

Michiana AA Newsletter

Michiana Central Service Office/Intergroup

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Visit us online at: www.michianasober.com

CSO/Intergroup Office Committee

Chair:	Andy L.
Co-Chair:	Ed W.
Treasurer	Adam W.
Secretary:	Becky C.
Member:	VR S.
Member:	Brian M.
Member:	Eric K.
Member:	James H.
Member:	Mary G.
Office Manager:	Heidi M.
Correction Facilities:	Mike D.
Grapevine:	Melissa J.
Newsletter:	Marc B.
Cooperation Professional Community:	Jeanine B.
Public Information:	Jeanine B.
Special Events:	Open
Treatment Facilities:	Mary K.
Website:	Marie F.

The Intergroup Meeting will be held February 19, 2026 at First United Methodist Church at 333 N. Main St., South Bend, IN at 6:30 P.M.

If you are no longer an Intergroup Rep., please call the office at 234-7007. Don't forget your birthdays!



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



We accept
Debit/Credit cards!
Now accepting Apple Pay

Office Hours

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

Step 1

Admission of Powerlessness

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

The Science Behind Step 1

Step 1 powerlessness isn't purely perspective or opinion. Aspects of this step are backed by science. Long-term heavy alcohol use causes changes in the brain. The frequent presence of alcohol creates an imbalance in neurotransmitters. This imbalance teaches the brain to crave more alcohol, which reinforces the cycle of overuse, leading to dependence and addiction. When alcohol use has progressed to this point, the condition of Step 1 powerlessness has been reached.

AA powerlessness offers several evidence-based benefits that make it an important Step 1 in AA. The crux is acceptance. By admitting powerlessness to alcohol, the person accepts their situation, acknowledging their life is out of control and they need help. This acceptance has been linked to better psychological health. Benefits include increased resilience, improved emotional well-being, enhanced emotional regulation, and better overall mental health and quality of life. It also frees you to seek support, which is key to successful recovery. For example, participation in AA has been found to be associated with positive recovery outcomes.

Source: sober.com

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

**Acceptance
is the
Answer**

**HAPPY
SOBER
BIRTH
MONTH!**

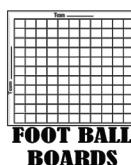
Stay witty, fun, and lovable. Enjoy your birthday!

CELEBRATE LAST SUNDAY
OF EVERY MONTH
FROM 6:00 TO 7:00PM
CONFRENCE ROOM AREA HALL

SUPER BOWL 2026 PARTY

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

When: SUNDAY FEBRUARY 8TH. 2026
DOORS OPEN 5:00PM
KICKOFF 6:30PM



We will be pulling the winners for the
raffle, football boards & meat raffles.



**Bruno's Pizza
Wings & Pulled Pork from our friend Mike
Blowingsmokebbq
Chips & Dip
Pistachio Cheesecake Pie
Cookies from Pats Pies.**

Please bring a side or dessert to share.

SATURDAY NIGHT LIVE



January 17 - Julie J.
January 24 - Cat J.
January 31 - Bridgett O.
February 7 - Andy L.
February 14 - Tim T.
February 21 - JJ
February 28 - Johnny S.

Anniversaries

NOVEMBER

Rick T Group 18 years

Perry T Group

DECEMBER

Crystal S. Simple Group 1 year

Noel Happy Lunch Bunch 2 years

Helen K. St. Michael 4 years

Diane Sat. Nite 1 Year

Dave T-Group 20 years

Chris P. T-Group 3 Years

Mary K. 804 Group 7 Years

Jae Sunday Night Live 1 Year

JANUARY

Bob D. Noontimers 26 years

BobbieLee H. 27 years

David McT. Portage Group 43 years

Scott B. 2nd Chance 34 years

Hector C. Area Hall 10 years

Bob Mc. Area Hall 17 years

Kathy M. Keep it Simple 43 years

Mary N. 9 years

Michal G. Wake Up Call 1 year

John Sunday Night Live 14 Years

Eric P. 804 Group 32 Years



CSO MEETING ATTENDEES

Moose Group

RUTS

Higher Power Group

Buchanan Serenity

There Is Hope

Sober Sparrows

Tuesday Night Step

Portage Group

2nd Chance

AN UNSUSPECTED INNER RESOURCE

January 15 Daily Reflections

With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.

ALCOHOLICS ANONYMOUS, pp. 567-68

From my first days in A.A., as I struggled for sobriety, I found hope in these words from our founders. I often pondered the phrase: "they have tapped an unsuspected inner resource." How, I asked myself, can I find the Power within myself, since I am so powerless? In time, as the founders promised, it came to me: I have always had the choice between goodness and evil, between unselfishness and selfishness, between serenity and fear. That Power greater than myself is an original gift that I did not recognize until I achieved daily sobriety through living A.A.'s Twelve Steps.

Step 1 Prayer

"Dear Lord, Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism."

There Is A Solution

Michiana CSO Statement of Activity December 25

GROUP INCOMEMONTH-TO-DATE CONTRIBUTIONS **\$2,375.75**OTHER INCOME

Coffee Can Fund	\$0.00
CSO Basket	\$36.00
Birthday Club	\$0.00
Interest Income	\$12.44
Literature Sales	\$1,173.25
Misc. Contribution	\$1,000.00
Newsletter Subscription	\$0.00
Special Events Committee	\$0.00
TOTAL OTHER INCOME	\$2,221.69
TOTAL ADDED INCOME	\$4,597.44

EXPENSES

Accounting Fees	\$120.00
Advertising	\$55.20
Answering Service	\$128.40
Bank Service Charge	\$0.00
Literature	\$234.65
Office Supplies	\$80.64
Payroll	\$1,230.00
Payroll Taxes	\$94.10
Quarterly Payroll Taxes	\$0.00
Rent	\$610.00
Special Events	\$0.00
Square Fee	\$27.99
Workers Comp Insurance	\$0.00
TOTAL EXPENSES	\$2,580.98

Net Income for December **\$2,016.46**

YEAR-TO-DATE CONTRIBUTIONS

\$23,154.10

GROUP INCOME	MTD	YTD
12&12 Group, St. Paul Episcopal Church		\$160.00
50 Minutes, R.B. Francis Library		\$296.13
804 Group, Christ the King Lutheran		\$984.87
814 Group, 814 East LaSalle		\$590.00
All About Me, Fellowship House		
Anonymous Group		\$500.00
Ardmore Group, Oak Tree Community Church		
Area Hall Groups	\$120.00	\$660.00
As Bill Sees It, 1st United Methodist		\$106.80
Auggies Group, South Side COG		\$465.00
Bare Bones, South Side Christian Church		
Beginners Meeting, Fellowship House		\$20.00
Big Book Buddies, Fellowship House		
Big Book Study Group, 1st UMC		\$130.00
Big Book, Fellowship House		
Birds of a Feather, East Methodist Church		
Buchanan Serenity	\$80.00	\$960.00
Candlelight, Fellowship House		
Center for the Homeless		
Cleveland Road Group, Clay Methodist Firehouse District 35		\$515.00
East Race for Sobriety, Sunnyside Presbyterian Church		
Experience, Strength and Hope, Timberland Church		\$727.59
Friday Night Fellowship, Grace Methodist Church	\$300.00	\$806.00
Friday on My Mind, Fellowship House		
Four Square Group		\$156.00
Got to Want It, Northwest Methodist		\$250.00
Granger Noon Group, St. Pius Church		
Greek Church Meeting		\$82.00
Happy Lunch Bunch, 415 E. Madison		\$240.00
Higher Power Group, St. Joseph Parish	\$329.00	\$1,563.55
Hope Ministries Group		\$50.00
Ivy Group, Zion Church		\$660.00
Keep It Simple, Granger Missionary Church		\$240.00
Meditation Meeting, Zion Church		
Michiana Conference		\$40.00
Mishawaka 4 Square, Methodist Church		
Monday Night Step, Grace Methodist Church		\$120.00
Moose Group, Christ the King Catholic Church	\$178.19	\$656.84
Morning After Group, Fellowship House		
New Freedom, Timberland Church	\$91.20	\$403.20
Niles Friday Night Topic		\$344.00
Niles Grapevine, Fellowship House	\$240.00	\$240.00
Noontime, Fellowship House	\$160.00	\$410.40
Old Group, Oak Tree Community Church		
Otherside Group, South-Side Christian Church		\$300.00
Portage Group, 1st Methodist Church	\$328.00	\$836.00
Potowatomi Meeting in the Park		\$52.80
Pots Group Niles		\$1,090.00
Prayer and Meditation, Zion Church		\$507.61
R.U.T.S., Christ the King Lutheran	\$249.36	\$502.36
Ramblers II, Fellowship House		
Rebellion Dogs, Timberland Church		\$94.00
Riverview 500, 500 Lincolnway East		
Saturday Night Live, Fellowship House	\$300.00	\$1,654.40
Second Chance Group, Holy Cross College		\$1,503.00
Shipwrecked		\$100.00
Simple, Fellowship House		
Sisters In Sobriety, Timberland		\$58.80
Sober Sparrows		
Sobriety for Freedom, Fellowship House		
St. Michael's Big Book		\$126.80
Starbuck Group, Fellowship House		
Step By Step, Church of the Savior		\$193.50
Still Workin It, Fellowship House		\$141.45
Sunday Night Live Group, Christ the King Lutheran		\$500.00
Sunday Night Serenity, 1st United Methodist		\$372.50
Sunrise Serenity in Sobriety, Security Building		\$986.20
"T" Group, Timberland Church		\$565.00
There is Hope		\$100.00
There Is A Solution, Church of the Savior		\$193.50
Three Minute Step, Christ the King Lutheran		\$479.80
Willow Creek Friday, Willow Creek Methodist		\$125.00
Turning Point, Northwest Methodist		\$325.00
Wake Up Call, Fellowship House		
Young & Restless, Fellowship House		\$60.00
You're OK, Fellowship House		