

January 2011  
Volume 1, Issue 11

# Michigan City Daily Reprieve Newsletter

THE DAILY REPRIEVE  
NEWSLETTER IS THE  
VOICE OF AREA 22  
DISTRICT 21. ITS  
INTENT IS TO ENHANCE  
AN ALREADY STRONG  
RECOVERY  
COMMUNITY BY  
PROVIDING A VEHICLE  
FOR SHARING THE  
COMBINED RECOVERY  
MESSAGES AND OUR  
EXPERIENCES,  
STRENGTHS AND  
HOPES. THE



NEWSLETTER  
DEPENDS UPON ITS  
FRIENDS. SHARE  
YOUR STRENGTH,  
HOPE, AND  
EXPERIENCE. PLEASE  
SEND ARTICLES TO  
P.O. Box 58,  
MICHIGAN CITY, IN  
46360  
EMAIL:  
district21mc@comcast.net

## *Step 1*

*“We admitted we were powerless over alcohol—that our lives had become unmanageable.”* We feel that elimination of our drinking is but a beginning. A much more important demonstration of our principles lies before us in our respective homes, occupations and affairs. ALCOHOLICS ANONYMOUS, p. 19

## *Tradition I*

*“Our common welfare should come first; personal recovery depends upon A.A. unity.”* Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

## *Concept I*

*The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.*

## ***The First Promise:***

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

## **The Area District 21 Business Meeting and the Public Information Meeting –**

7 PM on the 2nd Thursday of every Month at the Michigan  
City Christian Church at 11232 West Earl Road

Next meeting: January 13, 2011

We will be discussing public information.

# JANUARY BIRTHDAYS



<b>Joe R</b>	<b>1/01/2010</b>	<b>1 year</b>
<b>Scott B</b>	<b>1/01/1992</b>	<b>19 years</b>
<b>Robin M</b>	<b>1/02/2010</b>	<b>1 year</b>
<b>Sandy K</b>	<b>1/04/2009</b>	<b>2 years</b>
<b>Harry G</b>	<b>1/05/1985</b>	<b>26 years</b>
<b>Helen G</b>	<b>1/22/2008</b>	<b>3 years</b>
<b>Mike G</b>	<b>1/24/2010</b>	<b>1 year</b>

### Happy Birthday to All!

To publish announcements of AA  
Anniversaries celebrated by  
members each month,  
send name and number of years to:  
District 21, P.O. Box 58, Michigan City, IN  
46360 or email to [district21mc@comcast.net](mailto:district21mc@comcast.net)

The Tuesday evening 7 P.M. meeting  
at the Cedar and 11<sup>th</sup> Street  
Christian Church, is in need of new  
blood and possibly a new location.  
Come to the meeting and see if you  
would like to play a leadership role  
for a meeting that has a  
25 year tradition.

## The Traditions Checklist

### Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

AA Grapevine January 2011 issue.

**The starting times for the Wednesday meeting at the Methodist Church and the Friday meeting at St. Anthony's Hospital have changed from 8:00 PM to 7:00 PM.**

### Attention:

There is a New Meeting starting in January 2011  
at  
St. Anthony's Hospital  
Wednesdays at 1:30 P.M.

### "LET'S KEEP IT SIMPLE"

A few hours later I took my leave of Dr. Bob.....The wonderful, old, broad smile was on his face as he said almost jokingly, "Remember, Bill, let's not louse this thing up. Let's keep it simple!" I turned away, unable to say a word. That was the last time I ever saw him.

ALCOHOLICS ANONYMOUS COMES OF AGE, P. 214

## *Your Two Cents Worth*



*Send us Your  
Two Cents  
Worth*

*By US Mail:  
P.O. Box 58,  
Michigan City,  
IN 46360*

*Or*

*By Email:  
District21mc@comcast.net*

***Next month we will  
be reflecting on  
Step 2  
Please consider  
sharing your  
experience in an  
article***

### Step 1

“We admitted we were powerless over alcohol – that our lives have become unmanageable”

What does it mean to be powerless over alcohol? It means that when I start drinking, I have little or no control of how much I will drink. Alcohol becomes very important to me; it becomes my best friend, one of the few things I can really rely on. It turns off the noise of the world and gives me short term peace and comfort but it lies in wait for me calling me back, again and again and again. A rapacious creditor, they call it- alcohol, to the alcoholic is a power greater than self.

What alcoholism means to me is that I cannot live and drink and of myself I cannot keep from drinking. Step 1 is a surrender step. I knew that I was an alcoholic long before I was willing to admit it because if I knew, if I admitted it, even to myself, I would have to do something about it. I was not willing to do this for a long, long time. I had to run out of everything before I was willing to come to AA. As long as I was able to drink, I was going to drink. Most of us wind up in AA meetings out of necessity. We are sent here by family, work, the law or we just don't have any place left to go. I have heard it said that even if you have to wonder if you are an alcoholic, there is a good chance you are. People who are not alcoholic do not wonder whether they are or are not alcoholic.

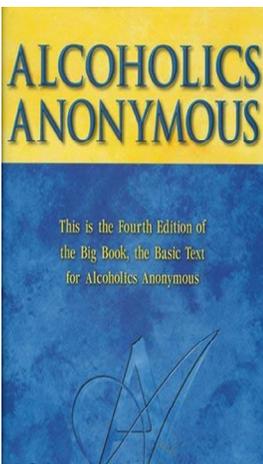
Alcoholism is a disease of a twofold nature- an allergy of the body coupled with an obsession of the mind. If I eat a strawberry, I can eat one or two and leave them alone. Nothing happens, I do not break out in hives, and I do not crave more. I am not allergic to them nor do I have a mental obsession for them. This is not the case with alcohol. It is said that one is too many and a thousand is not enough.

To live a sober life, to be able to live a peaceful, comfortable, joyous life, we have to find a power greater than ourselves by which we can live. We have to find what we were looking for in the bottle and we find it in the meetings of Alcoholics Anonymous. We learn that we cannot manage our own lives effectively by running our lives by self-will. Through the 12 steps of AA countless people have found a solution, a way to live, one day at a time, without drinking.

---

*Note from the publisher:*

*I would like to extend my gratitude and thanks to all who shared their experience, strength and hope in the articles listed in this issue. Without you, none of this is possible.*



## **Without A.A. I'd Be Dead**

### **Time and Time Again I Tried My Best to Quit But Could Not Before Coming to AA**

24 years after my first train wreck with alcohol I finally surrendered and went to an AA meeting. That was the day I realized that even in my wildest dreams I could not stop the chaos alcohol was causing in my life. It was several years into the program before I came to appreciate that without AA I would be dead. Today I know I can't live without AA.

My self esteem was in the toilet. I had been rejected by all those I loved. I finally realized my behavior under the influence of alcohol was appalling and there was no chance it would ever get any better. I felt like no one including myself cared for me anymore. Of course relying on other people to make me feel good about myself is problematic, but that's something to think about another time.

There was an aura of love present at that first meeting. I didn't have to perform to be accepted. I didn't have to prove anything. I didn't have to comply with their rules or their standards to meet their approval. They accepted me as I was. I could feel the love.

It was a relaxed atmosphere. It was amazing how well everyone got along. There were no rules posted on the wall. They didn't have a book of regulations.

Come to find out there are no rules in AA. One reason we have no rules is we have no power to enforce them. If we did start enforcing rules which might result in someone leaving a group for one reason or another, they might get drunk again and they might die. That would put us in the position of giving someone the death penalty for what was really a minor infraction

Although we don't have rules, we do have a usual way of doing things. This way of doing things was developed over time, out of common experience of what didn't work, and was agreed upon at a convention. This way of doing things which has been proven to work so well is called the AA Tradition. The Traditions are how we get along with each other.

It's important for me to respect the Traditions because they protect other members of the program as well as me. I do need to be sensitive to the feelings of other members. I don't want to be responsible for someone else running away from AA, getting drunk, and dying. Millions of people need AA to live. That mutual concern for others in the program is what makes group unity.

