

April 2010

REACHING OUT

Reaching Out to Clinton, Eaton and Ingham Counties

“Whenever anyone, anywhere, reaches out for help, I want the hand of
A.A. always to be there. And for that, I am responsible
Bill Wilson, A.A. Founder

Lansing Central A.A. Office
1915 E. Michigan Ave., Ste. D (in back), Lansing MI 48912
(517) 377-1444 ~ ~ aalansingmi.org ~ ~ Email: aalansing@att.net
Wheel chair accessible

58th Michigan State Convention

“75 Years of Miracles. It Works, It Really Does!”



May 28-30, 2010

Boyne Mtn. Resort

Boyne Falls, MI

Info Inside

Pick up a flier at Lansing Central

Or online at www.WMAA34.com

58th Michigan State Convention

“75 Years of Miracles. It Works, It Really Does!”

May 28-30, 2010

Boyne Mountain Resort, 1 Boyne Mountain Road, Boyne Falls, Michigan 49713

WEEKEND EVENTS

Humorist/Magician Jeff B.
(Friday Night Only)

Panel Discussions
Banquet
Hospitality Room
Sobriety Countdown
Traditions Skit
Archives Display
Committee Display Tables
Alkathon

Plus:
Tons of distractions craftily designed by
Boyne Mt. to indulge you.



A SPEAKERS

Friday 8:00 P.M. Pam R.

Saturday 8:00 P.M. Jeff B.

Sunday 10:30 A.M. Jerry W.

AL-ANON SPEAKER

To be Announced

www.WMAA34.com

We Welcome Pam R. our new Class B Trustee
And Friday night speaker!

Jeff & Kimberly B. will provide our Friday night entertainment with
illusion and humor.

Jeff B. will also be our speaker Saturday night.
(Expect yourself to giggle!)

*Sunday morning will be blessed by Jerry W's
Anthology of Bill W's Story, and how it lives within us 75 years later.*

Upcoming 2011 Michigan State AA Planning Committee
April 25th at 2:30pm
Causeway Bay Hotel, Lansing MI

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Concept 4

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Promise 4

We will comprehend the word serenity and we will know peace.

Find “The Promises” in the Big Book,
“Alcoholics Anonymous” pg. 83 & 84.
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**Central Office Board Meeting
(First Mondays of Month)**

May 3, 2010

June 7, 2010

Fellowship-Potluck 6 - 7 pm Meeting 7 - 8 pm
at the Central Office

2010 COMING EVENTS

LANSING CENTRAL AA SPONSORED EVENTS

May 15	Celebration of Sobriety Dinner
August 22	Lansing Central AA Picnic
October 15-17	Mackinac Island Weekend
November 6	Volunteer Appreciation Dinner
December 31	New Years Eve Party

Other AA Events

May 28-30	58th Michigan State Convention- Boyne Mtn. Resort
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Please contact Lansing Central Office to announce any AA events.

**24 Hour AA Help Line
(517) 377-1444
All AA Volunteer Answering Service**

Websites:

AA General Services Office, NY:

www.aa.org

Lansing Central AA Office:

www.aalansingmi.org

AA Central Michigan Intra-Area 32:

cmia32.org

District 6:

www.aadistrict6.org

**Lansing Central AA Board Members
EXECUTIVE COMMITTEE**

Don W..... Chairperson
 John K..... Treasurer
 Jane H..... Secretary
 Mark M..... Member At Large

COMMITTEE CHAIRPERSONS

Activities..... Dennis S.
 Answering Service Steve H.
 Archives..... Jim D
 C.P.C..... Open
 Correctional Facilities..... Gordon S.
 LCAA Liaison Mark E.
 Membership..... Alva J.
 Newsletter..... Leslea B.
 Office Manager..... Vickie V
 Public Information Becky B.
 Treatment Committee..... Tim L.

Archives Corner

The Archives is located at the Lansing Central AA Office. Check out the AA memorabilia in the Archives Area anytime you are in the office, now located at 1915 E. Michigan Ave., Suite D.

We are in the process of updating a Lansing Area history pamphlet to take to the San Antonio International Convention this year. If you or anyone you know anyone that has AA memorabilia from the 40's and 50's, let me know. Your help is appreciated. Looks like another full AA year coming up.

If you have any questions, comments or items to donate call Jim D. at 517-694-9753 or leave a message at Lansing Central Office 517-377-1444. Thank you for your continued interest and support.

Jim D.....Archivist Area 32

Alano Clubs in Lansing

Alano Club South

3320 S. Cedar
(No Phone)

Alano Club West

2909 W. Genesee
321-4989

Alano Club East

220 S. Howard
482-8957

**Thanks to Mark B,
our web master,
who continues to improve
Lansing Central's web site.
Check out our website for
various recovery activities &
meeting schedules.
Download Reaching Out, to
read on your computer.
aalansingmi.org**

Holt Freedom Group

Monday night 8:00 pm
Closed AA & Al-Anon meetings.
Friday night Women's Meeting
7:30 pm
Friday night Speakers
8:30 pm
April 2.....John D.
April 10.....Barney
April 16.....Tommy G.
April 23.....Jeff M.

at: St. Michael's Episcopal Church
6500 Amwood Drive
Lansing, MI 48911
near Pennsylvania & South Cedar
Between Target & Bob Evans

NOTE: Opinions, letters and stories printed by Reaching Out are not to be attributed to Alcoholics Anonymous as a whole, nor does publication constitute an endorsement by Alcoholics Anonymous, the Lansing Central Office, or any group within Alcoholics Anonymous.

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Corrections Committee
“Jail Can be a Spiritual Experience”

Help us “carry the message: of AA into the local County Jails.
Volunteers must be cleared before attending first meeting.

Central Office (517) 377-1444
Fred H., Corrections Chair (517) 420-5419
Meetings are from 7:30 - 9 PM

*EATON COUNTY JAIL - **Charlotte**
Men - Tuesday
Women - Monday

*INGHAM COUNTY JAIL - **Mason**
Men - Monday & Wednesday
Women - Monday

*CLINTON COUNTY JAIL - **St. Johns**
Men - Monday
Women - Wednesday

**We are in need of soft-covered AA & Alanon Literature
donations i.e. Old Grapevines & forums.**
Thank you Corrections

Alano Club East

Friday Night Speakers

8:00 pm

April 2.....Dave G.
April 10.....Myra B.
April 16.....Larry F.
April 23.....John L.
April 30.....Jody S.

Alano Club West

Saturday Night Speakers

8:00 pm

April 3.....Jody
April 11.....Jeff M.
April 17.....Open
April 24.....Open
May 1.....Tommy

AA Grapevine

January 1947

Vol. 3, no. 8

Members of the Portland, Ore., Group make wide use of a personal inventory chart. Newcomers find it particularly helpful when starting out on the Program of Recovery and older members continue to check themselves by it at frequent intervals.

The inventory contains 20 questions. You can give yourself from one to five points on each. A total score of less than 50 is regarded as poor; 50 to 60 fair; 60 to 65 low average; 65 to 70 high average; 70 to 80 excellent; over 80 "impossible in this world."

This is the score card as sent in by Leo C.:

KEEP THIS AND CHECK YOUR GRADE EACH MONTH

Has my past been a mess and am I **EARNESTLY DETERMINED TO ESTABLISH A BETTER WAY OF LIFE**, and am I willing to make the effort?----

Do I admit **BEYOND ANY DOUBT** that I am powerless over alcohol--that if I use it, it will destroy me?----

Do I sincerely believe that there is a power greater than myself in which I **WILL PUT MY TRUST** regardless of what happens?----

Do I realize the importance of talking A.A. and attending all A.A. **MEETINGS POSSIBLE**, or do I hedge and make excuses?----

Am I really willing to **MAKE RETRIBUTION** where possible to those I have harmed, or am I just kidding?----

Do I **SINCERELY OBSERVE** daily moments of constructive meditation, thinking of my humility and desire to understand?----

Am I **TRULY HONEST** with others, or will I chisel I get a chance?----

Am I **PATIENT** in waiting for the rewards of my efforts?----

Am I **FRIENDLY** and do I **TRY TO OVERLOOK** the shortcomings of others, regardless of who they are?----

Am I tolerant--do I show consideration for those whose beliefs, practices, or habits differ from my own?----

Am I a gossip--do I repeat rumors or chatter about other people's affairs?----

Am I GRATEFUL for ALL HELPFUL THINGS and DO I SAY SO?----

Do I have REAL COURAGE and am I FREE FROM FEAR OF ALL KINDS?--
 --

Do I really have CONFIDENCE IN MYSELF and others, or am I filled with doubt and suspicion?----

Do I cooperate with others and HELP PROMOTE constructive ideas?----

Do I practice SELF-CONTROL and really forget and forgive differences?----

Am I neat in my appearance, and do I keep as clean as I can under the circumstances, both in body and mind?----

Am I extending any effort to help others with their problems?----

Do I realize that my problem is NOT MONEY, but mental and physical?----

Am I making any reasonable effort to OVERCOME any other undesirable habits or CHARACTERISTICS I may possess?----

Total----

Upcoming Central Michigan Intra-Area 32 Meetings

April 11, 2010 in Skidway Lake hosted by District 26

All groups GSR's are welcome to attend these meetings as a representative of your group at the Area level. There is a New GSR Orientation during these meetings. Please check website for more info. www.cmia32.org

Al-Anon/Alateen



**Michigan Al-Anon Family Groups
38th Annual Convention**
with AA Participation
May 14-16, 2010
Shanty Creek Resort - Bellaire, MI



Together We Can
Find Serenity, Share Experience and Have Fun!

Speakers

Saturday evening - Debbie G. - Des Moines, IA
Sunday morning - Kathy B. - Rockaway, NJ
AA - Jesse P. - Flint, MI
Alateen - Molly G. - Wyoming, MI
Registration: Friday 3:00 - 10:00 p.m.
Saturday 8:30 - 9:30 a.m.
Walk-ins welcome!



Make checks payable to: MI AFG CONVENTION 2010
Mail to: MI AFG CONVENTION 2010 P.O. BOX 83 HOWELL, MI 48844
For more information contact Sue B. at mi afg2010conv@yahoo.com

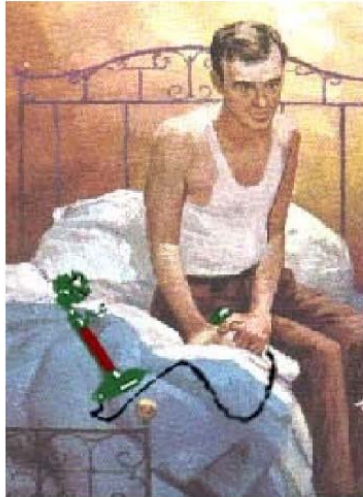
Once Over Lightly

A LESS LOGICAL-MINDED ALCOHOLIC complained to a friend that he was troubled with seeing spots before his eyes.

"That could be very serious," said the other. "Have you seen your physician?"

"No," replied the sufferer. "Just spots."

AA Grapevine



When he called someone answered

*The Central Office has open
phone shifts:*

****Backup Shifts**

<i>Wednesday</i>	<i>2-4 PM</i>
<i>Thursday</i>	<i>8-10 AM & 2-4 PM</i>
<i>Friday</i>	<i>8-10 AM</i>
<i>Saturday</i>	<i>8-10 AM, Noon-2, 4-6 & 6-8 PM</i>
<i>Sunday</i>	<i>8-10 AM, 10-Noon & 6-8 PM</i>

****Shifts are two member teams. Serving as hotline team
volunteer is an excellent way to get involved in service.**

**Do you have 2 hours a week?
If so, contact the Central Office
at 377-1444**

**When anyone, anywhere, reaches out for help,
I want the hand of AA always to be there. And for that;
I Am Responsible.**

Lansing Central AA Group
Donations by Group Summary

	<u>Jan 10</u>	<u>Feb 10</u>	<u>Mar 10</u>	<u>TOTAL</u>
12 Steps and Traditions	10.00	0.00	0.00	10.00
815 AM ACE	279.25	35.75	0.00	315.00
As Bill Sees It	54.50	0.00	0.00	54.50
Beginners AA St. Johns	300.00	0.00	0.00	300.00
Berkey Hall Group	0.00	25.00	100.00	125.00
Blizzard Group	0.00	170.00	0.00	170.00
Brown Bag Group ACS	0.00	0.00	160.00	160.00
Charlotte AA	25.00	0.00	0.00	25.00
Clean Air Fri	0.00	188.00	0.00	188.00
Cover to Cover BB	0.00	156.00	162.86	318.86
Daybreak Lunch Group	0.00	0.00	185.40	185.40
DSG - Mason	0.00	100.00	0.00	100.00
Fair Weather Group	0.00	65.00	0.00	65.00
Grow or Go	0.00	60.00	0.00	60.00
Holt Every Nite AA	700.00	0.00	0.00	700.00
Holt Freedom Group	50.00	50.00	50.00	150.00
Keep It Simple	200.00	0.00	0.00	200.00
Life Savers Wed Nite	0.00	0.00	126.00	126.00
LJ & LS	75.00	0.00	0.00	75.00
Mason Sat. AM	0.00	0.00	200.00	200.00
Miracle on Miller	100.00	0.00	0.00	100.00
Monday Night Group	80.00	0.00	0.00	80.00
Monday Nite Speaker Mtg. ACS	54.00	0.00	64.79	118.79
Mt. Hope A.M.Group	459.10	150.00	400.00	1,009.10
N. Presbyterian Church	0.00	0.00	50.00	50.00
Nickels at Noon ACS	0.00	0.00	138.00	138.00
Outer Circle	0.00	0.00	161.00	161.00
Portland Group	0.00	0.00	362.30	362.30
Primary Purpose	80.00	0.00	0.00	80.00
Room To Grow	270.00	0.00	0.00	270.00
Route 164	48.47	0.00	52.44	100.91
Saturday Sunrise Group	0.00	0.00	860.00	860.00
Sense of Humor	0.00	70.00	65.00	135.00
Shaftsborg DSG	0.00	0.51	0.00	0.51
Shaftsborg Group	150.00	0.00	0.00	150.00
Singleness of Purpose	82.80	0.00	0.00	82.80
St. Theresa Group	0.00	25.00	0.00	25.00
Sunday AM Clean Air	120.00	0.00	0.00	120.00
Sunday Morning Step ACS	0.00	0.00	71.70	71.70
Unity Early Bird	0.00	324.00	212.00	536.00
Westphalia Group	0.24	0.00	0.00	0.24
YANA Saturday AM	0.00	0.00	130.00	130.00
TOTAL	<u>3,138.36</u>	<u>1,419.26</u>	<u>3,551.49</u>	<u>8,109.11</u>