



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

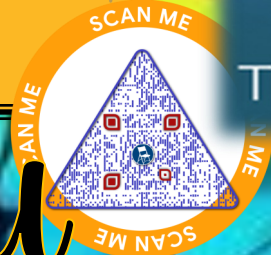
Monday 2:00PM to 6:00PM
Tuesday through Friday 10:00AM to 2:00PM
Closed Saturday, Sunday, and Holidays

HAPPY!
JOYOUS!
FREE!

October
2026

NEED TO FIND A MEETING?

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



Need help
with a drinking
problem ?

There is a solution

THANK you
for your
Support!

WE ARE HERE TO SERVE YOU!

Breton Road Early Birds
New Journey
Just For Today
Happy, Joyous, & Free
Keep On Growing
KCCO Business Meeting
Friday Night Speaker Meetings
... and all we donate through PayPal

AVENUES



Sober Halloween Tips

- 1 Plan Ahead**
Know where you're going, who you're with, and how you'll get home.
- Stick With Your Crew**
Surround yourself with people who support your sobriety.
- 3 Host Your Own Fun**
Movie night, costumes, pumpkin carving, sober can still be spooky!
- 4 Bring Your Own Drink**
Keep a mocktail or seltzer in hand — no awkward offers.
- 5 Celebrate the Morning After**
Waking up clear and proud beats any hangover.



Upcoming Events

Friday Evening Speaker Meetings

October 2, 9, 16, 23, 30
7 p.m., North Alano Club (See Flyer.)

District 7 Business Meeting

Saturday, October 3
Host: AA in the Country
Holy Family Catholic Church
669 Kraft Ave., Caledonia
9 a.m. District Committee Members
10 a.m. Business Meeting

Balance In Recovery Workshop

Saturday, October 10, 2:00 p.m. - 4:00 p.m.
Host: Ionia Noon Group
910 E. Lincoln Ave., Ionia

KCCO Business Meeting

Thursday, October 15, 6:00 p.m.,
KCCO/ZOOM
(For ZOOM sign-in, contact KCCO.)

Area 34 Assembly

Sunday, October 18, 10:30 a.m.
(See area34aa.org for details.)

KCCO THANKS-giving Gratitude Dinner, Auction, & Speaker Event

Saturday, November 7, 5:00 p.m. to 8:00 p.m.
Alano Club South
256 Celia St. SW, Wyoming

JOIN US!

OCTOBER KCCC BUSINESS MEETING
October 15th, 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
Jeff O. - Webmaster
Chris B. - Web Assistant
Toni M. - Newsletter Editor
Beth B. - KCCO Liaison; Amy H. - Alternate
Henri G./Heidi - YPAA Liaison
Sandee C. - Committee Member

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

SAVE THE DATE

for the

Kent County Central Office

THANKS-giving Gratitude
Dinner, Auction & Speaker Event

**Saturday, November 7, 2026
5:00 p.m. to 8:00 p.m.**

**Alano Club South, 256 Celia St. SW, Wyoming, MI
Cost: \$0**

The Kent County Central Committee extends an invitation to all local groups to donate a themed gift basket for our auction fundraiser. This is a fun way to spark participation and service in the group setting! Basket theme is the local group's choice. Your donation will help the KCCO to continue serving YOU!

Please contact our office to register your basket donation.

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.



HELLO
we're here to

HELP.

I'm not okay.

I'm here, and
I'm listening.

**24/7 SUPPORT
HOTLINE**

616-913-9149

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.

**OCTOBER
Feature**

**30th
Anniversary Edition**

THE HOME GROUP: HEARTBEAT OF AA

From AA Grapevine, updated with extra stories
and a new chapter on virtual meetings

Focus On Literature

The Home Group: Heartbeat of AA

The 30th Anniversary Edition is a collection of previously published stories from AA Grapevine, the International Journal of Alcoholics Anonymous.

AA members share moving experiences about the importance and joys of belonging to an AA group. This updated anniversary edition includes extra stories and a brand-new chapter on meetings using technology, showing how members have adapted to meet new challenges. A great way to start an AA meeting.

General Service Conference Approved

***View the KCCO literature and pamphlet
stock/price lists at:
grandrapidsaa.org/literature.***

Support the Hand of AA

THANKS-Giving Gratitude Dinner, Auction & Speaker Event

Saturday, November 7, 2026 - 5:00 p.m. to 8:00 p.m.

Alano Club South, 256 Celia St. SW, Wyoming, MI

Comrades in Recovery,

This evening is a wonderful opportunity to practice our 12th step in fellowship while raising the critical funds necessary to keep our local literature stocked, our meeting directories accurate, and our 24-hour helpline answered. Admission is free. You'll enjoy a great meal of pizza and salad, participate in an exciting basket auction, and hear words of experience, strength, and hope from our guest speaker.

How Your Group Can Support:

We are actively requesting gift basket donations for the auction. We encourage your home group to vote on a theme, contribute items for your basket, and help us build an incredible spread of fun and interesting items for our auction. Baskets must be registered with Dwayne N., KCCC Chair (616-927-3049) as we need to know the number of auction items prior to the event. Baskets can be dropped off at

the Central Office during regular operating hours. If you have any questions, please contact Dwayne or the office.

Please continue to spread the word and invite people to attend!

In fellowship,
Kent County Central
Committee



AA HISTORY AND HERITAGE DAY

*Alcoholics Anonymous History and Heritage Day is scheduled for **October 12, 2026**, celebrating the rich past and foundational principles of the fellowship.*

Overview of A.A. History and Heritage

Founding Date

Alcoholics Anonymous was founded on **June 10, 1935**, in Akron, Ohio, when Bill Wilson (Bill W.) and Dr. Robert Smith (Dr. Bob) first met and stayed sober together. June 10 is traditionally commemorated as Founders' Day.

The Big Book

Published in **1939** as *Alcoholics Anonymous: The Story of How More Than One Hundred Men Have Recovered from Alcoholism*, outlined the foundational Twelve Steps of recovery.

Heritage & Archives

The General Service Office maintains deep historical roots, preserving early correspondence, pioneer recordings, and texts that trace the growth of the organization from a small local group to a worldwide movement in over 180 countries.

Local A.A. groups and districts don't follow a rigid, mandated template for celebrating **History and Heritage Day**. Instead, celebrations are organized organically at the local level, blending fellowship, reflection, and historical education. Below are some examples:

Heritage Workshops and Historical Traditions

Many districts or local intergroup offices host specialized **Traditions Workshops**. These events focus heavily on the history of how the *Twelve Traditions* were formed to preserve group unity. Members often read from early A.A. literature, review old *Grapevine* articles, and discuss the evolution of the fellowship from its early days in Akron and New York.

Historical Speaker Meetings

Local groups frequently arrange **Heritage Speaker Meetings**, where long-time members ("old-timers") are invited to share their personal stories of what A.A. was like decades ago. Groups may also play rare audio recordings from the General Service Office Archives, featuring early pioneers or co-founders Bill W. and Dr. Bob.

Local Archive Displays

In areas with a dedicated archives committee, History and Heritage Day is an occasion to bring out physical history displays. Local groups or districts set up tables showcasing:

- **Early editions** of the Big Book
- **Vintage local meeting directories** and group logs
- **Photographs and correspondence** tracking how the fellowship originally spread to their specific city or state

Group Dinners and Fellowship Alcoves

True to the social nature of the fellowship, many local communities pair the historical education with celebratory meals, such as **potlucks, breakfast gatherings, or anniversary dinners**. These gatherings are entirely organized on individual group responsibility and serve to strengthen local community bonds while honoring the program's past.

12 x 12 x 12

STEP TEN

"Made direct amends to such people wherever possible, except when to do so would injure them or others." ex-

TRADITION TEN

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

CONCEPT TEN

"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety."

The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."

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.



DISTRICT 7 Balance in Recovery Workshop

*Hosted by the Ionia Noon Group
910 E. Lincoln Ave Ionia, MI*

**Saturday October 10th, 2026
2:00pm-4:00pm**

ZOOM ID 88261349065 PASSCODE 664811

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 @ 7:30pm
Closed Meetings, Mondays & Thursdays (12/12 Study) @ 7:30pm
Grace Fellowship Church, 735 Butth 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.

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.

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, October 2, 2026, 7:00 pm

Speaker: Dave P.

Home Group: Comstock Park 12 x 12

Friday, October 9, 2026, 7:00 pm

Speaker: Nate P.

Home Group: St. Mary's

Friday, October 16, 2026, 7:00 pm

Speaker: Vic V.

Home Group: YPAA

Friday, October 23, 2026, 7:00 pm

Speaker: Paul S.

Home Group: SS. Peter & Paul

Friday, October 30, 2026, 7:00 pm

Speaker: TBA

Home Group: TBA

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

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.