

MichianAA 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 makes 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!

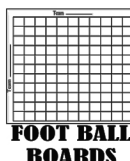
**CELEBRATE LAST SUNDAY
OF EVERY MONTH
FROM 6:00 TO 7:00PM
CONFERENCE ROOM AREA HALL**

★ 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



FOOT BALL
BOARDS

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
Dante 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



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.

Just for Today

JUST FOR TODAY I will try to live through this day only, and not tackle my whole life problem all at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

...

JUST FOR TODAY I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

...

JUST FOR TODAY I will adjust myself to what is, and not try to adjust everything else to my own desires. I will take my "luck" as it comes, and fit myself to it.

...

JUST FOR TODAY I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

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

[illegible]