



THE MICHIANA AREA NEWSLETTER

A young Bill W.

MICHIANA CENTRAL SERVICE OFFICE

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OFFICE HOURS: MONDAY, WEDNESDAY, THURSDAY & FRIDAY—10:00 AM TO 2:00 PM

TUESDAY—9:00 AM TO 1:00 PM

VISIT US ON OUR WEBSITE AT www.michianasober.org E-MAIL: www.aa_michiana@sbcglobal.net

JULY 2010

THE CSO CORNER

Lots of hugs to the following people for doing office duty while I was away to San Antonio for the Conference: Tom E., Ken S., Marie S., Kelly U., and Nils L.

Recently, I have received Anniversary lists for several months ahead (and behind). Please list only the names of those celebrating to me one month prior. For instance, Mable V., November anniversary would be turned in before or at the October GSR/CSO. Danny S. & Tricia M.'s member positions have rotated off the Office Committee. Thank you both for all your good works. Our new members are Ann N. and Sue L. and a hearty welcome to you two!

Hugs also to Marilyn for marking books and pamphlets for me. Thanks, it was a big help!

Mable

PLAN NOW TO ATTEND THE 38th ANNUAL MICHIANA CONFERENCE

Saturday, October 23, 2008

At the Mishawaka F.O.P.
1825 East 12th Street
Mishawaka, IN

9:00 am — Registration
9:30 am — First Speaker
12:00 pm — Lunch
Banquet — 6:00 pm

Recovery Skits by the Michiana Players

World Concept VII

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

NOTE: FLYERS ACCOMPANYING THIS NEWSLETTER AND ANNOUNCEMENTS WITHIN ARE PRESENTED IN THE SPIRIT OF COOPERATION AND ARE NOT NECESSARILY AFFILIATED WITH AA OR THE MICHIANA CENTRAL SERVICE OFFICE.

A.A. ANNIVERSARIES

NAME	YEARS	GROUP
MAY 2010		
Jim F.	34 Years	HealthWin
JUNE 2010		
Deb B.	21 Years	HealthWin
Kathy T.	3 Years	Morning Glories
JULY 2010		
Jim F.	34 Years	Area Hall
Eddie K.	4 Years	Area Hall
Jimmy G.	1 Year	Area Hall
Barb A.	16 Years	Birds of a Feather
Mike S.	12 Years	Birds of a Feather
Sue L.	12 Years	Birds of a Feather
Ron P.	38 Years	California Group
Nancy T.	28 Years	Green Group
Lenny L.	26 Years	Green Group
Sarah W.	2 Years	Ivy Group
Norma H.	1 Year	Monday Night Step
Richard F.	7 Years	Portage
Fred B.	2 Years	Primary Purpose —A.H.
Adam	14 Years	R.U.T.S.—Friday Night
Cory H.	4 Years	R.U.T.S.—Friday Night
Brenda C.	1 Year	R.U.T.S.—Friday Night
Mona B.	3 Years	St. Matthew's
Sheryl T.	24 Years	Saturday Morning After
Jean P.	28 Years	Second Chance
John K.	21 Years	Second Chance
Allyson	2 Years	Second Chance
Terry A.	14 Years	Sunday Reflections
Fred B.	2 Years	Sunday Reflections
Bill M.	3 Years	Tuesday Noon-Timers —Mish
Grace S.	9 Years	Willow Creek Step-Wed
Jody C.	1 Year	Willow Creek Step-Wed

PRINCIPLES OF THE STEPS

- Step 1 — Acceptance
- Step 2 — Faith
- Step 3 — Surrender & Trust
- Step 4 — Honesty
- Step 5 — Courage
- Step 6 — Willingness
- Step 7 — Humility
- Step 8 — Forgiveness
- Step 9 — Freedom
- Step 10 — Perseverance
- Step 11 — Patience
- Step 12 — Charity & Love

When we "practice these principles in all our affairs" we see first hand how A.A. works to restore us to Sobriety, Sanity and Serenity!

Seventh Step Prayer

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character that stands in the way of my usefulness to you and to my fellows. Grant me strength, as I go out from here, to do your bidding.

Amen"

—Page 76 of the Big Book, 3rd Edition

PLEASE NOTE:

LAST YEAR, OUR GROUP CONTRIBUTIONS AT THE END OF JUNE TOTALED \$13,291.17. THROUGH JUNE OF THIS YEAR, OUR TOTAL HAS DROPPED TO \$10,345.96— DOWN ALMOST \$3,000.00! IF YOUR GROUP IS SITTING ON A CONTRIBUTION, PLEASE SEE THAT IT IS DISTRIBUTED.

THANKS,
Mable

HOLDING ON TO
RESENTMENTS IS LIKE
HUGGING A PORCUPINE—



RELIEF ONLY COMES
WHEN YOU LET GO.

Step 7— "Humbly asked Him to remove our shortcomings"

It is important here for me to recognize the significance of my Higher Power's sufficient intervention in addressing my weaknesses, defects and failings. Step 6 focuses on our **PREPARATION, READINESS, AND WILLINGNESS** to be healthier, Step 7 centers on the **HUMILITY** of our approach. Humility vs. Humiliation Definitions:

HUMILIATE — *to degrade, disgrace, abase.* Associated with shame & injury to one's name, reputation, etc. Here we are made humble in front of or before others by a direct action —our own or by others to become low, fallen and or shameful. We are more often than not humiliated by our own actions, but sometimes someone else has found us out and spread the word about us. We may not have a choice in the public presentation/display of our shame.

HUMILITY — *quality of being humble, modest, not pretentious.* CHOOSING not to be proud. Here we have choice in the matter of whether we are humble or not. Humility is a result of accepting both our character assets and liabilities. It is a spiritual principle and is a by-product of the honesty required in AA that allows us to grow and develop in an atmosphere of freedom. *Opposite/Antonyms. -Arrogant, Haughty, Conceited.*

I have to be careful in this process, for I know I am often **BLIND** to many of my character traits. I really don't know all the ways these traits have affected those around me. For example, how does it make people feel when I am impatient with them? Was I condescending? How did that hurt others? I need the help of my higher power in acquiring the willingness as well as the actual performance of the action required here in this step.

Does my HP want to mortify and humiliate me? I believe not. Does He want me to rely on Him? I believe so. Gradually, I have come to see that being humble or doing things humbly, and with humility is NOT humiliation, and that there is no shame associated with true humility. In fact, those people who really possess true humility have, I think, a great sense of dignity. Humiliation and shame are negative traits, they do not lift us up nor ennoble us. These feelings seem to indicate that we are not enough, we are "wrong", sinful, low etc... But when we **humbly** ask for our Higher Power's help in this step, we are not "wrong", we're just admitting our humanity. According to the 12 & 12, **humility** is the "whole emphasis of Step Seven."

Why do I need humility here and in my recovery program?

1. To recognize the Severity and Danger of my dependency/weaknesses. I try to remember to add the word **patience** to cunning, baffling & powerful.
2. To acknowledge the limits of my own merely human power to change my situation, to cure my dependencies on my own. Where does humility fit in with my need to control everything and everybody?
3. To appreciate the enormity and sufficiency of my Higher Power's ability to transform my life!

I don't think this step is an invitation to low self-esteem, or a negative self-image. That would interfere with my recovery. This step can help me greatly on my path to becoming happy, joyous and free. And by depending/relying on others; my Higher Power /the AA program/Sponsor/AA friends etc., I can begin the process of learning to humble myself to the knowledge that a power greater than me exists in the universe and could and would help me if asked.

.....by Scott K.

The Serenity Prayer

This timeless little prayer has been credited to almost every theologian, philosopher and saint known to man. The most popular opinion on its authenticity favors St. Francis of Assisi. It was actually written by Dr. Reinhold Niebuhr, of Union Theological Seminary, NYC, in about 1932 as the ending to a long prayer. In 1934, the doctor's friend and neighbor, Dr. Howard Robbins asked permission to use that part of the longer prayer in a compilation he was making at the time. It was published that year in Dr. Robbins' book of prayers.

It came to the attention of an early member of A. A. in 1939. He liked it so much he brought it to Bill W. Bill and the staff read the prayer and felt that it particularly suited the needs of A.A. Cards were printed and passed around. Thus, the simple little prayer became an integral part of the A.A. movement.

"...We are not a glum lot"

A wife asks her not-yet-in-recovery husband why he doesn't play golf with his good friend, Harry, anymore.

"Would you play with someone who puts down the wrong score and moves the ball when you're not looking?", asks the husband.

"I most certainly would not," she replied firmly.

"Well, neither will Harry."

"I keep hearing people say that they are 'real' alcoholics," the newcomer said to her sponsor. "So, what is the difference between an alcoholic and a 'real' alcoholic?"

Her sponsor replied, "The same as the difference between 'dead' and 'real' dead."

CSO Treasurer's Report
for the month ended June 30, 2010

Beginning Checkbook Balance	\$808.02
Plus: Gross Revenue	\$1,901.72
Less: Expenses	(\$2,830.32)
Transfers In/(Out)	<u>\$1,116.23</u>
Ending Checkbook Balance	\$995.65

Total Funds Available	
Checkbook Balance	\$995.65
Prudent Reserve	\$104.63
Prudent Reserve-MM	\$9,518.32
Social Activity Fund	\$1,101.98
Total Funds	<u>\$11,720.58</u>

Group Donations

As Bill Sees It	\$40.94
Auggie's Group	\$90.00
CSO Basket	\$19.00
East Race for Sobriety	\$93.27
Got To Want It	\$105.00
Ivy Group	\$100.00
Ladies of Serenity-Plymouth	\$13.00
Noontimers	\$150.00
Old Group	\$20.00
T Group	\$270.00
Women's Meeting-LF	\$75.00
Other	\$0.00
Total Group Donations	<u>\$976.21</u>

Other Revenue

Birthday Club	\$23.00
Coffee Can Fund	\$0.00
Literature Sales	\$871.51
Memorial Contributions	\$0.00
Miscellaneous Revenue	\$10.00
Newsletter Income	\$21.00
Personal Contributions	\$0.00
Social Activity Fund	\$0.00
Total Other Revenue	<u>\$925.51</u>

Total Gross Revenue **\$1,901.72**

Interest Income (Money Market) **\$6.35**
Interest Income (Social Activity) **\$0.19**

Expenses

Accounting Fees	\$75.00
Answering Service	\$152.00
Bank Service Charge	\$0.00
Literature	\$346.20
Miscellaneous	\$0.00
Office Supplies	\$6.30
Payroll	\$720.00
Payroll Taxes	\$84.44
Postage	\$0.00
Printing and Copying	\$337.98
Property Insurance	\$340.00
Rent	\$385.00
Security	\$0.00
Social Activities	\$116.23
Telephone	\$267.17
Travel/Seminars	\$0.00
Other	\$0.00
Total Expenses	<u>\$2,830.32</u>

Office Committee

<i>Chair</i>	Carla M.
<i>Treasurer</i>	Sue L.
<i>Secretary</i>	Linda A.
<i>Member</i>	Glen G.
<i>Member</i>	Ann N.
<i>Office Manager</i>	Mable V.

DCM

Eric P. Saturday Morning After

<i>Correction Facilities:</i>	Wayne N.
<i>Grapevine:</i>	Edie K.
<i>INCYPAA:</i>	Mark
<i>Newsletter:</i>	Scott K.
<i>Profess. Committee:</i>	Doug R.
<i>Public Information:</i>	Terry F.
<i>Social:</i>	Tim M.
<i>Treatment Facilities:</i>	Penny B.
<i>Website:</i>	Robert B.