict and disagreement at our meetings. Because a church or some other organization rents us rooms to meet in regularly, I have a safe, warm place to share fellowship. Because some volunteer organizes and produces a schedule I can find a meeting on any day and almost any time. Because another volunteer mans the hotline, I can find a meeting in about any city I happen to be in. Because volunteers work in the district office I can get AA literature.

The chain goes all the way back to Bill and Bob’s first encounter when the idea of one alcoholic talking to another alcoholic took hold. All of these things need to have happened in order for me to not be one of the still suffering alcoholics. And for that I am grateful. I realize how lucky I am to have a solution to my disease of alcoholism. Through no efforts of my own, I was guided to a miraculous organization that is just barely an organization. It’s so simple and yet so powerful. I believe it was divinely inspired, and I’m not even sure I know what that means.

What I do know is that I am happy today and it would not have been possible without the unselfish efforts of thousands of people around the world. Without the experiences, strengths and hopes of all of you, and the program of Alcoholics Anonymous I would not enjoy the serenity I sometimes take for granted, and that’s when I need to go to a meeting.

— Contributed by Gary R.

https://aadistrict8.org/wp-content/uploads/2024/12/the_reprieve_august_2019.pdf

JOIN US! AUGUST BUSINESS MEETING

August 20th, at 6:00 p.m. at the KCCO.

For ZOOM sign-in codes, contact the office.

We invite you to consider sobriety-enhancing service work in one of the highlighted roles below.

**KENT COUNTY CENTRAL OFFICE
THANK YOU to Our Trusted Servants**

Mike W. (Bach) - Office Manager
Doug P. - Assistant Office Manager
Dwayne N. - Committee Chairperson
Vacant - Committee Vice-Chairperson
Vacant - Committee Secretary
Shelly W. - Committee Trustee 1/Treasurer
Mike W. - Committee Trustee 2
Dave P. - Committee Trustee 3
Toni M. - Literature
Vacant: Social Media
Jeff O. - Webmaster
Chris B. - Web Assistant
Toni M. - Newsletter Editor
Sandee C. - Committee Member
Beth B. - KCCO Liaison; Amy H. - Alternate
Vacant - YPAA Liaison

FRIDAY NIGHT SPEAKER MEETINGS

PUBLIC WELCOME!

LOCATION: THE NORTH ALANO CLUB

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

Friday, August 7, 2026, 7:00 pm

Speaker: Jamie R.

Home Group: Floating House Group

Friday, August 14, 2026, 7:00 pm

Speaker: Aaron B.

Home Group: Tuesday Night Men's Stag

Friday, August 21, 2026, 7:00 pm

Speaker: Vic V.

Home Group: A/A

Friday, August 28, 2026, 7:00 pm

Speaker: Ted L.

Home Group: Lake Shore Group

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

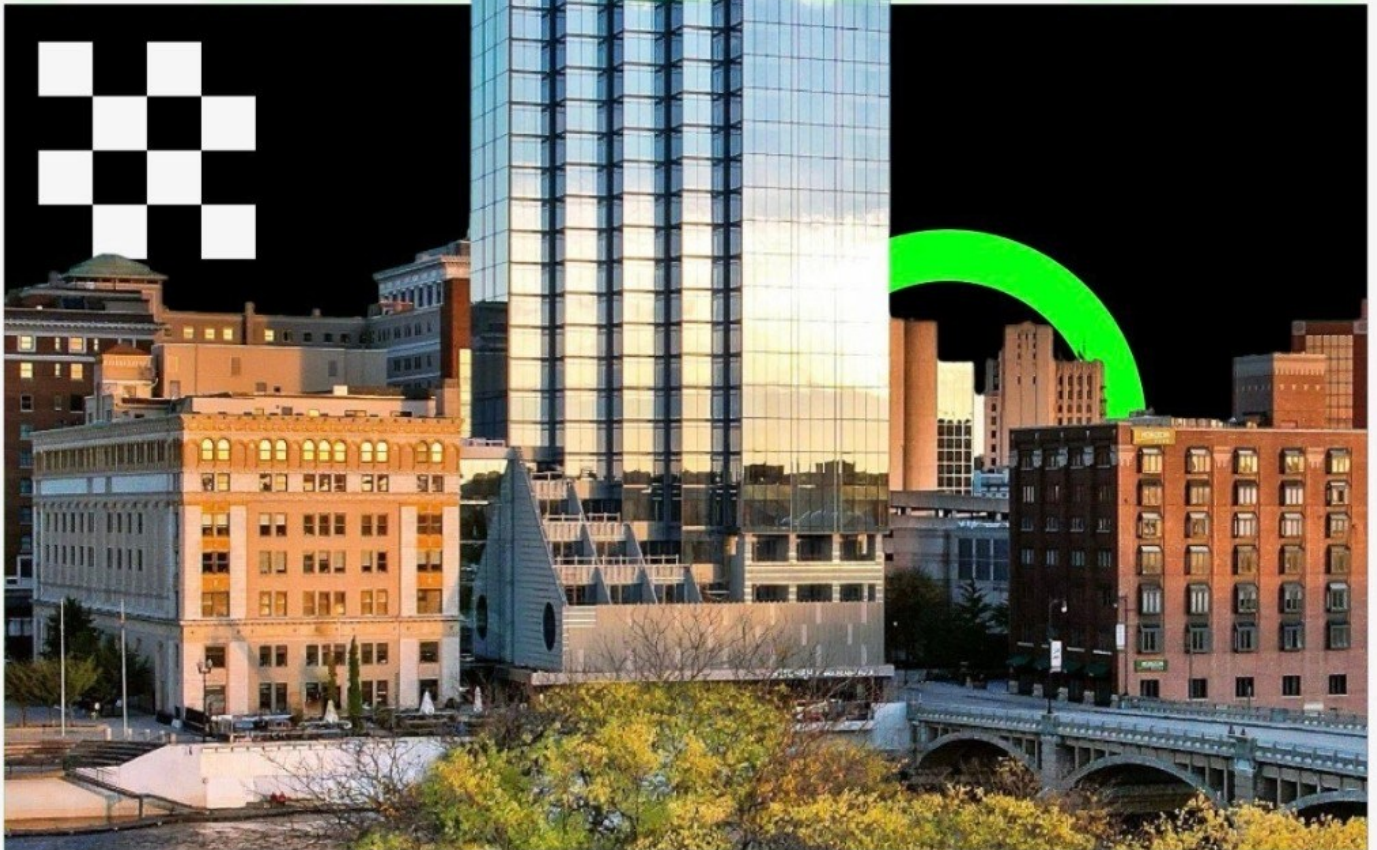
EVER BEEN TO A SPEAKER MEETING?

The Kent County Central Office hosts Speaker Meetings every Friday at 7:00 p.m., at the Alano Club of Kent County (North Alano Club), 1020 College Ave. NE, Grand Rapids, MI. Please help us to continue offering these vital meetings by sharing your story at one of our speaker meetings. We can't do it without YOU, the Fellowship members of Alcoholics anonymous.

For more information how you can carry the message through volunteering to be a speaker meeting speaker, please reach out to the Kent County Central Office.

ANNOUNCING:

66TH ICYPAA MICHIGAN



BOOK YOUR ROOM!
[HTTPS://TINYURL.COM/2S3V63DB](https://tinyurl.com/2S3V63DB)

**SEPT
3-6
2026** | **AMWAY
GRAND
PLAZA**



REGISTER NOW!



187 Monroe Ave NW, Grand Rapids, MI 49503



www.icypaa.org