



THE MESSENGER

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Serving Hillsdale, Jackson, and Lenawee Counties

The OTHER Serenity Prayer
God, grant me the serenity to stop beating myself for not doing things perfectly, the courage to forgive myself because I'm working on doing better, and the wisdom to know that you already love me just the way I am.

Are you aware that there are service positions you can that you can be nominated or volunteer for this month? Ask at your Home Group or see back page for when and where.

The 11th Spiritual Principal AWARENESS

“...praying only for knowledge of His will for us and the power to carry that out.”
*Alcoholics Anonymous pg. 59
Twelve & Twelve pg. 96*

Most of us think this awareness of a Power greater than ourselves is the essence of **spiritual experience**. Our more religious members call it “God-consciousness.”
Alcoholics Anonymous Appendix II Spiritual Experience



Self-awareness is the knowledge of self in three basic areas: cognitive, physical, and emotional. It is the ability to recognize your own feelings, behaviors, and characteristics. Being self-aware can help you take better care of yourself, have deeper relationships, and live a more fulfilling life.
Mindsight Institute

mindfulness attention cognizance understanding enlightenment knowledge

THE EMPTY BOAT

A monk decides to meditate alone. Away from his monastery, he takes a boat and goes to the middle of the lake, closes his eyes and begins to meditate.

After a few hours of unperturbed silence, he suddenly feels the blow of another boat hitting his. With his eyes still closed, he feels his anger rising and, when he opens his eyes, he is ready to shout at the boatman who dared to disturb his meditation.

But as he opens his eyes and sees that it is an empty boat, not tied up, floating in the middle of the lake ... At that moment, the monk achieves self-realisation and understands that anger is within him; it simply needs to hit an external object to provoke it.

After the incident, whenever he meets someone who irritates or provokes his anger, he remembers the other person is just an empty boat. Anger is inside me.

Thanks Mike H. for this article

“Everything that irritates us about others can lead us to an understanding of ourselves.”
—Carl Jung

“Hello, my name is Mark and I’m an alcoholic”
“Sir, this is Triple A.”
“Yes, I know. I’m just explaining why my car is in the lake.”
Thanks Nathan P.