

July 2010

REACHING OUT

Reaching Out to Clinton, Eaton and Ingham Counties

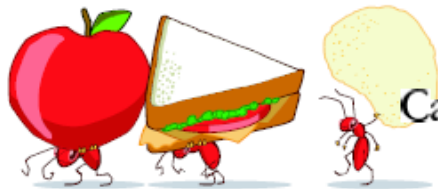
Lansing Central A.A. Office
1915 E. Michigan Ave., Ste. D (in back), Lansing MI 48912
(517) 377-1444 ~~ aalansingmi.org ~~ Email: aalansing@att.net
Wheel chair accessible

Lansing Central AA Annual Picnic



Grand Woods Park
Sunday, August 29, 2010
12:00 pm to 4:00 pm
Bring a Dish to Pass!
More info inside!

**Lansing Central AA
Annual Picnic
Sunday, August 29
Noon - 4 PM
Grand Woods Park**



Entertainment by:

Caravan Circus Pickup Band

Games for the Children

Lemonade, Iced Tea,
Coffee, Hamburgers,
Hot Dogs, and
Condiments provided.

*cheer for your favorite team
at the*

Bring A Dish to Pass

Softball Playoffs

A - G Veggies & Salads
H - O Main Dishes
P - T Desserts
U - Z Breads, Spreads, Chips & Dips
**AA, Alanon, and Alateen
Welcome**



Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

**Every A.A. group ought to be fully self-supporting,
declining outside contributions.**

Concept 7

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon the tradition and the A.A. purse for final effectiveness.

Promise 7

We will lose interest in selfish things and gain interest in our fellows.

Find "The Promises" in the Big Book,
"Alcoholics Anonymous" pg. 83 & 84.
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7th Step: Humbly asked Him to remove our shortcomings

AA Grapevine
November 1970
Vol. 27, No. 6

FOR ME, at first glance Step Seven seemed a cinch, especially in comparison to some of the preceding Steps. As is often the case, on closer examination the seemingly simple proved to be anything but! I thought this Step was only a kind of mopping-up maneuver or an interlude where I could rest on my laurels. (I was wearing them in the wrong place at the time.) Steps One through Six had shown me how inadequate my own powers and resources were--as far as my alcoholism was concerned. Besides, I had to be entirely ready to part with my defects (Step Six), and I wasn't at all ready.

The earlier Steps, however, had removed some of the careful padding from my ego, and a remark made by an old-timer and dear friend had helped. I had heard one member complimented by another for a wonderful talk. The speaker said, "Don't thank me or give me credit. Give God the credit." I was determined that if ever anyone thanked me for my talk, I would say the same thing (humbly, of course).

Finally, my old-timer friend did compliment me on my talk one night, and I did say, "Don't thank me. God did it."

The old-timer smiled, put his arm about me, and said, "Honey, it wasn't that good!" Up until that time I had thought "humble" was some kind of pie.

I knew from the beginning that my vices were 'way ahead of my virtues. That was bad. Worse, some of my vices were being classed as virtues. But, since other members seemed to be gaining on their vices, I could hope for myself. By this time, introspection had become somewhat habitual, and I realized that I would have many hang-ups in working these Steps, as I'd had hangovers during the wet years (or should I say the monsoons?).

In Step Seven, the word "humbly" threw a monkey wrench into my sensitive emotional gears. Oh, what it did to my poor id! It seemed I was forever searching feverishly through all the dictionaries I could lay hands on for a definition of "humble" that I could accept. Even the excellent coverage of this aspect in the "Twelve and Twelve" availed me nothing. Humble? Humbug! Hadn't I always been the one put upon? The doormat type? Was I now to wear sackcloth and ashes or a hair shirt?

All my life, I'd been taught that I alone was responsible for my character, including my shortcomings--responsible for self-discipline and self-reliance also. That reminds me of the fellow who claimed that he was a self-made man, whereupon his friend remarked that this belief certainly relieved God of an embarrassing responsibility!

Still, I could plainly see the golden thread of true humility running through all the Steps, and I knew how very important humility was to my continued sobriety. I became reconciled to the definition I found in a new, revised dictionary: "Humble indicates a personal realization of smallness, without loss of respect, and differs from humiliation, which implies public shame in front of others or being made to seem foolish or inferior" and "to be neither inordinately proud of our talents and assets, nor ashamed of our defects or failures, nor unduly on the defensive over them." Also: "free from vanity."

In other words (I quote Tryon Edwards): "True humility is not an abject, despising spirit; it is but a right estimate of ourselves as God sees us."

My willingness to have my defects of character removed was bolstered by the realization that little, if any, spiritual growth was possible as long as I held on to my old ideas and defects. The words in our Big Book keep appearing before me: "Burn the idea into the consciousness of every man that he can get well, regardless of anyone. The only condition is that he trust in God and clean house." This is what Step Seven is to me; it means I am going to clean house and I will have all the help I need. By taking this Step, I am not giving up anything; I am getting rid of whatever might lead me to drink again and whatever might prevent achieving real serenity. Now, with God's help and my own cooperation, via Step Seven, I can become on the individual level a first-rate power, instead of the second-rate power that I was before AA. (I was truly suffering from an immense power failure--or bad wiring.)

I have a favorite reminder which helps me keep Step Seven in view: "At moments she discovered she was grotesquely wrong, and then she treated herself to a week of passionate humility." This quote from the works of Henry James has become part of my inventory.

I believe that through the first six Steps I have gained some knowledge of my character defects and that I know (at least in part and at times) what I need to get rid of! It is certainly no problem for me to humbly ask my Higher Power to remove them, either. I never did know what to do with them before. Besides, my pride is the only thing I can swallow any more that is nonfattening. In fact, this diet tends to reduce the ego and eliminate fatheads--mine, anyhow.

Step Seven simple? Not on your ego!

M.U.

Brighton, Colorado

**Central Office Board Meeting
(First Mondays of Month)**

July 5, 2010

August 2, 2010

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

2010 COMING EVENTS

LANSING CENTRAL AA SPONSORED EVENTS

August 29 Lansing Central AA Picnic— Grand Woods Park
October 15-17 Mackinac Island Weekend—Island House Hotel

Other AA Events

July 16-18 Wet & Wild Family Camping & Canoe Weekend

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:
www.cmia32.org

**Lansing Central AA Board Members
EXECUTIVE COMMITTEE**

John K..... Chairperson
 Joie B. Treasurer
 Jane H..... Secretary
 Mark M..... Member At Large

COMMITTEE CHAIRPERSONS

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 Answering ServiceSteve H.
 Archives Jim D.
 C.P.C.....Dave J.
 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 collaborated with Western Michigan and Southeast Michigan Archives with a display at the State Convention at Boyne Mountain. We had a lot of stuff and it was well received. We also had a display at CMIA in Flint.

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

The Two Dollar Window

AA Grapevine
December 1991
Vol. 48, No. 7

A few years ago, while at an AA area assembly in Little Rock, Arkansas, I heard one of our trusted servants talking about our need to practice the Seventh Tradition for our own good, and for the good of AA as a whole.

I remember thinking at the time that we didn't have to put in more bills, just larger denominations. Then, as usual, I donated a single dollar, ignoring the fives and tens in my wallet that somehow were just too big to put in. But at that time I had the thought that, if I had an old-fashioned two dollar bill, that would be just right. It occurred to me that if each one dollar bill could become a two dollar bill, the pot would double, and maybe our financial worries would be over.

However, like many of the ideas I had in early recovery, this one required more action than I was willing to put out. I would have to go to the bank and get two dollar bills; I would have to remember to carry them, I would have to become willing to put them in the basket. I was so overwhelmed by this potential effort that I promptly dismissed the idea. It was gone, but not really forgotten.

Over the years and miles since that meeting in Little Rock, the idea of expressing my faith in AA through the two dollar bill has come back to me, usually as I was driving, meditating, or falling asleep, and, sometimes, when I was putting a single one dollar bill in the basket of some meeting in Michigan, or San Francisco, or Springdale, Arkansas. It seems to me that I never thought of it when I was in a bank. Perhaps I really never wanted to think of it at those times. But, like a resentment untended, or an amends unresolved, the idea continued to nag me.

Now I have faced it. I began by asking myself why I continued to procrastinate about putting into practice this simple idea, and why had I never shared the notion before? Certainly I am earning much more money than I ever did, drunk or sober; it wasn't rational to argue that I couldn't afford it. I now realize that I have never fully resolved certain hang-ups I had about money that are in sharp contrast to rigorous honesty. "If I can get AA for a buck, why pay two" was the nakedly honest answer that I finally gave myself. I was simply being stingy with AA, the program that had literally saved my life, with no questions asked, for no money down, no payments back, and no interest.

The banks do have supplies of the two dollar currency. Or they can get them for the asking. I have a few in my wallet now, and in my modest way I will see that they crop up in baskets wherever I attend.

Readers with some degree of familiarity around the track will remember that the two dollar bill is the old standby denomination of the sporting crowd. I think we could come to view the AA meeting as the Two Dollar Window on a sober life, and our donation of a "deuce" as a sure-thing bet.

Perhaps in time, if others in our Fellowship take up the practice, the two dollar bill will come to be associated with sobriety, and as the money circulates back through society perhaps a bit of our power might rub off on others. Just a lucky hunch, you know, but I'll surely bet on it.

Frank R.

San Francisco, California

LITERATURE NEEDED

(OR NEW IF YOU HAVE IT)

**How many of us have multiple copies of the
Big Book or Twelve and Twelve?**

Why not dust off these treasures and pass along the message.!

Central AA is collecting new and gently used editions of The Big Book, Twelve Steps and Twelve Traditions, Daily Reflections, and Grapevines for the Adult Psychiatry Unit in St. Lawrence hospital.

Please drop the books off at Central AA to help inform other suffering alcoholics.

Amy S.

****There will be a box at Lansing Central AA to collect literature.**

****Contact the Treatment Facility Chair, Tim L. @ 517-980-0161**

with any questions or concerns.

LANSING ALATEEN NEEDS YOUR HELP

The Lansing Alateen's are trying to earn money to go to their Convention KOMIAC (Kentucky, Ohio, Michigan, Indiana Alateen Convention) in July. The cost is \$90.00 per Teen. In order to keep our Teens safe they travel by bus. The cost of the bus to Michigan Alateens this year is \$4,747.00. At this point the bus fund is short about \$1,500.00. Any group wishing to help the Alateens out, please contact the Sponsor Marte D. at 517-646-0029. In order for the Alateens to be Self-Supporting they will be hosting a

CAR WASH FROM 10am—4pm ~ COOK-OUT FROM 4-7pm

JULY 10TH AT THE ALANO CLUB WEST

PLEASE COME OUT AND HELP OUR ALATEENS BE SELF-SUPPORTING

Alano Clubs in Lansing

Alano Club South
3308 S. Cedar Ste 8
(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

**Holt Freedom Group is in dire need
of speakers. Please contact them to
carry the message.**

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. All reprinted articles are printed with permission.

aalansing@att.net
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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
Gordon S.—Correctional Chair—517-862-7085
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

**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

July 9.....James G.
July 16.....Lonny S.
July 23.....Open
July 30.....Open
August 6.....Dan B.

Alano Club West

Saturday Night Speakers

8:00 pm

Currently Scheduled:

**Alano Club West is in dire
need of speakers. Please con-
tact them to carry the message.**

Lansing Central AA Group
Donations by Group Summary
As of June 30, 2010

	Apr 10	May 10	Jun 10	TOTAL
12 Steps and Traditions	0.00	10.00	0.00	20.00
3rd & 11th Step Mtg.	0.00	120.00	0.00	120.00
815 AM ACE	0.00	123.10	0.00	438.10
As Bill Sees It	70.40	50.05	0.00	174.95
Back To Basics	0.00	136.00	0.00	136.00
Beginners AA St. Johns	200.00	0.00	0.00	500.00
Berkey Hall Group	0.00	23.00	0.00	148.00
Big Book Study Mon. Nite	62.30	0.00	0.00	62.30
Blizzard Group	0.00	0.00	0.00	170.00
Brown Bag Group ACS	0.00	120.00	0.00	280.00
Charlotte AA	25.00	0.00	0.00	50.00
Clean Air Fri	0.00	210.00	0.00	398.00
Cover to Cover BB	0.00	130.75	153.00	602.61
Dance Steps Noon ACS	90.16	54.11	0.00	144.27
Daybreak Lunch Group	0.00	0.00	0.00	185.40
Dewitt Mon Nite	0.00	150.00	0.00	150.00
Dewitt Tues. Turning Point	97.30	0.00	0.00	97.30
DSG - Mason	0.00	0.00	0.00	100.00
Early Birds G.L.	40.00	0.00	0.00	40.00
Early Olds Group	0.00	2.84	0.00	2.84
Fair Weather Group	0.00	124.00	0.00	189.00
Grand Ledge Originals	65.00	0.00	0.00	65.00
Grow or Go	0.00	0.00	0.00	60.00
Haslett Drunks	0.00	0.00	150.00	150.00
Holt Every Nite AA	300.00	0.00	0.00	1,000.00
Holt Freedom Group	50.00	50.00	50.00	300.00
Just for Today (Tuesday)	0.00	100.00	0.00	100.00
Keep It Simple	0.00	0.00	0.00	200.00
Learning to Live	0.00	120.00	0.00	120.00
Life Savers Wed Nite	0.00	0.00	0.00	125.00
LJ & LS	0.00	75.00	0.00	150.00
Mason Sat. AM	0.00	0.00	0.00	200.00
Mason Thursday Night	252.20	400.00	0.00	652.20
Miracle on Miller	110.00	0.00	0.00	210.00
MNA Madalzi Win	0.00	20.00	0.00	20.00
Monday Night Group	0.00	0.00	0.00	80.00
Monday Nite Speaker Mtg. ACS	44.00	45.05	0.00	207.84
Mt. Hope A.M. Group	900.00	100.00	400.02	2,409.12
N. Presbyterian Church	0.00	0.00	50.00	100.00
Nickels at Noon ACS	0.00	0.00	0.00	138.00
Outer Circle	0.00	0.00	0.00	161.00
Portland Group	0.00	0.00	0.00	362.30
Primary Purpose	118.00	140.85	0.00	338.85
Room To Grow	0.00	0.00	0.00	270.00
Route 164	0.00	0.00	0.00	100.91
Saturday 12 Step	150.00	0.00	0.00	150.00
Saturday Morning Live	0.00	0.00	600.00	600.00
Saturday Sunrise Group	0.00	0.00	0.00	860.00
Sense of Humor	0.00	0.00	0.00	135.00
Shafterburg DSG	0.00	0.32	0.00	0.83
Shafterburg Group	0.00	0.00	0.00	150.00
Singleness of Purpose	0.00	0.00	0.00	82.80
South Side Big Book	0.00	302.50	0.00	302.50
St. Theresa Group	25.00	0.00	3.98	53.98
Stockbridge Friday Nite	0.00	4.20	0.00	4.20
Sunday AM Clean Air	0.00	0.00	0.00	120.00
Sunday Morning Step ACS	0.00	0.00	104.70	176.40
Sunday Nite Strivers	0.00	0.00	400.00	400.00
Sunfield Group	20.00	0.00	0.00	20.00
Unity Early Bird	258.00	363.00	0.00	1,157.00
Wed. Night Big Book ACS	222.00	0.00	0.00	222.00
Westphalia Group	0.00	0.00	0.00	0.24
Whirly Bird DSG	0.00	194.00	0.00	194.00
Wolverine Group Retreat	0.00	0.00	50.00	50.00
YANA Saturday AM	0.00	0.00	0.00	130.00
Young Survivors	0.00	0.00	67.00	67.00
TOTAL	<u>3,093.36</u>	<u>3,168.77</u>	<u>2,028.70</u>	<u>16,405.94</u>