

# MichianAA Newsletter

Michiana Central Service Office/Intergroup

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Visit us online at: [www.michianasober.com](http://www.michianasober.com)

## CSO/Intergroup Office Committee

- Chair: **Andy L.**
- Co-Chair: **Adam P.**
- Treasurer: **Adam W.**
- Secretary: **Mary G.**
- Member: **Ed W.**
- Member: **VR S.**
- Member: **Brian K.**
- Member: **Brian M.**
- Member: **Eric K.**
- Office Manager: **Lisa G.**
- Correction Facilities: **Mike D.**
- Grapevine: **Open**
- Newsletter: **Marc B.**
- Cooperation with Professional Community: **Rob C.**
- Public Information: **Open**
- Special Events: **Julie A.**
- Treatment Facilities: **Mary K.**
- Website: **Kristen C.**

**We accept  
Debit/Credit cards!**  
Now accepting  Apple Pay

**Office Hours**  
Monday & Wednesday 1-5pm  
Tuesday & Thursday 9am -1pm  
Friday noon to 4pm

Please Note: the CSO office will be closed if the schools are closed because of weather.

## Step 3 of AA: Turn It Over

When we've taken steps one and two we have learned and accepted that our lives are unmanageable, we are alcoholics and a power greater than ourselves can restore us to sanity. What if we were to surrender the manageability part? We can surrender a lifetime of self-will run amok by making the decision to turn it all over to a Higher Power and allow someone and something to care for us. We can stop wearing ourselves out trying to make and force everything to happen as if we were in charge of everything in the world.

Recovery is a spiritual process and step three is when the doors of hope, faith and trust are opened allowing us to once again take a deep breath and feel the serenity: a gift of sobriety. The essence of step three is turning over your will, getting out of the way, and being restored to reality, honesty, balance and peace of mind.

## THIRD STEP PRAYER

*God, I offer myself to Thee -*

*To build with me*

*and to do with me as Thou wilt.*

*Relieve me of the bondage of self,*

*that I may better do Thy will.*

*Take away my difficulties,*

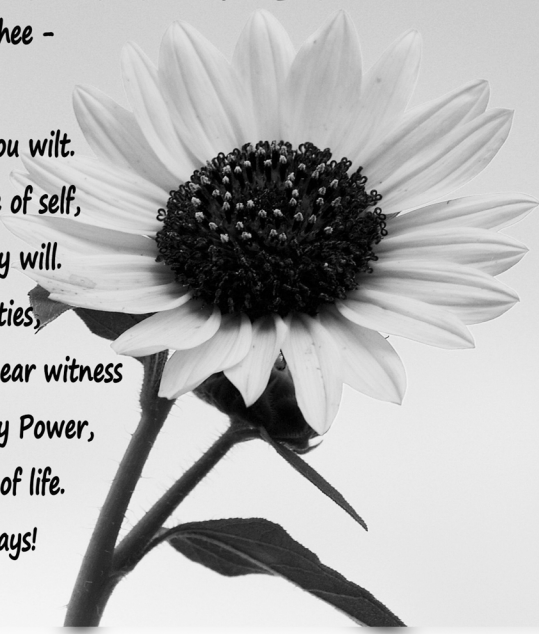
*that victory over them may bear witness*

*to those I would help of Thy Power,*

*Thy Love, and Thy Way of life.*

*May I do Thy will always!*

*Amen.*



"Made a decision to turn our will and our lives over to the care of God as we understood Him."



NOTE: Flyers accompanying this newsletter and announcements within are presented in the spirit of cooperation and are not necessarily affiliated with A.A. or the Michiana Central Service Office/Intergroup.

# FELLOWSHIP Pancake Breakfast



WHERE: FELLOWSHIP HOUSE  
1438 E. CALVERT, SOUTH BEND, IN  
WHEN: 1ST. SUNDAY OF EVERY MONTH  
\$3.00 DONATION  
TIME: FOOD SERVED AT 8:30 AM  
COFFEE AND JUICE PROVIDED  
MAPLE SYRUP AND SAUSAGE SERVED WITH PANCAKES  
PLEASE USE SIDE DOOR  
QUESTIONS CALL JOHN 210-9478

# Gratitude

## Gratitude Can Improve Overall Well-being

Cultivating gratitude has been shown to have numerous physical and mental health benefits – including improved sleep quality, reduced symptoms of anxiety and depression, and lower levels of stress hormones like cortisol.

By actively seeking out ways to be grateful each day (whether by writing them down in a journal, expressing thanks verbally or mentally during daily routines), people who are struggling with addiction can improve their overall well-being while they work towards lasting recovery. Practicing gratitude is an essential part of addiction recovery – helping shift our focus away from negativity towards positive outcomes; reducing feelings of envy or jealousy; promoting humility; promoting resilience; and improving overall well-being. So why not try incorporating a habit of thankfulness into your daily routine? You never know – it may just help you start feeling better today!

-Anonymous

## SATURDAY NIGHT LIVE



- March 23 - Dean D., Birds of a Feather
- March 30 - Paul Z., Higher Power Group
- April 6 - Debbie S., Niles Candlelight
- April 13 - Suzanne P., 804 Group
- April 20 - Zach B., Rebellion Dogs
- April 27 - Mary Beth S., T Group

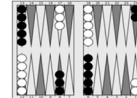
# LET'S HAVE SOME FUN



**EUCHRE**



**Backgammon**



**Where:** FELLOWSHIP HOUSE  
1438 E. CALVERT STREET  
SOUTH BEND, IN 46613

**When:** EVERY SATURDAY NIGHT  
AFTER THE  
SATURDAY NIGHT  
LIVE MEETING



**PRIZES!! PIZZA, POP, COFFEE, WATER & SNACKS**

\$5.00 DONATION

## MEETINGS NEEDING SUPPORT

Friday Night Willow Creek UMC 7:30

# tradition 3

Tradition 3 (long form). Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

*In Memory*  
Jerry B.

# Anniversaries

## JANUARY

Wendy S. Auggies 9 years

## FEBRUARY

Danny S. 804 Group 32 years

Steve T. 804 Group 23 years

Eric K. 804 Group 5 years

Danny F. 804 Group 2 years

Aran S. 804 Group 1 year

Pat B. 804 Group 41 years

Dan A. Area Hall 16 years

Mike Saturday Night Live 18 years

Rick N. Saturday Night Live 38 years

Terri S. Rebellion Dogs 2 years

Mac T. Rebellion Dogs 27 years

Dave P. 3 Minute Step 38 years

## MARCH

John H. 2nd Chance 35 years

Lucy S. 2nd Chance 37 years

Beth M. 2nd Chance 28 years

Brian M. There is a Solution 7 years

Betty V. Area hall 4 years

Michael C. Area Hall 2 years



## CSO MEETING ATTENDEES

Ramblers II

Got To Want It

Birds of a Feather

Saturday Night Live

Grace Fellowship Friday

Higher Power Group

Open to Recovery

Bremen Muncy

There Is A Solution

Step By Step

Portage Group

Auggies

2nd Chance

Rebellion Dogs

As Bill Sees It

Sunday Night Live

St. Monica's Big Book

Experience Strength and Hope

Ivy Group

## 2024 Michiana Mini Conference

*The Steps are Where it's At*



It's time to reconnect, refresh, and return to Elkhart Northside Nazarene (53569 CR 7) on **Saturday, April 27** for our annual conference. **Workshops begin at 10:00a** and will deliver a fresh perspective on the steps.

**Lunch will be served at 1:30p**, followed by a sobriety countdown and speaker.

This year, we welcome keynote speaker **Carla N., Alternate Minnesota CSO Delegate**, to share her story of experience, strength and hope.



### First Series 10AM

Step 11: Spiritual Practices for Successful Recovery  
St Paul's

Sunshine Group  
Nappanee

Step 12: Pass it On  
YANA

### Second Series 11:55AM

Adult Children of Alcoholics

Stepping Up Step Group  
Goshen

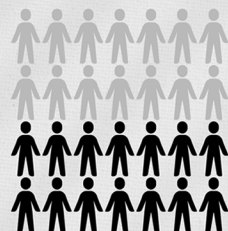
Sunrise Group  
Serenity Hall

### Third Series 12:30PM

New Hope Group  
Stepping Stones

Step 12: Service  
Tri-district

Sunshine Group  
Freedom Hall/Elkhart



Fellowship with friends from around our community!

# \$30

Before April 15;  
\$35 after April 15

## 9a-5p



# 3

## Alanon Sessions

Ticket includes coffee, donuts, refreshments, and lunch.

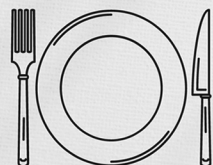
**For Info, Contact:**

James K.: 574.206.3539

Catie H.: 317.289.6766

CSO: 574.295.8188

For years Alanon has been invited to present workshops and participate making the conference a huge success.



LET'S GET TOGETHER!

Tickets available at Serenity Hall and the CSO @949 Middlebury St. Elkhart

Tickets also available via contacts above and through several members

## Would a TWO BUCK contribution ruin your week?



A single dollar contribution barely allows the individual groups to pay their rent each month. It leaves them little or no money for contributions to the intergroups. As a result, many of the intergroups are suffering financially.

The intergroups are a vital part of the AA and they:

- ◆ Publish meeting lists of local AA meetings.
- ◆ Maintain telephone answering services to handle questions from those in need of information about AA or AA meetings.
- ◆ Coordinate and provide meetings in jails, hospitals, and institutions.

In accord with the AA *Statement of Responsibility*, each of us has an implied responsibility to keep the intergroups financially healthy, so they will be able to continue to assist suffering alcoholics who are reaching out for help.

**The important thing is to "keep coming back." Being short of money should never stop anyone from going to meetings.**

## Michiana Central Service Office Statement of Activity February 2024

<b>GROUP INCOME</b>		<b>EXPENSES</b>	
814 Group	\$156.00	Accounting Fees	\$150.00
CSO Basket	\$24.00	Answering Service	\$110.60
East Race for Sobriety	\$32.00	Bank Service Charge	\$1.53
Experience Strength & Hope	\$135.45	Literature	\$104.43
Ivy Group	\$120.00	Office Supplies	\$387.83
Ruts	\$155.64	Payroll	\$1,189.00
Saturday Night Live	\$180.00	Payroll Taxes	\$90.96
St. Monica's Big Book	\$90.00	Rent	\$550.00
T Group	\$342.00	Special Events	\$134.40
<b>TOTAL GROUP INCOME</b>	<b>\$1,235.09</b>	<b>TOTAL EXPENSES</b>	<b>\$2,718.75</b>
<b>OTHER INCOME</b>		<b>Net Income for February</b>	<u><u>-\$380.54</u></u>
Coffee Can Fund	\$53.41		
Interest Income	\$41.66		
IRS Refund	\$275.00		
Literature Sales	\$233.05		
Misc. Contribution	\$500.00		
<b>TOTAL OTHER INCOME</b>	<b>\$1,103.12</b>		
<b>TOTAL ADDED INCOME</b>	<b>\$2,338.21</b>		



*"Please, follow this QR code to the website,  
michianasober.com, for Urgent Updates and meeting schedule.  
Thank you!"*