“FORGIVE US OUR TRESPASSES”

“Forgive us our trespasses as we forgive those who trespass against us.”

No one who has completed his moral inventory can pass over this petition lightly.

First, what are trespasses? Any act contrary to the moral law, a neglect of duty, an injury or wrong to another person, is a trespass. “Moral” is used here in its proper sense as pertaining to action with reference to right and wrong and obligation of duty. It refers not only to things we have done but also to things we have neglected to do.

Some of our trespasses are easy to recognize. We have no difficulty in seeing our guilt in them. Others may be more difficult, partly because we have spent so much time in justifying and excusing our acts or neglects that we have come to think of justification as answering the accusation. It is precisely at this point that our moral inventories must become fearless. Every excuse or justification must be challenged as being in itself evidence of guilt.

We should examine our conduct in detail and specify each trespass. This is necessary because the Lord’s Prayer does not excuse us from responsibility for our acts. Nor is it a license for repetition of wrongful acts. We are bound to make reparation for harm that we have done, and we are bound to cease doing harm.

Our prayer is made daily. So should our inventories be made daily. In our prayer, we should keep in mind the things the inventories have revealed, so that we may make progress in correcting our faults.

“Forgive us our trespasses as we forgive those who trespass against us.” This petition is conditional. No one who is not willing to forgive can expect to be forgiven. No one who harbors hatred, malice and resentment in his heart can expect to find peace.

This condition is of particular concern to us, since so many of us suffer through resentment, self pity, jealousy, self love. It has been the experience of all of us who try to control resentment that most of the causes of our resentments are found to be either imaginary or petty, and that they actually have done us no real harm. When we can rid ourselves of these resentments, we shall make progress.

Honest inventory often will reveal that in those cases in which we have suffered in our dealings with others, some of the fault, much of the fault, or even most of the fault has been ours. But even in those few instances in which we have suffered genuine injury at the hands of others, we are bound to forgive. Certainly we gain nothing but harm to ourselves when we allow resentment to fill our minds and consume our energies. When we forgive, we heal our minds.

Editor’s Note: This is another of the continuing series of editorials and it first appeared in the July 1944 Central Bulletin.

HAPPY SOBER NEW YEAR!

Another year has slipped by. Christmas is over, the New Year’s Eve drinking is over, and the hangovers should by this time be pretty well overcome for those who managed to live through them—without ending up in pajamas or worse.

For those of us in AA who were not troubled by drinking, and came through the turkey, the Christmas songs, and the noisemakers, we should have gratified hearts. The man or woman in AA who is alone, with no family has naturally a tougher time than those who have relatives or immediate family to spend the holidays with. It is not a very pleasant experience to sit in a lonely room on Christmas day or in some half-empty restaurant knowing that everyone else is celebrating and that the liquor is flowing free and fast most everywhere. It is extremely easy for us to begin feeling sorry for ourselves. Some will not have made it. They will have succumbed to the lure of the holiday “cheer”, and for them it can only have meant one thing—pajamas, or worse. For them, the jail cell on January 3 or 4, or a case of the shakes at home, may well mean that they may have, with hard work, but not that it was worth it. Nevertheless, there are always those who “try again”.

Those of us who have “come through” once more, and are sober, can only be doubly grateful for the priceless gift of sobriety. There may not have been one gift under the Christmas tree, maybe not even a tree, but we have been given something far more precious! We’re still sober, and ready to face another new year with hope and great expectations.

Our AA meetings will still be there, and so will all the friends AA has afforded us. We have much to be glad about. Family and old “friends” in the taverns may be gone, but in their place we have a whole new way of life and it can go on and on if we only give it a chance.

Self-pity and resentment creep into our lives so easily during the holiday season! Then, suddenly, the season is over, and we have that “old feeling” that we missed out on all the festivities. Now, again, we have to be on our guard. The winter is here now, cold, and bleak, the season is not a very pleasant one, especially if we dislike cold weather and now is a good time to “make up” for what we think we missed. The nearest tavern and a few dollars in our pockets are very tempting.

But! One drink, and we can throw away the most priceless thing in our lives—sobriety! A dozen Christmas trees or twenty taverns full of noisy New Year’s celebrants could not replace the sobriety we may have built up. Time now, more than ever to weigh one against the other.

The new year confronts us, and once again we must choose sobriety or “booze.” If we are truly thankful for that sobriety that God has so graciously granted us, and the marvelous fellowship of our AA friends there need not be much argument in our minds. We can begin

(Continued on page three)
MILL ENDS AND REMNANTS

At first, I had no inkling of what AA offers an alcoholic. I had become so deranged in compulsive drinking that my mind had become confused beyond belief.

AA is an unusual Fellowship; I found it so from the start. To my surprise, no one said I was weak, immoral or lacking in willpower or manhood. No one suggested I drank too much, or should stop drinking. I was told in a friendly way that I, and I alone, should decide whether I had become an alcoholic, and wanted to do something about it. My friends suggested I stop, look and listen. Thanks to what I now call the Grace of God, I did.

As I joined in AA meetings I began to learn. Simple truths and common sense, served AA style, took shape in my mind, and the message that the flame may continue to light the way for those to come. To give is to live, by George!

IT'S FUN

At first, I intended to digest what AA offered and then go my way, free of the need, and even the desire, to drink again. But, here I am, after 21 ever-improving years, still in AA and learning more about my alcoholic self and how to live, each new dawn. It seems amazing in retrospect that I continue to benefit from AA in conducting my affairs to my satisfaction and comfort.

Best of all, it is FUN, as well as soul-nourishing.

- The Road Back, Dublin, Ireland

CENTRAL BULLETIN

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Harry D., Founder and Editor 1892-1968

Vol. 27 January, 1969 No. 4

MINUTES OF THE CENTRAL COMMITTEE MEETING
December 3, 1968 - 8:30 P.M.

The meeting was opened by Charles K., Moderator, with the Serenity Prayer and was attended by 28 Group Representatives.

The purposes of Central Committee were read and the Minutes of the meeting of November 5, 1968 were read and approved.

The Treasurer's report was read by Mary S. and reflected a balance of $271.33. Included in this amount is $79.90 for Institute Fund.

1. Action Committee — Jerry E. Chairman. AA Lorain office and AA Cleveland District Office listing in the Lorain Telephone Directory — Charles K. indicated that the Lorain Office is operated on an answering service basis during the day and volunteer workers at night. The Lorain Office serves the County and is supported by Lorain AA members.

2. Area wide — Jim B. reviewed plans for the Areawide Meeting. December 6, 1968, Charity Hospital, Jordan Hall, 8:30 P.M.

3. Central Bulletin George M. brought with him a supply of subscription blanks which will be available at each Central Committee meeting, copies of the November Bulletin, and assured all present that the Bulletin will continue as in the past with its high standards of service to AA.

About the first of January each group will be supplied with a form which the Secretary can fill out with names of speakers for the month.

Deadline for receiving any information to be printed in the Bulletin is the 15th of each month.

4. Hospital Committee — Rosary Hall — Lou W., Chairman. Men volunteers are needed. Contact Lou W. Women under some circumstances can be re-admitted to Rosary Hall if the prior admission was in the old section. The Men's Alano Group meets Monday night 8:30 P.M., 1st floor, Charity Hospital, Room #110.

Serenity Hall — Bernie B. No report, although mentioned that Serenity Hall had observed its 5th anniversary.

5. Institution Committee — June W., Chairman. The program for visitation of women admitted to the Workhouse on voluntary basis as reported at the last meeting will be revised and further meeting with Workhouse officials is contemplated.

OLD BUSINESS: None.

NEW BUSINESS:

1. A group representative inquired as to whether or not there was an AA group or club for young people in the Cleveland area. Discussion followed.

2. Jim S. indicated that the pamphlet “Handles for Sobriety” is excellent and suggested that all groups purchase same. It is available through the District Office.

3. Election of officers for 1968 followed and the following were elected unanimously:

   Bill H. — Moderator
   John F. — Vice Moderator
   Jean C. — Treasurer

   “It was moved, seconded and passed that William H., Moderator and Jean C., Treasurer, duly elected by Central Committee to be authorized to sign checks on CA Central Committee Commercial Account, Cleveland Trust Co., Main Office said names to be added to signature authorization card replacing Charles K. and Mary S. Such authorization shall remain effective during their term of office.”

A motion was made, seconded and passed that the Moderator appoint or select a secretary to serve during his term as Moderator of Central Committee.

Meeting was turned over to Bill H. and retiring Moderator Charles K. received the thanks of the Central Committee for a splendid job. Bill H. appointed Jean C. as Secretary and requested that all persons interested in serving on committees communicate with him and sign up for such committees.

The meeting closed with the Lord’s Prayer.

Respectfully submitted,

Jean C., Secretary
PRAYER OF THE MONTH

0 Lord, “Let me live in a house by the side of the road where the race of men go by; the men who are good and the men who are bad, as good and as bad as I. I would not sit in the corner’s seat, or hurl the cynic’s ban. Let me live here in a house by the side of the road and be a friend to men.” Amen. -Author Unknown.

SELF-RELIANCE

What I must do is all that concerns me, not what the people think. This rule, equally arduous in actual and in intellectual life, may serve for the whole distinction between greatness and meanness. It is the harder because you will always find those who think they know what is your duty better than you know it. It is easy in the world to live after world’s opinion; it is easy in solitude to live after our own; but the great man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude. -Ralph Waldo Emerson

NINE GOOD THINGS

There are nine good things for which no one has been sorry for doing good to all. For speaking evil of no one. For hearing before judging. For thinking before speaking. For being kind to the distressed. For asking pardon for all wrongs. For being patient toward everybody. For stopping the ear to the tale bearer. For disbelieving the most of the evil reports.

STATEMENT OF PERPETUITY

Elsewhere in these pages is a pledge that we shall sustain the work that was begun with the founding of the Central Bulletin twenty-six years ago.

With this issue we go into the twenty-seventh year of publication, and with it comes our assurance of continuing devotion to the purpose for which the Bulletin has stood - Service.

There will be no deviation from quality of material, nor from the philosophy of the past in carrying the message, and neither will there be a departure from the dedication to service to the groups in this area and to AA as a whole.

Central Bulletin Foundation, Inc.

The foregoing appeared in the October 1968 issue of Central Bulletin and in a following page we emphasized that the work would be sustained. AND THAT IT WILL!

Nevertheless, there has been some thoughtless and careless lip-service being given, or so it has come to us, that Central Bulletin would not be continued. We think the above statement strongly refutes such uninformed and unthinking discourse.

BE A BULLETIN BOOSTER and help carry the message!

HAPPY SOBER NEW YEAR!

(Continued from last page)

another year sober, and thinking positively. Sobriety! This is what I have! This is what I want more than anything else. Happy New Year!

IN MEMORIAM

To the families and friends of those listed we extend sincere sympathy and our prayers that their bereavement may be tempered by the reflective thought upon the happiness shared.

THADDEUS BUCYNSKI (Ted Bucko), seven-year member of Newburgh Group on December 11, 1968.

STEPHEN S. MERRICK, twenty-year member of Edge Lake Group on December 15, 1968.

DATES TO REMEMBER

January 1-New Year’s Day
12—Rosary Hall Al-Anon Group, 14th Anniversary, 3:30 P.M., Jordan Hall, Charity Hospital. Speakers: Tom and Betty B., Novelty, Ohio.

February 8—Ninth Annual Al-Anon Dance, 8:00 P.M., at Masonic Auditorium, 3615 Euclid Ave. Sponsored by Al-Anon Intergroup Council.

February 14-16—18th Annual State Convention, Phoenix Hotel, Lexington, Ky. Write Host Committee, P.O. Box 626, Lexington, Ky. 40501.

THINGS WORTH REMEMBERING


AFTER CHRISTMAS BILLS

A certain husband was angry because his wife had bought so many expensive gifts. “Why did you have to spend so much money?” he roared.

“Well, dear,” confessed his contrite wife, “I guess Satan tempted me too much.”

“Then why didn’t you say, ‘Get thee behind me, Satan?’”

“Darling, I did, but he just looked over my shoulder and said, ‘Fits you real good in the back, too, dearie.’”

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL-1000 ft. east of House of Correction 8:00 a.m. and 6:00 p.m.

HOPEFUL—State Hosp. 4454 Purdy Rd., New Chapel Bldg #1 3:00 p.m.

DEERFIELD-Sun.-Grafton Union Hall, Farm Rd. 7:30 p.m.

WAINWOODEN HOSPITAL—Cottage #2 6:30 p.m.

Ravenna—Ravenna Union Hall, Ravenna Rd.

PRATZ—Griffin Union Hall, Farm Rd.

THURSDAY

TRUSTY HALL-1000 ft. east of House of Correction 8:00 p.m.

THURSDAY

CLEVELAND PSYCHIATRIC HOSP.-1708 Atkinson St. 8:30 p.m.

FAIRHILL PSYCHIATRIC HOSP.-12200 E. 112th St.

WATERMANS HOSP.-E. 112th St. 8:30 p.m.

WARRENSVILLE-Women’s House of Correction 8:00 p.m.

FRIDAY

MAIN GROUP-House of Correction, 4041 Northfield Rd. 8:00 p.m.

ALANON GROUP MEETINGS

SUNDAY

1000 ft. east of House of Correction 8:00 a.m. and 6:00 p.m.

TRUSTY HALL-1000 ft. east of House of Correction 8:00 a.m. and 6:00 p.m.

BROOKPARK—Harvard 1579, Smith Rd. 8:30 p.m.

ELYRIA Community Church, 406 Abbe Rd. 8:30 p.m.

LAKWOOD—Pres. Church, Detroit at Mawsew 8:00 p.m.

TUESDAY

VERMILLION-Church of Christ, State St. 8:00 p.m.

CANTON-St. John’s Cafeteria, 715 McKinley N.W. 8:00 p.m.

EUCLID—Christian Church, 2860 Lake Shore Blvd. 8:30 p.m.

MAPLE HIGHLANDS, Church, 1675 Libby Rd. 8:30 p.m.

GUSTON MASONIC HALL—Community Church, 7863 Columbia Rd. 8:00 p.m.

SUBURBAN WEST-Our Savior Church, 20390 Hilliard Rd. 8:00 p.m.

WEDNESDAY

AKRON—Midway Club, E. Market St. 8:00 p.m.

FAIRPORT HARBOR-Lutheran Center, Eagle Rd. 8:30 p.m.

IGNATIUS-Grace Church, E. 91st & Harvard 8:30 p.m.

NORTHFIELD—Karen Christian Church, 1675 S. Broadway 8:00 p.m.

NORTH OLDFIELD—Episcopal Church, 13540 Dover Center Rd. 8:00 p.m.

N. YOU-Highland Church, 114th St & Detroit 8:30 p.m.

TRINITY—Trinity Church, 1424 W. 21st St. 8:00 p.m.

THURSDAY

CLEVELAND, Hts.—Pres. Church, Fairmount & Scarboro 8:00 p.m.

FAIRFAX—Church of the Star, 2701 East 24th St. 8:30 p.m.

LORAIN COUNTY-Lutheran Church, 3334 Wilson St. 8:30 p.m.

MARSHALL—CANTON-Northern Church 8:30 p.m.

SABRINA—Lake’s Church, 1233 Chace Ave. 8:30 p.m.

WEST SIDE-St. Mark’s Church, 16280-20278 8:30 p.m.

FRIDAY

AKRON—Goodyear Union Hall, E. Market & Goodyear Blvd. 8:00 p.m.

EAST CLEVELAND-Y.W.C.A. Lake Blvd. 8:00 p.m.

ROSEMARY HALL-Charity Hospital, E. 22nd & Central 8:30 p.m.
THE MORNING GLORY

Last year we bought a house. In the back yard, there was an old barrel, into which former tenants had dumped all of their trash and garbage for a period of years. The barrel's bottom had rusted out and the trash had become enmeshed and hardened inside it. I thought of it as a hopeless case, as far as I was concerned, the barrel would never be anything but a trash barrel. But the Morning Glory, by which I mean the glory of the Morning Glory vine, which I grew from seed started in one of the old tenements' gardens, transformed the barrel into a life of value and meaning. The Morning Glory grafted itself onto the barrel, to aid in its transformation. Suddenly, glistening and sunlit, green leaves burst forth and almost simultaneously came the blue blossoms in all their splendor. The once “hopeless” trash barrel became a thing of beauty. A delight to all who catch a glimpse of it in passing. Doubtfully, yet hopefully, I reached out and clasped the barrel, to aid in its transformation. From these roots, have sprung the “leaves” and “blossoms” of sobriety and a new Way of Life.

My morning meditation time has become my Morning Glory time. For each morning, when I open my heart and soul to Him for His directions and His power to carry them out, for this day, the glow of His love and strength fill me with a time of Morning Glory. He nourishes this Way of Life and growth for me by a hand of grace and strength into the uttermost of my being, and by which I might begin to grow and become transformed. From these roots, have sprung the “leaves” and “blossoms” of sobriety and a new Way of Life.

At the close of my day, in contemplation, I always offer words of gratitude to Him, for those Morning Glories who came to me, caring and sharing, and reaching forth the hand of AA. “Thank you, God, too, for transforming this “trash barrel” into a life of value and meaning, that I might live in peace with my fellowmen, myself and with you!”

IT'S NOT HOW MUCH YOU DRINK

The measure of manhood to a drunk is how much liquor he can drink at any given time, or how much he did drink upon some occasion, is not surprising, but it is perhaps a little more difficult to see why this should be true of an AA member who has been away from the stuff for years. Nevertheless, this seems to be the rule in almost every talk that I have ever heard. Of course, the quantities of alcohol consumed can be interesting and often inspiring to listen to, but it sometimes is my own story that makes me feel that I was a pretty feeble drunk after all.

Before I ever met a member of AA, I had bitten into the First Step, but I didn’t swallow it. I knew I was an alcoholic and was worried about managing my life and what to do about it.

Then I started to attend AA meetings and listened to talks. I was not a wise beater. I was never in jail. My family lived in moderate comfort, and I was never fired from a job for drinking.

The speakers had me upset. It looked like I was going to have to go and work the routine to the bitter end before I could qualify. Frankly, I was bothered. I tried to discuss the matter with a few people, and always managed to pick the wrong ones. They either thought I was lying, they even didn’t understand what I was talking about, or they wondered what I was hanging around for.

Nevertheless, with the stubborn determination of a drunk, I stuck and dug deeper. Besides I was sober and it was a pleasant situation, so I was going to hang on to it if I could.

At the close of my day, in contemplation, I always offer words of gratitude to Him, for those Morning Glories who came to me, caring and sharing, and reaching forth the hand of AA. “Thank you, God, too, for transforming this “trash barrel” into a life of value and meaning, that I might live in peace with my fellowmen, myself and with you!”

—Recover, Jackson, Mich.

HAPPINESS

Happiness is a lot like jam: when you spread it too thickly over your bread you usually end up getting some of it on yourself. It is, also, like an amoeba: it multiplies by division. True happiness may be sought, caught and taught, but it can never be bought.

Sentences: Luck is what happens when preparation and opportunity meet. Most of us could pay as we go, if we didn’t go so much.

IT’S NEVER TOO LATE

Though our wounds are healed and the scars faded, may we always remember our own desolation and reach with compassion to the world’s loneliest people.

—E. P., Beaumont, Texas, in Silent Rostrum
“LEAD US NOT INTO…”

These words of the last petition of the Lord’s Prayer connote to our lips with greatest fervor. We have turned to prayer in a desperate hour to plead for deliverance and we ask that we may be taken out of the path of temptation.

There is no doubt in the mind of any one who is in trouble what the words of this petition mean, and there is rather little doubt, at least at first, what we wished to be saved from.

Temptation has sly ways, however. After we have all the gaps plugged, Temptation begins to whisper fairy tales -to open up at least one of the gaps. Temptation hints that the diagnosis we made when we took the first of the Twelve Steps was not quite right. Why not take just one now and then? And why not ask to be delivered from the temptation of taking more than one? But then, three would be better; why not never more than three?

Or, Temptation may make a more direct assault. We’re as big as God is; we can step off that cliff! Well, maybe not quite; but we are capable of handling ourselves, and there is no reason why we cannot go down to the water’s edge and wade around a bit. We forget that for us there is no shallow water.

Temptation stays with us, trying to build up our confidence, trying to make us believe that we have been cured, scotching at the old troubles. Temptation slips in at the side door when we become proud and satisfied. It is the greatest to those who have persisted in remaining at the threshold of evil by always having that “Some day!” in the back of the mind. The most persistent temptation we have is the temptation to change the diagnosis. When we turn our backs firmly against that temptation we are likely to stay out of trouble.

Self love is a great pitfall, and the source of the great sins. Many of the temptations here seem rather innocent. But they lead, step by step to denial of the Supreme Power, to exaltation of the self.

For us, deliverance and temptation go together, and one of the most important evils that we seek to be freed from is temptation. Drink has become so much a part of our lives that we associate virtually every act with it. The result is that the idea of drink, the urge to take a drink, or to go to get a drink constantly pops into the mind for no apparent reason. The Devil here is experience.

Sober people who have been in recovery a few days, whether January has meant to us—what has happened since then?

The durability of the Supreme Power and the courage we desire and prize is not the courage to die decently, but the courage to live manfully.

—Carlyle

TODAY, I WAS SOBER

The days come, and go—the weeks pass marching by in their endless orderly fashion, and suddenly another year has passed us by. If we have been “good” little boys and girls in A.A., we have come through another year of sobriety, and it might pay to pause a few minutes to reflect upon what our year of sobriety from 1 January to 1 January has meant, to us—what has happened during its 365 days, whether it has been good, mediocre, or not so good.

Since we are all different people in different walks of life, some wealthy some reasonably comfortable, and still others unemployed or perhaps from time to time we try to escape the boredom, would be so boring that our chances of returning to alcohol just to escape the boredom, would be very much increased. So variety has its invaluable assets.

There are those of us, who, through A.A. and our Creator, have been reunited with families and loved ones these past 366 days. Some of us have regained jobs we’d lost or found new ones, perhaps even better ones. Some are just sober, and mighty glad to be so. No longer fighting the daily battle to secure the necessary amount of alcohol or whatever we were using to keep going.

Still others, even after several years of sobriety are finding life still an old, old grudge, with not too much progress financially or family-wise to show for our efforts to stay sober and live the way A.A. teaches us, and the way our consciences tell us we should. If this is the case, we can find ourselves quite easily disheartened, and sometimes wondering if it really is worth it.

Another category finds many A.A.’s who have lost everything-family, job, relatives, old friends, and with little or no hope of ever rehabilitating completely in these, Reconciliations with families who have disowned us are virtually impossible. For these, though sobriety is wonderful, and they are living lives of near-normalcy, are active in A.A. and have many friends, they are still alone, save for God Himself, who stands by them steadfastly. The joviality and laughter at an A.A. meeting, can soon fade when one is driving home

(Continued on page four)
MINUTES OF THE CENTRAL COMMITTEE MEETING  
JANUARY 7, 1969 — 8:30 P.M.

The meeting was opened by Bill H., Moderator, with the Serenity Prayer and was attended by 27 Group Representatives.

The purposes of Central Committee were read by Bill H. and the Minutes of the meeting of December 3, 1968 were read by Jean C., and approved as read.

The Treasurer’s report was read and reflected a balance of $534.54. Included in this amount is $89.00 Institution Fund.

The 1969 Committee Chairman of the various committees was announced by Bill H. and are as follows:

- **Action Committee** — Dick F., Moderator.
- **Areawide** — Lou W., Chairman.
- **Hospital** — George M., Chairman.
- **Serenity Hall** — Bernie B., Chairman.
- **Central Bulletin** — Helen D., Chairman.
- **Rosary Hall** — Warrenville, Women, assisted by Bill H., Moderator and Joe G., Trusty Hall.

**P.I.C.** — Dick P.

**COMMITTEE REPORTS WERE AS FOLLOWS:**

1. **Action Committee**
   - Bill H., Chairman. No report.

2. **Areawide** — Lou W., Chairman.
   - Tentative date for the next Areawide meeting, Jordan Hall, “Charity Hospital,” is March 21, 1969.

3. **Central Bulletin-Clare W., representing. Subscriptions are still needed. It was suggested that if each group obtain 10 subscriptions it would help. Changes of names, addresses, and renewals should be reported to the Bulletin promptly.

4. **Hospital Committee** — Ray M., Chairman.
   - Ray asked for a volunteer to assist him in the Women’s Section.

5. **Areawide** — Bill H., Chairman.
   - 77 speakers to non-A.A. groups were supplied by the Cleveland District Office.
   - 27 meetings and non-A.A. groups were supplied by the District Office.

6. **P.I.C.** — Dick F., Chairman. 77 speakers to non-A.A. groups were supplied by the Cleveland District Office.

**OLD BUSINESS:**

**Dick F.**

**DO’N’T STOP TO CROW**

Too many people boast at the wrong time and too often. Boasting seldom yields a profit or gains an advantage.

A very successful businessman once said he owed his success to a close study of his old rooster. That old rooster was a powerful fighter. He could fly higher, cut deeper, and suggested the pa&

**DEFINITION OF A COLD**

A respiratory ailment for which there are many unsuccess-

**IS THERE A GREATER TRAGEDY THAN THIS?**

"To be a slave when one might be a King,
   To walk low roads when one might ride the high,
   To take the slime when one might have the sky,
   To company with those whose lives are cheap"

"When with the sons of God might commune,
   To have the shallow when one might have the deep,
   To choose the discord rather than the tune,
   To dwell in swamps when one might brave the height,
   To have the hope? from the heart and miss
   The golden dome where it might dwell in life—
   Is there greater tragedy than this?"
PRAYER OF THE MONTH

We rejoice over the newness of Your creation and love each day, O Lord. Give us, we pray, that deep sense of joy that comes from knowing that we are right with You. Amen.

SORBRIETY'S SUNSHINE

Sobriety is like the warm sunshine of spring that rends the imprisoning strands of the cocoon and brings forth last winter's ugly caterpillar as today's free and beautiful butterfly.

There is no more appeal in a caterpillar (except to a scientist) than there is in an alcoholic (except to a social worker, physician or a grateful AA). There are some differences. The caterpillar is healthy and carries the promise of something better to come. The alcoholic is sick and there is nothing within himself that portends a better tomorrow. That hope must come from outside himself.

The caterpillar as he crawls on his branch or up and down the trunk of a tree has a limited world. He can think only of himself. The next bird that flies may make an end of him. He's a self-centered, fearful, egotistical creeper.

In this he displays many of the characteristics of the alcoholic. There is nothing so afflicious to pin down the whole center of gravity, than, a snootful. Did the alcoholic ever exist who did not think selectively of the world revolving around him? We doubt it. His diseased mental defense mechanism enables him to rationalize every lowly action with the thought: The devil take everybody else.

The idea that others have rights that must be respected: the notion that there are any responsibilities in the world for which the alcoholic must account; the thought of decency in personal relationships—all are alien to the active drinker.

As time goes on the alcoholic, to justify himself, indulges in the subconscious mental repetition: of, me, me, me, me, until he gives the impression of a pitch pipe out of tune.

And like the wussy worm, he crawls from beer joint to cafe to bistro. He crawls in his attitude toward life which isn't going right by him. He is agonizing over the face of what might happen. Luck is against him. Unappreciatively his employer might fire him.

-From ALANOTES, Minneapolis

SELF-MADE RUT

An elderly worker on a construction project opened his lunch box, looked in, and groveled, "Cheese sandwiches! Cheese sandwiches! Always cheese sandwiches for lunch."

A fellow worker sitting close by overheard him and said, "Why don't you ask your wife to make some other kind?"

"Wife?" said the elderly man. "Who's married? I make these myself."

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Boom 205, Frederick Building, 2063 E. 4th St., is open weekday from 9 a.m. to 5 p.m., Saturdays from 9 am. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is 288-7387.

IN MEMORIAM

HOWARD EASTERRBOOK, seven year member Lakewood Men's Group, suddenly in mid-December.

FORREST (Whitney) CUISKELLY, 20 year member, in late December after heart attack.

PAUL RUSCH, in early January after a lingering illness. He was identified with River Tuesday, and West Shore Grounds.

DATES TO REMEMBER

February 1 — 5th Anniversary of Bay View Group, Saturday, 8:30 p.m. at Bay Presbyterian Church, corner of Lake Road and Columbia (Routes 252 and 2) Bay Village. Speaker, Jack B., Lansing, Mich.

February 3 — Kick-off Dinner, 1969 Fund Drive.

February 8-9 — Annual Al-Anon Dance, 8 p.m. at Masonic Auditorium, 3615 Euclid Ave. Sponsored by Al-Anon Intergroup Council.

February 14-16 — 18th Annual State Convention, Phoenix Hotel, Lexington, Ky. Write Host Committee, PO Box 626, Lexington, Ky. 40501.

May 10 — Inter-Group Dinner, Speaker Chuck C., Laguna Beach, Calif., Statler-Hilton Hotel.

GIGGLES

“What's Mabel mad about?”

She stepped on one of those scales with a loud speaker and it called out, "One at a time, please."

* * *

Husband (calling wife to phone): "Dear, somebody wants to listen to you."

* * *

Grouch: "I hear that the football coach gets five times as much salary as the Greek professor. Isn't that quite a discrepancy?"

Student: "Oh, I dunno. Did you ever hear forty thousand people cheering a Greek recitation?"

Talking too much is running the risk of telling too much you don't know.

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL—1000 ft. east of House of Correction, 8:00 a.m. to 9:00 p.m.

MIDNIGHT—State Hosp., 4455 Cherry Blvd. 11:30 p.m. to 12:00 a.m.

MONDAY

TUESDAY

BRONXVILLE—VA. HOSPITAL—1000 Broadway Rd.

NORTH SHORE—HOSPITAL—Huntington Cottage Rd. 9:00

PROVEN WAYS—Dayton Honor Farm Rd. 7:30

CREEK—HOSPITAL—1000 ft. east of Route of Correction 8:00

CELEBRATION PSYCHIATRIC HOSPITAL—1000 Cherry Blvd. 8:00

VETERANS HOSPITAL—1000 Broadway Rd. 8:30

WEDNESDAY

FAIRFIELD PSYCHIATRIC HOSPITAL—1000 Cherry Blvd. 8:00

THURSDAY

TRUSTY HALL—1000 ft. east of House of Correction 8:00

FRIDAY

MAIN GROUP—House of Correction, 4041 Northfield Rd. 8:00

ALANON GROUP MEETINGS

SUNDAY

GARDEN VALLEY—1000 ft. east of House of Correction, 9:00 a.m. to 10:00 a.m.

MONDAY

BROOK PARK—PARMA—Bethlehem Church, 615 Smith Rd. 8:30

ELYRIA—Community Church, 888 Abbe Rd.

LAKEWOOD—Pres. Church, Detroit at Marlure

VERMILLION—Church, 4061 Brook Park Rd.

TUESDAY

CANTON—St. John's Cathedral, 35th Rd. 8:00

EUCLID-Christian Church, 2800 Lake Shore Blvd. 9:00

MAPLE HEIGHTS—Pres. Church, 15716 Euclid Ave. 8:00

OLO-MAT, Church, St. Luke's, Cleveland

SUBURBAN WEST—Our Savior Church, 20800 Hilliard Rd. 8:00

WEDNESDAY

AKRON—Ard Clif, E. Market St. 8:00

FAIRPORT HARBOR—Luther Center, Eagle St. 8:30

NORTHFIELD—835 Spring Rd. 8:00

KINGSTON—Church, 4061 Brook Park Rd. 8:00

NULU—Highland Church, W. 111th St. & Detroit THURSDAY

TRINITY-CHURCH ANNEX, 8755 W. 25th St. 8:00

FRIDAY

CLEVE. HTS.—Pres. Church, Fairmount & Cañad 8:00

LORAIN—Vander Linthom Church, 4717 Ridge Rd. 8:00

NORTH CANTON—Northminster Church, 4717 Ridge Rd. 8:00

WEST SIDE—St. Mark's Church, 15300 Puritas Rd. 8:00

SATURDAY

ST JOSEPH—Church, 4061 Brook Park Rd. 8:00

SUNDAY

NORTHEAST—Church, 4061 Brook Park Rd. 8:00

BROOK PARK—PARMA—Bethlehem Church, 615 Smith Rd. 8:30

ELYRIA—Community Church, 888 Abbe Rd.

LAKEWOOD—Pres. Church, Detroit at Marlure

VERMILLION—Church, 4061 Brook Park Rd.
NEXT TO ACTION

Words are shovels with which men can dig into the depths of thoughts out on paper or filling the air with their sounds for the amusement or edification of their fellowman. Words are the smoke that rises from the fire of the mind. They are the warp and woof of human progress by which the fabric of civilization is woven in permanent form. As the sculptor skillfully wields his sculpting tool to create an object of beauty from rough hewn stone, so man with his pen and printing press records his thought for the children of the age.

Among all the little things which shape the destiny of man, words are the most powerful. When heard, they can give wings to the spirit--or attach a massive weight to the feet; they can lift man out of his roubles or bury him in despondency.

Words are sculptured thoughts, but when voiced in the interest of a personal relationship, binding persons together as an invisible golden thread, they become more beautiful, more meaningful and more eternal than any sculpture. For they are vibrant with life itself.

From Akron INTERGROUP NEWS

EXPRESSION OF LOVE AND GRATITUDE

“I have been happily sober six years and I don’t know where my time goes. When it used to ‘drag’ so in my long, despondent, terrifying drinking days. Thank God I found A.A. and through A.A. established a peace of mind and found God at the same time. It has to be a ‘miracle’ as my close friend and sponsor, Ben H., can vouch for. But all these beautiful things in life that were ‘as nothing’ to me are mine again but the greatest of all is the peace of mind, awareness of God and the knowledge that I don’t have to ever drink again “one day at a time” Someday, I intend to devote my whole time trying to help others as I have been helped.

Not many people who know me now could believe that I could have experienced the “H - - - ” and torment that nearly took me into the grave so often for so long. But I think for some the “awakening” comes rougher and longer. But after 6 years of sobriety I’m thankful that I took the hard road—it makes me believe me it was all tried. But after 6 years of sobriety and torment that “drag” so now I know I could not have found sobriety one minute sooner nor one harrowing experience sooner. No amount of talking, cajoling, begging, etc. would have helped and believe me it was all tried. But after 6 years of sobriety and the storms of the soul obey him. And this 24 hours, and this 24 hours and the storms of the soul obeys him.

The following was discovered on a “get well” card: So sorry you sick so here are some old and famous proverbs to cheer up your sickness. From Akron INTERGROUP NEWS

1. It is better to be well for 2 weeks than to be sick years.
2. When your temperature hits one hundred . . . SELL!
3. The best medicine nowadays costs more than the cheapest aircraft carrier.
4. Even the strongest man can become sick in a democracy. And as the strong, calm man is always loved, and revered. He is like a shade-giving tree in a thirsty land, or a sheltered rock in a storm. Who does not love a tranquil heart, a sweet-tempered, balanced life? It does not matter whether it rains or shines, or what changes come to those possessing these things, for they are always sweet, serene and calm. That exquisite poise of character which we call serenity is the last lesson of culture; it is the flowering of life, the frugality of the soul. It is precious as wisdom. More to be desired than gold, yea, than even the fine gold. How insignificant mere money-seeking looks in comparison with a serene life . . . A life that dwells in the ocean of truth, beneath the waves, the reach of tempests, in the eternal calm.

Many people we know who sour their lives, who ruin all that is sweet and beautiful for others, and they, in turn, destroy their poise of character, and make bad blood! It is a question whether the great majority of people do not ruin their lives and mar their happiness by lack of self-control. How few people we meet in life who are well balanced, who have that exquisite poise which is characteristic of the finished character.

Yes, humanity surges with uncontrolled passion, is tumultuous with unguided grief, is blown about by anxiety and doubt. Only the wise man, only he who is filled with these thoughts are controlled and purified, makes the winds and the storms of the soul obey him.

Tempest-tossed souls, wherever ye may be, under whatsoever conditions ye may live, know this . . . in the ocean of life the isles of blessedness are smiling, and the sunny shore of your ideal awaits your coming. Keep your hand firmly upon the helm of thought. In the narrows of your soul reclines the commanding master. He does but sleep, wake him, Self-control is strength; Right thought is mastery; Calmness is power. Say unto your heart, “Peace, Be Still!” (Anonymous)

RECOVERY, Jackson, Mich. TODAY, I WAS SOBER!!

(Continued from page one)
“FOR THINE IS . . .”

Thus the Lord’s Prayer ends, with words of surrender. The kingdom of God is God’s kingdom. The power in the kingdom is God’s power. And the glory for the works in the kingdom is God’s glory.

The kingdom is not ours, though we are part of it. The power is not ours, though God gives us a little of His power for our own use. The glory is not ours, but God’s. We should do well not to mumble these words when we say the Lord’s Prayer, and not to hurry through them. We should do well to think as we say them. The kingdom and the power and the glory are God’s, not ours.

Many of us thought the whole kingdom ours, or thought it should be. Many of us thought the power ours, and abused such power as we had. Or we thought the power should be ours, and we kicked at everything when we found it was not. We finally kicked ourselves down. And many of us, all too many of us, thought the glory ours. Big shots. Important guys. Bigger than our neighbors. Bigger than God. Spoiled children when no one else agreed with our notions.

Now, the sin that the Bible talks about is not the sin of imagining ourselves bigger than God. We start by imagining ourselves bigger than any other person. We insist on running everything our own way, regardless of the rules that men have found necessary throughout the civilized life. We went from the great sin to the deadly sin and thence to the gutter. We found it hard to learn, and some of us find it easy to unlearn.

When the bad days are gone and good days come again, some of us forget the lessons of those evil days. Old yearnings stir up in us. Pride awakens, with perhaps an extra urge to wipe out the memory of the bad days and to show the world that we are great. Some want power in business, some in politics, some in AA, some elsewhere. Some of us want others to bow to us, to admit our power and our glory. Some of us go so far as to act on these urges. The result is trouble. Eventually, it is the same old trouble. We have seen it happen many times, sometimes with men quite old in AA.

The kingdom and the power and the glory are God’s not ours. The wise man yields first place to God. The wise man avoids seeking advantage over others, or even seeking equal place with others. The wise man keeps himself on a leash and thus gains peace. The wise man is humble.

Something dangerous has happened to this country—spread of the cowardly idea that the world owes you and me a living just because we’re here.

Socialists love to mouth the declaration, “Life, liberty, and happiness.” But they emit the most important word, “pursuit.” Pursuit takes energy and intestinal fortitude which beatniks and rabble rousers and their rabble haven’t got and haven’t the courage to acquire.
A short time ago, an 8-year-old boy was found alive, sitting on a rock three-quarters of a mile from Tartan Lake, 12 miles north of Flin Flon, Manitoba, Canada. For 15 days he waited beside the wrecked, burned out airplane in which his father and the pilot had been instantly killed in the crash, and the boy waited alone, hungry and afraid for his mother to come for him. Fifteen days after the crash the boy was sighted standing on a rock, waving feebly for help. For all that time he had been without food, and his emaciated condition showed that starvation would have overtaken him shortly.

One of the tragic aspects of this accident was that there was no need for the boy to be hungry, for near the plane was a survival kit containing 24 days' rations. It had been thrown clear when the plane crashed but the boy was unaware of what it contained.

Many today are like the little boy. They are lost in the wilderness, not of the north, but of doubt and fear and their starved souls suffer from malnutrition, hunger and starvation while right beside them is a survival kit with abundance of the bread of life to nourish their starving souls.

How fortunate we are to have our Big Book, our literature, our fellowship in our survival kit, by George!

ON THINKING THINGS THROUGH

The need for thinking is generally admitted, but there is no unanimity about how to do it.

Thinking is not something confined to philosophers or scholars. We all need the power to think if we are to adapt to our environment and to live the sort of life we wish to live.

Before breaking new ground in business or personal life we have to ask questions, look into things, and reach conclusions. The asking of questions has this big additional benefit: it staves off mind set and gives us continued interest in living.

So valuable to us is the ability to reach wise decisions, and so expensive and dangerous is error, that the most ordinary prudence requires that we embrace any opportunity to advance our skill in thinking through to proper judgments.

The purpose of thinking through is to improve an existing situation by getting to know more about it so as to have a guide to action. The person who does not occupy his mind constructively is nutting up with self-imposed ignorance, and will suffer for it.

Many people do not wish to go on long intellectual journeys. They prefer to stay close to familiar, simple, established things. But even they can benefit by some organization of their reasoning processes.

from The Royal Cank of Canada Monthly Letter.

LOVE AND MARRIAGE

A man may lead a woman to the altar, but it often happens that his leadership stops right there.

MINUTES OF THE CENTRAL COMMITTEE MEETING
FEBRUARY 4, 1969 - 8:30 P.M.

The meeting was opened by Bill H., Moderator, with the Serenity Prayer and was attended by 37 group representatives.

The purposes of Central Committee were read by the moderator and the Minutes of the meeting of January 8, 1969 were read by Jean C. and approved as read.

The Treasurer's report reflected a balance of $324.23. Included in this amount is $880.00 Institution Fund.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. Action Committee-Dick F., Chairman. Dick F. contacted the AA member about whom an article appearing in a newspaper recently revealed his identity, and assured Dick that he had not wanted his identity known. No action will be taken by the Central Committee.

2. Areawide Meeting-Lou W., Chairman. Lou verified the speaker for the March 21 Areawide meeting as Martie D., of Akron, formerly of Cleveland. Flyers were distributed.

3. Central Bulletin-George M., Editor. Clare W., representing the Bulletin, reported that subscriptions have increased, but changes should be reported promptly.

4. Hospital Committee-Rosary Hall, Ray M., Chairman. Sponsors are reminded it is their responsibility to notify families of the patient's progress. It was requested that group announcement cards be approximately 3x5 inches to insure room for posting on Rosary Hall Bulletin Board.

Serenity Hall-Bernie B., Chairman.

1. The ban on visitors to Bayview due to the flu epidemic has been lifted.

2. Sponsors are again cooperating.


6. P.I.C. Dick P., Chairman. 13 speakers to non AA meetings and groups were supplied by the District Office for the month of January, 1969.

OLD BUSINESS: None.

NEW BUSINESS: 1. Open faced announcement cards are still being used. This was turned over to Dick F., Chairman, Action Committee for handling.

The meeting closed with the Lord's Prayer.

Jean C., Secretary

LET YOUR GROUP CONSCIENCE BE OUR GUIDE, PLEASE

Please sit down with your fellow members and consider carefully the questions below. Keep a simple record of your ideas, and send it soon to your committee member or your delegate to this year's General Service Conference.

The 19th Annual Conference theme will be about the "group conscience."

So delegates should arrive at New York's Hotel Roosevelt, April 21, fully aware of the group's conscience regarding:

1. What is being done and can be done to "carry the AA message" on TV and radio?

2. Where does cooperation stop and affiliation begin?

3. How can better communication be established between central offices (inter-groups), intergroup committees and area General Service committees?

4. Alternate delegate's duties.

5. Communications within AA: (a) How can we better communicate with the "Under 30" alcoholics? (b) Do members sober a shorter length of time have a different approach to the program and service responsibility from those sober longer? (c) Ideas for making meetings in small isolated groups more interesting?

6. Relationship between AA's and Al-Anon.

---From Box 15-9, Winter 1969---

Editor's Note: No group should miss this opportunity to communicate its ideas through its GSR. If your group doesn't have a GSR, appoint one post-haste.

A clerk in an office supply store tried to sell a man a letter opener. He said he didn't need one because he married one.
A PRAYER FOR TODAY

This is the beginning of a day.
God has given me this day to use as I will.
I can waste it—or use it for good, but what I do today is important because I am exchanging a day of my life for it.
When tomorrow comes, this day will be gone forever, leaving in its place something I have traded for it.
I want it to be gain, and not loss; good and not evil; success and not failure; for the high price I have paid for it.

LOSS OF FREEDOM

If we cannot adequately define Freedom, it does not mean that we are unaware of its blessings. It is perhaps easier to define the opposite of Freedom if we are primarily concerned with definitions.

Of more importance than a dictionary meaning of Freedom is an understanding of its cost, of the struggle of brave men to secure its posterity, and a consciousness of the sacrifices which were made so that you and I might enjoy its benefits interwoven. On the one hand, if the people, satisfied with crumbs of security, unconcerned about moral and social security, and content to have no voice in their government, Freedom is then lost by default.

Emerson wrote: “God offers to every mind its choice between truth and repose. Take which you please; you can never have both.”

There is the choice between freedom and repose. We cannot have both.

Freedom is never lost in a single moment. It is taken away bit by bit so as not to disturb those who slumber.

AND, PLEASE BEGIN WITH ME! . . .

(Continued from page one)

will yield more and more with every reading.
If you have exhausted AA literature, then why not turn to some of the famous philosophers. How about Henry David Thoreau, who said so very beautifully, “Let us live each day as deliberately as Nature, and let us not be thrown off the track by every mosquito’s wing and nutshell that falls on the rails.”

How apropos for us alcoholics who are so very aware (or should be) that many times it is not the big thing that cause us to drink again but the small ones or a conglomeration of smaller ones.

Thoreau faced life factually, realistically, and was a very happy man in his own mind. He dared to look within himself, and cared little for the exterior events going on around him. He was candid, frank, and honest, and saw life as it really is, not as a dream-world.

So let’s try it! Let’s begin to look deeper at ourselves. Let’s begin to learn about ourselves and in the doing we can pass some time, and be moving forward also. Good books can teach us many things, and God in Heaven knows that if we are to stay sober, we need to learn, and to do so, we have to listen. Make no mistake, good constructive reading is the best kind of listening. We all wish for a better world, why not begin with ourselves?

IN MEMORIAM

To the families and friends of those listed we extend sincere sympathy and our prayers that their bereavement may be tempered by the reflective thoughts upon happiness shared.

WILLIAM J. BEERER active member Pearl, Strongsville and Parmatown Men's Groups and co-founder Cleveland Teamster’s Group, on February 5, 1969.

WILLIAM LOBE, a member in good standing, passed away recently, and we are sorry that we are unaware of his home group.

DATES TO REMEMBER

March 2—First Quarterly Meeting, Northeastern Ohio General Service Committee. 3:00 P.M., American Legion Hall, Brecksville, Ohio. This is first quarterly meeting of new Panel, 19 officers, committee members and general service representatives. They merit your support and attendance.

March 17—St. Patrick’s Day. Beware, begorra!


March 21—AREA WIDE MEETING, 8:30 P.M., Jordan Hall, St. Vincent Charity Hospital. Speaker: Martin D., Fairlawn Group, Akron, Ohio.

March 27—Southwest District——Northern Kentucky, General Services Committee get-together. 8:00 P.M., Congress Inn on Route 63, Monroe, Ohio. Speaker: Bob P., St. John’s Newfoundland.

April 6—Easter.

May 10—Annual Inner-Group Dinner, Statler Hilton Hotel, Cleveland, Ohio. Speaker: Chuck C., Laguna Beach, Calif., Contact Cleveland AA District Office or your group secretary for details.

May 16-18—Punderson Conference, Punderson Lake, Ohio.

May 23-25—Cook Forest Conference.

Husband: “It says here that over 5,000 camels are used each year to make paint brushes.”

Wife: “Isn’t it amazing what they teach animals to do these days?”

HOSPITALS AND INSTITUTIONS

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>TRUSTY HALL—1000 ft. east of House of Correction. 10:00 a.m. and 6:00 p.m.</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>HOPEFUL-State Hosp. 4458 Turney Rd. New Chapel Blvd #1-8 8:00</td>
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<td>BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd. 8:00</td>
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<td>WAWRENSVILLE—Women’s House of Correction. 4041 Northfield Rd. 8:30</td>
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<td>CLEVELAND PSYCHIATRIC HOSP. 12800 Fairlawn Rd. 8:00</td>
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ALANON GROUP MEETINGS

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<tr>
<th>SUNDAY</th>
<th>GARDEN VALLEY-7100 Kinsman Rd. (2nd &amp; 4th Sun.) 4:00</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>BROOKPARK, PARMA-Redeemer Church. 6161 Smith Rd. 8:00</td>
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<td>TUESDAY</td>
<td>FLYRTA-Community Church. 618 Abbe Rd. 8:00</td>
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<td>VERMILLION-Church of Christ. State St. 8:30</td>
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<tr>
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<td>LORAIN ATTICUS—North Lutheran Church, 4570 Ridge Rd. 8:30</td>
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<tr>
<td>FRIDAY</td>
<td>NORTH CANTON—Pres. Church. 8:00</td>
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WASHINGTON-Devonshire Co., 3234 Willow St. 8:30

ODENTON-Prince’s home. 8:00

FAIRFIELD—Pres. Church. 15711 Long Rd. 8:00

MILTON FALLS-Village Community Church. 7833 Columbia Rd. 8:00

SOUTH PARK-West Our Savior Church. 2000 Hilliard Rd. 8:00

AKRON—Arb Club E. Market St. 11:30 a.m.
"TAKE OFF YOUR MASK"

By V. L. Ballentine

"God has given you one face, and you make yourselves another."

We are compelled to believe this when we see a group of young children with happy smiling faces along the street of any city and then scan the adult faces we see there. Unless you furnish some light behind your face, pleasant thoughts for its illumination, stay at home. Don't take your face out until you have it better trained.

Of all the things you wear, your expression is the most important. It is intended to be just a nice, friendly countenance that people are always glad to see. Is it fulfilling its mission? If not, let's trade it in for a new model—one that shines, that makes a pleasing appearance and puts emotion into every level of society without looking snooty or bored.

We need to obtain inspiration from the faces we see about us. We need happy-faces, faces reflecting courage, faith and hope in the future. It is not a question of perfect features, or expensive cosmetics artistically applied. It is entirely a matter of facial expression; just a matter of TAKING OFF YOUR MASK, and allowing kind thoughts to predominate and your friendliness to show in your face. Most of us are naturally kind and friendly at heart. It is merely a manner in which to express it.

You say you don't know how to smile naturally, you feel silly when you try? If this is the case, then smiling is such an infrequent performance with you that your smile muscles have become out of practice. This may sound foolish to some of you, but it isn't. You may think everybody can smile, but this is not true. Experiments have proven that a smile exercises but twenty-six muscles of the face, while a frown exercises sixty-four. The exercise needed to cultivate a pleasant smile is thinking of an effort to discover the beauty around you in every person, every scene, and every situation. Remove that shut-m look and soon you need not make an effort to smile. Your facial muscles will naturally perform as they should.

A pleasant smile from within-from the heart. I would describe an inward smile as happiness—a soul free from worry or trouble. Happiness is—the one thing in life you can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. There may be more tomorrow; but today's supply isn't enough for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old. Forever free for today is all that life measures out to us. Can't afford to postpone. It is like the manna of old.

Where can happiness be obtained? It is not a commodity; therefore cannot be purchased with early treasures. It is not tangible; therefore cannot be acquired by gift or inheritance. It is not impartable; therefore cannot be contracted.

From a brief summary of our lives we know it does not come from without. Unless you have your permission, you can make me neither happy or unhappy.

You cannot cheer me unless I am willing to respond in some measure to your hopeful words and to your sunny presence. You cannot disturb my peace of mind with your gibes and taunts, unless you have my cooperation.

And, since it is not found among our worldly possessions, it is obvious that it originates from within, not from without. From close observation we find that when we come into this world we are entrusted with a tiny nucleus which is deposited deep in our hearts. We plant a seed deep in the soil, and as long as we have dark and gloomy weather it remains dormant. But as soon as the warm rays of the sun and refreshing rain reaches it, the seed at once begins to sprout and an embryo plant is formed. It is the same with the small nucleus of happiness in our hearts. As long as we fill ourselves with gloom, unkind thoughts, misery and bad luck we cannot expect it to grow. But start now and give it an abundance of whole-

some thought, high ideals and righteous living and you will soon have a blooming plant in all of its splendor.

We are the authors of our own happiness. The lion's share of our bad luck may be traced to our attitude toward something or somebody. As for our good luck, we are prone to give it a grossly exaggerated value. If successes comes, the best that it can do is to increase our bank account, or widen our fame a little. And yet these things have nothing to do with happiness. The thrill of victory is sweet, but often it doesn't last overnight.

Sometimes it seems that we all go at life too haphazardly. Nobody ever become cultured by accident; change will never make a mean person generous nor a brutal one kind. Nobody ever became happy who was not willing to be.

What happens to us is not nearly so important as our reaction to what happens. Actually, what difference does it make to our happiness that a ring is lost, or that a purse is stolen, or that the game went to another. Has life in any way been changed? Are we not still the same as we were before? But the way in which we meet these situations makes all the difference in the world both to ourselves and to others.

You can't be happy by yourself. You can't corner the good cheer of this life. You can't take all the victories and none of the defeats. You can't keep your smiles for the sunny days and growl throughout the dark days and get along with anybody. You can't have the happiness of others, and you can't save it up for special occasions.

It takes courage to be happy. It doesn't take fine homes, large bank accounts and bonds innumerable. It also takes common sense to be happy. You don't need to study Greek philosophy, or Roman history, or higher mathematics in order to have happiness. All of these things may make you a wise person, but it will not of itself make you happy. Without courage and common sense we become slaves to things, and positions, and pride. The thief who can strip us of these treasures can leave us miserable and helpless.

And then you can't please everybody. You will encounter envious people, malicious people, and grasping people. Jealousy, intolerance, sarcasm and bitterness are human traits. The sailors who put out to sea hope for fair weather, but they are prepared for the storms that map come at any hour. Loss and gain are as certain as rain and shine.

Grief comes to us through locked doors and bolted windows. We have all known how to be happy and smiling was impossible. No one escapes such days. So, I say let us keep our tears and sobs for life's real losses.

While we still have friends, books, flowers and our own people about us; while there are hopes to look forward to and dangers to encounter; while we can still dream, plan, hope and see something to look forward to, we can still laugh when the road grows smoother, and still smile when a good friend calls.

In summary, I would like to draw this conclusion, that happiness itself cannot be detected with the human eye, but its presence is reflected through the smile. Therefore, the value of our happiness is judged by the value of our smile. TAKE OFF YOUR MASK, and let the world see your smile.

—from The Light, Springfield, Ohio

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcohol problem. The office, located in Room 205, Frederick Building, 2063 E. 4th St., is open weekdays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is C h e r r y  1-7387.

A bachelor has been described as a selfish man who has cheated some worthy woman out of a divorce.

Husband calling wife to phone: "Dear, somebody wants to listen to you."
EASTER

Easter, in one form or another, is as old as man. Every race and religion that history has brought forth has observed it. This was natural. In pagan times the festival marked the coming of spring, the opening of a new life. Eostre, goddess of the dawn or spring in ancient mythology, gave the time its name. But whatever the occasion was called, man, from the dawn of time, has welcomed the vernal equinox.

To the faithful in the Christian era Easter is associated with the resurrection of Jesus Christ. To the members of the Jewish faith it marks the anniversary of the deliverance of the ancient Hebrews from slavery in Egypt. Even the religiously indifferent cannot be indifferent to the coming of new life to the earth.

Members of Alcoholics Anonymous, whatever their faith or beliefs, should find special significance in Easter in whatever way they observe the season. It should be a vivid reminder to them of their personal Easter, their individual resurrection from the long winter of alcoholism.

To few people is the sense of the renewal of life, implicit in the Easter festival, more real than to those of us who went through the dissolute night of drunkenness, irresponsibility and unhappiness. In those years the idea of a new life seemed fantastic. Why a new life? We were doing all right. So went our reasoning, or what passed for thinking in our disordered minds.

Some place along the line we reached our vernal equinox, the real turning point. Time after time most of us made false starts. We were filled with determination and good intentions, especially in the wake of a particularly strong or long bender. Never were any of these resolutions to start a new life realized. Most of them, in retrospect, appear for what they really were, refugees in time of storm, propitiation of the powers that be in the hope that the full consequences of our delereliction would not be visited upon us. And once we escaped, we were back at the old routine.

Not until we were seized by a conviction that our own efforts were vain, that we were only fooling ourselves and were individually weak and helpless did we come to the point where we turned to a Higher Power.

That moment was our Easter. From it sprang the new, new life that we enjoy today. True, every step of the way was not strewn with blossoms and buds, but there was no mistaking the direction we had at last taken.

It makes little difference whether our Easter came in the spring, the dead of winter or the heat of August. Easter, actually, is a matter of the spirit, not the calendar. But in observing the chronological Easter we should recall our own, the time when we came out of the darkness and began again to live in the light of sobriety.

Editor's Note: This article from the March 1953 Central Bulletin is as edifying and stimulating as when first printed. Such things need be shared.

Discussion is an exchange of intelligence; argument of ignorance.

It is interesting to note, that ever since the birth of Alcoholics Anonymous over a third of a century ago, it has had the continuing concern among many active members of how to handle the new man coming into the Fellowship. In all honesty, there should be no real concern for our big-book spells out the suggested way to induct the new man quite simply and completely.

Nevertheless, we discovered through experience that there are many, many types and that each one is mysteriously different in many ways, and what will work for one will not, for another.

Today, we are confronted with a reasonably large percentage of men and women who seem to have great difficulty in staying successfully sober after they have been subjected to all the AA actually required to help them stay away from alcohol. Perhaps this group of so-called “slippers” is no larger actually, than it ever was, but is only more noticeable, since there are many, many more groups today, and thus the number percentage-wise is the same, proportionately. Let us hope so.

Whether this be true or not, matters little however, for the real issue is what are we doing about the man who does have difficulty? Are we really doing our very best to help this man, or are we just nonchalantly saying: “He’s just not ready yet!” and promptly either pass him on to a new sponsor, or drop him cold? Perhaps we had better re-examine ourselves in this matter, a little more closely.

It is so easy in our hectic, rushing pace of living today, to say: “I am not my brother’s keeper!” and forget him, because we may have failed to help him, and wish not to become further involved as in our judgment he is not ready, and perhaps even believe that he never will be!

Handling a man who has been consistently dishonest with himself, and of course, with everyone else, and therefore has been, utterly unable to achieve sobriety, is a complex and ever-changing problem. We are dealing with a still very ill person who is still a split personality and is trying desperately to hang on to the middle of the road. He is torn asunder, with the desire to drink and to be sober.

What then can we do to provide that little “push” that will bring him over to honestly facing himself and his problem, thus opening the way for both his Maker and AA to help him find the happy contented sobriety that so many, many others have found, some with absolutely no difficulty whatever?

Or, what if that little “push” proves to be the wrong one, and he goes out and gets drunk at once? Who can tell?

The mystery will probably never be solved by mortal man. Only God can fully know why this man suddenly finds sobriety, or continues to flounder.

Ten men can work with one such alcoholic, to no avail, and then, lo, along comes number 11, and the man suddenly finds sobriety. Was it No. 11’s attitude, or a chemical as mystical

(Continued on page four)
MILL ENDS AND REMNANTS

As the man up front spoke and warmed up to his subject, the realization came that the message, while one for all men, was of particular significance to alcoholics and within the realm of the experience of members in the fellowship of Alcoholics Anonymous.

His topical outline embraced:
1. Looking within yourself
2. Looking at yourself
3. Looking outside yourself

Is there a member of A.A. who has not experienced each of the suggestions outlined? Not necessarily, in the order given, as we approached our time of admission, but most certainly as we came to know a happy, contented sobriety and an amended self, each of the three were a part of the package.

To all of us, we dare say, the revelation, upon our awakening, that that which we sought for so long a time was always within us was almost incomprehensible. Each of us when we uncovered it gave it a name, but universally it can be called a power—a Power greater than ourselves.

Having been buried for such a long period of time and so deeply in the caverns of our conscience, we were greatly enlightened individuals with its discovery. And once having brought it to the surface, it has been the sustaining force by which we became sober and by which day to day we can live at peace. It needs be nurtured and cultivated and exercised if we are to grow in the grace of the opportunity given us.

Our recovery, which is embraced in the Twelve suggested Steps, enables us to look hard and long at ourselves. First there was the complete and honest moral inventory and the willingness to and the making of direct amends, and then the daily inventory, the daily looking at ourselves, by which we keep things in balance and on even keel.

There is no turning back, we are committed to a continuing program of looking at ourselves. What we see is quietly not to our liking, and this is not unhealthy, for having the tools with which to work and by working at it, our progress can only be forward.

In looking outside ourselves—in carrying the message to those who still suffer and in practicing these principles in all of our affairs, members of our fellowship have an awareness that is sometimes acutely absent in others. Having been helped in our time of need and call, there is a cognizance to the needs of all men whether alcoholic or not, and these, too, we meet in gratitude for that which has been made available to us.

Having found that for which we sought within ourselves and having discovered ourselves by looking at ourselves, in looking outside ourselves to our fellows in need, we have to a degree completed the triangle. In extending one hand to help, the other has been grasped by the Power greater than ourselves and whom we choose to call God, thus making us an instrument of His power and glory.

To be happy we need look within, at and outside, by George!
PRAYER OF THE MONTH

God, give us the grace to be truly wise and the wisdom to be truly humble. Hear our prayers, we pray, and grant us your gifts of forgiveness, healing and hope as you see our needs. Amen.

A PRAYER FOR THE MIDDLE-AGED

"Lord, Thou knowest better than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of (thinking) I must say something on every subject and on every occasion. Release me from the craving to try to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not busy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest Lord, that I want a few friends at the end."

"Keep my mind free from the recital of endless details. Give me the wings to get to the point. Seal my lips on my aches and pains. They are increasing and love of rehearsing them is becoming sweet as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience."

"I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken."

"Keep me reasonably sweet; I don't want to be a saint, for some are so hard to live with, but a sour person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places and talents in unexpected people. Give me the grace to tell them so." - Contributed

INTERGROUP DINNER

Upwards of 1400 members and guests will gather on Saturday, May 10, in the Ballroom of Hotel Statler Hilton, Cleveland, as participants in the Eighteenth Annual Intergroup Dinner which is held under the sponsorship of the Cleveland A.A. District Office.

Speaker at the dinner meeting will be Chuck C., a long-time, dedicated and committed member of A.A., and successful businessman from Laguna Beach, California.

LISTING SPEAKERS MADE EASY

Each of the group secretaries within the Cuyahoga County area will have recently received twelve (one for each month for the next year) printed forms for use in transmitting names of speakers for the Speakers' List which is distributed with the Central Bulletin each month. In helping you to help yourselves, we enable you to help us. Our Speakers' List editor will be made happy with your cooperation.

Money still talks, but who wants to listen to a one-sided conversation.

IN MEMORIAM

To the families and friends of those listed we extend our sincere sympathy and our prayers that their bereavement may be tempered by the reflective thoughts upon happiness shared.

ELWOOD A. ONEY in Olmsted Falls, Ohio, on February 25. He was an active member of Orchard Grove and other groups.

CLIFFORD BLACKIE in San Diego, Calif., on March 14. Cliff, a longtime member, had been affiliated with Edgewater Group prior to moving to California several years ago.

Editor's Note: It would be helpful if our readers and group secretaries would call when members pass away, so they may be honored in these pages.

DATES TO REMEMBER

April 5—Combined Anniversary Dinner, 6:30 p.m., Colfax (29th) and Liberty (15th) 945 E. 152nd St. Speaker: John C.; St. Clair-Thursday Group.

April 8—Easter

April 10—21st Anniversary, Allandale Group, 8:30 P.M., 15887 Euclid Avenue, East Cleveland, Ohio. Speaker: John MCH., Monroeville, Penna.


April 17—11th Anniversary, Crossroads Group, Guest Speakers: Bob and Irene W., their 25th Anniversary.


May 18—18th Annual Inter-Group Dinner, Statler Hilton Hotel, Cleveland, Ohio. Speaker: Chuck C., Laguna Beach, Calif. Contact Cleveland AA District Office for details.

May 23-25—Cook Forest Conference.

July 1—Memorial Day

July 19—Ohio State A.A. Conference, Neil House, Columbus, Ohio.

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL—1000 ft. east of House of Correction

MONDAY

HOPEFUL-State Hosp. 4466

TUESDAY

BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.

RAHWAYN—HOSPITAL—Cottage 10, 29t Northfield Rd.

PROVEN WAY—Cottage 7, Honor Farm, 76

THURSDAY

TRUSTY HALL—1000 ft. east of House of Correction

WEDNESDAY

CLEVELAND PSYCHIATRIC HOSPITAL—12300 Scaroni at Scranton Rd.

FAIRBURN PSYCHIATRIC HOSP—12200 Fairbourn Rd.

THURSDAY

WARRENSVILLE Women's Hospital of Correction, 1611 Northfield Rd.

FRIDAY

TRUSTY HALL—1000 ft. east of House of Correction

ALANON GROUP MEETINGS

SUNDAY

GARDEN VALLEY—7100 Kinsman Rd., 6:30 p.m.

MONDAY

BROOKPARK—PARMA—Redmen's Hall

THURSDAY

CCENTRAL BULLETIN Page Three

MONDAY

BROOKPARK—PARMA—Redmen's Hall

TUESDAY

BROOKPARK—PARMA—Redmen's Hall

THURSDAY

CANTON—St. John's Cafeteria, 712 McKinley N.W.

TUESDAY

LAKEWOOD—Cottage 7, Honor Farm, 76

THURSDAY

SUBURBAN WEST—Our Savior Church, 20600 West 25th St.

WEDNESDAY

AKRON—Arb Ch., E. Market St.

THURSDAY

CHARLOTTE—Parsonage Church, 534 Abbott Rd.

THURSDAY

FAIRPORT HARBOR—Luther Church, 24512 Lake Blvd.

THURSDAY

IGNATIA—Grace Church, 3rd & 18th Ave.

THURSDAY

NORTH OLMSTED—Olmsted Center Church, 8700 Deer Center Rd.

THURSDAY

MIDWEST—Laurelwood Church, 114th St.

THURSDAY

TRINITY—Trinity Church, 24512 Lake Blvd.

FRIDAY

CLEVE. Hts.—Grace Church, Fairmount

FRIDAY

AKRON Doane L. Church, 2324 East 145th St.

FRIDAY

AKRON—2nd St. Mark's Church, 1614 Maple Rd.

FRIDAY

AKRON—Goodyear Union Hall, E. Market & Goodyear Blvd.

FRIDAY

LUCAS—Lutheran Church, 2470 Ridge Rd.

FRIDAY

WESLE—South Church, 20600 West 25th St.

FRIDAY

ROSARY HALL—Charity Hospital, 22d St. & Central
THE TWELVE PROMISES

I wasn’t there, but I can imagine how much painstaking care went into the writing of the manuscript of the Big Book. As I understand it, there were only around a hundred persons, more or less, who had found sobriety as a result of the efforts of Bill W. and Dr. Bob and those first few recovering alcoholics. These pioneers had found something rare and precious and they knew it. They wanted to write it down in a book all that happened to them and the steps they had to take to make this miracle of sobriety possible, so that men and women everywhere who had a similar problem and who wanted help could read the book and understand it and follow their example. What inward searching must have taken place to enable them to write down the whole truth . . . what anxious moments editing, rewriting, to get it all in just the right words . . . what they were like, the desperation that forced them to change or die, and what they had found by living the AA program.

I believe in the 12 Steps because they work for me . . . just as they worked in the beginning. I believe in the 12 Traditions because they were the result of hard experience. The groups which adhere to them run smoothly and grow. The 12 Traditions are as necessary to the survival of the groups and unity of the groups and to the preservation of AA as a whole as the 12 Steps are to the recovery of the individual. I believe the 12 Promises of AA because at the time and in the climate in which they were written, those who stated them would not have made rash declarations. Because of that . . . and my own experience of their fulfillment.

What does it take to get sober? . . . the first 9 Steps. And to stay sober . . . the last three, if we have thoroughly incorporated the first nine into our daily life. After the discussion of Steps 8 and 9 (the amends steps) in Chapter 6, the promises are given: . . . Quote (only the numbers have been added).

“If we are painstaking about this phase of our development,

(1) We will be amazed before we are half way through;
(2) We are going to know a new freedom and a new happiness;
(3) We will not regret the past nor wish to shut the door on it;
(4) We will comprehend the word ‘serenity’ and we will know peace;
(5) No matter how far down the scale we have gone, we will see how our experience can benefit others.
(6) That feeling of uselessness and self-pity will disappear;
(7) We will lose interest in selfish things and gain interest in our fellows;
(8) Self-seeking will slip away;
(9) Our whole attitude and outlook upon life will change;
(10) Fear of people and economic insecurity will leave us;
(11) We will intuitively know how to handle situations which used to baffle us;
(12) We will suddenly realize that God is doing for us what we could not do for ourselves;

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them. (emphasis added).

-M, C., in Silent Rostrum, Houton, Texas

SUCCESS (“And then some”)

A retired business executive was asked the secret of his success. He replied that it could be summed up in three words: “And then some.”

“I discovered at an early age,” he said, “that most of the differences between average people and top people could be explained in three words.”

“The top people did what was expected of them—and then some.

“They were thoughtful of others, they were considerate—and then some.

“They met their obligations and responsibilities fairly and squarely—and then some.

“They were good friends to their friends—and then some.

“They could be counted on in an emergency—and then some.”

-Chit-Chat, Robesonia, Pa.

ONE MAN’S DRINK

TWO DONKEYS on a hot day approached a stream. The first donkey who was carrying bags of salt went into the stream and the salt dissolved. When he came to the other side, he called to the other donkey that a marvelous thing had happened in the cooling stream in that he had lost his burden. Whereupon the second donkey who was carrying sponges jumped into the stream, but the sponges soaked up the water and caused him to drown . . . ONE MAN’S DRINK IS ANOTHER MAN’S POISON.

-Silent Rostrum, Houston

SOMETHING TO CHEW ON

Unforgiveness and revenge are weaknesses of little minds.

Contentment comes not so much from great wealth as from few wants.

Manners are a sensitive awareness to the feeling of others. If you have that awareness you have good manners, no matter what fork you use.

Riches are not from abundance of worldly goods, but from a contented mind.

No matter what your past has been, your future is spotless. Never miss an opportunity to make other people happy—even if you have to let them alone to do it.

This is the first day of the rest of your life.

When it comes to giving—some people stop at nothing.

Pain makes man think—thinking makes man wise—wisdom makes life endurable.

It is no great thing to be humble when you are brought low; but to be humble when you are praised is a great and rare attainment.

You cannot always hear the truth, so listen carefully when you do; it memorizes itself to be made use of, by way of intuition.

They never grow old who love and let love; it opens the door of understanding, tolerance, and happiness.

The next time you measure the worth of a man, try putting the measure around his heart instead of his title, money or intellect.

Our successes we ascribe to ourselves, our failures to destiny.

- Cleveland Press Mar. 1969
LEADERSHIP

To us ordinary mortals talk of leadership too often seems to be a reference to some special type of individual: the senior who was voted most likely to succeed, the man with the dynamic, go-getter personality, the eager beaver, or the extrovert.

There isn’t one of us who is not compelled to exercise some kind of leadership. Those of us who made a mess of living for shorter or longer periods because of our drinking must first, once we have decided that there is no percentage in the old way of life, exercise leadership over ourselves.

Leadership does not mean that we lead other people always means that we have the ability, the good sense, to follow other leaders. In the case of the alcoholic there must first be a recognition of the leadership of a Higher Power. Without this we never will be able to give direction to ourselves or anyone else.

This ability to follow a leader implies humility. It is an implicit recognition that we do not know it all and do not possess, in what we thought was our infinite wisdom-and, fortified by alcohol—all the answers.

It follows then, that the successful leader is the humble leader. But in this fellowship it is not enough to have gained leadership over our sickness. That is the first step, but it is only the first step.

In all humility we must go on with the program and make those changes in character and personality which either led us to seek escape in the bottle or had become the by-products of our illness. These must be eliminated and corrected. It is no easy job. It taxes, very often, the new found power of leadership over ourselves.

There must be eternal awareness of these shortcomings if they are to be rooted out. Therefore, a good leadership also implies humility.

It is only when an honest approach has been made to these problems that we begin, slowly at first, to attain the place where we may exercise leadership over others. This is another way of saying: gained the ability to help others as set forth in the Twelve Steps.

The member of Alcoholics Anonymous cannot be a specialist in his or her leadership. The trouble with the world today is, we believe, very largely specialized leadership. We have experts in many things but too few people who, while being specialists and also well-rounded individuals who understand the human side of problems. This shortcoming often upsets the good work the specialized leader has done in his own field.

If a person has not solved his own problems how can he help another individual to solve his? None of us is ever hoping to achieve perfection, but this does not excuse us from exercising constant leadership over ourselves. We must distinguish between experts and leaders. The expert may be proficient in a limited way, but the real leader is a person not afraid to face life or ashamed to admit his own weaknesses and shortcomings but one who, at the same time is steadily working to rectify them so that he can help, not dominate, his fellow men.

—Central Bulletin, October 1961

ARE YOU IN THE RAT RACE?

Sometimes it seems startling to us as we begin to recover from severe alcoholism to see the world as it really is for the first time in years! Everywhere we observe so-called “Normal” people hurrying-scurrying to and from their seemingly unimportant “Nowhere.” At 50-60 miles per hour they rush to work in the morning and home again at night to the backyard barbecue-stand, or a supper of “just-thawed” beef-patties. If they are lucky they may “squeeze in” a few minutes of television with its ever increasing commercials on soap and beauty-aids, all of which the advertising world tells us will make us cleaner, healthier, happier, save us much effort, money, and you just name it, it does it! AND you’ll lose weight, too, while you’re doing it!

Meanwhile, these same people who tell us how to relax and enjoy, how to be cleaner, healthier, happier, are getting ulcers themselves, and are having heart attacks and are drinking too much “relaxing” booze and “eating” more pills to relax from their own efforts to tell a rather unhealthy nation how to live, so that they can increase their income this year!

Sound like a rat-race? You may rest assured it is, and it’s a dandy! It seems we’re a nation of Utopia-seekers living in a dream-world of high-powered automobiles and jet-set fantasies that really get us nowhere, except maybe an early grave or a mental institution, or a surgery for repair to a stomach that hasn’t been fed properly, sensibly in years! No wonder Shakespeare said so eloquently “What fools we mortals be!?”

We in AA can really learn an extremely valuable lesson if we will but take time to repeat the old cliche: “Take it easy!” and then live it! It is so simple—“Take it easy”—live one day at a time, one hour at a time, if necessary, but do it! If we can master this lesson even for a day, we will find life much easier for us, and so can life itself!

We hear many times: “Be still, and know that I am God” This statement in itself teaches us a lesson. If we try to follow it, we will find ourselves being quiet and living for a little longer periods of time than we are used to, and that quiet moment or two, the mad, rushing world about us will be forgotten.

It seems rather ridiculous that we mortals should be in such terrible hurry. Here we are, really going anywhere and after all, whoever said that our Father in Heaven was in a big hurry?

We hear that He is a patient God, and also that we are made in His Image. Watching people hurry-scurrying, willy-nilly, going nowhere, one can’t help wondering how much time we are wasting in worrying about staying sober for 20 years so they can die sober, we wonder?

“I for one, shall slow down. I’m tired of trying to cross bridges that haven’t even been built!”

“Nature does make mistakes; sometimes she puts all the bones in the head and not in the back!”

“We are all men. The world is a looking glass and gives back to every man the reflection of his own face.”
MILL ENDS AND REMNANTS

If a man would find God; let him humbly ask for a chance to believe; and meekly, let him personally — not by delegate — to his less fortunate brother, helping him in his need of body and soul. He will presently find what he seeks. For when a man can leave himself and enter the lives of others, he leaves his own heart open, so that God may enter and dwell with him.

While the foregoing has appeared in this column in the distant past, when coming across it recently in our collection of many such guidelines for living, better, we have no hesitancy in sharing it on the premise that new or renewed stimulation may be experienced. It would be presumptuous of us were we to add our prose here, for this is something that each of us needs to think through on our own. Then respond, by George!

THERE IS LIFE IN SERVICE

The great violinist, Paganini, willed his marvelous violin to his native city of Genoa, but on the condition that it must never be played upon. The condition was unfortunate, for it is one peculiarity of wood that as long as it is used and handled, it wears but slightly; but as soon as it is discarded, it begins to decay.

The lovely-toned violin has become worn-eaten in its beautiful case, and it is valueless, except as a relic. The moldering instrument is a reminder of the truth that life withdrawn from all service to others becomes useless. — Archer Wallace

ON COOPERATION

A boy soon learns that he cannot play a baseball game alone. Neither can a man build a factory, nor conduct a business, nor organize a church, alone. We need the help of one another to get along. Even the savage knew the advantage of numbers, especially in the hunt and in battle. Modern society is more complex than the tribal society of ancient times. If cooperation was an advantage then, it is an absolute necessity now. When a man refuses to cooperate, he does not do so because of the good he gets out of cooperation, but because he thinks that he puts in too much and gets too little out of it.

However, the law of cooperation is the law of sowing and reaping. “Whosoever a man soweth that shall he also reap.” “He that soweth sparingly shall reap also sparingly; and he that soweth bountifully shall reap also bountifully. These words prove the truthfulness daily, whether he be in planting on the farm, or in preaching the Gospel, or in any co-operative endeavor of any kind. “One good turn deserves another” is a good idea to bear in mind in our business dealings, our social contacts, and in Christian fellowship. The Golden Rule is a good rule for co-operation—“Whosoever ye would that men do unto you, do ye also unto them likewise”—let us all practice the Golden Rule. Light, Springfield, Ohio

MINUTES OF THE CENTRAL COMMITTEE MEETING APRIL 2, 1969, 8:30 P.M.

The meeting was opened by Bill H., Moderator, with the Serenity Prayer and was attended by 30 group representatives. The Purposes of Central Committee were read by Bill and the Minutes of the meeting of March 4, 1969 were read and approved.

The Treasurer’s report reflected a balance of $270.72. ($68.90 Institutional Fund)

COMMITTEE REPORTS WERE AS FOLLOWS:

1. Action Committee—Dick P., Chairman. Reported that he had contacted secretaries of groups still using open faced announcement cards and suggested they use double-faced postal cards or envelopes.

2. Area Wide Meeting—Lou W., Chairman. The March 25 meeting was a success. Receipts totaled $27.82. Tentative date for the next meeting is Friday, June 13, 1969. Suggestions for a speaker—see Lou.

3. Central Bulletin—George M., Editor. Clare W., Representative. Subscriptions to the bulletin have increased, but changes and renewals should be reported promptly.

4. Hospital Committee:

   Rosary Hall-Ray M., Chairman. Despite the strike by nurses, alcoholic patients are being accepted in Rosary Hall, provided beds are available, and patients have proper sponsorship.

   Delray Hall-Bernie B., Chairman. Everything quiet. Bernie stated the required signature of a sponsor admitting an alcoholic patient to the hospital is assurance that he is responsible for payment of the hospitalization, provided the patient is not adequately covered.

5. Institution Committee—Helen D., Representative. Everything quiet.

6. P.I.C.—Dick P. 56 speakers to non AA groups and meetings were supplied by the District Office from January 1 through March 31, 1969.

OLD BUSINESS:

It has been established from the secretary of the Friday night Charity Group that meeting is closed. Sponsors are urged to suggest Alanon meetings for spouses of the alcoholic.

NEW BUSINESS:

A few representatives presented to Central Committee for discussion a letter and catalog showing Chagrin Falls, Ohio postmark, offering for sale AA jewelry and novelties. It was indicated several stores in the Cleveland area sell AA novelties, and that names of members who received said letter and catalog were taken from the World Directory. However, this was turned over to Dick F., Action Committee Chairman, for handling.

The meeting closed with the Lord’s Prayer.

Respectfully submitted,
Jean C., Sec.-Treas.

TUESDAY’S CHILD . . .

Smith insisted on having one night out a week, alone. Every Tuesday night he went. One Tuesday night he went out and didn’t come back for seven years. When he did come back, his wife was so happy that she phoned all her friends.

“What are you doing?” Smith shouted.

“I’m arranging a welcome home party for you tonight.”

“What?” yelled her husband. “On Tuesday?”

QUOTES FROM HERE AND THERE . . .

“He is not happy who does not think himself so.”

“Money will buy everything . . . except honor, personality, contentment, love and peace.”

The road to success is dotted with many tempting parking places. "No one wants to die but every one wants to go to heaven.”

“When God measures man, he puts the tape around the heart and not the head.”
PRAYER OF THE MONTH

O God, our sins have made us blind to your love and to your call. Our pride of self and lust of greed have made us blind to the needs and rights of others. O Lord, open our eyes to your own needs and to the sighing of the needy, delivering us from all blindness of mind and soul and calling us to do your will. Amen.

GROUPS CHANGE MEETING

Two of the older groups in the Cleveland Area have announced changes in meeting nights and in locations.

LORAIN AVENUE SATURDAY NIGHT GROUP (formerly Lorain Avenue Thursday Group) now meets at 9:00 P.M., on Saturday nights at St. John Bosco Heights, 1466 Pearl Road. Parma Heights, Ohio. Al-Anon meets at the same place and time.

EDGELAKE GROUP, effective May 6, will meet at 8:30 P.M., on Tuesdays at Trinity Lutheran Church, 16400 Detroit Avenue, Lakewood, Ohio (across from Detroit Theater). Parking lot entrance from Detroit Avenue and meeting entrance at rear of church.

DECISION

Decision is defined as the act of reaching a fixed opinion; the quality of being fixed or firm; determination. This is a part of the Third suggested Step of A.A.

The power of making a decision is one of the most essential aids to success and happiness. A man may be totally wrong in his opinion, but the fact that he sticks to it and really has an opinion of his own, derived from his own brain, is a stabilizing influence upon the actions of his fellow men.

Ignorance and prejudice and the opinions originating from them are two of the greatest obstacles to human progress and happiness, but they are far easier to conquer, subdue and eliminate than the elusive quality of indecision.

It is better to have wrong opinions than to have no opinions at all. Every man of average intelligence knows that he is not entitled to benefits which he does not actually earn through his own efforts. This is a very simple statement and it is just as simple to carry out, unless the element of false pride enters in.

Every individual has innumerable personal decisions to make during the course of his lifetime. It is exceedingly important that all decisions be made as promptly as possible and not put off or delayed beyond the time necessary for him to arrive at a knowledge of the facts and circumstances necessary to make the decision.

The average individual has to decide upon so many things that it is impossible to catalogue the different items. There are things that pertain to his relation to his home and relatives, his wife and family, his friends and acquaintances, his job and his business associates, his social, political, religious activities, his personal responsibilities and his responsibilities to others.

Even such matters as cleanliness, health, safety, comfort, pleasure, etc., are all matters of continuous personal decision. The man who knows what he wants out of life, and who has the character to strive for only those things which are worth while, has an inestimable advantage over other individuals, both in the power of decision and the time required to make such decisions. In effect, it gives him a much longer life to live than the man who does not know what he wants, as his life is fuller to your call. Out of, made of, developed from, greed.

The chief and most beneficial result, however, is that it enables him to secure so much more happiness out of life. Happiness is the real result that everyone is striving to attain and the man who knows what he wants can find that happiness more quickly and in much larger measure.

-Chit-Chat

Editor's Note: It would be helpful if all readers and group leaders inform other members past away, so they may be duly honored in these pages.

DATES TO REMEMBER

May 24-Laurel Group Spring Dance, Brooklyn High School Cafeteria, 9260 Bidulph Road, Brooklyn, Ohio 8:00 P.M. to 12:00 P.M. Admission $2.00 (Adults)

May 4-Grateful's 6th Anniversary, Sunday 2:00 P.M. 15857 Euclid Ave. Speaker: Howard O., Rocky River Group

May 4-Second Quarterly Meeting, Northeastern Ohio General Service Committee, American Legion Hall, Brecksville, Ohio, Delegate's report of April General Service Conference. Members and guests invited.

May 8-29th Anniversary, The Brooklyn Group at St. James Lutheran Church Fellowship Hall, 4771 Broadview Road, S.W., Cleveland, Ohio. Speaker: Rev. W., twenty-eight year member from Hinckley Lake. Time: 8:30 P.M.

10—18th Annual Inter-Group Dinner, Statler Hilton Hotel, Cleveland, Ohio, Speaker: Chuck C., Laguna Beach, Calif. Contact Cleveland AA District Office or your group secretary for details.

16-18—Punderson Conference, Punderson Lake, Ohio.

19—28th Anniversary, West Side Women's Group (AA's first women's group) 8:30 P.M., West Boulevard Christian Church, West 101st St. and Madison Ave., Cleveland, Ohio. Speaker: Anne P., Baltimore, Md. Meeting open to all members and guests.

23-25—Cook Forest Conference.

June 2-T-Northeastern Ohio General Service Committee Open House, 8:00 P.M., American Legion Hall, Brecksville, Ohio. Speaker.

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL-1000 ft. east of House of Correction—6:00 to 8:00 P.M.

HOPEFUL-State Hosp., 1466 Turney Rd. New Chapel Ridge 2-0-8

BRICKSVILLE V.A. HOSPITAL—1000 ft. east of Brecksville Rd.

HAWTHORNE HOSPITAL—Cottage 13033 Northfield Rd.

PROVEN WAY—Catherine Anderson Farm Rd.

May 6-10th, 11th—House of Correction.

TRUSTY HALL-1000 ft. east of House of Correction—9:00 to 11:00 P.M.

WEDNESDAY

CLEVELAND PSYCHIATRIC HOSPITAL—15837 E. 112th St. Speaker: Howard O., Rocky River Group.

CATHOLIC PSYCHIATRIC HOSPITAL—E 123rd St. Speaker: Howard O., Rocky River Group.

SUNDAY

VETERANS HOSP. - E. Blvd. near E. 156th St.

ARMED FORCES-Women's House of Correction.

THURSDAY

TRUSTY HALL—1000 ft. east of House of Correction—8:30 to 10:00 P.M.

MAIN GROUP-House of Correction, 4641 Northfield Rd.

FRIDAY

ALANON GROUP MEETINGS

GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)

MONDAY

BROOKPARK—PARMA—Redemptor Church 6616 Smith Rd.

LAKESIDE-Parma, Church at Detroit at 63rd.

TRUSTY HALL—Charity Hospital.

Vermillion—Church of Christ State St. 3-28

CANTON St. John's Cafeteria 3-28

LAUGHLIN—Community Church, 7303 Community Blvd.

MEOY PARK—Community Church, 7567 Community Blvd.

FRIDAY

FAIRPORT HARBOUR—Lutheran Church, Eagle St.

SNAGA—Grace Church, E. 91st & Harvard

NORTH OLMSTED—Episcopal Church, 3710 Deer Center Rd.

OLMSTEAD FALSKY—Community Church, 9632 Centre Blvd.

OAKLEY—West-Oar Savior Church, 20000 Hilliard Rd.

WEDNESDAY

AKRON—Arbordale, E. Market St.

CHAGrin FALLS—Community Church, 3056 Bainbridge Rd.

FAIRPORT HARBOR—Lutheran Church, Eagle St.

SNAGA—Lutheran Church, E. 91st & Harvard

NORTH OLMSTED—Episcopal Church, 3710 Deer Center Rd.

MILTON—Highland Church, W. 52nd St.

TRINITY—Trinity Church (lower floor) 3225 W. 25th St.

THURSDAY

CLEVE, HTS—Parma, Church, Farmington & Main

LOMSTED-Parma, Church, 4451 Ridge Rd.

LORAIN COUNTY—Lakewood, W. 152nd St.

NORTH CANTON—Northminster Parma Church.

SUNDAY

WEST SIDE—St. Mark's Church, 15000 Portis Rd.

FRIDAY

AKRON-Goodyear Union Hall, E. Market & Goodyear Blvd.

Cleveland—Northland Church, E. 63rd & Euclid Ave.

SUNDAY

RONA--HALL—Charity Hospital, E. 22nd & Central.
“DO YOU CARE ENOUGH?”

For a long time-in many areas-we hear the plaint that AA has changed in a way that it didn’t used to be. If we ask for an inquiry, what is revealed is a sad and dismaying picture. The present-day SPONSORSHIP, an almost total ignorance of the TRADITIONS and utter indifference to their application: the format of AA meetings; the integration of AA Groups and Clubs and the numerous self-appointed power-drivers who operate AA groups and non-AA programs in the name of AA and speak publicly for it . . .

We believe there is some validity in all these observations, and can attribute part of it to “changing times”—membership growth and the development of other agencies and treatments for alcoholics, plus a diminution of the stigma of alcoholism and the fact that so many persons and personally indoctrinated members have passed from the scene. AA seems no longer-The Last Port of Call!

There is a tendency for new people to regard AA in much the same light as other fraternal groups, with the belief that there must be people in “authority” to “run” things. It is also natural for certain egocentric individuals to respond and endeavor to assume the mantle of authority.

The phenomenal growth of AA finds many new groups and areas without experienced members to suggest and advise and explain the reasons for certain procedures. Too often meetings do turn in to “bull-sessions” or repetitious drunk-a-logs that become boring and distasteful.

We believe that co-founder BILL W.’s advice: “SHOE-MAKER, STICK TO THY LAST!” . . . should be heeded more now than ever before. Six months or six years soberity in AA doesn’t make us all experts, or qualify us to run hospitals, treatment centers, state programs or industrial programs. Other talents and aptitudes are essential. AA assures us of only ONE thing . . . a life without the need to use alcohol.

Perhaps some of the confusion comes from the concept that everything changes—and some may feel the need to MODERNIZE AA-its format and objective. However, we believe that in our group adherence (merely a group of individuals) the same set of principles is involved. and positive results are inevitable. Deviation, or abandonment also bring inevitable results, but of a negative nature. The same set of principles is involved in our group adherence (merely a group of individuals) to the 12 Traditions, calling for an even greater degree of humility and self-discipline. In this way the group conscience is truly sensitized.

If we would stay whole . . . If we are to fully meet our responsibilities . . . and even more importantly if we are to survive, we have no choice but to try abide by the suggestions of all the experiences of all those who have gone before us.

When a sick alcoholic needs help . . . anywhere, anytime, under any circumstances . . . and WANTS it . . . DO WE CARE ENOUGH . . . to go . . . ALL THE WAY WITH HIM ? How much . . . DO you care?

—RAILBEAMS, St. Paul, Minn.

MIAMI BEACH REGISTRATION BEGINS OCT. 13, 1969

A.A.’s in Ireland, California, New York, Germany and England have already chartered planes to fly to Miami Beach, Florida, for the 35th Anniversary International A.A. Convention, July 3-5, 1970. But no one can register until the official Registration and Housing Forms are mailed out by G.S.O. on October 15, 1969. These forms will go to all Groups, Loners, Internationalists, Delegates, Committee Members and others on G.S.O. mailing lists. (To be sure you receive your forms, send your name and complete address to G.S.O. now.) Convention Registration and Housing Forms will be handled at G.S.O. and hotel accommodations will be assigned on a first-come, first-served basis. A.A.’s headquarters hotel will be the Fontainebleau. Headquarters for Al-Anon will be right next door, at the Eden Roc. The Convention Hall will house the big meetings-Friday and Saturday evenings and Sunday morning; and, of course, the traditional “Big Show!” sponsored by the Host Committee on Sunday evening.

IN PURSUIT OF HAPPINESS

Sooner or later a man, if he is wise, discovers that life is a mixture of good days and bad, victory and defeat, give and take. He learns that it doesn’t pay to be a sensitive soul: that he should let things go over his head like water off a duck’s back. He learns that he who loses his temper usually loses out.

He learns that carrying a chip on his shoulder is the easiest way to become unpopular is to carry tales and gossip about others. He learns that, buck-passing always turns out to be a boomerang, and that it never pays. He comes to realize that the business could run perfectly well without him. He learns that it doesn’t matter so much who gets the credit as long as the business shows a profit. He learns that even the janitor is human and that it doesn’t do any harm to smile and say “GOOD MORNING,” even if it is raining.

He learns that “getting along” depends about ninety-eight percent on his own behavior.

—Anonymous

THAT’S SCARY!

Small boy: My dad made a scarecrow so natural that it frightened every single crow off our farm.

His friend: That’s nothing! Mine made one that scared ‘em so much they brought back the corn they stole last year.

—H. M. Strong

CHOICE BITS

In company, guard your tongue; in solitude, your heart. Shadows are only obstructions of the sun’s bright rays. The man who does not read good books has no advantage over the man who cannot read them.

Anger is a wind that blows out the light of the mind. Faint praise is sometimes strong censure.

If you were another person, would you like to he a friend of yours?

Love never looks to see what it is going to get in return. People all over the world are beginning to wonder if splitting the atom was a wise crack.
ANONYMITY

This is a word most of us couldn’t pronounce back in those “fun” days of drinking. Now that we’re sober, some of us feel a hangup about it.

The purpose of this isn’t either to sell anyone on anonymity or on not being anonymous. This is just to mention that there are different kinds of anonymity. Perhaps if you consider these, it may help clarify your thinking where anonymity is concerned.

First, there is your personal anonymity. This we can treat as we please because it’s an individual program. You can be just as open — or as secretive about you! AA as you want to be.

In my own case, I’m about as “anonymous as a b vess.” to quote the late Howard B. Reason: God spared me and gave me the program. In gratitude, I want to be completely open and available to do whatever job He has for me to do.

On the other hand, I once knew a pediatrician who carefully guarded his anonymity. We can hardly blame him! Who would want their children treated by an “alcoholic” doctor?

So the matter of personal anonymity is a matter of choice. Usually it develops that people who are very concerned about anonymity at first, will relax as time goes by. In other words, our choice may change as our program changes and matures. But nevertheless, this is completely up to the individual.

Then there’s a second kind of anonymity; the other guy’s anonymity. That we are honor bound to keep! Whether or not an AA friend is personally anonymous, it is not our prerogative to associate his name with AA on the outside.

Still a third kind is the anonymity we offer to another person’s talk or “lead.” We attend meetings, hear leads, it helps us and helps the speaker. But we never go out and repeat the things the speaker talked about. It’s his story; let him tell it. Grant him that kind of anonymity.

A fourth kind, and perhaps the most important, is the anonymity of our 12th Tradition which reminds us always to place the principles of AA above personalities in AA. I once wondered aloud how to achieve humility. An old timer told me I’d never achieve it — but that I could work at it by practicing the 12th Tradition — by placing the principles of AA above personalities, by sticking to my inventory, not the other guy’s, by leaving politics outside the door at any AA meeting. It was sound advice!

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.

As a tree is fertilized by its own broken branches and fallen leaves, and grows out of its own decay, so men and nations are bettered and improved by trial, and refined out of broken hopes and blighted expectations.

Profit by other’s mistakes! You won’t live long enough to make them all yourself!

We Are NOT Alone

“O Father, bless us in what we are about to do!”

With these few short words a priest opened the annual Inter-Group Dinner of Alcoholics Anonymous in Cleveland, Ohio on May 10, 1969. The prayer was short, to the point, simple; and yet it carried a multitude of implications. In these few short words one could feel the very beauty and simplicity that can and does exist in the God-Man relationship. Upon hearing these words in the hushed ball-room, one realized that Dr. Bob’s famous words “Keep it simple” were so completely right, and that the arrangement between our Father in Heaven and we mortals is, and always was just as simple, if in our mortal minds can only permit it to be so.

It seems so tragic that Man in his never-ending quest for further knowledge, further supremacy over all things, both animated and inanimate, should pass over the simple truths that he is taught from childhood. In his mad rush to grasp material he easily overlooks the spiritual things of this life that are paramount to his happiness and contentment. He fails to learn that possession of things material, and mastery over others will never, never make him the master of his own destiny. Without these spiritual values, without the relationship necessary between himself and His Higher Power, man can only flounder in a sea of misconceptions and self-rationalization.

For we alcoholics, to fail to find this necessary God-Man relationship usually means floundering also, and we cannot stay sober.

How terribly hard it is for soie of us to give up and “let go and let God!” We struggle and battle endlessly with ourselves. Our nights are nightmares of worry and fear, drinking or not. The tiniest problems assume huge proportions. If we decide we have nothing to worry about, we immediately set about “finding” something to worry about. Our waking hours are spent in irritability, complaining, and criticism of our fellow-men. In short drunk or sober, we’re pretty miserable people, though we may have wealth and position, or he poor and unimportant.

We must then look within if we would houseclean enough to allow real sobriety in. If we desire happy progressive sobriety we must make a place for it to grow. A garden full of weeds does not encourage vegetables too much. They seem to get choked out and so it is with sobriety. If we desire sobriety, we must not fully taken to creep in or any of the other sobriety-killers such as self-pity or resentment to gain a foothold we may be in trouble.

To return to the words of the prayer it is fitting to consider that when we arise and wish to stay sober that day the prayer might be of great value. “O Father bless what we are about to do!” It is doubtful if anyone would utter these words just before taking that first drink!

When one is preparing to start an argument with someone he is never heard to ask for God’s blessing in undertaking he knows himself, is not right.

(Continued ON page four)
MILL ENDS AND REMNANTS

While in the earlier days of our sobriety especially we were alert to "handles," there hasn't been that much change in our day in day out living that we don't continue to need to remind ourselves of "Take it Easy!" "First Things First!" etc.

We are reminded that during the last war the Federal Government sponsored a program for training within industry through which skilled and unskilled workers alike were recipients of a series of courses to enable advancement in their skills, responsibilities and capacities.

In every job breakdown sheet on which the steps and key information for a job were listed, the last step was always — "Avoid the hazards of the work place," and in our early days in the fellowship, and since, this has been a handle, so to speak.

Each of us were advised by our sponsors to avoid the hazards of visiting bars and places where we did our drinking; to cash our checks in banks; to avoid situations that might result in our taking a drink, and so forth and so on.

In subsequent years we save added another handle to keep us mindful of our need for awareness to hazards if we are to avoid the pitfalls, sustain our sobriety and maintain the serenity that has accompanied and been the reward of living as best we can within the framework of the Twelve Steps.

This handle is "Don't get too comfortable!" It can be a real hazard. It can lead to complacency and to apathy and ultimate disaster. Unfortunately, many of us have seen it happen. Fortunately, it hasn't happened to many of us.

Nevertheless, if we let ourselves get too comfortable the hazard lurks in the background. There is times when we get a little careless, a little too self-satisfied. We have been sober awhile. We have our bills in good order. We have a late model car; a good home and we are living the good life.

Are we? What have we done for our group lately? Have we cleaned up the ashtrays or set back the chairs recently? Have we made ourselves available to a Twelfth Step meeting? Have we accepted one? What about hospitals? Have we been supporting our service entities, which always need help? And many others?

Would dare say that should any one of these questions and others, be answered in the negative, or so-so, we may be getting too comfortable in our sobriety and need to avoid the hazards of our work place.

Let's get with it, by George!

THESE ARE GOD'S DAYS . . . LEAVE THEM WITH HIM

Therefore I think and do and journey but one day at a time. That is the easy day. That is the man's day. Nay, rather, that is our day-God's and mine. And while faithfully I run my course, and work my appointed task on that day of ours, God the Almighty and All-Loving takes care of yesterday and tomorrow.

—Robert J. Burdette

MINUTES OF THE CENTRAL COMMITTEE
MEETING MAY 6, 1969

Meeting was opened by Bill H., Moderator, with the Serenity Prayer and was attended by 24 group representatives. The purposes of Central Committee were read by the Moderator, and the Minutes of the meeting of April 2, 1969 were read and approved. The Treasurer's report reflected a balance of $246.33, of which $65.50 is Institutional Fund.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. **Action Committee** — Dick F., Chairman, reported he contacted Pat T. of the novelty shop in Chagrin Falls engaged in AA literature and novelties, who indicated he had contacted by mail various AA members with the intention of selling said novelties thru catalog; that the Secretaries' list had been used for names and addresses; that the whole thing was a mistake, and will not recur.

Discussion followed as to misuse of the World Directory, Secretaries' lists and individual group rosters as being the cause of unwarranted anonymity breaks.

2. **Areawide** — Lou W., Chairman. Dr. Luke R., Youngstown, will be the next Areawide speaker, Friday, June 13, 1969, St. Vincent Charity Hospital, Jordan Hall at 8:30 p.m. Bill H., Moderator urged all members to talk it up at group meetings to insure a good attendance.

3. **Central Bulletin** — George M., Editor. While there were a few who did not use them, Editor of the Speaker List reports that most group secretaries and chairmen used the new forms provided for the purpose of submitting monthly list of speakers. All are urged to use the new form which has been provided.

The editor will welcome copy suitable for use in the Bulletin — not poems, however. He knows there are many capable editorial writers if they will just set their minds and hands to it.

Subscriptions are always needed and we know there are many many members in the area who do not subscribe. Secretaries are asked to tap this source for new subscriptions.

4. **Hospital Committees**

Rosemary Hall — Ray M., Chairman. Women alcoholic patients will not be accepted in Rosary until further notice, pending settlement of strike.

Serenity Hall — Bernie B., Chairman. Alcoholic patients will not be admitted to Serenity Hall unless the following information is given: if patient has Blue Cross hospitalization, sponsors must have contract number, group number and service number. For any other insurance coverage, sponsors should have the name of the company and the policy number.

5. **Institution Committee** — Helen D., Representative. Everything quiet, but support of all groups is needed.

6. **Pic** — Dick P. 75 speakers to non AA groups and meetings were supplied by the District Office from January 1 thru April 30, 1969.

OLD BUSINESS: None

NEW BUSINESS: None

In order to increase attendance at Central Committee meetings the Moderator suggested that each group representative bring a friend.

The meeting closed with the Lord's Prayer.

Respectfully submitted,
Jean C., Sec-Treas.

GUIDEPOSTS FROM THE PAST

We do not need more national development, we need more spiritual development. We do not need more intellectual power, we need more spiritual power. We do not need more knowledge, we need more character. We do not need more law, we need more religion. We do not need more of the things that are seen, we need more of the things that are unseen.

—Calvin Coolidge

The only failure which lacks dignity is the failure to try!

Nobody can ever waste a moment and get it back.
PRAYER OF THE MONTH

0 God, from whom all good things do come, grant us that by your inspiration we may think those things that be right, and by your merciful guiding may perform the same. Amen.

LOOK UP FOR STRENGTH

In the days of sailing ships, a young and inexperienced seaman was sent aloft in a storm to disentangle a broken rigging from the mainmast. In spite of the raging wind, the youngster climbed up swiftly and did the job. When it was time to descend, he looked down and saw the vessel tossing and rolling in the ugly sea.

Suddenly his courage left him. He felt dizzy and faint. He called to the mate on the deck below, "I’m going to fall!" The mate, who had spent many years at sea, shouted back above the storm, "Don’t look down, boy. Look up!" The young seaman did as he was told and came down safely. He had regained his courage when he looked up.

A MAN'S WORTH

A man’s worth depends on what he contributes not on what he obtains; it depends on what he does with his life — on how much he adds to the peace, happiness, and beauty of the world. Think of the people you know. Which of them would be most missed, most regretted?

Is it not those who are the kindest, the most generous, the most tender-hearted, the most honorable, the most just? Would it not be far easier to spare the wealthy and the famous than the gentle and the sympathetic?

When you assess yourself, your position, your character, your achievements, do it in this light. Judge yourself not from the standpoint of the world, but your friends, nor even yourself, but try to see yourself in the light of eternity.

Contributed

A TEST OF FRIENDSHIP

The unknown author who penned these lines hit a keynote thus:

Once a rich man said he would divide his fortune among his friends, if only he knew who they were.

Years passed, and at last the man died in a midwinter blizzard. His last request was that the funeral be held at four o’clock in the morning.

Although scores had boasted of being his intimate friends, only three men and one poor woman turned out to stand red-eyed and sad beside his grave.

When the will was read, it directed that his estate be divided equally among those who attended his funeral.

Friends are much scarcer than we think!

MEMORIAM

To the families and friends of those listed we extend sincere sympathy and our prayers that their bereavement may be tempered by reflective thoughts upon the happiness shared:

EARL V. BASTNAGEL, of Amherst, Ohio, a faithful member of the Wawkenon Sunday Twilight Group, passed away on May 2, 1969. He was active in all Lorain and Erie County groups and is survived by his wife Julia and two daughters.

SAM BOST of Cleveland, Ohio on May 4, 1969, was an active member of the Newburgh Group. He was a devout sponsor and was showing the way to a new member just a few days before he was stricken.

HARRY R. DAVIS of Cleveland, Ohio on May 17, 1969 from a coronary while convalescing from an attack ten days earlier. An active, commited member of the Edge-lake Group for nearly 12 years, he is survived by his wife Ruth and a son.

DATES TO REMEMBER

June 1—Northeastern Ohio General Service Committee Open House, 3:00 p.m., American Legion Hall, Brecksville, Ohio. Speaker.

June 7—26th Anniversary-Lorain Ave., Saturday Night Group—8:30 p.m. at St. John Bosco Church, 6400 Pearl Road, Parma Heights, Ohio. Speaker: Judge Clyde D., Toledo, Ohio.

June 12—Arealwide Meeting—8:30 p.m., Jordan Hall, St. Vincent Charity Hospital. Speaker: Dr. Luke R., Youngstown, Ohio.

June 13—3rd Anniversary, Esquire Group, 4:00 p.m., Prince Hall, 1624 East 55th Street, Cleveland, Ohio. Speaker: Oscar A., Columbus, Ohio.

June 21—Founders' Day, Akron Memorial Hall, Akron, Ohio.

July 18-19-20—Ohio State AA Conference, Neil House, Columbus, Ohio.

DISTRICT OFFICE SUMMER SCHEDULE

The Cleveland AA District Office will be closed all day on Saturday during June, July and August. However, all calls will be relayed through the answering service which may be contacted by calling 241-7387.

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL—1000 ft. cut of House of Correction. 10:00 a.m. to 6:00 p.m.

HOPEFUL—State Hosp., 4456 Turner Rd., New Chapel Bldg. #1 8:00

TUESDAY

BRECKSVILLE V.A. HOSPITAL—1000 Brookside Rd.

HAWTHORNE HOSPITAL—Supe 106, 600 Northfield Rd.

PROTEIN WAY—Grafton Home, Farm Rd., 7:00

TRUSTY HALL—1000 ft. cut of House of Correction. 8:00

WEDNESDAY

CLEVELAND PSYCHIATRIC HOSP. 5130 Almon at Beresford 8:00

VETERANS HOSP. E. Blvd., near E. 108th St.

WARRENSVILLE—Honor of Correction 4041 Northfield Road 8:00

THURSDAY

TRUSTY HALL—1000 ft. cut of House of Correction. 8:00

FRIDAY

MAIN GROUP—House of Correction, 4041 Northfield Rd. 8:00

ALANON GROUP MEETINGS

SUNDAY

GARDEN VALLEY—7100 Kenmore Rd. (2nd & 4th Sun.). 4:00

BROOKPARK, PARMA—Benedictine Church, 6161 Smith Rd.

ELYRIA—Community Church, Detroit at Marlowes

LAKEWOOD—Protestant Church, Detroit at Marlowes

NEWBERG—Church of Christ, State St.

TUESDAY

CANTON—St. John's Cafeteria, 712 McKinely N.W.

MCCLINTON—Christian Church, 2501 Lake Shore Blvd.

OLMSTED FALLS—Community Church, 923 Columbia Rd.

SUBURBAN WEST—Our Savior Church, 9000 Hillard Rd.

WEDNESDAY

AKRON—Arbordale Club, E. Market St.

CHAGRIN VALLEY—Pres. Church, Rt. 306, Bainbridge

FAIRPORT HARBOR—Lutheran Church, 10688 Lake Road

IGNATIA—Grace Church, E. 6th & Hawaii

NORTH OLMSTED—Episcopal Church, 5700 Dover Center Rd.

PEMBERTON—St. Mark's Church, 1410 St. Rd., Dover

TRINITY—Trinity Church (lower floor) 2525 W. 25th St.

WEDNESDAY

CLEVE. HTS.—Pres. Church, Fairmount & Scabge

LORAIN COUNTY—Lutheran Church, 3220 Wilson St.

NORTH CANTON—Pres. Church, Marysville Rd.

ROSEY HALL—Charter Hospital, 3201 E. 2nd St. Central

SUNDAY

ako

THE CLEVELAND ANON Newsletter

LORAIN AVENUE—St. John Bosco Church, 6100 Pearl Rd., 8:30
HUMANITY NEEDS GOOD FELLOWSHIP

"If it be possible, as much as in you, live peaceably with all men." (Romans 12:18)

Living among the evils of today and there are many of them, it is rather difficult to become accustomed to all that is going on about us. However, our only weapon or defense in fighting these evils is our ability to put into effect our teachings and principles as well as our desire to promote good fellowship among all people. If this is our purpose, then it is time for all of us to abandon the hatred, jealousy, spitefulness and malice that we have for each other, and instead, seek peace.

Being human, when one speaks angrily to us we are tempted to reply in kind, for no one likes to be bested in argument or in name calling. Such conduct is foolish. Nothing stirs up anger more than calling foul names, slurring their character or degrading their reputation.

To stir up anger is stupid because the momentary satisfaction which our evil nature finds may cost us much. The anger and spite one can do us no good and may do us and others, great harm.

There is always a temporary victory of evil and falsehood. It feeds the vanity of villainy and hatred and instills intoxicated confidence which results in destruction. The thought then is to stress good fellowship and all of its attributes among all people. It is true that to many, fellowship is but a word one to be used because it sounds good and covers a multitude of things. However, the more we think about it, the more we realize that fellowship is one thing that cannot be defined in words to anyone’s satisfaction, because it is more or less an act or deed; it is an action in life which can produce a happier and brighter one for all who see people.

We all know that discord in life tends to breed heartaches, distress, trouble, and every evil that is unkind and cruel. They do much to disturb consciences to such an extent that one’s vision becomes blurred until we no longer are able to see things clearly. Discords are like the muddy waters of a stream that empties into a crystal stream of water making it dirty and polluted.

Good fellowship shuns all discord because there is no place for it in our makeup or our home. The one who knows how to forgive or appease easily and refuses to grow the weed that produced the plant of discord, is the person the world needs most today.

We need good Ambassadors of Fellowship, people who can bring understanding out of chaos in the lives of those who for the most trivial thing, have had their living, grease, and grime. People who are dispensers of laughter and happiness, honesty and sincerity, and who will spread the gospel of good will along the pathway of life.

Good fellowship, like happiness, is quite independent of money. A wealthy man does not enjoy a book more than a poor man and by the same token, plain food tastes as good to a worker who has earned this dinner as do the choicest delicacies to a man whose appetite is jaded from a luxurious diet.

It isn’t what we have but what we do for others that sums up our worth one important thing however, is that we have the wisdom to know the difference.

Fellowship, by whatever term it is defined, can only be exemplified through brotherly love and affection, kindness and truth, and the willingness to share our blessings with others. This is the only instrument by which we can erase all evil that surrounds us. Shall we give it a try?

-By Betty Hignte Clark in Light

“We Are NOT Alone”

(Continued from page one)

It seems we should all learn a lesson that if we but stop a moment before anything we ask about to do and examine ourselves. Is what we are about to do right? Does this short, simple prayer belong with it? There’s something here for all of us in AA especially when we’re ready to “try” that first drink!

NEVER, YET ALWAYS I MUST REMEMBER

Alcoholism is never benign—it is always malignant. Alcoholism is never merciful—but always misery and suffering. No other disease brings so much grief to other non-afflicted persons—mostly those loved the dearest, as well as misery and suffering to the victim. The simple purpose of A.A. is to show how to enlist the aid of a Power greater than our selves. This has to be my creed—one day at a time. I must never forget what brought me to A.A.

Alcoholism is never pretty—but always ugly; pretty results: ugly yards; ugly ambivalence—bickering; arguing: cursing; yelling; accusations.

Alcoholism is never being comfortable—never having peace of mind. But always seeming never to be able to “catch up.” Seeing your children sifted out and forced elsewhere—always hoping to be shattered; broken promises; trying to rise and being crushed down again.

Alcoholism is always fear, either real or unknown: fear of the landlord; the boss; the police; the bank: the finance company.

Alcoholism is always grief for the man who is gone: the wife you can’t be with; the kiddies you can’t do for and enjoy.

Alcoholism is an emptiness and loss and lack-tears; yearning; sickness; depression and hopelessness.

Alcoholism is never being considered honest or good or intelligent. It is always being considered a book: an immoral person: a “dead beat”; a parasite—and the slow self-conviction that everyone must be the flight of self-respect. It is never being fully alive—never being understood and not understanding.

-Frank O.D., Dallas, in Silent Rostrum

THERE’S MORE TO IT THAN TALK

No man can consider himself a real member of A.A. just because he doesn’t drink. There is such a thing as having a sober body and a mind that retains its drunken stupidity. The body will express lip service to the A.A. program, but the mind still waft flows in an alcoholic quagmire.

The physical sobriety is used only as a cloak to cover the same corruptive thinking and conniving that was always present in the mind. Dishonesty of thought and action is just as vicious in the sober man as in the drunken man. In fact it has a more foul odor in the sober man, because the sober man has not the excuse of befuddled judgment.

Anyone addicted to this form of hypocrisy is still controlled by alcoholic thinking. He still retains his false pride, his complete selfishness, his super-ego. He seeks no advice, and rejects any that might be offered. His moral and ethical code is based on a lorn built to suit his own perverted specification. And the cloak he weaves is transparent as daylight. No one is deceived except the deceiver—and even he must have his moments when he must admit life is a sham.

The solution for this problem is the same as it is for all of us: “We practice these principles in ALL of our affairs.”

-From Chit-Chat, Robesonia, Pa.

TO MAKE OLD FRIENDS

“There is no friend like an old friend who has shared our morning days, no greeting like his welcome, no homage like his praise,” wrote Oliver Wendell Holmes.

All of us would like to have old friends. But have you ever stopped to think that old friends may not be in a hurry? If you would like to have such friends in the years to come you had better start making new friends now. Sturdy friends, like sturdy beams, take time to season.

Go at this matter thoughtfully. Select persons you feel pretty sure could be the king of friends you could prize in later years. Then start the gentle, gradual, seasonal process. How? Emerson gave us the answer. “The only way to have a friend is to be a friend.”
HELP WANTED

When our lives have become unmanageable and we decide at last to turn to the help of a power that is greater than our own, how do we win that help?

The help is won by a simple act. That is the act of asking for help. It is the cry in which we turn to the Supreme Power. In that simple act we admit that we have fought against the universal laws that men have lived by since time began, and we admit that we have failed. We abandon our self-made laws and we turn to the universal laws. And because some good remains in even the worst of us, we are able to put ourselves in the hands of the Supreme Power.

Thus, we win the chance to save ourselves. The simple act of turning to the Supreme Power is all that is needed to win that chance.

For us, who have waited until the hour of desperation has overwhelmed us, this act is but the beginning of the things we must do. At first we cling to the helping hand as we would cling to a rock in the sea. We are in safe hands, but still too helpless to walk in newness of life.

We have to learn to walk in the same world that has caused us so much trouble, doing most of the same things that are the inescapable routine of life, facing the same temptations that pulled us down, facing the same demands upon will-power that has become shattered. All the old challenges are in front of us, and with them, we have a new challenge, which is to surmount the towering obstacles of our evil habits.

We can't demolish these great obstacles in a single blow. We can't demolish them in the same way that we built them, that is through a long series of single acts.

We start at the beginning of each day, by turning our minds to the Supreme Power, the power greater than our own from which we have asked help. Most of us find it practical to say a short prayer, in which we ask for help for the day. In so doing, we dedicate ourselves to the day's task with the help of the Supreme Power.

At the end of each day many of us find it well to look over the day's work. We soon recognize that if we are to have the help of the power that is greater than our own, we must cease to do things that we know will be evil. The number of days in which we have triumphed over alcohol will be few if we fail to restrain our other evil actions. Evil contaminates good. It is particularly necessary for us to watch our tempers, eliminate resentment and avoid the temptation to judge the acts of others. If we devote part of our daily inventory to examination of those things that made us unhappy during the day, or that got us into difficulty, we will discover where our daily actions need our corrective attention.

So, at the end of the day, we thank the Supreme Power for the help we have received and we take notice of our failings for the day. The next day, we will try to correct these failings, for that day, at least.

In the story of the creation of the world in the Book of Genesis, we read that God looked over his work at the end of each day. At the end of the week, he looked over the whole. (Continued on page four)

Now Doesn't THAT Make Sense

Sure, and it is a whole new way of life! We hear so at every meeting. It comes up in conversations with other people daily in the program. And we all go on to say how much better it is that the "old days" when we were still "working alcoholics" and still "out there" on the "track."

To be sure, it is a whole lot better. There is nothing in a life of "running" that can begin to compare with sobriety and the host of good things attendant to it. We know this. We cannot argue this point: there would be no sense in trying to convert a few scraps of thought thrown together at an ungodly hour of 4:00 a.m. One stops momentarily to reflect.

We didn't even stay up this late when we were drinking! But these still quiet moments, these still quiet moments when the mind and the pen function best.

No, there would be sense in arguing that sobriety might not be better than the old days, and we don't, but then it runs in our minds when we think back, most of us were not "too long" on sense for years, or we would not have ended up in some of the predicaments we did; like running out of booze at 5:00 a.m. when we still had money; or driving 25 miles across town to get a drink when there were four bars on our neighborhood corner. Sense? We wonder!

Today we are sober and things have improved most strikingly. Our new way of life proves to us daily, weekly, that it has much more to offer than the old. We are usually surrounded by proof of every kind that it is better.

Still, one wonders now and then, and it is good to stop and think, have we yet acquired any "sense" to speak of? Don't we still do some rather foolish things every day? In the idiom of our modern day "in" language—"We believe better we do!" We may not believe that impatience with slow drivers or not-too-sure of themselves female drivers is silly, but then, when did it do us any good to blow our tops because they don't get going when the light turns amber and "jump" the light as we do? After all it does get traffic moving faster and anyone know the chances of another car still coming through the other lane are pretty slim. Now that we're sober we naturally just have to be among the ten best drivers in town! Sense? Where?

Making a big to-do about the neighbor's noisy dog is always an excellent manner of demonstrating our new found good sense. It stands to reason that now we're sobered up and can hear him barking for the first time, he should be aware of our new way of life and shut up in deference thereto.

Most any sensible, logical alcoholic will agree that the neighborhood kids should now take instant heed of our sobriety and stay off our lawns, and keep the noise down when they pass our houses. We're certainly not going to find any peace and contentment and serenity we hear so much about if other people don't cooperate in our monumental efforts and stop irritating us! Doesn't that make sense?

(Continued on page four)
MILL ENDS AND REMNANTS

MATURENESS

Dissatisfaction with what is around us is not a bad thing if it prompts us to seek betterment, but the best sort of dissatisfaction in the long run is self-dissatisfaction which leads us to improve ourselves. Maturity implies the ability to walk alone and not be ashamed within ourselves of the things we do and say.

Progress in maturity may be measured by our acceptance of increased self-responsibility and an increased sagacity in decision-making. This transition is not a time of calm enjoyment, but of growth and adaptation.

One matures as a person by responding differently today from the ways in which one responded yesterday. We observe restraint so that restraints do not have to be imposed upon us; we do our best to think clearly so that we avoid chasing after false doctrines; we use deliberation so as to see through nonsense; we realize our social duty to tolerate the honest opinions of others while maintaining our own principles.

Maturity is not something you can gate-crash. You have to enter it legitimately, sustained by an appreciation of inner and outer reality. You need to be like the centurion in the Bible, a man who could both take orders and give them.

This is a mark of character. People talk about building character or personality, but how is it done? Every impulse acted upon, every resolution carried out, every fine emotion that gets us somewhere, is weaving itself into the pattern of our character. This is not the product of lectures or sermons, but of well-directed individual effort.

Character takes in the whole man. A man may be a bonny fighter, but a false knight. The test is: to like and dislike what one ought. Perhaps character is summed up in the sentences which Plato tells us were inscribed in the temple of Apollo at Delphi: “Know Thyself... Nothing in Excess.”

This involves self-discipline, and self-discipline sometimes means doing things we would rather not do. Samuel Taylor Coleridge said that all his life he had hated soldiers and horses, and “the sooner I cure myself of that the better.” So he enlisted as a private in the 15th Light Dragons, and disciplined himself here for four months.

* * *

Our guest columnist this month is that able essayist and the foregoing comes from his Royal Bank of Canada Monthly Letter of April 1969.

Such should be shared, by George!

MY SYMPHONY

To live content with small means, to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable, and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to stars and birds, to babes and sages, with open heart; to bear all cheerfully, do all bravely, await occasions, hurry never. In a word, to let the spiritual, unbidden and unconscious grow up through the common. This is to be my symphony. -Contributed

THINKING OUT LOUD

The motion picture and television shows sometimes take us far back into the history of our country. Recently I was watching a television show and saw a large group of men and women traveling by covered wagons. This brought to mind the early lessons, where men who wanted to go from one part of the country to another, traveled in groups for their own safety.

People traveling in the early days were constantly in danger of getting lost or robbed by unfriendly Indians and prowling bandits. So when they planned to move, in the same direction they would meet at a designated place with others who were planning to move in the same direction and make the necessary arrangements for the journey. By traveling in groups they soon learned that they had companionship and protection that other members of the group provided, they in turn lent protection and help. The result was mutual help and companionship. Each contributing his share so that everyone in the group would have security.

We of AA who must travel in groups with other alcoholics who are going in the same direction for our own protection, instead of unfriendly Indians and prowling bandits, we are in constant danger of losing our way to sobriety and straying into the clutches of cruel and treacherous deceptions.

This business of traveling in groups is not something that was started by the early settlers. We must all travel the road from the portal of birth to the portal of death, which brings many unexpected and dangerous situations, and with our limited experience we may lose our way. Men feel safe and secure when they are surrounded by family and friends who will give them counsel and assistance when they come to the cross-roads and don’t know which road to take. Evvy person is fortunate who has a trusted friend to whom he can turn and get the necessary courage to go on when his plans have stalled.

The member of a group who starts thinking that he can go it alone should not forget that he is a member of a group who are playing a part in building his life. The man or woman who remembers this remains grateful and humble in their hearts. Men cannot live happy in isolation from their fellow men. We are bound together almost as one large family and we need each others help to meet our failures and disappointments courageously.

A member of AA is a poor and a selfish human if he would go out and forge ahead on his own with indifference to the physical and moral danger of the weaker and slower members who are left behind. A word of encouragement can put vigor and spring into the dragging feet, and cause a tired face to brighten up with a smile. Men need not only the companionship, but they need also faith and hope.

The men and women who are loyal to their groups have the uncrushable ideals that other men cherish. Their loyalty brings out the best in them which makes them grandly human and nobly divine.

-Edward B., Akron Intergroup News

UNFINISHED LAND

The wisdom of God is shown in that he left the world unfinished that we might have the interest and delight in taking the Raw Material and putting it world together. He left the oil in the tap rock, the aluminum in the clay, the electricity in the clouds. He left the forest unfelled, the mountains undiscovered, the tunnels unbored. He left the fields unplowed and unplanted. He left the music unwritten, the poetry undreamed, and the drama unplayed. He left us and our inventions uncultivated and uncultivated. He left mind and character unperfected, that we might really be the children of God — created in His own image, with latent powers to take the Raw Materials and put the old world together.

By the time a fellow can afford to buy one of those sports cars, he’s too fat and stiff to get into one.
July 1969

CENTRAL BULLETIN

Page Three

PRAYER OF THE MONTH

Almighty God, whose love is new to us every morning, cause us to delight in that love, so that our very lives and natures will reflect the same to others. Amen.

AN INDEPENDENCE DAY PRAYER

God bless America and keep us safe and free, Safe from 'all our enemies' wherever they may be— For enemies are forces that often dwell within, Little acts of selfishness grow into lust and greed And make the love of power our idol and our creed. For all our wealth and progress are worthless as can be Without the FAITH that made us great and kept our nation free, And while it's hard to understand the complexities of war, Each one of us must realize that we are fighting for The principles of freedom and for the decency of man, But all of this must be achieved according to God's Plan...

So help us as Americans to search deep down inside And discover if the things we do are always justified, And teach us to walk humbly and closer in Thy ways And give us faith and courage and purpose to our days, And make each one of us aware that each must do his part For in the individual is where peace must start. For a better world to live in where all are safe and free Must start with FAITH and HOPE and love deep in the heart of "ME." -Contributed

WHAT IS AMERICA?

America means far more than a continent bounded by two oceans. It is more than pride of military power, glory in war, or in victory. It means more than vast expanse of farms, of great factories or mines, magnificent cities, or millions of automobiles and radios.

It is more even than the traditions of the great tide westward from Europe which pioneered the conquest of a continent. It is more than our literature, our music, our poetry. Other nations have these things also.

Maybe the intangible we cannot describe lies in the personal experience and the living of each of us rather than in phrase, however inspiring. The meaning of our word "America" flows from one pure spring. The soul of our America is its freedom of mind and spirit of man. Here alone are the open windows through which pours the sunlight of the human spirit. Here alone is human dignity not a dream, but an accomplishment. -Light

IN MEMORIAM

To the families and friends of those listed we extend sincere sympathy and prayers that their bereavement may be tempered by reflective thoughts upon the happiness shared.

BEN W. TUTTLE, of Cleveland on May 30, a more than 20 year member, who was an active and dedicated member of the fellowship in several west side groups.

EDWARD BURKE of Cleveland in June. He was an active, 28-year member of Deon Men, the former Euclid-Wade and a number of other groups.

JAMES F. WALSH, of Cleveland on June 16, almost 12 years in AA, at age 61. He was a member of Trinity and West Park.

BE A BULLETIN BOOSTER. GET A NEW SUBSCRIBER

DATES TO REMEMBER

July 3-West Side Morning Group, 11:00 a.m., Hungarian Lutheran Church (Rear), West 98th and Denison, observes 30th Anniversary of Warren C., Sr., who will be guest speaker. All are urged to attend this memorable meeting.

4-Independence Day

18-19-20—Ohio State AA Conference, Neil House, Columbus, Ohio.

19—Parma Group will observe its 23rd Anniversary, 8:30 p.m., at PARMA COMMUNITY HALL, Ridge Rd. and Ridgewood Dr., Speaker: Warren C., Sr.

CULTURE

Culture, it has been written, is what is left after everything that has learned has been forgotten. It consists of a quickened and deepened understanding. breadth of outlook, appreciation of beauty, refinement of taste and delicacy of feeling, a sense of measure that assures modesty and judgment, an unbiased approach to fact, a heart that has deep sympathy and strength of courage.

DISTRICT OFFICE SUMMER SCHEDULE

The Cleveland AA District Office will be closed all day on Saturday during June, July and August. However, all calls will be relayed through the answering service which may be contacted by calling Cherry 1-7387.

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL-1000 ft. east of House of Correction, 10:00 a.m. and 6:30 p.m.

HOPEFUL St & Hosp. 4446 Turnery Rd., New Chapel Bldg 21-8-90

TUESDAY

PRESBYTERIAN V.A. HOSPITAL—1000 Freedom Rd., 7:40

HANOVER HOSPITAL–Cottage 680 2nd Northfield Rd. 7:40

PROVEN WAY-Granton Honor Farm, Rte. 76

THURSDAY

TRUSTY HALL-1000 ft. east of House of Correction, 8:30

CLEVELAND PSYCHIATRIC HOSP. 1788 Allen at Scranton Ave.

FAIRFIELD PSYCHIATRIC HOSP. 12290 Fairhill Rd.

VETERANS HOSP.-800 E. 185th St.

WARRENSVILLE-Doctors' House of Correction

FRIDAY

TRUSTY HALL-1000 ft. east of House of Correction, 8:30

MAIN GROUP-House of Correction, 4041 Northfield Rd. 6:00

ALANON GROUP MEETINGS

SUNDAY

GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)

MONDAY

BROOKPARK - PARMA-Redman Church, 6616 Smith Rd.

ELYRIA-Community Church, 668 Abbe Rd.

LAKETOWN—Parma, Denlerry Dr.

STAG GROUP-Charity Hospital, 1:00

VERMILLION-Church of Christ, Ste. 8:00

TUESDAY

CANTON-St. John's Cafeteria, 715 McKinley N.W.

BURLINGTON Christian Church, 2500 Lake Shore Blvd.

OLMSTED FALLS-Community Church, 7685 Columbia Rd.

SUBURBAN WEST-Our Savior Church, 2828 E. 30th Rte.

WEDNESDAY

AKRON-Arid Club, E. Market St.

CHAGRIN VALLEY Church, 205, Bainbridge St.

FAIRPORT HARBOR-Lutheran Church, E. 61st & Hoven.

IGNATIA-Grape Church, E. 61st & Hoven.

NORTH OLMENTH-episcopal Church, 1780 Dover Center Rd.

NFY-Highland Church, W. 114th St. & Detroit

TRINITY-Trinity Church (lower floor) 5628 W. 25th St.

THURSDAY

CLEVE. HTS.—Free Church, Fairmount & Scranton

LOMBARD CANTON-Kenmore Church, 3414 W. Wilson St.

NORTH CANTON—Northminster Prep. Church

WEST LAKE—Mark's Church, 1601 Parlin Rd.

FRIDAY

AKRON-Goodwin Union Hall, E. Market & Goodyear Blvd.

EAST CLEVELAND-W. T. A. Lee Blvd.

ROSAI HALL -Charity Hospital, E. 22nd & Central

SATURDAY

LOBAR AVENUE—St. John Bosco Church, 6401 Pratt Rd.
HOW TO BE LAZY AND LOVE IT!

It is wonderful to be lazy—if you know how. It spares your heart, saves your energy, relaxes your mind—and you needn't feel at all guilty about it if you confine your laziness to these approved ways, recommended by a psychologist: Be TOO lazy to frown, fidget and worry. Don't wear yourself out carrying the needless weights of grudges, prejudices and envy. Listen more than you talk, and see how much better you feel after almost any meeting or gathering. Don't run to catch a bus or trolley; the next one is better for your heart. Don't rush for bargains that take more out of you than it saves for your pocketbook. Don't knock yourself out trying to park your car in a space too small for a scooter. Don't bother to quarrel over small things-like a game. Let the other fellow think he's right when it really doesn't matter. Conserve your mental muscles for things that count, and never bother to wrestle with the inevitable, the imponderable, or the insignificant.

—Montana Allied Al-Anon

Now Doesn't THAT Make Sense

(Continued from page one)

It naturally shows good sense to inform the wife that she could do something with her hair, and look a little more like a sober man's wife. Aren't we home now instead of at the corner bar? What does she expect? She'd better shape up, or we'll ship her out! She sure must not have had too much sense either, or she wouldn't have stuck with us anyway! And the kids! Wow! Here we are working like dogs so they can have shoes and lots of decent food and clothes (for a change), and they just have no consideration whatsoever for their elders. No respect for parents, that's the modern way! Now that we are sober and sensible they had better straighten out! And we stomp around demanding: “Now doesn’t that make sense? !”

Going off on one of our “mentally depressed” kicks is quite sensible; also, it seems we even tell ourselves we should be entitled to our moods of depression. After all, we can't be cheerful and “Mr. Good Natured” 24 hours a day. 365 days a year! Sure we are sober! So what? We're still having -problems,- aren’t we? Didn’t the kid break his arm last week? Look at the size of that doctor bill! And how about the wife hitting the garage door last month?! It’s not our fault we’re still having problems — people are just not cooperating enough, that’s all! Why should we be down in the dumps? How can anyone stay up on cloud 9 all of the time?

This kind of thinking really shows just how much sense we have acquired, now that we are sober and sensible. And at peace, serene and contented, which are the time?

We're still having — problems, — aren’t we? Didn’t the kid break his arm last week? Look at the size of that doctor bill! And how about the wife hitting the garage door last month?! It’s not our fault we’re still having problems — people are just not cooperating enough, that’s all! Why should we be down in the dumps? How can anyone stay up on cloud 9 all of the time?

Help Wanted

(Continued from page one)

His whole week’s work. That’s a good program for us, too. A daily inventory of the things done that day, and a weekly inventory of the things done in the whole week. In the weekly inventory, we get a better picture of our troublesome tendencies, and we can dedicate ourselves to the task of conquering at least one evil tendency in the week to come. In this way, the help of the Supreme Power enables us to grow in a new life. We win strength by a series of daily acts.

Editor’s Note: This editorial is as printed today as when it was first printed in Central Bulletin, April 1947.

The AA Way

I found myself in a bottomless pit of sorrow, woe and despair, when a ray of light revealed to me the steps of a winding stair. In vain I tried to reach those steps. Of myself it could not be done. When I cried for help, a voice replied, “You are standing on

Step Number One

Whose voice it was I could not tell, and I asked, “Just who are you?” He said, “You are standing on

Step Number Two

I had found a Friend who could help me out, I know He could set me free. I trusted in Him, whoever He was, and He led me to

Step Number Three

I sat on this step, and thought of myself, as I never had thought before. Of my wasted life, and the harm I had done: He showed me to

Step Number Four

Then I said to this Friend, “Whoever you are, I’d be better dead than alive. For I am a cheat, a liar and thief.” He said, “You’re standing on

Step Number Five

With you as a Friend, a helper and guide, I can rise from this terrible fix. I’ll go as you say, if you’ll lead the way.” He said, “You are now on

Step Number Six

I know I’m not worth the help you are giving to me, it’s like Manna from Heaven. I’ll do my best to mend my ways.

“You are standing on

Step Number Seven

I harmed my wife, my children, my friends, but will amend before it’s too late. Then a voice by my side so gently replied, “You are standing on

Step Number Eight

I will make amends wherever I can, when the power to do so is mine. Again came the voice of the man of my choice, “You are standing on

Step Number Nine

I’ll admit I’ve been wrong, but want to go right, and stand as a man among men. Again came the voice of the man of my choice, “You are standing on

Step Number Ten

This Man by my side, such a wonderful friend. He was surely sent from Heaven. I shall always be thankful for what He has done.

Then He led me to

Step Number Eleven

Then, Lo and Behold! I had reached the top, the day was bright and fair. And I thought of those I had left behind in the bottomless pit of despair. The ray of Light which came to me, and revealed the winding stair, came from the torch in the hand of a friend. I must throw my light in there. This torch is a guide to show the Way — I must see that it’s always lit. Without this Light I can easily fall to the depth of the bottomless pit. I must never forget this wonderful Friend in whose joy I now can delve. He is with me each day, I hear Him say, “You are now on

Step Number Twelve

To steer ourselves clear of this bottomless pit, where woe and sorrow are rife, there is one sure way, take it day by day, and follow the AA Way of Life.

—From The Silent Rostrum

Behind every argument is someone’s ignorance!

Some men catch nothing on their fishing trips but inside straights.
SELF-RELIANCE

I take up my lute and sing a song with the Psalmist of old:

"The Lord is the strength of my life; of whom then shall I be afraid?"

And I wonder that this should be so.

I was not one of those fools who said; "There is no God."

I was another kind of fool, one who said, "What has this God to do with me? Does this God know me? Does this God know my goings and my comings? If I really needed help, would this God pay the slightest attention to me?"

One thing my experience had taught me was that I had never gotten anything for nothing, never gotten anything without working for it. So I would stand on my own feet, standing apart from neither God nor man. I would find my strength in self-reliance.

Now, self-reliance is a virtue. Without it a man is a weakling. But it is a virtue only as long as it is held within the bounds of virtue. It becomes defective when it yields to egotism, more defective when egotism becomes despotic and the man becomes a despot.

With self-reliance, we make the most we can of our talents, to meet the problems of modern life, to grapple with the trials and tragedies that occasionally confront us, to win over adversity and find some measure of peace and happiness.

Self-reliance gone wrong is relia- ence on our ability to achieve dicta- torial might, to triumph over the rules, conventions and usages that society in general has found useful in enabling its millions of members to live together. It becomes defiance and scorn; it is uncooperative; it lacks consideration of others. It produces".


do the other fellow's troubles might really be awfully big.

AND HOW ARE YOU TODAY?

Back in the dim, dark drinking days that are not really so dim, I can recall thinking that the question: "How are you?" seemed to be both too little and a bit silly. After all, there I was in the flesh, and it was pretty obvious I was all right, else I should not have been there. Chances were that whoever was asking didn’t really give a hang "how I was at heart anyway; nor did I care if they cared. Like all alcoholics I was quite busy being "aloof" and independent, and quite able to handle things whether they cared or not. After all, if things became too bad, I always had a bottle to lean on. So, no one really cared...

Today, "How are you?" means a great deal to me. The people I hear saying this, usually do care how I am (even though this is a constant source of amazement) and suddenly after a few years of trying to be a normal human being, even I am learning to care about how the other guy is. This is really fantastic.

The most interesting angle to this "How are you?" business is the re-action it triggers in me. It starts me thinking, sometimes a few minutes later: "Well, how are you?" Are you any better than I was the last time you saw that man? Have you improved any or have you gone the other way? How does your inventory as of right now stack up? Are you worth someone asking how you are?

I am quite aware that the other’s inquiry as to how I am is in regards to my health, but at the source I am also aware that my so-called health is largely dependent upon my mental health and attitude, and I had better Stop!, Look!, Listen!, and see how I am.

Sooo! How am I? How was I at seven o’clock this morning when I awakened, preferring to stay in bed, and not go to work! How did I treat those around me at such an early hour? Was I cheerful like the lark singing at sunrise because he is glad he’s alive, or was I ready to snap at the first person who said a word to me? How was I? Was I the smiling, handshaking AA we like to see at meetings? Or was I not?

To work I went anyway. Did I remember on the way that there was (or could have been) a time when I didn’t even have a job to go to? Or did I recall on the way that I’d forgotten for the third day in a row to take time to ask for guidance from my Higher Power, and to thank Him for giving me a new day, and ask Him to help me do the best I could with it? How am I anymore?

Throughout the whole day, how was I? Was I cynical about others? Was I the “wheel” and did I ride herd on others around me, even total strangers passing on the street or driving in traffic with me? How was I? Nice and decent, or small and nasty like something people don’t care to talk about or care to admit? Or maybe, if I was nasty enough they’d talk too much and not in my behalf either.

Tonight, when I went to my AA meeting, how was I? When I smiled and shook hands did I really want to do so, or just so I didn’t look or seem “different”? When
MILL ENDS AND REMNANTS

After the events of the past weekend, following the orbiting of earth, the flight through space, the orbit of the moon and the resulting moon landing and moon walk by the two astronauts, we can expect many references in AA talks in facetious or jocular vein that as a practicing alcoholic the speaker pioneered many such traps.

Witnessing the moon landing and subsequent transmissions, made us think of not infrequent discourse among ourselves as to observations made by those who have been somewhat students of the phenomona over the years, that there appears to have been a relationship between so-called relapses, or "slips," and the position and state of the moon in the universe.

Those who have studied and made a hobby of such, will tell you there is such a thing as lunar influences on the behavior of man. That there is any basis for such, cannot be attested to by this writer, but we have had occasional discussions with lunarians, and what they have said has made sense to this inexpert mind.

A little research tells us that the interval between two returns of the new moon is called lunation. The average interval we see is 29.53059 days, and supposing that there is some relationship between relapses and lunar influences, could it be that the almost infinitesimal of the day remaining, is that in which our guard is let down and we succumb. It hardly seems worth the short time we need be on guard to be sacrificed for the mental and physical anguish to which the one drink subjects us.

Research also discloses that a lunar year, of 12 lunar months, comprises about 354 1/3 days, and this leads to the conclusion that relapsers, who we might advisedly call "lunartics," are victims of short-cutting their 24 hour programs. Alcoholics, or not, we are earth people, and our year is 365 days which means a program of 365 and 24 hour days, if we are to avoid the disaster of one drink.

In the dictionary before us, lunacy is defined as an intermittent form of insanity; formerly supposed to depend upon the changes of the moon; mental unsoundness as to the point of irresponsibility. Another definition: In forensic psychiatry and law, exaggerated foolishness; wanton and sense-less conduct. Is that so? Hmmmm!

Let's not be lunartics, by George!

IN THE MAIL BOX

From Garden Grove, Calif: "While going over some AA material we brought from Ohio I came across a copy of the Central Bulletin and wondered if it is still available. My husband has been a part of the program for many years and I a part of Al-Anon. If the paper is still available, we would like a subscription and please send information, P.S. We have one available out here but it is more on the meetings and social affairs. Thanks heaps from a grateful wife and family for Avon Lake AAs and Cleveland and Lorain and many Ohio groups."

Note: Pad of subscription blanks has been forwarded.

MINUTES OF THE CENTRAL COMMITTEE
MEETING JULY 1, 1969

The meeting was opened by Bill H., Moderator, with the Serenity Prayer in which he was joined by the 25 group representatives in attendance. The purpose of Central Committee were read by the Moderator and the Minutes of the meeting of June 3, 1969 were read and approved. The Treasurer's report reflected a balance of $223.02, of which $67.20 is Institutional Fund.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. Action Committee — Dick F., Chairman. No report.

2. Area Wide Meeting — Lou W., Chairman. The June meeting was a success, with close to 200 in attendance. Lou extended thanks to all for making this possible. He is open to suggestions for a speaker for the next meeting.

3. Central Bulletin — George M., Editor. Subscriptions are always needed, and members are reminded to send renewals and any changes. promptly. Group secretaries and chairmen are not using the form provided for transmitting speakers list. This is desirable.

4. Hospital Committees: Rosary Hall, Ray M., Chairman. Alcoholic patients may be admitted to Rosary Hill through the old emergency entrance, and patients may be admitted by sponsors for any time except during meetings or when otherwise involved in hospital procedure. Women will not be admitted until further notice.

Serenity Hall, Bernie B., Chairman. No items to report.

5. Institution Committee — Helen D. Nothing to report.

6. P.I.C. — Dick P. 87 speakers to non AA meetings and groups were supplied by the District Office from January 1 thru June 30, 1969.

OLD BUSINESS: None

NEW BUSINESS: Memorial Day Breakfast. It has been established that this affair is sponsored each year by various AA Groups and members, and not specifically by a particular group or individual.

Breaksville V.A. Hospital — Jerry J., Secretary. #526-3030 Ext. 342 is the number for sponsors to call for admittance of patients to the veterans alcoholic ward, located in building #2, 4th floor, visiting hours to 9:00. AA meetings held each Tuesday and Thursday 7:30 p.m.

Jerry indicated that many questions could be answered and many wrinkles ironed out regarding the policies and procedures of the hospital in relation to AA, and that a better understanding could be reached between hospital, doctors, alcoholic patients and AA members, if members would attend these meetings. It was suggested that an article be written in the Central Bulletin and the Grapevine, stressing the importance of attendance of these meetings; that the biggest lift an AA can get is to know he is helping another alcoholic as well as himself, proving by his very presence that AA does work, and that this new Breaksville project cannot fail with the support of AA. Discussion followed.

Dick P. indicated that wherever possible sponsors be obtained directly through the District Office. Discussion followed.

Meeting closed with the Lord's Prayer.

Respectfully submitted,
Jean C., Sec. Treas.

DISTRICT OFFICE SUMMER SCHEDULE

The Cleveland AA District Office will be closed all day on Saturday during June, July and August. However, all calls will be relayed through the answering service which may be contacted by calling 285-7387.
PRAYER OF THE MONTH

Let us remember, Lord, that there are wounds which are necessary in life. Whenever it means that through those cuts in our body or mind we are drawn closer to you, then the result is health and strength by Thy Grace. Amen.

DATES TO REMEMBER

August
6-12th Anniversary, Parma Heights Group, 8:30 p.m., Parma Memorial Hall, Ridge Road at Ridgewood, Parma, Ohio. Speaker: Ed B., Akron, Ohio.

12-21st Anniversary, Medina Group, 7:00 p.m., St. Paul’s Church, East Liberty Street, Medina, Ohio. Bring a covered dish and own table service; meat, rolls, etc., furnished. Speaker: Phil G.

18-1st Anniversary, Vermillion Al-Anon Group, meeting jointly with AA Group, 8:30 p.m., Congregational Church. Speakers: Mr. & Mrs. Mose Y., Hartville, Ohio.

22-23-24-16th Annual Chautauqua Tri-State Assembly, Chautauqua Lake, N.Y., (between Mayville and Jamestown, N.Y., on Route 17), Registration $2.00, plus gate fee of $2.00 per person which includes parking. Saturday, 23rd is OHIO DAY. Write: P.O. Box 96, Meadville, Pa., 16335.

25-9th Anniversary, Friendship Group, 8:30 p.m., 24600 Lakeshore Blvd., Euclid, Ohio. Speaker: Charlie P., Chardon, Ohio.

29-27th Anniversary, Gordon Square Group, 8:30 p.m., West Boulevard Christian Church, W. 101st and Madison, Cleveland, Ohio. Speaker: Father S., Rosary Hall.

September
5-7- Cook Forest Conference, Cook Forest, Pa., Write: 600 N. Chestnut St., Scottsdale, Pa.

DOAN MEN’S GROUP

Wednesday at 8:30 p.m., meetings will be held hereafter at the Windemere Presbyterian Church. Windemere and Euclid Avenues. Matt Talbot Group meets in the same place on Saturday at 8:30 p.m.

SATURDAY IS NOW TUESDAY

Effective Tuesday, August 5, the Lorain Avenue Saturday Night Group will be known as the Lorain Avenue Saturday Night Group and will meet each Tuesday at 9:00 p.m. at St. John Bosco Church, 6460 Pearl Road, Parma Heights. This change also applies to the Lorain Avenue Al-Anon Group.

In a world full of uncertainties, the record of what has gone before — human experience — is as sure and reliable as anything of which we know.

—Ray Lyman Wilbur

IN MEMORIAM

To the families and friends of those listed we extend sincere sympathy and our prayers that their bereavement may be tempered by reflective thoughts upon the happiness shared.

FRANK LEEDS a 28 year member passed away in late June at age 93. His presence and example at the many meetings and AA gatherings and quiet demeanor was an inspiration to all of us.

SURRENDER

Nowhere in the twelve steps do you find the word “SURRENDER.”

In the first step we admitted we were powerless over alcohol. Yet, many of us fail to grasp the AA program because we have not accepted the fact. Acceptance is a conscious act in which we agree verbally, or by conduct, to the act or offer of another (AA) and an agreement is reached.

Many thousands of people in AA have reached this point, and to their credit, they are sober. They have no quarrel with: “one drink may be the start of something big.” But sobriety is all they have . . . . peace of mind, tranquility and happiness have eluded them. Why? Because they haven’t unconsciously surrendered to life as a person. This is an act that happens when one has achieved a positive frame of mind; when he realizes that the game he has been playing has him licked. Then he stops being demanding, tense, aggressive, guilt-ridden, full of pride, but instead, becomes relaxed, peaceful and on a live-and-let-live basis. This takes place when a person is faced with a set of circumstances he can’t cope with and his unconscious mind takes over. When his conscious mind is still in charge, it is known as submission . . . . “They’ve got me where they want me now, but there’ll come a day.” More trouble lies ahead.

So look around you. The peaceful, relaxed, happy ones have admitted, accepted and without knowing it, through a Higher Power, surrendered. It shows in their faces . . . . they now know the meaning of faith, honesty and yes, gratitude.

—Alonotes, Minneapolis
AND HOW ARE YOU TODAY?

(Continued from page one)

I asked another how he was, did I really care, or was it just the thing to say? What was in my heart? Or may be I was so busy advising (in my most imperious manner) that one should not take the other fellow's inventory that I overlooked that I was doing exactly myself? How was I? Was I laughing and enjoying myself and actually trying to be the sort of AA that others enjoy being around so that they will wish to meet more sober AAs and attend more AA meetings. If I believe that a good AA is a happy AA and an active AA, was I trying to be one and not just acting like one? How was I?

Maybe we should all think about "how we are" when someone asks. What kind of AAs are we? Do we "rub off" on people the wrong way, like lint on a blue serge suit, or like fine furniture polish that makes the finish gleam and wear better too? Would you rather make people glow a little bit, or leave them picking lint?

Editor's Note: Timeless verbage from the past for today's knowledge. Central Bulletin February 1947.

"I guess it's too late," came the reply. "I stopped an hour ago."

THE GREAT DECEIVER

Alcohol is the great deceiver. It produces in the drinker a false estimate of values. It leads him to fool himself. Alcohol itself is a bundle of contradictions. "100 proof" liquor is only 50 per cent alcohol. Alcohol is a poisonous drug.

Alcohol, in moderate doses, whets the appetite and increases the flow of gastric juice but decreases its digestive capacity. In more concentrated form it acts as an irritant and actually decreases normal flow of gastric juice.

Alcohol in some respects gives the appearance of being a food, yet it has no nutritional value, neither does it contain any minerals, vitamins or other substance necessary for maintaining health. Alcohol satisfies the desire for food to the extent that it supplies calories and hence reduces the intake of foodstuff essential to health. Alcohol is commonly understood, referred to and considered as a stimulant, yet it is in no sense a stimulant, but a depressant—an anesthetic. Alcohol makes a person feel stimulated and he fancies himself to be more effective both intellectually and physically, but scientifically and conclusively established, his competency in mental and physical matters alike is definitely less. Alcohol exalts the ego while the nerve centers which have to prove the exaltation are slowly to sleep.

Alcohol urges men to indulge in hot weather to cool off and in cold weather to warm up, but it actually causes the hot man to become hotter and the cold man to become colder. Alcohol gives people both confidence in order to feel better, although they know from past experience that in the end they feel worse. Alcohol gives one a feeling of self-assurance and social ease, yet its very first effect is to remove all social graces and sense of propriety. Alcohol causes man to imagine himself to be bright and witty, whereas he is actually silly.

Alcohol causes man to think he is the best of company because his tongue is loosened, his inhibitions are reduced and because he speaks and acts with less restraint, yet he actually is a social nuisance and a boor. Alcohol in its first effects makes a person feel intellectual and keen, whereas his thinking processes and ability to make valued judgments and quick decisions has actually been seriously impaired.

Alcohol gives a man a feeling of heightened perception and creative ability, whereas his mental processes are immediately impaired and the reaction time of his unconscious or involuntary reflexes is lengthened 5 to 10%. (One drink makes a difference of 15 feet in stopping a car going at the rate of 35 miles per hour.)

Alcohol leads man to believe that its effect makes him more skillful, whereas it leads quickly to decrease of physical strength and endurance and as a matter of experimental fact, his work is always of poorer quality:

Alcohol gives a feeling of wellbeing and courage to face danger, but actually lessens one's ability to successfully cope with adversity. Alcohol changes the normal and perfectly healthy feeling of inferiority from that of a spur and stimulus to greater creative effort to one of remorse, self pity and petulant retreat.

Alcohol is the only narcotic which can be taken in the form of a beverage. It numbs that portion of the brain which makes one conscious of proper and improper behavior. It appears to help subdue the mind, yet it is in no sense a stimulant, but a depressant. The exaltation motive is an expression of the will to live, to create and to act, while the narcotic motive is an expression of fatigue, a longing to escape from life and an urge for rest.

Alcohol is the Great Deceiver! -Reprinted from “Here’s How,” Circa, 1960
RESPECT

One of the most difficult and elusive things to regain once a person has lost it, is respect of people whose respect he once spurned.

People on the whole are inclined to be tolerant, and it is upon that very tolerance that we gambled during our alcoholic careers.

Our ability to make new friends easily made us unaware of the fact that our treachery to society’s formulae of behavior would eventually catch up with us and we would have to pay the horrible price of being ignored and snubbed, gossiped about and being ostracized.

At first we laughed it off and gradually our egocentric resentment and bitterness caused us to increase our consumption of alcohol to escape the conviction in the innermost recesses of our mind and conscience that we were really at fault and that we should correct our ways.

When we finally came to realize that our way was the wrong way we shuddered at the wreckage we had left in the wake of our folly. How could we ever regain that which we had lost? Our loved ones — our cherished friends — whose tolerance we had stretched to the breaking point — could we ever, ever reestablish their faith in our promises to mend our ways and become stable factors in society, instead of liabilities?

We had to find a way, and through AA we found it. And in finding it we realized that when we started developing our own self-respect we gradually were earning the respect of others, possibly not as rapidly as we wished it — but it came gradually.

Sometimes it came reluctantly, as if the memory of past abuses of that confidence and respect which we ordinarily could and did demand was to poignant to forgive and forget.

And in the strengthening of our purpose to lick our alcoholic problem by observing the “mechanics” of AA, we suddenly realized that what we craved most throughout our career was to be liked and respected by our fellow men.

We finally realized that in order to receive the respect of others we had to act decently, conform to moral and social laws and to learn to contribute something of ourselves to society. This was contrary to our egocentric mind and conscience that we were really at fault.

We have learned our lesson. Now we can properly appreciate how delicate social acceptance is. We want the respect of others more than anything else in the world. For with it comes peace of mind, contentment and happiness.

But to secure this respect we must first gain our own self-respect. We can gain that only by religiously following the Daily Plan as laid out by AA.

With God’s help, we can succeed.

Editor’s Note: This article appeared in September 1944 Central Bulletin and was authored by our late Founder and Editor who passed away August 21, 1968.

THES. P. & R. RAILROAD

It’s always nice to hear someone “get up there” and lead a meeting, relating a list of success stories and accomplishments and a full-to-overflowing account of all the benefits so far in AA. We’re more than glad to hear that he is clipping coupons and we don’t begrudge him one minute or one item that he attributes to his sobriety and a new, more-normal way of life found through AA.

But — somehow we seem to be missing the boat! We can’t begin to compare success stories! Ours is nowhere near the ideal picture this speaker seems to be painting. We’ve got creditors still to be paid off and there’s been no new job that “just seemed to happen” put us on easy street. We still look at the other fellow’s new car every year a little wistfully because we surely haven’t come near getting the one we have paid for.

Nope! No big, drastic, sudden changes have come our way! We still slave away at the same humdrum, low paid job we had and the mortgage on the house just never seems to come down enough to notice. Fat chance of getting rich with taxes and cost-of-living still rising.

No, for us things really haven’t changed, or so we find ourselves thinking. It’s OK for him to talk about his success, but so much good fortune for us. No, we always were losers and we probably always will be. Too bad, but that’s life; some get it; some don’t.

Sound familiar? Very few people in AA can honestly say “No.” We are all guilty to a certain extent of feeling unlucky or left out, or just plain unfortunate. No matter how good we may really have it, we cau still find things to complain about or over which to feel sorry for ourselves. If we don’t have much to worry about, we find something. True?

This is where our daily inventory can come in so very handily. If we are honest, really honest, with ourselves, we will nip the negative “poor me” thinking in the bud, and begin to think positively as AA teaches us to do. We’ll begin to add up the good things we have and the wonderful things that have happened to us, and we’ll suddenly realize we truly have nothing to complain about. Things are better than they seemed.

Not every one in AA will get rich or be afforded a new job with money spilling all over the place. Very few will be so fortunate, actually, and then only if they really get cracking and work for the material things they’d like to have. Good fortune usually doesn’t just happen.

It comes as a result of hard work, and seldom overnight either. Funny! That’s how sobriety comes. It doesn’t just “happen.” We have to work for it.

To be sure, we consider our sobriety to be a gift from our Creator, but it seems that in order to maintain it successfully we have to do our part. We don’t stay sober just by “deciding” or “thinking” that we will. We need to cultivate it, nurture it, keep it alive through activity.

Negative thinking, self-pity, resentments are so damnably easy for us. We can throw a “pity party” for ourselves at a moment’s notice. We can become our own victim or thing so easily. But snapping ourselves out of such

(Continued on page four)
MILL ENDS AND REMNANTS

As has been written here any number of times when we become truly sober in AA and embark upon the new way of life it teaches, it is importantly beneficial that we endeavor to expand our horizons to embrace as many of the contributory good things of living in order to maintain our sobriety.

The horizon of friendships is never completely reached, but it can be continually expanded by continued activity in the fellowship through attendance at many meetings, conferences and conventions, thus enlarging our programs and sustaining the same in drawing from the quantitative and qualitative strength of the friends attained.

Another horizon, which, while never completely attainable, if we are to grow, is that of knowledge and wisdom. This is available to us to the degree that we work at it, and comprehends regular and continued reading of our Big Book and our other AA literature, together with outside reading and study which we can apply within the limits of our understanding.

That there is strength in such reading and study, this writer can attest to, and one of his favorite writers has been the Apostle Paul. Many of his letters have been a source of needed strength on occasions that the road has been bumpy.

One passage that has been of immeasurable solace since the earlier days in the program is the portion:

“Ye must deny yourselves and take up your cross and follow me.”

This is available to us to the degree that we can attest to, and one of his favorite writers has been the Apostle Paul. Many of his letters have been a source of needed strength on occasions that the road has been bumpy.

“By the Grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God which is with me.”

These are but two, there are many others and perhaps at a later time, we may be permitted to write about and share our thoughts about others.

There is peace in enlarged horizons, by George!

BY LINES

On the occasion of the birth of her first grand-daughter, a very wise old mother wrote the mother of the child as follows:

“Teach her as many of the 700,000 words of the English language as you can, but be sure she knows that the greatest word is God; the longest word, eternity; the swiftest word, time; the nearest word, now; the darkest word, sin; the meanest word, hypocrisy; and the deepest word, soul.

Remember to keep your words soft and sweet; you never know when you may have to eat them.

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MINUTES OF CENTRAL COMMITTEE
MEETING, AUGUST 5, 1969

The meeting was opened by Bill H., Moderator, with the Serenity Prayer in which the 24 Group Representatives joined. Purposes of Central Committee were read by the Vice Moderator and the Minutes of the meeting of July 1, 1969 were read and approved as amended. The Treasurer's report reflected a balance of $180.63, of which $67.20 is Institutional Fund.

COMMITTEE REPORTS WERE AS FOLLOWS:


2. Area-wide Meeting — Lou W., Chairman. Flyers for the September 12 meeting were distributed. Each group secretary will receive a flyer together with the announcemen for the next Central Committee meeting. Each representative present was asked to talk up the Area-wide meeting in order to assure a good attendance.

3. Central Bulletin — George M., Editor. Subscriptions are always needed, and members are reminded to send renewals and any address changes promptly.

4. Hospital Committees:

Rosary Hall — Ray M., Chairman. Nurse's strike is over. Rosary Hall will be the last to be staffed with nurses. District Office will be notified when beds are available for women.

Serenity Hall — Bernie B., Chairman. Sponsorship of alcoholics is a very important part of the AA program. Sponsors are becoming very lax and it was suggested that whenever sponsors cannot visit the patient, the co-sponsor to take over.

The Alcoholic Ward in Brecksville Vets Hospital has a waiting list for admittance. The number of beds has expanded from 19 to 59. Support of this group is needed by AA members. Meetings are held in Building #2, Room 264 — Tuesday 7:30 p.m. and Thursday Discussion Meeting 8:00 p.m.

Support of women AA members also needed at Turney Road Hospital Group. Meetings held in Fellowship Room adjoining the New Chapel off Lobby of Main Building (1) Turney Road.

5. Instution Committee Workhouse Program — Persons wishing help with their drinking problem thru this program must be ambulatory and able to rationally answer simple questions upon admission. Discussion followed.

P.I.C. — Dick P., 91 Speakers were supplied by the District Office for talks to non-AA meetings and groups from January 1, 1969 thru July.

The District Office received a request from Fr. Raymond Finnerty, St. Mary Church for "AA" speakers for an educational program which will begin -weekly, the first week of September, 1969 and will end in May, 1970. Fred N., Mayland Group, will be in charge and the District Office will assist him throughout the program.

Two AA members present mentioned the tremendous interest shown by the boys and girls attending their respective P.I.C talks and that the experiences were quite rewarding.

OLD BUSINESS: none

NEW BUSINESS: Bernie B. mentioned that women patients will be admitted to Brecksville Vets Hospital provided they qualify as veterans.

Dates to remember:

Area-wide Meeting, Jordan Hall, Friday, September 12, 8:30 P.M.

The meeting was closed with the Lord's Prayer. Respectfully submitted,

Jean C., Sec.-Treas.

Even if today's cars are supposed to be mechanically perfect and smooth running, some of them have a lot of jerks in them.

Pain is the touchstone of spiritual progress. We know that the pains of alcoholism had to come before sobriety, and emotional turmoil before serenity.

—AA Way of Life
PRAYER OF THE MONTH

Gracious God, help us seek you where and while you may be found. Teach us to use even the most painful adversity as a means to opening doors to your blessings for others and thereby speed the realization or our own prayers and the remedy for our deep needs. Amen.

FIFTH PUNDERSON CONFERENCE

“This Way of Life” is theme of the fifth Punderson Park Conference, to be held Friday, Saturday and Sunday, September 26, 27 and 28, at beautiful Punderson State Park, located on Route 87 in Newbury, Ohio. Write Conference Committee in care of P.O. Box 58, Newbury, Ohio 44065, or see your group secretary for details.

Registration will begin on Friday noon (although to be assured room accommodations registration cards must be returned no later than September 17th), followed by an afternoon of coffee and fellowship. Conference will formally open at 8:00 p.m., Friday and speaker will be Virgil W., Decatur, Georgia.

A full day has been planned to fulfill the wishes of AA members and Al-Anon and Al-Aldeed, with banquet scheduled for 7:00 p.m. Saturday evening speaker is Joe L., Tyler Texas.

Sunday A.M. will offer second showing of the AA movie, and Sunday afternoon is reserved for your spiritual expressions at “This Way of Life” portion, which will be held outdoors, weather permitting.

ON PATIENCE AND SUCCESS

To anyone who knows and understands the humble craving of every human being to be recognized, to be somebody, to triumph in some way, however small, it seems strange that more people do not go after the many small victories which are so easy to achieve and which make life a thousand times more satisfactory.

In the face of heading make successes, reported on the financial pages, in the sport section and on the academic, military and scientific front, perhaps most people tend to low rate their own potential for personal victory at the personal level. It seems so tiny by comparison.

But perhaps the small victories, the ones which are actually far more to enrich character and illuminate a life than any but the worthiest of publicized triumphs.

To grow the finest dahlias in the 5100 block of Whosois Street isn’t the point. After all this gets recognized only in the block, what I am talking about isn’t even that competitive and gets no more recognition from anyone except yourself.

To file and forget a nerve wrecking day without complaining to your husband (or your wife), knowing that the therapeutic benefit you get from kicking will upset your partner — to refrain from parental criticism when the child has failed miserably — to pass up an opportunity to say, “I told you so” — these are small and too often neglected building blocks of a better world for yourself and those around you.

Sometimes a friend will expound a view so utterly at variance with your own that it seems as an act of violence against reason, logic and the public welfare. You can clamp your mouth shut at times like this, knowing that your own beliefs, while valid for you, are not necessarily a working gospel for another person, you will have scored a rather large small victory.

To realize suddenly that a discussion is degenerating into a quarrel, and to swallow your most brilliant and persuasive reasoning against reason, logic and the public welfare as well. If you can do this, your own beliefs, while valid for you, are not necessarily a working gospel for another person, you will have scored a rather large small victory.

One of the reasons why most of us never know this sort of victory is that it requires a nonaction rather than an action, and this is contrary to our nature. We are nervously active people, with contention built into us.

(Continued on page four)

DATES TO REMEMBER

9—6th Anniversary Proven Way Group, Grafton Honor Farm, Grafton, Ohio, Route 76, south of Route 82. 6:30 p.m., Men only, Bring a gift for inmate member Speaker: Neil C., Cleveland, Ohio.

12—Areawide Meeting, 6:30 p.m. Jordan Hall, Charity Hospital. Speaker: Elizabeth B., Holis, N.Y.

13—12th Anniversary L.S.I. Group, 8:00 p.m. at 17600 Broadway, Cleveland, Ohio. Speaker: Jim R., Edgelake.

24th Anniversary Sheffield Lake Group, 8:30 p.m. at St. Thomas School (rear), Harris Road, Sheffield Lake, Ohio. Speaker: Father S., Charity.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office is located in the Carol Building, 2063 E. 4th St., is open weekdays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 1 p.m. but maintains a 24-hour telephone service which calls to the office is closed. The telephone number is 7-3837.

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL—1000 ft. east of House of Correction 10:00 a.m. and 6:00 p.m.

HOPEFUL—State Hosp. 4455 Turner Rd., New Chapel Bldg 1-1:00 p.m.

TUESDAY

DREXELVILLE V.A. HOSPITAL—1000 ft. east of Drexelville Rd. 6:00 p.m.

RAWHORSDEN HOSPITAL—Coppola 106 West Northfield Rd. 7:30 p.m.

PROVEN WAY—Grafton Honor Farm. 8:30 p.m.

TRUSTY HALL—1000 ft. east of House of Correction 6:00 p.m.

WEDNESDAY

CLEVELAND PSYCHIATRIC HOSPITAL—3701 Allen at Bertram 8:00 p.m.

FAIRGLEN—Psychiatric Hospital 1330 Fairlawn Rd. 7:00 p.m.

THURSDAY

WARRENSVILLE—Women’s House of Correction 6411 Northfield Road 8:00 p.m.

FRIDAY

MAIN GROUP—House of Correction 4841 Northfield Rd. 8:00 p.m.

ALANON GROUP MEETINGS

GARDEN VALLEY—7100 Kinman Rd. (2nd & 4th Sun.) 4:00 p.m.

MONDAY

BROOKPARK—PARMA—Young, 2060 Lake Blvd. 7:00 p.m.

ELYRIA—Community Church, 680 Abbe Rd. 8:00 p.m.

SUBURBAN WEST-Our Savior Church, 2000 Hillard Rd. 8:00 p.m.

AKRON—Arid Club, E. Market St. 8:00 p.m.

CHAGRIN VALLEY—Community Church of Cuyahoga Falls 7:00 p.m.

FAIRPORT HARBOR—Luther Church, 7:00 p.m.

IGNATIA—Grace Church, E. 81st & Harvard Ave. 8:00 p.m.

WARREN—Eagle Church, 11403 E. 82 7:00 p.m.

VENICE—Charity Hospital of Warren 11403 E. 82nd St. 8:00 p.m.

TRUTH—First Church (lower floor) 2622 W. 140th 7:30 p.m.

THURSDAY

CLEVE—3rd—First Church, Fairmount & Bemud 7:00 p.m.

ST. LOUIS—St. Mark’s Church, 4200 Euclid Ave. 8:00 p.m.

BROOKPARK—PARMA—Union Church 8:00 p.m.

AKRON—Goodwill Union Hall, E. Market & Goodby Rd. 8:00 p.m.

WESTSIDE—St. Mark’s Church, 6621 N. Prospect Rd. 7:00 p.m.

FRIDAY

AKRON—Charity Hospital, E. 2nd & Central 8:00 p.m.

SATURDAY

LORAIN-—21st Street, John Bosco Church, 614 Pearl Rd. 8:30 p.m.
THE LETTER ‘E’

The letter ‘e’ is said to be the most unfortunate letter in the alphabet, because it is always out of cash, forever in debt, never out of danger, and in torment all the time. All of which is true. Still, it is never in war, always in peace, and always in something to eat. It is the beginning of existence, the commencement of ease, and the commencement of trouble. Without it there would be no heaven. It is the center of honesty and is always in love. It is the beginning of encouragement and endeavor, and the end of failure.

ON PATIENCE AND SUCCESS

We have too high an opinion of our opinions. We are overly generous in sharing our superior mental gifts with those less enlightened. To keep one’s mouth shut seems almost selfish act when it is so full of such wondrous wisdom.

Impatience is a common trait. We want to go places in the quickest way. One of the major causes of traffic accidents is a driver crowding too close to the car ahead. The only reason for crowding is that the rear driver “can’t wait.” It is the impatient driver who endangers the progress for success. But there are no short cuts, no free rides, and the hard way is usually the best way. There is nothing more important for the new man in AA than a desire to stay sober and a generous amount of patience.

The charm of AA

by Fulton Ousler

Down at the very bottom of the social scale of AA Society are the pariahs, the outcasts and the castoffs, all underprivileged and all known by one excoriating epithet: RELATIVES. I am a relative. I know my name. I am not complaining but I hope no one will make fun of me because sometimes, there are times... or many, many times, when I wish I were an alcoholic. By that I mean I wish I were in AA. The reason for this is I consider the AA people the most charming in the world.

Such is my considered opinion. As a journalist, I have been fortunate to meet many of the people who are considered charming. I number among my friends: stars and lesser lights of the stage and cinema; writers and newspaper people. I know the ladies and gentlemen of both political parties; I have been entertained at the White House; I’ve “broken bread” with kings and ministers and ambassadors and I say, after the catalog, which could be extended, that I would prefer an evening with my AA friends to any person or group of persons I have indicated myself why I consider so charming, those alcoholic caterpillars who found their butterfly wings in AA.

The AA people are what they are and they were what they were because they are sensitive, imaginative, possessed of a sense of humor and awareness of universal truth. They are sensitive, which means they are easily hurt, and that helps them to become alcoholics. But when they have found restoration, they are still as sensitive as ever; responsive to beauty and to truth and earnest about the inner glories of life. This makes them charming companions. They are imaginative and that helps make them alcoholics. Some of them drank to flog ambition on to greater efforts. Others guzzled only to black out the demons which rose in their imaginations. But when they found their restoration, their imagination is responsive to new incantations and their talk abounds with color and light and that makes them charming companions, also.

They are possessed of a sense of humor. Even in their cups they have been known to say damnably funny things. Often it was being forced to take seriously the little and mean things of life that made them seek escape in a bottle. But when they found their restoration, they were restored to the good and simple ways of life. They have found a Power greater than themselves which they diligently serve. And that gives them a charm that never was elsewhere on land or sea. It makes you know that God Himself is really charming, because the AA people reflect His memory and His forgiveness.

from Chit-Chat, Robesonia, Pa.

HOW WE LEARN

God educates men by casting them on their own resources. Man learns to swim by being tossed into life’s maelstrom and left to make his own way ashore. No youth can learn to sail his life craft in a lake sequestered and sheltered, where no other vessel ever come. Skill comes through sailing one’s craft amidst rocks and bars and opposing fleets, amidst storms and swells and countercurrents. Responsibility alone drives man to toil and brings out his best gifts.
LONELINESS

Job, the most harrassed man of the Bible, was not an alcoholic. He was a spiritual man, a family man and a respected member of his community. The rush of misfortune which overwhelmed him, however, brought out some reactions which are typical of the alcoholic.

Job's calamities were due to circumstances. They were visited upon him as a test. Herein, it might be said, he differed from the alcoholic because the drinker's troubles are all of his own making.

This is only superficially true. Maybe the alcoholic's problems are a test, too. Circumstances — those of character defects and personality — create his problems and impel him to do what he does. The Almighty works in mysterious ways. His wonders to perform. In the case of Job, according to what we read in the Bible, it was by direct intervention in the case of the alcoholic by indirectness.

Job, like the alcoholic, was angered by what happened to him. He harbored resentment. He went through much soul searching, he demanded his rights and the preservation of his dignity as an individual. He Anally arrived at the extreme point where, in defensive thoughtlessness, he sought to order things about. Ever experience these feelings?

His three closest friends reasoned and remonstrated with him. They only made him more stubborn and defiant. They despaired of helping him. He was determined and, despite his sufferings, his awareness that he was injuring himself, he insisted on doing things his own way. Did you ever entertain such notions?

Job came to this state of mind we are told by Samuel Terrien in his beautiful study of this character, "Job: Poet of Existence," by "refusing to bless the name of the Diety, in revolting against the faith of his childhood and of his community, in separating himself even from his dearest and most intimate friends, in losing willfully even more than he had lost unwillingly, in repudiating his reputation of honor among his fellow men."

These might be the entries in the case record of an alcoholic today. They brought the inevitable feeling of complete loneliness and isolation. It is a feeling heavily mixed with fear. There is no one to turn to, no one to hang on to in this terrible wilderness of spirit. Only a great void exists and despair is the all-encompassing emotion.

This sense of loneliness, we think, is the most terrifying experience of alcoholism. We had no sense of belonging, either to God or fellow man. We repudiated our family and friends. We inhabited a world of our own, a realm of phantoms that have no substance, nor can they give comfort, but are only silent, grimacing wraiths that appear only to vanish from our disturbed minds and leave a gray desolution.

We got to the point so sharply expressed by Edna St. Vincent Millay:

"It is utter Terror and loneliness
That drive a man to address the Void as "Thou."

(Continued on page four)
MILL ENDS AND REMNANTS

New every morning is the love
Our waking and uprising prove;
Through sleep and darkness safely brought,
Restored to life, and power, and thought.

In these four lines written in 1822 the poet John Keble captures the essence of that which we wish to share this month.

Most of us at one time or another in our drinking years stared into the usual mirror of the back bar or perhaps only into the mirror of our half-stupored minds and dreamed of heroes of one kind or another.

One member of AA relates that his favorite dream of heroes — his ride on the glory train — envisioned the baseball game in which he hit a home run in the last of the ninth inning of a tie ballgame with two outs and the count three balls and two strikes.

Our frequent and favorite daydream of heroes and the glory road was the same setting as that of our friend, but we were the opposing pitcher who fired the high hard one past him for a strikeout to send the game into extra innings.

It isn’t unusual in our sobriety in AA to have daydreams — not of heroes but of accomplishment: not of glory — for there is none such in our humble way of life, but perhaps of a touch of greatness to the extent that we may help others.

This then leads us to recall a number of conversations with fellow members of AA on various occasions some time back, when through the strength of and as a result of our sobriety we felt our untapped resources and latent talents would produce some work, some deed, some effort of great significance. How and where will this greatness express itself?

It was in sincere discussion that these innermost feelings were revealed — not in any manner of egotism or self-aggrandizement, for that bespeaks the glory road of which we want no part; rather, it was the feeling of the great Force in our sober AA life in granting us the power and the wisdom to carry it out.

These thoughts have been much in our mind and meditations. How and where will this greatness express itself? What latent resources, what unexpressed talent would be released?

And then quietly, peacefully and serenely came the understanding and knowledge that true greatness is witnessed and unrealized for today, and today we are only on the threshold of greatness. Every new morning we border on greatness by our performance, our effort and our example just for this day. Therein lies the measure of the expression — restored to life, and power, and thought.

As our poet opened our column, we close then with his last two lines:

And help us, this and everyday
To live more nearly as we pray.

So may it be!, by George.

A good way to widen the straight and narrow path would be for more people to walk on it.
A PRAYER
(Based on Psalm 90)

Lord, thou hast been our dwelling place in all generations.

Before the mountains were brought forth, or ever the earth and the world were made, Even from everlasting to everlasting, thou art God.

We thank thee having brought us safely to this day of our lives and for having taught us to live one day in a time in thy work.

We pray that thou wilt guide our footsteps tomorrow, and help us as we help ourselves, help us as we help others to do thy will.

And we pray that thou wilt extend thy special mercy to afflicted as we have been but who have not yet been brought from darkness. Amen.

Editor’s Note: This, our Prayer of the Month, appeared in center box on Page 1 of the first Central Bulletin, October, 1942.

OUR BIRTHDAY

It is noteworthy that this is the 325th edition of the CENTRAL BULLETIN, which was launched in October, 1942. In other words, as revealed below the masthead on Page 1, this issue is the first of our Twenty-fifth Anniversary, an achievement for which a great many persons are justly grateful.

This is believed to have been (a claim that has never been refuted), the first journal in AA, and as a matter of record, in writing us on the occasion of our Twenty-fifth Anniversary, seven years ago, no less an authority than our Co-founder, Bill W., wrote; “the first publication of its kind ever to appear in AA.”

An editorial in that October, 1942 edition stated: “The chief justification for this bulletin will be to further the work of AA” and it has been to that end that the efforts of Central Bulletin have been dedicated.

At the time of its first appearance, the fellowship had shown tremendous growth in the Cleveland area (as it has since), our nation was at war and our fledgling members were going into the armed services or relocating to jobs in other cities, hence the need for the communication pioneered by Central Bulletin.

It is interesting to inject here that our paper continues to carry the message to those in the armed forces, as witnessed by a recent letter from a subscriber in Viet Nam who shares his copies with buddies serving with him.

There have been innumerable nameless people who have made this uninterrupted twenty-seven years of publication possible, and while they remain anonymous, it is fitting and proper to acknowledge their devotion.

Many of them have gone to their rewards of another life, but their contributions have been timeless and we are grateful that we can share them and benefit from them as we do from time to time. Their experience, strength and hope continues to throw light across our path.

In his communication at the time of Central Bulletin’s Twenty-fifth Anniversary, Bill W., further stated: “May your good journal continue to carry the message in the language of the heart so long as God shall wish our fellowship to endure.” This, too, is our prayer.

Do it that very moment...Don’t put it off...Don’t wait...There’s no use in doing a kindness...If you do it a day too late.

IN MEMORIAM

To the families and friends of those listed we extend sincere sympathy and our prayers that their bereavement may be tempered by reflective thoughts upon the happiness they shared.

RAY J. BRAENEL of W. 25 Street, Cleveland, passed away August 13.

DATES TO REMEMBER

October

5—Fall Open House Meeting, Northeastern Ohio Local Service Committee, American Legion Hall, Brecksville, Ohio. Speaker: Everyone welcome.

7—Central Committee, 8:30 p.m., Room 438, Hanna Building.

T—Young Peoples Group, inaugural meeting, 8:30 p.m., First Friday Group, Methodist Church, Euclid Avenue at East 30th St. Speaker: Bill C., Wickliffe.

11—Redwood Group, 21st Anniversary, 8:30 p.m., Euclid Lutheran Church, East 200th and Forestview Ave., Euclid, Ohio. Speaker: Les S., Lakewood Men’s.

14—Mid-Town Group, opening meeting, 8:30 p.m., Trinity Cathedral Parish Hall, Prospect Avenue and East 22nd St. Speaker: Murray S., Southwest Ohio.

22—TC 1005 Group, 4th Anniversary, 8:30 p.m., Progressive Hall, 5615 Stumph Road, Parma, Ohio. Door and other prizes. Speakers: John D. and Marge K.

31—East 30th St. Group, 26th Anniversary. Fish fry 7:00 p.m., 50¢ each. Meeting right after dinner. Speaker: Frank M., Shaker.

November

1—Laurel Group, Hardtimes Dance, 8:00 p.m. Brooklyn High School Cafeteria. $2.00 per person. Buffet, prizes.

2—Painesville (Ohio) Thursday Group changes meeting place to Salvation Army, 69 Pearl Street.

HOSPITALS AND INSTITUTIONS

TRUSTY HALL-1000 ft. east of House of Correction

MONDAY

HOPEFUL—State Hosp., 4455 Ternut Rd... New Chapel Bible 11:30

TUESDAY

BRECKSVILLE V.A. HOSPITAL-1000 Brevick Ave. 7:30

HAWTHORNDEN HOSPITAL—Cottage 11, 306 Northfield Rd. 7:30

PROVES, WAY—Grafton Honor Farm, Rte. 1

2nd & 4th Tuesday.

TRUSTY HALL-1000 ft. east of House of Correction 8:30

WEDNESDAY

BROOK PARK—St. Francis Hospital, 6020 Detroit Ave. 7:30

CLEVELAND PSIYCHIATRIC HOSP.—7530 Aiken at Scranton Rd. 7:30

VETERANS HOSPITAL, 3500 Euclid Ave., Cleveland, Ohio 8:00

THURSDAY

VERSAILLES—Women’s House of Correction 8:00

FRIDAY

TRUSTY HALL-1000 ft. east of House of Correction 8:00

MAIN GROUP-House of Correction, 4041 Northfield Rd. 8:00

ALANON GROUP MEETINGS

GARDEN VALLEY-7100 Kinsman Rd. 2:00 p.m. (1st & 4th Sun.)

MONDAY

BROOK PARK—PARMA—Redeemer Church, 6161 Smith Rd. 8:30

ELYRIA—Community Church, 657 Abbe Rd. 8:00

LAKWOOD—Free Church, Detroit at Marlatt Rd. 8:00

CLEVELAND—GROUP-Charity Hospital 8:30

VERMILLION—Church of Christ, State St. 8:30

EUCLID—Christian Church, 29000 Lake Shore Blvd 8:30

OLMSTED FALLS—Community Church, 7555 Columbia Rd. 8:30

SUNDERLAND—West—Our Saviors Church, 20300 Hilliard Rd. 8:30

BEDFORD—Christian Church, 96 Warrensville Center Rd. 10:30 a.m.

CHAGRIN VALLEY—Pres. Church, 32000 Euclid Ave. 10:45

FAIRPORT HARBOR—Luther Center, 8:30

IGNATIA—Grace Church, 9327 Whiskey Dick Rd. 8:30

SANDUSKY—Duos Center 8:30

TRINITY—Church of Christ, 6226 W. 26th St. 8:30

THURSDAY

CLEVE—FFS—Pres. Church, Fairmount 8:30

LORAIN COUNTY—Luther Church, 3313 E. 6th St. 8:30

NORTH CANTON—Northminster Pres. Church 8:30

WEST SIDE—St. Mark’s Church, 7001 West Tiffin Rd. 9:00

FRIDAY

EAST CLEVELAND-Y.W.C.A., Lee Blvd. at Euclid 8:30

ROSAIRE HALL—Charity Hospital, 22d & Central 8:30

SUNDAY

LORENZ AVENUE—St. John Bosco Church, 6400 Pearl Rd. 8:30
TIMELESS PRAYER

Let me do my work each day, and if the darkened hours of despair overcome me, may not I forget the strength that comforted me in the desolation of other times. May I still remember the bright hours, that found me walking over the silent hills of my childhood, or dreaming on the margin of the quiet river, when a light glowed within me and I promised my early God to have courage amid the tempest of the changing years.

Spare me from the bitterness and sharp passions of unguarded moments. May I not forget that poverty and riches are of the spirit. Though the world knows me not, may my thoughts and actions be such as shall keep me friendly with myself. Lift my eyes from the earth and let me not forget the uses of the stars. Forbid that I should judge others less fittingly than myself. Let me not follow the clamor of the world, but walk humbly in my path.

Give me a few friends who will love me for what I am, and keep ever burning before my vacant footsteps, the kindly light of hope. And though age and infirmity overtakes me, and I come not in the sight of the castle of my dreams, teach me to be thankful for life, and for time's old memories, that are good and sweet and may the evening twilight find me gentle still.

HELPING MANKIND

The only question for us to ask, is what does duty require; and not what will be the result and our reward if we do our duty.

Not all men have the same capacity of understanding. Each man will attain to only a large portion of truth as he is capable of digesting.

It was the philosophy of Emerson that if you would desire to succeed you should help mankind as a whole. In his Essay on Compensation he uses the expression, "Put God in Your Debt."

There is considerable evidence that if you give mercy, love and right, the same shall return to you.

Let us develop the brain, but also civilize the heart. Let us do what we can for the destruction of ignorance, poverty and crime. Let us do our best to satisfy the hunger of the mind. Let us seek to ascertain the secrets of nature, in order to make the invisible forces the tireless servants of the human race, and thus fill the world with happy homes.

-Light

LONELINESS

(Continued from page one)

And then we realize that neither circumstances, nor people, nor Providence are to blame — that we alone are at fault. We turn and ask for help and the void disappears. There are friends. We return to those things we deserted and once despised, finding in them the basis of belonging, of filling a niche in the universe. We have found sobriety and our minds are cleared and like Job we find again a reason for living in faith restored.

Note: Above editorial by the late Spencer I. appeared in Central Bulletin October 1957.

NEW CENTRAL CITY GROUPS

First meeting of the new Young Peoples Group will be held on Tuesday, October 7, 1969, at First Methodist Church, Euclid Avenue and East 30th Street, Cleveland. Time is 8:30 p.m., for this and all subsequent Tuesday evening meetings. Speaker: Bill C., Wickliffe Group.

While formation of this under 36 group to meet in the central city is to enable younger members of the fellowship to share their strength, experience and hope, all meetings are open and visitors are welcome. This is a fine opportunity for older members to learn and listen, and, when called upon, to help.

A week later on Tuesday, October 14, another group — the Mid-Town Group — will hold its first meeting in Trinity Cathedral Parish Hall on Prospect Avenue at East 22nd Street, where there is ample lighted parking. Speaker at the open meeting: Murray S., Southwest Sunday.

SOMETHING FOR NOTHING

There is a beautiful notion afloat in our literature and in the minds of our people that men are born to certain "natural rights." If that were true, there would be something on earth which was got for nothing, and this world would not be the place it is at all. The fact is, that there is no right whatever inherited by man which has not an equivalent and corresponding duty by the side of it, as the price of it.

The rights, advantages, capital, knowledge, and all other goods which we inherit from past generations have been won by the struggles and sufferings of past generations; and the fact that the race lives though men die, and that the race can be hereditary accumulate within some cycle of its victories over Nature, is one of the facts which make civilization possible. The struggles of the race as a whole produce the possessions of the race as a whole. Something for nothing is not to be found on earth.

The most lovable quality that any human being can possess is tolerance. It is the vision that enables one to see things from another's viewpoint. It is generosity that concedes to others the right to their opinions and their peculiarities. It enables us to let people be happy in their own way instead of our way.

-Exchange

TRUSTEESHIP

Every man is the trustee of the life entrusted to him. How he discharges this trust is his personal test. God gives him a free hand; otherwise it would be no test. Many people never realize that they have such a responsibility — such an opportunity.

Dr. Albert Schweitzer urges us to show more reverence for animal life. We ought to show more reverence for human life — how we live our part of it. Through the conduct of our lives we make — or can make — an anonymous contribution to mankind's eternal progress. It may not be spectacular, but it counts. The very act of trying to be better persons entitles us to feel that — in some measure at least — we are honoringly discharging the responsibility entrusted to us.

-Contributed

EUTHUSIASM — 100 PROOF

(Continued from page one)

others in their own age areas. They are well within the boundaries of what AA suggests, as provided in the Twelve Traditions. They have no radical changes in mind. They welcome the advice and counsel of older AAs, and they will welcome all AAs to their meetings.

There will be opinions. Some will say: "It’s been tried before and it didn’t work!" That could be; maybe because this Tuesday and others like him made no effort to help the "younger set." These young people show enthusiasm and perhaps enthusiasm is just what AA in Cleveland and elsewhere needs.

This writer is with them. We can all use a good doubleheader of 100 proof enthusiasm.
THANKSGIVING

In the heart of every member of Alcoholics Anonymous is the certainty that the heart of every day, during the trials and tribulations of the business hours, and in the quiet of the evening, should be the constant prayer, “Thank You, God, for sobriety.”

Other people may put different reasons for thankfulness first, but the alcoholic can never escape nor does he desire to do it — his debt of gratitude to God for making him whole again.

Without sobriety there could be little in our lives for which to be thankful. A moment of retrospect will prove this. All the blessings we have obtained since placing our hitherto unmanageable lives in the keeping of the Higher Power from the greatest personal benefit, deliverance from alcohol.

And the subsequent blessings have been numerous. We may not have been spectacular. They may not have brought us the riches or position we were used to. We desire as mundane creatures. There may even have been reverses and delays in achieving what we believed to be our just reward for sobriety.

A firmer and more firm purpose is that sobriety is the primary reward. The second point to bear always in mind is that if we have not developed as far as we believe we should, the fault is to be found within ourselves and not in others or in circumstances.

By thanking God for what we have as though we already had it, we make its realization possible. The Nazarene prayed that way when he said, “Father, I thank Thee that Thou hast heard me. And I know that Thou hearest me always.” A Nazarene prayed that way when he said, “Our Father, which art in heaven, Hallowed be Thy name.” And the subsequent blessings have been spectacular. They may not have been numerous. They may not have been spectacular. They may not have brought us the riches or position we were used to. We desire as mundane creatures. There may even have been reverses and delays in achieving what we believed to be our just reward for sobriety.

A firmer and more firm purpose is that sobriety is the primary reward. The second point to bear always in mind is that if we have not developed as far as we believe we should, the fault is to be found within ourselves and not in others or in circumstances.

By thanking God for what we claim to be our just reward for sobriety, deliverance from alcohol.

The Thanksgiving season is an appropriate time for all of us to take counsel with ourselves and to have a quiet, private session with our Maker on this topic. It is time to give thanks for everything and it follows as the day succeeds the night that, when we are grateful for what we have and what we righteously desire, more follows without our asking. We have attained that confidence in the goodness and power of the Almighty which brings peace of mind and material rewards as well.

The first thing to remember is that sobriety is the primary reward. The second point to bear always in mind is that if we have not developed as far as we believe we should, the fault is to be found within ourselves and not in others or in circumstances.

The first thing to remember is that sobriety is the primary reward. The second point to bear always in mind is that if we have not developed as far as we believe we should, the fault is to be found within ourselves and not in others or in circumstances.

We must remember that true prayer is not the submission of a bill of particulars of what we would like to have, but an expression of humble gratitude for what we already have and what we are. It is, as someone expressed it, “a continuous, unbroken act of praise and thanksgiving.”

When we learn to give thanks for the little things, in addition to the great miracle of sobriety: when we can find happiness in the small act of a friend or neighbor, in the smile and decent word of a stranger, showing that all men are the children of God, we have truly learned now to pray. We will find that the affairs of our lives begin to harmonize. We find that we reciprocate. That we get joy in giving happiness, in being pleasant as well as in receiving joy and having other people be pleasant to us.

It is then that we abandon the negative approach to a wider spiritual experience and take on a positive attitude. By thanking God for what has been done, and asking... (Continued on page four)

WE SURE DO TRY!!

It seems that if there is one thing AA does not have, it is a surplus of “quiet” people! If we stop and think, we’ve never really seen such a congregation of “talkers,” “thinkers” and people who just literally “love to get into the act!” in theatrical circles — the stage, movies or TV, they would class us as a host of “hams,” and isn’t this so true.

Funny thing about it, though, the hams in the theatrical world usually seem to be fairly successful, and though their audiences find them amusing, sometimes almost to the point of boredom, they still keep popping up, and are again and again in demand. They’re not the best, but they try!

We might draw such a conclusion or two from such an analogy. It seems the people who love to “get in the act” do so out of love for the profession. In the actor’s case: his love of the theatre and a desire to give of himself that others may find enjoyment. In the case of sober AA members usually the reason is their sincere desire to not only show the others that AA does work but that it works (as one old-timer used to put it:) beautifully! They really hope that they can, through their efforts, help someone else find the pleasure they are deriving from living a happy sober life. If they appear to some to be a little bit “hammy,” really who cares? It is generally pretty hard to conceal a real desire to be of help to others who suffer from our common malady — alcoholism.

Not long ago the Twenty Four Hour Book dealt with the effectiveness of a short, jo-the-point talk by a sincere AA. We agree, but there are some people who find it tough to say in a few words just how they feel about their sobriety. To be a member of AA and in turn, possibly a speaker at a meeting or meetings, does not require the member to be a polished, audience-pleasing public speaker. In truth his talk may actually be of greater benefit to himself, and if others benefit — wonderful!

Speaking at meetings will usually instill in a member the feeling of having discharged a responsibility asked of him, and that he is making his own part of AA. In short it is good for him. Were it not, AA would not have survived for 30 plus years.

It is a funny thing, too, you know: the people who most strongly criticize a speaker generally turn out to be worse themselves, or perhaps have sidestepped the responsibility of leading a meeting and will steadfastly refuse to do so when asked.

Plainly then, criticism of a member’s lead or talk might well be reserve by his sponsor or any old-timer close to him. Feelings are hurt easily we know and not all members may have learned to develop the “rhinoceros hide” that seems to be rather valuable around some AA meetings when the “needles” come out of their cases.

When it comes right down to it, however, we all really do love the “hams” among us! No matter how windy or boring they may become, we can easily see... (Continued on page four)
MINUTES OF CENTRAL COMMITTEE
MEETING OCTOBER 7, 1969

Meeting, at which 27 Group Representatives were present, was opened with the Serenity Prayer by John F., Vice Moderator, who then read the Purposes of Central Committee. Minutes of September 3 meeting were approved as amended. Treasurer’s report reflected a balance of $143.38, of which $74.20 is in the Institution Fund.

Committee reports were as follows:

1. Action Committee — Dick F., Chairman. Use of mailing lists for sending merchandise brochures to group secretaries handled for correction and discontinuance. News item erroneously reporting that proceeds from a play on alcoholism as going to AA, instead of Cleveland Center on Alcoholism, handled for correction and apologies extended.

2. Areawide Meeting — Lou W., Chairman. Next areawide meeting will be held on December 5, 1969, at Jordan Hall, Charity Hospital. Speakers: Jerrie and Harold D. of Mansfield, Ohio.

3. Central Bulletin — All members urged to be a Bulletin booster and get new subscriptions. George M., Editor, reports that failure to notify of change of address prior to mailing continues as an unnecessary expense, and drain upon reserves.

4. Hospital Committee — Rosary Hall, Ray M., Chairman. There is still shortage of nurses to complete the staff for women’s ward.

Serentiy Hall, Bernie B., Chairman. Everything on quiet side.

Brecksville VA, Matters discussed included sponsorship of patients on release, time and place of AA meetings in the hospital, attendance and whether AA’s permission needed to visit ward. Dick F. and John F., will check and report further at next Central Committee meeting.

Hawthorne Hospital, George M., Representative. Everything quiet.

5. Institutiona Committee — Lenore W., Chairman. Nothing to report.

6. P.I.C. Committee — Dick P., Chairman. 134 speakers to non AA groups an 30 non AA meetings were supplied by the District Office in first nine onths of 1969. OLD BUSINESS: Inasmuch as balance in treasury is less than $100.00, as in past each group will be requested to remit $5.00 to the fund, and statements will be forwarded with announcement of next meeting.

NEW BUSINESS: Discussion was had of newspaper article on cigarette smoking and Smoke Watchers International, which relies on group dynamics similar to AA.

Discussion ensued with respect to the Young Peoples Group and motion carried that Central Committee give this new group its unqualified support. Cleveland District Office Operating Committee took similar action. The meeting closed with the Lord’s Prayer.

Respectfully submitted,
Jean C., Sec.-Treas.

CLEVELAND AA DISTRICT OFFICE
The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 206, 2063 E. 4th St., is open weekdays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is Cherry 1-7387.

CLEVELAND ALANON OFFICE
ROOM 507, COMMERCIAL BUILDING
2056 EAST 4TH ST., TEL. 621-1381
PRAYER OF THE MONTH

Almighty God, forgive me for exalting my many accomplishments, and forgetting you in my successes. Help me to be continuously dependent upon thee in all things, and may your goodness envelop me forever. Amen.

DATES TO REMEMBER

NOVEMBER IS GRATITUDE MONTH

November

2—Fourth Quarterly Meeting, Northeastern Ohio General Service Committee, 3:00 P.M., American Legion Hall, Brecksville, Ohio.

1—Central Committee, 8:30 P.M., Room 362, Hanna Building.

6—Allendale Group’s Annual Chicken Dinner (Sold Out), Meeting 8:30 P.M., Speakers: Bill and Lil T., Buffalo, N.Y.

8—Night and Day Group, 8th Anniversary, 10:00 P.M., St. Paul’s Episcopal Church, 15637 Euclid Ave East Cleveland, Ohio. Speaker: Tom P., Parma Saturday Night Group.

10—Orchard Grove Group, 30th Anniversary, 8:30 P.M., Our Lady of Mt. Carmel, W. 70th and Detroit Ave., Cleveland. Speaker: Clarence S., St. Petersburg, Fla., a 32-year member formerly of Cleveland AA.

24—Borton Group, 30th Anniversary, 8:30 P.M., Forest Hills Pres. Church, Lee and Monticello Blvd., Cleveland Hts., O., Speaker: Tom McC. Edgake Group.

27—Thanksgiving Day.

27—Cliffside Morning Group, 11:00 A.M., Hungarian Lutheran Church, W. 98th and Denison (rear). Speaker: Harry W., Mayfield, Ky., (formerly of Cleveland), who has lead this Thanksgiving Day meeting for 28 years. He’s the man who gives away his marbles.

December

1—Early Early Group, 15th Anniversary, 8:30 P.M., St. Malachi’s School Auditorium, 2459 Washington St., Cleveland, Ohio.

5—Areawide Meeting, 8:30 P.M., Jordon Hall, Charity Hospital, E. 22nd and Central, Cleveland, Ohio. Speakers: Jerrie and Harold D., Mansfield, Ohio.

IN MEMORIAM

To the families and friends of those listed we extend sincere sympathy and our prayers that their bereavement may be tempered by reflective thoughts upon the happiness shared.

FRED FRIEDEL, a 21 year member, passed away August 10.

CLIF W. HOPKINSON, a 29 year member and co-founder of what is now the Edgake Group, passed away on September 27.

JOSEPH F. GAFFNEY, a former Cleveland member, recently in Shreveport, La.

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL—1000 ft. east of House of Correction

MONDAY

HOPEFUL-State Hosp. 4466 Turney Rd., New Chapel Bldg. 8:00 a.m. and 6:00 p.m.

TUESDAY

BRECKSVILLE VA. HOSPITAL—1000 ft. east of Northfield Rd.

PROVEN WAY—Grafton Honor Farm, Rt. 32.

THURSDAY

TRUSTY HALL—1000 ft. east of House of Correction

WEDNESDAY

CLEVELAND PSYCHIATRIC HOSP.-2700 Aiken at Scranton

FAIRVIEW-PSYCHIATRIC HOSP.-1200 South St.

VETERANS HOSP.—E. Blvd. near E. 22nd

WARRENSVILLE-Women’s House of Correction

FRIDAY

MAIN GROUP-House of Correction, 4411 Northfield Rd.

ALANON GROUP MEETINGS

SUNDAY

GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)

MONDAY

BROOKPARK-PARMA—Redemptorist Church, 6151 Smith Rd.

LAKWOOD-Pres. Church, Detroit at Marlwood

VERMILION-Parma Charity Hospital, State St.

TUESDAY

EUCLID-Christian Church, 2560 Lake Shore Blvd.

OLMSTED FALLS-Community Church, 3762 Columbia Rd.

SUBURBAN WEST-Our Savior Church, 29300 Hilliard Rd.

WEDNESDAY

BEDFORD-Christian Church, 90 Warrensville Ct. Rd. 9:30

FAIRPORT HARBOR-Luther Church, Eagle St.

IGNATIA-Grace Church, E. 58th.

FAIRFAX-Parma Hospital, 3765 Dover Center Rd.

TRINITY-Trinity Church (lower floor) 3625 W. 26th St.

THURSDAY

CLEVELAND-Vets. Community Church, Fairmount & Seabord

OMATOM COUNTY-Lutheran Church, 33741 State Rd.

NORTH CANTON-Northminster Church, 3109 State Rd.

WEST SIDE-St. Mark’s Church, 15300 Parma Rd.

FRIDAY

EAST CLEVELAND-T.W.C.A. Lee Blvd., at Euclid

SATURDAY

DORAN AVENUE-St. John Bosco Church, 6460 Pearl Rd.

HIGH BOTTOM LOW BOTTOM

A bottom... no matter how low... is only a bottom. What matters is how you have dealt with that bottom; how you have used it as a foundation for a new way of life. It is not necessarily an axiom that those who have fallen to great depths will grow spiritually to great heights. Granted, they have further to grow, but a low-bottom drunk may now achieve the spiritual growth of a high-bottom. If it all depends on how the experiences are used. If suffering is properly used... no matter how great or how small that suffering... spiritual growth will result. If it is not properly used, no kind of any kind will accrue.

Tom B., Charlotte, N.C. via Silent Rostrum

AA’S 35TH ANNIVERSARY

As we go to press, the first registration and housing form are in the mail for AA’s 35th Anniversary Convention to be held July 3-4-5, 1970, in Miami Beach, Florida. Housing will be on a first-come-first-served basis, and reservations, accompanied by registration forms and fees must be sent to Box 459, Grand Central Station, New York, N.Y. 10017.

This convention, the theme for which is “UNITY,” promises to be a memorable international get-together for AA’s and their families. Expected attendance from “overseas” is 2500.

It just doesn’t pay to be in a hurry... you pass up much more than you catch up with.

Montapert
GET A GOOD NIGHTS SLEEP

Some three hundred years ago, a statesman who had some responsibility for world affairs could not sleep at night. His wakeful servant saw the lighted candle in his master's bedroom. Knocking softly, he entered and found the man pacing the floor. When the disturbed servant asked what he could do, the statesman shook his head, as he paced back and forth.

"It is the terrible problems of the world that keep me awake. You can do nothing about them.

"Sir," the humble servant asked, "who watched over the world before you came into it?"

"Why, God, of course."

"And sir, will God watch over the world after you have gone from it?"

"Certainly, the statesman answered."

"Then, sir, why don't you let Him watch over it just long enough for you to get a good night's sleep?"
The statesman went to bed and slept.

ON LIVING

Nothing that is worth doing can be achieved in our lifetime; therefore we must be saved by hope. Nothing which is true or beautiful or good makes complete sense in any immediate context of his life; therefore we must be saved by faith. Nothing we do, however virtuous, can be accomplished alone; therefore we are saved by love.

No virtuous act is quite as virtuous from the standpoint of our friend or foe as it is from our standpoint. Therefore we must be saved by the final form of love which is forgiveness.

-Dreinhold Niebuhr

GIGGLES

Arriving back at his new automobile, the gentleman observed a front fender caved in. A note on the windshield read: Sorry! Sorry about the fender, old man. I never could judge distance too well. A crowd of onlookers is now watching me write this note. They think I'm giving you my name and address, I'm not!

The AA language includes a multitude of one-line quotes, philosophies, etc., many of which are extremely apt-often hitting the right spot at just the right time. Here are some good ones:

"Worry is the property of management." "AA is a kit of tools which fits all kinds of nuts." "Happiness is not in having what you want, but wanting what you have." -from Chit-Chat

TODAY IS ALL!

0 Father, guide these faltering steps today. Lest I should fall!... Tomorrow? -- Ah, tomorrow's far away. Today is all... If I but keep my feet till evening time, Night will bring me rest;... Then, stronger grown, tomorrow I shall climb With newer zest... Oh, may I stoop to no unworthiness, In pain or sorrow,... Nor bear from yesterday bitterness On to tomorrow!

... Then, Father, help these searching eyes today The path to see;... Be patient with my meekness -- the way is steep to Thee!

-Contributed

WE SURE DO TRY!!

(Continued from page one)

they are sincerely desirous of being as helpful to the program, and to others, as is possible. Perhaps they even go overboard sometimes in an effort to get their feelings across, and it might just be so, because they're afraid they might be a little inadequate in trying to talk or write about something so priceless as sobriety and our divinely inspired program, so freely given by Him who surely loves us all!

The simple beauty of the things and ideas that He gives us is so great that it is often beyond the ability of mere mortal men to describe them or demonstrate them as simply or beautifully as they are given. But we try!

CHARMING IS THE WORD

FOR ALCOHOLICS

by Fulton Oursler

Down at the very bottom of the social scale of AA society are the pariahs, the untouchables and the outcasts, all underprivileged and all condemned by one everlasting epithet — relatives. I am a relative. I know no place. I am not complaining. But I hope no one will mind if I venture the plaintive confession that there are times, oh many times, when I wish I had been an alcoholic. By that I mean I wish I were an AA. The reason is that I consider the AA people the most charming in the world.

Such is my considered opinion. As a journalist it has been my fortune to meet many of the people who are considered charming. I number among my friends stars and lesser lights of stage and cinema; writers are my daily diet; I know the ladies and gentlemen of both political parties; I have been entertained in the White House; I have broken bread with kings and ministers and ambassadors; and I say, after that catalog, which could be extended, that I would prefer an evening with my AA friends to any person or group of persons I have indicated.

I asked myself why I consider so charming these alcoholic catepillars who have found their butterfly wings in Alcoholics Anonymous. There are more reasons than one, but I can name a few. The AA people are what they are, and they were what they were, because they are sensitive, imaginative, possessed of a sense of humor and an awareness of universal truth. They are sensitive, which means they are hurt easily, and this has helped them become alcoholics. But when they have found their restoration, they are still as sensitive as ever: responsive to beauty and to truth and eager about the intangible glories of this life. That makes them charming companions. And they are possessed of a sense of universal truth that is often a new thing in their hearts. The fact that this at-one-ment with God's universe had never been awakened in them is sometimes the reason why they drank. The fact that it was at last awakened is almost always the reason why they were restored to the good and simple ways of life. Stand with them when the meeting is over and listen as they say the "Our Father."

They have found a Power greater than themselves which they diligently serve. And that gives a charm that never was elsewhere on land or sea; this makes you know that God Himself is really charming, because the AA people reflect His mercy and His forgiveness. They are imaginative and that helped to make them alcoholics. Some of them drank to flog their imagination to greater efforts. Others quizzed only to black out unendurable visions that rose in their imaginations. But when they have found their restoration, their imagination is responsive to new incantations, and their talks abound with color and light and that makes them charming companions too.

They are possessed of a sense of humor. Even in their cups they have been known to say damnably funny things. Often it was being forced to take seriously the little and mean things of life that made them seek escape in a bottle. But when they have found their restoration, their sense of humor finds a blessed freedom and they are able to reach a god-like state where they can laugh at themselves, the very height of self-conquest. Go to meetings and listen to their laughter. At what are they laughing? At ghoulish memories over which weaker souls would cringe in useless remorse. And that makes them wonderful people to be with by candlelight.

-From Chit-Chat, Robesonia, Pa.

THANKSGIVING

(Continued from page one)

ing only that His will be expressed through us, that the affairs of our 24 hours, including continued sobriety, be placed in His hands, we find a new happiness wherein every day is a day of Thanksgiving and spiritual and material abundance wait us.

(Continued from page one)

-From Chit-Chat, Robesonia, Pa.
THE RE-BIRTH

This is the season of rebirth in the forces of nature, when the dying sun reaches its lowest point and begins to retrace its steps. There is still a period of darkness and trial that we call winter, but the growth of the heat as the sun continues on its new course finally enables vegetation to burst out anew, to grow and to thrive. As spring advances into summer, we see nature in the fullness of life.

This too is the season of spiritual rebirth, the season in which the spirit of man is born again, the season in which the spirit of man receives the grace that enables him “cast away the works of darkness and put on the armor of light.”

The season is of particular significance to us, since we have been reborn again in a special sense. We were powerless over alcohol and our lives were unmanageable. In our rebirth, we turned to a power greater than ourselves. In the due season, we observe the beginning of spiritual growth. That growth will continue and give us seed for greater growth as long as we continue in that growth.

We have to cultivate our new growth by turning continuously to the Divine Power. We have to cultivate our new growth by daily inventory, by rooting out the weeds of pride, of covetousness, of envy, of anger, of sloth, of gluttony, of lust. Any one of these weeds, left to thrive, will crowd out our new growth. Finally, we have to develop our new growth by giving something of ourselves to others.

Those of us who are new in this new way of life, still have to learn the first steps in personal control. We have to be thorough and honest with our inventories and diligent in our work. We must avoid the temptation of making an exception, whether an exception in taking “one little drink,” or an exception in some kind of wrong-doing.

Those of us who are not new in this new way of life, still have to learn. Some of us still have to learn the first steps, still have to learn not to make exceptions. Others of us may have reached the level at which we can learn something on the positive side of good.

Pride and covetousness and gluttony and anger and envy and sloth and lust are the great sins that we have to watch all the time. We must learn too, to develop in us the virtues of prudence and temperance and justice and fortitude, then we may know also faith and hope and charity.

As we light the lights of this Christmas season and thus celebrate our rebirths, our newness of life, may we feel the blessing that comes to us from God the Father Almighty, and may we face the new year with determination to continue our growth in the things that are good.

BE A BULLETIN BOOSTER. GET A NEW SUBSCRIBER

DOIN’ WHAT COMES NATURALLY

Not long back one of the larger breweries had a television commercial which dealt with “the natural man.” Like all commercials, while it didn’t run too long, it was quite monotonous. Nevertheless, audio-video advertising makes its mark on the mind, and it wasn’t too long until someone in AA was heard to talk about drinking being the “natural” thing for an alcoholic.

The natural thing? Can you ever recall feeling “natural” the next morning when you were dying for a drink with which the “get well,” or when your head was hanging over the sink, and you were a very unnatural shade of green, and your dear wife was saying, naturally, “Why do you do this to yourself?”

To be sure, one must conclude that our drinking came “naturally” to us. It’s just about all we ever did. But to really believe that our drinking was natural is akin to insanity. To begin with only necessary, good things are really natural for man, and alcohol is or never was a necessity, a really good thing in the life of man, especially not for we alcoholics.

It would follow then simply that our drinking was just about the most unnatural thing we could do, and oh, how we rebelled against giving it up or making the attempt to do so. Absolutely not! Our drinking was the natural thing to do and we were natural men!

We were so “natural” we ended up in gutters, jails, mental hospitals, divorce courts, penitentiaries and in all manner of situations that, of course, must be natural places, or situations for us to be in. Naturally!

Alcoholics Anonymous teaches and has shown us how “to live normally, or as nearly normally as possible. We are people with an incurable illness, and as long as we refuse to accept treatment for it we are going to the same unwelcome place. To begin with only necessary, good things are really natural for man, especially not for we alcoholics. We were so “natural” we ended up in gutters, jails, mental hospitals, divorce courts, penitentiaries. We were so “natural” we ended up in gutters, jails, mental hospitals, divorce courts, penitentiaries and in all manner of situations that, of course, must be natural places, or situations for us to be in. Naturally!

Once we attain some sobriety we begin to learn a little about how to live in accordance with nature. For some it came easily, for others it was, and is, a long, slow road. For all of us it has or must become a life-long pursuit, for our “old friend” alcohol will always be there, waiting.

In Emerson’s essay on spiritual laws, he talks about Belief and Love. He speaks of obedience. He states “by contenting ourselves with obedience we become divine. Belief and love — a believing love will relieve us of a vast load of care. O, my brothers, God exists. There is a soul at the center of nature and over the will of every man, so that none can wrong the universe.”

A few sentences later, he writes: “The whole course of things goes to teach us faith. We need only to obey. There is guidance for each of us and by lowly listening we shall hear the right word.”

Here we have words and thoughts from a man who lived and thought a hundred years ago. Words, thoughts which are in beautiful agreement with the teachings and principles of AA.

(Continued on page four)
MINUTES OF CENTRAL COMMITTEE
MEETING NOVEMBER 4, 1969

Moderator Bill H., opened the meeting with the Serenity Prayer in which he was joined by the 28 group representatives present. Following reading of the Purposes of Central Committee and The Twelve Traditions of AA by Vice Moderator John F., minutes of the October meeting were read and approved. Treasurer's report disclosed a balance of $218.58, of which $64.20 is balance in Institution Fund.

Reports of the Action, Institution and Hospital Committees revealed little of moment, although in case of latter as concerned Rosary Hall, Chairman Ray M., reported the Women's Ward has not opened due to nurse shortage. It was suggested that this be mentioned at home groups in case qualified persons would be interested.

Areawide Meeting — Lou W., Chairman, reported that program all set for meeting at Jordan Hall on December 5 and members are urged to publicize to assure good attendance.

Central Bulletin — George M., Editor, urged that they be notified of address changes prior to actual move, thus avoiding expense of return postage. Further, AA population in greater Cleveland being what it is, circulation of the Bulletin should be double or triple present volume and every member and subscriber is being urged to get new subscribers.

P.I.O. Committee — Dick P., Chairman, reported 153 speakers to non-AA meetings and groups were supplied by the Cleveland District Office in the first ten months of 1969.

There was no old business and under the heading of new business, attention was called to election of Central Committee officers at the December 2, 1969 meeting. Additional new business discussed covered more legible preparation of group announcement cards; the suggestion to secretaries that they destroy old Secretary lists upon reissuance; a lengthy discussion ensued with respect to AA literature, and the proposed charterd round-trip plane trip from Cleveland to the 35th Anniversary International Convention in Miami, Fla. July 3-5, 1970. Also discussed was visits of non-AA members to certain AA groups with suggestion that when in doubt contact District Office for clarification.

Meeting was adjourned with the Lord's Prayer.
Respectfully submitted,
Jean C., Sec. Treas.

A READER WRITES . . .

My deepest gratitude to all of you for the many copies of the Bulletin for the past years. They have been so much help in maintaining my sobriety and many, many others out here in the Far East and Vietnam.

I present copies to our Manila Group, which we started three years ago and it is doing terrific. I share the copies with the other members and the Chaplains here at Danang, Vietnam. We meet three times a week here, if the enemy does not interfere.

I went to Sidney, Australia, for six days and attended seven meetings while there. The people overwhelmed me with their kind hospitality, so would like to return some of my appreciation with presenting this one AA couple with a year's subscription to the Bulletin. I know our friends down under are always happy to get any literature pertaining to AA.

I have been an International for five years, and your paper, plus all the other material has helped in keeping me sober a day at a time. Thanks so much; God bless you all.

Love in the Fellowship,
(Name withheld, of course)

Editor's note: This one letter makes all of the time and effort worthwhile, and leads us to add that our non-subscribers are strongly missing a bet subscription for the Sydney couple has been duly entered.

MILL ENDS AND REMNANTS

Researching and thinking out materials for these monthly columns is one of the compensations that makes the effort worthwhile, and this month is no exception, although the effort has not been so great, for in the Central Bulletin of December 1949, we found the following which had been submitted by Robert E. B., of Wednesday Lee Group:

CHRISTMAS SPIRIT

Christmas is not a holiday or a season, but a Spirit, a Spirit that should be in our hearts at all times. We as members of Alcoholics Anonymous have a fine set of principles which can be applied to making this Spirit eternal. What I have to offer does not require perversion of them. Rather the application of them, I believe, is in a strict sense the true Christmas Spirit.

Here they are. I hope you will agree with me:
We admit that because of that Child born nearly two thousand years ago in Bethlehem, our lives have become more beautiful.
We believe that only because of His power we can acquire the sanity to feel the Spirit of Christmas.
We decide that by obeying His will as we understand it, our Christmas Spirit will be unending.
We search fearlessly in our hearts for the evil He would have cast out, thereby making room for the Christmas Spirit.
We admit, not only to Him, but to ourselves and to others our wrongdoing, cleansing our soul for the Spirit of Christmas.
We humbly ask Him to remove our defects of character, also ask Him to erase our shortcomings, enabling us to put behind us those childish thoughts of Christmas as a day of revelry and allow us to think as grown men and women of what constitutes the true Spirit of Christmas.
We are willing and we do make restitution wherever possible to those people we have harmed, thus becoming imbued with the real Spirit of Christmas.
We continually take personal inventory of ourselves, admitting when we are wrong, thus allowing us to acquire the humility to accept the Spirit of Christmas.
We improve our conscious contact with God through prayer and meditation, going directly to the true source of the Christmas Spirit for real understanding.

Having had this enriching spiritual enlightenment, we try to carry this Christmas Spirit to others at all times and to practice these principles in all our affairs, for such is the Spirit of Christmas.

Christmas IS sharing, by George!

WINTER SOLSTICE

Today's Yule Log, other Christmas fires, even our tree lights, are thought by some to hark back to the days when our remote ancestors built huge fires during the brief daylight of the winter solstice because they feared the warning sun might darken forever. When the days began to grow longer, there were great celebrations by these ancients, who felt that their earthly fires had helped revive the sun.

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Harry D., Founder and Editor 1892-1968

Vol. 28 December, 1969 No. 3


A CHRISTMAS PRAYER

Let us pray that strength and courage abundant be given to all who work for a world of reason and understanding; that the good that lies in every man’s heart may day by day be magnified; that men will come to see more clearly not that which divides them, but that which unites them; that each hour may bring us closer to a final victory, not of nation over nation, but of man over his own evils and weaknesses; that the true spirit of this Christmas Season — its joy, its beauty, its hope, and above all its abiding faith — may live among us; that the blessings of peace be ours — the peace to build and grow, to live in harmony and sympathy with others, and to plan for the future with confidence. Amen.

THANKSGIVING YEAR ‘ROUND

There is an element of greatness in a feeling of gratitude, for the man who does not recognize his obligation for blessings that come into his life is indeed a man of small mind and heart.

Real appreciation should always find a way of expression. It is a mark of nobleness to show gratitude for the bounties of Providence, and for the friendships and favors that enrich and benefit us.

Thanksgiving means simply being thoughtful and kind. —Rays of Sunshine

DATES TO REMEMBER

December 1-Early, Early Group, 15th Anniversary, 8:30 P.M., St. Malachi’s School Auditorium, 2459 Washington St., Cleveland, Ohio.

2-Central Committee, 8:30 P.M., Room 362, Hanna Building.

2-Helpful Group, first meeting, 8:00 P.M., First United Church of Christ, 2150 Warren Road, Lakewood, Ohio. Speaker: John M., Brookpark.

3-North Omlsted Group, 9th Anniversary, 8:30 P.M., 3760 Dover Center Road. Speaker: Tom K., Barberton.

4-Painesville Group, 10th Anniversary, 7:30 P.M. Dinner after meeting. Speaker: Father S., Lakewood Y.M.C.A.

5-Areawide Meeting, 8:30 P.M., Jordan Hall, Charity Hospital, E. 22nd and Central, Cleveland, Ohio. Speakers: Jerrie and Harold D., Mansfield, Ohio.

6-2nd Anniversary, 8:30 P.M., 3525 W. 25th St., Cleveland, Ohio. Speaker: Wyn W., Wednesday Lee.

T-Southwest Sunday Group, 6th Anniversary, 8:30 P.M., Berea High School, Bagley and Eastland Roads, Berea, Ohio. Speaker: Clarence S. (Cleveland’s “First”) of St. Petersbug, Fla.

15-Fresh Start Group, 1st Anniversary, 8:00 P.M., 4807 Cedar Ave., Cleveland. Ohio. Speaker: David M., Charity Hospital.

25—MERRY CHRISTMAS

31-Clark Group, Annual Adults, New Year’s Eve Dance, 8:00 P.M. — 1:30 A.M., Masonic Temple, E. 36th-Euclid Ave., Cleveland, Ohio.

January 1-A HAPPY, SOBER AND PROSPEROUS NEW YEAR

IN MEMORIAM

To the families and friends of those listed we extend sincere sympathy and our prayers that their bereavement may be tempered by reflective thoughts upon the happiness shared .

BILL RADKE, a member of Lakewood Armory Group, passed away in October.

BENEDICTION

May not strife disturb thy clays, nor sorrow disturb thy thoughts, and mayst thou rest in peace kiss thy cheek, and the pleasures of imagination attend thy dreams; and when length of years hath made thee tired of earthly joys and the curtains of death gently close around the scene of thy existence, may the angels of God attend thy bed and take care that the expiring lamp of life shall not receive even one rude blast to hasten its extinction; and finally may the blessing of God wash thee to enter into the land of everlasting happiness.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 205, Frederick Building, 2003 E. 4th St., is open weekdays from 9 a.m. to 5 p.m., Saturdays from 9 a.m. to 1 p.m., but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is Cherrv 1-7387.

CLEVELAND ALANON OFFICE

ROOM 507, COMMERCIAL BUILDING

1956 EAST 4th ST., TEL. 621-1381

HOSPITALS AND INSTITUTIONS

SUNDAY

TRUSTY HALL—1000 ft. east of House of Correction — 8:30 & 11:00 a.m. and 1:30 & 8:00 p.m.

HOPEFUL — State Hosp. 4466 Turner Rd., New Chapel Bldg. #1 — 8:00 p.m.

TUESDAY

BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd. — 7:30

HAWTHORN HOSPITAL—Cottage #10, 300 Northfield Rd. — 7:30

PROVEN WAY — Grafton Honor Farm, Rte. 75 — 8:00

THURSDAY

TRUSTY HALL—1000 ft. east of House of Correction — 8:00 p.m.

WEDNESDAY

CLEVELAND PSYCHIATRIC HOSPITAL—1700 E. 125th St. — 8:00

FAIRHILL PSYCHIATRIC HOSP—1200 Fairhill Rd. — 8:00

VETERANS HOSP. — E. Blvd. near E. 104th St. — 8:00

WARRINSSVILLE WOMEN’S HOSPITAL—Fisher Bldg., 3525 W. 25th St., Cleveland, Ohio. — 8:00

THURSDAY

TRUSTY HALL—1000 ft. east of House of Correction — 8:00 p.m.

MAIN GROUP—House of Correction, 4914 Northfield Rd. — 8:00

ALANON GROUP MEETINGS

SUNDAY

GARDEN VALLEY—7100 Kingsman Rd. (2nd & 4th Sun.) — 4:00

MONTDAY

BROK PARK — PARMA—Bedemer Church, 4618 Smith Rd. — 8:00

EDINBURG — Community Church, 1117 Abbe Rd. — 8:30

LAKWOOD—Pres. Church, Detroit at Marlborough, Lakewood — 8:30

VERMILLION—Church of Christ, State St. — 8:30

TUESDAY

EUCLID—Christian Church, 28110 Lake Shore Blvd. — 8:00

LORAIN AVENUE—St. John Episcopal Church, 6460 Pearl Rd. — 8:00

OLMSTED FALLS—Community Church, 7536 Columbia Rd. — 8:30

SUBURBAN—Our Savior Church, 20300 Hillard Rd. — 8:30

WEDNESDAY

BEDFORD—Christian Church, 28800 Laketown Rd. — 10:30 a.m.

CHAGRIN VALLEY—Pres. Church, Rt. 398, Bainbridge — 8:30

FAIR HAVEN—Luther Center, 7778 East Cleveland Ave. — 8:00

LETHA—Baptist Church, E. 51st & Hall Rd. — 8:00

NORTH OLMSTED—Episcopal Church, 3760 Dover Center Rd. — 8:00

NEW HAVEN—Highland Church, W. 14th St. & Detroit — 8:00

TRINITY—Trinity Church (lower floor), 3167 W. 25th St. — 8:30

THURSDAY

CLEVE. HOS.P. — Pres. Church, Fairmount & Searboro — 9:00

LORAIN COUNTY—Church, 7344 Lake Rd. — 8:00

NORTH CANTON—North Christian Church — 8:30

WEST SIDE—St. Mark’s Church, 11300 Puritas Rd. — 1:30

FRIDAY

EAST CLEVELAND—T.W.C. — Lee Blvd. at Euclid — 1:30

ROSARY HALL—Charity Hospital, E. 22nd & Central — 8:00
SECOND CHANCE

If you should happen to let the New Year arrive without making a new set of resolutions, don’t give up. You’ll have other opportunities.

You should be able to come up with some fine resolutions before Feb. 18, which marks the start of the new year in China; March 21, Persia; April 1, Siamese; April 2-6, Mohammedan; or Aug. 29, Alexandrine.

SEEDS AND FAITH

Our seed and faith acts very much like the flower seeds we plant. It takes root, grows, blossoms and ripens to full bloom when we nurture it with our steadfastness in Him, and by our human efforts to help the seed of faith in its blooming. There is absolutely no plausible reason why we should fret that it may not bloom, any more than we worry about sweet pea seeds we plant. Our faith in the sweet pea seed is so great that we put poles and strings along the row for the vines to climb, long before their first shoots are visible.

FRANKLIN’S CREED

A great many people who are not identified with any religious group believe in God. It is impossible for them to go along with the time-honored creeds and rituals of the sects with which they are familiar. They find it difficult, however, to put their own convictions in words. Such people might like to know that they have something in common with Benjamin Franklin, but he was able to throw his beliefs into sharp focus.

“Here is my creed,” he wrote. “I believe in one God, Creator of the Universe. That He governs it by His Providence. That He ought to be worshipped. That the most acceptable service we can render Him is doing good to His other children. That the soul of man is immortal and will be treated with justice in another life, respecting its conduct in this life.”

STEP TWO

“Come to believe that a Power greater than ourselves could restore us to sanity.”

Taking the Second Step is our first attempt at the re-establishment of Faith for us who no longer had tiny. The promise of Hope for those who believed they were hopeless, and Belief again that God would help us, we who were so long Helpless.

An awareness of the Fatherhood of God through the brotherhood of man. (AA)

Learning that God is Infinite and can not be divided by any denominator or any given number.

Teaching us Serenity, which is the absence of inner conflict over those things which we can not control. Those are best left in God’s hands and not ours for solution.

Let our Credo be “God I believe, help Thou mine unbelief.”

Ernie L., In Ah-Notes

COMPLETE SURRENDER

“Humble yourselves therefore under the mighty hand of God.” 1 Peter 5:6.

Is it not a fact that some of us who are bearing crosses are doing so “under protest,” bearing our crosses in a spirit of suppressed rebellion against the gracious will of God? Such cross-bearing surely has no virtue and is displeasing in God’s sight.

“Humble yourselves under the mighty hand of God,” says Peter in the text above. In days of trial and trouble, when our human wisdom would dictate to God or would sit in judgment on His will, we are to silence our soul’s complaints and surrender ourselves wholly, unreservedly, unconditionally, to His will.

We are to remember that it is the hand of our loving Father that is fashioning our life. Our fate, our destiny is but as clay in the hand of the Master Potter, and since we know He loves us, we know that He will share our lives according to the directions of His tender mercy.

Whether for the present He sends us joy or sorrow. success or failure, health or sickness, we know that He loves us and that He never makes mistakes. His judgments may be unsearchable and His ways past finding out, yet we know that His thoughts toward us are thoughts of peace and love.

Complete surrender to His loving care is the only path to peace. In every sorrow there is a strengthening angel whispering to come to those who in humble faith have learned to say: “Father, not my will, but Thine be done.” Let us, then, day by day, surrender ourselves ever more and more completely to the gentle leading and tender care of Him of whom we know: He loves us!

—CB, 1947

A JOURNEY

Life’s journey is filled with excitement but, also, encounter. It is packed with thrills but, trouble appears also. It is mingled with joy but, sadness also weaves its pattern. Life is dotted with open doors but there are also the closed doors which man must face. All in all, it is an adventure. An adventure to be pursued with caution, courage and commitment.

—CB, Neil Strait.

KNOWLEDGE

Knowledge is not a couch whereon to rest a searching and restless spirit; nor a terrace for a wandering mind to walk upon with a fair prospect; nor a tower of estate for a proud mind to raise itself upon; nor a sort of commanding ground for strife and contention; or a shop for profit and sale; but a rich storehouse for the glory of the Creator, and the relief of man’s estate.

—Bacon

DOIN’ WHAT COMES NATURALLY

(Continued from page one)

Later in this same essay, he talks about the natural direction in which men will travel. He speaks of talent and ability. He says we will go in the direction which is easiest for us. To again quote: “There is one direction in which all space is open to him.”

For we alcoholics the way of sobriety opens all space, all things to us. We can do or be just about anything if we stay sober. If not, then we all know the results. We fall again into our non-natural path to destruction.

One cannot conceive of a loving God who would desire us to destroy ourselves. It is simply against the laws of nature.

The ideas set forth by Emerson are magnificent. Belief, love, following the course of nature. Faith. We hear all these ideas at AA meetings. Perhaps we tend to complicate them. We are prone to analyze everything. Simply, then, if we just stop and think. *I believe, I love, I want to live naturally.* We might find it far easier than it would appear. Staying sober is not really as tough as one thinks perhaps if we just “do what comes naturally.”