

Camel Courier

VOLUME 27 ISSUE 6

JUNE 2013

GRAND TRAVERSE MICHIGAN REGION MONTHLY SOBRIETY PUBLICATION

ALCOHOLICS ANONYMOUS

District 11 – Area 34

Coverage area includes:

Antrim, Benzie,
Grand Traverse,
Kalkaska, & Leelanau
Counties.

Central Office

124 N. Division Street
Traverse City, MI 49684

24 Hour Hot Line

(231) 946-8823

7 Days a Week Around the Clock

Business Line

(231) 946-6716

Business Office Hours

Mon – Fri 10AM - 5PM
Saturday 10AM - 2PM

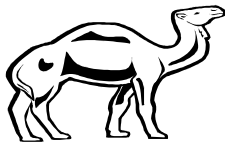
Email

district11centraloffice@yahoo.com

Website

www.district11-aa.org

The CAMEL



Each day goes twice to his knees.
He picks up his load with the
greatest of ease.
He then walks through
the day with his
head held high
and stays for that day
completely dry.

ANNOUNCEMENTS and SERVICE OPPORTUNITIES

Volunteers are needed to answer the phones at Central Office. Twelve Step work is available for women volunteers to give rides to women and return calls.

FREE If you would like an email copy of the *Camel Courier* delivered directly to your Inbox, send your email address to acgib1@sbcglobal.net Put "CC email request" on the subject line.

Volunteers needed to assist with the Fall 2013 AA Roundup. A chairperson has been named, thanks Jodie. She will need assistance. Contact Central Office if you can help.

Men needed to attend Pugsley prison meeting at 7:30 PM Tuesdays. You will need to be cleared. CONTACT: Paul G. 313-1275

CONTINUED ON NEXT PAGE

Central Office's primary purpose is to carry the message to the Alcoholic and Al-Anon who still suffers. We work the 12th Step and 5th Tradition by being available 24/7 to those who want to recover.

FREE MEETING SCHEDULES: The local (5 county) AA schedule is updated when new information is reported. We have Al-Anon schedules.

HOTLINE: The Hotline is answered 24/7 by a person who offers understanding to an alcoholic, family member or friend of the alcoholic. Our volunteers are sober members of AA and/or Al-Anon. We maintain a list of people all over our District who are willing to talk more extensively – 12th Step. We have a list of people who will give rides to meetings.

WEBSITE: Our website www.district11-aa.org offers a variety of information with links to other AA/Al-Anon sites plus local printable meeting schedules for both. One of the links, "Sober Events," lists some of the fun things to do in recovery.

CENTRAL OFFICE BOOKSTORE: We have about 95% conference approved AA and Al-Anon approved materials. We have a Gift Room with non-conference books and gift items.

CENTRAL OFFICE EMAIL ADDRESS is:
district11centraloffice@yahoo.com Any email to Central Office must have AA related material in the subject line. Those that do not are sent to spam/trash

This Month's Step and Tradition

STEP 6: We were entirely ready to have God remove these defects of character.

TRADITION 6: An AA 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.

Reprinted with permission from A.A.W.S.

42 Females & 45 Males contacted Central Office
42 by phone, **45** walk-ins, & **07** after hours calls

INQUIRING ABOUT

17 Conference Approved Literature

11 Non-Conference Literature

2 Al-Anon Literature

1 Pamphlets

21 Gift Items

0 Special Items

25 AA Meetings in District 11

7 AA meetings in Other Areas

3 Al-Anon Meetings

4 Other Alcoholism Resources

1 Other 12 Step Programs

0 Ride to Meeting

1 12 Step Call

2 Drinking Problem – Self

1 Drinking Problem - Family

1 Drinking Problem -Other

0 Other

18 After hour calls

TO THE NEWCOMER

Almost nobody looks forward to attending their first AA meeting or “keeping on coming back.” This column attempts to help the newcomer find answers and the long-timer remember what it was like.

AA is an exceedingly and usually colorful collection of people with all kinds of personalities and problems in addition to that of alcoholism. Along with the many good people who attend and who are sober are always some who are not so good and who may actually not be sober. An AA saying wryly but accurately notes that, :”If you like everyone you meet in AA, you haven’t been to enough meetings.”

Although the natural fear and anxiety of many newcomers usually serves to protect them from premature and unwise involvement with those who may not be good for them, occasionally the newcomer is so desperate for real human contact and even affection that he or she may be vulnerable to exploitation for money, sex, or other favors by unscrupulous individuals “Thirteenth Stepping” – there are actually only twelve steps in the Twelve Step program - is the common term for sexual exploitation of newcomers by others in the program. The reasons to avoid premature emotional and physical intimacy in early recovery are obvious and come down to just one principal concern: such involvements frequently become unmanageably complex or turn sour, and the risk of alcoholic relapse for the newcomer is extremely high. It is always best to keep one’s life as simple and non-stressful as possible at the beginning of recovery.

Conflicts and complications in personal relationships with other AA members may even serve to disillusion the newcomer and undermine his/her trust in the program. Remember, “Principles before personalities.”

Thank You, Central Office Volunteers

April
 Charlie
 Cheryl
 Cyndi/Rick
 Daniel
 DeeDee
 Doug
 Edwina
 Eleanor

Frank
 James
 Kenneth W
 Leslie
 Lisa
 MaryBeth
 Mike
 Neil

Paul
 Rick
 Ruthann
 Sheryl
 Stephanie
 Susan
 Victor

OLDER, SOBER and WISER

VOLUNTEER SIGN-UP SHEET

**Fill in this sheet and return to the Central Office
 Or call Susan at (231)645-1267**

NAME _____

PHONE # _____/CITY _____

SOBRIETY DATE (SIX MONTHS REQUIRED) _____

APPLICATION DATE: _____

PLEASE MARK AREAS AND TIME YOU’D LIKE TO HELP.

Work in office: ___ 10AM-2PM ___ 2PM-5PM

Call forwarding: ___ 9AM-5PM Sunday

___ 5PM-10AM Monday-Friday

___ 2PM-9AM Saturday

Can we put you on our 12th Step list? _____

Can we put you on our rides to meetings list? _____

AL-ANON

District 39

coverage area includes:

Antrim, Benzie,
Grand Traverse,
Kalkaska, Leelanau & Manistee counties.

Al-Anon Family Groups-D39

PO Box 5132
Traverse City, MI 49696



Information Line

(231) 938-7399

Response within 24 Hours

Website

www.alanon-d39.org

About the Camel Courier

Articles printed in the **Camel Courier** are the opinions expressed by individuals and not necessarily those of Central Office, the Board of Directors, or AA as a whole.

If you have an AA announcement, a meeting change you want others to know about, an upcoming AA event, a new meeting you want to get started, an anniversary, or a story to tell ...

please submit
via snail mail to:

Camel Courier, c/o Central Office, 124 N. Division
Street,
Traverse City, MI 49684,

or email to:
acgib1@sbcglobal.net
and enter "**Camel Courier**"
in the Subject Line.

All items are subject to editing. Deadline for submission is the 25th day of every month.

Published monthly, the
Camel Courier is free online at
www.district11-aa.org.

**It is hard to be a big shot in
an anonymous program.**

TREASURER REPORT FOR APRIL NOT AVAILABLE.

THE WOMEN'S MEETING AT THE TRAVERSE CITY GROUP NEEDS OTHER WOMEN'S SUPPORT. WE MEET AT 6PM ON SUNDAY. IT IS A SMOKING MEETING, BUT IF THERE ARE WOMEN WHO WOULD LIKE TO ATTEND THAT DO NOT SMOKE, WE WILL CHANGE TO A NON-SMOKING MEETING. PLEASE COME AND CHECK US OUT THANK-YOU.

THE GREATEST GIFT IS BEING A LINK IN THE CHAIN.

Unwarranted grace is what I got in AA. The philosophy I understand is, "You've got to give it away to keep it." But that is not taking into account God's Grace.

I received much grace from those who came before me. I acted badly and those members at meetings tolerated my illness. They considered the source of the sick alcoholic I was then and tried to tell me of the greater riches and blessings that were ahead – if I did certain things, like follow the path.

AA is conditional in that the Big Book has many conditions and promises to go along with them. I always seemed to miss the "if we are painstaking" part.

Do that and get this. What part of "that" did I not understand? The *doing* is the key, Action and more Action.

Yes, dependence on a higher power is great and a necessity for my continued sobriety and serenity and sanity. What can I do? Can I do anything to cooperate with that power?

Yes, I can follow the path God has given me to follow, putting myself in a position to receive from Him so I can be a channel for the AA message to flow through me to those who are still suffering in the dark, keeping the chain going on and on.

I am a link in the chain. Are you?

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ANNOUNCEMENTS CONTINUED

If your group would like AA book sales at your meeting, contact Victor at 640-4392

Central Office is in need of members to serve on the board. If you have six months of continuous sobriety, Consider this service opportunity and contact the office at 231-946-6716.

THANKS to Hilda, Merciditas, Victor, Charlie D. and Rick C. for their help in getting merchandise to and from Spring Round Up in Grayling over Memorial weekend. Hilda, Merciditas, and Victor spent many hours at the tables assisting customers.

JUNE SOBER ANNIVESARIES

Jim D. 6-01-1988 Don C. 6-2-1995 Lois D. 6-07-2001 Tim W. 6-11-2003
Trapper S. 6-13-1998 McCurley B. 6-19-2009 Bruce W. 6-19-2003 John M. 6-21-2008
Lisa A. 6-22-2004 Jeri Lynn 6-23-2005 Turner 6-26-2006 Neil H. 6-28-2000
Denny R. 6-29-1993

An accumulation of **156 YEARS** of sobriety. Congratulations!
To share your sobriety date, e-mail your first name, initial, and month/day/year
To: acgib1@sbcglobal.net Enter *Camel Courier* in the subject line

Calendar of Events - JUNE 2013

**MCYPAA35 The Michigan Convention of Young People in AA will be held in Traverse City Nov 29-Dec 1, 2013.
At Grand Traverse Resort and Spa. Contact Kerry F. (231) 838-8565 or Lacy M (989) 306-0563
Registration \$10.00 UNTIL August 1 and \$20.00 afterwards.**

Central Office Meeting, 2nd Wednesday, 5:30 PM, Central Office

District 11 meeting, 2nd Saturday, 9:30 AM, Munson Hospital, Basement Conference room.

Open speaker meeting at Munson in basement conference room each Saturday at 8:00 PM.

MCYPAA 35 Monthly potluck last Sat. of month. Dinner at 6:30, speaker at 8:00. BCAA Unity Hall,
509 N. East St., Boyne City. Campfire meetings begin May 25th
Contact Keri W. 989-350-4937 Lacy M. 989-306-0563

Founders Day, Akron, OH. June 7,8,& 9, 2013. INFO at www.foundersdayregistration.akronaa.org

Midwest Motorcycle AA Convention, Pearl City, IL. June 21-23, 2013. Visit: www.MMAAC.org
Contact: Dewey P. 815-721-9243, Dave S. 85-703-6070. Registration \$35. Before June 11th.

MCYPAA Event Sat. June 22. Picnic at Bryant Park 1PM. FROLFING (Frisbee golf) at Hickory Hills 3PM.
Speaker Keri W. Munson Medical Center basement conference room 8PM.
Contact: Lacy M. 989-306-0563, Keri W. 989-350-4937, Hunter W. 989-350-4851.

MCYPAA 11th Step Meditation Workshop, July 13th, Mt.Pleasant, 505 S. Leaton Rd.
Contact: Lacy M. 989-306-0563, Keri W. 989-350-4937, Hunter W. 989-350-4851.

FALL ROUNDUP at the Park Place on 11/1/13 - 11/3/13. Details will be provided soon.
The committee is hard at work with the planning.

DO WHAT YOU DID AND YOU GET WHAT YOU GOT!

**SOMETIMES THE ONLY THING BETWEEN AN ALCOHOLIC AND A DRINK IS HIS HIGHER POWER
TIME TAKES TIME. - PATIENCE TAKES PATIENCE.**

**YOU CAN'T THINK YOUR WAY INTO A NEW WAY OF LIVING,
YOU'VE GOT TO LIVE YOUR WAY INTO A NEW WAY OF THINKING.**

FROM THE TABLES

My son has been involved in some heavy drinking and having the problems associated with alcoholic behavior. I won't go into detail, but yesterday he came to me and asked for help. He wouldn't have known where to turn if I hadn't been doing what I do in AA. He sees my results. That is why working this program is so important. I also know my boundaries and how far I should go in helping him. I must remember that this is his recovery, not mine. He is responsible for it. I will get him to meetings, but I won't work his program

Thank God none of this is rocket science or I'd have died drunk. I caught fire with this program and let it consume my mind as drink once did. Then God filled me and replaced that hole in my brain with his Grace. Now I keep the Program simple and direct, Step after Step and with His help I go forward one day at a time.

My life has been a bit tumultuous of late, with some apprehension about my work and living situation. But, I focus on the tasks at hand, pray, help others, and try to love myself a little better each day. I am thankful for AA and all of you who share so much.

I find in these rooms that if I share enough I will find solutions. There is always someone else going through or who has gone through the same thing I am facing. I am an alcoholic but I have other issues that I need to deal with in my life. If I reveal these issues and share how I cope with them without alcohol, but share these difficulties in an open, honest way, I find help from others. Sometimes it is not what they say, but the fact that I put my problem into words that helps. We are never alone.

I remember three years ago when I relapsed. I now recognize the behaviors that lead me to relapse. I started pushing people away. I stopped praying and meditating. I started backing out of service work. I began judging everyone and everything about the Program. I slacked off on meetings then stopped going to meetings. These were just my obvious changes. My personality changed also. I became more irritable. My outlook on life and attitude became more negative. Before I knew it, I began to think that I could now drink responsibly. Big mistake! Thankfully I made it back to AA. Now I take daily inventory and keep myself on track. I know what went wrong and strive to not repeat those behaviors.

There are times when I do not want to go to meetings. I know there are times I look around meetings and think, "I don't like anyone here." Or, I think that picking up the phone is just a pain. But I have to tell you, I go anyway. I try to talk to someone after each meeting, I do use the phone to call a fellow AA. I do service work. And you know what? I feel better afterwards. Maybe not always, but 95% of the time and I keep working to stay positive and do the things I need to do to have a clean, sober life.

Recently I "ditched" God. I thought He was the reason my life was in the tank. "Bad stuff" was happening to me and it was His fault, at least in my mind it was. My sponsor asked me, "Why don't you go out on a limb and try trusting God again?" So I took his advice and began to look at myself. What I thought was God's fault was really my selfish expectations about life. The problems in my life were the result of my thinking and behavior. I began to see that I could no longer blame Him for the difficulties in my life. One night I got on my knees, cried out to God, and told Him, "I no longer blame you for the bad things in my life. Help me know the right path to follow. Things began to change as I became more open to listening to Him. Now He is my source of strength.

ACCOUNTABILITY

It is the policy of the Central Office Board to pursue prosecution of any person who conducts theft of money or property or any other criminal activity at the Central Office.

Central Office Board Meeting Minutes of May 8, 2013
(Minutes to be approved at June 12, 2013 meeting)

Members present: Rich, Carrie, Victor, Art

Guests: Dale.

Start time 5:40 pm by Art with the Serenity Prayer

Secretary's Report: Rich read the minutes from the April meeting, Carrie made a motion to accept the minutes as amended, Victor seconded. Motion carried.

Treasurer's Report: MaryBeth absent. Treasure's report to follow later in the week. Carrie made a motion to approve the notes available, Rich seconded. Motion carried.

Webmaster's Report: Carrie reported that everything was okay.

Camel Courier: Art indicated there were no issues, all is good.

Volunteer Coordinator's Report: Susan absent.

Literature Buyer's Report: Dale indicated that everything was okay

Old Business: Thanks to Nick K. for long service and valuable support of members of the Central Office Board.

New Business: Dale B. elected as new member of the Central Office Board. Congratulations Dale.

Traverse City Fall Round-up report: No new information.

Tabled Discussion of computer upgrade and Quick book implementation.

Central Office is looking for more board members. Please contact Central Office

Carrie made a motion to adjourn at 6:15pm and Dale seconded. Carried. Meeting closed with the Lords Prayer.

Next Central Office board meeting is June 8,2013. All are welcome to attend.

Respectfully submitted by Rich H.

THOUGHT TO PONDER

What is the greatest gift, besides sobriety, that you have received in AA?

Email your response to be placed in a future issue to: acgib1@sbcglobal.net Put Camel Courier on subject line.

RANDOM THOUGHTS ABOUT THIS JOURNEY OF OURS.

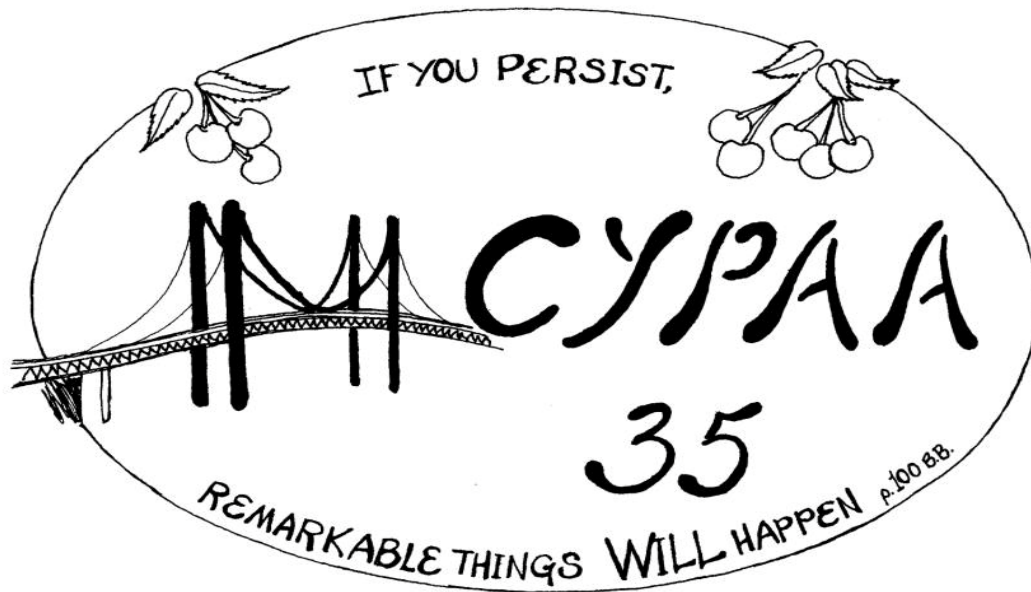
Getting sober may not be the easiest experience we can go through in our lives, but it can have its humorous moment too. It is amazing that God has given us the ability to laugh at ourselves and join in laughing with others. This is our sense of humor being returned to us in sobriety. Who does not enjoy a good laugh at something humorous someone has shared in a meeting?

There is great joy in getting sober at a young age. With so much of your life ahead of you, sharing your experience in the rooms with other AA's young or old is a gift. It is a reward of the Program. Even if you only drank for a few years, recognizing this disease and then taking the Steps of AA sets you up for a long, free life.

We are all alcoholic, but how many different ways are there to move into action and "work" the Steps of Alcoholics Anonymous? There are lots of varieties and you only have to listen for a while to learn there is no "perfect" way into sobriety. Formal or informal adherence to the Principles is less important than that an AA has a Program that "works" for him or her. Keep coming back!

©Akron Intergroup News; December 2012

35th ANNUAL



MICHIGAN CONVENTION OF YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS
TRAVERSE CITY, MI

Service Positions Available!!

Are you in need of a service commitment to enhance your recovery?

Are you in need of fun in sobriety??

Are you Young at Heart with room to grow???

If you answered "YES!" to these questions then come see us:

MCYPAA 35 Host Committee

Monday, June 10th at 6:00PM

Bridge St Church

30 Bridge St Petoskey MI 49770

Come, be a part of something that is going to be an experience
you **MUST NOT** miss, guaranteed!!!

For more Info, please contact:

Lacy M. - Chair - (989) 306-0563

Keri W. - Co-Chair - (989) 350 - 4937

Jon L. - Secretary - (231) 838 - 5514

What is MCYPAA??

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. We direct our attention towards young people by providing the Michigan Convention of Young People in Alcoholics Anonymous, which meets annually on the weekend following Thanksgiving. Experience has shown MCYPAA a prime opportunity for young people to participate and share their experience, strength, and hope within AA as a whole.

We encourage all AAs, Al-Anons, ACOA's, and Alateens to participate in, and support MCYPAA. Non-alcoholics are also welcome to attend open meetings to further public awareness and understanding of alcoholism.

DISTRICT 11 MEETING MINUTES

May 11, 2013

The meeting opened at the Munson Basement at 9:30 am with the Serenity Prayer, followed by the opening readings and roll call:

- District 11 Statement of Purpose – Phil S.
- 4th Tradition – Jodie S.
- 4th Concept – Paul J.
- Declaration of Unity – Mel H.
- Roll Call – 8 members

OFFICER REPORTS

Secretary – Jodie S. April 2013 minutes read and accepted as written.

Treasurer – Roger B. May 1st balance, \$2011.95. Contributions = \$345.15 from: TC Group, West End Group, Lake Leelanau Tuesday Nooners Group, Carp River Group, District 11 hat. Thank you all for your support! Expenditures \$97.50 for travel to Area. Prudent reserve \$603.17. Travel balance is \$300.99. Treasury report accepted. Please send all District 11 contributions to PO Box 1231, Traverse City, MI 49685.

Chair – Dave L. Area Assembly - discussed directory, should be ready by next assembly. Plans to offer for free. Next Area 34 Assembly will be on 5/19 in Gaylord, MI, at the Sportsplex.

COMMITTEE REPORTS

PI/CPC Committee. Phil S. Attended PI/CPC committee workshop at the last Area assembly - it was a presentation on what PI/CPC is more than a workshop per se.

Corrections Committee. No report.

DCM REPORTS

Antrim, Benzie, Grand Traverse. No report, open position.

Kalkaska. Mel H. 5th Tuesday Kalkaska - George A. spoke, good meeting. Grapevine pointed to group inventory, what they are doing to carry the message. Fife Lake will have its annual picnic on Father's Day, June 16 at the Fife Lake Village Ball Park (next to the Township Hall), 2 speakers lined up - AA + Alateen!

Leelanau. Ted K. Talking about putting together a "unity meeting" - put out some food and talk about matters affecting the area - including, considering creating a Leelanau county-wide pocket schedule, and discuss creating a beginner's group as some people are struggling. Haven't firmed up, but will create flyer once done. Group consciences starting to occur.

GROUP INFORMATION/ANNOUNCEMENTS/CONCERNS

Nothing reported.

OLD BUSINESS

Area Assembly Frequency Subcommittee. Jodie S. Group met before last NMIA meeting in Grayling, and revised some items. Will present to the district hopefully at the next meeting for finalization.

Attend ATS Recovery Information Session at Munson. Sharon M. and Jason R. attended the group on April 22, and shared by email how this works. They have this meeting every 2 months - next one will be on Tuesday, June 18, then August 13, October 8, December 3, and January 28 going forward. Thank you Sharon and Jason for stepping up to 12th step work with Munson!

District 11 Support with Fall Roundup. District 11 discussed when/how to pay for the Hospitality Suite. Roger B. will provide check for Roundup Committee. Groups interested in hosting the hospitality suite should contact Jodie S. to get on the list. Groups should expect to commit to 4 or 6-hour increments. Groups also interested in donating to the roundup should send checks to: TC Fall Roundup, PO Box 4, Traverse City, MI 49684.

District 11 Support at Al-Anon State Conference. Paul J. Group of us got together to speak - somewhat unorganized and small, but everything is taped so might serve a larger audience. Some went out to eat afterward, great fellowship.

Corrections Committee Discussion. A very lively discussion ensued regarding the purpose of the Corrections Committee at the District level and Chair role. The Service Manual was read, as well as the Corrections Workbook. How other entities - NMIA and Area - play a role. Boiled down to - "what is our need and how do we fill it for district?" There are 5 county jails and a prison - all which need district support. Paul G. expressed interest in being the District 11 Corrections Committee chair and reaffirmed it at this meeting - and was voted in. Thanks, Paul, for your service!

NEW BUSINESS

Change District Meeting Location. Roger B. - wants to seek changing Meeting dining room #2 new location - better size, and there are months when the basement is not available. **MOTION**: Change meeting location if available. Passed unanimously. **Update**: June's meeting will be in the basement - but all district meetings afterward will be held in the new Dining Room #2 location. Thanks, Roger!

Report Protocol. Roger B. - discussed that a protocol exists that all DCMs, committee chairs and the DCMC present written reports to the secretary at the meeting. All seemed to agree that this would keep a better focus on the beginning of our meetings.

Support for DCM Activities. Ted K. asked about support for the activities in Leelanau - suggested to bring back specifics and we will be glad to hear proposals for support.

The meeting closed at 11:00am with the Lord's Prayer. Next meeting will be held on Saturday, June 8, 2013, at 9:30 a.m. at the Munson Hospital Basement Conference Room, Traverse City, MI.

Yours in love and service,

Jodie S.

District 11 Secretary

Camel Courier

Central Office

124 N. Division Street

Traverse City, MI 49684

JUNE 2013