

June 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

Is your home group represented at an area level?

Who answers the phone when someone reaches out?

Is someone talking to the man in the bed?

Volunteers Needed!

Contact Lansing Central A.A. today!



*“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

October 15-17, 2010

Mackinac Island
Island House Hotel

Contact: (517) 377-1444

22ND ANNUAL FALL WEEKEND

Lansing Central Office

"WE ARE NOT A GLUM LOT"

Theme logo in design

Once again the Island House Hotel on Mackinac Island has extended the fantastic rate of \$219 double occupancy which includes lodging for two nights, breakfast on Saturday and Sunday, and lunch and dinner on Saturday. The special early bird rate of \$60 per room, per night is also offered Tuesday—Thursday and Sunday following the weekend. This promises to be another terrific conference. Mark your calendars to attend again this year. If you had a great time in the past, spread the word. Hope to see you there!!!

Highlights

- AA/Alanon Speakers and Panels
- Fireside Meetings
- Ice Cream Social
- Fun, Fellowship, and Sobriety



ISLAND HOUSE HOTEL
Mackinac Island

Lansing Central AA

1915 E. Michigan Avenue
Lansing, MI 48912

Phone: 517-377-1444
Fax: 517-377-1446
Email: aalansing@att.net

Look for registration forms around
town or on the web site at
www.aalansingmi.org

Registration available on back, at the Lansing Central office or
online at www.aalansing.org

Step 6

Were entirely ready to have God remove all these defects of character.

Tradition 6

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Concept 6

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Promise 6

That feeling of uselessness and self-pity will disappear.

Find "The Promises" in the Big Book,
"Alcoholics Anonymous" pg. 83 & 84.
Reprinted with permission of A.A.

Virginia (Gini) A. Smariege (85) Englewood, FL, formerly of Lansing, MI, passed away Friday, December 4, 2009. Gini was an active member of a 12 step program in the Lansing area. She co-founded the Statter/Gini Retreat for Women (1970) in Dewitt, which is held four times a year. She touched many lives by her service and commitment to the Fellowship.

A memorial service in her honor will be held Saturday, June 12, 2010 at the River Terrace Church, 1500 River Terrance Drive, East Lansing, MI.

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.

Making Room to Grow Up
Step 6 - Were entirely ready to have God remove all these defects of character.

AA Grapevine

June 1997

Vol. 54, No. 1

"Were entirely ready to have God remove all these defects of character." So reads Step Six. After the guilt and remorse of my last drunk had faded, I didn't think this Step had any application in my life. Now that I was no longer drinking I wasn't a bad person. Character defects? I couldn't see where I had any. My character defects were hidden behind all those hurts and injustices I'd saved up through the years and which I regularly brought out and relived with all the original emotion. Not only that, I accumulated any and every new hurt, real or imagined. In fact I took a kind of perverse pleasure from feeling sad and self-pitying. I was giving power to people who were long gone. Then I realized that these people gave me my favorite excuses for why I did what I did or couldn't do what I should have done. I used them to justify my actions and blamed them for my failures. Every time something went wrong in my life or I failed to live up to some responsibility, I took out the list of abuses I'd suffered and used it as an excuse. I became very adept at hiding my guilt behind these real or imagined hurts. I was a chronic victim.

The problem with blaming my frustrations and failures on what others did to me is that it kept me small. I stayed a little boy trapped in a man's body--a self-centered, selfish little boy who expected people to live up to his fantasies of them and got hurt when they didn't cater to every want and whim.

Although I had made a Third Step decision, I couldn't really turn my life and will over to my Higher Power because it didn't belong to me. Unknowingly, over the years, I'd turned my will over to all those people whom I felt had injured me in some way.

Fortunately I reached a point where I was choking on all this garbage. With the help of my Higher Power and the AA program, I chose to grow up. It was about time! I opened up that imaginary closet in my mind where I kept these well-nurtured hurts and tossed them into my past, where they belonged. Into this newly cleaned-out space, I started storing my goals and the hopes and dreams of what I wanted to achieve in life. Now instead of looking backward into the dreariness of my past, I'm looking forward to a bright future because I've finally taken responsibility for my life.

Ron D.

Canaan, Connecticut

**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

June 6th ACE Golf Scramble— Forest Akers West
Register by May 27th
July 4th ACE Annual Picnic at Granger Park
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

ActivitiesDennis S.
 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 recently had a display at the Celebration of Sobriety Dinner. We also co-operated with the District 16 Alanon Archivist at the Alanon Gratitude Dinner. The Alanon's showed a lot of interest in what we had out to look at.

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

ACS Founders Day Picnic

Sunday, June 13, 2010

1-4pm

Moore's River Park
316 Moore's River Drive
Lansing MI 48910

PROVIDED FOR YOU:

Hotdogs ~ Hamburgers ~ Trimmings
Iced Tea ~ Lemonade ~ Coffee
Plates ~ Cups ~ Napkins ~ Plastic Ware

PLEASE BRING A DISH TO PASS

A-G Desserts
H-L Bread, Spreads, Chips, Dips
M-T Main Dishes
U-Z Veggies & Salads

COME & JOIN THE FELLOWSHIP

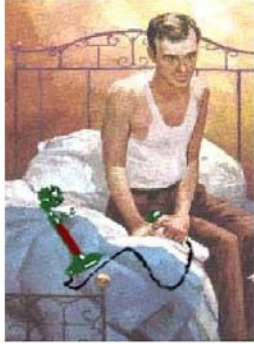
LOADS OF DOOR PRIZES!!
ENJOY THE ENTERTAINMENT

EVERYONE WELCOME!

Thank you!

David C is retiring as Manager from the Alano Club west after 11 years of service. Thank you, David, for you service to our community.!

Paul N. will take on the Manager position. Thank you for your service!



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 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
June 4.....Mike R.
June 11.....Gary L.
June 18.....Open
June 25.....Carol

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
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

June 4.....Bill R.
June 11.....Derek S.
June 18.....Dawn B.
June 25.....Mike S.
July 2.....Bob B.

Alano Club West

Saturday Night Speakers

8:00 pm

Currently Scheduled:
June 26.....Andy T.
**Alano Club West is in dire
need of speakers. Please con-
tact them to carry the message.**

6th Tradition

An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

AA Grapevine
August 1970
Vol. 27, No. 3

BEFORE I understood even dimly what AA was, I was sure I could improve it. Looking back, I realize now that my pure gall was appalling, since it was rooted so firmly in ignorance. I knew almost nothing about the externals of the Fellowship and much less about its spiritual principles. Since I was too proud to admit that there was anything I did not know, I almost never asked questions.

Practically nothing in the very skimpy AA literature we had then (in 1945) explained how AA or its component units functioned, so my knowledge was based on what I heard and saw in one group. Then as now, we AA members (like other human beings everywhere, I suppose) talked a bewildering mélange of facts, guesswork, inspired wisdom, gossip, and nonsense. Yet I assumed that what I heard was the whole AA truth, and, armed only with my small collection of quick impressions and misinformation about AA, I wanted to change it.

Surely, for example, AA should be informing the medical profession about the facts of our disease as *we* understood them. (The Yale--now Rutgers--School of Alcohol Studies and the National Council on Alcoholism had barely got started, and this was nine years before the American Medical Association established its alcoholism committee.)

The government, I was sure, should change laws relating to alcoholics. (The North American Association of Alcoholism Programs and the National Center for Control and Prevention of Alcoholism were then impossible dreams.)

Detoxification centers, vocational rehabilitation, and other services, improved understanding by social workers, school kids, psychologists, and cops--all these and more were badly needed. Why, I carped, was AA not getting busy?

Just suppose for a minute that our Fellowship had indeed been misguided right smack into all those activities. What a tangled web we could have woven! How many drunks would have been ignored, left to die, as we mounted our political and fund-raising campaigns! How many enemies AA would have made for itself if it had tried to dictate to the medical, clerical, and legal professions!

If my AA group had had prestige, money, and power at stake, I fear my own sobriety would have found little support at our meetings. There would have been no room for it on the agenda. Many of us would have left, I fear--*sic transit* glorious sobriety, and

maybe AA itself.

I am certain now that if any AA-run governmental programs on alcoholism had been set up and had gone bust, my resentments would have burst through my tender, new sobriety. Suppose we had started an official AA club and it had been raided because of gambling, or AA-run retreats for alcoholics had become subjects of gossip. What then? I would have gotten either emotionally embattled or, more probably, alcoholically embottled.

As always, AA as a whole proved much wiser than I as an individual, and my group just plugged along, trying to do its own thing. Even without such complications, we had trouble enough just trying to figure out *what* our own thing really was. The Traditions had not been written yet.

At first, we felt we had to do at least three things: (1) provide a place where members could play cards, eat, and have coffee any time; (2) maintain an office with telephones as a central clearinghouse for Twelfth Step work and information about meetings; (3) keep our own AA meetings and Twelfth Step work going.

The first two involved us in legal corporations, finances, real-estate management, building maintenance, cafeteria operation, a paid secretary, and, naturally, rules and officers. As a result, newcomers who just needed the message often got shortchanged because we were too busy with serious problems like a drunken chef, typewriter repairs, club dues, revising by-laws, a temperamental janitor, and deciding who could and could not use the phone or which brand of coffee to buy.

We made it almost impossible for newcomers to tell the difference between joining a club and simply becoming a sober AA. I know. I was one of those newcomers.

People who did not get elected to boards or did get demoted from jobs proceeded to get drunk. Criticism of the cafeteria cashier's report became resentments of "AA's financial structure," yet! Two fellows I liked were displeased by the cafeteria food, blamed AA, and left. (No wonder! They had heard little else except the food discussed at their first three meetings. They were dead within a year, of alcoholism.)

The solution my group finally found, nearly a quarter-century ago, was quite simple. We decided that, no matter how exciting and how needed such business enterprises were, an AA group ought to stay out of them, because discussions of money, property, and prestige kept us wildly distracted from the Twelve Steps.

As an AA group, we decided to carry the message, period. So we dropped the food business and real-estate management. Some individuals formed separate nonprofit corporations, outside AA, to run clubs or day centers for AAs who wanted such amenities. As for the local central office (or intergroup), it was eventually operated and supported by *all* the groups nearby.

This arrangement has worked beautifully ever since, both in New York and elsewhere. And now, of course, other services seriously needed by alcoholics are at last beginning to get under way--but *not* under the auspices of AA. Food, clothing, shelter, and medical assistance are often necessary for the alcoholic's recovery. But other organizations, efficiently operated and professionally experienced in these matters, can handle them better than an AA group.

Nevertheless, let's not overlook a fact seldom recognized, in conversation or in print: Many of the great improvements in the treatment of alcoholics during the last thirty-five years have been brought about quietly, behind the scenes, by anonymous AA members, acting as private citizens interested in a public-health problem. The Sixth Tradition leaves every AA member the freedom to do that, if he cares to, so long as his actions do not constitute AA endorsement (or criticism) of any enterprises, nor "lend the AA name" to them.

(There's another side to this coin, too. Once upon a time, a non-AA alcoholism program tried to create the impression, falsely, that it was endorsed by AA. But the attempt backfired. The professionals at whom the program was aimed thought it was just an extension of AA and would not come near it! I know. I was the guilty one.)

Adherence to our primary purpose makes AA unique--and also gives us a special responsibility, it seems to me. We are the only people who have our own personal experience to share. And we are the only people who try to do nothing except help the individual alcoholic because we have to, to stay sober ourselves. We help him, not for the sake of society or of science, but for the sake of our own sobriety.

As a result, other programs in the alcoholism field have come to depend heavily on AA's continuing integrity. At every single professional meeting, it is a conspicuous fact that non-alcoholic's count absolutely on the aid of sober, conscientious AAs who remember *When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.*

Sixth Tradition Checklist

1. Should my fellow group members and I raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, shouldn't we have these facilities?

B.L., Manhattan, NY

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

	Apr 10	May 10	TOTAL
12 Steps and Traditions	0.00	10.00	20.00
3rd & 11th Step Mtg.	0.00	120.00	120.00
815 AM ACE	0.00	123.10	438.10
As Bill Sees It	70.40	50.05	174.95
Back To Basics	0.00	136.00	136.00
Beginners AA St. Johns	200.00	0.00	500.00
Berkey Hall Group	0.00	23.00	148.00
Big Book Study Mon. Nite	62.30	0.00	62.30
Blizzard Group	0.00	0.00	170.00
Brown Bag Group ACS	0.00	120.00	280.00
Charlotte AA	25.00	0.00	50.00
Clean Air Fri	0.00	210.00	398.00
Cover to Cover BB	0.00	130.75	449.61
Dance Steps Noon ACS	90.16	54.11	144.27
Daybreak Lunch Group	0.00	0.00	185.40
Dewitt Mon Nite	0.00	150.00	150.00
Dewitt Tues. Turning Point	97.30	0.00	97.30
DSG - Mason	0.00	0.00	100.00
Early Birds G.L.	40.00	0.00	40.00
Early Olds Group	0.00	2.84	2.84
Fair Weather Group	0.00	124.00	189.00
Grand Ledge Originals	65.00	0.00	65.00
Grow or Go	0.00	0.00	60.00
Holt Every Nite AA	300.00	0.00	1,000.00
Holt Freedom Group	50.00	50.00	250.00
Just for Today (Tuesday)	0.00	100.00	100.00
Keep It Simple	0.00	0.00	200.00
Learning to Live	0.00	120.00	120.00
Life Savers Wed Nite	0.00	0.00	126.00
LJ & LS	0.00	75.00	150.00
Mason Sat. AM	0.00	0.00	200.00
Mason Thursday Night	252.20	400.00	652.20
Miracle on Miller	110.00	0.00	210.00
MNA Madaizi Win	0.00	20.00	20.00
Monday Night Group	0.00	0.00	80.00
Monday Nite Speaker Mtg. ACS	44.00	45.05	207.84
Mt. Hope A.M.Group	900.00	100.00	2,009.10
N. Presbyterian Church	0.00	0.00	50.00
Nickels at Noon ACS	0.00	0.00	138.00
Outer Circle	0.00	0.00	161.00
Portland Group	0.00	0.00	362.30
Primary Purpose	118.00	140.85	338.85
Room To Grow	0.00	0.00	270.00
Route 164	0.00	0.00	100.91
Saturday 12 Step	150.00	0.00	150.00
Saturday Sunrise Group	0.00	0.00	860.00
Sense of Humor	0.00	0.00	135.00
Shaftsbury DSG	0.00	0.32	0.83
Shaftsbury Group	0.00	0.00	150.00
Singleness of Purpose	0.00	0.00	82.80
South Side Big Book	0.00	302.50	302.50
St. Theresa Group	25.00	0.00	50.00
Stockbridge Friday Nite	0.00	4.20	4.20
Sunday AM Clean Air	0.00	0.00	120.00
Sunday Morning Step ACS	0.00	0.00	71.70
Sunfield Group	20.00	0.00	20.00
Unity Early Bird	258.00	363.00	1,157.00
Wed. Night Big Book ACS	222.00	0.00	222.00
Westphalia Group	0.00	0.00	0.24
Whirly Bird DSG	0.00	194.00	194.00
YANA Saturday AM	0.00	0.00	130.00
TOTAL	3,099.36	3,168.77	14,377.24

“We Are Not A Glum Lot”
22nd Annual Fall Weekend
October 15-17, 2010
Island House Hotel Mackinac Island, Michigan

SPEAKERS

Friday Night Speakers TBA
 Saturday Night Speaker Thomas Lynch, Milford MI

Join us for a weekend of fun, fellowship, sobriety, AA and Al-Anon panels, speakers, fireside meetings, ice cream social, karaoke, and the mystique of Mackinac Island.

Hotel Room Rates: \$334.00 Single room occupancy
 \$219.00 per person for two, three and four person occupancy

Room rates include: Friday and Saturday night lodging, Saturday breakfast, luncheon, and dinner, and breakfast on Sunday. Coffee pots are on all day!!!
 (Optional dinner Friday is offered at a reduced rate)

Special rate of \$60 per room is offered for Tuesday, Wednesday, Thursday, October 12, 13, 14, for those who want to come early and Sunday October 17 to really unwind.

The ferry from Mackinaw City is offered by Arnold Line at a reduced rate. Last boat leaves for the island at 4:30 PM Tuesday through Thursday and 6:00 PM on Friday. Don't be late.

Once you and your room-mates are registered with Lansing Central AA, you will be sent via e-mail or snail mail, a registration number and information on how to register directly with the Island House to receive our special room rates. **Sign up early**, as space is limited at the Island House and overflow will be referred to surrounding hotels.

Mackinac Island Weekend		Price Each	Total \$
Complete one form for each person registering			
<p style="text-align: center;"> Lansing Central Alcoholics Anonymous</p> <p>Name _____</p> <p>Address _____</p> <p>City, State, Zip _____</p> <p>Phone (include area code) _____</p> <p>E-mail address _____</p> <p>Method of Payment</p> <p><input type="checkbox"/> Check # _____</p> <p><input type="checkbox"/> Cash</p>	<p><input type="checkbox"/> Weekend Registration \$ 35.00</p> <p><input type="checkbox"/> Crew Neck Sweatshirt (add \$3 for 2 or 3X) \$ 30.00</p> <p><input type="checkbox"/> Hooded Zip Sweatshirt (add \$3 for 2 or 3X) 40.00</p> <p><input type="checkbox"/> Long Sleeve T (add \$3 for 2 or 3X) 25.00</p> <p>Shirt Size: M L XL 2X 3X Total: _____</p> <p style="text-align: center;"><u>Last day to pre-order shirts September 18, 2010</u></p> <p><input type="checkbox"/> Yes, I would like to be on a panel AA Alanon (Circle One)</p> <p style="text-align: center;">I will be rooming with:</p> <p>1 _____ 3 _____</p> <p>2 _____ 4 _____</p>		
<p>Saturday Evening Menu Choices: <input type="checkbox"/> Prime Rib <input type="checkbox"/> NY Strip <input type="checkbox"/> Chicken <input type="checkbox"/> Seafood <input type="checkbox"/> Vegetarian</p>			

Mail registration form and check to: Lansing Central AA, 1915 E. Michigan Avenue, Suite D Lansing, MI 48912
 Phone (517) 377-1444