



REACHING OUT

REACHING OUT TO CLINTON, EATON AND INGHAM COUNTIES

SEPTEMBER 2011

AA Lansing Central

1915 East Michigan Ave
Lansing MI 48912

517-377-1444

aalansing@att.net

www.aalansingmi.org

"I am responsible. When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there.

And for that, I am responsible."

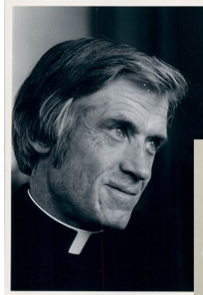
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Promise Nine:

"Fear of people and of economic insecurity will leave us".

Pages 83-84 "Big Book"

More about The Promises on page 5



Father Vaughan Q.



What!! No Order?

23rd Annual
Mackinac Island Weekend
2011

The Lansing Central Office is honored to have Father Vaughn Q. as our speaker on October 15

Preview him now at xa-speakers.org
Search on Father Vaughn Q.

"I am ex-CIA—Catholic, Irish, Alcoholic." Born in Montreal, the son of a locally revered physician, Quinn was already a hotshot hockey and football player and Golden Gloves boxer by his late teens. "That's when the drinking started," he remembers ruefully. "If you are a jock, getting boozed up is the thing to do. I could out-drink anybody."

He also flunked out of college and, vowing reform, joined the Oblate Fathers of Mary Immaculate. In 10 years he had earned five college degrees and his ordination (in 1963). He stayed completely dry, but that achievement, ironically, made him full of himself. "I really thought I was going to be the first Canadian Pope," he says. "God's gift to Christendom returned to Montreal, and within three days I was back on the sauce."

Disaster followed. He stood up his parishioners because he was too drunk to say Mass. He blacked out during confessions and once fell through the plate-glass window of a nightclub, requiring 18 stitches to his scalp. Quinn's alarmed superiors ordered him into diocesan confinement for a year of drying out. "After I'd been locked up for about eight months I kind of surrendered and decided to help other people," he recalls. "It took a lot of praying." Reassigned to a parish in Alberta, Quinn began studying the treatment of alcoholics.

While visiting a Detroit rehabilitation program for priests in 1967, he discovered the then-ramshackle Sacred Heart Center. "The inmates were screaming about pink elephants; guys were stoned on after-shave lotion," he says. "I took charge. I wouldn't allow anybody in who had a bottle." Enforcing his edict in those days frequently meant doing it with his fists.

But through a combination of ramrod discipline and imaginative fund raising (he collects \$500,000 a year), Quinn has turned Sacred Heart into one of the largest facilities of its kind in the U.S.—and among the most successful. In 1972 it moved into a four-story, 100-bed former YWCA in downtown Detroit and has since expanded to include another 150-bed unit nearby. Some 1,500 alcohol and drug abusers annually put themselves under the care of Sacred Heart's paid staff of 150. More than 60 percent of his patients, Father Quinn says, stay sober after they leave.

As amply demonstrated by his hockey playing, Father Quinn has hardly neglected the joyful side of living. He plays the banjo (badly) and raises St. Bernards (several at a time). Somehow he has also amassed a Sacred Heart fleet of five antique fire engines and a hearse, with which he takes his patients for rides through the city streets (occasionally trying the patience of the police). "I know a lot of the stuff I do is flaky and undignified," he allows. "But what I'm really trying to do is to show my people that life can be exciting sober."

Registration forms can be found on our website at www.aalansingmi.org

Step Nine:

"Made direct amends to such people wherever possible, except when to do so would injure them or others".

More information on Step 9 on page 2

Tradition Nine:

"AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve".

*STEP 9: "MADE DIRECT AMENDS TO SUCH PEOPLE
WHEREVER POSSIBLE, EXCEPT WHEN TO SO WOULD
INJURE THEM OR OTHERS".*

How It Works

Although these reparations take innumerable forms, there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.

-A.A. Big Book p.79

After we have made a list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

- Twelve Steps and Twelve Traditions, p. 83

The making of amends needs to be approached cautiously by codependent people. There are three things amends are or can be. There is one thing they definitely should not be.

Amends can be these things:

1. Sincere efforts to offer apology for past harm.
2. Wonderful bridge-builders for more positive future relationships.
3. Effective agents for removing the tremendous weight of guilt, shame, and remorse.

The one thing amends should never be, though, are installment payments on false guilt or false shame...

There are five categories of persons to whom we may consider making amends. Notice how this contrasts with what we did in Step 8. There we included *everyone* to whom we were *willing* to make amends. In Step 9, however, as we prepare to execute this step, we use a high degree of discretion regarding *to whom* we will make amends and *when* this should happen...

- Serenity, A Companion for Twelve Step Recovery, p. 62, 63

SPEAKER MEETING OPPORTUNITIES

“Recovery begins when one alcoholic talks with another”.

Many of us have been in a meeting and listening to someone’s stories of experience, strength and hope and thought to ourselves, “It would be interesting to hear more of their story”. We are fortunate to have ‘Speaker Meetings’ where we have the opportunity to get to know others of the “We”, what it was like, what happened, and what life is like now in sobriety!

Attending a ‘Speaker Meeting’ is a wonderful way to gain insight and techniques that work. It’s kind of like having a ‘Talking Big Book Story’!

Here is a listing of some of the speaker meetings in the Greater Lansing Recovery Community:

Alano Club East
220 South Howard
517-482-8957

Friday Night Speakers
8:00pm

September 2: Jason B
September 9: John S.
September 16: Lonnie S.
September 23: Open
September 30: Bernice S.

Alano Club West
2909 W Genesee
517-321-4989
Saturday Night Speakers
8:00pm

September 3: Mike G.
September 10: Richard G.
September 17: Alva J.
September 24: Open
September 31: Open

Alano Club South
3808 South Cedar St 8
No Phone
Monday Night Speakers
7:30pm

Holt Freedom Group
Monday Night 8pm
Closed AA & Al-Anon
Friday Women’s Meeting
7:30 pm
Friday Night Speakers
8:30

September 2: Amy H.
September 9: Wayne W.
September 16: Dave C.
September 23: Open
September 30: Charlie H.

St. Michaels
Episcopal Church
6500 Amwood Drive
Lansing MI 48911
Near Pennsylvania & South
Cedar between Target & Bob
Evans

Volunteer! There are many ways that you can give back to your AA Community by volunteering at Central. Call 517-377-1444 today!

Directory Updates

St. Johns

112 Walker

Wednesdays 8:00 pm

“Stools & Bottles”

Saturdays 8:00 pm

“As Bill Sees It”

Alano West Club

Closed AA Meeting 2W

M–F 4:00 pm

If you would like to announce a new meeting in “Reaching Out”, please email us at aalansing@att.net.

Please use the title “New Meetings”.



When he called
someone answered
VOLUNTEERS NEEDED
Your message could make
a difference in someone's life

Thanks to you— For all you do!

The **59th State Convention** planning committee would like to thank the Lansing-area AA, Alanon and Alateen community for hosting and participating in this August's convention. Our many volunteers provided an atmosphere of fun and fellowship for the more than 600 attendees from across Michigan.

Our special thanks to all of our speakers, panelists and display curators who also contributed to the success of the convention. Together, we stay sober!

VOLUNTEER!

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VOLUNTEER!

PONDER THIS...

"Alcoholics Anonymous does not work in theory -- It only works in practice!"

"We practice these principles so we don't have affairs."

"The way to become an Old-Timer -- Don't drink and don't die!"

"If you always speak the truth, you won't need a good memory"

"Remember you are very unique, just like everyone else."

TWO WOLVES

An Old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is two wolves.

One is evil; anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good; joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

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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AA Orientation Meeting

Wednesdays at 7pm at

Lansing Central AA

1915 E. Michigan Ave #D

Lansing MI 48912

This meeting is an orientation for court-ordered probationers and anyone interested in Alcoholics Anonymous. We will explain what AA is, the history and philosophy of AA; meeting etiquette, terminology, the family, and personal experiences. This meeting should be a prerequisite to attending closed meetings of Alcoholics Anonymous.

For more information call 517-377-1444

Thank you 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 at aalansingmi.org

THE NINTH STEP PROMISES

*These Promises begin to occur once we start working our Step Nine Amends
(page 83-84 from the Book, Alcoholics Anonymous)*

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.



When he called
someone answered
VOLUNTEERS NEEDED
Your message could make
a difference in someone's life

Lansing Central AA Committee Members

2011-2012

Executive Committee: Chairperson Don W.; **Chairperson-Elect** Mark M.; **Treasurer** Scot L.; **Treasurer-Elect** Val J.; **Secretary** Delores M.; **Member-at-Large** Steve H.

Committee Chairpersons: Answering Service Jerry T.; **Answering Service (Alternate)** Alva J.; **Treatment Facilities** Steve D.; **Correctional Facilities** Gordon S.; **Reaching Out Newsletter** Christopher P.; **CPC** Mary O.; **Membership** Ellen G.; **Activities** Mary P.; **Activities Co-chair** Leslea B.; **Public Information** Dennis S.; **LCAA Liaison** Dave J.; **Office Manager** Vickie V.; **LCAA Coordinator (Ad hoc)** Jane H.

UNITY IS OUR MOST CHERISHED QUALITY

The Lansing Central Office of Alcoholics Anonymous hosts our monthly board meetings on the first Monday of each month. The meetings begin at 7:00 pm, with a potluck supper commencing beforehand at 6:00 pm at the Lansing Central AA office at 1915 East Michigan Avenue, suite D. The office's street entrance is towards the back of the building

All groups in the Greater Lansing area are encouraged to participate in the board meetings. Our meeting agenda consists of reports from our action committees which range from the Treasurer's report to updates on activity from our Ad-hoc groups in the AA recovery community.

The meeting typically lasts one hour and is a terrific way of connecting your meeting with the activities at Central, leading to a clearer understand of 'How things get done'. All groups and individuals are welcome to participate!

For more information about having your group participate with the monthly board meetings, please call **517-377-1444**.

Central Office Board Meeting

First Monday of the Month

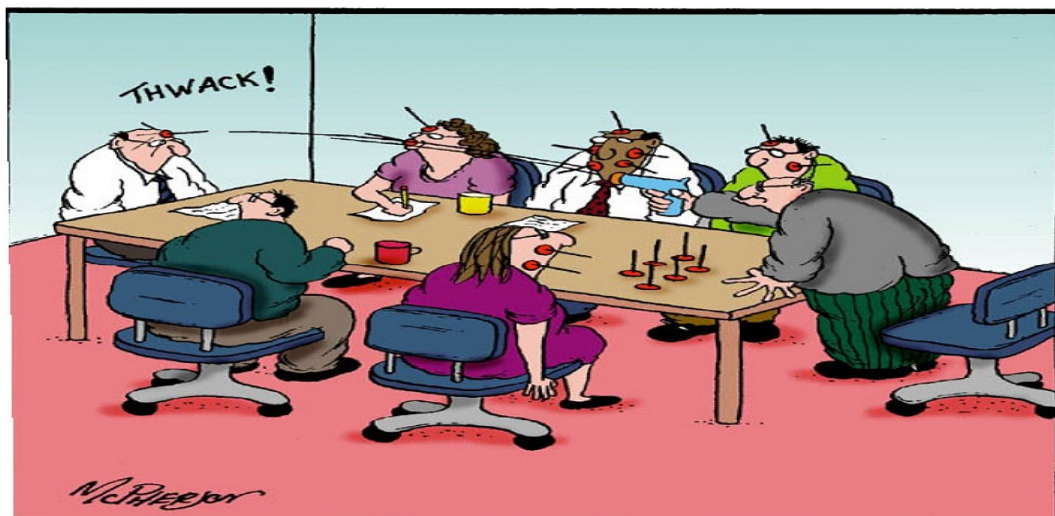
Next: October 3

Meeting at 7:00 pm

All GSR's Welcome!

New Groups Invited!

Activities Committee Meeting



Sunday, September 25
5:00 PM
at the Central Office

THANKS 2U!

AA CENTRAL
WOULD LIKE
TO THANK OUR
VOLUNTEERS
WHO MADE
OUR SUMMER
PICNIC SPECIAL!

TOGETHER, WE
STAY SOBER!

AREA CLUBS:

Alano Club East	517-482-8957
Alano Club of Lansing	517-321-4989
Alano Club of Kent County	616-456-5709
Alano Club of Grand Traverse	231-929-2414
Alano Club of Houghton Lake	989-422-5799
Alano Club of Mt. Pleasant	989-772-4955
Alano Club of Saginaw	989-771-9028
Alano Club Livingston County	810-494-9271
Alano Club Oakland County	248-391-8995
Alanon District Office	517-484-1977

09/01/11

Donations by Group Summary

Accrual Basis

January through August 2011

	Jan 11	Feb 11	Mar 11	Apr 11	May 11	Jun 11	Jul 11	Aug 11	TOTAL
12 Steps and Traditlons	0.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	10.00
3rd & 11th Step Mtg.	0.00	0.00	120.00	0.00	0.00	120.00	0.00	0.00	240.00
4th Dimension BB	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00
815 AM ACE	525.66	63.01	0.00	0.00	105.00	76.62	111.55	131.07	1,012.91
Acceptance & Hope	0.00	0.00	11.00	0.00	0.00	87.00	0.00	0.00	98.00
Alano Club West	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00
As Bill Sees It	55.50	0.00	0.00	27.50	0.00	0.00	0.00	0.00	83.00
Back Porch Group	0.00	0.00	0.00	0.00	0.00	0.00	75.00	0.00	75.00
Beginners AA St. Johns	0.00	200.00	0.00	0.00	0.00	400.00	0.00	205.00	805.00
Berkey Hall Group	77.00	0.00	0.00	47.00	0.00	0.00	0.00	0.00	124.00
Blizzard Group	0.00	120.00	0.00	0.00	0.00	0.00	0.00	0.00	120.00
Breakfast Group	0.00	0.00	29.00	85.00	63.00	0.00	129.00	0.00	306.00
Brown Bag Group ACS	0.00	0.00	0.00	50.00	0.00	60.00	0.00	60.00	170.00
Charlotte DSG	0.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00	50.00
Clean Air Fri	0.00	0.00	0.00	0.00	0.00	174.71	0.00	0.00	174.71
Cooley Group	0.00	0.00	0.00	0.00	0.00	0.00	87.00	0.00	87.00
Cover to Cover BB	0.00	148.69	69.00	110.00	120.85	218.00	0.00	320.40	986.94
Dance Steps Noon ACS	0.00	0.00	0.00	38.73	0.00	0.00	20.13	0.00	58.86
Daybreak Lunch Group	0.00	0.00	383.40	0.00	0.00	0.00	0.00	322.20	705.60
Dewitt Mon Nite	0.00	0.00	100.00	0.00	0.00	0.00	0.00	100.00	200.00
Dewitt Tues. Turning Point	170.80	0.00	0.00	112.70	0.00	0.00	211.40	0.00	494.90
Dimondale Clean Air	0.00	250.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00
Dimondale Group	0.00	250.00	0.00	0.00	0.00	0.00	0.00	0.00	250.00
DSG - Eaton Rapids	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00	50.00
Early Birds G.L.	0.00	0.00	80.00	0.00	0.00	0.00	80.00	0.00	160.00
Early Olds Group	0.12	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.12
Fair Weather Group	0.00	0.00	100.00	0.00	0.00	0.00	125.00	0.00	225.00
First Meeting	0.00	0.00	0.00	0.00	38.60	0.00	0.00	0.00	38.60
Fri. Nite G & L	0.00	0.00	0.00	75.00	0.00	0.00	0.00	0.00	75.00
Grand Ledge Originals	100.00	0.00	3.00	0.00	0.00	64.22	0.00	0.00	167.22
Happy Steppers	0.00	0.00	0.00	0.00	0.00	0.00	78.00	0.00	78.00
Holt Every Nite AA	0.00	0.00	0.00	400.00	2.72	0.00	1,000.00	0.00	1,402.72
Holt Freedom Group	50.00	50.00	50.00	0.00	100.00	50.00	100.00	50.00	450.00
It's A Girl Thing	0.00	122.00	0.00	0.00	0.00	0.00	0.00	0.00	122.00
Joshua Tree - Grand Ledge	0.00	0.00	0.00	0.00	0.00	50.00	0.00	0.00	50.00
Just for Today (Th)	0.00	0.00	0.00	0.00	100.00	0.00	0.00	0.00	100.00
Just for Today (Tuesday)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	100.00
Keep It Simple - Williamston	0.00	0.00	0.00	0.00	0.00	0.00	0.00	73.00	73.00
Laingsburg Sunday Step	0.00	0.00	0.00	0.00	0.00	0.00	150.00	0.00	150.00
Life Savers Wed Nite	0.00	0.00	0.00	0.00	0.00	0.00	0.00	140.00	140.00
LJ & LS	100.00	0.00	0.00	100.00	0.00	0.00	100.00	0.00	300.00
Mason Sat. AM	0.00	0.00	0.00	315.00	0.00	0.00	0.00	0.00	315.00
Mason Thursday Night	0.00	500.00	0.00	0.00	300.00	300.00	0.00	0.00	1,100.00
MCYPAA Bid Committee	0.00	9.00	16.00	0.00	0.00	0.00	14.00	0.00	39.00
Miracle on Miller	0.00	0.00	0.00	0.00	110.00	0.00	0.00	0.00	110.00
MNA Madaizi Win	40.00	0.00	40.00	0.00	0.00	40.00	0.00	0.00	120.00
Monday Night Group	12.75	0.00	0.00	37.85	0.00	0.00	0.00	43.50	94.10
Monday Nite Speaker Mtg. ACS	90.50	0.00	0.00	42.50	0.00	0.00	88.25	0.00	221.25
Mt. Hope A.M.Group	0.00	650.00	325.00	325.00	325.00	300.00	300.00	300.00	2,525.00
N. Presbyterian Group	0.00	0.00	0.00	73.00	0.00	0.00	0.00	0.00	73.00
N/S Meeting	0.00	0.00	0.00	0.00	0.00	12.00	0.00	0.00	12.00
Nickels at Noon ACS	0.00	0.00	0.00	25.50	0.00	0.00	0.00	0.00	25.50
Phoenix Group	0.00	0.00	0.00	0.00	25.75	0.00	0.00	0.00	25.75
Primary Purpose	0.00	36.00	0.00	353.00	0.00	0.00	0.00	0.00	389.00
Relapse & Recovery ACS	0.00	0.00	0.00	0.00	0.00	0.00	69.00	0.00	69.00
Saturday 12 Step	0.00	0.00	0.00	75.00	0.00	0.00	0.00	0.00	75.00
Saturday Morning Live	112.00	0.00	230.00	0.00	0.00	234.00	0.00	0.00	576.00
Saturday Sunrise Group	0.00	0.00	0.00	0.00	0.00	0.00	462.00	0.00	462.00
Singleness of Purpose	0.00	0.00	0.00	0.00	81.00	0.00	0.00	0.00	81.00
South Side Big Book	0.00	0.00	200.00	0.00	0.00	0.00	0.00	0.00	200.00
St. Theresa Group	0.00	25.00	0.00	25.00	0.00	25.00	0.00	25.00	100.00
Step Through Life	0.00	62.30	0.00	0.00	0.00	0.00	200.00	0.00	262.30
Sunday Morning Step ACS	72.60	0.00	0.00	77.40	0.00	0.00	69.00	0.00	219.00
Sunday Nite Strivers	0.00	0.00	0.00	500.00	0.00	0.00	0.00	0.00	500.00
Sunfield Group	20.00	0.00	0.00	0.00	0.00	0.00	50.00	0.00	70.00
The Way Home	0.00	0.75	0.00	0.00	0.00	0.00	0.00	0.00	0.75
Tower Hart Thurs. Nite	0.00	0.00	0.00	0.00	40.00	70.00	0.00	0.00	110.00
Unity Early Bird	123.00	85.00	230.00	108.00	158.00	118.00	192.00	127.00	1,141.00
Wed. Night Big Book ACS	213.62	0.00	0.00	0.00	200.00	0.00	0.00	0.00	413.62
Whirly Bird DSG	0.00	0.00	0.00	0.00	0.00	0.00	170.52	0.00	170.52
Wild Bunch	0.00	0.00	0.00	0.00	0.00	0.00	30.08	0.00	30.08
Women with Hope	0.00	145.00	0.00	0.00	0.00	0.00	0.00	0.00	145.00
Yana Friday Nite	0.00	120.00	50.00	0.00	0.00	0.00	100.32	0.00	270.32
YANA Saturday AM	0.00	150.00	0.00	0.00	0.00	0.00	0.00	0.00	150.00
TOTAL	1,863.55	3,036.75	2,036.40	3,003.18	1,779.92	2,399.55	4,013.25	2,047.17	20,179.77