



Alcoholics Anonymous Area 33 - District 21 & 22

# Sober Times

May 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](mailto:district21.22aa@gmail.com) with details of your group's upcoming celebrations, events and/or needs.

## Did you know...

The 18th Annual Friends of Bill & Lois W. Canoe Trip is July 30 - Aug 2nd

For more information, go to:

[18th Annual Friends of Bill & Lois W. Canoe Trip - General Service of Southeastern Michigan](#)



QR code to view Wilderness Canoe Trips Friends of Bill & Lois W. group.



QR code to view Best Bear Resort site.

## Upcoming Events

= food will be served = dessert provided

- 2026 Tri-County Conference Planning Committee - May 3rd Steering committee 10:30am & general meeting 12:00pm Clawson United Methodist Church ~ 205 N. Main St. Clawson
- District 21/22 Meeting ~ May 11th 7:00pm Grace Church - 115 S. Main St. Mount Clemens
- St. Ephrem 45th AA and Al-Anon Anniversary - May 16th Doors open 6:00pm; dinner 6:30pm; speakers 7:30pm AA speaker Cassie G. & Al-Anon speaker Nikole O. St. Ephrem Church - 38900 Dodge Park Rd. Sterling Hts.
- Area 33 Assembly Meeting ~ May 17th at 12:00pm 10:00am committee meetings; 11:00am new GSR orientation Madison High School - 915 E. Eleven Mile Rd. Madison Hgts. [www.aa-semi.org](http://www.aa-semi.org)
- Zion Friday Night 66th Anniversary - May 29th Doors open 5:30pm; dinner 6:00pm - bring a dish if you wish; speaker 7:00pm - George C. Zion United Church of Christ - 68 New Street Mount Clemens Use North entrance located on Market St. (Door #6)

### Fifth Step

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

*After completion...“Carefully reading the first five proposals we ask... Have we omitted anything? Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?” - BB 75*

### Fifth Tradition

Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.

### Fifth Step Prayer

God, I thank you from the bottom of my heart that I know you better. Help me become aware of anything that I omitted discussing with another person. Help me to do what is necessary to walk a free man at last. Amen

### Concept V

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

### Spiritual Principles

Step Five ~ Integrity: the quality of being honest and having strong moral principles; the practice of being honest and showing consistent and uncompromising adherence to strong moral and ethical principles and values.

## AA GRAPEVINE

### Step Five -- As Real As I Can Be

BY: LISA N. | ENUMCLAW, WASHINGTON

**Step Five - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

I once heard at a meeting that Step Five was about integrity. By that time in my sobriety, I had realized that I didn't always understand the correct meaning of words, so I looked it up. Here are some definitions that helped me understand the word *integrity* in regard to the Fifth Step:

*Integrity*: honesty, sincerity

*Honest*: being free from deceit; genuine

*Genuine*: being what I really am

*Sincere*: being the same on the inside as I am in outward appearance

So for me, *integrity*, as it applies to the Fifth Step, is the state of being "real"--being the same on the outside as I am on the inside.

My Fifth Step was the closest I'd ever gotten to being that real to another person. More than just a confession of my faults, it was also a way of showing someone my feelings and fears. I still find today that I need to strive to be as real as I can be. Perfect integrity all the time is something that I may never achieve, but it's an ideal that I must be willing to work toward.

The program tells me that in order to recover I must be willing to develop a manner of living that demands rigorous honesty. So when I retire at night, I ask myself: Is there something that I should discuss with another person at once? What do I *not* want to share? Do I feel any guilt? Am I worried about something? Fearful? What was my thought-life like today?

These questions spur me to talk to someone. The more I share, the more I live "in integrity"; and the more I live in integrity, the more at peace I am with myself, and the more useful I can be to God and my fellows.

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### Looking Ahead 🧐

You can plan...just not the outcome

July 30-Aug. 2nd: 17th Annual Friends of Bill & Lois W. Canoe Trip

September 3-6th - ICYPAA Conference (Grand Rapids, MI)

September 11-13th: Tri-County Conference

District, Area, G.S.O. and Central Office are common service entities groups donate to.

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