



THE MESSENGER

January 2026 Edition

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An A.A. © Newsletter for District 2
Serving Hillsdale, Jackson, and Lenawee Counties



Tradition 1

Short form

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

Long form

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

My sobriety depends on unity with you. What am I doing to help build that unity?

The following questions are just some of the questions to ask ourselves, or as a group when studying Tradition 1.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
3. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
4. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole or just the parts I understand and approve of?
5. Do I go to enough AA meetings or read enough AA literature to really keep in touch?

SMF-131 Traditions Checklist from the A.A. Grapevine

<https://www.aa.org/traditions-checklist-aa-grapevine>



The **Twelve Traditions** provide guidelines for relationships between the groups, members, the global Fellowship and society at large. Questions of finance, public relations, donations and purpose are addressed in the Traditions. There is both a short form and a long form of the Traditions. The Traditions were first published in the April 1946 AA Grapevine under the title "Twelve Points to Assure Our Future." <https://www.aa.org/the-beginnings-of-the-twelve-traditions>

A GOOD FOUNDATION from Don D. New Building Group

Early on I learned in order to stay sober, I need a good foundation. Working the steps from beginning to end is paramount for my sobriety.

Unity, recovery, and service remind me that I am **in** AA not around it. When I decided to look for a sponsor, I asked questions, talked to people, and even asked for help finding a sponsor. Each time I got the same answer, go find your own sponsor... I did! I found my sponsor, and he was a good one. At 18 months he insisted that I give an open talk, and yes I was terrified. But Bob would not let me off the hook, I was like a cattle in the kill chute, I was going no matter what. My lead was a whopping 20 minutes; I thought it was awful, others thought it ok.

But sobriety goes much deeper than that. Right now, in my circles I don't see recovering alcoholics with 1 to 5 years giving leads. Most of the leads I see are 10, 15, 20 or more years. This is a warning sign to me because we need those young in sobriety to step up and grow with us. If no one is filling the void, AA as a whole is weak, **OUR FOUNDATION IS CRUMBLING!** If you don't see it this way where you are at, please tell me I'm wrong. A.A. as a whole needs to be strong, not weak and crumbling.

Sponsorship is one the most important obligations Alcoholics Anonymous has to offer, it shouldn't be taken lightly or used as an ego trip among the ranks of AA. We grow together, we change together, all for the good of our fellowship.

ROTATION OF SERVICE is happening in all areas of your County, District and Area 32. Nominations and elections typically happen in January. Find out what's happening in yours. **BE INVOLVED!** Being *in* AA and not around it takes more than just going to meetings. Service brings you even further into being a part of the fellowship.

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