



Alcoholics Anonymous Area 33 - District 21 & 22

Sober Times

April 2026

I AM RESPONSIBLE ... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.
And for that: I am responsible.



The District 21 & 22 monthly newsletter's purpose is to share the AA message and inform members of upcoming events around our area and the needs and celebrations of our local AA groups. Supporting our members in unity, service and recovery. Please email district21.22aa@gmail.com with details of your group's upcoming celebrations, events and/or needs.

Did you know...

The Alcoholics Anonymous symbol, a circle enclosing a triangle, was officially adopted at the 20th Anniversary Convention in 1955.



It represents the three legacies of AA Recovery, Unity and Service with the circle symbolizing the worldwide fellowship.

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~ AA Hotline ~  
(877) 337-0611

~ Area 33 Accessibilities ~  
(586) 335-2840

[Area33accessibilitieschair@aa-semi.org](mailto:Area33accessibilitieschair@aa-semi.org)

Upcoming Events

☒ = food will be served 🍰 = dessert provided

- Share the Gift ~ 27th Anniversary Breakfast ~ April 11th ☒  
Doors open 7:00am; breakfast 7:30am; speaker 8:30am (Jim H.)  
VFW Post 4659 - 8311 Wilson Drive Shelby Twp. 48316
- Area 33 Pre-Conference ~ April 12th 11:00am-4:00pm ☒  
Registration at the door available, pre-registration is advised.  
Coffee, donuts and lunch provided.  
Questions contact Edgar L. at [area33altdelegate@aa-semi.org](mailto:area33altdelegate@aa-semi.org)  
Madison High School -915 E. Eleven Mile Rd. Madison Hgts.
- 2026 Tri-County Conference Planning Committee - April 12th noon  
Clawson United Methodist Church ~ 205 N. Main St. Clawson 48017
- District 21/22 Meeting ~ April 13th 7:00pm  
Grace Episcopal Church - 115 S. Main St. Mount Clemens 48043
- The Covenant ~ 21st Anniversary Celebration ~ April 20th ☒  
Doors open 6:00pm; dinner included; speaker 7:00pm (Alyssa B.)  
Ascension Lutheran Church- 23401 23 Mile Rd. Macomb 48042
- District 21 & 22 Spring Workshop - April 25th 10:00am-2:30pm ☒  
Principles Before Personalities - The AA Group Perspective  
Panel, Lunch, Main Speaker - Bill T. and Q&A  
New Presbyterian Church - 11300 19 Mile Rd. Sterling Hgts. 48314

Fourth Step

Made a searching and fearless moral inventory of ourselves.

Fourth Tradition

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Spiritual Principles

Step Four ~ Courage: The mental or moral strength to venture, persevere, and withstand danger, fear or difficulty.  
The fourth step requires fearless self-examination; Courage is also needed to meet every day with an eagerness to improve ourselves.

Fourth Step Prayer \*

Dear God, it is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine. Please be with me and guide me as I make a searching and fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

\* There are several prayers that can be used during this phase (of development) and action. See BB pg 13 (when in doubt); BB pg 67 (the sick man); BB pg 68 (fear); BB pg 69 (assistance to change)

Concept 4

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

## With Courage

**BY: ED H. | BRENTWOOD, NEW YORK**

FROM THE APRIL 1991 GRAPEVINE

I remember feeling afraid as a kid and thinking that I was a coward--that the mere presence of fear in my life made me a coward. I did not know that one of the definitions of courage was the ability to do the right thing in spite of fear. One particular word in the Fourth Step that I had difficulty with, therefore, was the word "fearless." "Fearless" does not necessarily imply the absence of fear. Fearless means "with courage."

What stops many of us from doing the Fourth Step is fear and pride, and that is certainly what stopped me. In addition, I wanted to be sure I did it perfectly. I didn't know that perfectionism is a character defect; it is in itself an imperfection.

I believe that if I had not tackled the inventory when I did, the guilt could very likely have killed me; and it wouldn't have been God who was punishing me either. I would have done the job myself. We are not punished for our sins, we are punished by our sins.

In looking over the inventory with the aid of my sponsor I saw that I had uncovered a lot of fear and resentment. I believe that resentment destroys cells within my body. I learned in a biology class that body cells are constantly dying off and being replenished. What the class did not teach was that under negative conditions such as fear, anger, jealousy, hatred, and resentment the cells die at a much more rapid rate than when we are feeling love.

My Fourth Step also showed me that I had an acid tongue--committing murder by character assassination. In my recovery I am sometimes able to pause before speaking long enough to ask three questions: "Is it true?" "Is it kind?" "Is it necessary?" I'd reduce all three to one question: "Before I say it--would I want it said to me?"

Prior to the Steps I had isolated myself from God and man. People are lonely because they build walls instead of bridges.

Many, many times while jogging I have repeated over and over, "I am beautiful, capable, and lovable." I needed this repetition in order to improve my self-image.

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| <b>District, Area, G.S.O. and Central Office are common service entities groups donate to.<br/>Below is how to make contributions for those in our area.</b>                                   |                                                                                                                                                                                 |
| <b>District 21 &amp; 22</b><br>PO Box 480594<br>New Haven, MI 48048<br>* Now accepting donations through Zelle<br><a href="mailto:aadistrict21and22@yahoo.com">aadistrict21and22@yahoo.com</a> | <b>General Service Office</b><br>PO Box 2407<br>James A. Farley Station<br>New York, NY 10116-2407                                                                              |
| <b>Area 33</b><br><a href="http://aa-semi.org/contribution-page/">aa-semi.org/contribution-page/</a>                                                                                           | <b>AA of Greater Detroit</b><br>380 Hilton Rd<br>Ferndale, MI 48220<br>or online <a href="http://www.aafferndale.org/how-you-can-help">www.aafferndale.org/how-you-can-help</a> |