

CENTRAL BULLETIN



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RHINOCEROS HIDE ☉

The alcoholic's skin is as thin as the rhinoceros' is thick. Each one of us has a different story as far as our experiences go, but all of us have a few characteristics in common. One of them is this fact about our emotional epidermis (skin to you). So let's admit it and instead of feeling sorry for ourselves, as thin-skinned people are wont to do, start doing something about it.

It has been determined that those of us who once sought escape through the bottle have in our makeup a peculiar mixture of an inferiority and superiority complex, or attitude, toward life.

What this means in plain language is that we possessed a faculty for doing just what we pleased. When anything interfered we resented it. This was shown either by condemning those who opposed us with some not-so-pleasant remarks on their ancestors and their persons or considering the whole world against us. Everyone was picking on us, nobody understood us. Emotionally we were out in the garden eating worms-only we were drinking and the wriggling things came later.

Whatever view we took came under the head of resentment. This touchiness did not automatically end with the termination of our drinking. The attitude lingered and very often drove us into a dry binge.

Now to rid ourselves of this antagonism to all criticism, however well meant, it is essential to take a personal inventory. An honest one. Some interesting discoveries will be made if it is done conscientiously. One of the first surprises will be that we are not the center of the universe we thought ourselves to be when we were drinking. Another will be that we are not geniuses, of which we were once so certain, but just ordinary people.

We will discover that we can live happily-happier than we ever have before-by being less ego-centric. When we begin to think of others, our family and its welfare, our relatives and friends, our business associates and the stranger who has a drinking problem, we will discover an emotional vista ever so much more interesting than when we were contemplating our own interests alone.

If we are doing the right thing to the best of our ability with the help of a Higher Power what difference does it make what anyone thinks of us?

We want to be well thought of by our fellows. But this is not to be achieved by thinking of ourselves and our ideas as always right and beyond the pale of criticism or even a minor difference of opinion. This is not thinking of ourselves properly. This is placing a slanted estimate on ourselves because it fails to assess us as infallible human beings still able to learn and profit from experience.

We must learn to love ourselves properly, not exclusively. When we do the best we can it is surprising what happens. We discover that we have developed a strong, thick emotional hide like the rhinoceros. We have taken our place among normal people. We can take criticism in fairness as a means of doing better. And resentment goes out the window.

BOOMERANG@

"And then there was the Australian," the speaker said, at a service club luncheon the other day, "Who couldn't be satisfied. He always wanted changes made-jobs, wives, rooms, friends. Why he even got tired of his old boomerang and bought a new one and had a dickens of a time throwing the old one away."

There are some people that way. Restless, looking for new excitements, bored with people, bored with friends, bored with work, hating associates, hating bosses and hating the paymaster who made income tax deductions.

This type usually drink, and many of them even try AA-anything for a change. They're the headaches and the trouble-makers in the groups. They're usually the loudest in criticism and the most silent when volunteers for service are sought.

Certainly the AA program has everything that such a person needs. Many of us are exceptionally tolerant and patient with him while he goes through the early stages of changing from a goof into something tractable.

We who have been in this league for sometime recognize these growing pains as symptoms of change. In varying degrees we all displayed the same objectionable qualities until some serenity and the patience of others finally integrated itself into our natures.

We heard some fine philosophy by Ernie G. of Chippewa Lake at the Winter Consolidated meeting Sunday, January 16, which emphasized this very point. He was told at the hospital that there was a question in the minds of all his visitors that he would make the program. In the first place

he hadn't drunk enough to qualify, he hadn't lost enough material things and besides that he was too young and too quiet.

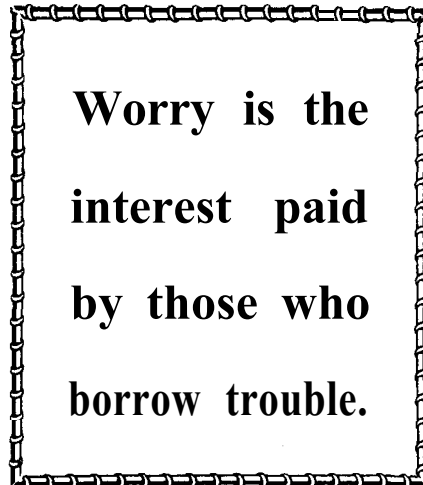
It's funny how people react. Instead of rejoicing because the "experts" had judged him a "non-alcoholic," he got mad and determined to show them that he had the stuff in him to make him a good member of AA. To accomplish this he followed the Daily Plan (repugnant to him because it smacked of "religion"). He attended meetings, studied the Book, and followed the Steps faithfully.

By golly, he showed these doubting Thomases! He moved to a neighboring city and started a group and in these sixteen years he "ain't took a drink yet"! He showed them! He used the Twelve Steps as his guide and the Four Absolutes as his goal and serenity and good will has been his reward.

He learned how to control his emotions. He began a daily program of improving his honesty, unselfishness, purity and love-and slowly, but surely, he began to like it.

Somehow or other we got away from applying the moral of buying a new boomerang. Seems to us we ought to polish up our own tools-the good ones-and maybe we'll find them made of finer materials than those that look so nice and new over there. One polished up boomerang is enough. You don't need a new one.

Polishing up means work. Many of us could stand it.



SET
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LETTER TO EDITOR

Editor Plain Dealer-Sir: I read an editorial in your paper about drinking with alarm and Ibewilderment. You wrote. "Alcoholism is one of the most baffling and elusive problems of modern society. The old methods have failed. It is now recognized that a drunk should be taken to a hospital, not a jail."

This statement will make crime hannv. Never arrest a drunken driver for killing someone. Just send him to a hospital. He is not guilty, just sick. Murder, under the influence of drink, is not criminal * * * To cure crime, all we need is a nurse, a soft bed, not a policeman or a court of justice * * *

The reason drunkenness is on the increase is because we fail to put the blame where it belongs-on the manufacture, sale and use of drink * * * The drunkard is not sick but nults. And the society, that lends its aid to make him drunk is guilty * * *

Alcoholics anonymous indeed! Such editorials make wrong-doing anonymous. The next time you are robbed don't call the aolice. Call the nurse and physician * * *

Let your editorial writers turn to the Bible: "No drunkard can enter the kingdom of God. Touch not, taste not, handle not * * *"

Let us get God's eye-view of all this wrong-doing.
-In all kindness, name withheld

AN AA's REACTION

To the Editor—Whether the letter by Rev. W. of Oberlin, objecting to your editorial on alcoholism ought to be dignified by an answer is debatable, but will try to answer it with all the tolerance I can command.

I cannot recall anyone ever suggesting that a person ought to be shown lenience for a crime committed while under the influence of alcohol. The courts do not, nor should they, accept drunkenness as an excuse.

That an-alcoholic is a sick person is an already established fact as a result of research by the Yale School of Alcoholic Studies. Placing an alcoholic in a cage for a period of time, over and over again, not only does not improve his condition in the least, but is an extensive proposition from the view of the taxpayer. On the other-hand, hospitalization, followed by the group therapy of Alcoholics Anonymous has resulted in recovery in almost a quarter of a million cases.

Will the Reverend honestly compare the record of recovery from alcoholism attained by AA, against that of the Church? Yet, one of the steps of recovery in AA says in part, "We sought through prayer and meditation to improve our conscious contact with God."

While quoting the Bible, the Reverend ought to bear in mind that if all the admonitions of the Bible were obeyed by all people, we would have no need for churches and less for clergymen. But let me quote a little from St. Matthew, "If a man have an hundred sheep, and one of them be gone astray, doth he not leave the ninety and nine, and goeth into the mountains, and seeketh that which is gone astray? And if so be that he find it, verily I say unto you, he rejoiceth more of that sheep, than of the ninety and nine which went not astray."

He finishes by saying, "Let us get God's eye-view of all this wrong-doing." Well, sir, I have been led to believe that God is good, merciful, understanding of the frailties of his subjects, kind and forgiving. It certainly is pitiful that the only remedy this clergyman can think of for one of the greatest social problems of our age, is punishment.

-Member of AA

Some years ago, in one of his first prayers before the U. S. Senate, the Rev. Peter Marshall, "then the new chaplain, said : "Let us not be frightened by the problems that confront us, but let us rather give Thee thanks that Thou hast—matched us with this hour. May we resolve, God helping us, to be part of the answer, and not part of the problem."

WHAT PRICE SOBRIETY . . . 142

Who could, or would care to, put a price on sobriety? It's invaluable, or vaiueless, depending on our attitude toward it. Too many unfortunate alcoholics treat their sobriety cheaply-throw it away as casually as an empty bottle. A far greater number in AA value their sobriety higher than all the material possessions they ever have—to them it's priceless.

Is your sobriety priceless? Even though your answer is a ringing, emphatic "YES"—there is a way you can put a price on sobriety. It's the price of a helping hand—the hand that will open the door into the AA New Way of Life in 1955 to the hundreds who will be knocking, pleading for sobriety and restored sanity.

To almost a thousand desperate, even dying, alcoholics this year the Cleveland District Office is the only hope of salvation from continued maddening drunkenness. They call in fear, remorse, sorrow, desperation-but always with a glimmer of hope that AA will enable them to get off the deadly, day after day, drunken merry-go-round.

To give the help that's needed to this despairing thousand the Cleveland District Office needs your help, your financial support. By helping to maintain the District Office you insure that the helping hand will always be extended. The vital importance of the help that's came in the past from the Cleveland District Office can't be over-emphasized. Here's what that help has accomplished in the past 10 years, the 10 years that the Cleveland District Office has been in operation:

Since February 8, 1945 more than 7,300 calls for help have been received and acted upon . . . Of these 7,300 who called and were guided to groups, 4,369 were reported as immediately receptive and thus beginning a new way of life . . . Almost a thousand requests for speakers have been filled by the Cleveland District Office . . . Almost 3,000 packages of literature have been mailed in these past 10 years—to families, friends, employers, individuals who wanted to know what AA could do for a loved one or a friend . . . Hundreds of requests for information and for speakers have been received from civic, religious, educational and welfare groups.

The avenues of help are many and varied!

Each and every one of us recognizes that our AA is an individual program. None can deny, however, that collectively we have a moral obligation to extend the helping hand to those who truly want and need it. Group and individual contributions to the District Office through the years have been sustaining that obligation. Contributions during 1954, however, while greatly appreciated, were inadequate to meet the vital needs of the District Office—a number of individuals made emergency contributions to eliminate the deficit that would otherwise have existed. This can be avoided and a sound financial basis established in 1955, if AA groups and individuals will make pledges to the support and maintenance of the District Office. CONTRIBUTIONS

Your group and its individual members have been-or shortly will be-contacted by an AA representative of the District Office to tell you of the urgent need. Think back to the last tortured days of your drunken life-you'd have paid almost anything for relief from the curse of alcohol. With those thoughts in mind, think of the similar despairing predicament that will exist for a thousand of your fellowmen here in Cleveland who will be calling the District Office in 1955. Then pledge your help-you can't put a price on sobriety, but you can put a price on your helping hand. For a fraction of the money you once threw away on alcohol you can help to bring peace, hope and a new way of life to those in need.

By your share of your group's contribution-as well as by whatever additional personal contribution you feel you can make-you will help to the Cleveland District Office to continue its magnificent service in 1955. 1974

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GROUP NEWS

Brooklyn-Holds a Valentine Dance at Glenn Hall, 3409 Broadway, one door west of Pearl Rd., on Saturday, February 12 at 8:30 p.m. Music, refreshments and prizes.

Speakers for February are: 2-Charlie R., Brooklyn (his 2nd anniversary); 9-Vince Mc., Brooklyn (his 2nd anniversary); 16-Nick G., Brooklyn (his 1st anniversary); 23-Howard B., Independence.

Detroit Mixed-Speakers for February are: 6-Al N., Huron, 0.; 13-Ray DeL., Clark; 20-Jerry R., Women's Westside; 27-Rollie F., Memphis.

Glennville—Speakers for February are: 5-Bill K., Superior; 12-Tom O'M., Fairmount; 19-Ralph K., Eastside Morning; 26-Bob M., Cedar.

Newburgh-Tommy F., secretary for the past seven years and Bill H., treasurer for five years were both re-elected for another term by the group in appreciation for their loyal selflessness and great dependability. They're always there.

Orchard Grove—Speakers for February are: 7-Neil C., Brooklyn Y.P.; 14-Andy S., Orchard Grove (his first lead); 21-Hughie J., Fairview; 28-Mickey McG., Westside Y.P.

Rosary Hall — Meets every Friday in Jordan Hall, Nurses' Auditorium at 8:30 p.m. In the meantime, while in session, the non-alcoholic wives meet in the meeting room of Rosary Hall and hold discussion meetings. Other wives are welcome.

Stella Maris-Starting on January 7th, in the new and attractive Stella Maris Home, a new group held its first meeting. Every Friday at 8:15 p.m. a meeting will be held. It's located at 1320 Washington Ave., almost under the Main Street Bridge. It's for men only, for the moment.

Trinity-New officers include Bob C. as chairman, Bill D. as secretary and Ed R. as treasurer. Speakers for February are: 5-Leo M., Brookside; 12-Leo R., Trinity; 19-George D., Alcola; 26-Corny V., Lee Road Wednesday.

WOMEN'S HOUSE OF CORRECTION

Hilda H., loyal and devoted worker among the women prisoners in the House of Correction, wishes to express her appreciation for the support she received to make Christmas a happy one for the inmates attending the AA sessions on Wednesdays at 7:30 p.m.

GIGGLES

"When the judge decreed that you would have to pay back alimony, how did you feel?" asked Black of a friend.
"Chagrined."

"And how did your ex-wife feel?"
"She grinned."

"Did you give the prisoner a good going-over?" asked the sheriff.

"We sure did," replied the deputy. "We brow-beat him, badgered him, and asked him every question that we could possibly think of."

"And what did he do?"

"He merely dozed off, mumbling: 'Yes, dear, you are perfectly right.'"

My typist has gone on hir holiday
My typist has gohn on a spree,
Mx typish hap gone oh hyr haliduy,
O gring bacq mu hypist to me.
Bling bac% oK Sring back
Oh bynk b4cK mu tipisth to mi, tu mo,
Btung bicq ocsling 8ack
Oh Blynck ba"K mg t½pys? to m¼
O daern!

"CURES"

Every once in a while we pick up a newspaper or magazine and read of some sensational cure for alcoholism. And then, around some meeting places, discussions are held, as to the relative merits of the so-called "cures," as compared to AA. Almost invariably the authors of these articles say, "AA didn't work for me." The simple truth is, that being alcoholics, they think backwards, and in all honesty should have said, "I didn't work for AA."

What actually has happened, if we read these articles carefully, is that the authors, having found themselves sober for a short period, have concluded that they have "cured" themselves, and that their system will work for all alcoholics. It would be interesting to be able to check up on some of these writers to see how long their sobriety lasts. The purpose of one author in writing one of these "masterpieces" was to get a royalty check to replenish his supply of drinking money. One system even declares the alcoholic "cured" after one year of sobriety.

It is good for AA that these articles appear, because it gives the prospective member a chance to try something else, before coming to AA as a last resort. The sad part of the whole thing is that too many die in the attempt.

That the twenty-four hour plan of AA never ends, and as we reiterate each day our desire to live "this day" in such a manner that we do not need a drink to tolerate ourselves, is one of the things that sets AA apart from all other treatments.

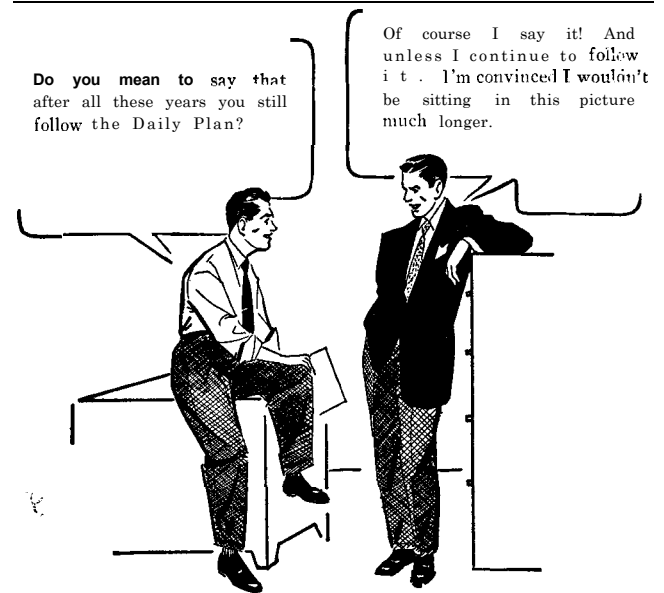
The firm conviction that a Higher Power is always with us, that God will continue to give us only in proportion to how much we are willing to give, is the one thing that will prevent us from ever claiming a "miraculous cure" but only a divinely inspired program of daily living, which only works so long as we work. When the individual stops working the program, the program stops working for him, and him only. But AA goes on just the same.

-A Cleveland member

AFTER THAT SHOCK

After the shock of learning we can't drink and act as human beings should, fundamentally, we remain the same. Though the years leave their mark on our lives-changing our thoughts, our viewpoints and outlook on life—basically we remain as we are, true to the instincts and emotions of our nature, little altered by the shock of our "come-uppance."

It's at this stage we had better be honest in our inventory and make one of the most important decisions in our life. Getting on our knees helps tremendously.



CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON—Westminster Church. Cor. Addison and Wade Park 8:30
BORTON—E. Cleveland Congrega. Church. Page and Euclid Ave. 8:30
FRIENDLY SUBURBAN-6037 Pearl...8:00
LAKE SHORE—St. Luke's Parish. Clifton and Bunts Rd. 8:30
LAKEWOOD (Orchard Grove)-1417 St. Charles. ar. Detroit 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal W. Clifton and Detroit 8:30
LEE MONDAY—First Presbyter. Church. East Cleveland, Nela and Euclid 8:30
LORAIN AVE.—Banater Hall Annex, W. 120th St., at Lorain Ave. 8:30
MARINE HOSPITAL—E. 124 & Fairhill 7:30
MILES—St. Mary's Episcopal Church, 9721 Romona Boulevard... 8:30
PEARL—Corpus Christi Basement, 4850 Pearl Road 8:30
SHAKER HEIGHTS—Christ Episcopal Church, 3445 Warrensville Rd. 9:00
SOUTH EAST-7526 Broadway 8:30
UNION—East View Cong. Church. Kinsman at E. 156th St. - w - - - 9:00
WEST 25th St. Marvel Hall. 2858 W. 25th St 8:30
WOMEN'S—Westside—West Boulevard Christian Church, Madison and W. 101.8.45
ELYRIA MEN—St. Agnes Church. Lake Road at Bath St., Elyria, O. 8:30
SHELBY—Congregational Baptist Church, Jackson and Jefferson, Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY—Presbyterian Church, Willoughby, O. 8:30

TUESDAY

ARCADE—Typographical Union Hall, 1559 East 17th (near Payne Ave.)...9:00
BUHRER—1142 Buhler Ave. 8:30
CHARITY—Last Tuesday of each month 9:00
CLARK-1917 Clark Ave. 8:30
EAGLE TRAINING-Salvation Army. E. 9th and Eagle 8:00
EDGELAKE—1417 St. Charles Ave. Dinner at 7:00 p. m. Meeting at 8:30
EUCLID-WADE—Calvary Presbyterian Church, E. 79th and Euclid Ave. 9:00
FAIRMOUNT—St. Paul's Episcopal. Fairmount and Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 24th and Lorain Ave. 8:30
HILLCREST—St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid 9:00
HILLTOP—St. Joseph's Seminary, 17608 Euclid Ave. 8:45
MILES-LEE—Mt. Hope Lutheran Church, E. 164th, north of Miles Ave. 8:30
NEW HOP&Women-Ward's Convalescing Home, E 71st and Cedar 8:30
SMITH-WILSON-Nativity School. 9510 Aetna Road 8:30
SUPERIOR-North Presbyterian Church, F 40th and Superior 9:00
TAPCO—Post 4, 23555 Euclid, 2nd shift. 1:00
TRADITIONS-Community Church of Brooklyn, 8720 Memphis Ave. 9:00
WEST PARK-West Park Baptist Church, W. 152nd and Lorain 8:30
LORAIN, O.-St. Stanislaus School, 28th Street and Elyria Ave. 8:30
MEDINA, O.-St. Paul's Epis. Par. Hse. 8:30
PAINESVILLE, O.-Stag, 33 N. State St. 8:30
STRONGSVILLE—Tuesday—Town Hall 9:00

WEDNESDAY

ALCOLA—6409 Detroit Ave. 9:00
A&AMERICAN Sportsmen, 1142 Buhrer, 3rd Wednesday each month 8:00
BAXTER AVE.-6527 Baxter Ave. 8:30
BROOKLYN-K. of P. Hall, 3316 Broadview, East of Pearl Rd. 8:30
C. E. I. Illuminating Co. Room 335—Rear Building 8:30
COLLINWOOD—14709 St. Clair Ave. 8:30
DENISON MEN-7403 Denison Ave. (first Wednesday. joint meeting) 8:30

DOAN MEN'S—2028 E. 105th St., 2nd floor, side entrance. 8:45
EAST SIDE MORNING—2028 East 105th, 2028 East 105th 10:30 A. M.
8801 SUPERIOR-8801 Superior 8:30
GARFIELD HEIGHTS—1 Trinity Baptist, E. 94th and Garfield Blvd. 8:30
LAKEWOOD WOMEN—United Presby. Church, 12601 Detroit Ave. 8:30
LEE ROAD-First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd. 8:30
NORWOOD-St. Vitus School, 6105 Glass Ave 8:30
ST. JAMES-Ward's Convalescing Home, E. 71st and Cedar Ave. 8:15
ST. MARY-400 North St., Chardon, O. 9:00
TAPCO—Post 4, 23555 Euclid, 1st shift. 3:30
TAPCO—Post 4, 23555 Euclid, 3rd shift. 9:00
TWENTY-FOUR HOUR-13216 Detroit, Church of the Ascension 8:30
Training meeting 1st Wed. each month,
WARRENSVILLE—Women's House Cor. 7:30
WOMEN'S—East Side—Cleveland Unitarian Society, 1&I and E. 82nd St 8:30
WOMEN'S—Lorain County-St. Anthony's School Hall, E Erie & Kansas (R.2 or 6) 8:30
ASHTABULA COUNTY MEN, Conneaut, O., B. of L. E. Hall, Whitney Block, Main St. 8:30
BEDFORD, O.—Y.M.C.A., Tarbell Ave. 8:30
ELYRIA, O.-St. Mary's Church, Middle and Fourth 8:30

THURSDAY

ALAN—1820 East 79th St. 8:30
ALLENDALE—St. Paul's Episcopal Church, 15837 Euclid Ave. 8:30
ANGLE—St. Malachi's Church, 2549 Washington Ave. 8:30
BROADWAY-55th—Our Lady of Lourdes School Hall 8:30
BROOKLYN Y. P.—United Presbyterian, Spokane and Pearl 9:00
COVENTRY-Fairmount Presb. Church, Scarborough and Fairmount Blvd. 8:30
CRILE HOSPITAL—Library 8:00
EDDY ROAD—Glenview Congregational Church, Eddy and bt. Clair 8:30
HAWTHORN DEN STATE HOSPITAL, Macedonia, O., Basement of New Employees Bldg. 8:00
LORAIN AVE.—West Park Baptist Church, 15218 Lorain Ave. 8:30
OUTHWAITE—Woodland Center, 7100 Kinsman Ave. 8:30
ROCKY RIVER—Rockport Methodist Church, 3310 Wooster Rd. 8:30
WEST SLIDE—7403 Denison Ave. 10:30 A.M.
AMHERST—St. Peter's Ev. & Ref. Church, Church St., North Amherst, O. 9:00
BEREA-Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland. 8:30
EAST LAKE—Bethel Lutheran Church, 32400 Vine Street 8:30
HARBOR THURSDAY—Ashtabula, Ohio, 1147 West Fifth Street. 8:30
INDEPENDENCE, O.-St. John's Lutheran Hall, Second and Sunset 9:00
PAINESVILLE, O.-33 N. State, 3rd fl. 8:30

FRIDAY

ANSEL ROAD-St. Thomas Church, 9205 Superior Ave 9:00
BROADWAY-HARVARD—8437 Broadway 8:30
CEDAR-Salvation Army, 5005 Euclid. 8:15
FRIDAY AFTERNOON WOMEN-Plymouth Church, Coventry and Drexmore, Krumbine Room 1:00
FRIDAY NITE DISCUSSION, Jordan Hall, Charity Hospital 8:30
GORDON SQUARE-St. Helena's Hall, 1367 W. 65th St. 8:30
LEE ROAD-13240 Euclid Ave. 9:00
NORTH EAST-St. Agatha's Church Hall, 1269 Lakeview Rd. 8:30
ROSARY HALL-Jordan Hall, Charity Nurses Auditorium 8:30
STELLA MARIS (Men), 1320 Washington Ave. 8:15

WESTSIDE YOUNG PEOPLE, St. Luke's Hall, Bunts and Clifton 9:00
AVON LAKE—Congregational Church, Lake Road, Stop 53 8:30
BEREA—Social room of Berea Cong. Church, Seminary and Church 8:30
CHAGRIN FALLS, O.—American Legion, E. Orange St. 8:30
CHARDON, O.—Thrasher House, Water St., Chardon, O. 8:30
CONNEAUT, O.-B. of L. E. Hall 8:30
EUCLID, O.—Holy Cross Church, E. 200th and Lake Shore Blvd. 8:30
MENTOR, O.-Mentor Methodist Church 8:30
WICKLIFFE-Lady of Mt. Carmel Hall, Euclid at E. 296th St. 8:30

SATURDAY

BROADWAY-CABLE-St. John's Lutheran, Church, Cable at Broadway 8:30
CATHEDRAL—(Stag) St. John's Cathedral, E. 7th and Superior 8:30
GLENVILLE—10421 St. Clair Ave. 9:00
LAKEWOOD-Sat. Nite—Redeemer Hall, Andrew, near Detroit 8:30
LEAGUE PARK-St. Agnes School Hall, East 79th and Euclid Ave. 9:00
LIBERTY-13240 Euclid Ave. 9:00
MAPLE HEIGHTS-Luth. Church of Covenant 19000 Lily Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—St. Philip Neri Church, E 82nd and St. Clair 8:30
MEMPHIS-K of P Hall, 3316 Broadway, East of Pearl Rd. 9:00
PARMA-Public Library, 5850 Ridge Rd. 8:30
REDWOOD-Euclid Lutheran Church, E. 260th and Oriole 8:30
SHILOH-Bethel A. M. E. Church, 15021 Shiloh Road 8:30
TRINITY-Trinity Evangelical Church, 3525 w. 25th St. 8:30
VALLEY VIEW-Community Center, West 7th and Starkweather 8:30
8005 GROUP-8005 Lorain Ave. 8:30
ASHTABULA, O.-St. Peter's Epis. Church, Main Avenue at South Park 8:30
ELYRIA, O.-St. Andrew's Episcopal Church, Middle and Third 8:30
SOLON, O.-St. Rita's Church basement 9:00

SUNDAY

ALLAMERICAN Sportsmen 1142 Buhrer 1st Sunday each month 4:00
BROOKSIDE-Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C. A. C. DISCUSSION-C. A. C. clubrooms, 7809 Euclid Avenue. 10:45 A.M.
COLLINWOOD—14709 St. Clair Ave. 7:30
DETROIT-Mixed-80.23 Detroit Ave. 8:00
Greater Clcvc. Young People (Consolidated) Cathedral Hall-First Sunday each month.2:00
LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair 8:30
LORAIN COUNTY CONSOLIDATED—First Sunday of each month, Alconon Club, 345 E. Broad St., Elyria 7:30
MARYMOUNT-2nd Sun. in month, Cafeteria, McCracken and Henry 2:30
MISTLETOE-St. Thomas Church, 9205 Superior Ave. 7:00
NEWBURGH—St. Catherine's Church, 3443 E. 93rd St. 8:30
OAKWOOD-Alcoholic Annex, 8909 Detroit Ave. 11:00 A.M.
OUTH WAITE—7100 Kinsman Ave. 4:00
SABBATH-13240 Euclid Ave. 3:00
STRONGVILLE—Royal Haven Farm, Royalton Road, Strongville, O. 3:00
WEST SIDE DISCUSSION—6409 Detroit Ave. 11:00 A.M.
WARRENSVILLE—Cooley Farms Recreation Room 1000 A. M.
GENEVA, O.-Legion Hall, Park St., corner of So. Eagle 7:30
1st TUESDAY EVERY MONTH
CENTRAL COMMITTEE—Hanna Building, Room 370 8:30
3rd TUESDAY EVERY MONTH
HOSPITAL COMMITTEE—Hanna Building, Room 370 8:30

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CENTRAL BULLETIN

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HOSPITALS WHICH TREAT ALCOHOLICS (This listing does not necessarily indicate endorsement or approval)
Alcoholics Abstinence Nursing Home (MW) Melrose 1-1635 8023 Detroit Ave
Charity Hospital (MW) Main 1-9400 Central at E. 22nd St
Cleveland Alcoholic (MW) Express 1-8998 7809 Euclid Ave.
Elmwood Sanitarium (M) Kenmore 1-2289 17322 Euclid Ave.
Euclid Rest Haven (MW) Ulster 1-6296 and Mulberry 1-9584. 13240 Euclid Ave.
Farquharson's (M) Tuxedo 5-1882 6037 Pearl Pathway (Tyler 1-6698) (MW) 1635 E. 93rd (M) mm only. (W) women only. (MW) men and women.

CENTRAL BULLETIN



Vol. XIII-No. 5

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February 1955

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HONEYMOON'S OVER

Affiliation with the fellowship of Alcoholics Anonymous is, when you think about it, very much like getting married.

Of course, there is no music by Mendelssohn played when you come in; the hall is not banked in flowers and palms and no ring is involved. All that generally happens is that you are introduced to the crowd from the floor and as you rise in response to your sponsor's words you are about as shaky as that time you walked down the aisle. The reason is different, however, for in joining AA the chances are you have just come off a "beaut" and your nerves haven't yet stopped talking back to you.

Once your feet are on the ground and you become acquainted the honeymoon begins. Your enthusiasm for the program, for the people and for the meetings is likely to run away with you. A whole new world has been opened for you. You wouldn't be normal if you did not react with great interest.

But AA like marital honeymoons must come to an end and the participants must settle down to the more prosaic business of day-to-day living.

This is the testing time. From a high-keyed-up interest you are likely to sink to a low of indifference. It often happens. It must be taken in its stride.

You discover that AA is made up of ordinary people with all the shortcomings and idiosyncrasies of everyone else. We are ordinary sinners, not saints. Only we admit our shortcomings. It's the same as when you discover that the angel you courted and married is just a human being with likes and dislikes and certain faults as well as virtues.

A period of adjustment must follow. If concessions are not made, the relationship is headed for disaster. There must be give and take. Allowances must be made. The idea must be grasped that we are not the acme of perfection either, and people have to make allowances for our shortcomings just as we must make them for theirs.

This is a critical period. In it we are likely to find fault with everything-with individuals, with the meetings, with the program. If we do not put our comprehension of AA on an objective basis we are likely to wind up soused again.

It is a period in which we have not yet attained full sobriety. We carry with us from our drinking days a lot of erroneous ideas and many twisted ways of thinking. So long have we been on the defensive mentally that it is difficult to realize that now people are not against us, that we are not the object of scorn or derision. It takes a little time to shed this viewpoint, most often subconsciously held.

Alcoholics are, by their nature, critical people. We must learn through patience and humility to be less carping of others, their actions and their motives. We have been difficult persons to live with. The moat is in our eye. It is not the beam in the eye of the other that we must worry about. We have often defended ourselves on the

(Continued on page two)

CLIQUEES

"AA, just like any other organization is run by a clique," observed a newcomer in AA at a social gathering we attended recently. "In the group I attend, one always sees the same guys running the meetings, operating the kitchen, setting up the chairs and making comments after the speaker finishes. And who do I see at Central Committee or Consolidated meetings seeking the lime-light? You guessed it-the same guys. What gives? Who appoints them?"

We started to defend these loyal people whom he was talking about as did others who had been in the "league" for some time and when several others came to the complainer's defense, we were amazed to find that possibly

many of us who had been active for some time might have been a little negligent in explaining the seemingly obvious functioning of AA to the ever growing number of new-comers.

After some spirited and enlightening discussion, it was suggested that we use this right hand column of the Bulletin to disclose how AA operates in Cleveland-and probably in a similar or slightly varied form, elsewhere where the Fellowship is established.

First, let us defend the "take-charge" guys-the solid, steady grateful hardworkers in the program who give so much of themselves and who are often subjected to criticism and abuse for their dedication to the fundamentals of AA.

If it wasn't for these who know the Traditions off AA and who maintain them and defend them, AA would speedily degenerate and there would be no AA group to turn to.

Witness the fate of those groups which rebelled at the simple procedure of an orderly AA group.

Some balked at the inclusion of prayers at the meeting . . . the length of the speaker's talk . . . the length of discussion . . . the types of people permitted to attend . . . the lack of social entertainment . . . etc., etc.

What exactly is the purpose of an AA meeting? Isn't it to help strengthen each other in a common purpose of staying sober and in gratitude for that light of knowledge to share it with others so afflicted?

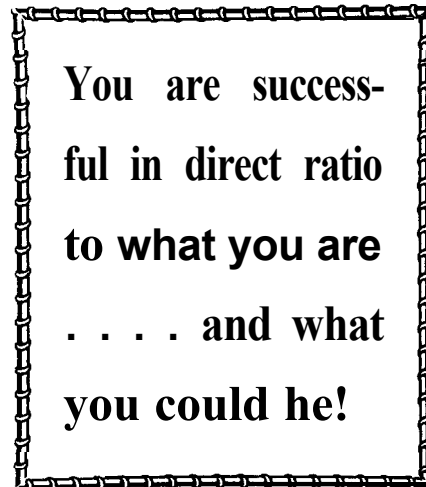
As AA grew in Cleveland, groups became larger and larger and inevitably, neighborhood groups began to form. Some organizers of groups were poorly indoctrinated and began practices which discredited AA in some areas.

A Central Committee was formed by the groups which believed in fundamental AA practices as prescribed in the book of Alcoholics Anonymous. No group was bound by any action suggested at these meetings, though in the main most groups conformed and were successful.

Central Committee is a Discussion center. It is recognized by the newspapers and the other agencies as the AA authority in the Cleveland area. It controls the policy of Central Bulletin, the Hospital Committee, the Consolidated meetings and even the AA District Office, though each functions independently.

An Action Committee composed of three selected repu-

(Continued on page two)



You are successful in direct ratio to what you are . . . and what you could be!

HONEYMOON'S OVER

(Continued from page one)

ground that we were only human. We must realize now the other fellow is human, too.

In this, fellowship in AA is very similar to the marriage relationship. When adjustments are not made the marriage, sooner or later, ends up in the divorce court. In AA if adjustments are not made, the fellowship terminates in some bar.

There is no good reason for such an end by those who sincerely seek sobriety. The accommodation to the new way of life can be made by following the Twelve Steps. They are a proven guide to a long and lasting association that insures sobriety and happiness.

A LESSON IN DRIVING

When I was a child, I had eagerly entered a contest that promised a new house to the winner. Several weeks later, I received a letter informing me that I would have to sell two hundred jars of a salve plus several other items in order to qualify for first prize. My father explained that he would not stop me if I wanted to continue with the contest but that I would have to decide right then and there whether I was willing or not to do all the work and still risk being disappointed in the end. I felt as though I had been tricked and was very angry. I told my father that I thought it most unfair. With a look of understanding sympathy, but to my bewilderment, he said, "My dear, remember this always, that nothing which is worth while comes easy. You must always be willing to work hard and wait patiently because everything has its price and time. So you must earn whatever you receive for you will get nothing if you have given nothing." My father's advice did not puzzle me too long. I soon forgot about it, and he contest.

Much happiness and hardship, heartache and discord came in the years following his advice. But not until I had found and grown a little in AA, did I realize the true significance of father's words. It was just recently that they came forward from the depths of my memory. With sudden clarity I realized what he had tried to tell me years ago. Perhaps, if I had digested his words sooner I might have been spared many disappointments and frustrations, but then, it may never have meant as much to me as it does now, since I have learned through AA how to apply such a prescription for living.

True to alcoholic form, first I had to find my own personal skid row, before I was desirous or willing to let the seeds of patience, tolerance, humility, unselfishness, honesty, love, purity and charity (Read I Cor. 1-13) within myself. And as long as I keep the weeds of resentment, envy, selfishness, pride, anger, impatience and misunderstanding from choking out these healthy seedlings and keep them fed and watered with regular attendance at meetings, open-minded attentiveness to the speakers and constant association with other AAs, I am sure that this formula will help me to recognize and accept God's Will and give me the Courage and Wisdom to carry it out. For my reward I hope to gain serenity, peace of mind and happiness of heart.

-E. A. S. of Sarasota, Fla.

ART NEUMORE DIES

After several years of intense suffering brought on by cancer of the throat, Art Neumore of the Euclid and Colliwood groups was finally called to his eternal home on February 20.

Art was an ardent member of AA, a wise counselor and a devoted friend. In his twelve and a half years of uninterrupted sobriety he was an indefatigable worker and he never missed a meeting until his illness hospitalized him.

Even while he was in the hospital, he insisted that his wife attend the meetings and report to him on who spoke and give the context of the talk.

He always had a good word for everyone. He often stopped gossip with the admonishment "If you can't say anything good about somebody, better not say anything."

To his wife we offer our deepest sympathy.

CLIQUEs

(Continued from page one)

table men are the watchdogs for Central Committee and are empowered to act promptly should any action of any group or any publicity unfavorable to AA appear on the horizon.

Any action taken by any group or committee or person can and should be defended or censored at the next scheduled Central Committee meeting held on the first Tuesday of each month in Room 370 the Hanna Building. Every group in the area is automatically a member of Central Committee and should be regularly represented.

A Moderator, elected for a one year term, conducts the meeting and has no other authority than just that. He cannot use his trusted position for some special selfish purpose. He is the mouthpiece of all the groups, but only to the extent to which the groups have authorized him to act. He cannot commit any or all groups to any action at any time.

AA needs "take-charge" guys. Without them it would founder. If you aspire to be one, study the Traditions, memorize and apply the Twelve Steps, live the program and, lo and behold, before long you too will be the target for undeserved criticism.

THE POSTMAN NEVER RINGS TWICE & /y'

Our Second Tradition says in part, "our leaders are but trusted servants, they do not govern." A group secretary is one of our trusted servants. One of the trusts given to a secretary is that his name and address are listed as a point of communication between the Alcoholic Foundation, the Cleveland District Office, and other groups. Mail from AA sources, although addressed to the secretary, is actually property of the group, and as such, should be transmitted to all the group.

The writer travels widely around the AA circuit, and in too many instances is sorry to find that some secretaries do not even bother to bring the group mail to the meeting. This practice definitely violates part of the trust that has been placed in the hands of the secretary.

Our group receives considerable intergroup mail, and seldom does the reading of the mail to the group take over five minutes, so the argument advanced by some secretaries that "it takes too long" simply is not true. Moreover, when we send our mail to other groups, we intend that the message be carried to all the members, not just the secretary.

-Anonymous

FLORIDANS WRITE

Joe and Ann S., former devoted members of the Parma group and the Training meetings, now located happily in Florida, wrote a most interesting and happy sounding letter to us recently and wish to be remembered to their many Cleveland friends, whom they miss greatly. Their address is RR No. 3, Box 103 F, Sarasota, Florida. He's the "git-fiddle" player, remember?

STANLEY McGARY DIES

One of Cleveland's most colorful, enthusiastic and impressive members was stricken suddenly with a heart attack on February 10th and passed on to his eternal reward, which we are certain will be a rich one.

Stan literally rose from the bottom of the heap to become a tremendous asset to the community, to AA, to his friends which were legion and to his church.

Besides being a member of the Superior group during his seven years of uninterrupted sobriety, he and two of his buddies started the C.E.I. group at his place of employment. He was also vitally interested in prisoner rehabilitation in the State Penitentiary and the Cleveland Workhouse, where he did effective work.

Four years ago he initiated a Discussion group at St. Columbkil's Church. This group of bereaved friends voted to name the group the Stan McGary Discussion group in his memory, shortly after his death. They meet on Thursdays at 8:30 p. m.

Stan will forever remain in our memory as an outstanding person, fearless and full of gratitude for God's grace.

GROUP NEWS

Brooklyn-Speakers for March are: Z-Joe K., Brooklyn (his first anniversary) ; 9—Wyn W., Lee-Wed.; 16—AA motion picture; 23—Eddie K., Brooklyn (his 14th anniversary) ; 30—Charlie S., Brooklyn (his 3d anniversary).

Collinwood (Wednesday)-Speakers for March are: 2—Elliott and Eleanor K., of Doan Men and Eastside Women, respectively; S—John D., Allendale; 16—John C. (Irish born) Allendale; 23—Cliff M., Eastlake.

Collinwood (Sunday)-For the fourteenth successive time, the peripatetic, irrepressible! inimitable son of Erin, Jim "Aloysius" B., bailiff in Municipal Court, will be the St. Patrick's Day speaker at the Sunday, March 13th meeting. A big crowd always comes to this event.

Detroit Mixed-Speakers for this Sunday group in March are: 6—Norm T., Brooklyn; 13—Kitty C., Orchard Grove; 20—Warren C. Jr., Fairview; 27—Al S., Orchard Grove.

Elyria-We particularly regret that we were unable to publish the Bulletin in time to advise our readers of the observation of the 12th anniversary of the founding of the AA Fellowship in Elyria on February 16. The speaker was Franklyn S. of Doan Men, Cleveland. 146 persons attended the great affair.

Glenville—Speakers for March are: 5—Russ B., Maple Hts. ; 12—Ken E. K., Allendale; 19—Dennis C., League Park; 26—Bob A., Superior.

Lake Shore-Maybe we shouldn't tell it to you, but we can't help it. We've got to tell you that popular and devoted Ladd T. will be married on March 9. She surely is a fortunate person.

Lee-Wednesday-Speakers for March are: 9—Tom F. Borton; 16—Fran C., Friday Afternoon Women; 23—George Van L., Lee-Wednesday; 30—Bob L., Independence.

Orchard Grove-Speakers for March are: 1—Kitty and Jay C., (Question and Answer program) ; 14—Mickey C., Lorain Ave.-Monday; 21—Jack S., Charity; 28—Al S. Orchard Grove (his first lead).

Plains-This new group was formed on Jan. 22 and meets in Plains Methodist Church, corner of Lake Shore Blvd. and Reynolds Rr. (Route 306), Mentor Township on Saturday nights at 8:30 p. m. They welcome visitors. Melvin K. of Willoughby is secretary.

Sabbath-Speakers for March include: 6—Tom O'M., Fairmount; 13—Harriet M., Allendale; 20—Ed H., Lee Road-Monday; 27—Bill F., Euclid-Wade.

Trinity-Speakers for March are: 5—Dick C., Collinwood; 12—Everett W., Trinity; 19—A. A. W., Elyria; 26—Pat McI., Clark.

West Richfield-This new group was just organized and meets in the Consolidated Church, West Richfield, O., located on Route 303, just west of Route 21 at 8:30 p. m. on Fridays.

West 25th—Speakers for March are: 7—Stanley G., Lorain Ave.-Monday; 14—Mike Y., showing AA movie; 21—Skid S., Newburgh; 28—Mary R., Westside Women.

AA Sportsmen-Officers for 1955 elected include: Floyd K., president; John F., vice president; Ed G., treasurer; and Joe K., secretary. A fishing party was held in Put-in-Bay on Sunday, February 20. Steve Z. caught a large sized dogfish.

NON-ALCOHOLIC SPOUSES MEET

While their alcoholic husbands and/or wives meet in Jordan Hall, Nurses Auditorium of Charity Hospital, the spouses have organized and hold meetings in Rosary Hall at the same time—8:30 p. m. Many interesting discussions relative to their attitudes and their capacities to cooperate have been held and are open to anyone interested.

"It feels good to be helpful . . . it feels good to be needed . . . it feels good to be wanted." -Ernie G., Chippewa, O.

SPRING CONSOLIDATED MEETING

Sunday, April 17, 1955, 4 p. m.
St. Patrick's Hall, 3606 Bridge Ave.

The Spring Consolidated meeting sponsored by Central Committee to enable members of all groups in the Cleveland area to meet each other and to hear outstanding out-of-town speakers will meet in St. Patrick's Hall, located on Bridge Ave., between W. 38th St. and Fulton Road on Sunday, April 17 at 4 p. m.

The speaker will be a former All-American, Ed E. of Toledo, Ohio. Ed comes to us to share his experiences before and after AA and is a very able speaker.

Our former meeting place, Moose Hall, was engaged in its own activities and accordingly was unavailable. St. Patrick's has a spacious auditorium, centrally located, and will offer excellent facilities for our quarterly function.

MAILING NOTICES

We have been the recipients of postcard notices of meetings, along with the secretaries of groups. One secretary recently wrote us to use the Bulletin to help correct an abuse of AA traditions which some secretaries have been guilty of.

We have on several occasions used the Bulletin columns for acquainting our local groups on good practice. But since groups change secretaries periodically, the new secretaries apparently haven't been properly "advised on the facts of AA life."

Some don'ts to remember:

If you mail any postcard notice to anyone, anywhere, refrain from using the initials "AA" to identify your group. There ARE some nosy postmen or neighbors who gossip.

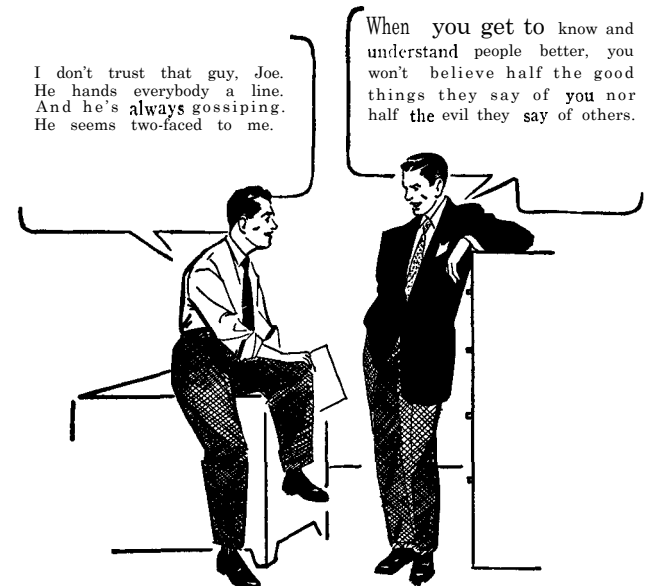
If you're announcing speakers, never print their surname-refer to him as Joe D. of Clark or Agnes Y. of Eastside Women.

If you use double mailing cards and write anything within with ink-a signature or a list of speakers-attach a THREE cent stamp for postage. If you only attach a two-cent stamp, some secretary might get mad at you and your group and tear up your notice.

If you are about to retire as secretary, train your successor to observe these "don'ts." He and the group will be more popular.

WE'RE HORRIBLY LATE

February simply had too few days in it for us to find time to write the Bulletin. We have no excuse other than that we simply couldn't spare the time from our gainful occupation. Here it's Friday, March 4, and the "deathless prose" won't be on the press until Monday, March 7. We hope to do better for the March issue. Tsk! Tsk! Tsk!



CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON-Westminster Church, Gr. Addison and Wade Park 8:30
 BORTON-E. Cleveland Congrega. Church, Page and Euclid Ave 8:30
 FRIENDLY SUBURBAN-6037 Pearl 8:00
 LAKE SHORE-St. Luke's Parish, Clifton and Bunts Rd. 8:30
 LAKEWOOD (Orchard Grove)-1417 St. Charles nr. Detroit 8:30
 LAKEWOOD MEN'S-St. Peter's Episcopal, W. Clifton and Detroit 8:30
 LEE MONDAY-First Presbyter. Church, East Cleveland, Nela and Euclid 8:30
 LORAIN AVE.-Banater Hall Annex, W. 120th St., at Lorain Ave. 8:30
 MARINE HOSPITAL-E. 124 & Fairhill 7:30
 MILES-St. Mary's Episcopal Church, 9721 Romona Boulevard 8:30
 PEARL-Corpus Christi Basement, 4850 Pearl Road 8:30
 SHAKER HEIGHTS-Christ Episcopal Church, 3445 Warrensville Rd. 9:00
 SOUTH EAST-7526 Broadway 8:30
 UNION-East View Cong. Church, Kinsman at E. 156th St. 9:00
 WEST 25th ST.-Marvel Hall, 2858 W. 25th St. 8:30
 WOMEN'S W&side-West Boulevard Christian Church, Madison and W. 101 8:45
 ELYRIA MEN'S-Agnes Church, Lake Road at Bath St., Elyria, O. 8:30
 SHELBY-Congregational Baptist Church, Jackson and Jefferson, Painesville 8:30
 VERMILION-Congregational Church 8:30
 WILLOUGHBY-Presbyterian Church, Willoughby, O. 8:30

TUESDAY

ARCADE-Typographical Union Hall, 1559 East 17th (near Payne Ave.) 9:00
 BUHRER-1142 Buhrer Ave. 8:30
 CHARITY-Last Tuesday of each month-Cafeteria 9:00
 CLARK-1917 Clark Ave. 8:30
 EAGLE TRAINING-Salvation Army, E. 9th and Eagle 8:00
 EDGELAKE-1417 St. Charles Ave., Dinner at 7:00 p. m. Meeting at 8:30
 EUCLID-WADE-Calvary Presbyterian Church, E. 79th and Euclid Ave. 9:00
 FAIRMOUNT-St. Paul's Episcopal, Fairmount and Coventry 9:00
 FAIRVIEW PARK-Fairview Grace Church, W. 224th and Lorain Ave. 8:30
 HILLCREST-St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid 9:00
 HILLTOP-St. Joseph's Seminary, 17608 Euclid Ave. 8:45
 MILES-LEE-Mt. Hope Lutheran Church, E. 164th north of Miles Ave. 8:30
 NEW HOPE-Women-Ward's Convalescing Home, E. 71st and Cedar 8:30
 SMITH-WILSON-Nativity School, 9510 Aetna Road 8:30
 SUPERIOR-North Presbyterian Church, F 40th and Superior 9:00
 TAPCO-Post 4, 23555 Euclid, 2nd shift 1:00
 TRADITIONS-Community Church of Brooklyn, 8720 Memphis Ave. 9:00
 WEST PARK-West Park Baptist Church, W. 152nd and Lorain 8:30
 LORAIN, O.-St. Stanislaus School, 28th Street and Elyria Ave. 8:30
 MEDINA, O.-St. Paul's Epis. Par. Hse. 8:30
 PAINESVILLE, O.-Stag, 33 N. State St. 8:30
 STRONGSVILLE-Tuesday-Town Hall 9:00

WEDNESDAY

ALCOLA-6409 Detroit Arc 9:00
 A&AMERICAN Sportsmen, 1142 Buhrer, 3rd Wednesday each month 8:00
 BAXTER AVE.-6527 Baxter Ave 8:30
 BROOKLYN-K. of P. Hall, 3316 Broadview, East of Purl Rd. 8:30
 C. E. I.-Illuminating Co., Room 335-Rear Building 8:30
 CDLLINWOOD-14709 St. Clair Ave. 8:30
 DENISON MEN-7403 Denison Ave., (first Wednesday, joint meeting) 8:30

DOAN MEN'S-2028 E. 105th St., 2nd floor, side entrance 8:45
 EAST SIDE MORNING-2028 East 105th, 2028 East 105th 10:30 A. M.
 8801 SUPERIOR-8801 Superior 8:30
 GARFIELD HEIGHTS-Trinity Baptist, E. 94th and Garfield Blvd. 8:30
 LAKEWOOD WOMEN-United Presby. Church, 12601 Detroit Ave. 8:30
 LEE ROAD-First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd. 8:30
 NORWOOD-St. Vitus School, 6105 Glass Ave. 8:30
 ST. JAMES-Ward's Convalescing Home, E. 71st and Cedar Ave. 8:15
 ST. MARY-400 North St., Chardon, O. 9:00
 TAPCO-Post 4, 23555 Euclid, 1st shift 8:30
 TAPCO-Post 4, 23555 Euclid, 3rd shift 9:00
 TWENTY-FOUR HOUR-13216 Detroit, Church of the Ascension 8:30
 Training meeting 1st Wed. each month
 WARRENSVILLE-Women's House Cor. 7:30
 WOMEN'S-East Side-Cleveland Unitarian Society, Euclid and E. 82nd St. 8:30
 WOMEN'S-Lorain County-St. Anthony's School Hall, E Erie & Kansas (R. 2 or 6) 8:30
 ASHTABULA COUNTY MEN, Conneaut, O., B. of L.E. Hall, Whitney Block, Main St. 8:30
 BEDFORD, O.-Y. M. C. A., Tarbell Ave. 8:30
 ELYRIA, O.-St. Mary's Church, Middle and Fourth 8:30

THURSDAY

ALAN-1820 East 7th St. 8:30
 ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Ave. 8:30
 ANGLE-St. Malachi's Church, 2549 Washington Ave. 8:30
 BROADWAY-55th-Our Lady of Lourdes School Hall 8:30
 BROOKLYN Y. P.-United Presbyterian, Spokane and Pearl 9:00
 COVENTRY-Fairmount Presb. Church, Scarborough and Fairmount Blvd. 8:30
 CRILE HOSPITAL-Library 8:00
 EDDY ROAD-Glenville Congregational Church, Eddy and St. Clair 8:30
 HAWTHORNDEN STATE HOSPITAL, Macedonia, O., Basement of New Employees Bldg. 8:00
 LORAIN AVE.-West Park Baptist Church, 15218 Lorain Ave. 8:30
 OUTHWAITE-Woodland Center, 7100 Kinsman Ave. 8:30
 ROCKY RIVER-Rockport Methodist Church, 3310 Wooster H. 8:30
 WEST SIDE-7403 Denison Ave. 10:30 A. M.
 AMHERST-St. Peter's Ev. & Ref. Church, Church St., North Amherst, O. 9:00
 BEREAFine Arts Club, E. Bagley Rd., 3 doors east of Eastland 8:30
 EAST LAKE-Bethel Lutheran Church, 32400 Vine Street 8:30
 HARBOR THURSDAY-Ashtabula, Ohio, 1147 West Fifth Street 8:30
 INDEPENDENCE, O.-St. John's Lutheran Hall, Second and Sunset 9:00
 PAINESVILLE, O.-33 N. State, 3rd fl. 8:30

FRIDAY

ANSEL ROAD-St. Thomas Church, 9905 Superior Ave. 9:00
 BROADWAY-HARVARD-8437 Broadway 8:30
 CEDAR-Salvation Army, 5005 Euclid 8:15
 FRIDAY AFTERNOON WOMEN-Plymouth Church, Coventry and Drexmore, Krumbine Room 1:00
 FRIDAY NITE DISCUSSION, Jordan Hall, Charity Hospital 8:30
 GORDON SQUARE-St. Helena's Hall, 1367 W. 65th St. 8:30
 LEE ROAD-13240 Euclid Ave. 9:00
 NON-ALCOHOLIC SPOUSES, Rosary Hall, Charity Hospital 8:30
 NORTH EAST-St. Agatha's Church Hall, 1269 Lakeview Rd. 8:30
 ROSARY HALL-Jordan Hall, Charity Nurses Auditorium 8:30
 STELLA MARIS (Men), 1320 Washington Ave. 8:15

WESTSIDE YOUNG PEOPLE, St. Lake's Hall, Bunts and Clifton 9:00
 AVON LAKE-Congregational Church, Lake Road, St. Stephen 8:30
 BEREASocial Room of Berea Cong. Church, Seminary and Church 8:30
 CHAGRIN FALLS, O.-American Legion, E. Orange St. 8:30
 CHARDON, O.-Thrasher House, Water St., Chardon, O. 8:30
 CONNEAUT, O.-B. of L. E. Hall 8:30
 EUCLID, O.-Holy Cross Church, E. 200th and Lake Shore Blvd. 8:30
 MENTOR, O.-Mentor Methodist Church 8:30
 WEST RICHFIELD-Congregational Church, Route 303, just west of Route 21 8:30
 WICKLIFFE-Lady of Mt. Carmel Hall, Euclid at R. 29th St. 8:30

SATURDAY

BROADWAY-CABLE-St. John's Lutheran, Church, Gble at Broadway 8:31
 CATHEDRAL-(Stag) St. John's Cathedral, E. 9th and Superior 8:30
 GLENVILLE-10421 St. Clair Ave. 9:00
 AKEW OOD-Sat. Nite-Redeemer Hall, Andrew, near Detroit 8:30
 LEAGUE PARK-St. Agnes School Hall, East 79th and Euclid Ave. 9:00
 LIBERTY-13240 Euclid Ave. 9:00
 MAPLE HEIGHTS-Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
 WATT TALBOT-St. Philo Neri Church, E. 82nd and St. Clair 8:30
 MEMPHIS-K of P Hall, 3316 Broadview, East of Pearl Rd. 9:00
 PARMA-Public Library, 5850 Ridge Rd. 8:30
 PLAINS-Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd. 8:30
 RED WOOD-Euclid Lutheran Church, E. 260th and Oriole 8:30
 SHILOH-Bethel A. M. E. Church, 15021 Shiloh Road 8:30
 TRINITY-Trinity Evangelical Church, 3525 W. 25th St. 8:30
 VALLEY VIEW-Community Center, West 7th and Starkweather 8:30
 8005 GROUP-8005 Lorain Ave. 8:30
 ASHTABULA, O.-St. Peter's Episc. Church, Main Avenue at South Park 8:30
 ELYRIA, O.-St. Andrew's Episcopal Church, Middle and Third 8:30
 SOILON, O.-St. Rita's Church basement 9:00

SUNDAY

ALL-AMERICAN Sportsmen-1142 Buhrer 1st Sunday each month 4:00
 BROOKSIDE-Blessed Sacrament Church, Storer and Fulton (domestic) 8:30
 C. A. C. DISCUSSION-C. A. C. clubrooms, 7809 Euclid Avenue 10:45 A.M.
 COLLINWOOD-14709 St. Clair Ave. 7:30
 DETROIT-Mixed-8023 Detroit Ave. 8:00
 Greater Cleve. Young People (Consolidated) Cathedral Hall-First Sunday each month 2:00
 LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair 8:30
 LORAIN COUNTY CONSOLIDATED-First Sunday of each month, Alconon Club, 345 E. Broad St., Elyria 7:30
 MARYMOUNT-2nd Sun. in month, Cafeteria, McCracken and Henry 2:30
 MISTLETOE-St. Thomas Church, 9205 Superior Ave. 7:00
 NEWBURGH-St. Catherine's Church, 3443 E. 93rd St. 8:30
 OUTHWAITE-7100 Kinsman Ave. 4:00
 SABBATH-13240 Euclid Ave. 3:00
 STRONGVILLE-Royal Haven Farm, Royalton Road, Strongville, O. 3:00
 WEST SIDE DISCUSSION-6409 Detroit Ave. 11:00 A.M.
 WARRENSVILLE-Cooley Farms Recreation Room 10:00 A.M.
 GENEVA, O.-Legion Hall, Park St., corner of so. Eagle 7:30
 1st TUESDAY-EVERY MONTH
 CENTRAL COMMITTEE-Hanna Building, Room 370 8:30
 3rd TUESDAY EVERY MONTH
 HOSPITAL COMMITTEE-Hanna Building, Room 370 8:30

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CENTRAL BULLETIN
 Box 6712, Cleveland 1, Ohio

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 Elmwood Sanitarium (M) 17322 Euclid Ave.
 KENmore 1-2299 17322 Euclid Ave.
 Euclid Rest Haven (MW) ULster 1-6296
 and Mulberry 1-9584, 13240 Euclid Ave.
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 (M) men only. (W) women only.
 (MW) men and -women.

CENTRAL BULLETIN

UNSELFISHNESS • HONESTY
PURITY • LOVE
A.A.

Vol. XIII-No. 6

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March 1955

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TEN CENTS PER COPY

OUR SPRING

For ages the poets have sung of a land of eternal spring. Their metaphors imply a realm where life would be forever renewing itself, where the weather would be bright and the skies blue and the birds would be singing all day.

Physically such a land is non-existent. It belongs strictly to the realm of poetry and fantasy. But a spiritually such a region is obtainable. It does not contain quite the perfection that the dreamer sees. It has its ups and downs and sometimes there are clouds. But the essential element, the constant renewal of life, is present.

It is to such a region that members of Alcoholics Anonymous have reached when they have finally made the decision not to drink part of their character and have been able, by conscientious practice of the Twelve Steps, to straighten out their thinking as well.

No one is better able to understand the meaning of spring than the man or woman who has accepted the program of A.A. If ever a new life came into being it was ours when we decided we were powerless over alcohol and put our problem, without reservations, in the hands of a Higher Power.

The transformation of the seasons from the deadening pale of winter to the life and color of spring is no more amazing than the change that took place in our experience when the decision finally was made.

But winter does not end abruptly and spring come in with suddenness. Always there is a period of transition when the elements seem to fight for mastery one with the other.

This generally happens in March and the proverbs and sayings about this restless month, such as coming in like a lion and going out like a lamb, or vice versa, describe its nature.

Everyone of us goes through a personal March. The conflict within us is great. From time to time the elements of our old life, old habits, old ways seem to beckon strongly. Then between these spells we have periods when we fully realize the great boon of sobriety. Finally the spring of sobriety conquers. We have emerged unscathed from the blustery period and from now on we can enjoy that spring, that peace of mind, that feeling of physical well-being and that same spiritual satisfaction which comes from helping others toward the same goal.

Since we mentioned the poets' addiction to spring, it is fitting to recall that Longfellow, in a prose paragraph, once pointed out that if spring came but once a century and not every year, if it came with a roar like an earthquake instead of creeping in quietly, the wonder of it would shake mankind. He then recalls that because of its quiet advance only its cessation would be considered wonderful by most men today.

Our spring is neither an earthquake nor a routine turning of the cycle. It is more miraculous than either. We never become jaded by it. It is always there if we are ready to accept it and enjoy what it has to offer—the eternal promise of a new life.

THE PARADE

We were among the cheering crowd of parade watchers on St. Patrick's Day and we viewed it with mixed emotions. We recalled the many years before AA when St. Patrick's Day was a particularly special day for over-indulgence. People, generally, were more tolerant and understanding on that day of the very evident over-indulgence in alcoholic beverages on the part of many of the paraders.

They tolerated the silly, outrageous behavior of too many men and women as well who made exhibitionists of themselves and with thousands of eyes upon them, advertised that they were fools—as only an alcoholic addict can.

This tolerance on the part of the public is evident during the holiday season, too. Though St. Patrick was undoubtedly a tolerant and understanding man, surely he would have censured and chastised the goofs who desecrate his memory. Just so is the spirit and intent of Christmas violated by the let-down in morals and the stupefying of God's most precious gift to mortal man — his mind.

The same people who were so indulgent and who laughed at the outrageous behavior of these seemingly intelligent people are the quickest to condemn the same behavior, when repeated on any normal day by the same character.

We mentioned in the opening paragraph that we view the parade with mixed emotions. We have a particular reason for looking forward to and celebrating St. Patrick's Day, for thirteen years ago we had our

very last binge—a binge which lasted three days and which will ever remain deeply etched in our memory as the most terrifying in our life.

When we came out of it, jittery, fearful and ashamed, we were properly conditioned for AA to begin the monumental task of restoring us to sanity and to remold us into a comparatively useful, completely humble and forever grateful individual.

We had "tried" AA for eight months. We received everything they gave with little, if any, reciprocity. We were ashamed of our affiliation with a group of people who openly admitted a disgusting weakness.

Like many people with other weaknesses than alcohol—lust! avarice, envy, malice, resentment, etc., we tried to maintain a front. We believed, foolishly, that by being careful and cautious (especially when critics were around) we could indulge in our ONE weakness and no one would be the wiser.

Like all others with hateful, anti-social weaknesses, we forgot that these weaknesses showed in our faces, our actions, our speech and our everyday contact with people.

So again, this St. Patrick's Day was a signal day for us. We bow with reverence to our God for giving us a second chance after eight and one-half months of the doubtful privilege of making a sniveling fool of ourselves again.

People usually
quarrel, because
they haven't
learned to
argue!

IN DEFENSE OF "THE CLIQUE"

I have observed "cliques" in churches, lodges, service clubs, and AA groups. I have served on the nominating committee of many of these. And that committee's most difficult job is to find someone who is willing to take responsibility, capable of handling it, and able to carry through. And in the hope of relieving the "clique" I have helped nominate persons who were willing and capable but who never did carry through. And I have seen organizations suffer because some "eager beaver" assumed responsibility he never could learn to handle.

So here's to the clique that runs the groups! It is composed of the members who have been loyal to the program, faithful in attendance, willing to accept and carry through on unpleasant jobs, patient in the face of difficulty and criticism, humble about their own achievements, proud of the victory of those they sponsor, and eager-underline that word!-EAGER to welcome others who will share these responsibilities and assume these burdens. Here's to the Clique!

-Observer, Canandaigua, N. Y.

HOW WOULD YOU FEEL?

If God gave us the same amount of time and attention that we devote to Him ?

If God put as many things ahead of us as we put ahead of Him ?

If God offered as many excuses as we do, and the excuses were no more justifiable than ours?

If God's promises were no more certain than ours?

If God withheld His blessings from us as we withhold our gratitude from Him.

-Author unknown.

DON'T THINK YOUR CASE UNIQUE

It can be matched many times over. Something's bound to hit you in some form or other in a world of this kind. Take death. Suppose there were no death? The world would be overcrowded in a few generations. One generation passes away and makes room for another. Death is then not a unique phenomenon-it happens to everybody sometime. But when it hits within the circle of our love it comes as a surprise. It shouldn't. It is something we must all meet in the normal course of human living. Take other kinds of sorrow-loss of health, business failure, unhappy home life, lack of a home-a life mate-less down the years. All of these come partly from man's inhumanity to man and partly from the fact we are living in an imperfect world. We are "the unfinished masters of an unfinished world." With unfinished people in an unfinished world we're bound to have troubles and sorrows. They are bound to come. The question is not their coming. The question is what they do to us when they come. They can make us or break us. And whether they make us or break us depends on our inner attitudes.

-Brighter Side, Waterloo, Iowa.

BOUQUET

From many complimentary letters we have received, we select a comment from Minneapolis to share with you.

"I am enclosing \$2.00 to apply on my subscription to the Central Bulletin and if I am in arrears, please apply on past due account and let me know where I stand.

"I am called upon to talk to an average of one public or AA group every week, and I am able to get many more good ideas from your Bulletin than from any of the many pamphlets I receive.

"You are doing a grand job of keeping on an even keel and not going to either extreme.

"I believe that as AA grows, and when the public has a better understanding of the alcoholic problem and the work of AA we will learn to make some adjustments in our approach. I feel that you are definitely keeping up to date. Thanks for your fine contribution to the work."

-Glenn A. S., Educ. Sec.

Its letters like these folks that spurs us on. Thanks. We wish we had time and space to acknowledge them all.

TOLERANCE

The greatest test of man's tolerance is the intolerance of another man. We suppose, however, that if there were no intolerant people, then a tolerant person would never know if he had any measure of tolerance toward others, because his own would not be put to the test. Adding mud to the water is the fact that a person who is intolerant is firmly convinced that he is not intolerant, which makes him more intolerable than ever. And the fellow who is admittedly tolerant becomes so disturbed by the petty intolerance of another that he breaks out in a rash of his own intolerance. Thus, the asininity of an individual could produce a vicious tangle from which none of the individuals could extricate themselves without permanent scars. Tolerance at the individual level is highly important and it is absolutely essential at the group level.

We have spoken before many groups, and we have always stressed the necessity of group cooperation and group tolerance. We realize that individual members, and we include our own self, are prone to believe that any attitude which contradicts our own is wrong. The old arrogance, pride, ego and envy are never completely dead. There is no more permanent cure for them than there is for the disease of alcoholism. But we can arrest them. If we really mean what we say when we start our 24 hour program of living, we will-remember the phrase in the 12th step which urges us "to practice these things in all our affairs." In these affairs we are urged to do more than abstain from alcohol; we will not live the day properly if we do not also abstain from every show of arrogance, pride, self-pity, intolerance, envy and petty jealousies. We know this is not always easy, and we personally have plenty of difficulty with this phase of the program. In fact, we have often failed... failed when the load was heaviest and the going roughest... just when we should particularly be on our guard. But we try again. And in that we find honest consolation.

-The Missing Link, via Chit Chat.

BOWLING NEWS

Howard F., the organizer and secretary of the first AA bowling league, is operating his own alleys at E. 105th and St. Clair. He fails to inform us what the new name of the alleys are, but they are the former fine Clair-Doan alleys. He has established two AA leagues in his joint, who bowl on Tuesdays and Sundays.

In the Tuesday (7 p. m.) league, the Weatsiders lead Northeast by three points, with Addison trailing by four in third place. Allendale, nine points behind first is the only other team with a chance. Emil Z. of Denison with a 190 average, leads in high three with 647.

In the Sunday Mixed (6 p. m.) league, the averages are low but the fun and sociability is high. Northeast is in first place, eight points ahead of the Bluejays.

The West Friday leagues, under the capable and unselfish leadership of Irene and Bob W., is entering the final stages.

In the 7:30 shift a tight race is in progress with Brooklyn Y. P. tied for first with Builders Metal. In third place a half point behind are the Ryans. The Lorain Yanks are fourth and are still contenders. Pat G. Angle Group, with 651 leads the high individual three game contenders. Bob P. of Ryan's, scored a nice 278 to lead the singles.

In the 9:30 shift, R. J. Heating (no group identity given) seems to have the venant won, leading the second place Wolverines by six points. Fairview is in third place, 11% points behind the leader. Arni W. of Clark, with a single game of 263 and a three game total of 651, leads both sectors.

The banquet for both leagues will be held on Sunday, May 15, at 5:30 p. m. in Colonial Gardens, Pearl Road near Strongsville. Tickets \$3.50, include dancing and refreshments.

GROUP NEWS

Amherst—This live group in suburban Cleveland observes its second anniversary on Thursday, April 14, and expects to entertain even greater numbers than in each of the past two years. The event will be held in St. Peter's Ev. & Reformed Church on Church Street in North Amherst, O., at 8:30 a. m. You'll be welcomed.

Brooklyn-Three Brooklyn members observe anniversaries during April as speakers. On the 6th Danny K. with 10, the 20th Tom E. with 12 and George H. on the 27th with 3. Jim B. of Lee-Thursday will speak the 13th.

Detroit Mixed-Speakers for April are: 3-Kay P., Detroit Mixed; 10—Bill R., Fairview; 17—Bob W., Detroit Mixed; 24—Jack K., Orchard Grove. Incidentally, on the 20th of April, Bob W. will have enjoyed 3663 days of absolute sobriety-one long day at a time.

East Side Women-Speakers for April are: 6—Bea S., Lee-Wed.; 13—Charlotte S., Shaker; 20—Marie C., Euclid-Wade; 27—Elliott K., Doan Men, Eleanor K. is chairlady for April.

Glenville—Speakers for April are: 2—Andy H., West Side Y. P.; 9—Michael G., Smith-Wilson; 16—Helen N., Addison; 23—Raymond L., Matt Talbot; 30—Arthur G., C.E.I.

Lakewood Women-New secretary is Trudy S., telephone BO. 2-1003.

Lorain Ave.-Monday-Speakers for April are: 4—John M., Chagrin Falls; 11—Joe G., Newburgh; 18—Tom P., League Park; 25 Loren R., Arcade. New secretary is Leo P. Chairman for April is Dave "Bill" S. "Got the best coffee in the league," sez they.

Independence-Herb and Allie J., former members, now living in St. Louis, visited the group on March 17. A huge crowd greeted them. Herb had to lead the meeting.

Orchard Grove-Speakers for April are: 4-Tony W., Elyria (Incidentally it's Tony's birthday. He's 39-sez he. We lift one and a half eyebrows and say "Tsk?") 11—George and Ray DeL., Clark (father and son); 18-Larry P., Orchard Grove (his first lead).

Parma-Speakers for April are: 2-Frank K., Union; 9—Mary F., Westside Women; 16-Carl H., Rocky River; 23-Bob O., W. Richfield, O. (Sober 19 years. Story in the Big Book); 30—Frances C., Friday Afternoon Women. Trinity-April speakers include: 2—Joe K., Baxter-Newburgh; 9—Theresa McC.; 23-Lou G., Crile; 30-Miriam G., Crile. On April 16 a post-Lenten dance, sponsored by Brooklyn and Trinity groups will be held.

W. 25th—Speakers for April are: 4-George K., W. 25th; 11-Harry (Doc) K., Broadway-55; 18-Cecil W., W. 25th (second anniversary); 25—James R., Traditions.

WEST SIDE WOMEN CELEBRATE

An open invitation to members of both sexes is extended by the first women's group in AA, the West Side Women's Group, to help them observe their fourteenth anniversary on Monday, May 16, 1955.

The meeting place will be in West Boulevard Christian Church, W 101 and Madison at 9 p. m. Speaker will be John (Jack) D. of Borton.

CONSOLIDATED MEETING

As announced in the February issue which appeared in March, the Spring Consolidated meeting will be held on Sunday, April 17 at 4 p. m. at ST. PATRICK'S HALL, Bridge avenue between Fulton road and W. 38th Street.

The speaker will be Ed. E. of Toledo, Ohio.

BIG BROTHERS MEET

The regular Spring meeting of Big Brothers of AA, interested in prisoner rehabilitation at Ohio penal institutions will be held in Virginia Hotel, Columbus, Ohio on Sunday, April 17 at 2:30 p. m.

Earlier the delegates will provide the program for the regular O. P. meeting at 12 noon. All speakers will be active BBs chosen from those attending.

An important agenda has been prepared for the Spring meeting and Henry R., devoted and self-sacrificing is anxious for a good representation of all sectors.

Mr. S. M. Patterson is the new AA advisor, having succeeded very able M. J. Koloski, whose unusual, sympathetic understanding established a high record of success. Mr. Patterson, we understand has already indicated the same qualities.

GIGGLES

A woman in the midst of divorce proceedings was complaining to a friend about the boring conferences she had to go through and all the legal red tape.

"Oh.," said her friend, "don't talk to me about lawyers and the law. I've had so much trouble over my property that sometimes I wish my husband hadn't died."

"You haven't anything to worry about," a veteran air traveler told his friend, who was making his first trip by airplane. "If your time has come you can't do a thing about it."

"That's okay," replied the novice, "but what bothers me is suppose the pilot's time has come and mine hasn't. What happens then?"

Two men who had been bachelor cronies met for the first time in five years.

Jim: Tell me, Tom, Did you marry that girl, or do you still darn your own socks and do your own cooking?

Tom: Yes.

"I hadn't been talking to the fellow for five minutes when he called me a fool."

"What caused the delay?"



CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON—Westminster Church, Cor. Addison and Wade Park 8:30
BORTON—E. Cleveland Congrega. Church, Page and Euclid Ave. 8:30
FRIENDLY SUBURBAN—6037 Pearl...8:00
LAKE SHORE—St. Luke's Parish, Clifton and Bunts Rd. 8:30
LAKEWOOD (Orchard Grove)—1417 St. Charles, sr. Detroit 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit 8:30
LKE MONDAY—First Presbyter. Church, East Cleveland, Nela and Euclid... 8:30
LORAIN AVE.—Banquet Hall Annex, W. 120th St., at Lorain Ave. 8:30
MARINE HOSPITAL—E 124 & Fairhill 7:30
MILES—St. Mary's Episcopal Church, 9721 Romona Boulevard 8:30
PEAR&Corpus Christi Basement, 4850 Pearl Road 8:30
SHAKER HEIGHTS—Christ Episcopal Church, 3445 Warrensville Rd. 9:00
SOUTH EAST—7526 Broadway 8:30
UNION—East View Cong. Church, Kinsman at E. 156th St. 9:00
WEST 25th ST.—Marvel Hall, 2858 W. 25th St. 8:30
WOMEN'S—Westside—West Boulevard Christian Church, Madison and W. 1014.41
ELYRIA MEN—St. Agnes Church, kke Road at Bath St., Elyria. 0 8:30
SHELBY—Congregational Baptist Church, Jackson and Jefferson, Painesville. 8:30
VERMILLION—Congregational Church 8:30
WILLOUGHBY—Presbyterian Church, Willoughby, 0. 8:30

TUESDAY

ARCADE—Typographical Union Hall, 1559 East 17th (near Payne Ave.) 9:00
BUHRER—1142 Buhner Ave. 8:30
CHARITY—Last Tuesday of each month, Cafeteria 9:00
CLARK—1917 Clark Ave. 8:30
EAGLE TRAINING—Salvation Army, E. 9th and Eagle 8:00
EDGE LAKE—1417 St. Charles Arc, Dinner at 7 :00 p. m. Meeting at 8:30
EUCLID-WADE—Calvary Presbyterian Church, E. 79th and Euclid Ave. 9:00
FAIRMOUNT—St. Paul's Episcopal, Fairmount and Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain Ave. 8:30
HILIGRES—St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid 9:00
HILLTOP—St. Joseph's Seminary, 17608 Euclid Ave 8:45
MILES-LEE—Mt. Hope Lutheran Church, E. 164th. north of Miles Ave. 8:30
NEW HOPE—Women-Ward's Convalescing Home, E. 71st and Cedar 8:30
SMITH-WILSON—Nativity School, 9510 Actna Road 8:30
SUPERIOR—North Presbyterian Church, F 40th and Superior. 9:00
TAPCO—Post 4, 23555 Euclid, 2nd shift-1:00
TRADITIONS—Community Church of Brooklyn, 8720 Memphis Ave. 9:00
WEST PARK—W& Park Baptist Church, W. 152nd and Lorain 8:30
LORAIN, O.—St. Stanislaus School, 28th Street and Elyria Ave 8:30
MEDINA, O.—St. Paul's Epis. Par. Hse. 8:30
PAINESVILLE, O.—Stag, 33 N. State St. 8:30
STRONGSVILLE—Tuesday—Town Hall 9:00

WEDNESDAY

ALCOLA—6409 Detroit Ave. 9:00
ALL-AMERICAN Sportsmen, 1142 Buhner, 3rd Wednesday each month 8:00
BAXTER AVE.—6527 Baxter Ave. 8:30
BROOKLYN—K. of P. Hall, 3316 Broadview, East of Pearl Rd. 8:30
C. E. I.—Illuminating Co., Room 335—Rear Building. 8:30
COLLINWOOD—14709 St. Clair Ave. 8:30
DENISON MEN—7403 Denison Ave., (first Wednesday. joint meeting) 8:30

DOAN MEN'S—2028 E. 105th St., 2nd floor, side entrance 8:45
EAST SIDE MORNING—2028 East 105th, 2028 East 105th... 10:30 A.M.
8801 SUPERIOR—8801 Superior 8:30
GARFIELD HEIGHTS—Trinity Baptist, E. 94th and Garfield Blvd. 8:30
LAKEWOOD WOMEN—United Presby., Church, 12601 Detroit Ave. 8:30
LEE ROAD—First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd. 8:30
LORAIN AVE.—West Park Baptist Church, 15218 Lorain Ave. 8:30
NORWOOD—St. Vitus School, 6105 Glass Ave. 8:30
ST. JAMES—Ward's Convalescing Home, E. 71st and Cedar Ave. 8:15
ST. MARY 400 North St., Chardon, O. 9:00
TAPCO—Post 4, 23555 Euclid, 1st shift 8:30
TAPCO—Post 4, 23555 Euclid, 3rd shift 9:00
TWENTY-FOUR HOUR—13216 Detroit, Church of the Ascension 8:30
Training meeting 1st Wed. each month, WARRENSVILLE—Women's House Cor. 7:30
WOMEN'S—Eut Side—Cleveland Unitarian Society, Euclid and E. 82nd St. 8:30
WOMEN'S—Lorain County—St. Anthony's School Hall, E. Erie & Kansas (R.2 of 6) 8:30
ASHTABULA COUNTY MEN, Conneaut, O., E. of L.E. Hall, Whitney Block, Main St. 8:30
BEDFORD, O.—Y.M.C.A., Tarbell Ave. 8:30
ELYRIA, O.—St. Mary's Church, Middle and Fourth 8:30

THURSDAY

ALAN—1820 East 79th St. 8:30
ALLENDALE—St. Paul's Episcopal Church, 15837 Euclid Ave. 8:30
ANGLE—St. Malachi's Church, 2549 Washington Ave. 8:30
BROADWAY—55th—Our Lady of Lourdes School Hall -w-1- 8:30
COVENTRY—Fairmount Presb. Church, Scarborough and Fairmount Blvd. 8:30
CRILE HOSPITAL—Library 8:00
EDDY ROAD—Glenville Congregational Church, Eddy and St. Clair 8:30
HAWTHORNDEN STATE HOSPITAL, Macedonia, O., Bas-t of New Employees Bldg. 8:00
OUTH WAITE—Woodland Center, 7100 Kinsman Ave. 8:30
ROCKY RIVER—Rockport Methodist Church, 3310 Wooster Rd. 8:30
WEST SIDE—7403 Denison Ave. 10:30 A.M.
AMHERST—St. Peter's Ev. & Ref. Church, Church St., North Amherst, 0 9:00
BEREA—Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland 8:30
EAST LAKE—Bethel Lutheran Church, 32400 Vine Street 8:30
HARBOR THURSDAY—Ashtabula, Ohio, 1147 West Fifth Street 8:30
INDEPENDENCE, O.—St. John's Lutheran Hall, Second and Sunset. 9:00
PAINESVILLE, O.—33 N. State, 3rd fl. 8:30

FRIDAY

ANSEL ROAD—St. Thomas Church, 9205 Superior Ave. 9:00
BROADWAY-HARVARD—8437 Broadway 8:15
CEDAR—Salvation Army, 5005 Euclid 8:15
FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry and Drexmore, Krumbine Room 1:00
FRIDAY NITE DISCUSSION, Jordan Hall, Charity Hospital 8:30
GORDON SQUARE—St. Helena's Hall, 1367 W. 65th St. 8:30
LEE ROAD—13240 Euclid Ave. 9:00
NON-ALCOHOLIC SPOUSES—Rosary Hall, Charity Hospital 8:30
NORTH EAST—St. Agatha's Church Hall, 1269 Lakeview Rd. 8:30
ROSARY HALL—Jordan Hall, Charity Nurses Auditorium 8:30
STELLA MARIS (Men), 1320 Washington Ave 8:15
WESTSIDE YOUNG PEOPLE—St. Luke's Hall, Bunts and Clifton 9:00

AVON LAKE—Congregational Church, Lake Road, Stop 55 8:30
BEREA—Social room of Berea Cong. Church, Seminary and Church 8:30
CHAGRIN FALLS, O.—American Legion, E. Orange St. 8:30
CHARDON, O.—Thrasher House, water St., Chardon, 0 8:30
CONNEAUT, O.—B. of L. E. Hall 8:30
EUCLID, O.—Holy Cross Church, E. 200th and Lake Shore Blvd. - a 8:30
MENTOR, O.—Mentor Methodist Church 8:30
WEST RICHFIELD—Consolidated Church, Route 303, just west of Route 21 8:30
WICKLIFFE—Lady of Mt. Carmel Hall, Euclid at E. 296th St. 8:30

SATURDAY

BROADWAY-CABLE—St. John's Lutheran, Church, Cable at Broadway 8:30
CATHEDRAL—(Stag) St. John's Cathedral, E. 9th and Superior 8:30
QLENNVILLE—10421 St. Clair Ave. 9:00
LAKEWOOD—Sat. Nite-Redeemer Hall, Andrews near Detroit 8:30
LEAGUE PARK—St. Agnes School Hall, East 79th and Euclid Ave 9:00
LIBERTY—13240 Euclid Ave 9:00
MAPLE HEIGHTS—Luth. Church of Covenant 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—St. Philip Neri Church, E. 82nd and St. Clair 8:30
MEMPHIS—K of P Hall, 3316 Broadview, East of Pearl Rd. 9:00
PARMA—Public Library, 5850 Ridge Rd. 8:30
PLAINIS—Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd. 8:30
REDWOOD—Euclid Lutheran Church, E. 260th and Oriole 8:30
SHILOH—Bethel A. M. E. Church, 15021 Shiloh Road 8:30
TRINITY—Trinity Evangelical Church, 3525 W. 25th St. 8:30
VALLEY VIEW—Community center, West 7th and Starkweather 8:30
8005 GROUP—8005 Lorain Ave. 8:30
ASHTABULA, O.—St. Peter's Episc. Church, Main Avenue at South Park 8:30
ELYRIA, O.—St. Andrew's Episcopal Church, Middle and Third 8:30
SOLON, O.—St. Rita's Church basement 9:00

SUNDAY

ALLAMERICAN Sportsmen, 1142 Buhner 1st Sunday each month 4:00
BROOKSIDE—Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C. A. C. DISCUSSION—C. A. C. clubrooms, 7809 Euclid Avenue 10:45 A.M.
COLLINWOOD—14709 St. Clair Ave. 7:30
DETROIT—Mixed-8023 Detroit Ave. 8:00
Greater Cleve. Young People (Consolidated) Cathedral Hall—First Sunday each month 2:00
LAKEVIEW—CYO Hall St. Aloisius Church, E. 109th St. 8:30
LORAIN COUNTY CONSOLIDATED—First Sunday of each month, Alconon Club, 345 E. Broad St., Elyria. 7:30
MARYMOUNT—2nd Sun. in month, Cafeteria, McCracken and Henry 2:30
MISTLETOE—St. Thomas Church, 9205 Superior Ave. 7:00
NEWBURGH—St. Catherine's Church, 3443 E. 93rd St 8:30
OUTHWAITE—7100 Kinsman Ave. 4:00
SABBATH—13240 Euclid Ave. 3:00
STRONGVILLE—Royal Haven Farm, Royalton Road, Strongville, 0 3:00
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CENTRAL COMMITTEE—Hanna Building, Room 370 8:30
3rd TUESDAY EVERY MONTH
HOSPITAL COMMITTEE—Hanna Building, Room 370 8:30

HOSPITALS WHICH TREAT ALCOHOLICS

(This listing does not necessarily indicate endorsement or approval)
Alcoholics Abstinence Nursing Home (MW) Melrose 1-1635 8023 Detroit Ave
Cleveland Alcoholics Clinic (MW) Express 1-8998 7809 Euclid Ave.
Elmwood Sanitarium (M) Kenmore 1-2299 17322 Euclid Ave.
Euclid Rest Haven (MW) Ulster 1-6296 and Mulberry 1-9584, 13240 Euclid Ave.
Farquharson's (M) Tuxedo 5-1882 6037 Pearl Pathway (Tyler 1-6698) (MW) 1635 E. 93rd (M) men only. (W) women only. (MW) men and women.

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PURITY • LOVE
A.A.

Vol. XIII-No. 7

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April 1955

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TEN CENTS PER COPY

"I CAN DO IT ALONE"

*Lives there a drunk with ego so dead
Who never to himself hath said:
"I can do it alone."*

We, big strong-willed, two-fisted men, and tough, determined gals, in our cups or coming out of them, used to believe it a reflection on our honor, our integrity and our honesty-or what passed for these attributes in those days—if anyone suggested we might need help in overcoming alcohol.

Such a suggestion was the excuse for a bout of resentment. It turned us against the person who was so shortsighted as not to realize that we were masters of our fate. Most often, after such a hint had been sent our way, we went out and got drunk again just to show them who was boss.

But we showed no mastery in quitting the bottle.

That decision we would come to later, sometime when we thought that liquor was getting the best of us. We didn't realize that it already had complete control and far from being strong-willed we were creatures without will, save a perverse will to get a drink when we wanted a drink.

Not only were we bound to the habit, but our reaction to the good intentions of friends and relatives displayed an emotional development that had reached about the age of fire. Actually that ego that felt so sorry for itself was like the little boy who went into a tantrum when he was told to do something.

Had we been left with a modicum of reasoning power we would have realized that the little boy needed help, a great deal of help, to grow up physically and mentally and emotionally. The little boy realized this too and he accepted the help as the most natural thing in the world.

Resentment against help is unnatural. Everybody and everything needs help. This should be vividly apparent at this time of year as winter passes into spring and the earth comes back to life. So one would be so stupid as to claim that the trees, the grass, the flowers came back by their own will power. The warm sun of spring, the rains of April and their chemical action on a dormant soil all give vegetable life the help it must have if it is to return to life and survive.

What makes man, especially one who is alcoholic, believe that he alone of all life on the planet can get along without help—that he is more powerful and self-sufficient than the forces of nature? Maybe it is because he is aware that he is the highest intelligence, that he is made in the image of God and therefore he subconsciously thinks himself capable of playing the role of God on occasion. The psychologists could explain this better, but all of us who have finally decided that we needed help and the help of a Higher Power know what this means.

Maybe we are too proud to accept help. There would be no world if animal and vegetable life took that attitude. All physical life would wither and die and the planet would be dead.

(Continued on page two)

BEACONS NEEDED

"If the early members of AA had been as complacent and unappreciative, or as reluctant to get off their fannies to share their experience and their knowledge as the majority of present members, there'd be no AA today!"

This cogent expression of opinion was made by one of our quiet, hard-working members at a recent meeting where another member had been expressing his opinion of our hospital and nursing home set-up. He had been checking on the astonishing number of familiar faces in pajamas, who had suffered "relapses," and the very, very few who were in for the first time.

He was concerned about the future of one patient who had finally come to believe that only the program of

Alcoholics Anonymous could restore him to sane living. He had heard from many sources of the miracles which had been wrought through AA. He had observed the changed appearances, attitudes and actions in some former soaks whom he had disgustingly avoided in some of the joints he had frequented.

These "disgusting, soaks", as he termed them, were typical alcoholics in his estimation. Deep inside, he knew he was drinking too much, but he was sure he could and would taper off to intelligent drinking if he had to.

The time came, as it comes to all compulsive and habitual drinkers, when the boom was lowered on him. Gone was his important job . . . his wife and family had left him . . . his once intimate friends avoided him . . . he was in a financial tangle and in serious trouble . . . and he was scared.

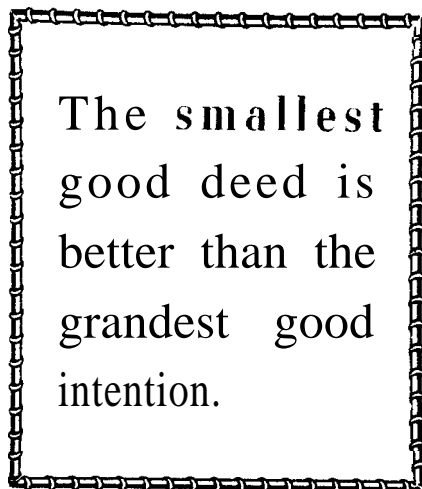
He found a sponsor through the District Office where he returned for help. (He, of course, wouldn't contact any of those changed "soaks" whom he used to look down upon with contempt and scorn!) This sponsor painted a roseate picture of what AA could do for him as he revealed his own past and his own reward for following the program. He inspired hope and eager desire in the heart and soul of the newcomer.

After two apprehensive days of his hospitalization, his alcoholic jitters began to leave him and he began to socialize with the other patients. Visitors were kind. Some were horrid and some were highly interesting. Each had a different story, but all of them emphasized the need of attending meetings regularly, following a mythical "Daily Plan" (whatever that was), turning his life over to a High Power, and avoiding that first drink.

The quiet hard-working member, referred to in our second paragraph, had been asked to visit this particular patient by his sponsor. After fulfilling his mission he persuaded the newcomer to open up. He discovered that the patient was completely disillusioned about the promises of AA. His sponsor had told him that if he came in AA, he'd never again have a compulsion to take a drink and that all of his problems would be solved.

His disillusionment came when he talked to the other patients. EVERY other of the twelve patients hospitalized with him had been "in AA" before! Two claimed as many as twelve years and others lesser periods. These

(Continued on page two)



"I CAN DO IT ALONE"

(Continued from page one)

What reason can there be, then, for the highest handiwork of the Almighty, man, to refuse the help so freely offered, and so generously given that is gratefully accepted by all other works of the Creator?

Inevitably those who boast, "I can do it alone," fail. Finally, after being battered by the bottle to a state of hopelessness they cry out for help. Their position becomes apparent and they accept the assistance of others who have been through the mill and found the way by accepting the help of a Higher Power. Then their lives blossom anew as does nature in the spring.

GOAL AHEAD

Breaking any habit is difficult. Those persons who have tried to stop drinking, taking drugs, smoking, when these habits become dangerous to health, need treatment of some kind to overcome the habit. Some need psychiatric advice, some medical treatment.

In each instance, the attitude of the victim is important. Is he sufficiently willing to give up a habit of long standing when convinced that this habit, which doesn't seem to affect most people, is making his life an undesirable one. Is he willing to do ANYTHING to quit? Is he willing to CONTINUE to do ANYTHING after health returns and he is able to function normally?

We believe that if a person has gone through some harrowing addiction experience and survived, he will either be completely cured and use his seared, scarred memory as a resistor, or if he's the careless, carefree gambling irresponsible type, he will shrug off the experience and as time rolls on, the horror of it will have almost dissipated to just an unpleasant experience. The addict, to live a normal life, need only to stop taking drinks, drugs or smokes.

How about those people who lose a limb, eyesight, or suffer other impairments? They probably learn to readjust, their lives easier than the alcoholic, drug or smoke addict. After the shocking realization of their loss, with courage and an admirable acceptance, they learn to make themselves useful.

God in His mercy was aware of the extreme, delicate sensitivity of us alcoholics and allowed us to keep our limbs and our eyesight intact. All He suggests is that we shouldn't drink!

Too many feel sorry for themselves because they can't!

JUST A THOUGHT . . . !

The longer we endeavor to apply the principles of AA in our daily living, the more we become aware of the absolute necessity of ridding ourselves of resentments. It may be a resentment against a person . . . a situation or set of circumstances . . . but a resentment is as deadly to an alcoholic trying to rebuild his life on a new pattern as is alcohol. It is an insidious poison that creeps through our systems, destroying our ability to reason and to think. It creates an emotion of passionate fear, envy, hate and intolerance that wreaks its most destructive force upon our own beings. If we can stop long enough to clearly analyze this resentment, we will find that it's really an attitude . . . unreasonable . . . and miserable. If we further follow through on the analysis, we will realize that this resentment hurts us . . . much, much more than the object toward which it is directed. More often than not, the object of our resentment is totally unaware of this attitude . . . and we find that holding on to this attitude prevents us from achieving any degree of inner peace. It clouds our actions and our thoughts, often to the point where we are so obnoxious in our personal relationships with anybody, that people dislike even being around us. And as surely as the tides rise and ebb, a resentment, for whatever reason, can destroy us as cruelly as any venom.

—Chit Chat, *Robesonia, P. O.*

BEACONS NEEDED

(Continued from page one)

weaklings, trying to justify their presence in pajamas, gave voluble "reasons" for being there. Several of these experts in pajamas warned the others on the approach of some visitors—whom to hear and whom to avoid.

So AA wasn't the answer to his problem after all, he thought! Our visitor did the best he could to inspire hope and faith which had been so fearfully trampled by the scoffers and the coat-tail riders in pajamas.

Fellowship in AA is a terrible responsibility. It must be practiced scrupulously and faithfully. It is a sacred trust which is granted by God to nurture and develop to such an extent that it will shine like a beacon light so as to attract others similarly afflicted.

Let's be beacon lights, every one of us, and prove to the scoffers that absolute sobriety is the standard of AA, not once-in-a-while sobriety.

FAMOUS LAST WORDS

I thought I could handle it now. . . . Nobody can tell ME what to do . . . Meetings bore me . . . People tell me I'm not an alcoholic. . . . I don't have to work ALL 12 of the Steps. . . . I can't afford to let people know I'm a member . . . My work keeps me from attending meetings.

WALTER MASON DIES

Walter Mason of Hamilton, Ont., Canada, passed away after a short illness on Monday, April 18. He was one of the most active and effective workers in the cause of AA and was particularly popular in Cleveland where he shared his effective and broad knowledge of the program with us at Consolidated and other meetings. He was 61 years of age.

We offer our sincere condolences to his wife Louise.

BB OF AA

Ninety Big Brothers, interested in prisoner rehabilitation met in Columbus on April 17 and heard most encouraging reports. Of the 312 who embraced the program, 8 merited their final release . . . 126 had favorable reports and only 36 unfavorable . . . 39 were declared parole violators and except for two at large were returned . . . 3 died . . . 95, no report . . . 4 no record of release and one duplicate.

The next meeting of these devoted workers will be held in Akron on Sunday, October 9.

VACATION SPOT IX CANADA

Believing, personally, that Beaver Lodge in Port Severn, Ontario, is doing effective work in alcoholic rehabilitation besides providing a fine vacation spot for members of X.4, we have for the past several years lauded the spot. It is operated by a non-profit foundation devoted to group and individual therapy.

The camp is located on one of the many small islands in Macey's Bay, 300 yards from the little village of Port Severn, Ont. It can only be reached by boat.

Rooms are available in the lodge, cottages or in sleeping cabins. The rates are \$6.00 per day, including meals. Boats available at \$1.00 per day.

Reservations can be made now by writing Beaver Lodge, 353 Manley St., Midland, Ontario. Season runs from June 15 to October 1.

It's a beautiful place to completely relax, have fun, practice AA . . . and sleep!

Finish every day and be done with it. You have done what you could. Some blunders and some absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on the yesterdays.

—Ralph Waldo Emerson

Assisted by Russ H., Columbus, O.

GROW SEWS

Brooklyn—Speakers for May are: 1—John L., Doan Men; 11—Elizabeth B., Borton; 18—Joe K., Brooklyn (8th anniversary); 25—Tom V., Freelance. The group will observe its fifteenth anniversary on Friday, May 6, at 8:30 in Trinity Ev. and Ref. Church, 3525 W. 25th St. Speaker, Walter W. of Erie, Pa.

East Side Women—Speakers for May are: 1—Jean C., Glenville; 11—Chester S., Doan Men; 18—Jerry F., Monday Lee: 25—Consolidated meeting held in conjunction with the Friday Afternoon Women's group. An outstanding speaker will be the attraction.

Gordon Square—Speakers for May are: &—Mary G., Arcade; 13—Warren C. Jr., Fairview Park; 20—Jack A., Euclid-Wade; 27—Henry W., Euclid-Wade.

Independence—Speakers for May are: 5—Tom B. Barberton; U-Fifth Anniversary meeting, Warren C., Sr., Lakewood Satnite, Harry H., Rocky River, and Harry D., Edgelake; 19—Billie 31., Parma; 26—Joe P. (group not specified.)

Lee-Wednesday — Speakers for May are: 4—Edith A., Lee-Wed.; 11—Joe H., Matt Talbot; 18—Chester S., Doan Men; 25—Nellie B., Alan.

Orchard Grove—Speakers for May are: 2—E. H., Lorain Ave., Monday; 9—Rob O., Detroit Mixed; 16—Jim Y., Memphis; 23—Arthur R., Elyria; 30—Dwight B., Orchard Grove.

Painesville—A benefit dance and card party, proceeds of which will go to the AA District Office will be held on Saturday, May 1, in Painesville AA Hall, 33 No. State St. Donation \$1.00. Round and Square Dancing.

Trinity—Speakers for May are: ?—Lee R., Trinity; 14—Arlene C., Orchard Grove; 21—Charlie E., Doan Men; 28—Irene W., Detroit Mixed.

W. 25th St.—Speakers for May are: 2—Matt Z., Char-&U; 9—Paul M., Traditions; 16—Rollie F., Memphis; 23—Bill S., Lorain Monday; 30—Roy A., Brooklyn.

SPRING CONSOLIDATED MEETING

Ed E. of Toledo attracted a good crowd in St. Patrick's Hall on Sunday, April 17. His story revealed a happy and grateful acceptance of the AA program and a dedication to it, after utterly destroying many opportunities for a successful career. He, too, had to learn it the hard way.

The next Consolidated meeting will be held on September 18.

GIGGLES

"I simply can't stand my husband's nasty disposition," wept the young bride "Why, he's made me so jittery that I'm losing weight."

"Then why don't you leave him?" asked the aunt. "Oh, I'm going to," the bride assured her. "I'm just waiting until he gets me down to 120 pounds."

"Didn't you hear me yelling at you to stop?" asked the irate cop.

"Yes, I thought I heard someone yelling," replied the woman driver.

"Then why in heaven's name didn't you stop?" asked the policeman.

"Why," replied she, "I thought it was someone I had run over."

"Well, I see Mr. Jones left his overcoat again. I swear he'd leave his head behind if it weren't fastened on."

"He sure would. As a matter of fact I heard him say just now he was going to Arizona for his lungs."

"That young lady isn't very amusing, is she?"

"No, she couldn't even entertain a thought."

ANNIVERSARIES

The Lakewood Women observe their sixth anniversary with an Open House on Wednesday, April 27, in Lakewood U. P. Church, 12601 Detroit. Delightful Ethel M. of Barbsrton, first woman in AA, will be the speaker. Both sexes are welcome, of course.

The Brooklyn group observes its 15th anniversary on Friday, May 6, at 8:30 p. m., in Trinity Ev. and Ref. Church, 3525 W. 25th St. An organ concert starting at 8 p. m. will precede the anniversary meeting, which will be led by Walter W., a 13 year veteran, indoctrinated in Cleveland and who later brought AA to Erie, Pa.

The Independence group observes its fifth anniversary on Thursday, May 12, at 9 p. m. in St. John Lutheran Hall, Sunset Ave., in the heart of Independence. The speakers are the same who have appeared at the first meetine, and the succeeding anniversary meetings. Warren C. Sr., of Lakewood Satnite and Harry H. of Rocky River. Harry D., of Edgelake, too, will again be master of ceremonies.

The Wooster group will observe its 16th anniversary on Monday, May 2, in Memorial Hall, South Buckeye St., between Henry and South Sts., with a 6:30 p. m. dinner meting. Judge Jim C. of Cleveland will be the speaker.

BOWLING NOTES

At the Clair-Doan Bowling Alleys, the Sunday night AA league ended on April 17, 1955, with the North East Group No. 1 team finishing first.

Another surprise was Dulled from the bag when Clara Ward finished-on top for the second year in a row. Her partner was Jim H. in 1955 and Ray A. in 1954.

This Sunday league is made up of a mixed group of men and women.

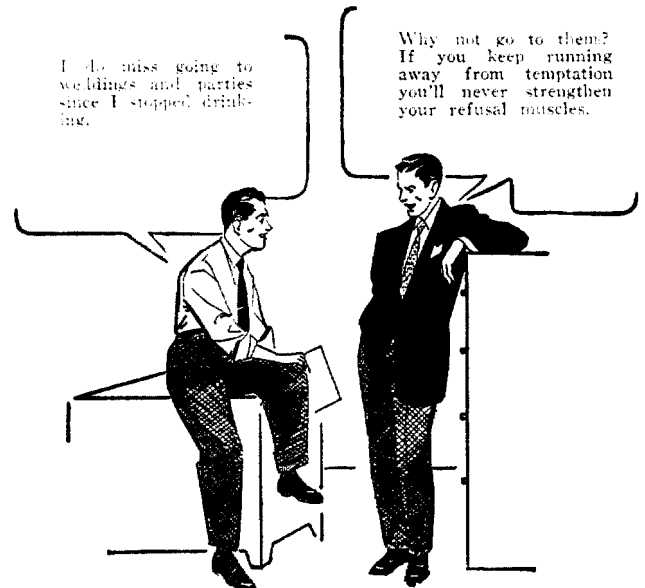
INTERGROUP DINNER

The annual Inter-group Dinner sponsored by the Cleveland AA District Office will be held on Thursday, May 26 in the Rainbow Room of Hotel Carter at 7:30 p. m.

The speaker will be the powerful and dynamic newspaperman of one of Chicago's leading newspapers, Elgar B. who has been a most effective worker in the Chicago-Wisconsin area.

No solicitation will be made at the dinner and the charge of \$1.00 per plate just covers the exact cost. Tickets are available from group secretaries or the AA District Office, 780 The Arcade, Cleveland 14, Ohio.

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CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON—Westminster Church, Cor. Addison and Wade Park 8:30
BORTON—E. Cleveland Congrega. Church, Page and Euclid Ave. 8:30
FRIENDLY SUBURBAN—6037 Pearl 8:00
LAKE SHORE—St. Luke's Parish, Clifton and Bunts Rd. 8:30
LAKEWOOD (Orchard Grove)—1417 St. Charles or Detroit 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit 8:30
LEE MONDAY—First Presbyter. Church, East Cleveland, Nela and Euclid 8:30
LORAIN AVE.—Banater Hall Annex, W. 120th St., at Lorain Ave. 8:30
MARINE HOSPITAL—E. 124 & Fairhill 7:30
MILES—St. Mary's Episcopal Church, 9721 Romona Boulevard 8:30
PEARL—Corpus Christi B. 4850 Pearl Road 8:30
SHAKER HEIGHTS—Christ Episcopal Church, 345 Warrensville Rd. 9:00
SOUTH EAST—7526 Broadway 8:30
UNION—East View Cow. Church, Kinsman at E. 156th St. 9:00
WEST 25th ST.—Marvel Hall, 285 E. W. 25th St. 8:30
WOYEN'S—Westside—West Boulevard Christian Church, Madison and W. 101 8:45
ELYRIA MEN'S—St. Agnes Church, Lake Erie at Bath St., Elyria, O. 8:30
SHELBY—Congregational Baptist Church, Jackson and Jefferson, Painesville 8:30
VERMILLION—Congregational Church 8:30
WILLOUGHBY—Presbyterian Church, Willoughby, O. 8:30

TUESDAY

ARCADE—Typographical Union Hall, 1569 East 17th (near Payne Ave.) 9:00
BUHRER—142 Buhler Ave. 9:00
CHARITY—Last Tuesday of each month—Cafeteria 9:00
CLARK—1917 Clark Ave. 8:30
EAGLE TRAINING—Salvation Army, E. 9th and Eagle 8:00
EDGE LAKE—1417 St. Charles Ave. Dinner at 7:00 p.m. Meeting at 8:30
EUCLID-WADE—Calvary Presbyterian Church, E. 79th and Euclid Ave. 8:00
FAIRMOUNT—St. Paul's Episcopal, Fairmount and Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain Ave. 8:30
HILLCREST—St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid 9:00
HILLTOP—St. Joseph's Seminary, 17608 Euclid Ave. 8:45
MILES-LEE—Mt. Hope Lutheran Church, E. 164th north of Miles Ave. 8:30
NEW HOPE—Women—Ward's Convalescing Home, E. 71st and Cedar 8:30
SMITH-WILSON—Nativity School, 9110 Aetna Road 8:30
SUPERIOR—North Presbyterian Church, E. 40th and Superior 9:00
TAPCO—Post 4, 23555 Euclid, 2nd shift 1:00
TRADITIONS—C-unity Church of Brooklyn, 8720 Memphis Ave. 9:00
WRST PARK—West Park Baptist Church, W. 152nd and Lorain 8:30
LORAIN, O.—St. Stanislaus School, 28th Street and Elyria Ave. 8:30
MEDINA, O.—St. Paul's Epis. Par. Hse. 8:30
PAINESVILLE, O.—Stag, 33 N. State St. 8:30
STRONGSVILLE—Tuesday-Town Hall 9:00

WEDNESDAY

ALCOLA—6409 Detroit Ave. 9:00
ALL-AMERICAN Sportsmen, 1142 Buhler, 3rd Wednesday each month 8:30
BAXTER AVE.—6527 Baxter Ave. 8:30
BROOKLYN—K. of L. Hall, 3316 Broadview, East of Purl Rd. 8:30
C. E. I.—Illuminating Co., Room 345—Kear Building 8:30
COLLINWOOD—14709 St. Clair Ave. 8:30
DENISON MEN—7403 Denison Ave., (first Wednesday, joint meeting) 8:30

DOAN MEN'S—2028 E. 103th St., 2nd floor, side entrance 8:45
EAST SIDE MORNING—2028 East 105th, 2028 East 105th, 10:30 A. M.
8801 SUPERIOR—8801 Superior 8:30
GARFIELD HEIGHTS—Trinity Baptist, E. 94th and Garfield Blvd. 8:30
LAKEWOOD WOMEN—United Presby., Church, 12601 Detroit Ave. 8:30
LEE ROAD—First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd. 8:30
LORAIN AVE.—St. Ignatius Hall (rear entry), 10205 Lorain Ave. 9:00
NORWOOD—St. Vitus School, 6105 Glass Ave. 8:30
ST. JAMES—Ward's Convalescing Home, E. 71st and Cedar Ave. 8:15
ST. MARY—400 North St., Chardon, O. 9:00
TAPCO—Post 4, 23555 Euclid, 1st shift 8:30
TAPCO—Post 4, 23555 Euclid, 3rd shift 9:00
TWENTY-FOUR HOUR—13216 Detroit, Church of the Ascension 8:30
Training meeting 1st Wed. each month.
WARRENSVILLE—Women's House Cor., 7:30
WOMEN'S—East Side-Cleveland Unitarian Society, Euclid and E. 82nd St. 8:30
WOMEN'S—Lorain County-St. Anthony's School Hall, E. Erie & Kansas (R. 2 or 6) 8:30
ASHTABULA COUNTY MEN—Conneaut, O., B. of L. E. Hall, Whitney Block, Main St. 8:30
BEDFORD, O.—Y. M. C. A., Tarbell Ave. 8:30
ELYRIA, O.—St. Mary's Church, Middle and Fourth— 8:30

THURSDAY

ALAN—1820 East 79th St. 8:30
ALLENDALE—St. Paul's Episcopal Church, 15837 Euclid Ave. 8:30
ANGLE—St. Malachi's Church, 3549 Washington Ave. 8:30
BROADWAY-55th—Our Lady of Lourdes School Hall 8:30
COVENTRY—Fairmount Presb. Chuch, Scarborough and Fairmount Blvd. 8:30
CRILE HOSPITAL—Library 8:00
EDDY ROAD—Glenville Congregational Church, Eddy and St. Clair 8:30
HAWTHORN DEN STATE HOSPITAL—Macedonia, O., Basement of New Employees Bldg. 8:00
OUTHWAITE—Woodland Center, 7100 Kinsman Ave. 8:30
ROCKY RIVER—Rockport Methodist Church, 3310 Wooster Rd. 8:30
WEST SIDE—7403 Denison Ave., 10:30 A.M.
AMHERST—St. Peter's Ev. & Ref. Church, Church St., North Amherst, O. 9:00
BEREA—Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland 8:30
EAST LAKE—Bethel Lutheran Church, 32400 Vine Street 8:30
HARBOR THURSDAY—Ashtabula, Ohio, 1147 West Fifth Street 8:30
INDEPENDENCE, O.—St. John's Lutheran Hall, Second and Sunset 9:00
PAINESVILLE, O.—33 N. State, 3rd fl. 8:30

FRIDAY

ANSEL ROAD—St. Thomas Church, 9205 Superior Ave. 9:00
BROADWAY-HARVARD—8437 Broadway 8:30
CEDAR—Salvation Army, 5005 Euclid 8:15
FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry and Drexmore, Krumbine Room 1:00
FRIDAY NITE DISCUSSION—Jordan Hall, Charity Hospital—8:00
GORDON SQUARE—St. Helena's Hall, 1367 W. 65th St. 8:30
LEE ROAD—13240 Euclid Ave. 9:00
NON-ALCOHOLIC SPOUSES—Rosary Hall, Charity Hospital 8:30
NORTH EAST—St. Agatha's Church Hall, 1269 Lakeview Rd. 8:30
ROSARY HALL—Jordan Hall, Charity Nurses Auditorium 8:30
STELLA MARIS (Men), 7320 Washington Ave. 8:15
WESTSIDE YOUNG PEOPLE—St. Luke's Hall, Bunts and Clifton 9:00

AVON LAKE—Congregational Church, Lake Road, Stop 55 8:30
BERBA—Social room of Berea Cong. Church, Seminary and Church 8:30
CHAGRIN FALLS, O.—American Legion, E. Orange St. 8:30
CHARDON, O.—Thrasher House, Water St., Chardon, O. 8:30
CONNEAUT, O.—B. of L. E. Hall 8:30
EUCLID, O.—Holy Cross Church, E. 200th and Lake Shore Blvd. 8:30
MENTOR, O.—Mentor Methodist Church 8:30
WEST RICHFIELD—Consolidated Church, Route 303, just west of Route 21 8:30
WICKLIFFE—Lady of Mt. Carmel Hall, Euclid at E. 296th St. 8:30

SATURDAY

BROADWAY-CABLE—St. John's Lutheran, Church, Cable at Broadway 8:30
CATHEDRAL—(Stag) St. John's Cathedral, E. 9th and Superior 8:30
OLENVILLE—10421 St. Clair Ave. 9:00
LAKEWOOD—Sat. Nite—Redeemer Hall, Andrews, near Detroit 8:30
LEAGUE PARK—St. Agnes School Hall, East 79th and Euclid Ave. 9:00
LIBERTY—13240 Euclid Ave. 9:00
MAPLE HEIGHTS—Luth. Church of Covenant, 19000 Liberty Rd., cor. Maple Hta Blvd. 8:30
MATT TALBOT—St. Philip Neri Church, E. 82nd and St. Clair 8:30
MEMPHIS—K of P Hall, 3316 Broadview, East of Pearl Rd. 9:00
PARMA—Public Library, 5450 Ridge Rd. 8:30
PLAISS—Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd. 8:30
RIEDWOOD—Euclid Lutheran Church, E. 260th and Oriole 8:30
SHILOH—Bethel A. M. E. Church, 15021 Shiloh Road 8:30
TRINITY—Trinity Evangelical Church, 3526 W. 25th St. 8:30
VALLEY VIEW—Community Center, West 7th and Starkweather 8:30
8005 GROUP—8005 Lorain Ave. 8:30
ASHTABULA, O.—St. Peter's Enjak Church, Main Avenue at South Park 8:30
ELYRIA, O.—St. Andrew's Episcopal Church, Middle and Third 8:30
SOLON, O.—St. Rita's Church basement 9:00

SUNDAY

ALL-AMERICAN Sportsmen, 1142 Buhler, 1st Sunday each month 4:00
BROOKSIDE—Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C. A. C. DISCUSSION—C. A. C. clubrooms, 7809 Euclid Avenue 10:45 A.M.
COLLINHOOD—14709 St. Clair Ave. 7:30
DETROIT—Bixul-8023, Detroit Ave. 8:00
Greater Cleve. Young People (Consolidated) Cathedral Hill-Firrt Sunday each month 2:00
LAKEVIEW—CYO Hall, St. Aloisius Church, E. 109th and St. Clair 8:30
LORAIN COUNTY CONSOLIDATED—First Sunday of each month, Alcegon Club, 345 E. Broad St., Elyria 7:30
MARY MOUNT—2nd Sun. in month, Cafeteria, McCracken and Henry 2:30
MISTLETOE—St. Timothy Church, 9205 Superior Ave. 7:00
NEWBURGH—St. Catherine's Church, 3443 E. 93rd St. 8:30
OUTHWAITE—7100 Kinsman Ave. 4:00
SABBATH—13240 Euclid Ave. 3:00
STRONGVILLE—Royal Haven Farm, Royalton Road, Strongville, O. 3:00
WEST SIDE DISCUSSION—4409 Detroit Ave. 11:00 A.M.
WARRENSVILLE—Cooley Farms Recreation Room 10:W A. M.
GENEVA, O.—Legion Hall, Park St., corner of so. Eagle 7:30
1st TUESDAY EVERY MONTH
CENTRAL COMMITTEE—Hanna Building, Rmnn 37n 8:30
3rd TUESDAY EVERY MONTH
HOSPITAL COMMITTEE—Hanna Building, Room 370 8:30

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CENTRAL BULLETIN
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HOSPITALS WHICH TREAT ALCOHOLICS

(This listing does not necessarily indicate endorsement or approval)

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KENmore 1-2299... 17322 Euclid Ave.
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(MW) men and women.

CENTRAL BULLETIN



Vol. XIII-No. 8

BOX 6712, CLEVELAND 1, OHIO

May 1955

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TEN CENTS PER COPY

"DRY DRUNKS"@

Were we the least inclined to pride—which we are not, being humble—we could justifiably preen ourselves on giving a phrase to the world of science.

At their recent Atlantic City conference members of the American Psychiatric Association discussed the problem of the "dry drunk" and graciously gave credit to Alcoholics Anonymous for coining it.

It will do us, the authors, no harm and possibly a bit of good, to discuss this problem ourselves. At least we find the subject inviting because we have just got over one—and that after nine years of sobriety.

Some members may escape these emotional tail spins, but most of us encounter them at intervals. What are the symptoms? The world is against you. You hate practically everybody. You are not appreciated. The family gets in your way. There's no future. Of course, you can pity the other fellow who gets depressed and he's probably a sap. But you—you have good, justifiable reasons for being low.

These are the periods which, in the old days, would send us to the bottle. We could wash our troubles away. And when they're drowned you never have to think of rescuing them and facing them.

This can be a dangerous period in the life of a new adherent to AA. It may throw him unless he does something about it. But to others, while we feel safe that we will not trip, we go around with long faces, lousy dispositions and an intolerable air of injured innocence that makes our lives and those of people we meet intolerable.

Coming out of a "dry binge" is something like a hangover. We are sheepish. We realize we, and no one else, is at fault. What was it all about? Will we never grow up?

The answer is pretty sharp. It is "No," unless we face our emotional problems the same way we faced the problem of drinking which was a symptom of the emotional immaturity that curbed a great many of us.

If an effort is made to overcome these problems conscientiously we find that these unsaturated benders become less frequent and of shorter duration.

The conscientious approach is to concentrate on the moral inventory. To talk over the problems that plague us with another friend in the movement. Most, if not all of them will evaporate for what they are: the mists of imagination.

The moral inventory, we will find, if we are honest with ourselves, has probably been forgotten and neglected. This is just as important as staying away from a drink—it is one of the fundamental ways to stay away.

And if you want scientific confirmation of this fact, let it be noted that the psychiatrists came to the conclusion that "dry drunks" can best be prevented by contacts with Alcoholics Anonymous.

PIGEONS

We visited a friend recently who showed us his loft of racing homing pigeons. Proudly he showed us a fine looking group of birds, stating, "These beauties have all flown 500 to 600 miles—sometimes in one day!"

"I suppose they have to be well trained and in constantly good condition to fly so many miles in a day," we remarked.

"They surely do," agreed the fancier and added, "it takes a lot of training to win the race."

Looking on the other side of the loft, we saw some other birds and we asked about them.

"Those are youngsters from the long-distance birds, but they never have been trained. I just didn't have time to get them into condition this year."

"But isn't it unfair not to give them a chance? You might have a great champion among them!"

"It's too much trouble and takes too much time," he answered.

We thought about those pigeons who would never have a chance, just because no one took the time to develop them. Then we thought of our own AA pigeons in our group loft!

Are we taking the time we should to cultivate and share our know-how and our training with the newcomer to the group? Do we encourage him, build up his confidence and courage? Or do we just greet him with a cheery smile, a casual handshake or a wave of the hand and let him absorb the philosophy of AA just by attending meetings?

Some of these newcomers might be like the untrained pigeons in the fancier's loft, with the potentials of champions, yet doomed to stagnate

because we "just didn't have the time" to develop and train them.

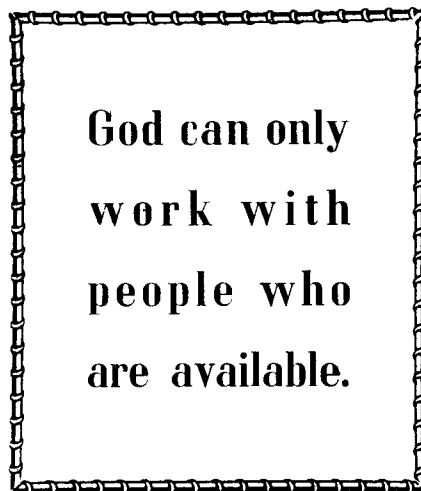
We hearkened back to the old days when AA was new in Cleveland—fifteen short years ago. Before he was even permitted to attend a meeting a newcomer would be talked to by 10 or 12 selected members, each spending a half hour to two hours with him, covering every phase of the program . . . the Twelve Steps, the Four Absolutes and methods of applying them to our daily life; how to avoid pitfalls and meet temptations; how to win back the grudging respect of people whose respect he had forfeited.

If we accept the responsibility of sponsorship, we should accept it as a sacred charge. We can either make this man or woman a champion or cast him among the birds who, untrained, just clutter up the pigeon-loft.

We repeat, sponsorship is a terrible responsibility! It should never be taken lightly, for in many instances, his soul is at stake. If WE are figuratively able to run the race, it's our moral duty to share every bit of know-how with the newcomer.

Properly trained, this newcomer could outstrip every one of us in action, revitalizing the group, the area, the state and possibly the entire world—using the simple, yet fundamental truths which have kept us sober.

We need many champions. Let's do OUR part!



AA IN PRISONS

At the request of those in charge of the AA Fellowship in Ohio State Penitentiary, individuals from every area in the state were asked to express their opinion and offer suggestions.

In our opinion, the article submitted by Herschel H. of Cleveland was the best of the lot, timely, cogent and worthy of consideration by anyone seeking an answer to his alcoholic problem, so we gladly publish it herewith:

"What, is the reaction in our area to AA in prisons? To answer this in detail would require much more space than that allotted to me. I would say that AA is AA whether in the O.P. or on Park Avenue. It seems to me that the mere posing of such a question indicates that we are confused in our thinking.

"AA is interested only in carrying the message to other alcoholics, and an alcoholic is an alcoholic on Cobb Hill, on Skid Row, or in durance vile. We are not concerned with what he has been, but with what, he means to be.

"Heretofore, in joining lodges, clubs, or fraternities, I had to furnish some evidence of good character to get in. In AA, however, the principal qualification for membership was that I had NO character. So we all start even. Some of us were just a bit luckier than others . . . or were we?"

"Someone said, "What you are is God's gift to you . . . What you become is your gift to God. That is where AA comes in. We are concerned only with carrying the message, that you may learn, through sobriety, how to become more than you are or ever have been. As George Gobel puts it: 'So there you are!'

"The reaction of outside groups to the AA parolee is just the same as indicated above. AA is the truly classless society which is so much discussed. True, because of past experience, we sometimes approach the parolee with an attitude of watchful waiting, not because he is a parolee, but because he is an alcoholic. We have found, over the course of time, that, an alcoholic will promise anything to get out of trouble. We just wait to see if he really means it when the pressure is off. If he does, he's our baby, in or out of the clink. If he doesn't, we merely allow him to go ahead and make a darn fool of himself until he is ready to haul off and get down to business.

"In other words, the outsider's reaction to the parolee makes it. We take him on credit. Whether he abuses the privilege is up to him. Of this much he can be certain: if he does decide to get fancy, he will find out that he is in the major leagues. From a standing start and flat-footed, we have the greatest conglomeration of ex-conners, chiselers, confidence men and plain and fancy liars, to be found anywhere. They know ALL those answers.

Finally-Don't worry about OUR reaction-Just be SURE of YOURS."

We're grateful to Herschel for his excellent reasoning.

LEE GROUPS OBSERVE 14th ANNIVERSARY

In 1941, the overflow crowds in the small meeting hall on Lee Road, caused the group to decide to meet on four nights instead of one. Accordingly, Lee Road meetings were scheduled for Monday, Wednesday, Thursday and Friday. Each group prospered and has moved from the original meeting place at 1637 Lee Road.

On Wednesday, June 8, the four groups will observe the anniversary of this separation with a dinner at 7:30 p. m. in First English Lutheran Church, Derbyshire and Euclid Hts. Blvd. The speaker will be Stan B., who was secretary at the time of the split-up.

Reservations can be made by calling "Corny" V., at ERview 1-0227.

TEXAS STATE CONFERENCE

The Texas State Conference which always attracts a goodly number of AAs from many sectors will be held on June 10-11-12 in the Rice Hotel, Houston, Texas. Speakers will include Elliott and Eleanor K. of Cleveland. Marty M. of New York will be the Banquet speaker on June 12.

"NOW IS THE HOUR"

This is the time of year when the urge to drink is often strongest in the "ex-drinking man" or problem drinker making a bid for a new life and a pleasanter existence along the road of sobriety.

Spring with its feeling of elation, new drivers and reckless joyfulness is also a period of greater temporal attractions-giving the unwary one a wild euphoria.

The problem drinker looks with nostalgia at the workman drinking his bottle or two of beer or the family serving cocktails and thinks "well now why can't I do that," or "these people take a drink like a cup of tea or coffee and such relaxation does not make for dependence on alcohol-what's all the fuss about, what's the harm in enjoying life?"

They forget the black days, the hang-overs in which it seemed that death itself might be welcome. the loss of dignity, the loss of family, the loss of position and funds -the loss of everything that seemed worthwhile.

Nature provides that man forget such crippling memories. Nature protects man from going mad or becoming a hopeless misanthrope by pretty much erasing them from the sensitive memory plates of the mind.

But a little reflection and some inventory will act as a refresher course against the urge to take that "harmless spring time drink." -Social Center Chatter, Cleveland

O. P. FELLOWSHIP ANNIVERSARY

The sixth anniversary of the Ohio Penitentiary Fellowship will be observed on Sunday, June 19 at 12 noon. Speakers will be Judge Jim C. of Cleveland, Clarence "Buzz" W. of the Ohio Legislature and Dr. Porterfield, Dept. of Mental Hygiene and Correction. Harry D. of Cleveland will be chairman.

DO MORE!

Do more than Exist Live!
Do more than Touch Feel!
Do more than Look Observe!
Do more than Read Absorb!
Do more than Hear Listen!
Do more than Think Ponder!
Do more than Plan Act!
Do more than Talk Say something!

-Submitted by Charles F., 24 Hour Group.

PURPOSE OF CENTRAL COMMITTEE

Because better understanding is the key to friendship.

Because the public act of any group or individual involves our entire fellowship.

Because we must continually take inventory of ourselves, as individuals and as groups.

The Central Discussion Group has these purposes :

To bring together representatives of all groups for discussions of policy and practice, to create high standards, to guard against exploitation or commercialization, to insure our humility as groups and individuals.

To protect unity of thought and purpose through the Central Bulletin, the Consolidated Meetings, and such other activities as seem consistent.

To maintain standards through the sponsorship of a Hospital Committee and such other committees as are necessary to carry on this work.

To serve as a clearing house for ideas.

The object of the group is service.

ST. LOUIS HOST FOR AA ANNIVERSARY

The twentieth anniversary of Alcoholics Anonymous will be observed in St. Louis, Mo., on July 1-2-3. Many Clevelanders plan to attend, among them some who were thrilled and enthused when the anniversaries were held in Cleveland. Founder Bill W., of course, will be there with his beloved wife Lois, together with the elected representatives of the General Service Conference and the AA Trustees.

All hotel room reservations in St. Louis for the Convention must be made through: The Hotels Convention Reservation Bureau, 911 Locust Street, St. Louis 1, Missouri.

GROUP NEWS

Belvoir—Since April 26, the former Hillcrest group has called itself the Belvoir group to better indicate its location. It still meets in St. Margaret Mary School on Tuesdays at 9 p. m. Mike D., formerly of League Park is secretary.

Berea Friday—The group will miss the jolly optician, **Doc H.**, whose health demands treatment in a Veterans Hospital in Florida. He'll be gone for at least three months.

Brooklyn—Speakers for June include: 1—**Tom McG.**, Edgelake; 8—**Jerry R.**, Westside Women; 15—**Bob L.**, Independence; 22—**Norm T.**, Memphis; 29—**Calvin H.**, Rocky River.

Brookside—Speakers for June are: 5—**John W.**, Fairmount; 12—**Larry O'C.**, Arcade; 19—**Hank S.**, Lee Monday; 26—**George G.**, 8065.

Elyria—The Elyria Wednesday night group will provide speakers for the AA group at Apple Creek State Hospital for each Sunday in June. Meetings are held at 1:30 p.m. (E.S.T.) in the hospital building. Speakers are: 5—**Craig C.**; 12—**Gilberth G.**; 19—**Clara B.**; 26—**Tony W.**, who will observe his ninth anniversary.

Gordon Square—Speakers for June include: 3—**Eddie D.**, Fairview; 10—**Earl S.**, Newburgh; 17—**Jean F.**, AA District office; 24—**Joe G.**, Newbergh.

Lorain Monday—Speakers for June are: 6—**Ben T.**, Berea Friday; 13—**Art B.**, West Park; 20—**Kittie M.**, Clark; 27—**Bill C.**, Clark.

Orchard Grove—Speakers for June include: 6—**Joe P.**, Solon; 13—**Gene H.**, Berea Friday; 20—**Vic M.**, Berea Thursday; 27—**"Buster" M.**, Berea Thursday.

Trinity—Speakers for June include: 1—**Harry D.**, Edgelake; 11—**Ed. S.**, Trinity; 18—**Bob C.**, Brooklyn; 25—**John W.**, Collinwood.

Union—The sixteenth anniversary of the group which will be observed on Monday, June 13 at 9 p. m. **Harry D.**, of Edgelake will be the speaker. **Ward H.**, secretary is in charge.

West 25th—Speakers for June include: 6—**Orrie K.**, Brooklyn; 13—**Wild Bill** of Indian Lake; 20—**Jack H.**, W. 25th (his 14th anniversary); 27—**Oren M.**, W. 25th.

AA Sportsmen—Sunday meetings will be cancelled during June, July and August . . . On the recent drawing, the winner of the boat was **Jos. Zupancic**, 6805 Edna Ave. . . . Four trolling parties have been scheduled with **Fr. Schaeffer** for June 12 and 26, July 10 and 24. A Canadian fishing license is a requirement . . . A Trap Shoot is scheduled for June 5 . . . The winner of the last Archer's Meet was **Bill B. of Buhner** . . . The regular meetings on the third Wednesday of each month will be held as usual at 1142 Buhner Ave. at 8:30 p. m. Any would-be-fisherman or other sportsman can join—if he's an AA member.

GIGGLES

At a recent meeting two thoughtless AAs were much more interested in each other's conversation than in the meeting. A man behind them stood about as much of the annoyance as he could. Finally he leaned forward, and touching one of the offenders on the shoulder, said: "Would you mind repeating that last remark? The guy up in front is making so much noise that I didn't quite get it."

A man threw a quarter towards the blind man's cup. The coin missed and rolled along the pavement, but the man with the dark glasses quickly recovered it.

Man: But I thought you were blind?

Beggar: No, I am not the regular blind man, sir. I'm just taking his place while he's at the movies.

The Man in the Glass

When you get what you want in your struggle for pelf
And the world makes you king for a day,
Just go to a mirror and look at yourself
And see what THAT man has to say!

For it isn't your father, or mother, or wife
Who judgment upon you must pass;
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

Some people may think you a straight-shooting chum,
And call you a wonderful guy,
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

He's the fellow to please,—never mind all the rest—
For he's with you clear up to the end,
And you've passed your most dangerous, difficult test
If the man in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass,
But your final reward will be heartaches and tears
If you've cheated the man in the glass.

JUST A THOUGHT

An open mouth doesn't mean an open mind—it can be merely a hole in the head.

A model husband is one who belongs to another woman.

Whiskey is as innocent as a cotton-mouth Moccasin, as gentle as a saber-tooth Tiger in the jungles of Africa, as kind as a man-eating Shark, as beneficial to the human system as the virus of Hydrophobia, as sweet and pure as a dead Buzzard on a nest of rotten eggs.

After shock, fundamentally we remain the same. Though the years leave their mark on our lives-changing our thoughts, our viewpoints and our outlook on life—basically we remain as we are, true to the instincts and emotions of our nature, little altered by the shock of our "comeuppance."
—Heard somewhere

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SAVE SALES TAX STAMPS FOR DOWNTOWN OFFICE

CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON—Westminster Church, Cor. Addison and Wade Park ... 8:30
BORTON—E. Cleveland Congrega. Church, Page and Euclid Ave ... 8:30
FRIENDLY SUBURBAN—6037 Pearl ... 8:30
LAKE SHORE—St. Luke's Parish, Clifton and Bunts Rd ... 8:30
LAKEWOOD (Orchard Grove)—1417 St. Charles, nr. Detroit ... 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit ... 8:30
LEE MONDAY—First Presbyterian Church, East Cleveland, Nela and Euclid ... 8:30
LORAIN AVE.—Banater Hall Annex, W. 120th St., at Lorain Ave ... 8:30
MARINE HOSPITAL—E. 124 & Fairhill ... 7:30
MILES—St. Mary's Episcopal Church, 9721 Romona Boulevard ... 8:30
PEARL—Corpus Christi Basement, 4850 Pearl Road ... 8:30
SHAKER HEIGHTS—Christ Episcopal Church, 3445 Warrensville Rd. ... 9:00
SOUTH EAST—7526 Broadway ... 8:30
UNION—East View Cong. Church, Kinsman at E. 156th St. ... 9:00
WEST 25th ST.—Marvel Hall, 2858 W. 25th St. ... 8:30
WOMEN'S—Westside—West Boulevard Christian Church, Madison and W. 101 ... 8:45
ELYRIA MEN—St. Agnes Church, Lake Road at Bath St., Elyria, O. ... 8:30
SHELBY—Congregational Baptist Church, Jackson and Jefferson, Painesville ... 8:30
VERMILION—Congregational Church ... 8:30
WILLOUGHBY—Presbyterian Church, Willoughby, O. ... 8:30

TUESDAY

ARCADE—Typographical Union Hall, 1559 East 17th (near Payne Ave.) ... 9:00
BELVOIR—SS, Margaret and Mary Church, Belvoir and Bluestone ... 9:00
BUHRER—1142 Buhrer Ave ... 9:00
CHARITY—Last Tuesday of each month—Cafeteria ... 9:00
CLARK—1917 Clark Ave. ... 8:30
EAGLE TRAINING—Salvation Army, E. 9th and Eagle ... 8:00
EDGE LAKE—1417 St. Charles Ave., Dinner at 7:00 p.m. Meeting at 8:30
EUCLID-WADE—Calvary Presbyterian Church, E. 79th and Euclid Ave ... 9:00
FAIRMOUNT—St. Paul's Episcopal, Fairmount and Coventry ... 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain Ave ... 8:30
HILLCREST—St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid ... 9:00
HILLTOP—St. Joseph's Seminary, 17608 Euclid Ave. ... 8:45
MILES-LEE—Mt. Hope Lutheran Church, E. 164th, north of Miles Ave ... 8:30
NEW HOPE—Women-Ward's Convalescing Home, E. 71st and Cedar ... 8:30
SMITH-WILSON—Nativity School, 9510 Aetna Road ... 8:30
SUPERIOR—North Presbyterian Church, E. 40th and Superior ... 9:00
TAPCO—Post 4, 23555 Euclid, 2nd shift 1:00
TRADITONS—Community Church of Brooklyn, 8720 Memphis Ave ... 9:00
WEST PARK—West Park Baptist Church, W. 152nd and Lorain ... 8:30
LORAIN, O.—St. Stanislaus School, 28th St. and Elyria Ave ... 8:30
MEDINA, O.—St. Paul's Epis. Par.Hse. 8:30
PAINESVILLE, O.—Stag, 33 N. State St. 8:30
STRONGSVILLE—Tuesday—Town Hall 9:00

WEDNESDAY

ALCOLA—6409 Detroit Ave ... 9:00
ALL-AMERICAN Sportsmen, 1142 Buhrer, 3rd Wednesday each month ... 8:30
BAXTER AVE.—6527 Baxter Ave ... 8:30
BROOKLYN—K. of P. Hall, 3316 Broadview East of Pearl Rd ... 8:30
C. E. I-Illuminating Co., Room 335—Rear Building ... 8:30
COLLINWOOD—14709 St. Clair Ave ... 8:30
DENISON MEN—7403 Denison Ave., (first Wednesday, joint meeting) ... 8:30

DOAN MEN'S-2028 E. 105th St., 2nd floor, side entrance ... 8:45
EAST SIDE MORNING—2028 East 105th St ... 10:30 A.M.
8801 SUPERIOR-8801 Superior ... 8:30
GARFIELD HEIGHTS-Trinity Baptist, E. 94th and Garfield Blvd ... 8:30
LAKEWOOD WOMEN-United Presby. Church, 12601 Detroit Ave ... 8:30
LEE ROAD-First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd. ... 8:30
LORAIN AVE.—St. Ignatius Hall, 10205 Lorain Ave. (rear entry) ... 9:00
NORWOOD—St. Vitus School, 6105 Glass Ave ... 8:30
ST. JAMES-Ward's Convalescing Home, E. 71st and Cedar Ave ... 8:15
ST. MARY-400 North S., Chardon, O. ... 9:00
TAPCO-Post 4, 23555 Euclid, 1st shift ... 3:30
TAPCO-Post 4, 23555 Euclid, 3rd shift ... 9:00
TWENTY-FOUR HOUR-13216 Detroit, Church of the Ascension ... 8:30
Training meeting 1st Wed. each month.
WARRENSVILLE-Women's House Cor. 7:30
WOMEN'S-East Side-Cleveland Unitarian Society, Euclid and E. 82nd St. ... 8:30
WOMEN'S—Lorain County-St. Anthony's School Hall, E. Erie & Kansas (R2 or 6) ... 8:30
ASHTABULA COUNTY MEN, Conneaut, O., B of L. E. Hall, Whitney Block, Main St. ... 8:30
REDFORD, O.—Y.M.C.A., Tarbell Ave ... 8:30
ELYRIA, O.—St. Mary's Church, Middle and Fourth ... 8:30

THURSDAY

ALAN—1820 East 79th St ... 8:30
ALLENDALE—St. Paul's Episcopal Church, 15837 Euclid Ave ... 8:30
ANGLE—St. Malachi's Church, 2549 Washington Ave ... 8:30
BROADWAY-55th—Our Lady of Lourdes School Hall ... 8:30
COVENTRY-Fairmount Presby. Church, Scarborough and Fairmount Blvd. ... 8:30
CRILE HOSPITAL—Library ... 8:00
EDDY ROAD—Glenville Congregational Church, Eddy and St. Clair ... 8:30
HAWTHORNDEN STATE HOSPITAL, Macedonia, O., Basement of New Employees Bldg. ... 8:00
OUTHWAITE—Woodland Center, 7100 Kinsman Ave ... 8:30
ROCKY RIVER—Rockport Methodist Church, 3310 Wooster Rd. ... 8:30
WEST SIDE—7403 Denison Ave ... 10:30 A.M.
AMHERST—St. Peter's E. & Ref. Church, Church St., North Amherst, O. ... 9:00
REREA-Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland ... 8:30
EAST LAKE—Bethel Lutheran Church, 32400 Vine St. ... 8:30
HARBOR THURSDAY—Ashtabula, O., 1147 West Fifth Street ... 8:30
INDEPENDENCE, O.—St. John's Lutheran Hall, Second and Sunset ... 9:00
PAINESVILLE, O.—33 N. State, 3rd fl. ... 8:30

FRIDAY

ANSEL ROAD—St. Thomas Church, 9205 Superior Ave. ... 9:00
BROADWAY-HARVARD—8437 Broadway ... 8:30
CEDAR—Salvation Army, 5005 Euclid ... 8:15
FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry and Drexmore, Krumbine Room ... 1:00
FRIDAY NITE DISCUSSION—Jordan Hall, Charity Hospital ... 8:30
GORDON SQUARE—St. Helena's Hall, 367 W. 65th St ... 8:30
LEE ROAD-13240 Euclid Ave ... 9:00
NON-ALCOHOLIC SPOUSES—Rosary Hall, Charity Hospital ... 8:30
NORTH EAST—St. Agatha's Church Hall, 1269 Lakeview Rd. ... 8:30
ROSARY HALL—Jordan Hall, Charity Nurses Auditorium ... 8:30
STELLA MARIS (Men), 1320 Washington Ave ... 8:15
WESTSIDE YOUNG PEOPLE—St. Luke's Hall, Bunts and Clifton ... 9:00

AVON LAKE-Congregational Church, Lake Road, Stop 55 1/2 ... 8:30
BEREA-Social room of Berea Cong. Church, Seminary and Church ... 8:30
CHAGRIN FALLS, O.—American Legion, E. Orange St. ... 8:30
CHARDON, O.—Thrasher House, Water St., Chardon, O. ... 8:30
CONNEAUT, O.—B. of L. E. Hall ... 8:30
EUCLID, O.—Holy Cross Church, E. 200th and Lake Shore Blvd. ... 8:30
MENTOR, O.—Mentor Methodist Church ... 8:30
WEST RICHFIELD-Consolidated Church, Route 303, just west of Route 21 ... 8:30
WICKLIFFE-Lady of Mt. Carmel Hall, Euclid at E. 296th St ... 8:30

SATURDAY

BROADWAY-CABLE—St. John's Lutheran Church, Cable at Broadway ... 8:30
CATHEDRAL-(Stag) St. John's Cathedral, E. 9th and Superior ... 8:30
GLENVILLE-10421 St. Clair Ave ... 9:00
LAKEWOOD-Sat. Nite-Redeemer Hall, Andrew, near Detroit ... 8:30
LEAGUE PARK—St. Agnes School Hall, East 79th and Euclid Ave ... 9:00
LIBERTY-13240 Euclid Ave ... 9:00
MAPLE HTS.—Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. ... 8:30
MATT TALBOT—St. Philip Neri Church, E. 82nd and St. Clair ... 8:30
MEMPHIS-K. of P. Hall, 3316 Broadview, East of Pearl Rd. ... 9:00
PARMA—Public Library, 5850 Ridge Rd ... 8:30
PLAIN—Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd. ... 8:30
REDWOOD—Euclid Lutheran Church, E. 260th and Oriole ... 8:30
SJILOH-Bethel A. M. E. Church, 15021 Shiloh Road ... 8:30
TRINITY-Trinity Evangelical Church, 3525 W. 25th St. ... 8:30
VALLEY VIEW—Community Center, West 7th and Starkweather ... 8:30
8005 GROUP-8005 Lorain Ave ... 8:30
ASHTABULA, O.—St. Peter's Episc. Church, Main Avenue at South Park ... 8:30
ELYRIA, O.—St. Andrew's Episcopal Church, Middle and Third ... 8:30
SOLOM, O.—St. Rita's Church basement ... 9:00

SUNDAY

ALL-AMERICAN Sportsmen ... 1142 Buhrer 1st Sunday each month ... 4:00
BROOKSIDE—Blessed Sacrament Church, Storer and Fulton (downstairs) ... 8:30
C. A. C. DISCUSSION—C. A. C. clubrooms, 7809 Euclid Avenue ... 10:45 A.M.
COLLINWOOD—14709 St. Clair Ave ... 7:30
DETROIT-Mixed-8023 Detroit Avenue ... 8:00
Greater Cleve. Young People (Consolidated) Cathedral Hall-First Sunday each month ... 2:00
LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair ... 8:30
LORAIN COUNTY CONSOLIDATED—First Sunday of each month, Alconon Club, 34.5 E. Broad St., Elyria ... 7:30
MARYMOUNT—2nd Sunday in month, Cafeteria, McCracken and Henry ... 2:30
MISTLETOE—St. Thomas Church, 9205 Superior Ave. ... 7:00
NEWBURGH—St. Catherine's Church, 3443 E. 93rd St. ... 8:30
OUTHWAITE—7100 Kinsman Ave ... 4:00
SABBATH-13240 Euclid Ave ... 3:00
STRONGSVILLE—Royal Haven Farm, Royalton Road, Strongsville, O. ... 3:00
WEST SIDE DISCUSSION—6409 Detroit Ave. ... 11:00 A.M.
WARRENSVILLE—Cooley Farms Recreation Room ... 10:00 A. M.
GENEVA, O.—Legion Hall, Park St., corner of So. E. gl e ... 7:30
1st TUESDAY EVERY MONTH
CENTRAL COMMITTEE—Hanna Building, Room 370 ... 8:30
3rd TUESDAY EVERY MONTH
HOSPITAL COMMITTEE—Hanna Building, Room 370 ... 8:30

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CENTRAL BULLETIN
Box 6712, Cleveland 1, Ohio

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NURSING HOMES THAT TREAT ALCOHOLICS

(This listing does not necessarily indicate endorsement or approval)

- Alcoholics Abstinence Nursing Home (MW) MEJrose 1-1635 ... 8023 Detroit Ave.
Cleveland Alcoholic Clinic (MW) EXpress 1-8998 ... 7809 Euclid Ave.
Elmwood Sanitarium (M) KENmore 1-2299 ... 17322 Euclid Ave.
Euclid Rest Haven (MW) ULster 1-6296 and MULberry 1-9584, 13240 Euclid Ave.
Farquharson's (M) TUXedo 5-1882 ... 6037 Pearl Pathway (Tyler 1-6698) (MW) ... 1635 E. 93rd
(M) men only, (W) women only.
(MW) men and women.

CENTRAL BULLETIN



Vol. XIII-No. 9

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June 1955

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AESOP, JUNIOR

Once there was a man who was completely miserable. Everything went wrong. The world was against him. He lived in an old house in an old neighborhood. His job didn't suit him and he felt himself much underpaid. The children didn't give him the attention he thought he deserved and his wife didn't understand him.

To add to his woe, all his friends of younger days seemed to be doing much better. They owned new homes and drove new cars. Their wives and children always seemed well dressed, while his were only two jumps removed from a rummage sale. So he grieved upon his ills and became progressively more depressed. *Life was sure*, passing him by.

One night when he was feeling particularly depressed, he retired and soon fell into a deep sleep. Suddenly there appeared a tiny man bearing a shining golden lamp. "Ah," he thought, "Aladdin!"

"No," said the little man, "I am not Aladdin. I am the spirit of all your desires. Take this lamp. When you rub it, it will bring you anything you wish. You may have three wishes."

Eagerly our friend clutched at the lamp. He drew it close to him, held it at arms length and stroked it gently, "Oh, Lamp" he said, "I have always dreamed of a beautiful home. Bring me the finest home in the most exclusively part of the city."

Immediately, the man was whirled about as in a large mixer and when it stopped he could hardly believe his eyes. He was in the most luxurious home he had ever seen. His bedroom was richly paneled with rare woods. The walls looked like satin while he seemed to be resting upon a mattress of sea foam, it was so light and soft.

Again the man stroked the lamp. "Thanks, Lamp," he said. "Now bring me the finest car that can be found." The genie pointed out the window and when he looked his eyes were almost blinded by the dazzling automobile parked in the drive. It seemed almost a block long and was trimmed in pure silver which reflected every ray of the morning sun.

Once more the man stroked the lamp. "And now for my last wish," he said, "please give me enough money for me and my family to live in a style befitting this house and this automobile."

Again his wish was granted.

Our friend loaded his wife and children in the car. He made the rounds of all the exclusive stores and bought them all the beautiful clothes they had wished for. On the way home he stopped by and applied for membership in the town's most exclusive club. They enrolled in the most fashionable church.

"Now," thought the man, "We have everything. We can really be happy."

But a strange thing happened. As the man drove about the street in his beautiful car, his old friends acted strange and distant. When he tried to talk to them they always seemed in a hurry to be elsewhere. He went to the club and found that the members talked about things

(Continued on page two)

WHY WE SUCCEED

Of the four or five million people in this country who are afflicted with alcoholic addiction, Alcoholics Anonymous has attracted only about three percent. According to those engaged in alcoholic research, about one of every five are total, hopeless alcoholics. The others are classified as problem drinkers or as alcoholic addicts.

These figures indicate that out of every hundred alcoholic addicts, AA has only attracted . . . three! They again indicate that out of every hundred there are 97 who continue to harass themselves and all whom they afflict with their association by remaining obstinately in the problem drinker classification.

Societies and organizations, composed of well-meaning social-minded people, are being formed by churches, welfare agencies, cities and states to combat the growth of alcoholism. The State of Ohio and the City of Cleveland are planning to establish clinics to educate and advise the afflicted. Other states have already established them.

In Cleveland the Health Museum has a remarkable and well-worth-seeing exhibit showing the effect of alcohol on the brain and human system.

But how many alcoholic addicts will visit these clinics? How many, even deeply concerned about their problem and even admitting they shouldn't drink, will shun them? Placing ourselves in their condition (we shudder at the thought), we well know that we'd promise our family, our boss, the judge, the minister or priest that we'd go-but we'd stop in the nearest bistro first to build up our nerves . . . and then not go.

The Fellowship of Alcoholics Anonymous, we believe, was divinely inspired. God, in His infinite wisdom, decided the time was ripe to give His creatures another chance to witness one of His miracles.

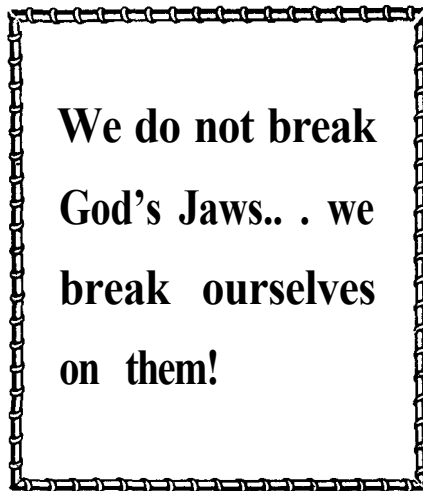
He first chose a discredited broker who had resisted Him by leading a dissolute life of great suffering; had him meet a once-proud, but now a frightened physician similarly afflicted; revealed to these outcasts of society His plan and initiated in them a fervent desire to live as He intended they should and as they sought, through meditation and prayer, to find His will, they made what is known as AA possible.

This was twenty years ago and the world marvelled at this "discovery" of alcoholic treatment. Typically, they brushed off the spiritual renaissance as inconsequential and looked only at the remarkable record of achievement-85% success, when medicine, psychiatry and religion combined had only recorded a dismal average of less than 3%!

Alcoholics Anonymous succeeds because it reaches the alcoholic at his level of understanding. It succeeds only when the problem drinker has a latent sense of decency and if a dim spark of desire to rise out of his slough of degradation can be fanned into a sustained flame of desire to return to his properly evaluated self-esteem.

AA succeeds because it embraces all three of the sciences which try to help the alcoholic. It's like a tripod.

(Continued on page two)



AESOP. JR.

(Continued from page one)

he wasn't interested in. As a result he always found himself alone. It was no better at church. He and his family were as out of place as though they had suddenly dropped in from some distant planet.

However it was the children that particularly distressed him. All of their former friends were away from them and the new friends they wanted to cultivate avoided them. As a result they too became more disquieted, irritable and petulant each day.

After some months of this the man suddenly awoke to the realization that never in his life had he and his family been so unhappy. Even in his sleep he was aware of his constant frustration. He tossed and turned and awoke as fatigued and exhausted as though he had never been in bed.

One night when he was particularly disturbed he cried out "Why should we be so unhappy. We have a beautiful home and car and all the money we need to buy everything we want?"

Again he sensed a presence in the room and there was the little man, but this time he bore no lamp. Instead he pointed a finger at our distressed friend and said, "No, my friend, you do not have enough money to buy what you want most--happiness. There is not enough money in the world to buy that because happiness must be earned. Happiness must come from within and not from without and though you deck yourself with diamonds, sapphires and rubies you will still be unhappy because you have thought that happiness is something to be rubbed on like balm. Now you see that that is not so.

"In order to be truly happy you must give-give of yourself—not receive. You must consider not what you can do to make yourself happy but what you can do to make others happy. If you will but think back you will realize that your greatest affection is reserved for those for whom you have done things, not those who have done things for you. So you see, if you think less of yourself and more of others you can be happy and you will not need any gadgets to make you so.

"I know. I know," said the man. "but how can I do this now?"

The little man reached behind him where he had concealed another lamp.

"Here," he said, "you may have one more wish."

The man grabbed the lamp. "Oh, Lamp," he said, "please restore me to my former condition and give me the understanding and the opportunity to be of some help to others."

The man awoke with a start. He looked about the room. It had never seemed so comfortable before. He looked at the clock, it was time to get up. Already his wife was in the kitchen getting breakfast. Eagerly he shaved and dressed and rushed into the kitchen, a wide smile on his face. At first his wife seemed astonished but as his buoyancy persisted, she seemed captured by its contagion and she too entered into the spirit. The children likewise, soon were chattering like magpies.

Suddenly the man realized that for the first time in years he was relaxed and at ease and truly happy. His mood stayed with him through the day and even the boss had a pleasant word for him.

After many weeks his wife said to him, "What happened to you? Never in all of our married life have you been like this."

The man smiled and patted her softly on the shoulder and said, "A little man with a lamp told me a secret."

NOW IS THE TIME

Time is so precious that it is dealt out to us only in the smallest possible fraction—a tiny moment—at a time. We cannot live again the moment that has just passed, nor can we live in the moment that is to come. Just while the pendulum is swinging through the present instant—this is the only time of which we are sure, the time to do our thinking, our working. We should make this a perfect MOMENT.

WHY WE SUCCEED

(Continued from page one)

It urges a physical purge and recommends daily spiritual exercise and finally it employs group therapy where anyone can meet his similarly afflicted fellow on a common level . . . to help and receive help in turn. Over-emphasis on any one of these three legs of the tripod will often cause a candidate to lose his balance and fall off.

Alcoholics Anonymous can do much to help stem the growth of alcoholism if it co-operates with these agencies which the governments set up. They mean well. They are making many people conscious of the danger of over-indulgence in alcoholic beverages. Members of AA should not ridicule these efforts and refuse to cooperate, because (as has been stated by some) "now that AA has done so well, these people want to jump on our band wagon and take credit away from us."

Alcoholics Anonymous members should at all times remember that they are members only because God answered the prayers of some devout person in our behalf. None of us, because of our complete disregard of God's commandments, the pollution of our bodies, and the stupefying of our minds, deserved this great gift. We deserve no credit or honor for what we do.

Accordingly, ANY means devised by any group or organization to help the alcoholic find his answer must find us willing to cooperate.

CRITICISING

The popular game of Group Criticism, which can be enjoyed by any number of both sexes, has very few rules and can be played anywhere—preferably before and after AA meetings. The object of the game is to find and point out faults and shortcomings in other members or in the functioning of the group as a whole. The game is won by the individual who can combine the maximum destructive criticism with the minimum personal activity and effort. The most successful attitude towards the game might be expressed in a paraphrase of the Twelfth Step . . . "Having had no spiritual experience, we determined to find all possible faults in the group and its members, and sought to complain about these wherever possible without doing anything constructive ourselves."

Seriously, there is a very real risk of endangering our own sobriety and that of many others by failing to appreciate the nature of an AA group. Contrary to the opinion of a surprisingly large number of people, AA meetings are NOT lectures, and an AA group is NOT a debating society. The only object of an AA group must surely be that of helping its members to maintain a cooperative sobriety. Because of the cooperative nature of the group's activities, there are no paid officers, no rules, no regimentation. If what X says or does helps to keep him sober, then that is his own business. Even if I may not like his words or actions, I am not justified in trying to alter them. If his actions, behavior and speech make me want to drink, then the obvious remedy is for me to form a new group where all the members are people who hold the same views as myself. If I am so peculiar that no one else fits in with my ideas, then might it not be worth while considering for a moment the possibility that the fault may lie in myself . . . not in everyone else?

After all, even rehabilitated alcoholics are not perfect people; and before embarking on an enjoyable orgy of destructive criticism, it is no harm to make sure that we are really doing all that might be expected of us by those we intend to blame? An AA group lives only by the constructive work of each individual member; and when any member sees clearly that the group is not what it ought to be, he must consider whether he is not merely seeing a reflection of his own behavior and lack of enthusiasm.

The game of Group Criticism may be entertaining, but it can be very dangerous to the players and should only be indulged in by those who have first completed a rigorous training of self-criticism . . . a much more difficult and less amusing diversion.

-R. P. in The Road Back, Dublin, Eire.

GROUP NEWS

Brooklyn-Speakers for July are: 6-Bill D., Erie, Pa.; 13-Jimmy K., Angle; 20-Ruth M., Brooklyn (her 5th anniversary); 27-Jerry W., Brooklyn (10th anniversary). Lee Road-Wednesday-Speakers for July are: 6-Warren C., Sr., Lakewood Satnite; 13-Martin "Skids" S., Matt Talbot; 20-Keith W., Mistletoe; 27-William S., Shaker. Lee Road-Friday-The group now meets in American Legion Hall, Post 163, at 15544 Euclid Avenue at 9 o'clock. Memphis-Speakers for July are: 2-Jimmie K., Angle; 9-Irving F., Fairview; 16-Tom McG., Edgelake; 23-Lorain-Monday Panel composed of Leo H., Eddie B., Joe R. and Clyde H., with Tom D. as moderator; 30-Warren C., Jr., Fairview.

Orchard Grove-Speakers for July are: 4-Round Table Discussion; 11-Jim Y., Orchard Grove; 18-Tom F., Orchard Grove; 25-Joe H., Fairview Park.

Parma-Observes its eighth anniversary on Thursday, July 23 at 8:30 p. m. in Parma High School Cafeteria, W. 54th Street at Longwood Avenue. The speaker will be Mrs. Lu S. (Mrs. Baseball to you) and everyone is cordially invited.

St. James-Observes its sixth anniversary on Sunday, August 15 at 4 p. m. It will be held in Community Center, E. 84th and Cedar. The speaker will be Earl J. Redman of Chicago.

Trinity-Speakers for July include: 2-Pete G., Clark; 9-Kenny K., Borton; 16-Bill O'R., Lorain-Monday; 23-Wm. H., Lorain County Young People; 30-Bob K., Pearl.

Wednesday Discussion-The group is considering forming an AA club for men only, to provide a congenial place to relax day or night. Its major purpose is to engage in all lawful activities to assist in the rehabilitation of the alcoholic. It invites anyone to attend a meeting called for July 6 at Euclid Rest Haven, 13240 Euclid Avenue at 8:30 p. m.

West 25th Street-Speakers for July include: 4-Jack M., Parma; U-Herbert F., Brooklyn; 18-Theresa McC., Clark; 25-John K., Trinity.

West Monday-A new group held its first meeting on June 20. They meet above the Tend-R-Lean Steak House at 1428 W. 25th St. at Detroit Avenue at 8:30 p. m. John M. is secretary.

THREE VALUED MEMBERS DIE

Friday, June 17, Cleveland AA lost one of its loyal members when Reuben E. Fogel passed away.

Rube, until ill health prevented his attendance at meetings, was active in the Rocky River, Lakewood Men's and Parma groups, where he was an inspiration to all who knew him.

It remained, however, for his last illness to reveal the exalted magnificence of Rube's faith. Though confronted with the certainty of death, not once did he complain and never did he weaken in his faith.

To the last he insisted "It could be worse. I might not have found this Way of Life," and even in his continued suffering he steadfastly maintained: "If this is my test, I will meet it. I will accept God's Will, whatever it may be."

We need men like Rube and will remain eternally grateful for the privilege of having known him.

* * *

A former secretary of the Lee Road Friday group, Francis T. Martin, passed away on Wednesday, June 22. His devotion and loyalty will be sorely missed by his family, his group and the community in general.

* * *

A very active and popular member of the Gordon Square group before his fatal illness, death finally took Dean Hibbard on Saturday, June 18. He too, contributed much of himself to the cause of AA.

SECOND ANNUAL TRI-STATE CONFERENCE

AA's from Ohio, Pennsylvania and New York states will meet again this year at Chautauqua Lake, N. Y. This second Tri-State AA Conference will be held Friday through Sunday, August 26-28.

Meeting subjects and speakers will be announced later. However, it can be said at this time that plans call for discussion of a wide variety of AA subjects. Meeting agendas are being set up which will offer something of interest for everyone. Prominent Cleveland AA's will speak on Sunday, August 28.

The Muncie Hotel has allotted 150 reservations (rooms with bath) for AA. Cost is \$9 per day, including meals. For those who arrive on Friday, cost is \$18 for room and meals (fish or meat), including three meals on Saturday, breakfast and noon dinner on Sunday. Cottages are available at \$3 for the first night and \$2 for the second night.

Additional costs are \$1 each for Conference registration, and the Chautauqua Lake Institute charges \$2 per person entering the grounds. For reservations, call Frank W., Registration Chairman, at IV. 1-5118.

Many additional activities are being planned, including a genuine Danish Smorgasbord and a Lake Chautauqua cruise on the steamer "City of Jamestown." Plan to attend. And bring the family for an ideal all-AA family weekend outing.

BOWLING NOTES

The Newburgh Recreation team were the champions of the 1954-55 bowling season-finishing first in the Saturday Morning League at the Golden Pin Bowling Alleys, in which ten teams participated. The beautiful trophy awarded to them for this achievement is on display in the club rooms at 8437 Broadway.

The R. J. Heating Co. team who topped the 9:30 shift of the West Side Bowling League defeated the Brooklyn Young People's team (7:30 shift) to become the Westside champions. 225 people attended the banquet.

The Sunday Mixed Double league had the Orchard Grove team as champions.

PANTS ARE PANTS

Pants are made for men and not for women.
Women are made for men and not for pants.

When a man pants for a woman, and a woman pants for a man, they are a pair of pants.

Such pants do not always last and they are called breeches of promise.

This often turns into a suit.



CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON-Westminster Church, Addison and Wade Park... 8:30
BORTON-E. Cleveland Congrega. Church, Page and Euclid Ave... 8:30
FRIENDLY SUBURBAN-6037 Pearl... 8:00
LAKE SHORE-St. Luke's Parish, Clifton and Bunts Rd... 8:30
LAKEWOOD (Orchard Grove)-1417 St. Charles, nr. Detroit... 8:30
LAKEWOOD MEN'S-St. Peter's Episcopal, W. Clifton and Detroit... 8:30
LEE ROAD-American Legion Hall, Post 163, 15344 Euclid Ave... 9:00
LORAIN AVE.-Banater Hall Annex, W. 120th St., at Lorain Ave... 8:30
MARINE HOSPITAL-E. 124 & Fairhill... 7:30
MILES-St. Mary's Episcopal Church, 9721 Romona Boulevard... 8:30
PEARL-(Corpus Christi Basement, 4950 Pearl Road... 8:30
SHAKER HEIGHTS-Christ Episcopal Church, 3445 Warrensville Rd... 9:00
SOUTH EAST-7526 Broadway... 8:30
UNION-East View Cong. Church, Kinsman at E. 156th St... 9:00
WEST MONDAY-Above Tend R. Lea" Store, 1428 W. 25th at Detroit Ave... 8:30
WEST 25th ST.-Marvel Hall, 2858 W. 25th St... 8:30
WOMEN'S-Westside-West Boulevard Christian Church, Madison and W. 101... 8:45
ELYRIA MEN'S-St. Ames Church, Lake Road at Bath-St. Elyria, O... 8:30
SHELBY-Congregational Baptist Church, Jackson and Jefferson, Painesville... 8:30
VERMILION-Congregational Church... 8:30
WILLOUGHBY-Presbyterian Church, Willoughby, O... 8:30

TUESDAY

ARCADE-Typographical Union Hall, 1539 East 17th (near Payne Ave.)... 9:00
BELVOIR-SS. Margaret and Mary Church, Belvoir and Bluestone... 9:00
BUHRER-1142 Buhrer Ave... 9:00
CHARITY-Last Tuesday of each month-Cafeteria... 9:00
CLARK-1917 Clark Ave... 8:30
EAGLE TRAINING-Salvation Army, E. 9th and Eagle... 8:00
EDGE LAKE-1417 St. Charles Ave., Dinner at 7:00 p.m. Meeting at 8:30
EUCLID-WADE-Calvary Presbyterian Church, E. 79th and Euclid Ave... 9:00
FAIRMOUNT-St. Paul's Episcopal, Fairmount and Coventry... 9:00
FAIRVIEW PARK-Fairview Grace Church, W. 224th and Lorain Ave... 8:30
HILLCREST-St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid... 9:00
HILLTOP-St. Joseph's Seminary, 17608 Euclid Ave... 8:45
MILES-LEE-Mt. Hope Lutheran Church, E. 164th, north of Miles Ave... 8:30
NEW HOPE-Women-Ward's Convalescing Home, E. 71st and Cedar... 8:30
SMITH-WILSON-Nativity School, 9510 Aetna Road... 8:30
SUPERIOR-North Presbyterian Church, E. 40th and Superior... 9:00
TAPCO-Post 4, 23555 Euclid, 2nd shift... 1:00
TRADITIONS-Community Church of Brooklyn, 8720 Memphis Ave... 9:00
WEST PARK-West Park Baptist Church, W. 132nd and Lorain... 8:30
LORAIN, O.-St. Stanislaus School, 28th St. and Elyria Ave... 8:30
MEDINA, O.-St. Paul's Epis. Par.Hsc. 8:30
PAINESVILLE, O.-Stag. 33 N. State St. 8:30
STRONGSVILLE-Tuesday-Town Hall. 9:00

WEDNESDAY

ALCOLA-6409 Detroit Ave... 9:00
ALL-AMERICAN Sportsmen, 1142 Buhrer, 3rd Wednesday each month... 8:30
BAXTER AVE.-6527 Baxter Ave... 8:30
BROOKLYN-K. of P. Hall, 3316 Broadview, East of Pearl Rd... 8:30
C. E. Illuminating Co., Room 335-Rear Building... 8:30
COLLINWOOD-14709 St. Clair Ave... 8:30

DENISON MEN-7403 Denison Ave., (first Wednesday, joint meeting) 8:30
DOAN MEN'S-2028 E. 105th St., 2nd floor, side entrance... 8:45
EAST SIDE MORNING-2028 East 105th St... 10:30 A.M.
8801 SUPERIOR-8801 Superior... 8:30
GARFIELD HEIGHTS-Trinity Baptist, E. 94th and Garfield Blvd... 8:30
LAKEWOOD WOMEN-United Presby. Church, 12601 Detroit Ave... 8:30
LEE ROAD-First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd... 8:30
LORAIN AVE.-St. Ignatius Hall, 10205 Lorain Ave. (rear entry)... 9:00
NORWOOD-St. Vitus School, 6105 Glass Ave... 8:30
ST. JAMES-Ward's Convalescing Home, E. 71st and Cedar Ave... 8:15
ST. MARY-400 North S., Chardon, O... 9:00
TAPCO-Post 4, 23555 Euclid, 1st shift... 3:30
TAPCO-Post 4, 23555 Euclid, 3rd shift... 9:00
TWENTY-FOUR HOUR-13216 Detroit, Church of the Ascension... 8:30
Training meeting 1st Wed. each month, WARRENSVILLE-Women's House Cor. 7:30
WOMEN'S-East Side-Cleveland Unitarian Society, Euclid and E. 82nd St... 8:30
WOMEN'S-Lorain County-St. Anthony's School Hall, E. Erie & Kansas (R.2 or 6)... 8:30
ASHTABULA COUNTY MEN, Conneaut, O., B. of L.E. Hall, Whitney Block, Main St... 8:30
BEDFORD, O.-Y.M.C.A., Tarbell Ave... 8:30
ELYRIA, O.-St. Mary's Church, Middle and Fourth... 8:30

THURSDAY

ALAN-1820 East 79th St... 8:30
ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Ave... 8:30
ANGLE-St. Malachi's Church, 2549 Washington Ave... 8:30
BROADWAY-55th-Our Lady of Lourdes School Hall... 8:30
COVENTRY-Fairmount Presby. Church, Scarborough and Fairmount Blvd... 8:30
CRILE HOSPITAL-Library... 8:00
EDDY ROAD-Glenville Congregational Church, Eddy and St. Clair... 8:30
HAWTHORNDEN STATE HOSPITAL Macedonia, O. Basement of New Employees' Bldg. 8:00
OUTHWAITE-Woodland Center, 7100 Kinsman Ave... 8:30
ROCKY RIVER-Rockport Methodist Church, 3310 Wooster Rd... 8:30
WEST SIDE-7403 Denison Ave... 10:30 A.M.
AMHERST-St. Peter's Ev. & Ref. Church, Church St., North Amherst, O... 9:00
RERA-Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland... 8:30
EAST LAKE-Bethel Lutheran Church, 32400 Vine St... 8:30
HARBOR-THURSDAY-Ashtabula, O., 1147 West Fifth Street... 8:30
INDEPENDENCE, O.-St. John's Lutheran Hall, Second and Sunset... 9:00
PAINESVILLE, O.-33 N. State, 3rd fl... 8:30

FRIDAY

ANSEL ROAD-St. Thomas Church, 9205 Superior Ave... 9:00
BROADWAY-HARVARD-8437 Broadway 8:30
CEDAR-Salvation Army, 5005 Euclid... 8:15
FRIDAY AFTERNOON WOMEN-Plymouth Church, Coventry and Drexmore, Krumbine Room... 1:00
FRIDAY NITE DISCUSSION Jordan Hall, Charity Hospital... 8:30
GORDON SQUARE-St. Helena's Hall, 1367 W. 65th St... 8:30
LEE ROAD-13240 Euclid Ave... 9:00
NON-ALCOHOLIC SPOUSES-Rosary Hall, Charity Hospital... 8:30
NORTH EAST-St. Agatha's Church Hall, 1269 Lakeview Rd... 8:30
ROSARY HALL-Jordan Hall Charity Nurses Auditorium... 8:30
STELLA MARIS (Men) 1320 Washington Ave... 8:15
WESTSIDE YOUNG PEOPLE-St. Luke's Hall, Bunts and Clifton... 9:00

AVON LAKE-Congregational Church, Lake Road, Stop 55 1/2... 8:30
BEREA-Social room of Berea Cong. Church, Seminary and Church... 8:30
CHAGRIN FALLS, O.-America" Legion, E. Orange St... 8:30
CHARDON, O.-Thrasher House, Water St., Chardon, O... 8:30
CONNEAUT, O.-B. of L. E. Hall... 8:30
EUCLID, O.-Holy Cross Church, E. 200th and Lake Shore Blvd... 8:30
MENTOR, O.-Mentor Methodist Church 8:30
WEST RICHFIELD-Consolidated Church, Route 303, just west of Route 21... 8:30
WICKLIFFE-Lady of Mt. Carmel Hall, Euclid at E. 296th St... 8:30

SATURDAY

BROADWAY-CABLE-St. John's Lutheran Church, Cable at Broadway... 8:30
CATHEDRAL-(Stag) St. John's Cathedral, E. 9th and Superior... 8:30
GLENVILLE-10421 St. Clair Ave... 9:00
LAKEWOOD-Sat. Nite-Redemptorist, Andrew, "ear Detroit... 8:30
LEAGUE PARK-St. Agnes School Hall, East 79th and Euclid Ave... 9:00
LIBERTY-13240 Euclid Ave... 9:00
MAPLE HTS.-Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd... 8:30
MATT TALBOT-St. Philip Neri Church, E. 82nd and St. Clair... 8:30
MEMPHIS-K. of P. Hall, 3316 Broadview, East of Pearl Rd... 9:00
PARMA-Public Library, 5850 Ridge Rd... 8:30
PLAINS-Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd... 8:30
REDWOOD-Euclid Lutheran Church, E. 260th and Oriole... 8:30
SHILOH-Bethel A. M. E. Church, 15021 Shiloh Road... 8:30
TRINITY-Trinity Evangelical Church, 3525 W. 25th St... 8:30
VALLEY VIEW-Community Center, West 7th and Starkweather... 8:30
8005 GROU-P-8005 Lorain Ave... 8:30
ASHTABULA, O.-St. Peter's Episc. Church, Main Avenue at South Park... 8:30
ELYRIA, O.-St. Andrew's Episcopal Church, Middle and Third... 8:00
SOLON, O.-St. Rita's Church basement... 9:00

SUNDAY

ALL-AMERICAN Sportsmen... 1142 Buhrer 1st Sunday each month... 4:00
BROOKSIDE-Blessed Sacrament Church, Storer and Fulton (downstairs)... 8:30
C. A. C. DISCUSSION-C. A. C. clubrooms, 7809 Euclid Avenue... 10:45 A.M.
COLLINWOOD-14709 St. Clair Ave... 7:30
DETROIT-Mixed-8023 Detroit Ave... 8:00
Greater Cleve. Young People (Consolidated) Cathedral Hall-First Sunday each month... 2:00
LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair... 8:30
LORAIN COUNTY CONSOLIDATED-First Sunday of each month, Alconon Club, 345 E. Broad St., Elyria... 7:30
MARVIMOUNT-2nd Sunday in month, Cafeteria, McCracken and Henry... 2:30
MISTLETOE-St. Thomas Church, 6205 Superior Ave... 7:00
NEWBURGH-St. Catherine's Church, 3443 E. 93rd St... 8:30
OUTHWAITE-7100 Kinsman Ave... 4:00
SABBATH-13240 Euclid Ave... 3:00
STRONGSVILLE-Royal Haven Farm, Royalton Road, Strongville, O... 3:00
WEST SIDE DISCUSSION-6409 Detroit Ave... 11:00 A.M.
WARRENSVILLE-Cooley Farms Recreation Room... 10:00 A.M.
GENEVA, O.-Lagrange Hall, Park St., corner of So. Eagle... 7:30
1st TUESDAY EVERY MONTH
CENTRAL COMMITTEE-Hanna Building, Room 370... 8:30
3rd TUESDAY EVERY MONTH
HOSPITAL COMMITTEE-Hanna Building, Room 370... 8:30

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CENTRAL BULLETIN
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NURSING HOMES THAT TREAT ALCOHOLICS

(This listing does not necessarily indicate endorsement or approval)

Alcoholics Abstinence Nursing Home (MW)
Melrose 1-1635 8023 Detroit Ave.
Cleveland Alcoholic Clinic (MW)
Express 1-8998 7809 Euclid Ave.
Elmwood Sanitarium (M)
Kenmore 1-2299 17322 Euclid Ave.
Euclid Rest Haven (MW) Ulster 1-6296
and Mulberry 1-9584, 13240 Euclid Ave.
Farquharson's (M) Tuxedo 5-1882, 6037 Pearl
Pathway (Tyler 1-6698) (MW)...1635 E. 93rd
(M) men only. (W) women only.
(MW) men and women.

TR 1 - STATE ASSEMBLY -
Russ. B. - SPKR
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CENTRAL BULLETIN



Vol. XIII-No. 10 BOX 67 12, CLEVELAND 1, OHIO July 1955
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"GROW A LITTLE BIT"

"* * * grow a little bit."

We liked that idea. It was used in a talk by one of the members in relating how he had recovered from his alcoholic illness.

The idea is fundamental. If we are going to retain our sobriety and get the most out of it, by which I mean become useful citizens and attain that degree of happiness we are entitled to, we must grow a little bit.

First, we have to grow up. Part of our problem was emotional and hung on because, at least in our thinking, we did not heed the admonition to put away childish things. How many of us acted like little boys and girls, not to say spoiled brats! We were the center of the universe and we had all the answers. Our thinking was retarded.

So we had to grow up to have security for our sobriety. Second, we had to grow a little bit more by thinking of others. We learned to do this rather rapidly as far as other alcoholics were concerned. We learned to help them and to show them the way they, too, could obtain their normal balance.

But we had to grow up in relation to people who were not alcoholics—our family, our friends, our coworkers. Perhaps this was not so easy. We had wasted our substance. We had put in our time in deadening ourselves to the realities of the world. Out of our thinking came nothing permanent. The only people who could understand us, who would listen to the gibberish we talked, were other drunks.

Now all that is gone. We can still talk to drunks, but in an entirely different way. At the beginning of our sobriety this has become a new and an important-almost a vital-interest. But we may find it difficult, because of the wasted years, to obtain a common ground with people who are not drunks and do not need our help.

There is an answer. We have to "grow a little bit" in other directions. This was the point of the talk we refer to. This member found an outside interest that permitted him to grow. It does not encroach on the time he devotes to Alcoholics Anonymous and his remarks, we believe, are worthy of consideration by the rest of us.

This man found a means of growing in the Great Books program that the Cleveland Public Library and Western Reserve University conduct through the winter. Meetings are held all over town in your neighborhood. In them you learn about the great ideas, the great writers, the great philosophers of all time. You get a perspective on what and who man is. And unless we view ourselves as some sort of a self-contained organism uninterested in what went before and what goes on now these groups will help us to become whole men.

"If it hadn't been for Great Books," said the member. "I never would have made it. I used to fill my time with cheap and trashy things-music and reading. Now I have an urge to listen to good music and to talk with interest-

(Continued on page two)

THE THIRD LEGACY

We were unable to attend the twentieth anniversary convention in St. Louis on July 1-2-3, to our great regret. We have talked to a number of people who attended this convention and found them all enthusiastic and with a better conception of our AA fellowship.

One of the enthusiasts to whom we spoke had been a rather cynical member before the trip. His mind had been poisoned with suspicion and misinformation by some persons in the area who never have been cooperative with the administration of the program as it began to grow beyond their limited horizons. The factual information he secured at this Conference, together with conversations with many old-timers and district representatives and the later revelation; of the three day meetings convinced him that he had been misled.

Founders Bill and Bob and Bill's staff accomplished wonders in the early and latter stages of AA's growth, exhibiting an astonishing degree of patience, understanding and wisdom which confirmed the need of a man of Bill's stature in the unenviable position he was drafted to hold.

In spite of much abuse, criticism and slander. Bill and his staff maintained their dignity and their steady reliable course in charting the way for the eventual adoption of Traditions after a careful evaluation of the tried and tested efforts of groups in every area.

When Doctor Bob died, Bill was left as the final authority on proper interpretation of what was best for the Fellowship. A selfish, ambitious and self-aggrandizing person would have reveled in this opportunity for personal glory and gain. In fact, Bill was often maliciously accused by character-villifiers of possessing these attributes. Many came to believe these would-be destroyers of this fine, sensitive, exponent and builder of our wonderful philosophy. But Bill never hit back . . . he pitied them.

An ambitious, selfish man would never have dared to initiate the big plan of sharing responsibility by suggesting the adoption of the Traditions and the establishing of the General Service Conference back in 1951. Had Bill sought power and glory, would he have invited the scrutiny of the elect in every quarter of the land? How silly can some critics get?

In St. Louis, this July, a tired Bill asked to be relieved of his great responsibilities and be permitted to retire to semi-activity. He insists we have grown up-that our course is set-that the Fellowship was ready and able to take the responsibilities . . . that the ever-present danger of being without a leader could be eliminated and that a group of trusted, capable trustees would carry on and AA would never falter.

Bill, by his action in St. Louis, proved to be as big in stature as his numberless admirers from everywhere knew him to be. He proved to all that knew him that he was self-less, disdained glorification, seeking always to prove

(Continued on page two)

It would be wiser
to swallow angry
words now, than
be forced to eat
them later.

"GROW A LITTLE BIT"

(Continued from page one)

ing people who have something to say. But 'best of all, for me, was the Great Books program."

Well, there is one answer. We pass it along. If it solved a **problem** for one of the Fellowship it may be of real help to others of us. Certainly it will continue the process that we 'must never abandon-it will help us "to grow a little bit."

WILL SPONSOR

Hey, Mister, what highway is this ?

Good morning, gents. This is U. S. Highway **Barley-corn**. It is a long road-leading to the city of Destruction. But Destruction is quite a way from here.

Let me introduce myself. My name is Sponsor-Will Sponsor. I have traveled this road from end to end, and I know it well. I have been to Destruction, and I don't want any more of it. Down the **road** a piece there is a town called Control, and a few miles on there is another called Uncontrol. They are pretty nice towns, but you will have to watch yourself because the people **there** are very tricky and will get you in a lot of trouble if you are not careful. But if you don't care about going there, you can skip it by taking the first side road to the right. This road leads to Happiness, which is a splendid town. You will find a fine class of people there. They call them Alcoholics Anonymous.

At the end of the **main** street there is a building, and you can **reach** it only by traveling up twelve steps. But I must warn you, if you are not honest with yourself and do not accept the reading on the first step, you will never be able to ascend the other eleven. The machinery of the escalator will not function, and the stair will not move.

In case you are determined, and can honestly accept the first step, the stair will move slowly up until you are at the top. There you will be met by a Guide who will conduct you through four arches-Love, Honesty, Purity, and Unselfishness. You will then be told that God, as we understand Him, is our strength and support, and we must turn over to Him all our problems and have absolute faith that **He** will take care of them. "Providing you do your part," says the Guide, "God will take care of everything else."

The Guide will take you through many strange rooms where you **will** learn many rules and sayings that will be of great help to you as you continue on, so please give him your undivided attention and learn as much as you possibly can. It will help a lot on the **rest** of your trip through the Hall.

I say, if you fellows don't mind, I would like to make the trip with you. I could use **some** good advice today, and besides, I am well versed in the lectures. So if I may, I will show you the way, and who knows, perhaps I will be assigned to you as your Guide, and, God willing, perhaps I can **take** you to Happiness, and from there on to the crown and **glory** of all the cities-Peace of Mind. Then you will have seen the ultimate. . . . Thank you very much, gents, for letting me travel with you. But before we start, what say you-we pause a moment for prayer. . . . Amen. Let's get going, or we may be late.

-Len K., Borton Group

WHY RUN AWAY?

Did you ever have the feeling . . . That you'd like to run away . . . And forget about your troubles . . . For your life-time or a day ? . . . Did you ever do it ? . . . Did you pack your bag and run ? . . . -Did you get where you were going ? . . . Did you find that it was fun ? . . . Or did you at last discover . . . That there is no hiding place . . . Where your troubles -and your worries . . . Do not stare you in the face ? . . . Then perhaps you learned the lesson . . . That your Trials must be met . . . And you cannot just ignore them . . . And pretend that you forget . . . For your problems will not leave you. If you try to become today.

THE THIRD LEGACY

(Continued from page one)

that AA would flourish only if the program was kept simple.

We've always admired and intensely respected Bill. Only a man of **his** stature could have accomplished what he did in our and **your** interest. A lesser man than he would have succumbed to the temptation of power and glory which Bill consistently disdained.

May God grant **him** many years of health and the serenity he richly deserves.

GOOD USE FOR BULLETIN

Many speakers have been using the Central Bulletin to **sorta prime** the pump when they are asked to speak at a meeting. They choose an article from the Bulletin, read it to the audience, enlarge upon it as its applies to their own AA philosophy, agree with the thoughts expressed therein and sometimes disagree.

One such is Fred T. of Brookfield, Ill., who writes that he has used the Bulletin in such manner for the past eleven years. That's what we're here for and we're gratified that we've been helpful.

Maybe some bashful member who **hasn't** yet given a talk can use this idea to get in the swim and on the circuit. There are **some** valuable thoughts unexpressed resting in the minds of many who haven't yet publicly shared their convictions and opinions.

We are certain that it will help solidify their thinking.

GROUP NEWS

Berea Thursday-The group meets with the Rocky River group on Thursday, August 18 at 9 p. m. since its quarters in the Fine Arts Building are unavailable on that night.

Brooklyn-The first three Wednesdays in August will be anniversary nights for three fine Brooklynites. On August 3, Kenny J. will observe his 12th anniversary, the 10th will see founder 'Charlie S. observe his 15th and Bob C. will pass his second on the 17th. Les W., a free lancer will speak on the 24th and Bill C. of Outhwaite on the 31st.

Gordon Square-Speakers scheduled for August are: 5—Bill D. of Trinity; 12—Loren R., Arcade; 19—Herschel H., Parma; 26—Mary G., Arcade.

Memphis—Speakers for August are: 6—Harry D., Edgelake; 13—Bill R., Fairview; 20—Doc K., free lance; 27—Tony S., Ansel Road.

Orchard Grove—Speakers for August are:—1 Clyde H., West Park; 8—Mildred M., West Side Women; 15—Mary F., Westside Women; 22—Joe V., Valley View; 29—Ted R., Valley View.

Rocky River-The group will be host to the Berea Thursday group on August 18 at 9 p. m. Its meeting room is large enough to accommodate many visitors who will be made welcome.

Trinity-Speakers scheduled for August are: 6—Skid S., Newburgh; 13—Leo H., Lorain Monday; 20—Marie J. and Norris M., a mother and daughter combination from Brooklyn; 27—Rex B., Trinity (his 7th anniversary).

Triple A Family-This group composed of non-alcoholic spouses of alcoholics meets every Friday evening in Rosary Hall of Charity Hospital, separately except on the first Friday of each month when they attend the open meeting of **AA's** in the Nurses' Auditorium. Many **problems** which could not be discussed in an AA meeting are discussed and solved in this intense auxiliary group of people. They invite all spouses to attend. The meetings are interesting and clarifying.

West 25th—Speakers scheduled for August are: 1—Jim S., W. 25th; 8—Joe F., Hilltop; 15—Tony M., Hilltop; 22—Tom N., Hilltop; 29—Dick C., Hilltop.

BE A BULLETIN BOOSTER. GET A NEW **SUBSCRIBER**

SECOND TRI-STATE ASSEMBLY CHAUTAQUA INSTITUTE

Chautauqua, New York
August 26, 27, 26, 1955

The second annual Tri-State Assembly will again be held in Norton Hall, Chautauqua, N. Y., on the dates indicated above. Throngs from Ohio, Pennsylvania and New York will gather, as they did last year, to hear the best talent in this territory discuss various aspects of the AA program in a fine atmosphere and in beautiful surroundings.

Following is the program for the three eventful days:

FRIDAY, AUGUST 26 — NORTON HALL — 8:00 P. M.

Subject — **YOUNG PEOPLE IN AA**

Chairman — Robert M., Erie, Pa.

- a. Importance to the Young People of the examples of all AA members Eddie E., Conneaut lake, Pa.
- b. How be to sponsor young people Mildred S., North East, Pa.
- c. Incentives to progress Raymond F., Ford City, Pa.
- d. Young people's groups..... Raymond B., Meadville, Pa.

FRIDAY, AUGUST 26 — NORTON HALL — 9:15 P. M.

Chairman — Ed. P., Oil City, Pa.

Speaker — John McH., Ambridge, Pa.

SATURDAY, AUGUST 27 — NORTON HALL — 10:30 A. M.

Subject — "TRADITIONS"

Chairman — Coy W., Jamestown, N. Y.

- a. Purpose of Traditions Marge C., Buffalo, N. Y.
- b. First Four Traditions Mike N., Williamsville, N. Y.
- c. Traditions 5, 6, 7 and 8. Roland C., Buffalo, N. Y.
- d. Traditions 9, 10, 11 and 12 William S., Wellsville, N. Y.

SATURDAY, AUGUST 27 — NORTON HALL — 1:30 P. M.

Subject — **FAMILY AND AA**

Chairman — Betty Eddy, Jamestown, N. Y.

- a. Should AA be a Family Affair? Helen Bloomquist, Jamestown,
- b. Effect of AA on Children —Margarite Ratter, Buffalo, N. Y.
- c. Anonymity Helen Freberhauser, Warren, Pa.
- d. Growing Up in Family Group Rose M., Niagara Falls, N. Y.

SATURDAY, AUGUST 27 — NORTON HALL — 2:30 P. M.

Subject — **AA MEETINGS**

Chairman — Ed. M., Hornell, N. Y.

- a. Importance of Meetings Thor A., Jamestown, N. Y.
- b. Responsibility of Chairman..... Howard P., Jamestown, N. Y.
- c. Elements which should always be present

Leroy B., Jamestown, N. Y.

- d. Discussion Meetings Tex D., Jamestown, N. Y.

SATURDAY, AUGUST 27 — NORTON HALL — 9:15 P. M.

Chairman — Charles J., Jamestown, N. Y.

Speaker — Russell B., Jamestown, N. Y.

SUNDAY, AUGUST 28 — NORTON HALL — 9:30 A. M.

Subject — **SPIRITUAL SIGNIFICANCE OF AA**

Chairman — Herschel H., Parma, Ohio

- a. The term "Spiritual in AA"..... James T. C., Cleveland, O.
- b. Presentation to new members..... Jack D., Cleveland, O.
- c. Importance of recognition of a Higher Power in relation to our recovery-- William S., Cleveland, O.
- d. The spiritual principles embodied in the 12 steps as a guide to better living Ernest G., Chippewa lake, O.

SUNDAY, AUGUST 28 — NORTON HALL — 2:00 P. M.

Chairman — Harry D., Cleveland, O.

Speaker — Richard (Dick) S., Cleveland, O.

Reservations can be made to "The Tri-State Assembly," Attention Jack G., Box 277, Fairview, Pa. or through the local committeeman, Frank W., secretary of the Northeast (this entitles you to admission to any Chautauqua concert The registration fee is \$1.00; grounds admission is \$2.00 group, 1758 Clarkstone, E. Cleveland 12, (Tel. 1V, 1-5118). or lecture). Hotel accommodations are plentiful, ranging in cost to the quality demanded. Costs are surprisingly low for food and rooms.

We urge you to attend for your own good.

Do you know the difference between a psychotic and a neurotic? A psychotic says two and two is five, and a neurotic says two and two is four, but he is unhappy about it

AA OFFICE REDECORATED

Thanks to a special fund raised by the women groups of Cleveland, the Cleveland AA District Office has been completely and tastily redecorated. You should see for yourself what a grand job our ladies accomplished all by themselves.

VACATION IN CANADA

Eight Cleveland members spent a most enjoyable vacation at Beaver Lodge, the AA camp in Macey's Boy, Port Severn, Ontario. We were one of the eight and reluctantly returned home to write this issue of the Bulletin. Never before have we enjoyed so many belly laughs, such interesting AA discussions, lived with so many congenial people, caught so many fish or suffered so much sunburn. Our nose is still one huge, painful blister.

Fine folks were also there from Buffalo, Toronto, Barrie and Midland. Surely an ideal spot for anyone seeking rest together with healthy excitement.

We still wear the cabbage crown in spite of a few short set-backs by two crafty one day challengers.

Helen Stevenson, the boss of the boss of the camp, suffered several heart attacks before the season opened, but is on her way to recovery at the camp, almost her fine self again.

BORTON BUGLE

The oldest AA group in Cleveland initiated an idea to increase its attendance by issuing a weekly news letter, titled the Borton Bugle. The results have been overwhelmingly gratifying. Interest and attendance has astonished everyone. The editors are Lem K. and Edith B. and their paper has truly been outstanding, breezy, alert and intimate. This group paper can't help but bring its members into a closer knit group of happy workers.

An editorial sample from one of the issues is published in another column.

GIGGLES

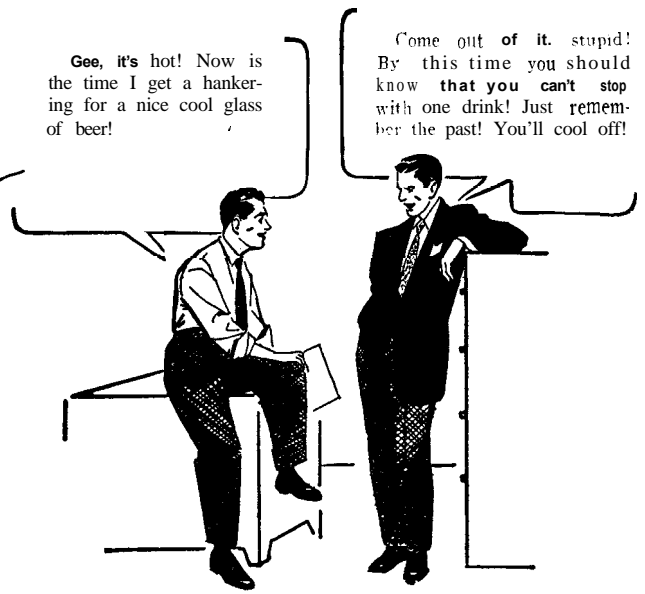
A man fell into a state of coma, but recovered before his friends had buried him. One of them asked what it felt like to be dead.

Man: Dead! I wasn't dead, and I knew I wasn't dead, because my feet were cold, and I was hungry.

Friend: But how did that make you sure?

Man: Well, I knew that if I were in heaven I shouldn't be hungry and if I were in the other place my feet wouldn't be cold.

SAVE SALES TAX STAMPS FOR DOWNTOWN OFFICE



CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON-Westminster Church, Cor. Addison and Wade Park... 8:30
BORTON-E. Cleveland Congrega. Church, Page and Euclid Ave... 8:30
FRIENDLY SUBURBAN-6037 Pearl... 8:00
LAKE SHORE-St. Luke's Parish, Clifton and Bunts Rd... 8:30
LAKEWOOD (Orchard Grove)-1417 St. Charles, nr. Detroit... 8:30
LAKEWOOD MEN'S-St. Peter's Episcopal, W. Clifton and Detroit... 8:30
LEE MONDAY-First Presbyter. Church, East Cleveland, Nela and Euclid... 8:30
LORAIN AVE.-Banater Hall Annex, W. 120th St., at Lorain Ave... 8:30
MARINE HOSPITAL-E. 124 & Fairhill... 7:30
MILES-St. Mary's Episcopal Church, 9721 Romona Boulevard... 8:30
PEARL-Corpus Christi Basement, 4850 Pearl Road... 8:30
SHAKER HEIGHTS-Christ Episcopal Church, 3445 Warrensville Rd... 9:00
SOUTH EAST-7526 Broadway... 8:30
UNION-East View Cong. Church, Kinsman at E. 156th St... 9:00
WEST MONDAY-Above Tend R. Lean Store, 1428 W. 25th at Detroit Ave... 8:30
WEST 25th ST.-Marvel Hall, 2858 W. 25th St... 8:30
WOMEN'S-Westside-West Boulevard Christian Church, Madison and W. 101... 8:45
ELYRIA MEN-St. Agnes Church, Lake Road at Bath St., Elyria, O... 8:30
SHELBY-Congregational Baptist Church, Jacks and Jefferson, Painesville... 8:30
VERMILION-Congregational Church... 8:30
WILLOUGHBY-Presbyterian Church, Willoughby, O... 8:30
TUESDAY
ARCADE-Typographical Union Hall, 1559 East 17th (near Payne Ave)... 9:00
BELVOIR-SS. Margaret and Mary Church, Belvoir and Bluestone... 9:00
BUHRER-1142 Buhrer Ave... 9:00
CHARITY-Last Tuesday of each month-Cafeteria... 9:00
CLARK-1917 Clark Ave... 8:30
EAGLE TRAINING-Salvation Army, E. 9th and Eagle... 8:00
EDGE LAKE-1417 St. Charles Ave., Dinner at 7:00 p. r. Meeting at EUCLID-WADE-Calvary Presbyterian Church, E. 79th and Euclid Ave... 9:00
FAIRMOUNT-St. Paul's Episcopal, Fairmount and Coventry... 9:00
FAIRVIEW PARK-Fair & Grace Church, W. 224th and Lorain Ave... 8:30
HILLCREST-St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid... 9:00
HILLTOP-St. Joseph's Seminary, 17608 Euclid Ave... 7:45
MILES-LEE-Mt. Hope Lutheran Church, E. 164th. north of Miles Ave... 8:30
NEW HOPE-Women-Ward's Convalescing Home, E. 71st and Cedar... 8:30
SMITH-WILSON-Nativity School, 9510 Aetna Road... 8:30
SUPERIOR-North Presbyterian Church, E. 40th and Superior... 9:00
TAPCO-Post 4, 23555 Euclid, 2nd shift... 1:00
TRADITIONS-Community Church of Brooklyn, 8720 Memphis Ave... 9:00
WEST PARK-West Park Baptist Church, W. 152nd and Lorain... 8:30
LORAIN, O.-St. Stanislaus School, 28th St. and Elyria Ave... 8:30
MEDINA, O.-St. Paul's Epis. Par.Hse. 8:30
PAINESVILLE, O.-Stag. 33 N. State St 8:30
STRONGSVILLE-Tuesday-Town Hall 9:00
WEDNESDAY
ALCOLA-6409 Detroit Ave... 9:00
ALL-AMERICAN Sportsmen, 1142 Buhrer, 3rd Wednesday each month... 8:30
BAXTER AVE.-6527 Baxter Ave... 8:30
BROOKLYN-K. of P. Hall, 3316 Broadview, East of Pearl Rd... 8:30
C. E. I.-Illuminating Co., Room 335-Rear Building... 8:30
COLLINWOOD-14709 St. Clair Ave... 8:30

DENISON MEN-7403 Denison Ave., (first Wednesday, joint meeting)... 8:30
DOAN MEN'S-2028 E. 105th St., 2nd floor, side entrance... 8:45
EAST SIDE MORNING-2028 East 105th St... 10:30 A.M.
8801 SUPERIOR-8801 Superior... 8:30
GARFIELD HEIGHTS-Trinity Baptist, E. 94th and Garfield Blvd... 8:30
LAKEWOOD WOMEN-United Presby. Church, 12601 Detroit Ave... 8:30
LEE ROAD-First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd... 8:30
LORAIN AVE.-St. Ignatius Hall, 10205 Lorain Ave. (rear entry)... 9:00
NORWOOD-St. Vitus School, 6105 Glass Ave... 8:30
S.T. JAMES Mard's Convalescing Home, E. 71st and Cedar Ave... 8:15
ST. MARY-400 North S., Chardon, O... 9:00
TAPCO-Post 4, 23555 Euclid, 1st shift... 3:30
TAPCO-Post 4, 23555 Euclid, 3rd shift... 9:00
TWENTY-FOUR HOUR-13216 Detroit, Church of the Ascension... 8:30
Training meeting 1st Wed. each month.
WARRENSVILLE-Women's House Cor. 7:30
WOMEN'S-East Side-Cleveland Unitarian Society, Euclid and E. 82nd St... 8:30
WOMEN'S--Lorain County-St. Anthony's School Hall, E. Erie & Kansas (R.2 or 6)... 8:30
ASHTABULA COUNTY MEN, Conneaut, O., B. of L.E. Hall, Whitney Block, Main St... 8:30
BEDFORD, O.-Y.M.C.A., Tarbell Ave... 8:30
ELYRIA, O.-St. Mary's Church, Middle and Fourth... 8:30

THURSDAY

ALAN-1820 East 79th St... 8:30
ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Ave... 8:30
ANGLE-St. Malachi's Church, 2549 Washington Ave... 8:30
BROADWAY-55th-Our Lady of Lourdes School Hall... 8:30
COVENTRY-Fairmount Presby. Church, Scarborough and Fairmount Blvd... 8:30
CRILE HOSPITAL-Library... 8:00
FDDY ROAD-Glenville Cnogrational Church, Eddy and St. Clair... 8:30
HAWTHORNDEN STATE HOSPITAL Macedonia, O., Basement of New Employees Bldg... 8:00
OUTHWAITE-Woodland Center, 7100 Kinsman Ave... 8:30
ROCKY RIVER-Rockport Methodist Church, 3310 Wooster Road... 9:00
WEST SIDE-7403 Denison Ave... 10:30 A.M.
AMHERST-St. Peter's Ev. & Ref. Church, Church St., North Amherst, O... 9:00
BEREA-Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland... 8:30
FAST LAKE-Bethel Lutheran Church, 32400 Vine St... 8:30
HARBOR THURSDAY-Ashtabula, O., 1147 West Fifth Street... 8:30
INDEPENDENCE, O.-St. John's Lutheran Hall, Second and Sunset... 9:00
PAINESVILLE, O.-33 N. State, 3rd fl... 8:30

FRIDAY

ANSEL ROAD-St. Thomas Church, 9205 Superior Ave... 9:00
BROADWAY-HARVARD-8437 Broadway 8:30
CEDAR-Salvation Army, 5005 Euclid... 8:15
FRIDAY AFTERNOON WOMEN-Plymouth Church, Coventry and Drexmore, Krumbine Room... 1:00
FRIDAY NITE DISCUSSION Jordan Hall, Charity Hospital... 8:30
GORDON SQUARE-St. Helena's Hall, 1367 W. 65th St... 8:30
LEE ROAD-American Legion Hall, Post 163, 15544 Euclid Ave... 9:00
TRIPLE A FAMILY GROUP Rosary Hall, Charity Hospital... 8:30
NORTH EAST-St. Agatha's Church Hall, 1269 Lakeview Rd... 8:30
ROSARY HALL-Jordan Hall Charity Nurses Auditorium... 8:30
STELLA MARIS (Men) 1320 Washington Ave... 8:15
WESTSIDE YOUNG PEOPLE-St. Luke's Hall, Bunts and Clifton... 9:00

AVON LAKE-Congregational Church, Lake Road, Stop 55 1/2... 8:30
BEREA-Social room of Berea Cong. Church, Seminary and Church... 8:30
CHAGRIN FALLS, O.-American Legion, E. Orange St... 8:30
CHARDON, O.-Thrasher House, Water St., Chardon, O... 8:30
CONNEAUT, O.-B. of L. E. Hall... 8:30
EUCLID, O.-Holy Cross Church, E. 200th and Lake Shore Blvd... 8:30
MENTOR, O.-Mentor Methodist Church... 8:30
WEST RICHFIELD-Consolidated Church, Route 303, just west of Route 21... 8:30
WICKLIFFE-Lady of Mt. Carmel Hall, Euclid at E. 296th St... 8:30

SATURDAY

BROADWAY-CABLE-St. John's Lutheran Church, Cable at Broadway... 8:30
CATHEDRAL-(Stag) St. John's Cathedral, E. 9th and Superior... 8:30
GLENVILLE-10421 St. Clair Ave... 9:00
LAKEWOOD-Sat. Nit-Redeemer Hall, Andrews, near Detroit... 8:30
LEAGUE PARK-St. Agnes School Hall, East 79th and Euclid Ave... 9:00
LIBERTY-13240 Euclid Ave... 9:00
MAPLE HTS.-Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd... 8:30
MATT TALBOT-St. Philip Neri Church, E. 82nd and St. Clair... 8:30
MEMPHIS-K. of P. Hall, 3316 Broadview, East of Pearl Rd... 9:00
PARMA-Public Library, 5850 Ridge Rd... 8:30
PLAINS-Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd... 8:30
REDWOOD-Euclid Lutheran Church, E. 260th and Oriole... 8:30
SHILOH-Bethel A. M. E. Church, 15021 Shiloh Road... 8:30
TRINITY-Trinity Evangelical Church, 3525 W. 25th St... 8:30
VALLEY VIEW-Community Center, West 7th and Starkweather... 8:30
8005 GROUP-8005 Lorain Ave... 8:30
ASHTABULA, O.-St. Peter's Epis. Church, Main Avenue at South Park... 8:30
ELYRIA, O.-St. Andrew's Episcopal Church, Middle and Third... 8:30
SOLOM, O.-St. Rita's Church basement... 9:00

SUNDAY

ALL-AMERICAN Sportsmen... 1142 Buhrer 1st Sunday each month... 4:00
BROOKSIDE-Blessed Sacrament Church, Storer and Fulton (down stairs)... 8:30
C. A. C. DISCUSSION-C. A. C. clubrooms, 7809 Euclid Avenue... 10:45 A.M.
COLLINWOOD-14709 St. Clair Ave... 7:30
DETROIT-Mixed-8023 Detroit Ave... 8:00
Greater Cleve. Young People (Consolidated) Cathedral Hall-First Sunday each month... 2:00
LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair... 8:30
LORAIN COUNTY CONSOLIDATED-First Sunday of each month, Alconon Club, 345 E. Broad St., Elyria... 7:30
MARYMOUNT-2nd Sunday in month, Cafeteria, McCracken and Henry... 2:30
MISTLETOE-St. Thomas Church, 9205 Superior Ave... 1:00
NEWBURGH-St. Catherine's Church, 3443 E. 93rd St... 8:30
OUTHWAITE-7100 Kinsman Ave... 4:00
SABBATH-13240 Euclid Ave... 3:00
STRONGSVILLE-Royal Haven Farm, Royalton Road, Strongsville, O... 3:00
WEST SIDE DISCUSSION-6409 Detroit Ave... 11:00 A.M.
WARRENSVILLE-Cooley Farms Recreation Room... 10:00 A.M.
GENEVA, O.-Legion Hall, Park St., corner of So. Eagle... 7:30
1st TUESDAY EVERY MONTH CENTRAL COMMITTEE-Hanna Building, Room 370... 8:30
3rd TUESDAY EVERY MONTH HOSPITAL COMMITTEE-Hanna Building, Room 370... 8:30

Subscription Blank for Central Bulletin

CENTRAL BULLETIN
Box 6712, Cleveland 1, Ohio

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NURSING HOMES THAT TREAT ALCOHOLICS

(This listing does not necessarily indicate endorsement or approval)

- Alcoholics Abstinence Nursing Home (MW)
MEIrose 1-1633... 8023 Detroit Ave.
Cleveland Alcoholic Clinic (MW)
Express 1-8998... 7809 Euclid Ave.
Elmwood Sanitarium (M)
KENmore 1-2299... 17322 Euclid Ave.
Euclid Rest Haven (MW) ULster 1-6296
and Mulberry 1-9584, 13240 Euclid Ave.
Farquharson's (M) TUxedo 5-1882... 6037 Purl
Pathway (Tyler 1-6698) (MW)... 1635 E. 93rd
(M) men only. (W) women only. (MW) men and women.

CENTRAL BULLETIN

IN SELFISHNESS • HONESTY
PURITY • LOVE
A.A.

Vol. XIII-No. 11

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August 1955

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TEN CENTS PER COPY

YOU

What has happened to the Fourth and the Fifth Steps? The short answer is that we are afraid of them. They are more forbidding to our minds than the allegedly difficult first when "we admitted that we were powerless over alcohol . . ." To practice the Fourth and Fifth we have to admit that we are not quite the important individuals we have thought ourselves to be. We must look sharply at ourselves.

Let us recall them:

"4. Made a searching and fearless moral inventory of ourselves.

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

We are afraid of these steps because they concern us, the us we want to keep covered up, the wrong ego that is still insulated by a veneer of that old, old, alcoholic false pride. This attitude is a residue of our thinking in pre-sober days that there is nothing wrong with us. We all know the mental defenses: "Not me. Anyway, mind your own business."

That anyone should entertain the notion that there was something amiss in us generated resentment. We rationalized our injured pride by assuming that the innate dignity of man was being outrageously assaulted by the mere suggestion. We coddled this crazy ego as though our lives depended on its unimpaired preservation. Many of us still do. That's why the Fourth and Fifth Steps are so often left on the shelf in our working of the program.

There is nothing wrong with ego. We'll never get away from it. But the ego we are so anxious to preserve is too often that phoney regard for self which is the culmination of years of alcoholic thinking. It should be discarded. We should lose our fear of examining it and all the extraneous matter—our faults of character—that it has accumulated through the period of abuse from which we have so fortunately emerged. This moth-eaten ego is not the real you.

No one has put the ease for the real ego better than the late Joshua Loth Leibman in his book, "Peace of Mind." The first paragraph of his chapter on "Love Thyself Properly" is worth pondering:

"It is a striking irony that while religion is often quite analytical and subtle in its understanding of a man's obligation to others, it is quaintly naive about his obligation to himself. It assumes that men need not be taught in detail exactly how they should act to one another, but these same men are supposed to be innately wise or spontaneously intelligent about the way they should treat themselves. Herein lies one of the supreme fallacies of religion and ethics."

By no means does Leibman discount the necessity of proper action of man toward his fellows. Quite the contrary. He emphasizes it by maintaining that unless a man can cultivate his real self, can carry out a moral inventory and take specific steps to improve his character

(Continued on page two)

BAD DAYS

"Prepare yourself for the bad days—they're bound to come." The speaker who offered this advice at a recent meeting we attended spoke from personal experience. Her "bad days" lasted several months and came after eleven years of extremely active and effective work in AA.

No one, even she herself, could understand her complete loss of interest in AA, her devoted husband, her many friends and in her home.

Fortunately she found herself in time, though those months were bewildering and frightening to herself and to those who had faith in her and loved her and who prayed for her return.

For eleven years she attended meetings regularly, listened attentively, discussed intelligently and was a solid authority on the best traditions of the fellowship. Her standards were always on a high plane. Her opinions were respected and her advice was followed. Many people are sober today because of her interest in them.

What caused these "bad days?" She doesn't know! But she does know that the daily plan of living which she learned in AA and which she subscribed to happily and recommended to others was the key to her ultimate return.

She didn't seek the answer to her problem in alcohol. Though she avoided her AA associations, sought solitude and communicated with no-one, the daily program to which she had regimented herself, kept her out of mischief and brought her back to her family and to renewed AA activity—more matured and possessed with greater understanding and compas-

sion for others.

Her story was simply told but made a profound impression on her audience which was reflected in the comments that followed her talk. Several indicated that they, too, had had similar emotional disturbances but had turned to the bottle instead of withdrawing into solitude as she had done.

Regular attendance and whole-hearted enthusiastic participation in the group activities, lending sympathetic ears and heart to the newcomer, doggedly following the Daily Plan and absolute, unwavering faith in God's providence was her final advice.

This fearful bout couldn't have been weathered by this fine lady but for earlier devotion to the principles of AA. Are you properly conditioned?

TRI-STATE CONFERENCE

The second annual Tri-State AA Conference will be held in Chautauqua Park, N. Y., on Friday, Saturday and Sunday, August 26-28. The interesting program prepared by the Conference will attract over 500 people from Ohio, Pennsylvania and New York.

Registration is \$1.00 per person. Entrance to the Park is \$2.00 per person. Rooms at varying rates can be secured by registering at Norton Hall, the headquarters. Meals to satisfy pocketbook are easily available.

YOU

(Continued from page one)

and his personality, he cannot be of much use to other people.

This is precisely the point that was recognized by the founders of A. A. when they inserted Steps Four and Five in the list. The importance of them was underscored when in Step Ten they said: "Continued to take personal inventory and when we were wrong promptly admitted it."

We have often said, most of us, that in our drinking days we were afraid of our wives, our families, our acquaintances and our boss. What we feared was their opinion of us. But this is a dodge. What we feared and sometimes still do is ourselves. So we have to face ourselves bluntly and honestly. Otherwise the old ego will continue to fester inside us. We will entertain reservations and more reservations. And these will smother the real personality striving to come out and express itself not only in A. A. but in all our activities.

MEDICAL MEN COOPERATIVE

Through the ages many attempts have been made to explain why man drinks intoxicating beverages to excess. Perhaps the most common reason we hear is that drinking helps him to adjust himself to everyday problems. Drinking seems to give the individual a feeling of courage and superiority. Many people lack these qualities when sober, and realize their inadequacies. To combat alcoholism we must deal with the basic, rather than the moral principles, we must come to know how to overcome the great temptation to escape our daily problems. We must learn to achieve self understanding and faith in our capabilities and limitations. It can give us moral courage, tolerance and understanding, it gives us the serenity to accept the things we cannot change, courage to change that which we can and wisdom to know the difference.

A few years ago alcoholics were one of the most tragic, frustrating problems known in the medical world. Beyond sobering them up, quieting their nerves and urging them to go on the wagon, the doctors had nothing to offer, no treatment could curb the mysterious compulsion that caused the sober alcoholic to take that one forbidden drink that would begin the horrible cycle all over again.

Today this dismal picture has changed. Quite a number of conscientious doctors of today look upon alcoholism as a treatable disease—although a cure (in the sense of restoring the alcoholic to a normal procedure) is impossible.

There should be no such thing today as a hopeless alcoholic and the person who joins AA stands the best chance for achieving permanent sobriety. Many doctors claim that a person needs no further psychiatric help.

In the first 12 steps we admitted we were powerless over alcohol and our lives had become unmanageable and this is the most vital factor which medical men consider necessary for successful treatment. The alcoholics must admit that he cannot drink. He must quit struggling around with alcohol in any shape or form. Being human, having a highly developed brain and nervous system we must therefore learn to think intelligently.

The spiritual side of AA helps the alcoholic it gives him the substance in the time of crisis. Our belief in AA becomes a powerful motive to righteousness, and its essential is real reverence, and its aims harmony and adjustment; harmony with the Supreme Power; in values, righteousness of conduct. We know from our own past history how hard it is to compel men to do right. But it is love, rather than fear, that is most effective.

The motive of loyalty makes the most powerful appeal to men. That is one reason why AA has such a strong appeal. It urges loyalty to yourself, your family and society as a whole, by practicing these principles in all of our affairs. So, live today the AA way.

—Alconaire, via The Brighter Side, Waterloo, Iowa

BILL'S ANSWER

We have received quite a few letters commenting on our last month's editorial "The Third Legacy." One states that "it took some editorial courage and that he hopes and prays it will help strengthen the over-all movement."

We are glad that others recognize that this program is bigger than any one man. We have finally matured in our concepts and have grown into adults. We need no "head man." We, by nature, have always rebelled against any regimentation. We have, however, learned that we cannot rebel against God as we understand Him and having been given an opportunity, through A.A. to live an intelligent way of life, if we follow it, and that our only "head man" need be our God.

We received a fine letter from Bill. He has given permission to publish it. It follows:

"I was more moved than I can say by the receipt of your letter of August 2nd, together with the Central Bulletin for July. If your generous editorial is accepted in the spirit in which it was written, I think it can prove to be one of the finest forces for unity that has been set afloat in a long time. For this prospect, I am ever so grateful, Harry.

I do feel, though, that the editorial was a little over-hard on my critics and that it did rather over-rate my New York friends and me.

"Misunderstanding in Cleveland was primarily due, I firmly believe, to simple lack of information about the New York Foundation and what it was trying to do. I am very sure that even our best friends often doubted the desirability of the Foundation and wondered whether it might not lead us into over-organization, plus a ballooning and self-serving bureaucracy. In think these were legitimate fears, and they did, at certain times, have a degree of justification. I must confess that my friends and I down here some times fell under the temptation to do much worse than we actually did. Therefore, the criticism that came from out West, both reasonable and unreasonable, did actually do much to keep us in perspective and balance. So my genuine thanks are due my critics quite as much as they are to you people who are now trying to set the perspective straight. Now surrounded by an elected Conference of mighty fine A.A.'s, none of us at New York in future time could possibly succumb to any serious temptation of this sort. The movement at last is in good and permanent hands. It is safe now—even from me. I deeply believe this and my happiness knows no bounds that you good folks out there now realize that this is true.

"Nor shall we at New York, or any of us in A.A. elsewhere, ever forget that in Cleveland the demonstration was first made that we could grow to great size quickly and that the key to all this was adequate personal sponsorship. This demonstration in your good town properly set the stage for the prodigious growth of A.A. throughout the world. You folks made a needed and crucial demonstration in our pioneering time. So here let me record my gratitude, on behalf of A. A.'s whole Fellowship, to each and every one of you at Cleveland.

"May God speed you all!

Devotedly, "Bill."

STRAIGHT STUFF

Suppose a fellow were to walk up to a bar and say, to the bartender, "Give me a Scotch and Soda and leave the Scotch out of it." Would you say that he was just a little balmy? Suppose this same fellow were to stand there and drink five or six such drinks, with the expressed purpose of getting drunk. Would you say, perhaps, that he was nuts? Isn't it just as stupid to try to work the AA program by leaving out the spiritual side? Remove the spirituality from the AA program, and you have something just as weak and impotent as a Scotch and Soda, without the Scotch.

—Lainett News, via Chit Chat

GROUP NEWS

Barton-Two outstanding meetings are scheduled for September, to which everyone is invited. On the 5th (Labor Day), Harry S., long extremely active in Cleveland and now a resident of Fairborn, Ohio, will observe his fifteenth anniversary of absolute sobriety. On the 26th, a panel of capable women will discuss "A woman looks at AA." It promises to be a highly interesting meeting.

Brooklyn-Speakers scheduled for September include: 7—Roy A., Brooklyn (his 9th anniversary); 4—Tony T., Brooklyn (his 6th anniversary); 21—"Hank" S., Doan Men; 28—Norman Y., Canton, O.

Detroit Mixed-Speakers for September are: 4—Jerry R., Westside Women; 11—Spencer I., Lee Wednesday; 18—Dick W., Thursday Morning; 25—Wally L., Lakewood Satnite.

Lake Shore-The 15th anniversary of the group will be observed on Monday, September 12 at St. Luke's Hall, Clifton Road and Bunts Road. Don S., also observing his 15th anniversary, will be the speaker for the occasion.

Orchard Grove-Speakers for September are: 5—Question and Answer Night; 12—No meeting. The group will attend Lake Shore's Anniversary meeting; 19—Eddie B., Lorain-Monday; 26—Bob S., Lorain-Monday.

Trinity-Speakers for September include: 3—Jim B., Lee Thursday; 10—Henry W., Euclid-Wade; 17—Ann C., Niles, O.; 24—Dr. York P., Fairmount.

League Park-Observes its seventh anniversary on Saturday, September 10, at 8:30 p. m. Speaker will be Judge Jim C. and M.C. will be genial Joseph S. of League Park. Everyone is welcome.

G I G G L E S

Three men were sitting on a park bench. The man in the middle was sitting quietly, as though asleep, while the men on the other side of him were going through the motions of fishing. With deadly seriousness they would cast, jerk their lines gently, then swiftly wind imaginary reels.

This had been going on for some time when a policeman sauntered over, shook the man in the middle awake and demanded:

"Are these two nuts friends of yours?"

"Yes, officer," said the man.

"Well, get them out of here, then."

"Right away, officer," said the man as he began rowing vigorously.

Two girls were discussing their marriage prospects. "I understand your boy friend will graduate from law school next month. I suppose you'll get married then?" "Oh no, not right away," answered the other. "I want him to practice, about a year first."

An insult is like mud; one thing most of us learn is that mud will brush off a lot more easily when it is dry. -Two Tidbits swiped from the Better Side, Waterloo, Ia.

Husband: Where in heaven's name does all that grocery money go that I give you?

Wife: Stand **sidewise** and look in the mirror.

Leaning up against the lamp post, a potential candidate for AA looked with surprise at the length of rope he was holding in his hand.

"This means," he said to himself, "either that I've found a rope or lost a horse!"

THE NEW BIG BOOK

Have you had a look at the new "Big Book," titled "Alcoholics Anonymous"? If you haven't, we recommend that you do so. And we also recommend that you be prepared to place an order for it quickly, for you'll surely want one.

While the context of the book remains the same, many new experiences have been added and these truly round out the over-all picture of what AA has accomplished in varied examples.

The new book costs \$4.50 and is worth twice that sum. To many who need it, it could be worth a fortune.

BOWLING

The Westside Bowling leagues are getting organized and will soon start their competition. Bob W., the capable, hard working secretary of the two leagues, informs us that the 9:30 shift (Friday) has openings for three more teams. Any group interested should call Bob at WO. 1-6832 as soon as possible. They start on September 9.

A mixed bowling league has been formed to bowl on Sunday afternoons at the same alleys-Bowlmor Recreation, 15330 Detroit Ave., Lakewood. There are openings for several couples. Call Arlene C. at OL. 1-3590 for further information.

Happiness is the greatest paradox in nature. It can be grown in any soil, live under any conditions and it defies environment. The reason for this is because it does not come from without but from within. Whenever we see a person seeking happiness outside of himself, you can be sure he hasn't found it. -Chit Chat, Robesonia, Pa.

One married man: I'm very happy-I have a wonderful home, a good job, and the finest wife in the country. Another man: Who wouldn't be happy with his wife in the country.

Trusty: I'll do everything I can, Warden.

Warden: Well, don't put yourself out.

Kit: My fiance has been telling everybody he is going to marry the most beautiful girl in the world.

Kat: Oh, what a shame, and after all the time you've been going with him!"

Going to the beach is like going to the attic-you are surprised at what you will find in the trunks.



CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON-Westminster Church, Addison and Wade Park 8:30
BORTON-E. Cleveland Congrega. Church, Page and Euclid Ave. 8:30
FRIENDLY SUBURBAN-6037 Pearl 8:00
LAKE SHORE-St. Luke's Parish, Clifton and Bunts Rd. 8:30
LAKEWOOD (Orchard Grove)-1417 St. Charles, nr. Detroit. 8:30
LAKEWOOD MEN'S-St. Peter's Episcopal, W. Clifton and Detroit 8:30
LEE MONDAY-First Presbyter. Church, East Cleveland, Nela and Euclid. 8:30
LORAIN AVE.-Banater Hall Annex, W. 120th St., at Lorain Ave. 8:30
MARINE HOSPITAGE, 124 & Fairhill. 7:30
MILES-St. Mary's Episcopal Church, 9721 Romona Boulevard 8:30
PEARL-Corpus Christi Basement, 4850 Pearl Road 8:30
SHAKER HEIGHTS-Christ Episcopal Church, 3445 Warrensville Rd. 9:00
SOUTH EAST-7526 Broadway 8:30
IJJION-East View Cong. Church, Kinsman at E. 156th St. 9:00
WEST MONDAY-Above Tend R. Lean Store, 1428 W. 25th at Detroit Ave. 8:30
WEST 25th ST.-Marvel Hall, 2858 W. 25th St. 8:30
WOMEN'S-Westside-West Boulevard Christian Church, Madison and W. 101.8:45
ELYRIA MEN-St. Agnes Church, Lake Road at Bath St., Elyria, O. 8:30
SHELBY-Congregational Baptist Church, Jackson and Jefferson, Painesville. 8:30
VERMILION-Congregational Church 8:30
WILLOUGHBY-Presbyterian Church, Willoughby, O. 8:30

TUESDAY

ARCADE-Typographical Union Hall, 1559 East 17th (near Payne Ave.) 9:00
BELVOIR-SS. Margaret and Mary Church, Belvoir and Bluestone 9:00
BUHRER-1142 Buhrer Ave. 9:00
CHARITY-Last Tuesday of each month 9:00
CAFETERIA 9:00
CLARK-1917 Clark Ave. 8:30
EAGLE TRAINING-Salvation Army, E. 9th and Eagle 8:00
EDGE LAKE-St. Charles Ave., Dinner at 7:00 p. m. Meeting at 8:30
EUCLID-WADE-Calvary Presbyterian Church, E. 79th and Euclid Ave. 9:00
FAIRMOUNT-St. Paul's Episcopal, Fairmount and Coventry 9:00
FAIRVIEW PARK-Fairview Grace Church, W. 224th and Lorain Ave. 8:30
HILLCREST-St. Margaret Mary School? Room 101, Bluestone & Belvoir, S. Euclid. 9:00
HILLTOP-St. Joseph's Seminary, 17608 Euclid Ave. 8:45
MILES-LEE-Mt. Hope Lutheran Church, E. 164th, north of Miles Ave. 8:30
NEW HOPE-Women-Ward's Convalescing Home, E. 71st and Cedar 8:30
SMITH-WILSON-Nativity School, 9510 Aetna Road 8:30
SUPERIOR-North Presbyterian Church, E. 40th and Superior 9:00
TAPCO-Post 4, 23555 Euclid, 2nd shift. 1:00
TRADITIONS-Community Church of Brooklyn, 8720 Memphis Ave. 9:00
WEST PARK-West Park Baptist Church, W. 152nd and Lorain 8:30
LORAIN, O.-St. Stanislaus School, 28th St. and Elyria Ave. 8:30
MEDINA, O.-St. Paul's Epis. Par.Hse. 8:30
PAINESVILLE, O.-Stag. 33 N. State St. 8:30
STRONGSVILLE-Tuesday-Town Hall. 9:00

WEDNESDAY

ALCOLA-6409 Detroit Ave. 9:00
ALL-AMERICAN Sportsmen, 1142 Buhrer, 3rd Wednesday each month 8:30
BAXTER AVE.-6527 Baxter Ave. 8:30
BROOKLYN-K. of P. Hall, 3316 Broadview, East of Pearl Rd. 8:30
C. E. I.-Illuminating Co., Room 335-Rear Building 8:30
COLLINWOOD-14709 St. Clair Ave. 8:30

DENISON MEN-7403 Denison Ave., (first Wednesday, joint meeting) 8:30
DOAN MEN'S-2028 E. 105th St., 2nd floor, side entrance 8:45
EAST SIDE MORNING 10:30 A.M.
2028 East 105th St.
8801 SUPERIOR-8801 Superior 8:30
GARFIELD HEIGHTS-Trinity Baptist, E. 94th and Garfield Blvd. 8:30
LAKEWOOD WOMEN-United Presby. Church, 12601 Detroit Ave. 8:30
LEE ROAD-First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd. 8:30
LORAIN AVE.-St. Ignatius Hall, 10205 Lorain Ave. (rear entry) 9:00
NORWOOD-St. Vitus School, 6105 Glass Ave. 8:30
ST. JAMES-Ward's Convalescing Home, E. 71st and Cedar Ave. 8:15
ST. MARY-400 North St., Chardon, O. 9:00
TAPCO-Post 4, 23555 Euclid, 1st shift. 3:30
TAPCO-Post 4, 23555 Euclid, 3rd shift. 9:00
TWENTY-FOUR HOUR-13216 Detroit, Church of the Ascension 8:30
Training meeting 1st Wed. each month, WARRENSVILLE-Women's House Cor. 7:30
WOMEN'S-East Side-Cleveland Unitarian Society, Euclid and E. 82nd St. 8:30
WOMEN'S-Lorain County-St. Anthony's School Hall, E. Erie & Kansas (R.2 or 6) 8:30
ASHTABULA COUNTY MEN, Conneaut, O., B. of L.E. Hall, Whitney Block, Main St. 8:30
REDFORD, O.-Y.M.C.A., Tarbell Ave. 8:30
ELYRIA, O.-St. Mary's Church, Middle and Fourth 8:30

THURSDAY

ATLANTA-1820 East 79th St. 8:30
ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Ave. 8:30
ANGLE-St. Malachi's Church, 2549 Washington Ave. 8:30
BROADWAY-55th-Our Lady of Lourdes School Hall 8:30
COVENTRY-Fairmount Presby. Church, Scarborough and F&mount Blvd. 8:30
CRILE HOSPITAL-Library 8:00
EDDY ROAD-Glenville Cnogrational Church, Eddy and St. Clair 8:30
ILAWTHORNDEN STATE HOSPITAL Macedonia, O., Basement of New Employees Bldg. 8:00
OITHWATTE-Woodland Center, 7100 Kinsman Ave. 8:30
ROCKY RIVER-Rockport Methodist Church, 33 10 Wooster Road 9:00
WEST SIDE-7403 Denison Ave. 10:30 A.M.
AMHERST-St. Peter's Ev. & Ref. Church, Church St., North Amherst, O. 9:00
BEREA-Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland 8:30
EAST LAKE-Bethel Lutheran Church, 32400 Vine St. 8:30
HARBOR THURSDAY-Ashtabula, O., 1147 West Fifth Street 8:30
TNDEPENDENCE, O.-St. John's Lutheran Hall, Second and Sunset 9:00
PAINESVILLE, O.-33 N. State, 3rd fl. 8:30

FRIDAY

ANSEL ROAD-St. Thomas Church, 9205 Superior Ave. 9:00
BROADWAY-HARVARD-8437 Broadway 8:30
CEDAR-Salvation Army, 5005 Euclid. 8:15
FRIDAY AFTERNOON WOMEN-Plymouth Church, Coventry and Drexmore, Krumbine Room 1:00
GORDON SQUARE-St. Helena's Hall, 1367 W. 65th St. 8:30
LEE ROAD-American Legion Hall, Post 163, 15544 Euclid Ave. 9:00
NORTH EAST-St. Agatha's Church Hall, 1269 Lakeview Rd. 8:30
ROSARY HALL-Jordan Hall Charity Nurses Auditorium 8:30
STELLA MARIS (Men) 1320 Washington Ave. 8:15
TRIPLE A FAMILY GROUP Rosary Hall, Charity Hospital 8:30
WESTSIDE YOUNG PEOPLE-St. Luke's Hall, Bunts and Clifton 9:00
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CATHEDRAL-(Stag) St. John's Cathedral, E. 9th and Superior 8:30
GLENVILLE-10421 St. Clair Ave. 9:00
LAKEWOOD-Sat. Nite-Redeemer Hall, Andrews, near Detroit. 8:30
LEAGUE PARK-St. Agnes School Hall, East 79th and Euclid Ave. 9:00
LIBERTY-13240 Euclid Ave. 9:00
MAPLE HTS.-Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT-St. Philip Neri Church, E. 82nd and St. Clair 8:30
MEMPHIS-K. of P. Hall, 3316 Broadview, East of Pearl Rd. 9:00
PARMA-Public Library, 5850 Ridge Rd. 8:30
PLAINS-Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd. 8:30
REDWOOD-Euclid Lutheran Church, E. 260th and Oriole 8:30
SHILOH-Bethel A. M. E. Church, 15021 Shiloh Road 8:30
TRINITY-Trinity Evangelical Church, 3525 W. 25th St. 8:30
VALEY VIEW-Community Center, West 7th and Starkweather 8:30
8005 GROUP-8005 Lorain Ave. 8:30
ASHTABULA, O.-St. Peter's Episc. Church, Main Avenue at South Park 8:30
ELYRIA, O.-St. Andrew's Episcopal Church, Middle and Third 8:30
SOLON, O.-St. Rita's Church basement. 9:00

SUNDAY

ALL-AMERICAN Sportsmen 1142 Buhrer 1st Sunday each month 4:00
BROOKSIDE-Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C. A. C. DISCUSSION-C. A. C. clubrooms, 7809 Euclid Avenue. 10:45 A.M.
COLLINWOOD-14709 St. Clair Ave. 7:30
DETROIT-Mixed-8023 Detroit Ave. 8:00
Greater Cleve. Young People (Consolidated) Cathedral Hall-First Sunday each month. 2:00
LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair 8:30
LORAIN COUNTY CONSOLIDATED-First Sunday of each month. Alconon Club, 345 E. Broad St., Elyria 7:30
MARYMOUNT-2nd Sunday in month. Cafeteria, McCracken and Henry 2:30
MISTLETOE-St. Thomas Church, 9205 Superior Ave. 7:00
NEW BURG-St. Catherine's Church, 3443 E. 93rd St. 8:30
OUTHWAITE-7100 Kinsman Ave. 4:00
SABBATH-13240 Euclid Ave. 3:00
STRONGSVILLE-Royal Haven Farm, Royalton Road, Strongville, O. 3:00
WEST SIDE DISCUSSION-6409 Detroit Ave. 11:00 A.M.
WARRENSVILLE-Cooley Farms Recreation Room 10:00 A.M.
GENEVA, O.-Legion Hall, Park St., corner of 30, Eagle 7:30
1st TUESDAY EVERY MONTH
CENTRAL COMMITTEE-Hanna Building, Room 370 8:30
3rd TUESDAY EVERY MONTH
HOSPITAL COMMITTEE-Hanna Building, Room 370 8:30

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CENTRAL BULLETIN
Box 6712, Cleveland 1, Ohio

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NURSING HOMES THAT TREAT ALCOHOLICS

(This listing does not necessarily indicate endorsement or approval)

Alcoholics Abstinence Nursing Home (MW)
MEIrose 1-1633 8023 Detroit Ave.
Cleveland Alcoholic Clinic (MW)
EXpress 1-8998 7809 Euclid Ave.
Elmwood Sanitarium (M)
KENmore 1-2299 17322 Euclid Ave.
Euclid Rest Haven (MW) ULster 1-6296
and Mulberry 1-9584, 13240 Euclid Ave.
Farquharson's (M) TUxedo 5-1882, 6037 Pearl
Pathway (Tyler 1-6698) (MW) 1635 E. 93rd

(M) men only. (W) women only.
(MW) men and women.

Central Meeting
Sun. Oct. 10th - Moore Hall
John F. C. - Detroit

CENTRAL BULLETIN



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September 1955

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TIME

"Do any human beings ever, ever realize life while they live it?"

This question is asked by Emily, one of the characters in Thornton Wilder's play, "Our Town," after her death. From the world of the spirit she looks back and makes the inquiry about normal human beings. How much sharper the question applies to those of us who are alcoholics.

We alcoholics, while we are active, run away from life. We take refuge from it in time. Life is now. Time is not now, it is not this instant, it is the past and the future.

Time is relative. It is arbitrary. It is man-made. The alcoholic does not recognize this, for he is always trying to retrieve the past or to project himself into some imaginative, glorious, bright future where he will be the hero of every situation and have everything his own way. Both endeavors, sure signs of his illness, are subconscious attempts to escape from the present here and now with its cold reality and its difficult or unpleasant problems.

Long ago Jalal-uddin Rumi, the famous poet of the Sufi, the mystic sect of Islam, colorfully captured this tendency in men when he wrote:

*Past and future veil God from
our sight;
Burn up both of them with fire.
How long*

*Wilt thou be partitioned by these
segments, like a reed?*

As Aldous Huxley observes in his book, "The Perennial Philosophy," the ground of foundation of the universe "is the timeless now of the Divine Spirit." To the Divine Spirit the past and the future are the present. There are no clocks ticking off seconds, minutes, hours for the regulation of the infinite universe. Divisions of time from seconds to years are artificial, a man-made convenience because he lives on a planet that, in a span which he designates as 24 hours, it revolves once on its axis; and in another span called a year it goes around the sun.

Suppose man had called that rotation an hour or four hours, or the revolution around the sun six months or ten years, it would have been the same. It would have born no direct relationship to what Huxley calls the Divine Spirit. Only one thing exists and science has come to this conclusion as well as philosophy and theology—the eternal now.

Thus, we alcoholics, utilizing these arbitrary divisions of time made by man, are endeavoring in our finite way to hide from the eternal now.

Of course we never view this practice as hiding from the Divine Spirit. In our illness we take it as normal, natural way of thinking. We are not even conscious that we are running away. But the truth is we cannot face our fellow men, we cannot face that Higher Power, we cannot face the ups and downs of life, seeking fruitlessly for a dream world that exists nowhere in the universe.

Certainly we should retain memories. We should make plans and entertain hope for the future. We should make past experiences help to build a better now when properly assessed. Hopes help to govern our conduct in the now.

(Continued on page two)

"GOD STUFF"

"Hold your talk down to about a half-hour," advised the secretary of a certain group, "and go easy on that 'God-stuff.' Our members get restless when they get too much of either. They like to be entertained."

We were so shocked and amazed that for a moment we couldn't say anything. Then we took him aside, and controlling our temper as best we could, we pointed out that we had only one message to offer, that we **assumed** the assembled audience was there to hear an AA talk and that most had come to find an answer to their alcoholic problem.

He apologized promptly and finally opened the meeting. Rarely do we time ourselves, but when we finished, exactly 55 minutes had elapsed. Only two wrigglers had left the room. We saw them, as the doors opened to what turned out to be the card room, sitting at a large round table, one of them impatiently shuffling a deck of cards.

What has AA come to in groups such as this? Is AA **being** used just as bait for side shows? From what we learned later, at least twenty more "members" came in 15 minutes after the meeting was **concluded** to sit in at one of at least four tables in the room.

One of the most noticeable characteristics of the alcoholic is that he is an extremist. When he exchanges one evil for another he's not going to find an answer to his problem. In most cases, in our observation, **over-indulgence** in one extremity inevitably continues the individual in his troubled life.

We deplore the intrusion and the emphasis of sideshows offered as attractions in the name of AA. We have known of many instances where applicants, attending their first meeting, have decided not to join because they received a wrong impression of what AA had to offer. One of these we met recently told us that his entrance in AA was delayed several years because of his first impression. He preferred being a drunk to being a gambler.

Why this aversion to the spiritual program of AA? Does this stem from the other? Certainly, in our humble opinion, without the spiritual phase of the program, it would completely collapse. AA has accomplished miracles, not by chance, by eloquence of the sponsor, by social activity, but by God.

AA would not have reached its effective heights had the early pioneers established such standards. Many of them also had an aversion to "God stuff," but they were so desperate they were willing to do ANYTHING to find sobriety. Their desire for sobriety was stronger than their aversion and their faith grew.

Thank God that the majority of our members have the proper outlook and are steadfast in their faith and purpose. They are the beacons of hope for the newcomers seeking help.

Let's have MORE "God stuff." Our future depends upon it.

TIME

(Continued from page one)

But the manner in which the alcoholic makes these divisions is not the normal way, but morbid gloating on one hand and unrealizable bragging on the other. We take refuge in discolored and distorted reveries and irrational aspirations.

Sooner or later, if we are to attain sobriety and keep it, we must become aware of that Higher Power, of the Divine Spirit. Only through it can we return to sanity and face the present.

HURRICANE

Newspapers everywhere published the tragic news of the epidemic of hurricanes which caused untold suffering and terrible property loss during the past months. The news was appalling and many of us undoubtedly thanked God in our prayers for shunting the storms away from us.

But when beloved friends and relatives in those areas are affected, we show more concern and interest.

One of our delightful experiences of the First Conference was in meeting the editors of contemporary AA papers—"The Grapevine," "Here's How" of Chicago, "Chips" of New Bern, N. C. and others.

The editor of "Chips," Mrs. Helen J., was just starting it and was hungry for information and how the paper could advance the cause of AA through her medium.

So we were particularly thankful to learn that though they suffered through agonizing moments, and great privation, that she's OK and that "her door knocker still brings Twelfth Steps calls." What a gal!

Let's always remember to count our many blessings. The distress of others should emphasize our dependence on Him.

WE ARE THRILLED

Word reached us through Frieda L. of Cleveland that a group in Peoria, Illinois, is operating under the name of "The Central Group," so named after the Central Bulletin.

"Copies of the Bulletin were used a year ago this month for its first meeting," Frieda writes. "The articles there are often used and discussed at their meetings. 'The Old Timer' is one article which they bring up and use time after time.

"The group has grown so in the past year that they have had to move to larger quarters and they meet three times weekly. The good it is doing can never be estimated.

"I thought you'd be glad to know of the far-reaching effects for good your little paper is doing."

Now isn't that the nicest compliment? Thanks, Frieda, and may the Central Group of Peoria prosper.

SECOND TRI-STATE ASSEMBLY

Five hundred and seventy registered at the second Tri-State Assembly at Chautauqua Park, N. Y., and were treated to some sound AA in the three-day session, besides enjoying an excellent smorgasbord dinner on a two hour cruise on Lake Chautauqua on Saturday night.

Among the highlights of the meeting was an excellent study and analysis of the AA young people's problems . . . a fine talk by John McH. of Ambridge, Pa. . . . an analysis of the Traditions and their importance . . . the family and spouses acceptance and necessity of co-operation . . . emphasis on the importance of attendance at meetings . . . a colorful AA talk by Russell B. of Jamestown, N. Y. . . . inspired talks on the spiritual significance by Judge Jim C., Herschell H. and William S. of Cleveland and Ernie G. of Chippewa Lake, O. . . . and closing with a most interesting account of the early days by one of the first babies, Dick S. of Cleveland.

Committees were appointed to lay plans for the 1956 assembly to be held in late August.

IS ALCOHOLISM A DISEASE?

We hardly ever go to a meeting of Alcoholics Anonymous without hearing "Alcoholism is a disease," and "We are suffering from an illness." These two statements have had a big influence upon the recovery of many of us. It might be of value to study them.

Is alcoholism really a disease? And what sort of a disease can it be? Let us suppose that alcoholism is **not** a disease; in that case, the outlook for the alcoholic would seem very grim, because if our inability to control our drinking is not something which is caused by some physical or psychological disorder, then it can only be due to lack of willpower.

If we regard our problem as being solvable by willpower, then we shall have to go on experimenting to improve it. And most of us know by painful experience the result of such a course of action. That most alcoholics do not seem to be deficient in self control in matters other than drinking would appear to indicate that for these people moderate drinking cannot be achieved by determination. This, in turn, must be an indication that the cause of the lack of control is something which we cannot eliminate by our own efforts or actions and that it is due to some variation from the normal in this particular matter, something found in alcoholics only.

This assumption is supported by the fact that there is a very striking similarity in the drinking habits and behaviours of alcoholics. People who are totally unlike in most respects find that, if they are alcoholics, their actions are very alike in matters connected with drinking; and that these actions differ from those of the ordinary controlled drinker.

If, then, we can state that alcoholics are all liable to behave in a peculiar but similar manner during their drinking days, and if these alcoholics are totally unable to control their drinking even if possessed of some considerable willpower, we can surely assume that there is some common factor which makes them differ from the ordinary drinker, some factor which constitutes a deviation from the normal healthy capacity to stop drinking. Such a deviation may be described as a disease, for this is defined in the dictionary as a "deviation from health."

There seems to be a difference of opinion as to whether the disease is physical, mental or spiritual, or a mixture of all three. Some doctors claim that there is some chemical deficiency in our systems, others that alcoholism is connected with enzymes or with endocrinology. Psychiatrists say that alcoholism is secondary to some latent mental disturbance, or that all alcoholics have badly integrated personalities or are emotionally immature. It is likely that two separate questions are involved; first, the inability to drink in moderation; second, the compulsive urge to start drinking after long periods of sobriety. The latter may be mainly a psychological problem; but the former is more likely to be physical.

In any case, the question of the nature of the disease is, for us, purely academic. What matters is the fact that we have got a disease which only affects our ability to drink normally, and the fact that this disease is not curable. There is, so, only one thing for us to do, and that is to find some means of avoiding all alcoholic drink. Otherwise this disease will eventually destroy us.

AA has provided at least 150,000 men and women with a method of keeping this disease in a dormant, harmless state. For us, as members, the realization of our illness serves only as a reminder of the importance and the protective value of active participation in the A.A. program.

-R. P., Road Back, Dublin, Ireland.

CHARLES ALDEN SELTZER

One of Cleveland's most valued members passed away suddenly from a heart attack early Sunday morning, September 18. "Chuck," as he was affectionately known by his host of friends was 51 years old and was a very effective and important member of the Berea Friday group and AA as a whole.

GROUP NEWS

Addison-Celebrates its 11th anniversary on Monday, October 10 with entertainment and refreshments. **Everyone** is invited. Westminster Church, Addison and Wade Park.

Berea Friday-The group rejoices in the return of Dr. "Specs" Chauncey H. to health and activity. His office and "AA meetin' room" is at 287 Prospect Street, Berea. Borton-Speakers for October are: 3-Bert McK., Akron King School; 10-Tom McN., Mansfield, O.; 17-Bob H., Lake Shore; 24-Open; 31-Herschel H., Parma.

Brooklyn-Speakers for October are: 5-Ralph B., Brooklyn (his 5th anniversary); 12-Frank Q., Canton, O.; 19-Mary L., Brooklyn (her 9th anniversary); 26-Joe K., Brooklyn (his 5th anniversary).

Brookpark Projects-Just formed. Meets on Sunday evening at 8 p. m. in the Administration Bldg., 13100 Dibrell Ave., off W. 130th St., in Veterans Metropolitan Housing Project.

C. E. I.-October speakers are: 5-Mickey McG., W.S.Y.P.; 12-John P., Westside Monday; 19-Allen G., W.S.Y.P.; 26-Ralph D., W.S.Y.P.

Detroit Mixed-October speakers are: 2-Earl S. Newburn; 9-Fred D., Coventry; 16-Bob S., Lorain-Monday; 23-Pat L., Westside Morning; 30-Tom McG., Edgelake.

Glenville-October speakers are: Don McG., Angle; 8-Marty McM., Westside Monday; 15-Bob Q., Westside Monday; 22-Tom T., Lorain Wednesday; 29-Bill B., Eastside Morning.

Independence-Former valued member, Herb. J., now of St. Louis, MO., returned for a visit with his grand wife, Arrie, and was drafted to speak on Thursday, Sept. 22. A large turnout of friends enjoyed his excellent AA talk. October speakers scheduled are: 6-Jimmie D., Akron; 13-Frank L., Miles Men; 20-Art W. Garfield; 27-Bob L., Independence (his second anniversary).

Lake County-This new group will meet every Tuesday at 8:30 p. m. in Carpenters' Hall, Maple St., just north of Route 20 in Mentor, O. First meeting October 4 with Ed B. of Broadway-Harvard as speaker.

Liberty-Since Sept. 9 have met in K. of C. hall, 14709 St. Clair Avenue. They meet every Friday at 9 p. m.

Memphis-October speakers are: 1-Tom B., Memphis; 8-Al S., Orchard Grove; 15-Stanley G., Orchard Grove; 22-Jack M., Memphis (his 2nd anniversary); 29-Frank W., Northeast.

Newburgh-A valued eight-year member, Larry W., has left for England to live with his old folks and to regain his health. He plans to continue his AA work there. Mail will reach him at 7 Ambler Terrace, Halifax, England.

Orchard Grove-October speakers are: 3-Bert M., Doan Men; 10-Frank S., Doan Men; 17-John G., Sr., Angle; 24-John K., Lorain Monday; 31-Skid S., Newburgh.

Parma-October speakers are: 1-Charlie R., Brooklyn; 8-Norris M. and Mary J. (mother and daughter); 15-John T. Hillcrest; 22-Warren C., Laewood Sat. Nite; 29-Ed H., Parma.

Trinity-October speakers are: 1-Richard P., Parma; 8-George H., Brooklyn; 15-Mildred M., Women's Westside; 22-Larry O'C., Arcade; 29-Ann. Hallowee'n dance.

BOWLERS WANTED

The Thursday AA Bowling League, bowling at Lorain Avenue and W. 41st St. (twelve lanes), have openings for several men's and women's teams. They bowl at 7:30 p. m. Thursdays. Anyone interested may contact Jack R., Brooklyn, at FL 1-2254, after 4 p. m.

SAVE SALES TAX STAMPS FOR DOWNTOWN OFFICE

CONSOLIDATED MEETING

Moose Hall, E. 22nd at Carnegie
Sunday, October 16, at 4 p. m.

The Fall Consolidated meeting will be held again in Moose Hall, E. 22nd and Carnegie. The speaker will be a former Cleveland newspaperman, John F. C. of Detroit, Michigan. He has enjoyed almost 14 years of continued sobriety in the fellowship.

It was a letter from our late beloved Pete McN. to AA in Detroit which brought him into the fellowship, so he consented to address us in October to pay a debt of gratitude to Cleveland and in Pete's memory.

There is plenty of free parking space adjacent to the hall.

BB OF AA MEETING

Sunday, October 9, 1955, 2:30 p. m.

O'Neil Auditorium — Georgian Room — Akron, O.

The annual meeting of the BB of AA will be held in Akron this year in the Georgian Room of O'Neil Auditorium, second floor with the entrance on State Street. Doors open at 1:30 p. m.

This group of devoted workers are primarily interested in the rehabilitation of prisoners who have received their indoctrination in AA in Ohio penal institutions.

The principal speaker will be Bob W. of Toledo. Others on the program are Mr. Koloski and Mr. Patterson of Ohio Penitentiary, parolees and others vitally interested in the program.

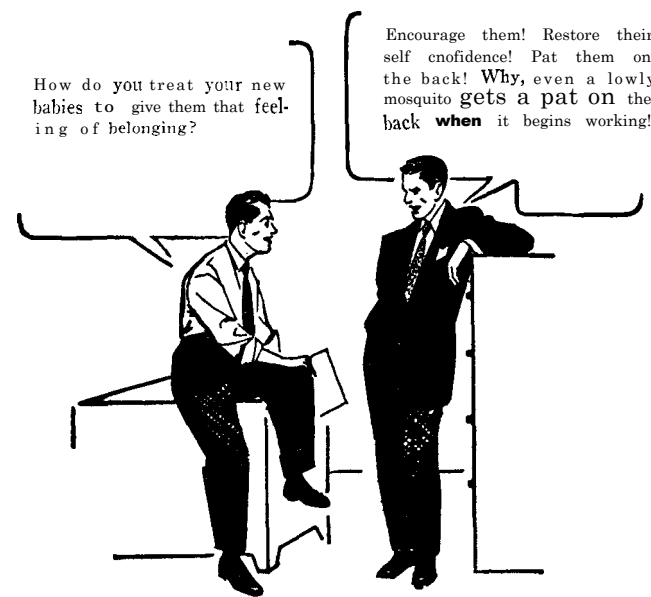
Advance reports indicate that AA has exerted a powerful influence on these people. Before AA was included in the educational program, the percentage of returnees was tragic. Since AA, this number has been cut down perceptibly, warranting the faith and work which the BBs have exhibited during the past six years.

The meeting is open to everyone.

TOLEDO ANNIVERSARY

The fifteenth anniversary of the Toledo groups will be observed Sunday, October 23, with a meeting at 3 p. m., followed by a banquet at 6 p. m. A gala celebration of the event is being planned. Speaker at the meeting will be Harry D. of Cleveland.

Don't worry too much about what lies ahead. Go as far as you can see, and when you get there you can see farther on.



CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON-Westminster Church, Cor. Addison and Wade Park 8:30
 BORTON-E. Cleveland Congrega. Church, Page and Euclid Ave 8:30
 FRIENDLY SUBURBAN-6037 Pearl.....8:00
 LAKE SHORE-St. Luke's Parish, Clifton and Bunts Rd 8:30
 LAKEWOOD (Orchard Grove)-1417 St. Charles, nr. Detroit 8:30
 LAKEWOOD MEN'S-St. Peter's Episcopal, W. Clifton and Detroit 8:30
 LEE MONDAY-First Presbyterian Church, East Cleveland, Nela and Euclid 8:30
 LORAIN AVE.-Banater Hall Annex, W. 120th St., at Lorain Ave 8:30
 MILES-St. Mary's Episcopal Church, 9721 Romona Boulevard 8:30
 PEARL--Corpus Christi Basement, 4850 Pearl Road 8:30
 SHAKER HEIGHTS-Christ Episcopal Church, 3445 Warrensville Rd 9:00
 SOUTH EAST-7526 Broadway 8:30
 UNION-East View Cong. Church, Kinsman at E. 156th St 9:00
 WEST MONDAY-Above Tend R. Lean Store, 1428 W. 25th at Detroit Ave.....8:30
 WEST 25th ST.-Marvel Hall, 2858 W. 25th St. 8:30
 WOMEN'S-Westside-West Boulevard Christian Church, Madison and W. 101.8:45
 ELYRIA MEN-St. Agnes Church, Lake Road at Bath St., Elyria, O. 8:30
 SHELBY-Congregational Baptist Church, Jackson and Jefferson, Painesville.....8:30
 VERMILION-Congregational Church 8:30
 WILLOUGHBY-Presbyterian Church, Willoughby, O. 8:30

TUESDAY

ARCADE-Typographical Union Hall, 1559 East 17th (near Payne Ave.) 9:00
 BELVOIR-SS. Margaret and Mary Church, Belvoir and Bluestone 9:00
 BUHRER-1142 Buhner Ave 9:00
 CHARITY-Last Tuesday of each month-Cafeteria 9:00
 CLARK-1917 Clark Ave. 8:30
 EAGLE TRAINING-Salvation Army, E. 9th and Eagle 8:00
 EDGELAKE- St. Charles Ave., Dinner at 7:00 p.m. Meeting at 8:30
 EUCLID-WADE-Calvary Presbyterian Church, E. 79th and Euclid Ave 9:00
 FAIRMOUNT-St. Paul's Episcopal, Fairmount and Coventry 9:00
 FAIRVIEW PARK-Fairview Grace Church, W. 224th and Lorain Ave. 8:30
 HILLCREST-St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid.9:00
 HILLTOP-St. Joseph's Seminary, 17608 Euclid Ave. 8:45
 MILES-LEE-Mt. Hope Lutheran Church, E. 164th, north of Miles Ave. 8:30
 NEW HOPE-Women-Ward's Convalescing Home, E. 71st and Cedar 8:30
 SMITH-WILSON-Nativity School, 9510 Aetna Road 8:30
 SUPERIOR-North Presbyterian Church, E. 40th and Superior 9:00
 TAPCO-Post 4, 23555 Euclid, 2nd shift.....1:00
 TRADITIONS-Community Church of Brooklyn, 8720 Memphis Ave 9:00
 WEST PARK-West Park Baptist Church, W. 152nd and Lorain 8:30
 LAKE COUNTY-Carpenter' Hall, Maple St., Mentor O., north of Rt. 20.8:30
 LORAIN, O.-St. Stanislaus School, 28th St. and Elyria Ave 8:30
 MEDINA, O.-St. Paul's Epis. Par.Hsc.8:30
 PAINESVILLE, O.-Stag. 33 N. State St.8:30
 STRONGSVILLE-Tuesday-Town Hall.9:00

WEDNESDAY

ALCOLA-6409 Detroit Ave 9:00
 ALL-AMERICAN Sportsmen, 1142 Buhner, 3rd Wednesday each month 8:30
 BAXTER AVE.-6527 Baxter Ave 8:30
 BROOKLYN-K., of P. Hall, 3316 Broadview, East of Pearl Rd.....8:30
 C. E. I.-Illuminating Co., Room 335-Rear Building 8:30
 COLLINWOOD-14709 St. Clair Ave..... 8:30

DENISON MEN-7403 Denison Ave., (first Wednesday, joint meeting).....8:30
 DOAN MEN'S-2028 E. 105th St., 2nd floor, side entrance 8:45
 EAST SIDE MORNING-2028 East 105th St 10:30 A.M.
 8801 SUPERIOR-8801 Superior 8:30
 GARFIELD HEIGHTS-Trinity Baptist, E. 94th and Garfield Blvd. 8:30
 LAKEWOOD WOMEN-United Presby., Church, 12601 Detroit Ave 8:30
 LEE ROAD-First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd.....8:30
 LORAIN AVE.-St. Ignatius Hall, 10205 Lorain Ave. (rear entry) 9:00
 NORWOOD-St. Vitus School, 6105 Glass Ave 8:30
 ST. JAMES-Ward's Convalescing Home, E. 71st and Cedar Ave 8:15
 ST. MARY 400 North S., Chardon, O 9:00
 TAPCO-Post 4, 23555 Euclid, 1st shift 8:30
 TAPCO-Post 4, 23555 Euclid, 3rd shift.....9:00
 TWENTY-FOUR HOUR-13216 Detroit, Church of the Ascension 8:30
 Training meeting 1st Wed. each month.
 WARRENSVILLE-Women's House Cor.7:30
 WOMEN'S-East Side-Cleveland Unitarian Society, Euclid and E. 82nd St. 8:30
 WOMEN'S-Lorain County-St. Anthony's School Hall, E. Erie & Kansas (R.2 or 6).....8:30
 ASHTABULA COUNTY MEN, Conneaut, O., B.of L.E. Hall, Whitbey Block, Main St. 8:30
 BEDFORD, O.-Y.M.C.A., Tarbell Ave 8:30
 ELYRIA, O.-St. Mary's Church, Middle and Fourth 8:30

THURSDAY

ALAN-1820 East 79th St 8:30
 ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Ave 8:30
 ANGLE-St. Malachi's Church, 2549 Washington Ave 8:30
 BROADWAY-55th-Our Lady of Lourdes School Hall 8:30
 COVENTRY-Fairmount Presby. Church, Scarborough and Fairmount Blvd. 8:30
 CRILE HOSPITAL-Library 8:00
 EDDY ROAD-Glenville Congregational Church, Eddy and St. Clair 8:30
 IEAWTHORNDEN STATE HOSPITAL Macedonia, O., Basement of New Employees Bldg. 8:00
 OUTHWAITE-Woodland Center, 7100 Kinsman Ave 8:30
 ROCKY RIVER-Rockport Methodist Church, 3310 Wooster Road 9:00
 WEST SIDE-7403 Denison Ave.....10:30 A.M.
 AMHERST-St. Peter's Ev. & Ref. Church, Church St., North Amherst, O 9:00
 BERE A-Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland 8:30
 EAST LAKE-Bethel Lutheran Church, 32400 Vine St 8:30
 HARBOR THURSDAY-Ashtahula, O., 1147 West Fifth Street 8:30
 INDEPENDENCE, O.-St. John's Lutheran Hall, Second and Sunset 9:00
 PAINESVILLE, O.-33 N. State. 3rd fl. 8:30

FRIDAY

ANSEL ROAD-St. Thomas Church, 9205 Superior Ave 9:00
 BROADWAY-HARVARD-8437 Broadway8:30
 CEDAR-Salvation Army, 5005 Euclid.....8:15
 FRIDAY AFTERNOON WOMEN-Plymouth Church, Coventry and Drexmore, Krumbine Room 1:00
 GORDON SQUARE-St. Helena's Hall, 1367 W. 65th St 8:30
 LEE ROAD-American Legion Hall, Post 163, 15544 Euclid Ave. 9:00
 LIBERTY-K. of C. Hall, 14709 St. Clair.9:00
 NORTH EAST-St. Agatha's Church Hall, 1269 Lakeview Rd. 8:30
 ROSARY HALL-Jordan Hall, Charity Nurses Auditorium 8:30
 STELLA MARIS (Men) 1320 Washington Ave 8:15
 TRIPLE A FAMILY GROUP, Rosary Hall, Charity Hospital 8:30
 WESTSIDE YOUNG PEOPLE, St. Luke's Hall, Bunts and Clifton.....9:00
 AVON LAKE-Congregational Church, Lake Road, Stop 55 1/2 8:30

BEREA-Social room of Berea Cong. Church, Seminary and Church 8:30
 CHAGRIN FALLS, O.-American Legion, E. Orange St. 8:30
 CHARDON, O. Thrasher House, Water St., Chardon, O. 8:30
 CONNEAUT, O.-B. of L. E. Hall 8:30
 EUCLID, O.-Holy Cross Church, E. 200th and Lake Shore Blvd. 8:30
 MENTOR, O.Mentor Methodist Church 8:30
 WEST KICHFIELD-Consolidated Church, Route 303, just west of Route 21 8:30
 WICKLIFFE-Lady of Mt. Carmel Hall, Euclid at E. 296th St. 8:30

SATURDAY

BROADWAY-CABLE-St. John's Lutheran Church, Cable at Broadway 8:30
 CATHEDRAL-(Stag) St. John's Cathedral, E. 9th and Superior 8:30
 GLENVILLE-10421 St. Clair Ave. 9:00
 LAKEWOOD-Sat. Nite-Redeemer Hall, Andrews, near Detroit 8:30
 LEAGUE PARK-St. Agnes School Hall, East 79th and Euclid Ave 9:00
 MAPLE HTS.-Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
 MATT TALBOT-St. Philip Neri Church, E. 62nd and St. Clair 8:30
 MEMPHIS-K. of P. Hall, 3316 Broadview, East of Pearl Rd. 9:00
 PARMA-Public Library, 5850 Ridge Rd. 8:30
 PLAINS-Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd. 8:30
 REDWOOD-Euclid Lutheran Church, E. 260th and Oriole 8:30
 SHILOH-Bethel A. M. E. Church, 15021 Shiloh Road 8:30
 TRINITY-Trinity Evangelical Church, 3525 W. 25th St. 8:30
 VALLEY VIEW-Community Center, West 7th and Starkweather 8:30
 8005 GROUP-8005 Lorain Ave. 8:30
 ASHTABULA, O.-St. Peter's Epis. Church, Main Avenue at South Park 8:30
 ELYRIA, O.-St. Andrew's Episcopal Church, Middle and Third 8:30
 SOLON, O.-St. Rita's Church basement.9:00

SUNDAY

ALLAMERICAN Sportsmen 1142 Buhner 1st Sunday each month 4:00
 BROOKPARK PROTECTS-Administration Bldg., 13100 Dibell, off W. 130th 8:00
 BROOKSIDE-Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
 C. A. C. DISCUSSION-C. A. C. clubrooms, 7809 Euclid Avenue 10:45A.M.
 COLLINWOOD-14709 St. Clair Ave. 7:30
 DETROIT-Mixed-8023 Detroit Ave. 8:00
 Greater Cleve. Young People (Consolidated) Cathedral Hall-First Sunday each month.2:00
 LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair 8:30
 LORAIN COUNTY CONSOLIDATED-First Sunday of each month, Alconon Club, 345 E. Broad St., Elyria 7:30
 MARYMOUNT-2nd Sunday in month, Cafeteria, McCracken and Henry 2:30
 MISTLETOE-St. Thomas Church, 9205 Superior Ave 7:00
 NEWBURGH-St. Catherine's Church, 3443 E. 93rd St. 8:30
 OUTHWAITE-2903 E. 71st St., Corner Kinsman 4:30
 STRONGSVILLE-Royal Haven Farm, Royalton Road, Strongville, O 3:00
 WEST SIDE DISCUSSION-6409 Detroit Ave. 11:00 A.M.
 WARRENSVILLE-Cooley Farms, Recreation Room 10:00 A.M.
 GENEVA, O.-Legion Hall, Park St., corner of So. Eagle 7:30

1st TUESDAY EVERY MONTH

CENTRAL COMMITTEE-Hanna Building, Room 370 8:30

3rd TUESDAY EVERY MONTH

HOSPITAL COMMITTEE-Hanna Building, Room 370 8:30

NURSING HOMES THAT TREAT ALCOHOLICS

(This listing does not necessarily indicate endorsement or approval)
 Alcoholics Abstinence Nursing Home (MW) MEIrose 1-1633 8023 Detroit Ave.
 Cleveland Alcoholic Clinic (MW) Express 1-8998 7809 Euclid Ave.
 Elmwood Sanitarium (M) KENmore 1-2299 17322 Euclid Ave.
 Euclid Rest Haven (MW) ULster 1-6296 and MULberry 1-9584, 13240 Euclid Ave.
 Farquharson's (M) TUXedo 5-1882 6037 Pearl Pathway (Tyler 1-6698) (MW) 1635 E. 93rd
 (M) men only. (W) women only.
 (MW) men and women.

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CENTRAL BULLETIN



Vol. XIV-No. 1

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October 1955

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SPACE

When you speak about time, as we did in last month's editorial, it is natural that you go on to that other major attribute of the physical world, space.

What has space to do with the alcoholic? There is one easy answer, although it is not the reason we took up the subject. Just recall how much space we occupied, especially when inebriated, that didn't rightly belong to us. Sure, we paid heavily for that cushioned stool by the bar. But then too often we got overfriendly with the other customers, tried to tag some stranger's girl friend for a dance or cluttered the whole floor with a solo Highland Fling. This, we thought, amused and edified the public. It did nothing of the sort. We only made a spectacle of ourselves as we slopped all over the "place. We took up a lot of space in the disgraceful process.

All physical bodies in the universe occupy space. The sum total of them isn't much by comparison with the extent of all existence, but it is important. God could not fully express Himself in the void. He created, as Genesis tells us, the sidereal systems, the solar systems, the planets including our finite earth. This one, at least, He populated with animal and plant life and finally man was made in his own image. This creature, as far as we know, was His highest achievement in the material realm.

Yet, because the Almighty has given man his head, he often does some foolish, even tragic things, in the comparatively small space he takes up. How can one equate the actions of a drunk as set forth above and we all know this is a comparatively mild example-with the might and majesty of all creation? Well, the answer is: You can't!

There is not much point in trying to induce the active alcoholic, concerned more with his bloated ego and this little world than with the universe and his place in it, to get his mind on something above the mire.

But those of us who have found sobriety with the help of the Creator should have a natural curiosity to know more about the universe and its meaning. By this we mean that our minds should come off petty mundane things; free themselves from jealousies and prejudices, all man-made pitfalls of no lasting consequence.

We do not occupy this space that has been temporarily assigned to us in the material world for long. In terms of infinity it is but a spark in the void. Common sense dictates that we make the most of it in terms of those qualities-mainly of the spiritual realm-which we know to be lasting.

"Space is the stature of God," wrote Joseph Joubert, the 18th century French moralist. By this he meant that all has been, all that is and all that will be, both material and spiritual, is encompassed by God.

In this he came close epigrammatically to what scientists now believe, that the universe is in some sense finite; that everything that happens is somehow preserved and returns to take place again. In this, science is coming close to the spiritual world, it is eliminating time as any-

(Continued on page two)

CHEATING A LITTLE

"There's nothing I hate more than a cheat," was the indignant observation of a caller the other day as he described the actions of one of his latest 'babies.' "What irritates me most, I guess, is that he's treating me like his wife and family, and has the conceited notion that he's outwitting me! ME, once one of the most expert in double-crossing my wife, my family, my boss and all my friends who foolishly trusted me-before AA."

How often we hear this complaint. How often we have voiced the same disgust and anger!

But let's first examine ourselves before we judge every-one else. Are we perfect? Are we absolutely honest and completely dependable? Unless we are, we must learn

to exercise more patience with the people who offend us than we do. Some wise man once stated that the qualities we criticize most in other people are those we are oftentimes guilty ourselves.

For example, let's take the fault most people object to the most-the breaking of faith. Our entire society is based on faith. Business in general could collapse without faith in the honesty of people. Only a small percentage of persons, fortunately, try to out-wit them and invariably are caught and punished. Accordingly, many whose 'track-record' is poor at home or at work, keep their promises to the banks and the merchants only because of fear of the punishment they might suffer.

What causes people to break faith with those close to them who are zealous in maintaining excellent credit (faith) in #business relations? Is it conceit? Does the offender

think he knows more than the person he offends and fears his decision to do what he wants to do might be questioned?

This fault often starts with just a little fabrication to cover a bit of carelessness. How easy it would be to swallow pride and admit the fault! But, cheating "just a little," he gets by with his breach of faith. It was so easy, without being conscious of it, he begins to lose respect for the person he fooled and, inevitably begins to develop a pattern. Getting by with little ones, he tries bigger ones until his luck runs out, and faith is destroyed.

Like the extravagant youngster who dipped into his father's box of rubber bands. The kid had no sense of value, so he stretched and stretched each band until it broke. So does the breaker of faith stretch and snap the trust of those near and dear to him.

We in AA know that pattern. The stories we manufactured, the bluffs we tried, the lies we told! The more we drank the more fantastic our tales were, and in our blurry condition it was impossible to see the hurt look of broken faith in the eyes of the people who loved us.

Just as inevitably as night follows day, unless we elevate our standards and are convinced that we can't cheat even a little, we won't find that serenity which seems so elusive to us and yet is possessed by seemingly so many in our ken.

It's a real challenge to all of us.

I do not ask
for mighty words
To leave the
crowd impressed;
But grant my life
may ring so true,
MY neighbor
may be blessed!

SPACE

(Continued from page one)

thing but an arbitrary, man-made factor. Are you willing to have all your acts repeated? Or to confront them in another plane of existence?

A similar idea was expressed by Thomas Creech, the famous English classical scholar:

*His vigorous and active mind was hurled
Beyond the flaming limits of this world
Into the mighty space, and there did see
How things begin, what can, what cannot be.*

It is along such lines that our sobered and now rational minds should dwell, the better to improve the space we are given for the time we are given it. No member of Alcoholics Anonymous can question the power and the reality of the spiritual. Without it he would be but a clod. With it, he has become a man. And he can become worthy of Him in whose image he is made by making the best of his space. It isn't necessary to dwell always philosophically on this. An old hymn had a line which summarized it: "Brighten the corner where you are."

THE BOTTLE IS A POOR CRUTCH

We have the greatest sympathy for the alcoholic who finds himself thoroughly sober, but unhappy. Physically well and mentally torn with dozens of conflicting notions.

We can imagine the nearest comparison to be the mental processes of a life-termer, paroled after 20 or 25 years behind the stone walls and bars—the awe and wonder with which he would survey a changed outside world, the belligerent hope that he can fit in and make his way, the knowing fear that he will be lost in a free maelstrom so foreign to his sheltered and ordered life, his stubborn effort to appear blase, and the inner quaking and feeling of unfitness.

So it is for some alcoholics, enslaved for years by the habit of escape from responsibility and reality, when they suddenly become aware of their sobriety and the absence of the bottle crutch which had sustained them so long.

In our cups, we always knew we could, and would succeed if ever we decided to forego drinking, but we continued to drink because we were afraid to face the test. We used liquor as an excuse for lack of courage.

In the first flush of AA membership, we forget for a time our dependence on alcohol. But when the novelty wears off, our subconscious fear of responsibility returns and hastens that mental groping for reasons that will excuse our return to alcohol and escape.

One of the busiest excuses is that we have not advanced any further materially sober than we did drinking. We convince ourselves that we are missing a lot of fun by not drinking. We go further and excuse our AA advisers not drinking. We go further and excuse our AA advisers somewhat fumbling efforts to set us straight. We imagine ourselves discriminated against. We hate this fear. We want the exaltation we feel at the pinnacle of a drunk. We forget the shuddering hopelessness at the finish.

There is an absolute escape from this fear, far more effective than the temporary escape liquor provides. And the escape is found in this passage from Corinthians: "Now the Lord is the Spirit, and where the spirit of the Lord is, there is liberty."

With trust in God, there is absolute liberty and freedom. —Social Center Chatter.

NEWSPAPERMAN SCORES

A good crowd defied the stormy weather and were well rewarded by hearing an outstanding talk by John C. of Detroit, Michigan at the Fall Consolidated Meeting, Sunday, October 16. His graphic description of his qualifying career, his remarkable recovery through AA and the solid AA philosophy which he advanced left a profound impression on everyone.

SKELETONS IN THE CLOSET

The Old Timer appeared fast asleep as he sat with his chair propped back against the store front, one bony leg dangling over the other, his weather beaten hat pulled low over his eyes. However, as he heard footsteps approaching he slowly opened one eye, then gently brought down his chair, shifted his cud and pushed back his hat.

"I was just up to the post office," he began as the newcomers seated themselves. "Never heard such a gabble o' gossip in m'life. Seems like folks is all het up over Sam Sims young 'un and that travellin' salesman that was through here a few weeks ago. Some had seen 'em here and some had seen 'em there. Some thought she done this and some thought she done that and some reckoned she didn't do either. Never hear such a clatter of yak in my born days. I couldn't help think of somethin' I read onct. Feller said 'Smart people talk about things, dumb people talk about people.' A' course there was a few odd characters there that was just mindin' their own business."

The Old Timer looped his cud over the edge of the porch and paused to gather the effect of his remarks.

"I guess there ain't none of us but what's got a few skeletons in his closet", he continued, "and I wonder how some of them gossips would feel if Sally Sims drug their past out in the open and I could sure give her some good leads.

"You know," he went on, "I've about come to the conclusion that folks who keep rehashing' a body's mistakes in public is worse than the folks who made the mistakes in the first place."

The Old Timer arose slowly, stretched and shook the kinks out of his legs.

"Sally Sims got-a big fat air mail special delivery letter from that salesman feller in the morninn's mail. It was so heavy it took three extra stamps. Guess I'll mosey over and see what ma can make out of that."

-Anonymous.

NEW PAMPHLET AVAILABLE

The outstanding address given by Elgar B. of Chicago at the Intergroup Dinner sponsored by the AA District Office in May has been printed in booklet form and is available at 15 cents per copy at the AA District Office, 780 The Arcade.

BB OF AA MEETING

A crowd of 581 persons assembled in O'Neil Auditorium in Akron at the annual meeting of the BB of AAs. The crowd included officials of Akron, parole officers, graduates from the various penal institutions in Ohio who became solid citizens through the absorption of the AA philosophy while in carcerated and grateful AAs from many parts of Ohio who have interested themselves in this great cause.

Since some zealous AA members interested themselves in prisoner rehabilitation at Columbus, a remarkable decrease in parole violation has been achieved. While figures were not available at this meeting of conditions prior to AA interest, Mr. Patterson, Educational Director at the Ohio Penitentiary stated that before AA, parole violation was great. Each year the numbers returned are less. During the past year, of 312 discharged, 160 were good and only 136 bad—a percentage of 54% and 46% respectively.

Henry R. of Columbus, the hard-working secretary dedicated to the worthy cause reported an expenditure of \$195.08 for the fiscal year. Think of it! \$195.08 to rehabilitate 160 persons!

Elected R's district chairmen were: 1—Pete G., Parma; 2—Al F., Toledo; 3—Oscar F., Akron; 4—Percy W., East Liverpool; 5—Fred R., Woodsworth; 6—Ray S., Coshoc-ton; 7—Wilbur D., Worthington; 8—Al O'N., Dayton; 9—C. R. W., Cincinnati; 10—Ross C., Portsmouth; 11—Herbert S., Marietta.

BE A BULLETIN ROOSTER. GET A NEW SUBSCRIBER

GROUP NEWS

Ashland-A new group, affiliated with the Cleveland and New York AA offices, was started on October 4 in Ashland, O. Until they locate in a permanent place **they** are meeting at 516 Pleasant St., Ashland on Tuesday nights at 9 p. m.

Ashtabula-The Ashtabula groups will observe their 14th anniversary in the Episcopal Church Parish House, Main at South Park on Saturday, Nov. 12 at 7:30 p. m. Wm. S. of Doan Men will be the speaker.

Borton-The first AA group in Cleveland observes its 16th anniversary on Monday, **November 14**. An interesting program, with Elizabeth B. as moderator has been planned.

Other November speakers are: 7—Dale T. and Tom V.; 21—Jack D. and Warren C., Sr.; 23—Vern and Dudley H. of Toledo. Each of these speakers have served AA significantly during their many years of membership in the fellowship.

Brooklyn-Speakers for November are: 2-Frank L., Miles Mixed; 9—"Chuck" and "Lu" S., Free lances; 16—"Ace" E., Collinwood (Railroader's night; 23—Bill T., Akron, O.; 30-Walter Tecumseh M., Youngstown.

Detroit Mixed-Speakers for November are: 6-Bill L., Matt Talbott; 13-Frank L., Miles Mixed; 20-Frank B., Doan Men; 27—Tom McG., Edgelake.

Fairview-Speakers for November are: 1-Arch H., Lee Monday; 8—Herschell H., Parma; 15—Victor P., Lee Wednesday; 22—Elmer L., Edgelake; 29—John M., Lee Friday.

Lake Shore--Due to extensive alterations being initiated at their regular meeting place, the Lake Shore group was forced to seek new quarters. They were fortunate in securing beautiful facilities in St. James Church, Detroit and Granger. Instead of Monday, they meet on Tuesday at 8:30 p. m.

League Park-One of Detroit's outstanding speakers, **Emmit C.**, will share his story with what we hope will be an overflow audience on Saturday, November 26 at 8:30 p.m. He is a ten year man.

Memphis—Speakers for November include: 5-Bob II., Memphis; 12—Chas. K., Memphis; 19—Eddie D., Fairview; 26—Ed S., Pearl.

Norwood-We are advised that this group has disbanded.

Orchard Grove-One of the first AA groups in Cleveland, the mother group of many **westside** groups will observe its 16th anniversary on Monday, November 14 at 8:30 p. m. Speaker will be Walter (Bert) **McK.**, of Akron.

Other November speakers are: 7—Dr. C. C. H., Berea Friday; 21—Mary McL., Clar; 28—Bill C., Twenty-four Hour.

Superior-The ninth anniversary of the group will be observed on Tuesday, Nov. 29 at 9 p. m. with Bob S. and Tom D., well known Westsiders as speakers.

Trinity-Speakers for November are: 5—Joe B., Maple Heights; 12—Henry W., Euclid-Wade; 19—Tom T., Lorain Ave. Wednesday; 26—Margie K., Eastside Women.

All-American Sportsmen-The ardent fishermen and hunters, all members of AA, held their annual banquet at Chin's, Sunday, October 16. Lou Gale, fish and game editor of the Plain Dealer thrilled the crowd with colored movies of his Alaskan trip.

TOLEDO ANNIVERSARY

Over 600 people attended the 15th anniversary celebration of the Toledo groups. The banquet in the evenings included talks by three founders, Chet M., Bill W. and Ernie G.

Eddie E. deserved the hearty applause for his fine chairmanship in getting such a fine crowd **assembled**.

GIGGLES

The young lady eyed her escort with extreme disapproval.

"That's the fourth time you've gone back for more ice cream and cake, Albert," she said acidly. "Doesn't it embarrass you at all?"

"Why should it?" the hungry fellow shrugged. "I keep telling them I'm getting it for you."

Too many people, given a taste of authority, immediately eat it up.

My husband would never chase another woman. He's too fine, too decent-too old!

To love our neighbors as ourselves involves self-discipline and service.

DID I?

Did I pray? . . . Did I ask God
to help me stay sober and good
today? . . . Did I thank Him
last night ?

What club were you aiming at in that article on "God Stuff" in the last Bulletin?

I wasn't aiming at ANY club as such! My sole purpose was to remind everyone of their main purpose.



CLEVELAND AREA GROUP MEETINGS

MONDAY

- ADDISON-Westminster Church, Cor. Addison and Wade Park 8:30
- BORTON-E. Cleveland Congrega. Church, Page and Euclid Ave 8:30
- FRIENDLY SUBURBAN-6037 Pearl.....8:00
- LAKEWOOD (Orchard Grove)-1417 St. Charles, Tr. Detroit 8:30
- LAKEWOOD MEN'S-St. Peter's Episcopal, W. Clifton and Detroit 8:30
- LEE MONDAY-First Presbyterian Church, East Cleveland, Nela and Euclid 8:30
- LORAIN AVE.-Banater Hall Annex, W. 120th St., at Lorain Ave 8:30
- MILES-St. Mary's Episcopal Church, 9721 Romona Boulevard 8:30
- PEARL-Corpus Christi Basement, 4850 Pearl Road 8:30
- SHAKER HEIGHTS-Christ Episcopal Church, 3445 Warrensville Rd. 9:00
- SOUTH EAST-7526 Broadway 8:30
- UNION-East View Cong. Church, Kinsman at E. 156th St. 9:00
- WEST MONDAY-Above Tend R. Lean Store, 1428 W. 25th at Detroit Ave.....8:30
- WEST 25th ST.-Marvel Hall, 2858 W. 25th St. 8:30
- WOMEN'S-Westside-West Boulevard Christian Church, Madison and W. 101 8:45
- ELYRIA MEN-St. Agnes Church, Lake Road at Bath St., Elyria, O. 8:30
- SHELBY-Congregational Baptist Church, Jackson and Jefferson, Painesville.....8:30
- VERMILION-Congregational Church.....8:30
- WILLOUGHBY-Presbyterian Church, Willoughby, O. 8:30

TUESDAY

- ARCADE-Typographical Union Hall, 1559 East 17th (near Payne Ave.).....9:00
- BELVOIR-SS. Margaret and Mary Church, Belvoir and Bluestone 9:00
- BUHRER-142 Buhner Ave 9:00
- CHARITY-Last Tuesday of each month-Cafeteria 9:00
- CLARK-1917 Clark Ave 8:30
- EAGLE TRAINING-Salvation Army, E. 9th and Eagle 8:00
- EDGE LAKE- St. Charles Ave., Dinner at 7:00 p.m. Meeting at 8:30
- EUCLID-WADE-Calvary Presbyterian Church, E. 79th and Euclid Ave 9:00
- FAIRMOUNT-St. Paul's Episcopal, Fairmount and Coventry 9:00
- FAIRVIEW PARK-Fair&w Grace Church, W. 224th and Lorain Ave.....8:30
- HILLCREST-St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid 9:00
- HILLTOP-St. Joseph's Seminary, 17608 Euclid Ave. 8:45
- LAKE SHORE-St. James Catholic Church, 17514 Detroit Ave. at Granger Ave.....8:30
- MILES-LEE-Mt. Hope Lutheran Church, E. 164th, north of Miles Ave..... 8:30
- NEW HOPE--Women-Ward's Convalescing Home, E. 71st and Cedar 8:30
- SMITH-WILSON-Nativity School, 9510 Aetna Road 8:30
- SUPERIOR-North Presbyterian Church, E. 40th and Superior 9:00
- TRADITIONS-Community Church of Brooklyn, 8720 Memphis Ave..... 9:00
- WEST PARK-West Park Baptist Church, W. 152'd and Lorain 8:30
- ASHLAND, O.-516 Pleasant St 9:00
- LAKE COUNTY-Carpenter's Hall, Maple St., Mentor O., north of Rt. 20.....8:30
- LORAIN, O.-St. Stanislaus School, 28th St. and Elyria Ave 8:30
- MEDINA, O.-St. Paul's Epis. Par.Hsc. 8:30
- PAINESVILLE, O.-Stag. 33 N. State St. 8:30
- STRONGSVILLE-Tuesday-Town Hall 9:00

WEDNESDAY

- ALCOLA-6409 Detroit Ave 9:00
- ALL-AMERICAN Sportsmen, 1142 Buhner, 3rd Wednesday each month 8:30
- BAXTER AVE.-6527 Baxter Ave 8:30
- BROOKLYN-K. of P. Hall, 3316 Broadview, East of Pearl Rd.....8:30
- C. E. I.-Illuminating Co., Room 335-Rear Building 8:30
- COLLINWOOD-14709 St. Clair Ave.....8:30

- DENISON MEN-7403 Denison Ave., (first Wednesday, joint meeting) 8:30
- DOAN MEN'S-2028 E. 105th St., 2nd floor, side entrance 8:45
- EAST SIDE MORNING-2028 East 105th St 10:30 A.M.
- 8801 SUPERIOR-8801 Superior 8:30
- GARFIELD HEIGHTS-Trinity Baptist, E. 94th and Garfield Blvd 8:30
- LAKEWOOD WOMEN-United Presby. Church, 12601 Detroit Ave 8:30
- LEE ROAD-First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd.....8:30
- LORAIN AVE.-St. Ignatius Hall, 10205 Lorain Ave. (rear entry) 9:00
- ST. JAMES-Ward's Convalescing Home, E. 71st and Cedar Ave 8:15
- ST. MARY-400 North S., Chardon, O 9:00
- TWENTY-FOUR HOUR-13216 Detroit, Training meeting 1st Wed. each month, Church of the Ascension 8:30
- WARRENSVILLE-Women's House Cor. 7:30
- WOMEN'S-East Side-Cleveland Unitarian Society, Euclid and E. 82nd St. 8:30
- WOMEN'S-Lorain County-St. Anthony's School Hall, F. Erie & Kansas (R.2 or 6).....8:30
- ASHTABULA COUNTY MEN, Conneaut, O., B. of L.E. Hall, Whitney Block, Main St.....8:30
- BEDFORD, O.-Y.M.C.A., Tarbell Ave 8:30
- ELYRIA, O.-St. Mary's Church, Middle and Fourth 8:30

THURSDAY

- ALAN-1820 East 79th St. 8:30
- ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Ave 8:30
- ANGLE-St. Malachi's Church, 2549 Washington Ave 8:30
- BROADWAY-55th-Our Lady of Lourdes School Hall 8:30
- COVENTRY-Fairmount Presby. Church, Scarborough and Fairmount Blvd.....8:30
- CRILE HOSPITAL-Library 8:00
- EDDY ROAD-Glenville Cnogrational Church, Eddy and St. Clair 8:30
- FEAWTHORNDEN STATE HOSPITAL Macedonia, O., Basement of New Employees Bldg. 8:00
- OUTHWAITE-Woodland Center, 7100 Kinsman Ave 8:30
- ROCKY RIVER-Rockport Methodist Church, 3310 Wooster Road 9:00
- WEST SIDE-7403 Denison Ave.....10:30 A.M.
- AMHERST-St. Peter's Ev. & Ref. Church, Church St., North Amherst, O 9:00
- BEREA-Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland 8:30
- EAST LAKE-Bethel Lutheran Church, 32400 Vine St. 8:30
- HARBOR, THURSDAY-Ashtabula, O., 1147 West Fifth Street 8:30
- INDEPENDENCE, O.-St. John's Lutheran Eld., Second and Sunset 9:00
- PAINESVILLE, O.-33 N. State, 3rd fl.....8:30

FRIDAY

- ANSEL ROAD-St. Thomas Church, 9205 Superior Ave 9:00
- BROADWAY-HARVARD-8437 Broadway8:30
- CEDAR-Salvation Army, 5005 Euclid.....8:15
- FRIDAY, AFTERNOON WOMEN-Plv. mouth Church, Coventry and Drexmore, Krumbine Room 1:00
- GORDON SQUARE-St. Helena's Hall, 1367 W. 65th St. 8:30
- LEE ROAD-American Legion Hall, Post 163, 15544 Euclid Ave 9:00
- LIBERTY-K. of C. Hall, 14709 St. Clair.....9:00
- NORTH EAST-St. Agatha's Church Hall, 1269 Lakeview Rd 8:30
- ROSARY HALL-Jordan Hall Charity Nurses Auditorium 8:30
- STELLA MARIS (Men) 1320 Washington Ave 8:15
- TRIPLE A FAMILY GROUP, Rosary Hall, Charity Hospital 8:30
- WESTSIDE YOUNG PEOPLE-St. Luke's Hall, Bunts and Clifton.....9:00
- AVON LAKE-Congregational Church, Lake Road, Stop 55 1/2 8:30

- BEREA-Social room of Berea Cong. Church, Seminary and Church..... 8:30
- CHAGRIN FALLS, O.-America Legion, E. Orange St. 8:30
- CHARDON, O.-Thrasher House, Water St., Chardon, O.....8:30
- CONNEAUT, O.-Crown L. E. Hall..... 8:30
- EUCLID, O.-Holy Cross Church, E. 200th and Lake Shore Blvd.....8:30
- MENTOR, O.-Mentor Methodist Church 8:30
- WEST RICHFIELD-Consolidated Church, Route 303, just west of Route 21.....8:30
- WICKLIFFE-Lady of Mt. Carmel Hall, Euclid at E. 296th St 8:30

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- CATHEDRAL-(Stag) St. John's Cathedral, E. 9th and Superior 8:30
- GLENVILLE-10421 St. Clair Ave 9:00
- LAKEWOOD-Sat. Nite-Redeemer Hall, Andrews, near Detroit..... 8:30
- LEAGUE PARK-St. Agnes School Hall, East 79th and Euclid Ave 9:00
- MAPLE HTS.-Luth. Church of Covenant, 19000 Libby Rd. cor. Maple Hts. Blvd.....8:30
- MATT TALBOT-St. Philip Neri Church, E. 82'd and St. Clair 8:30
- MEMPHIS, K. of P. Hall, 3316 Broadview, East of Pearl Rd.....9:00
- PARMA-Public Lbrv. 5850 Ridne Rd. 8:30
- PLAINS-Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd.....8:30
- REDWOOD-Euclid Lutheran Church, E. 260th and Oriole 8:30
- SHILOH-Bethel A. M. E. Church, 15021 Shiloh Road 8:30
- TRINITY-Trinity Evangelical Church, 3525 W. 25th St 8:30
- VALLEY VIEW-Community Center, West 7th and Starkweather 8:30
- 8005 GROUP-8005 Lorain Ave 8:30
- ASHTABULA, O.-St. Peter's Episc. Church, Main Avenue at Scuth Park.... 8:30
- ELYRIA, O.-St. Andrew's Episcopal Church, Middle and Third 8:30
- OLON, O.-St. Rita's Church basement.....9:00

SUNDAY

- ALL-AMERICAN Sportsmen.....1142 Buhner 1st Sunday each month 4:00
 - BROOKPARK PROJECTS-Administration Bldg., 13100 Dibell, off W. 130th 8:00
 - BROOKSIDE-Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
 - C. A. C. DISCUSSION-C. A. C. clubrooms, 7809 Euclid Avenue 10:45 A.M.
 - COLLINWOOD-14709 St. Clair Ave 7:30
 - DETROIT-Mixed-8023 Detroit Ave..... 8:00
 - Greater Cleve. Young People (Consolidated) Cathedral Hall-First Sunday each month.2:00
 - LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair 8:30
 - LORAIN COUNTY CONSOLIDATED-First Sunday of each month. Alconon Club, 345 E. Broad St., Elyria 7:30
 - MARYMOUNT-2nd Sunday in month, Cafeteria, McCracken and Henry 2:30
 - MISTLETOE-St. Thomas Church, 9205 Superior Ave 7:00
 - NEWBURGH-St. Catherine's Church, 3443 E. 93rd St. 8:30
 - OUTHWAITE-2903 E. 71st St., Corner Kinsman 4:30
 - STRONGSVILLE-Royal Haven Farm, Royalton Road, Strongville, O 3:00
 - WEST SIDE DISCUSSION-6409 Detroit Ave 11:00 A.M.
 - WARRENSVILLE-Cooley Farms Recreation Room 10:00 A.M.
 - GENEVA, O.-Legion Hall, Park St., corner of So. Eagle 7:30
- 1st TUESDAY EVERY MONTH**
- CENTRAL COMMITTEE-Hanna Building, Room 370 8:30
- 3rd TUESDAY EVERY MONTH**
- HOSPITAL COMMITTEE-Hanna Building, Room 370 8:30

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CENTRAL BULLETIN
Box 6712, Cleveland 1, Ohio

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NURSING HOMES THAT TREAT ALCOHOLICS

(This listing does not necessarily indicate endorsement or approval)

- Alcoholics Abstinence Nursing Home (MW) Melrose 1-1635 8023 Detroit Ave.
- Cleveland Alcoholic Clinic (MW) Express 1-8998 7809 Euclid Ave.
- Elmwood Sanitarium (M) Kenmore 1-2299 17322 Euclid Ave.
- Euclid Rest Haven (MW) Ulster 1-6296 and Mulberry 1-9584, 13240 Euclid Ave.
- Farquharson's (M) Tuxedo 5-1882...6037 Pearl Pathway (Tyler 1-6698) (MW).....1635 E. 93rd

(M) men only. (W) women only.
(MW) men and women.

"IS ALCOHOLISM A DISEASE"?

JOHN C. FORD S.J.,
PROF. OF MORAL THEOLOGY-

CENTRAL BULLETIN



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KEEP IT FLEXIBLE

Alcoholics Anonymous must be kept flexible. It must avoid the ruinous pitfall of most organizations which, as they grow older, tend to atrophy and become dogmatic.

Dogma creeps in when there is an insistence one way of doing things—in the case of AA the way to obtain sobriety. This crops out when one or two of the Twelve Steps are taken in isolation and the assertion made that these alone are all that are needed.

The Twelve Steps are indivisible.

Parsing one without reference to all the others can unconsciously lead to black and white assertions that can breed confusion and doubt in the minds of many, especially new members groping their way toward a sane life.

This trend is often noticeable in attempts to simplify the program. Simplification is a virtue, but oversimplification is an invitation to doubt and even discouragement.

For example, to make a statement, not uncommon in leads, that all that is necessary is sobriety—to quit drinking—and that nothing else matters is *not* only dogmatic, it is erroneous and does violence to the Twelve Steps.

A great deal else is important. Not the least of these is the reason why a person drank. This is often scoffed at. The scoffer may not need to know why he drank, but others, including this writer, found sobriety only when they discovered why they drank.

The urges and compulsions that drive people to the bottle are personality traits and problems. And one of the major steps of the program is to change our personalities. How can this be done if we do not know what the trouble is with our thinking and our personality.

If a man and wife, for instance, are incompatible because of differences in temperament and it drives either or both to drink as an escape, how is sobriety going to resolve the matter? First, it is imperative, the victim must quit drinking. He must face his or her problem with a sober mind. Then can the personality conflicts be resolved sanely and sensibly and the cause and drinking removed.

Those steps which admonish us to tell our troubles to another human being and to take a moral inventory—there are two of these—are designed to get at the root of this very problem.

Suppose a new man, having obtained sobriety and nothing more, is, after a few weeks, thrown into a mental depression. If he does not realize that drink is the expression and not the cause of his condition he is likely to conclude that the effort isn't worth the candle. But if he knows that dry binges are part of the process of growing up, and he can take an inventory and turn to a Higher Power for guidance, he is on the highroad to accomplishment in the program.

Alcoholics Anonymous is an individual program. No one can lay down the method of operation. The individual must find out for himself by an honest application of the Twelve Steps. Some may be good for one and ineffective for another. It must be kept this way. This is the duty

(Continued on page two)

TRULY GRATEFUL

"Show me the man who has gratitude," said someone the other day," and I'll show you a man who has a right attitude." How true! One of the common weaknesses found in alcoholics is self-centeredness-selfishness. The only times they shared their "wealth" with others was when they tried to buy respect and a listening ear in a saloon.

Probably the most difficult habit for the average alcoholic to break is this character deficiency. The Twelfth Step is often done sometimes grudgingly as a disagreeable duty—to save face. Because it doesn't come from the heart in grateful appreciation for what was done for him, the secret of success in the AA program escapes him.

There's SO much to be thankful for. Let's list some:—

First and foremost (in our humble opinion) is the closer contact we have with God and the deeper concept of His great mercy.

II-A deeper appreciation of home ties—the prayerful confidence and rare patience of his wife and family.

III-An amazing awareness of the needs of others and an awakened unselfish desire to help them.

IV-A new-found joy of living. The ability, now, to differentiate between artificial excitement and honest fun and joyous, unrestrained laughter.

V-A feeling of well-being—the return of self-respect and the respect and confidence once forfeited.

VI-A new zest for the decent things in life . . . good health . . . returned appetite . . . restful sleep . . . quiet nerves . . . sight . . . hearing . . . sound limbs . . . the taste of nourishing food.

VII-The elimination of fear and the ability to look our neighbors and friends smack in the eye with clear conscience.

All these things were made possible, we are convinced, by the grace of God, without any worthiness or merit on our part. He answered the fervent prayers of those who loved us.

If we remain truly grateful and steadfast we will treasure this undeserved gift in all humility and joyfully share it with anyone seeking our help, just as our sponsors shared their knowledge with us.

Twenty years ago a drunkard didn't have a sucker's chance. What a change there has been since an enlightened public became aware of the fact that punishment and incarceration was not the way to solve the ever-increasing social problem of alcoholism. Today alcoholism is recognized as a disease or allergy.

So let's give prayers of heartfelt thanks to God for His mercy in revealing to us the way to sane living. And let our gratitude show in our attitude. Let's be joyful.

CONSOLIDATED MEETING

The Winter Consolidated Meeting on January 15 will have as its speaker Jim C. of Pittsburgh, Pa. He spent 22 years on the China Coast as a teacher in Peking. He was imprisoned by the Japs for four years and only by staying drunk was he able to stand it. He has a powerful message and comes highly recommended by local people who have heard him.

KEEP IT FLEXIBLE

(Continued from page one)

especially of the veterans who may have forgotten their own early struggles and what changes were wrought. Their intentions are 'good in the effort to make it simple. But more important than simplicity is flexibility within the terms of the Twelve Steps. This program isn't simple; it's a lifetime job. No one can become dogmatic.

DOCTOR, DEAR DOCTOR!

I don't like doctors. When we're sick, they're either forcing some evil tasting pill down our throat or sharpening up an ugly looking knife. Then when we're well, they stick needles into us in the hope of proving we're sick or keep dunning us for that last operation. But there's always at least one exception to every rule and—bless his ointed little head!—I've found him!

A member of a leading university's world famous faculty, this particular doctor had only attained local fame until the day when recently he announced (by a strange coincidence, news reporters were present) that, based upon lengthy sound, scientific research, he had discovered that beer is not an intoxicating beverage. Almost overnight, the name of this formerly little known scientist became a household word; his portrait graces many a bar; Pabst and Schlitz plan to name a new 8% by volume brew in his honor ("Schtoidbrau" was one suggestion); beer drinkers cry with simple pleasure at the mention of his name. Locally a shrine made entirely of beer bottle caps is soon to be erected on the corner of Fifth and Jefferson with his statue in the center.

However, it's sad indeed to discover that the good doctor, like all other great individual thinkers, has his detractors and scoffers too. As a matter of fact, almost every articulate leader in medicine, psychiatry, chemistry, physiology, theology, and AA promptly, publicly, loudly and substantially disagreed with him, to say nothing of the WWCBD (Woeful Wives of Chronic Beer Drunks Anonymous—Membership: 8,792,436—1950 Census). But it was all just jealousy! Gosh, the man PROVED it!

On the now widely accepted hypothesis that the alcoholic blood level must reach 0.15% for intoxication, he points out that we would have to drink approximately three quarts of beer within two or three hours to leave worldly cares behind. Since our stomach only holds from 1% to 2 quarts, this (says our hero) is obviously impossible. Bully for you, Doc, I guess that shows 'em!

Now, of course, j&t between us dirty old beer drinkers and keeping it all in the family, so to speak, I shyly point out that our erudite friend did make one itsy-bitsy miscalculation. It might even be said (and, believe you me, it was said!) that for a professor of physiology, he showed some abysmal ignorance about the basic fundamentals of human plumbing. I might even suggest to this benefactor of mankind that if he were to station himself some pay-day night at the nether end of most any bar, near the two little doors marked "Guys" and/or "Dolls," a simple traffic survey would show that it was beer drinkers 10 to 1.

But who wants to be a wet blanket? In my pursuit of the lovely hops, I've suffered from dizziness and palpitations a time or two; but drunk? Never. It was caused by all that cold beer on a hot stomach. The time I drank a case of beer and woke up in Chicago—it was a simple case of amnesia. If you doubt me, ask my wife; she knows because I told her. And that time I hit the cop when he woke me up in the gutter, I mistook him for my brother-in-law. Honest, I did!

Gosh, no, you can't get drunk on beer—THASH JUSH SHILLY!
-C.D.P. in The Gateway

ROSARY HALL THIRD ANNIVERSARY

Rosary Hall will observe its third anniversary on Sunday, December 4 at 2:30 p. m., in Jordan Hall of St. Vincent's Charity Hospital. Many prominent and active members from distant points are expected to attend. The speaker will be Clem L., a prominent Chicago journalist and a member of long standing. He is the author of one of our favorite AA booklets "God, The Devil and Me." He's well worth hearing.

IS ALCOHOLISM A DISEASE?

Editors of The Sign:

Having seen the article "Alcoholism—Disease or Vice?" in The Sign for January, 1953, I am sure your readers will be interested in hearing the other side of this misunderstood question.

Alcoholism is not just a vice. The abnormal drinking or general disordered condition of the alcoholic is properly called a disease for the following reasons:

First, the professions of medicine and psychiatry see in the alcoholic a condition which by their norms deserves to be called a disease. They are the judge of what the label "disease" means, and of whether the condition called alcoholism deserves that label.

Second, recovered alcoholics cannot learn to drink normally. After years of sobriety they still react abnormally if they start drinking again. Why is this so?—unless there is something inside them, physiological or psychological, which makes them react that way. That something is rightly called pathological.

Third, many scientists believe they have discovered a physiological basis for the alcoholic's abnormal drinking. Although so far researchers in physiology have not been able to agree upon a clear, definite, organic or functional pathology in alcoholics generally, yet there is good reason for believing that in many alcoholics the abnormal drinking results from a bodily pathology; and that in most alcoholics, once they have become addicts, physiological changes have occurred which prevent them from ever becoming normal drinkers.

Fourth, the psychological (and/or physiological) mechanisms involved in addiction considered generally, can properly be called pathological. The alcohol addict, once he has become an addict, has acquired a dependence on alcohol which is generally beyond his power to control, unaided. He drinks compulsively, the compulsion operating with more or less frequency, and more or less force. This addiction is often just as strong as drug addiction and the alcohol addict ends up with a habit so severe that it assumes pathological proportions. Hence the addiction itself can be properly described as a form of illness or disease.

If Mr. Tracy can rehabilitate 90 per cent of his patients (an amazing percentage), more power to him. More power to anyone who rehabilitates any alcoholics. But in the interest of stating the simple truth to alcoholics and others, I believe it is very important to insist that alcoholism is not merely a vice. It is also a disease, and for many reasons we are entirely justified in describing it as such.

John C. Ford, S. J.

Professor of Moral Theology, Weston, Mass.
-Submitted by Bill McG., Cleveland, O.

FAREWELL TO FRED AND VI

Fred and Vi S., for the past nine years operators of the Cleveland Alcoholic Clinic, 7809 Euclid Avenue, have disposed of their holdings as of January 1, 1956 and will leave to establish residence in Ft. Lauderdale, Florida on that day.

A Farewell Party in their honor will be held in the Clinic Clubrooms on New Year's Eve to which their many friends are invited.

The new operator of the Clinic will be Glenn C., a former member of Doan Men and Euclid-Wade, who has spent the past five years in active AA work in Chicago. He will arrive in Cleveland on December 15th for "indoctrination!"

Fred and Vi plan to establish a deluxe plant for the treating of alcoholics in a building soon to be constructed on the waterway, five miles south of Ft. Lauderdale. Construction starts on December 1 and occupancy has been promised for April 1. According to Fred, it will be the last word in alcoholic treatment. Even the use of a swimming pool is included in the plan.

We wish them continued success. They have helped many alcoholics in this area. Their personal interest in every patient and their constant search for the most advanced methods of treatment has made their Clinic one of the most successful in the country.

GROUP NEWS

Ashland, O.-Beginning with Tuesday, November 22, the Ashland group now meets in the First Presbyterian Church, corner Church and Third Streets in Ashland, Ohio. Meetings start promptly at 9 p. m. with refreshments afterwards. Since this group has affiliated with the Cleveland District, it invited all Clevelanders to come and share their philosophies.

Speakers for December (all Clevelanders) are: 6-Tom T., Lorain Avenue-Wednesday; 13-13 Tom McG., Edgelake; 20-Harry D., Edgelake; 27-Dick S., Borton.

Brooklyn-Speakers scheduled for December are: 7-A question and answer panel of eight-four men and four women; 14-Al S., Brooklyn (his 9th anniversary); 21-Dr. York P., Fairmount; 28-Charlie K., Brooklyn.

Coventry-Speakers scheduled for December are: 1-George P., Shaker (his first lead); 8-Lloyd H., Shaker; 15-Ladd T., Lake Shore; 22-Mary McL., Clark; 29-The annual Gratitude Meeting in charge of "Pappy" S.

Early-Early-A new group, started by newspaper men and other night workers, which held its first meeting Nov. 21 attracted an attendance of about 18. They meet every Monday at 6 p. m. in St. Columkill's Church, East 2th and Superior. The formal opening meeting will be held on Monday, December 12. Jerry S. is secretary.

Fairview Park-Speakers scheduled for December include: 6-Fritz T., Chagrin Falls; 13-Ace E., Collinwood; 20-Gerald M., Lee-Friday; 27-Chuck and Lu S., Lee-Friday.

Glenville-Speakers for December are: 3-Dick W., Westside Monday; 10-Al K., Doan Men; 17-Chris G. C., West Park; 24-Harvey S., Collinwood; 31-Milton M., Glenville.

Lorain Ave.-Wednesday-Due to a building program in process at old meeting place, group now meets in SS. Philip and James Hall, 3689 Bosworth Rd. at 9 a. m. On December 7, the group will hold an Open House with Warren C., Lakewood as speaker.

Mentor-Painesville-Three groups in this area have disbanded-one as long ago as three years. The Central Bulletin, not having been apprised of these facts until today, has been listing them among the active groups. The disbanded groups are Mentor (Friday), Painesville Stag (Tuesday) and Painesville (Thursday). We regret the inconvenience caused by the listing.

Orchard Grove-Speakers for December are: 5-Fred D., Lake Shore; 12-Marty McM., Valley View; 19-Bill R., Fairview; 26-General Discussion.

Trinity-The group will observe its eighth anniversary on Saturday, December 3 at 8:30 p. m. with an outstanding speaker from Columbus, Ohio, Bert P. He is a solid AA with a long record of dedicated service.

Other December speakers are: 10-Tony M., Elyria; 17-Larry O'C., Arcade-24 No meeting-Christmas Eve; 31-No meeting. The Clark group will use the Hall for its New Year's Eve party to which everyone is welcome.

West Richfield-The group now meets on Saturday evenings at 8:30 p. m. instead of Friday.

Holiday Warning — Don't Take that First Drink!

GIGGLES

A gunman walked up to the cashier of a movie house, stuck a gun in her face and growled, "The picture was lousy-give me everybody's money back!"

Doctor (after examining patient): "I don't like the looks of your husband, Mrs. Adamson."

Mrs. Adamson: "I don't either, doctor, but he's so kind to the children."

Gal One—"Your fiance is charming; he has that certain something."

Gal Two—"I know, but father wishes he had something certain."

CENTRAL COMMITTEE

The annual election of officers for the coming year will be held at the monthly Central Committee meeting in Room 370 the Hanna Building, Tuesday, December 6 at 8:30 p. m.

It is amazing that more groups are not represented at these monthly meetings. Central Committee is the only recognized authority in the eyes of Cleveland agencies to speak in the name of all the groups. It is the watch-dog of all the groups in maintaining the integrity of AA, upholding the highest standards of conduct, maintaining the Traditions as well as holding and preserving the high respect AA has developed in the community.

Fortunately, the loyal 20 or 25 groups who recognize the Committee's importance have steadfastly sent intelligent representatives to these monthly meetings. More of our groups should recognize the Committee's importance.

TIME AND TIDE . . .

If you had a bank that credited your account each morning with \$86,400, that carried over no balance from day to day, and allowed you to keep no cash in your account, and every evening canceled whatever part of that amount you had failed to use during the day, what would you do? Draw out every cent, of course.

Well, you do have such a bank, and its name is "Time." Every morning it credits you with 86,400 seconds. Every night it rules off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balances. It allows no overdrafts. Each day it opens a new account with you. Each night it burns the records of the day.

If you fail to use the day's deposit, the loss is yours. There is no going back. There is no drawing against "Tomorrow." You **must** live in the present-on today's deposit. Invest it so as to get from it the utmost in health, happiness and success.

-Roger D., Quebec, Canada

Holiday Warning!-Don't Take that First Drink!

GIGGLES

Hi: "My wife practices occupational therapy on me."

Fi: "Meaning which?"

Hi: "She keeps me in hot water all the time."

"Oh, my poor man," exclaimed the kind old lady. "It must be dreadful to be lame. But it would be much worse if you were blind."

"You're absolutely right, lady," said the beggar. "When I was 'blind people kept giving me foreign coins."



CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON-Westminster Church, Cor. Addison and Wade Park 8:30
BORTON—E. Euclid. Congrega. Church, Page and Euclid Ave. 8:30
FRIENDLY SUBURBAN—6037 Pearl 8:00
LAKEWOOD (Orchard Grove)—1417 St. Charles, nr. Detroit 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit 8:30
LEE MONDAY—First Presbyter. Church, East Cleveland, Nela and Euclid 8:30
LORAIN AVE.—Banater Hall Annex, w. 120th St., at Lorain Ave. 8:30
MILES—St. Mary's Episcopal Church, 9721 Romona Boulevard 8:30
PEARL—Corpus Christi Basement, 4850 Pearl Road 8:30
SHAKER HEIGHTS—Christ Episcopal Church, 3445 Warrensville Rd. 9:00
SOUTH EAST—7526 Broadway 8:30
UNION—East View Cong. Church, Kinsman at E. 156th St. 9:00
WEST MONDAY—Above Tend R. Lean Store, 1428 W. 25th at Detroit Ave. 8:30
WEST 25th ST.—Marvel Hall, 2858 W. 25th St. 8:30
WOMEN'S—Westside—West Boulevard Christian Church, Madison and W. 101 8:45
ELYRIA MEN—St. Agnes Church, Lake Road at Bath St., Elyria, O. 8:30
SHELBY—Congregational Baptist Church, Jackson and Jefferson, Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY—Presbyterian Church, Willoughby, O. 8:30

TUESDAY

ARCADE—Typographical Union Hall, 1559 East 17th (near Payne Ave.) 9:00
BELVOIR—SS. Margaret and Mary Church, Belvoir and Bluestone 9:00
BUHRER—1142 Buhrer Ave. 9:00
CHARITY—Last Tuesday of each month—Cafeteria 9:00
CLARK—1917 Clark Ave. 8:30
EAGLE TRAINING—Salvation Army, E. 9th and Eagle 8:00
EDGE LAKE—St. Charles Ave., Dinner at 7:00 p. m. Meeting at 8:30
EUCLID-WADE—Calvary Presbyterian Church, E. 79th and Euclid Ave. 9:00
FAIRMOUNT—St. Paul's Episcopal, Fairmount and Quincy 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain 8:30
HILLCREST—St. Margaret Mary School, Room 101, Bluestone & Belvoir, S. Euclid 9:00
HILLTOP—St. Joseph's Seminary, 17608 Euclid Ave. 8:45
LAKE SHORE—St. James Catholic Church, 17514 Detroit Ave. at Granger Ave. 8:30
MILES LEE—Mt. Hope Lutheran Church, E. 164th. north of Miles Ave. 8:30
NEW HOPE—Women-Ward's Convalescing Home, E. 71st and Cedar 8:30
SMITH-WILSON—Nativity School, 9510 Acta Road 8:30
SUPERIOR—North Presbyterian Church, E. 40th and Superior 9:00
TRADITIONS—Community Church of Brooklyn, 8720 Memphis Ave 9:00
WEST PARK—West Park Baptist Church, W. 152nd and Lorain 8:30
ASHTABULA, O.—First Presbyterian Church, Corner Church and Third Sts. 9:00
LAKE COUNTY—Carpenter Hall, Maple St., Mentor O., north of Rt. 20 8:30
LORAIN, O.—St. Stanislaus School, 28th St. and Elyria Ave. 8:30
MEDINA, O.—St. Paul's Episc. Par.Hse. 8:30
STRONGSVILLE—Tuesday—Town Hall.9:00

WEDNESDAY

ALCOLA—6409 Detroit Ave. 9:00
ALL-AMERICAN Sportsmen, 1142 Buhrer, 3rd Wednesday each month 8:30
BAXTER AVE.—6527 Baxter Ave 8:30
BROOKLYN—K. of P. Hall, 3316 Broadview, East of Pearl Rd. 8:30
C. E. I.—Illuminating Co., Room 335—Rear Building 8:30
COLLINWOOD—14709 St. Clair Ave. 8:30

DENISON MEN—7403 Denison Ave., (first Wednesday. joint meeting). 8:30
DOAN MEN'S—2028 E. 105th St., 2nd floor, side entrance 8:45
EAST SIDE MORNING—2028 East 105th St. 10:30 AM.
8801 SUPERIOR—8801 Superior 8:30
GARFIELD HEIGHTS—Trinity Baptist, E. 94th and Garfield Blvd 8:30
LAKEWOOD WOMEN—United Presby. Church, 12601 Detroit Ave. 8:30
LEE ROAD—First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd. 8:30
LORAIN AVE.—S.S. Philip & James Hall, 3689 Bosworth Road 9:00
ST. JAMES—Ward's Convalescing Home, E. 71st and Cedar Ave. 8:15
ST. MARY—400 North S., Chardon, O. 9:00
TWENTY-FOUR HOUR—13216 Detroit, Training meeting 1st Wed. each month, Church of the Ascension 8:30
WARRENSVILLE—Women's House Cor. 7:30
WOMEN'S—East Side—Cleveland Unitarian Society, Euclid and E. 82nd St. 8:30
WOMEN'S—Lorain County—St. Anthony's School Hall, E. Erie & Kansas (R.2 or 6) 8:30
ASHTABULA COUNTY MEN, Conneaut, O., B. of L.E. Hall, Whitney Block, Main St. 8:30
BEDFORD, O.—Y.M.C.A., Tarbell Ave. 8:30
ELYRIA, O.—St. Mary's Church, Middle and Fourth 8:30

THURSDAY

ALAN—1820 East 79th St. 8:30
ALLENDALE—St. Paul's Episcopal Church, 15837 Euclid Ave. 8:30
ANGLE—St. Malachi's Church, 2549 Washington Ave. 8:30
BROADWAY-55th—Our Lady of Lourdes School Hall 8:30
COVENTRY—Fairmount Presby. Church, Scarborough and Fairmount Blvd. 8:30
CRILE HOSPITAL—Library 8:00
EDDY ROAD—Glenville Congregational Church, Eddy and St. Clair 8:30
HAWTHORNEN STATE HOSPITAL, Macedonia, O., Basement of New Employees Bldg. 8:00
OUTHWAITE—Woodland Center, 7100 Kinsman Ave. 8:30
ROCKY RIVER—Rockport Methodist Church, 3310 Wooster Road 9:00
WEST SIDE-7403 Denison Ave. 10:30 A.M.
AMHERST—St. Peter's Ev. & Ref. Church, Church St., North Amherst, O. 9:00
BEREA—Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland 8:30
EAST LAKE—Bethel Lutheran Church, 32400 Vine St. 8:30
HARBOR THURSDAY—Ashtabula, O., 1147 West Fifth Street 8:30
INDEPENDENCE, O.—St. John's Lutheran Hall, Second and Sunset 9:00

FRIDAY

ANSEL ROAD—St. Thomas Church, 9205 Superior Ave. 9:00
BROADWAY-HARVARD—8437 Broadway 8:30
CEDAR—Salvation Army, 5005 Euclid 8:15
FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry and Drexmore, Krumbine Room 1:00
GORDON SQUARE—St. Helena's Hall, 1367 W. 65th St. 8:30
LEE ROAD—American Legion Hall, Post 163, 15544 Euclid Ave. 9:00
LIBERTY—K. of C. Hall, 14709 St. Clair 9:00
NORTH EAST—St. Agatha's Church Hall, 1269 Lakeview Rd. 8:30
ROSARY HALL—Jordan Hall, Charity Nurses Auditorium 8:30
STELLA MARIS (Men), 1320 Washington Ave. 8:15
TRIPLE A FAMILY GROUP, Rosary Hall, Charity Hospital 8:30
WESTSIDE YOUNG PEOPLE, St. Luke's Hall, Bunts and Clifton 9:00
AVON LAKE—Congregational Church, Lake Road, Stop 55 1/2 8:30

BEREA—Social room of Berea Cong. Church, Seminary and Church 8:30
CHAGRIN FALLS, O.—American Legion, E. Orange St. 8:30
CHARDON, O.—Thrasher House, Water St., Chardon, O. 8:30
CONNEAUT, O.—B. of L. E. Hall 8:30
EUCLID, O.—Holy Cross Church, E. 200th and Lake Shore Blvd 8:30
WICKLIFFE—Lady of Mt. Carmel Hall, Euclid at E. 296th St. 8:30

SATURDAY

BROADWAY-CABLE—St. John's Lutheran Church, Cable at Broadway 8:30
CATHEDRAL—(Stag) St. John's Cathedral, E. 9th and Superior 8:30
GLENVILLE—10421 St. Clair Ave. 9:00
LAKEWOOD-Sat. Nite—Redeemer Hall, Andrew, near Detroit 8:30
LEAGUE PARK—St. Agnes School Hall, East 79th and Euclid Ave. 9:00
MAPLE HTS.—Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—St. Philip Neri Church, E. 82nd and St. Clair 8:30
MEMPHIS—K. of P. Hall, 3316 Broadview, East of Pearl Rd. 9:00
PARMA—Public Library, 5850 Ridge Rd. 8:30
PLAINS—Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd. 8:30
REDWOOD—Euclid Lutheran Church, E. 260th and Oriole 8:30
SHILOH—Bethel A. M. E. Church, 15021 Shiloh Road 8:30
TRINITY—Trinity Evangelical Church, 3525 W. 25th St. 8:30
VALLEY VIEW—Community Center, West 7th and Starkweather 8:30
8005 GROUP—8005 Lorain Ave. 8:30
ASHTABULA, O.—St. Peter's Episc. Church, Main Avenue at South Park 8:30
ELYRIA, O.—St. Andrew's Episcopal Church, Middle and Third 8:30
OLON, O.—St. Rita's Church basement 9:00
WEST RICHFIELD—Consolidated Church, Route 303, just west of Route 21 8:30

SUNDAY

ALL-AMERICAN Sportsmen 11:2 Buhrer 1st Sunday each month 4:00
BROOKPARK PROJECTS—Administration Bldg., 13400 Dibell, off W. 130th 8:00
BROOKSIDE—Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C. A. C. DISCUSSION—% A. C. clubrooms, 7809 Euclid Avenue 10:45 A.M.
COLLINWOOD—14709 St. Clair Ave. 7:30
DETROIT—Mixed-8023 Detroit Ave. 8:00
Greater Cleve. Young People (Consolidated) Cathedral Hall—First Sunday each month 2:00
LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair 8:30
LORAIN COUNTY CONSOLIDATED—First Sunday of each month, Alconon Club, 345 E. Broad St., Elyria 7:30
MARYMOUNT—2nd Sunday in month Cafeteria, McCracken and Henry 2:30
MISTLETOE—St. Thomas Church, 9205 Superior Ave. 7:00
NEWBURGH—St. Catherine's Church, 3443 E. 93rd St. 8:30
OUTHWAITE—2903 E. 71st St., Corner Kinsman 4:30
STRONGSVILLE—Royal Haven Farm, Royalton Road, Strongville, O. 3:00
WEST SIDE DISCUSSION—6409 Detroit Ave. 11:00 AM.
WARRENSVILLE-Cooley Farms Recreation Room 10:00 AM.
GENEVA, O.—Legion Hall, Park St., corner of So. Eagle 7:30
1st TUESDAY EVERY MONTH
CENTRAL COMMITTEE, Hanna Building, Room 370 8:30
3rd TUESDAY EVERY MONTH
HOSPITAL COMMITTEE, Hanna Building, Room 370 8:30

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 EXpress 1-8998 7809 Euclid Ave.
 Elmwood Sanitarium (M)
 KENmore 1-2299 17322 Euclid Ave.
 Euclid Rest Haven (MW) ULster 1-6296
 and MULberry 1-9584, 13240 Euclid Ave.
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Dep. PLAIN JOURNAL - P. 2
 CONSOL. MEETINGS
 SUN. W. 1677 - MOOSE HALL
 Jim G. PUTT BULL

CENTRAL BULLETIN

UNBISHNESS • HONESTY
 PURITY • LOVE
 A.A.

Vol. XIV-No. 3

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December 1955

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THREE CHRISTMASSES

It was the night before Christmas and all through the house not a creature was stirring-not even the old man. He had sneaked in at 3 a. m. after just a wonderful Yuletide eve party with the boys and he was lit up brighter than the tree into which he stumbled. He put his foot through the box with the doll in it, knocked off some of the ornaments, found the bottle he had stashed away and then passed out half on the sofa, half on the floor.

The kids thought the rumpus was Santa Claus coming down the chimney and stayed tightly in bed as they had been warned. But mother knew what it was. Just another smashed up Christmas. Old and routine stuff by now. She had come down when quiet returned. Tried to rouse the old man to get him into bed, but he was too far gone. He was out but the lights were on. So she extinguished them and let him lie. What a present for the youngsters to find under the tree in the morning!

"Mama, what's the matter with daddy?" they would ask.
 "He's all tired out because he stayed up to help Santa Claus."
 "But he looks funny, mama."
 "Yes, I know, but he'll be all right after he rests. Go play with your toys now."

And for that family it was not, in the lines of the old poem, "and a Merry Christmas to all," but it was "and to all a good night"-and how!
 * * *

This year the old man didn't join the office party that started soon after lunch. That had always been the beginning of the end in years gone by. He hung around long enough to be sociable and then made a bee-line for home.

With his wife he helped trim the tree after the kids had gone to bed. He had some money this year and for the first time in a long while-longer than he cared to remember-he had bought her some lovely presents. The kids had more, too; not just the few things that could be squeezed from the limited funds left over from drinking.

And Christmas day was one to remember. The old man was up and about and cheerful and happy. This is swell, he thought to himself. Swell because all the others were happy, too. What a change from the years gone by.
 * * *

These were the externals, part of the reward of sobriety. But what had happened? Between these two Christmas-mases there had been another Christmas-and new birth-when the old man found Alcoholics Anonymous.

What is Christmas? It reaches back into the dim antiquity of man. Originally it was a pagan holiday. The ancients celebrated the day to mark the return of the sun toward the north, bringing longer days, more light and the promise that life would revive the earth. The Christians took it over and retained much of the old significance.

Nothing could be filled with more promise, nothing

(Continued on page two)

"I CAN'T QUIT"

"I've tried . . . honestly I have . . . to quit drinking, but I can't. The habit is too deeply rooted. Fine AA's have talked to me and they've told their stories of qualification and recovery . . . but, I guess I'm just different!"

How often we've heard these plaints and how often have we tried to convince the poor frightened souls that practically every one of us too had been convinced that we were doomed.

The same plaint can be heard when we delve deeper into case histories. trying to pin-point the cause for a person's drinking . . . deep-seated resentments . . . frustration . . . conceit . . . infidelity . . . laziness, etc.

Inevitably, when such a cancer has been located, the "patient" utters the same plaint, "I've tried . . . honestly I have . . . to quit, but I can't! The habit is too deeply rooted! I admit I am full of resentment, but I have been so mortally hurt, I can never forget or forgive!"

Or in case of frustration and conceit, the "patient" will not come down to earth and accept the fact that maybe he wasn't as brilliant or brainy as he believed himself to be. Maybe his former employer dismissed him because he just wasn't what the guy claimed to be. It's an awful shock to such a person and it's quite difficult to accept. But until he becomes absolutely honest with himself, he'll be difficult to help.

Real infidelity is not as common a fault among alcoholics as many people think. Most true alcoholics certainly were truculent, disgusting in appearance, foul smelling, stupid in conversation! selfish, self-centered

and so goofy, no one of the opposite sex would tolerate his advances, amorous though he might be.

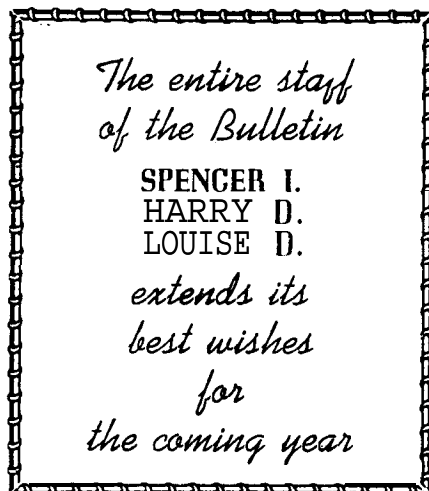
What the emotional inebriate is seeking is companionship, a strange bosom to weep on together with a sympathetic ear to listen to a tale of fancied hurts and misunderstandings, together with a defense of his condition because of them.

After an alcoholic has found AA, however, this habit of seeking a new, sympathetic ear in (and on) the opposite sex, unfortunately still prevails among some newcomers in the ranks. Resentment over past chidings, which though justly deserved, rankled deeply and weren't forgotten. The alcoholic type is so thin-skinned he can't take criticism, even constructive criticism, properly. Until he recognizes this weakness, and, through AA, grows another layer or two of skin.

Laziness comes from lack of interest and enthusiasm. One of the characteristics we have found common to our lot is procrastination. Banana! Manana! The only way we see to curb this tendency to push things off to a more convenient time is to cut down on our activities and make an honest effort to do fewer things, stick to them on a rigid schedule and do them effectively. It's disillusioning, but we are not super-men after all.

"I can't quit" is no reason! It's an excuse! If a person

(Continued on page two)



THREE CHRISTMASSES

(Continued from page one)

could bring brighter days, than the "Christmas" the alcoholic had found when he achieved sobriety. For those of us who now know happiness, Christmas is not just a holiday, it is the spirit of a new way of life.

-Reprint from December, 1952.

I CAN'T QUIT

(Continued from page one)

wants to quit any habit desperately enough he can if he WANTS TO! Hanging on to a habit is much easier than facing a belittling bunch of relatives and friends and proving them wrong.

In every person's makeup, from skid row to penthouse, is some principle. There's some vice or some weakness they WILL NOT descend to. It's this which feeds their battered souls and flatters their vanity and allows them to justify their major faults. "At least I'm not as bad as that crumbum! He's sober and I'm drunk! But, thank God, I don't do what he does!"

What a silly way to reason. But haven't we all been guilty of the same type of rationalizing?

BEYOND PLAIN SOBRIETY

You have been a member of Alcoholics Anonymous for several weeks. Or is it several months? The bright, shining newness has started to dull just a little. The first glamorous flush of sobriety has started to wear off. There is, you know, a lot of glamour connected with the first weeks in AA. You have been the center of attention. Scores of new friends have gone out of their way to be nice to you. There has been glamour in walking down the street with head held high, eyes sparkling. There is glamour to the feeling that for the first time in years you have the respect of others, self respect. Vanished are the days of ducking into alleys to avoid people, letting the telephone go unanswered, hiding when the door bell rings. You get a thrill at such small things as being able to pick up a full glass of water without slopping it.

But this initial enthusiasm, alas, is too soon gone. You are no longer the glamour child of your group. You are accepted as a matter of course.

Newly found sobriety runs almost as true to pattern as does drinking. You well recall the progress of your drinking: a social nip with an occasional one-night bender; the social drinks multiplying with the benders coming closer together; the first morning pick-me-up; then the before breakfast half pint; the sudden discovery that you could not stop drinking; home trouble; job troubles; stealing, pawing, and finally the hospital or skid row.

The sobriety pattern starts with bewilderment when the program is first explained. It all seems so complicated, particularly to an alcohol-fogged brain, as to be impossible. Then comes complete surprise that by following the Twenty-Four Hour Plan, and with the assistance of others, you, too, can stay sober. The complexities of the program fall into a pattern and become a simple picture. This is invariably followed by a burning enthusiasm, a zeal to share your new-found happiness with others and a crusading spirit to dry up the world. So you try to sober up every drunk you can find, only to be at first surprised and then disappointed that a great number of folks don't want to give up drinking. You lend money lavishly and when it's not repaid you're hurt to find there are chisellers in AA as well as anywhere else. About this time a succession of your babies suffer relapses and you become discouraged. Discouragement becomes so black that you consider following in the path of your erring babies. But you will soon snap out of it and go on to another phase. Along about now you are certain that you know more about AA than anyone in the world. You can't understand how Joe Smith manages to keep sober when his method of following the program is different from yours. Perhaps you even take the matter up with Joe and are a little put out when he shrugs off your advice and goes on his merry way-still sober. You find fault with the management of meetings and with the sneakers. To prove your point you take over the chairmanship-only to find that the meetings are about the same as before, speakers politely disregard your suggestions, and that,

prod as you may, there are but a select few you can count on to take over the small chores connected with the group's operation.

It is hardly a smooth path, but it is a normal one, and your little tribulations are adding to your stature, although unknown to yourself. It is all part of the education of a member of Alcoholics Anonymous.

Somewhere along the line we come face to face with an all-important question: **What is there in AA for me beyond plain sobriety?** Up to this time your sobriety has kept rolling along on a purely physical basis. You have kept active. You have attended meetings; you have held long discussions with your new friends; you have eagerly done your Twelfth Step work, carrying the program to others. If you haven't been able to comprehend fully the spiritual part of the program, so what? You put a little more steam into your Twelfth Step work and the momentum has kept you sober.

Now that the initial glamour of sobriety has worn off, we should now attempt to put our new AA philosophy into our daily lives. Take the word of the old timer in this organization-it does and will work. You will find that the new friends you make are truer friends than those you had during your drinking past.

The first thing in the life of any Alcoholics Anonymous is sobriety; and this is most easily accomplished by doing first things first. As time goes by, you will find that the peace of mind and happiness you have been looking for is suddenly here. Take a look at yourself in the mirror. With a few months of sobriety what do you see-you begin once more to look like a human being and you actually feel good. Suddenly you even appreciate the simple fact that it's a gorgeous spring morning. Mentally, your outlook has changed. The problems of life really aren't as great as you thought they were and you actually get pure enjoyment out of fulfilling your daily obligations at work. Look at your family. The kids actually welcome you around the house, mama has a smile instead of a bitter tongue. And, all in all, home is something now worth returning to each day. And money-what a problem that has been in the past. You borrow from Peter to pay Paul. You have mortgaged everything that you owned, and you hocked what was left. You crossed the street to avoid those that you didn't want to see. Look at the change that a few months of sobriety has brought. Your bills are probably as great as ever-but you have made an attempt to pay and live up to your obligations. You found that your creditors were willing to work with you, and the net result to you has been peace of mind and happiness. That's a small part of what sobriety brings.

-Chit-Chat, Robesonia, Pa.

Holiday Warning — Don't Take that First Drink!

APPRECIATION NOTED

Central Bulletin:

One of the many nice things that has happened to me (especially since I have been in AA for two and a quarter years) was to receive a gift subscription to the Central Bulletin from my nice brother-in-law, Ladd T. of the Lake Shore Group.

It's about time to renew and I am enclosing one dollar herewith. I would be most distressed if I missed a single copy. My copies get very well worn and I am most grateful for the invention of Scotch Tape.

Enclosed also is 15c. I should appreciate receiving a copy of the address given by Edgar B. of Chicago and mentioned in the October Bulletin.

There is so much good lead material in the Bulletin that I would greatly appreciate it if you would give me a list of any similar publications.

Best wishes to all of the Cleveland Groups from a former Lakewoodite, I am sincerely, Ashley K. Melbourne Beach, Fla.

NEW OFFICERS ELECTED

John M., member of the Parma Group was elected Moderator and Henry D. of Wednesday-Lee vice moderator. Both have been in regular attendance and are dedicated to the highest principles of the AA fellowship.

GROUP NEWS

Brooklyn-Each speaker scheduled for January will observe an anniversary of his entrance into AA. They are: 4—Orrie K. (7); 11—Herbie F. (6); 18—Freda L. (10); 25—Mary J. (4) and Norris M. (6), a mother and daughter lead. Each of the speakers are members of the Brooklyn group.

Glenville-Speakers scheduled for January are: 7 “Doc” K., Broadway-55; 14—Tony K., Broadway-55; 21—Vincent K., Baxter; 28—Joseph W., Broadway-55.

Gordon Square-Speakers for January include: 6—George C., Glenville; 13—Bob L., Independence; SO—Marie C., Westside Women; 27—Warren C., Sr., Lakewood Satnite.

Lake Shore-The group again has been forced to change its meeting place. They now meet in the Ascension Church Clubhouse, corner Puritas and W. 140th on Tuesdays at 8:30 p. m.

Lakewood Satnite-No meetings will be held on December 24 and 31 because of holidays. Meetings will resume on Saturday, Jan. 7, at 8:30 p. m.

Orchard Grove-Speakers for January include: 2—Steve L., Memphis; 9—John G., Jr., Angle; 16—Fred G., Clark; 23—Warren C., Jr., Fairview; 30—Joe K., Brooklyn.

Trinity-Speakers for January are: 7—Arthur S., Orchard Grove; 14—Wyn W., Lee-Wednesday; 21—Howard B., Independence; 28—Mary G., Arcade.

Holiday Warning!—Don't Take that First Drink!**CONSOLIDATED MEETING**

Sunday, January 16, 1956, 4 p. m.

Moose Hall, E. 22nd and Carnegie

The January Consolidated meeting will be held again in Moose Hall, E. 22nd and Carnegie on Sunday afternoon, January 16, at 4 p. m.

The speaker will be Jim C. (same name as our famous judge) of Pittsburgh, Pa. He has been a member since January, 1950. He spent 22 years on the China Coast, taught English at the National University in Peking, China. Later he worked for the Shanghai Engineering Co. He speaks Chinese fluently.

He was captured by the Japanese on the first day of the war, on December 8, 1941, and was imprisoned until August 15, 1943. He states, “I managed to stay pretty drunk for 3 years and 8 months in the prison camp while others starved. It wasn't easy.”

There's plenty of free parking in the lot adjacent to the meeting place. So come out and meet your friends.

GIGGLES

A woman reported the disappearance of her husband to the police. “Is there any message you wish to give your husband if we find him?” asked the officer in charge of the investigation.

“Yes,” she replied, “tell him Mother didn't come after all.”

“Sad about the disappearance of Professor Hill,” said James, polishing his brassie. “He was a profound thinker.”

“Yes—always thinking no matter where he was,” replied another clubman. “Fancy, the last time I saw him we were bathing, and he suddenly called out. ‘I'm thinking! I'm thinking!’”

“You idiot!” roared James. “The professor lisped.”

A father, pushing a baby carriage down the sidewalk, was trying vainly to pacify his howling two-year-old. “Don't get excited, Andy. Now take it easy, Andy. You must be calm, Andy.”

A lady who happened to be passing by stopped and remarked, “It's just wonderful the way you speak to that child. It's so rarely that you see such gentle fathers. And he's named Andy,” the little darling.”

“No, madam,” growled the father. “His name is Joseph. My name's Andy.”

YOUNGSTERS SEGREGATED

The city is ready to begin construction of a new barracks for “problem drinkers” at the Warrensville Workhouse.

For the first time the new building will separate the “salvageable” young men from the habitual drunks and Skid Row characters that fill the city institution.

Superintendent Ray Zorman stressed that the new project is not intended as a “cure all” for alcoholics. It will not be a treatment center.

Instead, workers from community groups such as Alcoholics Anonymous and counseling agencies will be welcome to visit the inmates frequently.

The building will cost \$100,000 and will house 75 men. Most of them, said Zorman, will be younger “family men.”

“We want to put these younger fellows together so they can cry on each other's shoulders, discuss their drinking problems together,” he said.

“They resent being classified as criminals. They know they've done wrong. But instead of taking their resentment out on society, they will take it out on themselves.”

The new building will have no barred doors or windows, said Zorman. It will have only one guard to keep order. The men will work on outside jobs and will never mingle with the older, hardened prisoners. In a sense it will be a separate workhouse.

“These are pretty decent fellows,” said the superintendent. “We'll go along with them as long as they cooperate with us.”

Zorman said the idea of classifying younger problem drinkers is new to prison farms throughout the country. The city's long-range plans include the construction of another barracks for similar purposes and a “maximum security” building for the Workhouse toughs.

Commissioner of Welfare Institutions Edmund Lewandowski said an architect would probably be assigned to the project next week. He predicted the building for young drinkers would be completed by next summer.

—Cleveland Press.

GIGGLES

After twenty-five years of wedded bliss, a man's wife passed away and the bereaved husband had her ashes put into a beautiful urn, which he placed directly above the fireplace in his living room. Heedless friends soon got into the habit of flicking their cigar ashes into the urn. His brother from Chicago arrived some weeks later, glanced into the urn, and remarked with some surprise, “Say, your wife is gaining weight.”



CLEVELAND AREA GROUP MEETINGS

MONDAY

ADDISON-Westminster Church. Cor. Addison and Wade Park 8:30
BORTON-E. Cleveland Congrega. Church. Page and Euclid Ave 8:30
EARLY-EARLY--St. Columkill Church, East 26th and Superior 6:00
FRIENDLY SUBURBAN-6037 Pearl 8:00
LAKEWOOD (Orchard Grove)- 1417 St. Charles, nr. Detroit 8:30
LAKEWOOD MEN'S-St. Peter's Episcopal, W. Clifton and Detroit 8:30
LEE MONDAY-First Presbyter. Church, East Cleveland, Nela and Euclid 8:30
LORAIN AVE.-Banater Hall Annex, W. 120th St., at Lorain Ave 8:30
MILES--St. Mary's Episcopal Church, 9721 Romona Boulevard 8:30
PEAR&Corpus Christi Basement, 4850 Pearl Road 8:30
SHAKER HEIGHTS-Christ Episcopal Church, 3445 Warrensville Rd 9:00
SOUTH EAST-7526 Broadway 8:30
UNION-East View Cong. Church, Kinsman at E. 156th St 9:00
WEST MONDAY-Above Tend R. Lean Store, 1428 W. 25th at Detroit Ave 8:30
WEST 25th ST.-Marvel Hall, 2858 W. 25th St 8:30
WOMEN'S--Westside--West Boulevard Christian Church, Madison and W. 101 8:45
ELYRIA MEN-ST. Agnes Church, Lake Road at Bath St, Elja, O 8:30
SHELBY-Congregational Baptist Church, Jackson and Jefferson, Painesville 8:30
VERMILION-Congregational Church 8:30
WILLOUGHBY-Presbyterian Church, Willoughby, O. 8:30

TUESDAY

ARCADE-Typographical Union Hall, 1559 East 17th (near Payne Ave) 9:00
BELVOIR--SS. Margaret and Mary Church, Belvoir and Bluestone 9:00
BUHRER--1142 Buhrer Ave 9:00
CHARITY-Last Tuesday of each month-- Cafeteria 9:00
CLARK-1917 Clark Ave 8:30
EDGE LAKE- St. Charles Ave. Meeting at 7:00 p. m. Dinner at 7:00 p. m.
EUCLID-WADE-Calvary Presbyterian Church, E. 79th and Euclid Ave 9:00
FAIRMOUNT-St. Pat's Episcopal, Fairmount and Coventry 9:00
FAIRVIEW PARK-Fairview Grace Church, W. 224th and Lorain Ave 8:30
HILLCREST-St. Margaret Mary School, Room 101, Bluestone & Selvin, S. Euclid 9:00
HILLTOP-St. Joseph's Seminary, 17608 Euclid Ave 8:45
LAKE SHORE--Ascension Clubhouse, N. W. corner Puritas & W. 140th 8:30
MILES-LEE-Mt. Hope Lutheran Church, E. 164th, north of Miles Ave 8:30
NEW HOPE-Women-Ward's Convalescing Home, E. 71st and Cedar 8:30
SMITH-WILSON-Nat'l. School, 9510 Aetna Road 8:30
SUPERIOR-North Presbyterian Church, E. 40th and Superior 9:00
TRADITIONS--Community Church of Brooklyn, 8720 Memphis Ave 9:00
NEST PARK-West Park Baptist Church, W. 152nd and Lorain 8:30
ASHLAND, O.-First Presbyterian Church, Corner Church and Third Sts 9:00
LAKE COUNTY--Carpenter Hall, Maple St., Mentor O., north of Rt. 20 8:30
LORAIN, O.-St. Stanislaus School, 28th St. and Elyria Ave 8:30
MEDINA, O.-St. Paul's Epis. Par.Hsc 8:30
STRONGSVILLE-Tuesday-Town Hall 9:00

WEDNESDAY

ALCOLA--6409 Detroit Ave 9:00
ALL-AMERICAN Sportsmen, 1142 Buhrer, 3rd Wednesday each month 8:30
BAXTER AVE.-6527 Baxter Ave 8:30
BROOKLYN-K. of P. Hall, 3316 Broadview, East of Pearl Rd 8:30
C. E. I.-Illuminating Co., Room 335--Rear Building 8:30
COLLINWOOD-14709 St. Clair Ave 8:30

DENISON MEN-7403 Denison Ave., (first Wednesday joint meeting) 8:30
DOAN MEN'S--2028 E. 105th St., 2nd floor, side entrance 8:45
EAST SIDE MORNING, 2028 East 105th St 10:30 A.M.
8801 SUPERIOR-8801 Superior 8:30
GARFIELD HEIGHTS-Trinity Baptist, E. 94th and Garfield Blvd 8:30
LAKEWOOD WOMEN-United Presby. Church, 12601 Detroit Ave 8:30
LEE ROAD-First Eng. Lutheran, Derbyshire and Euclid Hts. Blvd 8:30
LORAIN AVE.-S.S. Philip & James Hall, 3689 Bosworth Road 9:00
ST. JAMES--Ward's Convalescing Home, E. 71st and Cedar Ave 8:15
ST. MARY 400 North S., Chardon, O 9:00
TWENTY-FOUR HOUR-13216 Detroit, Training meeting 1st Wed. each month, Church of the Ascension 8:30
WARRENSVILLE-Women's House Cor. 7:30
WOMEN'S-East Side-Cleveland Unitarian Society, Euclid and E. 82nd St 8:30
WOMEN'S--Lorain County-St. Anthony's School Hall, E. Erie & Kansas (R.2 or 6) 8:30
ASHTABULA COUNTY MEN, Conneaut, O., B. of L.E. Hall, Whitney Block, Main St. 8:30
BEDFORD, O.-Y.M.C.A., Tarbell Ave 8:30
ELYRIA, O.-St. Mary's Church, Middle and Fourth 8:30

THURSDAY

ALAN-1820 East 79th St 8:30
ALLENDALE-St. Paul's Episcopal Church, 15837 Euclid Ave 8:30
ANGLE-St. Malachi's Church, 2549 Washington Ave 8:30
BROADWAY-55th--Our Lady of Lourdes School Hall 8:30
COVENTRY-Fairmount Presby. Church, Scarborough and Fairmount Blvd 8:30
CRILE HOSPITAL--Library 8:00
EDDY ROAD--Glenville Congregational Church, Eddy and St. Clair 8:30
HAWTHORNDEN STATE HOSPITAL Macedonia, O., Basement of New Employees Bldg. 8:00
OUTHWAITE--Woodland Center, 7100 Kinsman Ave 8:30
ROCKY RIVER--Rockport Methodist Church, 3310 Wooster Road 9:00
WEST SIDE--7403 Denison Ave 10:30 A.M.
AMHERST--St. Peter's Ev. & Ref. Church, Church St., North Amherst, O 9:00
BEREA--Fine Arts Club, E. Bagley Rd., 3 doors east of Eastland 8:30
EAST LAKE--Bethel Lutheran Church, 32400 Vine St 8:30
HARBOR THURSDAY--Ashtabula, O., 1147 West Fifth Street 8:30
INDEPENDENCE, O.-St. John's Lutheran Hall, Second and Sunset 9:00

FRIDAY

ANSEL ROAD-St. Thomas Church, 9205 Superior Ave 9:00
BROADWAY-HARVARD-8437 Broadway 8:30
CEDAR-Salvation Army, 5005 Euclid 8:15
FRIDAY AFTERNOON WOMEN--Plymouth Church, Coventry and Drexmore, Krumbine Room 1:00
GORDON SQUARE-St. Helena's Hall, 1367 W. 65th St 8:30
LEE ROAD-American Legion Hall, Post 163, 15544 Euclid Ave 9:00
LIBERTY-K. of C. Hall, 14709 St. Clair 9:00
NORTH EAST-St. Agatha's Church Hall, 1269 Lakeview Rd 8:30
ROSARY Hall--Jordan Hall, Charity Nurses Auditorium 8:30
STELLA MARIS (Men), 1320 Washiton Ave 8:15
TRIPLE A FAMILY-GROUP, Rosary Hall, Charity Hospital 8:30
WESTSIDE YOUNG PEOPLE--St. Luke's Hall, Bunts and Clifton 9:00
AVON LAKE-Congregational Church, Lake Road, Stop 55 8:30

BEREA-Social room of Berea Cong. Church, Seminary and Church 8:30
CHAGRIN FALLS, O.-American Legion, E. Orange St 8:30
CRARDON, O.-Thrasher House, Water St., Chardon, O 8:30
CONNELLY O.-B. of L. E. Hall 8:30
EUCLID, O.-Holy Cross Church, E. 200th and Lake Shore Bld 8:30
WICKLIFFE-Lady of Mt. Cannel Hall, Euclid at E. 296th St 8:30

SATURDAY

BROADWAY-CABLE-St. John's Lutheran Church, Cable at Broadway 8:30
CATHEDRAL-(Stag) St. John's Cathedral, E. 9th and Superior 8:30
GLENVILLE-10421 St. Clair Ave 9:00
LAKEWOOD--Sat. Nite-Redeemer Hall, Andrews, near Detroit 8:30
LEAGUE PARK--St. Agnes School Hall, East 79th and Euclid Ave 9:00
MAPLE HTS.-Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd 8:30
MATT TALBOT-St. Philip Neri Church, E. 82nd and St. Clair 8:30
MEMPHIS-K. of P. Hall, 3316 Broadview, East of Pearl Rd 9:00
PARMA--Public Library, 5850 Ridge Rd 8:30
PLAIN'S-Plains Methodist Church, Lake Shore Blvd. and Reynolds Rd 8:30
REDWOOD-Euclid Lutheran Church, E. 260th and Oriole 8:30
SHILOH-Bethel A. M. E. Church, 15021 Shiloh Road 8:30
TRINITY--Trinity Evangelical Church, 3525 W. 25th St 8:30
VALLEY VIEW--Community Center, West 7th and Starkweather 8:30
8005 GROUP-8005 Lorain Ave 8:30
ASHTABULA, O.-St. Peter's Episc. Church, Main Avenue at South Park 8:30
ELYRIA, O.-St. Andrew's Episcopal Church, Middle and Third 8:30
SOLON, O.-St. Rita's Church basement 9:00
WEST RICHFIELD-Consolidated Church, Route 303, just west of Route 21 8:30

SUNDAY

ALL-AMERICAN Sportsmen 142 Buhrer 1st Sunday each month 4:00
BROOKPARK PROJECTS--Administration Bldg., 13100 Dibell, off W. 130th 8:00
BROOKSIDE-Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C. A. C. DISCUSSION-C. A. C. clubrooms, 7809 Euclid Avenue 10:45 AM
COLLINWOOD-14709 St. Clair Ave 7:30
DETROIT-Mixed-8023 Detroit Ave 8:00
Greater Clew, Young People (Consolidated) Cathedral Hall-First Sunday each month 2:00
LAKEVIEW-CYO Hall, St. Aloysius Church, E. 109th and St. Clair 8:30
LORAIN COUNTY CONSOLIDATED--First Sunday of each month, Alcony Club, 345 E. Broad St., Elyria 7:30
MARYMOUNT-2nd Sunday in month, Cafeteria, McCracken and Henry 2:30
MISTLETOE-St. Thomas Church, 9205 Superior Ave 7:00
NEWBURGH-St. Catherine's Church, 3443 E. 93rd St 8:30
OUTHWAITE--2903 E. 71st St., Corner Kinsman 4:30
STRONGSVILLE-Royal Haven Farm, Royalton Road, Strongville, O 3:03
WEST SIDE DISCUSSION--6409 Detroit Ave 11:00 A.M.
WARRENSVILLE--Cooley Farms Recreation Room 10:00 A.M.
GENEVA, O.--Legion Hall, Park St., corner of So. Eagle 7:30
1st TUESDAY EVERY MONTH
CENTRAL COMMITTEE--Hanna Building, Room 370 8:30
3rd TUESDAY, EVERY MONTH
HOSPITAL COMMITTEE--Hanna Building, Room 370 8:30

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NURSING HOMES THAT TREAT ALCOHOLICS

(This listing does not necessarily indicate endorsement or approval)

Alcoholics Abstinence Nursing Home (MW) MEIrose 1-1633 8023 Detroit Ave. Cleveland Alcoholic Clinic (MW) EXpress 1-8998 7809 Euclid Ave. Elmwood Sanitarium (M) KENmore 1-2299 17322 Euclid Ave. Euclid Rest Haven (MW) ULster 1-6296 and MULberry 1-9584, 13240 Euclid Ave. Farquharson's (M) TUxedo 5-1882, 6037 Purl Pathway (Tyler 1-6698) (MW) 1635 E. 93rd

(M) men -only. (W) women only. (MW) men and women.