

THE SOBER TIMES

OCTOBER 2011 DISTRICT 11 & 12

Promise's 10th Halloween Party

Friday October 28th

Lincoln Park Presbyterian Church

Emmons & Abbott Meeting

Doors open at 5:30 with Beverage & Pizza

(2) Speakers; 6:00pm & 7:30pm

50/50 Raffle, Best Costume Prize,

And Lots of Fun

Monroe's 14th Annual

Octoberfest

October 22nd

Trinity Lutheran Church

323 Scott St Monroe 48161

**AA and Al-Anon Speaker's from
all over the country all day long!**

Dinner Included

See the **OctSOBERfest Flyer**

@ www.aa-semi.org

MCYPAA Hostile Environment Halloween Dance

Saturday, 29 October 2011 @ 7:30pm-Sinister Speaker

Church on Main---309 N Main, Royal Oak, MI 48067

DJ+ Costumes+ Prizes+ \$5 at the door or your BLOOD!!!

View the Flyer on the web @ www.aa-semi.org

11th Annual Woman to Woman Luncheon

"Wisdom, Compassion, and Serenity"

Sunday, November 6th

Speaker: Therese from Minnesota

Laurel Manor Banquet at 39000

Schoolcraft, Livonia, 48150

Register by October 25th at www.metrodetroitw2.org

Doors open at 11:30 a.m. — Lunch served at

12:00 p.m. — Ticket Price \$25.-Registration

form with payment must be received by

October 25,

Patricia B. 734.675.3457 Linda G.

734.770.9486 Linda Y. 734.542.3054

Come Celebrate the Melvindale Groups 55th Anniversary

3401 Oakwood,

Between Dix & Allen

Friday November 11th

Doors open at 6pm

Dinner at 6:00

Ham turkey and all the fixings

Guest speaker @ 8:00pm

Rich from Fox Hall

50/50 Raffle

Bring a dessert to Pass

MCYPAA 33 "Newfound Faith and Hope"

Michigan Convention of Young People

in Alcoholics Anonymous

November 25-27,2011 4pm Friday-Noon Sunday

Radisson Hotel Lansing 111 N. Grand Avenue, Lansing, MI 48933

The Event begins Friday night. There are going to be several speakers

Including AA, Al-Anon & Alateen, and numerous Panels,

Banquets, Dances, & many more events.

View the Flyer @www.aa-semi.org

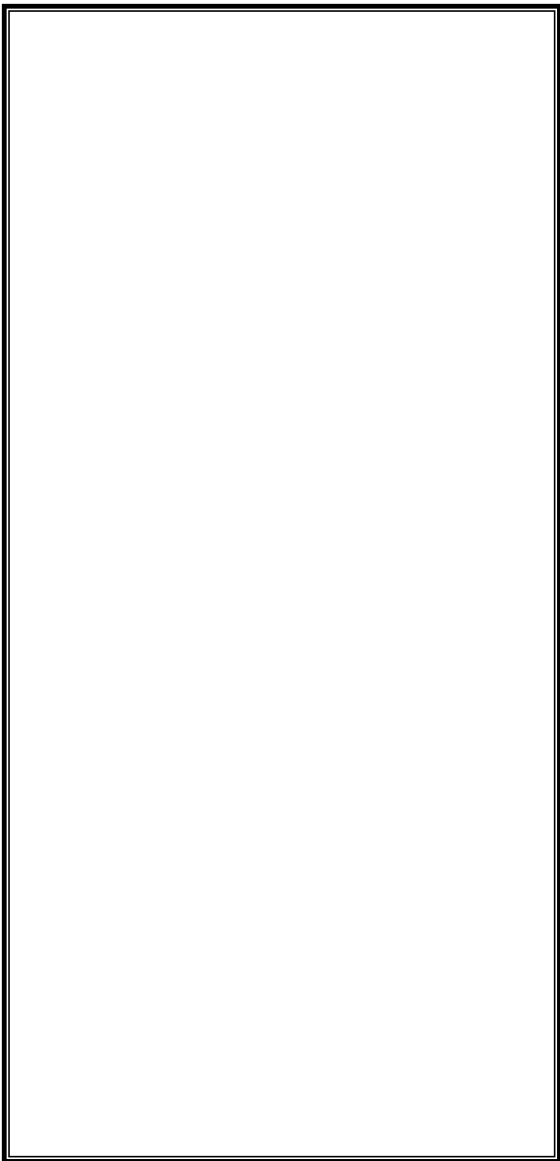
Committee Contacts

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Website: Darby S. 313-949-3020	Intergroup Liason: Vacant
Mycpaa Liason: Vacant	Archives: Vacant

Area 33 Assembly Monthly Meeting-

**Sunday November
20th @ 11am
This Month and all
future meetings will be
located at:**

**Madison Place
Banquet Center
(UFCW Hall)
876 Horace Brown Dr
Madison Heights
48071**



Meaning of the Circle-Triangle

In response to a query about the meaning of the Circle-Triangle Symbol I wrote this.....

The Sobriety Circle & Triangle Symbol is the symbol used by Alcoholics Anonymous. The equilateral triangle represents the three part answer - unity, recovery and service - to a three part disease - physical, mental and spiritual, while the circle represents wholeness or oneness.

The body should be triangular, stable, the mind circular, open. The triangle represents the means for generation of good energy, and is the most stable physical posture.

The circle symbolizes serenity and perfection, and the source of unlimited potential. Together they represent the perfect union of mind and body.

It has been used in many native cultures. The priests, medicine men and seers of antiquity regarded the circle enclosing the triangle as a means of warding off spirits of evil, and A.A.'s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to those of us in recovery and much more

Love and Peace, Barefoot Windwalker

Alternate Prayer 1st Step Prayer: Today, I ask for help with my addiction. Denial has kept me from seeing how powerless I am & how my life is unmanageable. I need to learn & remember that I have an incurable illness & that abstinence is the only way to deal with it.

Second Step Prayer: Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought & addictive behavior from me this day. Heal my spirit & restore in me a clear mind. Alternate Prayer I pray for an open mind so I may come to believe in a Power greater than myself. I pray for humility & the continued opportunity to increase my faith. I don't want to be crazy any more.

Third Step Prayer: God, I offer myself to Thee To build with me & to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love & Thy way of life. May I do Thy will always!

Fourth Step Prayer: Dear God, It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

Fifth Step Prayer: Higher Power, My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person & to You. Assure me, & be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this & I will do it.

Sixth Step Prayer: Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & guide me toward spiritual & mental health.

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

Eighth Step Prayer: Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes & be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

Ninth Step Prayer: Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others & growing in spiritual progress.

Tenth Step Prayer: I pray I may continue

- To grow in understanding & effectiveness;
- To take daily spot check inventories of myself;
- To correct mistakes when I make them;
- To take responsibility for my actions;
- To be ever aware of my negative & self-defeating attitudes & behaviors;
- To keep my willfulness in check;
- To always remember I need Your help;
- To keep love & tolerance of others as my code; &
- To continue in daily prayer how I can best serve You, My Higher Power.

Eleventh Step Prayer: Higher Power, as I understand You, I pray to keep my connection with You open & clear from the confusion of daily life. Through my prayers & meditation I ask especially for freedom from self-will, rationalization & wishful thinking. I pray for the guidance of correct thought & positive action. Your will, Higher Power, not mine, be done.

Twelfth Step Prayer: Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on & give to others, both in & out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength & wisdom to practice the principles of this way of life in all I do & say. I need You, my friends & the program every hour of every day. This is a better way to live.

Yours in Service, Susan J. E-mail me at jossefides@sbcglobal.net