



Michael Burns

September 15, 1954 - January 22, 2026

Michael Burns, a longtime resident of Carrollton, Texas, went home to be with the Lord on January 22, 2026, at the age of 71. He was a devoted father, grandfather, brother, sponsor, and friend whose life was defined by service, integrity, and an unwavering commitment to helping others.

Michael was deeply rooted in recovery and lived the principles of the AA Big Book and the Twelve Steps every day of his life. His passion for sobriety and service was above all else. For decades, he showed up consistently for others, whether through sponsorship, meetings, jail ministry, or simply answering the phone at any hour for someone who needed help. He believed fully in walking alongside others in recovery and carried that responsibility with humility and love.

Michael quietly made an extraordinary impact. He helped countless people find hope, strength, and a way forward. Many credit Michael with saving their lives, and his influence reached far beyond what he ever spoke about himself. He believed the work mattered more than recognition, and he lived that truth.

He was a man of strong character, compassion, and deep loyalty. Michael loved his family fiercely and spoke often and proudly of them. He also cherished his AA family, whom he considered an extension of his own.

Michael is survived by his daughter, Christina and his grandson, Flynn. He is also survived by his sisters, Sharon, Jackie, Dyan, and Rozy, along with countless nieces and nephews, dear friends, and his beloved AA family.

Michael was preceded in death by his mother, stepfather, father, and stepmother.

A memorial service celebrating Michael's life will be held at Unity Church in Dallas at 6525 Forest Lane on Sunday, February 15th, 2026 at 2:00 PM.

In lieu of flowers, the family asks that donations be made in Michael's memory to a recovery-focused organization, service ministry, or charity supporting sobriety and outreach, honoring the work he dedicated his life to.

Michael's legacy lives on in the lives he touched, the people he helped stay sober, and the example he set through service and love. In the spirit of the program he lived by, the work continues, one day at a time.

Previous Events

Celebration of Life

FEB **15**. 2:00 PM - 3:00 PM (CT)

Unity of Dallas Church
6525 Forest Ln
Dallas, TX 75230
<https://www.unitydallas.org/>

Tribute Wall

LN

“ Love from GG, Uncle Mark and Aunt Nancy purchased the Crystal Cross Bouquet for the family of Michael Burns.



Love from GG, Uncle Mark and Aunt Nancy - February 13 at 09:28 AM

MR

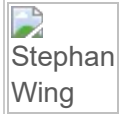
“ One conversation that i had with Michael went like this, I was telling him how impatient i was getting on a call with a costumer service person. He said, Darlin, next time before you make a call like that invite God on that conversation and see how it goes. Well im here to tell you that it has worked for me ever since i started asking God to join me. He was so smart!❤️

Mary Roark - February 10 at 12:39 PM

BC

“ Michael and I were paired together for bringing meetings into Dallas County jail each Thursday. It was a privilege to hear him share his experience, strength and hope with those men. He always spoke with complete honesty and sincerity, and it never failed to fully capture the attention of whoever he was speaking to. The same was true for me 16 years ago as I was getting sober. When Michael spoke my antennae went up, because I knew I needed to hear whatever he had to say. He walked through life with joy in his heart and the sparkle of the spirit in his eyes, and I wanted what he had. It will take several of us to fill his shoes in the realm of recovery, because he very quietly did so much for so many. Rest easy my friend, we will take it from here.

Brad Carlson - January 30 at 04:54 AM



Stephan Wing

Beautiful

Stephania Wing - January 30 at 11:46 PM

SP

“ 1 file added to the tribute wall



Sharon Paine - January 29 at 10:31 AM

SP

“ 1 file added to the tribute wall



Sharon Paine - January 29 at 10:27 AM

SP

“ Here is a pic of Michael, my brother, playing with a toy he got Trace for Christmas. He was real excited to get the nieces and nephews a little something this year. He didn't know about Jenga so taught him.



Sharon Paine - January 29 at 10:05 AM

AS

“ He was dedicated to helping others !! Aa program !! He touched my life and helped !! Winderful man and will be missed !! 🙏🙏🙏🙏❤️
Prayers to his entire family

Alice j Sadler - January 28 at 11:24 AM

AS

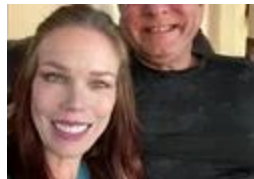
“ Great man and leader 100 100 100

Alice j Sadler - January 28 at 11:20 AM



Stephania Wing

“ 12 files added to the tribute wall



Stephania Wing - January 27 at 08:41 PM



Stephania
Wing

“ *Michael helped me in so many ways! He showed up at my house to help me with my social security disability issues, he and a friend came early morning to put safety bars in my shower and bathroom area. He came to my house every month to go over paperwork and massage therapy. He came and got me many times to go to meetings as well as Dr appointments. He came to the hospital when I was admitted. Michael was an incredible, loving and giving man! Im so baffled about his death, but I do know he's up there making sure we are all ok*

Stephania Wing - January 27 at 08:38 PM