



AUTOMATION

"Push a button or flip a switch, it's easy as can be, save time, save work, save money too, when you live electrically". So goes the radio commercial of the local electric company.

Each time I hear it, a statement of my sponsor is brought to mind. In substance he said many years ago, "Young man this is not an automatic program to be taken lightly. You don't flip a switch on and off as you feel you need it. You give yourself wholeheartedly to a new way of life and you do it for keeps. You will never regret it."

We are a people set apart and bound together by a common illness in connection with which we share our experience, strength and hope. But we are still citizens of the world and we are in no way immune to the hazards of the age in which we live. Not the least of these hazards is the relative physical helplessness which grows out of our increasing dependence on automatic gadgets for everything.

It used to be that a person took pride in the ownership, care and maintenance of an automobile. Aside from major repairs, he maintained it himself. Today if a flip of a switch doesn't put the buggy in action, service facilities had better be close at hand. The same holds true of the other essentials of existence for which we rely on a flip of the switch. Indeed, a great many of them function automatically without even the push of a button. To what extent has this made us all helpless without the benefit of these automatic aids? The tiny group of people with manual skills, outside of those connected with earning a livelihood, must be growing ever smaller.

Food is a good example of the trend. So-called convenience foods are the order of the day. So rapidly is this trend developing, that soon the average housewife will need nothing more than average ability in the art of thawing. It is conceivable that soon we will take a pill instead of eating. Machines do our mathematics for us and computers will soon do our thinking or at least that portion which is really hard work.

What has this to do with our fellowship and way of life? It is well to bear in mind that sobriety is not automatic. Its gift is more dramatic than any electrical wonder . . . but we do not control the switch. Likewise the sober life of quality we should seek, to show our gratitude for the gift of sobriety, is achieved only through constant application of body, mind and spirit toward such an objective. It is not a push-button job! And when the sobriety machine breaks down, there is no competent service man to call. There are friends in the highest sense of that term, who will take you to the garage and show you how they think they have kept their own sober life going. But in the end, you will have to make your own repairs.

It's hard to diagnose these breakdowns of sobriety. In most instances, skipping the individual details, the failure seems to have come about because of a lack of everyday care. "You give yourself wholeheartedly to a new way of life and you do it for keeps."

Old timers should bear this in mind too. Time-saving, work-saving devices and short cuts are not a part of this picture of sobriety.

APATHY

Apathy is the curse of society. Wherever it is found—in groups, church, clubs, committees, it acts like a huge gray and very wet blanket. It settles over the lives of people, who lose all the joy of living.

This is particularly evident in some groups whose members refuse to become active in carrying the message to others; attend meetings with closed minds; are ready to criticize the speaker for his long-winded recital of drunken orgies, or for his lack of understanding of the fundamentals of our program of recovery.

Apathy is a creeping disease. It is evident even among some members who have a considerable number of years of sobriety—which is commendable—but who have found

other interests which, they say, makes it impossible to sponsor a candidate for AA and even impossible to visit him in a hospital, nursing home or even after he comes back home to re-adjust himself to a new life with *absolute sobriety* as his determined goal.

The group secretary can stand on his head to arouse the apathetics from their torpor, but the reaction is just "blah!" What can he do to change this attitude? Something dynamic?

One successful, dedicated secretary of our acquaintance told us of his method. It was by talking with several still-active old-timers and citing his frustrations. The secretary succeeded in interesting them in re-activating themselves and refreshing their memories of the thrills they had experienced in carrying the message to others.

These old-timers suggested greater emphasis on re-reading the Twelve Steps—one at each meeting—discussing, absorbing and practicing them in all their affairs. Guest speakers were selected by their interest and devotion to the Twelve Steps and Traditions as well as the Four Absolutes, each an integral part of the amazing impact they had and the resultant unbelievable acceptance and eventual continued sobriety.

Their new way of life brought joy into their lives, and enriched them. They developed self-respect, and in turn regained the respect of many of whom they had forfeited all rights.

Having had a spiritual experience as the result of practicing the Twelve Steps, and as a result carried the message to others similarly afflicted, enduring the sneers of former saloon buddies, remaining steadfast to their new-found freedom from self-afflicted slavery, they found a way of life which to them was a miracle.

They soon came to realize that only a Power greater than themselves had made this possible. If the recipient recognized that he had been chosen to share this particular gift, and was *truly* grateful, he would be an ingrate not to develop his gift to shine brightly in his area of influence.

Esteemed lightly, it might be taken away from you.

Weaving rather more than somewhat, the drunk climbed into a taxi and said, "The corner of Selborne and Main quick." Somewhat startled the driver said "You're at the corner of Selborne and Main now." "O.K.," said the drunk, "but next time, don't drive so darned fast."

The trouble with
singing your own
praises is that
you seldom get
the right pitch.

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 23

January, 1965

No. 4

MILL ENDS AND REMNANTS

Editor's Note: *Mill Ends* is indebted to the current issue of *A.A. Exchange Bulletin* for its copy this month and following is an initial portion of an article that will be of interest to many of our readers. The balance will be included in the next issue of *Central Bulletin*:

WHEN IS 'BREAKING MY ANONYMITY'
NOT AN ANONYMITY BREAK?

When you tell your story to a sick newcomer who has asked for A.A. help, is that an "anonymity break"? When you stand before A.A. Groups and say, "My name is Joe and I am an alcoholic," is that an anonymity break? Generally no.

Most of us feel, though, that getting your name, picture, and A.A. story printed for personal profit or fame is a violation of our 11th Tradition.

But there are many difficult borderline cases. For example: "Our Group mails out a bulletin showing the complete names of all incoming speakers, and the names and telephone numbers of our officers. This is only for use by A.A.'s, of course. Is this OK?"—Brooklyn.

"Don't you think it's time for A.A. to drop anonymity? It was necessary in the early days, but not now. I don't care who knows I'm sober."—Texas.

Each one is different. At G.S.O. we make no judgments on "wrong" or "right" in such matters. Nevertheless, experience, checked each year with your Delegates, suggests some guidelines. With the headline "When is 'breaking my anonymity' NOT an anonymity break?" they are:

1. The word "anonymous" in our name is a promise of exists, and that people suffer from it.

Most of us do not want to cater to the cruel stigma unjustly attached by ignorant people to the disease of alcoholism. But we have to face the fact that the stigma exists, and that people suffer from it.

Therefore to those who have trouble with their drinking, who feel ashamed and guilty about it, who are afraid people will find out, we say "Come on in. We understand, because we have been there. We'll try to help, and we promise you the private refuge of anonymity."

2. We demonstrate that promise by keeping strict anonymity for ourselves and everyone else in A.A. at the public level.

For the press, radio, TV, films, or meetings open to the nonalcoholic public, we never reveal last names or any other identifying facts about any A.A. member.

We do not put "A.A." on envelopes sent through the mails. In material to be posted on A.A. bulletin boards, and printed A.A. programs which the general public might see, we omit last names and identifying titles of all members. Television shows and news photographs do not show A.A. members' faces. In news stories, we are identified by first name and last initial only.

3. We don't think it's a good idea to drum up business for A.A. with testimonials from celebrities.

Occasionally someone asks, "Don't big spectacular anonymity breaks help carry the message, and encourage people to come into A.A.?"

They probably do. But they also keep people out. Some stay out for fear their anonymity will be broken, too. Others hear the anonymity-breaker's story, then say, "I'm

CENTRAL COMMITTEE

not that bad." Others may not like the sober life or brand of A.A. exhibited by the anonymity-breaker. And, of course, if the anonymity-breaker later gets drunk, how does it make A.A. look?

Far more people in A.A. keep their anonymity than break it. Hundreds of thousands, both famous and obscure, work actively, unashamedly and privately in A.A.

Four more borderline subjects will appear in the February issue of *Central Bulletin*.

I hope you join me in the Amen Corner, by George!

CREATION OF A DREAM

The story so far: A Central Committee meeting took place on the first Tuesday of November, 1944 when the project of an A.A. Downtown Office was first brought up. Sometime in December, 1944 a Nominating Committee appointed the first administrative body known as the District Office Operating Committee.

The Cleveland Alcoholics Anonymous District Office was opened and began functioning on February 7th, 1945, located in the Williamson Building which is on the southeast corner of Public Square. It was, as it is today, easily accessible to East, South, and West Siders. The first Secretary was Laverne Hawkins. The telephone number was the same as it is today. CHerry 1-7387. The purpose of the office was to provide service to individual and prospective members, to serve as a source of information and to distribute literature to groups and individuals.

During the first month the office was in operation, it received 31 calls. Some of these were calls for help and others were inquiries about location of meetings. At present the number of calls has increased to the staggering figure of about 140 per month. During last year, 1964, the office received 1540 calls for help of which 540 were from women.

For the benefit of anyone who may wonder what are the sources of these calls, doctors, hospitals, and social workers inform the office about many of the patients they have recommended to join A.A. because of their alcoholic affliction. Clergymen of all faiths also request many of their followers to contact A.A. through the office. A very large number of calls for help come from wives pleading for help for their husbands, and vice versa. Many teen agers inquire as to what they can do to help their dads or mothers who they believe may have a drinking problem.

The office has an average of ten calls a week from out of town A.A. members inquiring about groups where they can go to a meeting. Probation officers send many of their parolees into A.A. through the office when alcohol has been a contributing factor to their delinquency. It is almost impossible to describe in detail the nature of all calls that come in, however, the major portion of phone service is answering the calls of members and groups who are in need of information or assistance pertaining to some area of their much diversified A.A. activities.

The Downtown Office is the center of communications for all the Cleveland area A.A. fellowship. It serves 187 groups and a membership of approximately 9,000.

At this time of the year we often hear members utter, "This was my first sober Christmas". Others say five, some claim it is their tenth, and so on. We all know it has also been a most joyous time for all their beloved ones. Groups and individuals must feel a deep sense of satisfaction when we also hear members say, "And to think that all that was needed was a phone call to get into this grand brotherhood."

The Cleveland A.A. District Office

Thomas F. Fagan, one of the Cleveland area's popular members passed away on December 3rd in Medina Community Hospital. A widower, Tom is survived by three sons, one daughter, ten grand-children and fifteen great-grandchildren to whom we offer our sincere condolences.

CENTRAL COMMITTEE

Vice-Moderator Tom S. (Willoughby group) opened the December 1st meeting in the customary fashion. 24 groups were represented.

Action Committee chairman Harry D. reported having been notified about a gambling club operating in a nearby suburb under the guise of an AA Club. It was reported to him by a member of the Council who, while not a member of AA, was well acquainted with some AA members and had a wholesome respect for its success in the area which he represented. He reported that it was run by a gambling syndicate and that he had found no evidence of AA activity being conducted. All windows of the club had been covered by paint and that he had learned from his AA friend that it was nothing but a day-in and day-out gambling casino. Factual information is being secured and will soon be used to close this nefarious operation and the culprits apprehended.

Central Bulletin editor Harry D. also reported a serious drop in new subscriptions as well as an alarming number of subscribers who failed to renew their subscriptions. He pleaded for greater cooperation from Group secretaries to boost the present low level of 1500 subscribers to 1700 or more needed for continued operation.

Hospital Committee chairman James S. (Friendship group) reported having been informed that the Business Manager of Deaconess Hospital was unable to persuade the Hospital Board to provide an Alcoholics Ward in the near future due to a serious shortage of beds.

Refresher training meetings have been discontinued for the time being due to securing lack of interest and poor attendance, judged by the past four meetings. A definite system of operation may be set up.

Area-Wide Meeting chairman Ed M. urged full attendance at the December 6th meeting to hear W. Ray W. of Winnetka, Illinois, a former enthusiastic and hard-working member from the Cleveland area in its early stages.

Public Information Committee chairman Howie L., reluctantly submitted his resignation after having served outstandingly during the past three years. Bill H. of the V. H. group was unanimously elected to succeed him. (In our humble opinion, he will be an ideal replacement.-Ed.)

Under New Business, a discussion arose over the duties and qualifications of the Group Secretaries, selection of able, dedicated sponsors for new members of AA. Dick P., AA District Office Secretary, announced that an AA Manual is being prepared by the Operating Committee which will include suggested duties of the Secretary of a group. Vice Moderator Tom S. suggested that, prior to the first printing of this manual, it should be approved by members of Central Committee.

Newly elected officers were: Tom S., (Willoughby) Moderator; Louis P., (Parma) Vice-Moderator; Joe S., (Y.O.U.R.) Secretary; Lillian W., (Redwood) Treasurer.

After acceptance of the office of Moderator, Tom S. reminded the members that as members of Central Committee, we are *the conscience of AA, maintaining our unity as well as the unity of groups themselves.*

ALCOHOL

An exchange says alcohol will remove stains from Summer clothes. It is correct. It will also remove: the Summer clothes; the Winter clothes; the Spring clothes; the Fall clothes, not only from the back of the man who drinks it, but from his wife and children as well.

Alcohol will remove: furniture from the home; rugs from the floor; food from the cupboard; lining from the stomach; kidneys from the back; liver from the side; hair from the head; and sight from the eyes.

Alcohol will remove: A good reputation; A man's business; a man's friends; a happy look from children's faces; a prosperous man to a pauper's grave; a man from respectable society to the penitentiary; a man from the highway to heaven to the road to hell; will make a wildcat out of an otherwise inoffensive citizen.

"As a remover of things, alcohol has no equal."

-Contributed by Fred S., Pompano Beach, Fla.

DATES TO REMEMBER

January 1-A special New Year's program will be the attraction at the Parmatown Men's group. You will be welcomed.

January 10—Tenth Anniversary of the Rosary Hall Alanon group will be held in Jordan Hall of Charity Hospital at 3:30 p.m. Two guest speakers followed by a buffet luncheon.

January 26—The Laurel group will observe its Second Anniversary in Brooklyn High School Cafeteria, 9200 Biddulph Rd., Brooklyn with veteran Tom V., as guest speaker. Refreshments and door prizes.

RECOGNITION

As we approach the close of the year, the members of the Central Bulletin Foundation wish to express their gratitude to the many group secretaries and individual members who have been boosters of Central Bulletin.

We are particularly grateful for the generous cooperation of our Editor's wife, Louise D. who is the sole keeper of the highly confidential subscription lists for the past twenty-two years and who not only has addressed about 1800 or more envelopes each month, but also has helped insert the Bulletins.

And for the past six months, three volunteers and their wives have eased our burden by devoting two to three hours each month in helping us insert, sort, and count each mailing. They are (bless them): Harry and Ruth D., Stephen and Lucille M., and Charles and Dorothy S., all members of the Edgelake group. We cannot find enough words to express our gratitude to these wonderful helpers who have eased our burden.

Also, we wish to thank dynamic Earl J. of the Angle group and his fine troop of AA subscription boosters who have and will continue to contact every group seeking subscribers to the Bulletin.

And last, but not least, we thank Mrs. Alice McN. (West Side Women) and Mrs. "Pat" A. (Bay-West) for typing 180 monthly envelopes addressed to group secretaries. Bless all of you.

They were having just one more at the bar when an old friend came through the door, walked up the wall, across the ceiling, and disappeared out the door. There was a moment of stunned silence, then:

"What in the world's the matter with that guy?"

"Yeah, he didn't even speak to us."

CLEVELAND AA DISTRICT OFFICE

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

ALANON GROUP MEETINGS

Alanon Answering Service Call SW. 1-6166

ASHTABULA—Harris Memorial W. 68 & Adams...1st & 3rd Mon., 8:30
 BROOKPARK-PARMA—Redeemer Lutheran. 6151 Smith ...Mon., 8:30
 LAKEWOOD—Lakewood Presbyterian. Detroit Ave. at Marlowe Mon., 8:30
 EUCLID-Christian Church, 28001 Lake Shore Blvd. Tues., 8:30
 GARFIELD HEIGHTS—Garfield Hts, City Hall. 6655 Turney, Tues. 8:30
 SUBURBAN WEST—Our Savior Luth'n Church. 20300 Hilliard, Tues., 8:30
 MAPLE HEIGHTS—Presbyterian Church, 15715 Libby Rd Tues. 8:30
 BETHANY—Bethany Presbyterian Church, W. 65th & Clinton... Wed., 8:30
 BROADWAY—Newburgh Recreation, 8437 Broadway.....Wed., 8:30
 FAIRPORT HARBOR—Luther Center, Eagle st. Wed. 8:00
 LORAIN AVE.—Dr. Martin Luther Church, 4470 Ridge Rd. Thurs., 9:00
 E. CLEVELAND-YWCA, Lee Boulevard and Euclid Fri., 1:30
 CHARITY—St. Vincent's Charity Hospital, E. 22nd & Central Fri., 8:30
 CHARDON—Pilgrim Christian Church, 118 South St. Fri., 8:30
 LORAIN COUNTY—Luth. Church. 3334 Wilson. Lorain, O., Thur. 8:30
 FLYRIA, 0. Woodbury St. off Cleveland St., Sat., a 30
 VALLEY-7100 Kinsman (2nd & 4th Sunday) Closed Sun., 4:00

CLEVELAND AREA AA GROUP MEETINGS

MONDAY

BORTON—E. Cleveland Congrega. Church, Page and Euclid Ave. 8:30
BROOK PARK—Redeemer Lutheran Church, 6161 Smith Road, Brook Park 8:30
EARLY-EARLY-Baptist Church, 1740 E. 17th St., Corner Walnut 7:30
EDGE LAKE—Faith Lutheran Ch., Lakewood, Woodward & Hilliard (Wdward. Ave. ent.) 8:30
FRIENDLY SUBURBAN 4087 Purl. 8:30
FRIENDSHIP—Blvd. Presbyterian Ch., 24699 Lake Shore Blvd., Euclid, O. 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit 9:00
LEE MONDAY-First Presbyterian Ch., East Cleveland, Neia and Euclid 8:30
LORAIN AVE.—St. Ignatius Hall, Lorain Am. et West Blvd. 8:30
ORCHARD GROVE—St. Mark's Church, 15205 Trisket Road 8:30
PEARL—St. Mary's Sch., 4600 State Bd. 8:30
RAMONA—9721 Ramona Blvd. 8:30
SHAKER—Christ Episcopal Church, 3446 Warrensville Center Rd. 9:00
SUNNY MONDAY WOMEN—113 E. Sprague Rd., off Route 21, Seven Hills. 12:30
SOUTH EAST-7626 Broadway 6:30
TEMPLE—Fatima Hall, 6914 Lexington 8:15
W. 25th ST.—United Church of Christ, 2409 Willowdale Ave. 9:00
WOMEN'S (Westside)—West Blvd. Christian Church, Madison & W. 101st St. 8:15
ELYRIA MEN'S—St. Agnes, Lake & Dewey 8:30
 Mixed Discussion 10:00 a.m.
JEFFERSON, O.—St. Joseph's Church 8:30
LEROY-BRAKEMAN—Leroy Granze Hall, Brakeman Rd. off Rte. 86—Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY, O.—First Presbyterian Church, 4786 Shankland Rd. 8:30

TUESDAY

BRECKSVILLE V. A. HOSPITAL, 10000 Brecksville Rd., Brecksville, O. 7:30
GLARE-1917 Clark Ave. 8:30
CORLETT MIXED-Holy Family Parish, Hall, 8846 E. 131st St. 8:30
BASTSIDE WOMEN-Y.Y.C.A., Room 6, Lee Road at Euclid 8:15
EUCLID MORNING—Euclid Christian Ch., Lake Shore Blvd & E. 280th St. 10:30 a.m.
FAIRYOUNT-ST Paul's Episcopal, Fairmount and Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain Ave. 8:30
FALLS—Community Church, Olmsted Falls, 7853 Main St. (Columbia Rd.) 9:00
GARFIELD TUES.—Garfield Hts. City Hall, 5555 Turney Road 8:30
LAUREL-Brooklyn High School Cafeteria, 9400 Biddulph Rd. (Parking, W. 96th) 8:45
HAY-LYND-E. Cleveland Savings & Loan, 6816 Mayfield Road 8:30
MILES-LEE-St. Mary's Church, 4070 E. 142nd St. 8:30
NIGHT & DAY-18867 Euclid Ave. 8:30
RIVER TUESDAY-Rocky River Methodist, 19414 Detroit Road 8:30
SMITH-WILSON-St. Joseph's School, 9321 Orleans Ave. 8:30
SUPERIOR-North Presbyterian Church, E. 40th and Superior 8:30
TRUSTY-Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
VALLEY WOMEN'S DISCUSSION GROUP, 2nd and 4th Tuesday, 7106 Kinsman 7:00
WEST PARK-Puritan Lutheran Church, Puritan Ave. and W. 138th St. 8:30
ASHLAND, O. Methodist Church, Corner Cottage & Sandusky Sts. 8:00 E.S.T.
ASHTABULA CONSOLIDATED Geneva, O. Methodist Church, So. Broadway. 1st Tue 8:30
GOLF LAKELANDS-Immaculate Conception Church, Hubbard Rd., No. Madison 8:00
KIRTLAND, O. Old South Ch. Rt. 806 8:30
LAKE COUNTY—Meth. Fellowship Hall, Rt. 20-E. Southwood, Mentor 8:30
LORAIN CENTRAL—Lorain, O. Trinity Church 8:30
MANSFIELD—Episcopal Church, 41 Bowman St., Mansfield, O. 8:30 EST
MEDINA, O. St. Paul's Epis. Par. Hue. 8:30
STREETSBORO, O. Methodist Church, Intersection of Rte. 14 & Rte. 43 8:30
Strongsville-Methodist Ch., 13364 Pearl 8:30

WEDNESDAY

ANSEL-Lithuanian Hall, 6886 Superior Ave. 8:30
BAXTER-St. John's Lutheran School, 6826 Cable 9:00
BEDFORD-Bedford Christian Church 6:30
 Warrensville Center & Blaine 10:30 A.M.
BRAINARD CIRCLE (Women's)—Trinity Ch., Br'nd at Shaker & Gates Mills Blvd. 8:30
UOLLINWOOD-946 E. 152nd St. 3:30
DOAN MEN—Church of the Covenant, 11206 Euclid Ave. 9:00
EASTSIDE MORNING—9606 Euclid Ave. Euclid Ave. Congre. (Side Ent) 11 a.m.
WILSON-WADE—1887 Euclid Ave. 8:30
GARFIELD-Pilgrim E. & R. church, 4692 E. 131st St. 8:30

HAGUE—Grace Cong. Assembly Hall, West 65th and Colgate 8:30
LEE ROAD-St. Ann's Church Basement, Coventry and Cedar 9:00
LORAIN WEDNESDAY—Bosworth Road, Presbyterian Church, 8631 Bosworth 9:00
NO. OLMSTED—Epis'l Church of the Advent, 3760 Dover Ctr. Rd., north of Lorain 9:00
PARMA HEIGHTS-All Saints Episcopal Church, 8911 Ridgewood Drive 8:30
PSYCHIATRIC HOSPITAL-1706 Aiken 8:30
ST. JAMES—St. James Church, E. 34th and Cedar 8:00
TWENTY-FOUR HOUR—12216 Detroit, Church of the Ascension 8:30
V. H. Veterans Hosp., E. Blvd. & E. 105. 8:00
WARRENSVILLE—Women's House Corp., West Shore Unitarian, 20401 Hilliard Rd., Rocky River 8:30
WEST SIDE (Closed)—Twelfth Step Club, 8804 Detroit Ave. 8:30
ASHTABULA C'Y Women, Harris Memorial, W. 58th & Adams. 2nd & 4th Wednesday 7:30
BRUNSWICK O.—Cuyahoga Ass'n Bldg., Route 42, So. of 308 8:30
CHESTERLAND-Methodist Church, Mayfield Rd., Rte. 822 & Rte. 306 8:30
ELYRIA O.—St. Paul Bldg., Third and Middle, side entrance 8:30
FAIRPORT HARBOR—Luther Center, Eagle St., Fairport Harbor 8:00
 Farm—9438 Slagle, Rte 303, Garrettsville 10:30
INTERACIAL—30th & Wood, Lorain, O., Mt. Zion Baptist Church 8:30
LAKE COUNTY WOMEN—1st Presbyterian, 4785 Shankland Rd., Willoughby 1:00
LORAIN COUNTY WOMEN—Meth. Church, Rte. 254—1 block east of Rte. 57 8:30
MANSFIELD, O.—20 1/2 S. Park 8:00 EST
SHEFFIELD LAKE, O.—St. Thomas School, Harris Road 8:30
WICKLIFFE—Wickliffe Presbyterian Church, E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal, Church, 16887 Euclid Ave. 8:30
ANGLE—St. Malachi's, 2469 Washington 8:30
BAY WEST—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
BROADWAY-66th-Our Lady of Lourdes School Hall, 3398 E. 55th St. 8:30
BROOKLYN ST. James Lutheran Church, 4781 Broadview, Cor. Maynard 8:30
COVENTRY—Fairmount Presby. Church, Scarborough and Fairmount Blvd. 8:30
CROSSROADS-St. Luke's Episcopal, W. 78th St. and Lake Avenue 9:00
EASTLAKE—Reformation Lutheran Church, 34500 Lake Shore Blvd. 9:00
EAST SHORE WOMEN—Richmond Library, 26161 Euclid Ave. Euclid, O. 8:15
GARDEN VALLEY—(Outhwaite) 7100 Kinsman Ave. 8:00
GOLDEN GATE WOMEN—Activities Center So. Euclid Meth. Ch., 1684 So. Green Rd. 8:30
LORAIN AVE. THURSDAY-4470 Ridge Rd. Dr. Martin Luther Church 9:00
NIGHT & DAY-13857 Euclid Ave. -11 A.M. NORTH RANDALL-Village Hall, 21937 Miles Ave. 9:00
ROCKY RIVER-Rockport Methodist Church, 8310 Wooster Road 9:00
ST. CLAIR-Nottingham Methodist Church St Clair & Melville 8:30
TRUSTY-Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
WEST SIDE MORNING-W. 98th & Denison, Hungarian Lutheran Church. 11 A.M.
AMHERST, O. St. Peter's Church 8:30
ASHLAND-St. Matthew's Episcopal Church Steamtown Rd., & Millin Ave. 8:00
ASHTABULA HARBOR-Bethany Luth'n Ch. Penn Ave., between W. 9 and W. 10 8:30
BEREA-Fine Arts Bldg., East Bagley Rd. Three doors east of Eastland 9:00
ELYRIA-St. Agnes Sch., Lake & Dewey 8:30
INDEPENDENCE, O. St. John's Lutheran Hall, Second and Sunset 9:00
NEIGHBORHOOD - 112 E. 19, Lorain, 10 A.M.
YAPLE LEAF—Congregational Church, Fellowship Hall, Burton, Ohio 8:30
PAINESVILLE—Congregational Church, Educ. Bldg., Mentor Ave., Pville 8:30
TWINSBURG—Chrysler Union Hall 8:30
WILLARD, O.—United Bank Bldg. 8:30

FRIDAY

BROADWAY-HARVARD-8437 B'way 8:30
CEDAR-Salvation Army, 6006 Euclid 8:15
CHARITY—Amphitheatre, 6th Floor, St. Vincent's Charity Hospital 8:30
CLEVELAND WOMEN—425 Term. Twr. 6:00
EUCLID FRIDAY—Epiphany Church, Lake Shore & East 210th St. 9:00
FRIDAY P.M. WOMEN—Plymouth Church, Krumbine Room, Coventry & Drexmore 10:00
GORDON SQUARE—St. Paul Com. Church, 4427 Franklin Blvd. 9:00
HEIGHTS—Closed Discussion, Christian Church, Van Aken & Avalon (rear) 8:30

HUDSON, O.—Cloud meetings, Christ Church, 21 Aurora 8:30
LEE ROAD—American Legion Hall, Post 168, 16644 Euclid Ave. 9:00
NORTH EAST—Town House Motel, 13651 Euclid Ave. 8:30
PARMATOWN MEN—Assembly Room, Parma Community Hospital 8:30
POSTOFFICE—4079A, Main Postoffice 8:00
SOLIDARITY-Friendly Inn Settlement, 2232 Unwin Rd. (off Quincey Ave.) 8:30
STELLA MARIS MIXED, 1320 Washington Ave. 8:15
WEST CLIFTON-Lkwd. Congregational Church, 1875 W. Clifton Road 9:00
AVON LAKE—First Congregational Church, 82801 Electric Boulevard 8:30
BEREA—Social mom of Berea Cong. Church, Seminary and Church 8:30
CHAGRIN FALLS—Federated Churches, 76 Bell Street 9:00
CHARDON—Pilgrim Christian Church, 118 South Street, Chardon, O. 8:30
CONNEAUT, J.C. Hall, 238 Main (upstairs) 8:30
MANSFIELD, O.—26 Mulberry 8:00 E.S.T.
WELLINGTON-ST. Patrick's Catholia Church, No. Main St., Wellington, O. 8:30

SATURDAY

BAY VIEW—Bay View Hospital, 23200 Lake Ave., Bay Village 8:30
FOREST CITY—2125 Broadview Rd. 9:00
L.S.I.—17600 Broadway 8:30
LANDER CIRCLE—Garfield Mem. Methodist, Cor. Lander Rd. and Route 422 9:00
LEAGUE PARK—Teamster's Hall, 2076 E. 22nd St. at Carnegie 9:00
LEE-SEVILLE—New Home Baptist Church, Seville & Sunview Ave. 8:00
LIBERTY—945 E. 152nd St. 9:00
MAPLE HTS.—Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—Windermere Presby. Ch., 14112 Euclid Ave. at Windermere 8:30
MEMPHIS—Lakewood Congregational Ch., 1875 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams Bldg., Entrance at 4455 Turney Rd. 7:30
NIGHT & DAY—13857 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES, 1147 E. 55th St., at Shore Drive 9:00
PLAINES—Plains Methodist Ch., Mentor, O., Rts. 306 and 283, Mentor, O. 9:00
PARMA—Third Federal Savings & Loan, 5950 Ridge Road 8:45
REDWOOD—Euclid Lutheran Church, E. 260th and Oriole 8:30
TRINITY—Trinity Evangelical Church, 3525 W. 25th St. 8:30
VALLEY VIEW—Pilgrim Congr. Church, 2592 W. 14th, cor. Starkweather 9:00
ASHTABULA, O.—St. Peter's Epis. Church, Main Avenue at South Park 8:30
LORAIN SATNITE—7th and Reed St., St. Mary's Church Basement 8:30
MANSFIELD—20 1/2 S. Park 8:00 EST
PARKMAN, O.—Congregational Church 8:30

SUNDAY

BEDFORD HEIGHTS—Village Hall, 5661 Perkins Rd., Bedford Heights 7:30
BROOKS DE—Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C.A.H.—13857 Euclid Ave. 10:45 a.m.
COLLINSWOOD—945 E. 152nd St. 7:30
DETROIT SUNDAY—8304 Detroit Ave. 7:30
DISCUSSION—6700 Detroit Ave. 7:00
GARDEN VALLEY—Outhwaite, 7100 Kinsman Ave. 4:30
GRATEFUL—St. James Lutheran Church, 1424 Hayden, near Shaw 2:00
LAKEWOOD ARMORY—1437 Wayne Ave., South of Detroit 9:00
MARSHALL—6200 Mayfield East entr. 8:00
MISTLETOE—St. Thomas Church, 9206 Superior Ave. 7:00
NELA PARK-Cafeteria, Advertising Bldg., Nela Park, Noble Road. 7:30
NEWBURGH-St. Catherine's Church, 3443 E. 93rd St. 8:30
PURITASI—Church of the Ascension, 14040 Puritas Ave. 8:30
SOUTHWEST SUNDAY—390 Fair St., Board of Education Bldg., Berea, O. 8:30
 Superior Stag—2028 1/2 E. 105th 11:00 a.m.
WARRENSVILLE—Cooly Farms, Recreation Room 10 A.M.
YOUR—Euclid Community House, 240 Briardale 7:15
AVON CENTRAL—Basement Central Bank, 86690 Detroit Rd., Avon, O. 8:00
 Axtel Twilight-Rte. 60, Axtel, O. 7:30
CHIPPEWA-SEVILLE-V.F.W. Hall, Seville, O. 8:00
GENEVA, O.—Eisc. Ch. 66 So. Eagle 7:30
LORAIN COUNTY CONSOLIDATED—St. John's Sch., 31 & Rt. 57, Lorain 7:30
MANSFIELD, O.—20 1/2 S. Park 8:00 EST
MENTOR HEADLANDS—Community Hall, Corduroy & Overlook Rds., Mentor, O. 7:30
NEWBURY, O.—St. Helen's Church. 8:15



SIMPLICITY

"Greatness lies in simplicity." So said one of the ancients. History records countless instances in which a person of calm mind had led a people out of the wilderness of crisis. Often his quality of leadership has had its base in the ability to maintain a firm grasp on simple truth, while all about him was in chaos. Such attainment certainly is a hallmark of maturity.

In our fellowship we are prone to dissect, parse, analyze and discuss our philosophy of life upon the slightest provocation, or without any provocation whatever. To the extent that such forays are an eager search for truth and understanding, they are commendable. To the extent that they constitute mere mental gymnastics, or semantic horseplay, they are deplorable. It is important to remember that this sort of thing when undertaken for the mere fun of doing it, simply serves to create complexity and misunderstanding.

Based upon the wisdom of experience, the old-timer has much to give the newcomer. In so doing he should recall that crude but cogent statement made by our co-founder, Dr. Bob. He said in our early beginnings, "Let's keep this thing simple. Let's not louse it up." At such time we did not have the wealth and wisdom of experience which we have now accumulated.

Another of the ancients once said, "There is nothing new, except that which has been forgotten." How often somebody seems to come up with something new. Then, as we reflect, it turns out to be a simple old truth in a new dress of words. Or, it is no more than a new approach to an old truth. One of the great therapeutic values of our type of meeting, is that in the speaker's story, we see ourselves. We are reminded of the experiences, the weaknesses, the trials and tribulations, that we knew in the dark days. We also revisit many of the chanters of our own early-sobriety.

It is important for us all to have excellent memories for the little nuggets of truth which form our collection of knowledge about ourselves when memory fails, we need these reminders. If we watch and listen ever so carefully, we may even latch on to a new truth heretofore unrealized. The main thing is to remain teachable. None of us ever had all of the answers. All of us are inclined to forget some of those we once knew. Many of us become complacent and do not take the time to dig out the right answer to fit the present problem.

Instead of these flings into complex discussion, we should hang on to the fund of truth we have and try to enlarge it. In the very beginning, perhaps, the old-timer gives much to the new man. But as his sobriety progresses, a good case could be made for the contention that the newcomer is the one dishing out the assistance.

God's miracle in the new man, is the great reminder for us all. Let us resolve to remain simple and above all, teachable.

The divorce problem exists because there are too many married couples and not enough honest to goodness husbands and wives.

SUCCESSFUL APPROACH

It has been our privilege to observe the progress of a dedicated and enthusiastic member of the staff of the Cuyahoga County Welfare Department whose responsibility lay in striving to diminish their load of relief clients where alcoholism played a decided role in the plight of many families receiving assistance from the County.

When he was in job placement he found that many clients had lost jobs because of drinking. After being transferred to the Case Worker staff he ascertained that the problem of drinking was not confined to those clients on work training only, but was a problem in all public assistance programs.

He asked for and received permission to hold weekly meetings in the Welfare Department to which he invited the husband or wife who was willing to admit that alcohol was the prime cause of their being on the relief rolls.

The progress was slow in the beginning, but within a few months the attendance increased, particularly when it became known that several had found job placements (some who had been dismissed because of alcohol) through the persuasiveness of this case worker, who convinced their former employers that his clients had found a way to stay sober.

The program was so successful that this Supervisor was given authority to devote his full time to helping rehabilitate alcoholics. Four or five classes each week have produced gratifying results. Many who are now off the relief rolls and are gainfully employed have joined AA groups in all parts of the County, but still find time to attend some of the sessions

and offer proof to the few and doubtful beginners.

In summer of 1963 he was given a scholarship to the County's social problems-alcoholism, a four week course, **particular** because of his remarkable, success in the County's social problems-alcoholism.

The course at Rutgers gave him a great source of material to share with his "students" at the Welfare meetings. He submitted a list of self-induced causes of emotional instability which often led to excessive drinking, like Anger, Resentment, Jealousy, Self-pity, Dishonesty, Frustration, Loneliness and Unhappiness-all, or most self-induced, particularly when the habit of drinking was a "must" in his or her life. The Supervisor emphasized the fact that their plight was *self-induced* -that they were thinking *drinking* instead of thinking *not drinking*.

He asked them to remember the hell of their first blackout. Then, to the sneaking of drinks-the pre-occupation with drinks-the surreptitious gulping drinks—the evasiveness-more blackouts.

A remarkable man, this Supervisor Roy W. Bonifield. Many of his "students" have been assimilated in local groups and have learned how to really *live* instead of just plain existing.

At a party, there are two kinds of people-those who want to go home early and those who want to go home late. The trouble is they're always married to each other.

**When you flee
from temptation
do not leave a
forwarding ad-
dress.**

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin- Box 6712. Cleveland 1, Ohio. Subscription price—\$2.00 per-year.



Vol. 23

February, 1965

No. 5

MILL ENDS AND REMNANTS

WHEN IS 'BREAKING MY ANONYMITY'
NOT AN ANONYMITY BREAK?*Continued from last month*

4. Within A.A. itself we quit being ashamed of our illness, and freely exchange our full names.

We keep address books of A.A. names and telephone numbers, and we publish a confidential A.A. World Directory—all so we can *keep in touch with, and help, each other.*

5. In personal, private, face-to-face relationships with nonalcoholics we are not ashamed to say we are recovered, or recovering, alcoholics. Besides, this often helps carry the message to others.

This in no way violates our Tradition about *public* anonymity. When you tell the facts about yourself, privately, it's not an anonymity break.

Besides, passing on our experience, strength and hope to other alcoholics is too important to let any fear of discovery or stigma stand in our way. If Bill and Dr. Bob had said "People wouldn't understand," and hadn't passed the message on, where would we all be?

6. We do NOT hide our alcoholism in guilty secrecy out of fear and shame. That would actually strengthen even further the cruel stigma that unfortunately surrounds the victims of our illness.

We remain anonymous in public for two reasons: (1) our promise of *privacy* to the still-suffering alcoholic and his family, and (2)-a spiritual reason, summed up in Tradition 12, or in the word *humility*.

7. With anonymity, we renounce personal prestige for our A.A. recovery and work, and place the emphasis on our principles—the Power that really heals us—not on our personal selves.

That's why Dr. Bob, discouraging plans for a massive A.A. memorial mausoleum, said, "I want to just get buried like anybody else." That's why Bill turned down the dream of his life, an LL.D. degree from one of the world's mightiest, proudest universities. Those two men set the example for all of us.

For the good of A.A. as a whole, then, and for every alcoholic *in it (or on his way to it)*, don't you think we need to keep thinking deeply and spiritually about anonymity for a long time to come?

That's why Dr. Bob, discouraging plans for a massive A.A. memorial mausoleum, said, "I want to just get buried like anybody else." That's why Bill turned down the dream of his life, an LL.D. degree from one of the world's mightiest, proudest universities. Those two men set the example for all of us.

For the good A.A. as a whole, then, and for every alcoholic *in it (or on his way to it)* don't you think we need to keep thinking deeply and spiritually about anonymity for a long time to come?

Far more people in A.A. *keep* their anonymity than break it. Hundreds of thousands, both famous and obscure, work **actively, unashamedly-and privately-in A.A.**

I hope you join me in the Amen Corner, by George!

CENTRAL COMMITTEE

Only twenty groups were represented at the January Central Committee meeting at which Moderator Tom S., Willoughby presided. The Moderator suggested that **non-**attending groups be visited by those in attendance to urge them to appoint representatives to attend.

On Committee Reports, Jim S., Hospital Committee, suggested that sponsors be extremely cautious when hospitalizing any man or woman in any hospital or nursing home. (See separate article on **Sponsor Responsibility**).

Public Information chairman Bill H., -reported" that four speakers requests had been filled and that contacts were made with the Main Library and Ohio Bell Telephone Company, informing them of the availability of speakers upon request. After an interesting discussion, a motion was passed to grant the sum of fifty dollars to purchase packets of informative literature for distribution by speakers to lay audiences. Bill H., also reported that he had interested groups in Pittsburgh and Toronto in establishing Area-Wide meetings.

Area-Wide committee chairman Ed. M., tendered his resignation as chairman because of a change in his working hours. His successor, Bill H., consented to act as **pro-**temporary chairman, assisted by Harry D.

The February meeting of Central Committee will be held in the Hanna Building Conference Room 1372 on February 2 at 8:30 p.m.

SPONSORS RESPONSIBILITY

At the January Central Committee meeting, it was reported that one of our hospitals has compiled an 18 page list of delinquent or insolvent alcoholic patients, most of whom had been accepted on the showing of Hospitalization Cards. Many of these cards were found to be worthless because of lapse of payment.

AA sponsors have a moral responsibility in checking the patient's ability to pay *before* he or she makes arrangements for admission to the hospital. There is a possibility that the sponsor might be required to pay if the patient fails to pay.

Besides, if this breach of confidence is not corrected, we might not be able to find any reputable hospital which will accept any alcoholic!

It's not only up to you! Its' up to ALL of us!

ANSEL ROAD GROUP CHANGES

The **Ansel** Road group is now a Discussion group which meets on Thursdays at 8:00 p.m. in Newton D. Baker Health Center, 1465 E. 55th St. The meetings are open to all members of AA.

THAT MAN OF CONTRADICTIONS

If the minister or the priest preaches over the minutes, **he's** long-winded; If his sermon is short, he didn't prepare it.

If the parish funds are low, he's a poor business-man; If he mentions money, he's money-mad.

If **he** owns a car, he's worldly; If he doesn't, he's too late for sick-calls.

If he visits parishioners, he's nosy; If he doesn't, he's snobbish; If he has Fairs and Bingo, he's bleeding his people; If he doesn't, there's not enough social life in the parish.

If he takes time in Confession to help advise sinners, he's too long; If he doesn't, he's not a good advisor.

If he starts services on the minute, his watch is fast; If he starts late, he's holding up the congregation.

If he re-decorates the church, he's spending too much money; If he doesn't, he's letting the place run down.

If he's young, he's not experienced; If he's old, he should be retired.

... BUT ...

If he dies, they say 'there's no' one 'to replace him.

* * * * -Author Unknown

Many a tight man has been loosened by a small wench.

TWO GOLDEN DAYS

There are two days of the week upon which and about which I never worry. Two care-free days, kept sacredly free from fear and apprehension.

One of these days is yesterday. Yesterday, with all its cares and frets, with all its pains and aches, all its faults, its mistakes and blunders, has passed forever beyond the reach of my recall. I cannot undo an act, that I have wrought; I cannot unsay a word that I said on yesterday. All that it holds of my life, of wrongs, regret and sorrow, is in the hands of the Mighty Love that can bring honey out of the Rock, and sweet waters out of the bitterest desert-the love that can make the wrong things right, that can turn weeping into laughter, that can give beauty for ashes, the garment of praise for the spirit of heaviness, joy of the morning for the woe of the night.

Save for the beautiful memories, sweet and tender, that linger like the perfume of roses in the heart of the day that is gone. I have nothing to do with yesterday. It was mine; it is God's.

And the other day I do not worry about is tomorrow. Tomorrow, with all its possible adversities, its burdens, its perils, its large promise and poor performance, its failures and mistakes, is as far beyond the reach of my mastery as is its dead sister, yesterday. It is a day of God's. Its sun will rise in roseate splendor, or behind a mask of weeping clouds. But it will rise. Until then, the same love and patience that held yesterday, hold tomorrow, shining with tender promise into the heart of today. I have no possession in that unborn day of grace. All else is in the safekeeping of the Infinite Love that holds for me the treasurer of yesterday. The love that is higher than the stars wider than the skies, deeper than the seas. Tomorrow-it is God's day. It will be mine.

There is left for myself, then, but one day of this week-Today. Any man can fight the battles of today. Any woman can carry the burdens of just one day. Any man can resist the temptations of today. O friend, it is only when to the burdens and cares of today carefully measured out to us by the Infinite Wisdom and Might that gives with them the promise, "As thy day, so shall thy strength be," we willfully add the burdens of those two awful eternities-yesterday and tomorrow-such burdens as only the Mighty God can sustain-that we break down. It isn't the experience of today that drives men mad. It is the remorse for something that happened yesterday, the dread of what tomorrow may disclose.

These are God's days. Leave them with him.

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

-Author Unknown

DRTJNKEN DRIVERS

Turkish police have an effective way of dealing with drivers who drink. According to a study by the British Motor Corporation they haul the driver from his car, transport him 20 miles away, then make him walk back, accompanied by a slowly moving police car.

When he gets back to his own car he usually is sober.
-Niles Daily Times

"CURES" POPULAR IN RUSSIA

Alcoholics must wait six months for admission to the city hospital at Minsk, in the Soviet Republic of Byelorussia, because the "cure" is so popular that the patients return year after year for a month's rest course.

The only fault they find with the treatment is, that although they can pass the time with television, books, chess or dominoes, some inmates develop a thirst and no vodka is for sale in the wards.

* * * * * -New York Times

The world is full of willing people-some willing to work, the rest willing to let them.

DATES TO REMEMBER

January 26-The Smith-Wilson group observes its Nineteenth Anniversary in St. Joseph's Auditorium, 9321 Orleans Avenue with Tom McG., Edgelake as guest speaker at 8:15 p.m.

January 27-The West Shore group observes its Fifth Anniversary in West Shore Unitarian Church, 20401 Hilliard Road with Harry D., Edgelake as guest speaker at 8:30 p.m.

February 6-The Bay View group observes its First Anniversary in Bay View Hospital, 23200 Lake Road, Bay Village with Warren C., Sr., No. Canton as guest speaker at 8:30 p.m.

February 6-A new group, Sobriety, will hold its first meeting on February 6 in St. Mark's United Church of Christ on Saturday, February 6 at 9:00 p.m. Speakers will be: Tom D., Lorain Ave. Monday, Clint C., Doan Men and Joe K., Brooklyn.

February 7-The Temple group observes its Sixth Anniversary in Fatima Hall, 6914 Lexington on Sunday, (not the regular meeting day) at 4:00 p.m., with Dick P., Parma as guest speaker.

February 16-The Falls group observes its Fourth Anniversary in Olmsted Falls Community Church, 7853 Main Street, with Mose Y., Hartville, O., as guest speaker at 9:00 p.m.

February 17-The Hague group observes its Eighth Anniversary in Grace Congregational Assembly Hall, W. 65th and Colgate, with Corne V., Mansfield as guest speaker at 8:30 p.m.

CLEVELAND DISTRICT OFFICE FUNDING

In keeping with the tradition that we are self-supporting through our own contributions, members of Alcoholics Anonymous in the Greater Cleveland area will be given their annual opportunity to express their gratitude and to share their goods during the Cleveland AA District Office 1965 Funding Campaign.

A Kick-off Dinner for the workers will be held in Masonic Temple on Monday, February 1 at 6:30 p.m. Masonic Temple is located at E. 35th and Euclid. Enter at the E. 35th, near Chester entrance.

This affair should strengthen the bond of fellowship.

*

Learn from the mistakes of others-you can't live long enough to make them all yourself.

Watch for the Area-Wide Meeting announcement in the March Issue of Central Bulletin

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 205, Frederick Building, 2963 E. 4th St., is open weekdays from 9 a.m. to 5 p.m., but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is CHERRY 1-7387.

ALANON GROUP MEETINGS

Alanon Answering Service - Call SU. 1-6133

- ASHTABULA-Harris Memorial W. 58 & Adams... 1st & 3rd Mon.. 8:30
- BROOKPARK-PARMA-Redeemer Lutheran, 6161 Smith ...Mon., 3 :30
- LAKEWOOD-Lakewood Presbyterian. Detroit Ave. at Marlowe Mon.. 8:30
- EUCLID-Christian Church. 28001 Lake Shore Blvd. Tues., 3 :30
- GARFIELD HEIGHTS-Garfield Hts. City Hall, 6666 Turney, Tues. 8:30
- SUBURBAN WEST-Our Savior Luth'n Church. 20300 Hilliard, Tues., 8:30
- MAPLE HEIGHTS-Presbyterian Church, 15715 Libby Rd. Tues., 8:30
- BETHANY-Bethany Presbyterian Church, W. 65th & Clinton...Wed., 8:30
- BROADWAY-Newburgh Recreation, 8437 Broadway- w e d . . . 8:30
- FAIRPORT HARBOR-Luther Center. Eagle st. Wed. 3 :00
- LORAIN AVE.-Dr. Martin Luther Church. 4470 Ridge Rd. Thurs., s :00
- E. CLEVELAND-YWCA. Lee Boulevard and Euclid Fri., 1:30
- CHARITY-St. Vincent's Charity Hospital. E. 22nd & Central..... Fri., 8:30
- CHARLTON-Pilgrim Christian Church, 118 South St..... Fri., 8:30
- LORAIN COUNTY-Luth. Church, 8334 Wilson, Lorain, O., Tbur. 3 :30
- ELYRIA, O. Woodbury St. off Cleveland St., Sat., 8:30
- VALLEY-7100 Kinsman (2nd & 4th Sunday) Closed Sun.. 4:00

CLEVELAND AREA A A GROUP MEETINGS

MONDAY

BORTON—E. Cleveland Congrega. Church, Page end Euclid Ave. 8:30
BROOK PARK—Redeemer Lutheran Church, 6151 Smith Road, Brook Perk 8:30
EARLY—EARLY-Baptist Church, 1740 E. 17th St., Corner Walnut 7:30
EDGE LAKE—Faith Lutheran Ch., Lakewood, Woodward & Hilliard (Wdward Ave. ent.) 8:30
FRIENDLY SUBURBAN—6067 Purl- 6:00
FRIENDSHIP—Bldv. Presbyterian Ch., 24600 Lake Shore Blvd., Euclid. O. 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton end Detroit 9:00
LEE MONDAY—Fir & Presbyterian Ch., East Cleveland, Nela and Euclid 6:30
LORAIN AVE.—St. Ignatius Hall, Lorain Ave. at West Blvd. 6:30
ORCHARD GROVE—St. Mark's Church, 15305 Trisket Road 6:30
PEARL—St. Mary's Sch., 4600 State Rd. 8:30
RAMONA—9721 Ramona Blvd. 8:30
SHAKER—Chrkt Episcopal Church, 6446 Warrensville Center Rd. 9:00
SOUTH EAST—7626 Broadway 6:30
TEMPLE—Fatima Hall, 6914 Lexington 6:15
W. 26th ST.—United Church of Christ, 2409 Willowdale Ave. 9:00
WOMEN'S (Westside)—West Blvd., Christian Church, Madison & W. 101st St. 6:15
ELYRIA MEN'S—St. Agnes, Lake & Dewey 6:30
 Mixed Discussion 10:00 a.m.
JEFFERSON, O.—St. Joseph's Church 8:30
LEROY-BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rte. 86—Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY, O.—Pint Presbyterian Church, 4766 Shankland Rd. 6:30

TUESDAY

BRECKSVILLE V. A. HOSPITAL, 10000 Brecksville Rd., Brecksville, O. 7:30
CLARK—1917 Clark Ave 6:30
CORLETT MIXED—Holy Family Parish Hall, 6646 E. 131st St. 6:30
EASTSIDE WOMEN—Y.M.C.A., Room 6, Lee Road end Euclid 6:15
EUCLID MORNING—Euclid Christian Ch., Lake Shore Blvd & E. 280th St. 10:30 am.
FAIRMOUNT—St. Paul's Episcopal, Fairmount end Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th end Lorain Ave. 8:30
FALLS—Community Church, Olmsted Falls, 7666 Main St. (Columbia Rd.) 9:00
GARFIELD TUES.—Garfield Hts. City Hall, 6666 Turney Road 8:30
LAUREL—Brooklyn High School Cafeteria, 9400 Biddulph Rd. (Parking W. 96th) 8:45
MAY-LYND—E. Cleveland Savings & Loan, 6616 Mayfield Road 6:30
MILES-LEE—St. Mary's Church, 4070 E. 142nd St. 8:30
NIGHT & DAY—18867 Euclid Ave. 8:30
RIVER TUESDAY—Rocky River Methodist, 19414 Detroit Road 8:30
SMITH-WILSON—St. Joseph's School, 9821 Orleans Ave. 6:30
SUPERIOR—North Presbyterian Church, E. 40th and Superior 6:30
TRUSTY—Cleveland Home of Correction, 1000 ft. east of House of Correction 6:00
VALLEY WOMEN'S DISCUSSION GROUP, 7100 Kinsman 7:00
WEST PARK—Puritas Lutheran Church, Puritas Ave. and W. 136th St. 6:30
ASHLAND, O. Methodist Church Corner Cottage & Sandusky Sts. 8:00 E.S.T.
ASHTABULA CONSOLIDATED—Geneva, O. Methodist Church, So. Broadway, 1st Tue 6:30
GOLF LAKELANDS—Immaculate Conception Church, Hubbard Rd., No. Madison 8:00
KIRTLAND, O.—Old South Ch., Rt. 806 8:30
LAKE COUNTY—Meth. Fellowship Hall, Rt. 20-E. Southwood, Mentor 8:30
LORAIN CENTRAL—Lorain, O. Trinity Church 6:30
MANSFIELD—Episcopal Church, 41 Bowman St., Mansfield, O. 6:30 EST
MEDINA, O.—St. Paul's Episc. Per. Hse. 6:30
STREETSBORO, O.—Methodist Church, Intersection of Rte. 14 & Rte. 46 6:30
Strongsville—Methodist Ch., 13364 Pearl 6:30

WEDNESDAY

BAXTER—St. John's Lutheran School, 5826 Cable 6:30
BEDFORD—Bedford Christian Church, Warrrensville Center & Bilsine 10:30 A.M.
BRAINARD CIRCLE (Women's)—Trinity Ch., Brndrd at Shaker & Gates Mills Blvd. 6:30
COLLINWOOD—945 E. 152nd St. 6:30
DOAN MEN—Church of the Covenant, 11206 Euclid Ave. 9:00
EASTSIDE MORNING—9606 Euclid Ave., Euclid Ave. Congre. (Side Ent) 11 a.m.
EUCLID-WADP—13857 Euclid Ave. 8:30
GARFIELD—Pilgrim E & R. Church, 4592 E. 131st St. 6:30
HAGUE—Grace Cong. Assembly Hall, West 66th end Colgate 8:30

LEE ROAD—St. Ann's Church Basement, Coventry and Cedar 9:00
LORAIN WEDNESDAY—Bosworth Road, Presbyterian Church, 3631 Bosworth 9:00
NO. OLMSTED—Enja'l Church of the Advent, 3760 Dover Ctr. Rd., north of Lorain 9:00
PARMA HEIGHTS—All Saints Episcopal Church, 6911 Ridgewood Drive 8:30
PSYCHIATRIC HOSPITAL—1708 Alken 8:30
ST. JAMES—St. James Church, E. 64th and Cedar 8:00
TWENTY-FOUR HOUR—16216 Detroit, Church of the Ascension 8:30
V. H. VETERANS Hosp., E. Blvd. & E. 105. 8:00
WARRENSVILLE—Women's House Cor. 7:30
WEST SHORE—West Shore Unitarian, 20401 Hilliard Rd., Rocky River 6:30
WEST SIDE (Closed)—Twelfth Step Club, 6604 Detroit Ave. 6:30
ASHTABULA C.Y. Women, Harris Memorial, W. 66th & Adams, 2nd & 4th Wednesday 7:30
BRUNSWICK, O.—Cuyahoga Ass'n Bldg., Route 42, So. of 303 6:30
CHESTERLAND—Methodist Church, Mayfield Rd., Rte. 322 & Rte. 306 8:30
ELYRIA, O.—St. Paul Building, Third and Middle, ide entrance 8:30
FAIRPORT HARBOR—Luther Center, Eagle St., Fairport Harbor 8:00
Farm-9438 Slagle, Rte. 303, Garrettsville 10:30
INTERRACIAL—30th & Wood, Lorain, O., Mt. Zion Baptist Church 6:30
LAKE COUNTY WOMEN—1st Presbyterian, 4786 Shankland Rd., Willoughby 1:00
LORAIN COUNTY WOMEN—Meth. Church, Rte. 264-1 block east of Rte. 67 6:30
MANSFIELD, O.—20 1/2 S. Park 8:00 EST
SHEFFIELD LAKE, O.—St. Thomas School, Harris Road 6:30
WICKLIFFE—Wickliffe Presbyterian Church, E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal, Church, 16837 Euclid Ave. 6:30
ANGLE & ST. Malachi's, 2459 Washington 6:30
ANSEL DISCUSSION—1465 East 55th St., Newton D. Baker, Health Center 8:00
RAY WEST—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
BROADWAY-55th—Our Lady of Lourdes School Hall, 3898 E. 55th St. 8:30
BROOKLYN—St. James Lutheran Church, 4781 Broadview, cor. Maynard 8:30
COVENTRY—Fairmount Presby. Church, Scarborough and Fairmount Blvd. 8:30
CROSSROADS St. Luke's Episcopal, W. 78th St. and Lake Avenue 9:00
EASTLAKE—Reformation Lutheran Church, 84800 Lake Shore Blvd. 9:00
EAST SHORE WOMEN—Richmond Library, 26151 Euclid Ave., Euclid, O. 8:15
GARDEN VALLEY—(Outwaite) 7100 Kinsman Ave. 8:00
GOLDEN GATE WOMEN—Activities Center So. Euclid Meth. Ch., 1534 So. Green Rd. 8:30
LORAIN AVE. THURSDAY—4470 Ridge Rd., Dr. Martin Luther Church 9:00
NIGHT & DAY—13857 Euclid Ave. 11 A.M.
NORTH RANDALL—Village Hall, 21987 Miles Ave. 9:00
ROCKY RIVER—Rockport Methodist Church, 8310 Wooster Road 9:00
ST. CLAIR—Nottingham Methodist Church, St. Clair & Melville 8:30
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction. 8:00
WEST SIDE MORNING—W. 98th & Denison, Hungarian Lutheran Church 11 A.M.
AMHERST, O.—St. Peter's Church 8:30
ASHLAND—St. Matthew's Episcopal Church, Steamtown Rd., & Mifflin Ave. 8:00
ASHTABULA HARBOR—Bethany Luth'n Ch. Penn Ave., between W. 9 and W. 10. 8:30
BEREA—Fine Arts Bldg., East Bagley Rd. Three doors east of Eastland 9:00
ELYRIA—St. Agnes Sch., Lake & Dewey 8:30
INDEPENDENCE, O.—St. John's Lutheran Hall, Second and Sunset 9:00
NEIGHBORHOOD—112 E. 19, Lorain, 10 a.m.
MAPLE LEAF—Congregational Church, Fellowship Hall, Burton, Ohio. 8:30
PAINESVILLE—Congregational Church, Educ. Bldg., Mentor Ave., Pville 8:30
TWINSBURG—Chrysler Union Hall 8:30
WILLARD, O.—United Bank Bldg. 8:30

FRIDAY

BROADWAY-HARVARD—6437 B'way 8:30
CEDAR—Salvation Army, 6006 Euclid 6:15
CHARITY—Amphitheatre, 6th Floor, St. Vincent's Charity Hospital 8:30
CLEVELAND WOMEN—426 Term. Twr. 6:00
EUCLID FRIDAY—Epiphany Church, Lake Shore & East 210th St. 9:00
FRIDAY P.M. WOMEN—Plymouth Church, Krumbine Room, Coventry & Drexmore 1:00
GORDON SQUARE—St. Paul Com. Church, 4427 Franklin Blvd. 9:00
HEIGHTS—Closed Discussion, Christian Church, Van Aken & Avalon (rear) 6:30

HUDSON, O.—Closed meetings.
Christ Church, 21 Aurora - 1:30
LEE RAD—American Legion Hall, Pat 166, 16644 Euclid Ave. 9:00
NORTH EAST-Town House Motel, 16661 Euclid Ave. 8:30
PARMATTOWN MEN—Assembly Room, Parma Community Hospital 8:30
POSTOFFICE—4079A, Main Postoffice 8:00
SOLIDARITY-Friendly Inn Settlement, 226 1/2 Unwin Rd. (off Quincey Ave.) 8:30
STELLA MARIS M.I.P.E.D., 1620 Washington Ave. 6:15
WEST CLIFTON—Lkwd. Congregational Church, 1676 W. Clifton Road 9:00
AVON LAKE—First Congregational Church, 82601 Electric Boulevard 8:30
BEREA—Social room of Berea Cong. Church, Seminary and Church 8:30
CHAGRIN FALLS—Federated Churches, 76 Bell street 9:00
CHARDON—Pilgrim Christian Church, 113 South Street, Chardon O. 6:30
CONNEAUT, J.C. Hall, 238 Main (upstairs) 8:30
MANSFIELD, O.—26 Mulberry 8:00 E.S.T.
WELLINGTON—St. Patrick's Catholic Church, No. Main St., Wellington, O. 6:30

SATURDAY

BAY VIEW—Bay View Hospital, 23200 Lake Ave., Bay Village 6:30
FOREST CITY—2126 Broadview Rd. 9:00
L.S.I.—17600 Broadway 6:30
LANDER CIRCLE—Garfield Mem. Methodist, Cor. Lender Rd. end Route 422 9:00
LEAGUE PARK—Teamster's Hall, 2076 E. 22nd St. at Carnegie 9:00
LEECE-NEVILLE—1374 E. 61st St. 7:30
LEE-SEVILLE—New Home Baptist Church, Seville & Sunview Ave. 8:00
LIBERTY-946 E. 152nd St. 9:00
MAPLE HTS.—Luth. Church of the Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 6:30
MATT TALBOT—Windermere Presby. Ch., 14112 Euclid Ave. at Windermere 8:30
MEMPHIS—Lakewood Congregational Ch., 1376 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams Bldg., Entrance at 4466 Turney Rd. 7:30
NIGHT & DAY—13867 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES, 1147 E. 66th St. at Shore Drive 9:00
PLAINS-Plains Methodist Ch., Mentor, O., Rts. 306 and 263, Mentor, O. 9:00
PARMA—Third Federal Savings & Loan, 6960 Ridge Road 6:45
REDWOOD—Euclid Lutheran Church, E. 260th and Oriole 6:30
SOBRIETY—St. Muck's Ch., 15300 Puritas 9:00
TRINITY—Trinity Evangelical Church, 3526 W. 25th St. 8:30
VALLEY VIEW—Pilgrim Congr. Church, 2692 W. 14th. cor. Starkweather 9:00
ASHTABULA, O.—St. Peter's Episc. Church, Main Avenue at South Park. 6:30
LORAIN SATNITE—7th end Reed St., St. Mary's Church Basement 8:30
MANSFIELD—20 1/2 S. Park 6:30 EST
PARKMAN, O.—Congregational Church 6:30

SUNDAY

BEDFORD HEIGHTS—Village Hall, 6661 Perkins Rd., Bedford Heights 7:30
BROOKSIDE—Blessed Sacrament Church, Storer and Fulton (downstairs) 6:30
C.A.H.—13857 Euclid Ave. 10:45 a.m.
COLLINWOOD—945 E. 162nd St. 7:30
DETROIT SUNDAY—8604 Detroit Ave. 7:30
DISCUSSION—5700 Detroit Ave. 7:00
GARDEN VALLEY—Outwaite, 1100 Kinsman Ave. 4:30
GRATEFUL—St. James Lutheran Church, 1424 Hayden, near Shaw 2:00
LAKEWOOD ARMORY—1467 Wayne Ave., South of Detroit 9:00
MARSHALL—6200 Mayfield East entr. 8:00
MISTLETOE—St. Thomas Church, 9206 Superior Ave. 7:00
NELP PARK—Cafeteria, Advertising Bldg., Nela Park, Noble Road. 7:30
NEWBURGH—St. Catherine's Church, 6443 E. 93rd St. 8:30
PURITAS—Church of the Ascension, 14040 Puritas Ave. 6:30
SOUTHWEST SUNDAY—390 Fair St., Board of Education Bldg., Berea, O. 6:30
Superior Stag—2028 1/2 E. 105th 11:00 a.m.
WARRENSVILLE—Cooley Farms, Recreation Room 10 A.M.
YOUR—Euclid Community House, 240 Briardale 7:15
AVON CENTRAL—Basement Central Bank, 36690 Detroit Rd., Avon, O. 6:00
Axtel Twilight—Rte. 60, Axtel, O. 7:30
CHIPPEWA-SEVILLE—V.F.W. Hall, Seville, O. 8:00
GENEVA, O.—Episc. Ch., 66 So. Eagle 7:30
LORAIN COUNTY CONSOLIDATED—St. John's Sch., 31 & Rt. 57, Lorain 7:30
MANSFIELD, O.—20 1/2 S. Park 8:00 EST
MENTOR HEADLANDS—Community Hall, Corduroy & Overlook Rds., Mentor, O. 7:30
NEWBURY, O.—St. Helen's Church 8:15



POSITIVE THINKING

All progress in our sober life hinges on our growth of responsibility and defeat of our sense of dependency. The two go hand in hand. As one increases the other decreases.

In our beginning we were all dependents in varying degrees. We created problems and never solved any problems. We were a problem to our families, our friends, our employers and to society in general. We shall never cease being a problem until we develop the courage and self-discipline which is required to solve or at least face our own responsibilities with a minimum of help. But ceasing to be a problem is not enough. We never reach any important milestone on the higher road of sober living until we also assume not merely an interest in, but a responsibility for others. Those who are strangers on the Twelfth Step never reach the top of the staircase. It is not a step over which you can leap to the top.

In our early days in this fellowship all of us are leaners. We lean heavily on a little group of people or perhaps just one person who has special appeal to us. Many never cease being leaners and none of us ever reach the aoint of complete self-sufficiency. But the one who gives the most to others and seems to never need help himself, is the one who is receiving the most in actuality. He is the one who has truly learned that in helping, one is helped. To all intents and purposes he stands on his own feet and is in close touch with his Higher Power. We need not wonder why. It is because of his giving.

Actually, responsibility is the symbol of positive thinking. Dependency is the inevitable result of negative thinking. When we are dependent, we are not facing the exciting challenge of sobriety. In being dependent we are still backing away from alcohol. It is only when we turn all the way around for keeps, that we face the challenge and reach back with the other hand to guide the new man in his effort to back away and, God willing, to turn around himself ultimately.

In our continuing self inventories it would be well for us to weigh carefully the question of how far we have come in developing a continuing sense of responsibility about ourselves and for others too. We should train our sights on that development, knowing full well that as we make progress with it, we shall inevitably be defeating our own tendency to be dependent on other people. Then and only then are we qualified in our prayer of thanks at the end of a sober day, to feel a sense of full communion with God as we understand Him. That closeness comes because on that day we have worked very closely with Him.

A farmer's barn burned down and the insurance agent arrived to discuss the claim. He told the farmer that his firm would build another barn of similar size instead of paying the claim in cash.

The farmer was furious. "If that's the way your company does business," he exploded, "you can just cancel the insurance policy on my wife."

* * *

Nature seems determined to make us work. The less hair we have to comb, the more face we have to wash.

IF GOD SPOKE TO AA

Over twenty-three years ago, when about the only literature available on Alcoholics Anonymous was the "Big Book", so titled, and every new member was advised to read it, absorb it, and practice its suggestions.

It was at about that time that an anniversary meeting was held in Chicago and the guest speaker was a man of high position in the state of Illinois. A part of his speech, which emphasizing the immensity of the gift of sobriety which has been given to the many sufferers of alcoholism by an act of God, is our editorial.

Titled, "If God Spoke to AA, He Might Have Said," he gave to his audience the following:

"Into your weak and feeble hands I have entrusted a Power beyond your estimate. To you has been given that which has been denied the most learned of your fellows. Not to scientists or statesmen, not to wives or mothers, not even to My priests and ministers have I given this gift of healing other alcoholics, which I entrust to you. It must be used unselfishly. It carries with it grave responsibility. No day can be too long, no demands upon your time can be too urgent, no case too pitiable, no task too hard, no effort too great. It must be used with tolerance, for I have restricted its application to no race, no creed and no denomination.

"Personal criticism you must expect, lack of appreciation will be common, ridicule will be your lot, your motives will be misjudged. Success will not always attend your efforts in your work with other alcoholics. You must be prepared for adversity, for what men call adversity is the ladder you must use to ascend the rung toward spiritual perfection. I shall not exact of you beyond your capabilities.

You are not selected because of exceptional talents; and be careful always, if success attends your efforts, not to ascribe to personal superiority, that to which you can lay claim only by virtue of My gift. If I had wanted learned men to accomplish this mission the power would have been entrusted to the physician and scientist. If I had wanted eloquent men there would have been many anxious for the assignment, for talk is the easiest used of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified than you who would have been available.

You were selected because you have been outcasts of the world, as your long experience as a drunkard has made, or should make you, humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere. Keep ever in mind the admission that you made on the day of your profession of A.A.-namely, that you are powerless, and that it was only with your willingness to turn your life and will into My keeping, that relief came to you.

"Think not, that because you have been dry one year or two years, or ten years, that it is the result of your unaided efforts. The help which has been keeping you normal will keep you so just as long as you live this program which I have mapped out for you. Beware of the pride that comes from growth, the power of numbers and invidious comparisons between yourselves, or your organ-

(Continued on page three)

One of the best
face-saving ideas
is to keep the
lower half of it
shut.

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 23

March, 1965

No. 6

MILL ENDS AND REMNANTS

It is wonderful to have someone handy to prime the pump when the well seems to be running dry, both as to time and ideas. This month MILL ENDS is fortunate to have a guest-contributor-Bob K., out thar at Edgelake.

A short time back I overheard a discussion about sponsorship and allied subjects, and as is my wont whenever and wherever there is a nearby discussion, I listen closely and store up information for future recall. This is the way it was suggested and this is the way I was taught to act in this program of A.A.

This is what I overheard—

Joker No. 1—"Joe is one poor sponsor. Look at all the trouble his babies have getting the program. If it were me, I'd dump 'em until they are 'ready'."

Joker No. 2—"It isn't done the way it was done when I came in back in . . . The sponsors used to get discussions together in their homes-you know, five or six fellows all sharing their experiences. And meetings! They never let me get by with less than four a week, plus hospital calls. No, I haven't been out to the new hospital ward since it opened. You know Sam X.? Well, we both just happened to get to our home group one night. We decided to go out and look it over. You should see how it's changed, I didn't even know the Chairman."

Joker No. 3—"I went to look over the hospital ward the other day. It's okay, but there seemed to be too many new men hanging around-you know how hot some of them get those first few months."

Joker No. 4—"It makes me feel better to hear someone say that about new guys hanging around the hospital, because I'm new and to tell the truth it really gets me down being around those patients."

Joker No. 5—"Yeah, me too, and those meetings! You know there are over 160 groups around this town and it's the same faces at all of them. It's nice to know those groups are around though. Me? Oh, I go when I feel I need it. With so many around it's never too far to go about once a week or so."

Joker No. 6—"I don't believe in babying these guys, they all seem to have shoes, an' money in their pockets, so if they want to get it, they can walk or take a bus or cab. My sponsors ran me to death and a couple of times I was ready to pop. I can't see chasing anybody."

Well, that's a sampling. Perhaps it isn't a very fair or good sampling, but the fact remains that these sentiments were expressed and within earshot of a number of beginners. Not all of the sentiments were adverse; however-there were many good, sound and intelligent ones expressed, but I can't help recalling how easy it is for a new person to latch on to a bad idea, the lazy way or what have you.

The point to remember is that everyone in the fellowship of Alcoholics Anonymous is a sponsor, perhaps a silent one, or just a person that someone is watching, or even a chair filler that the new person looks to make sure he or she is there.

Each of us who has sipped from the cup of joy of life in A.A., is a living, breathing, walking example of the power the program has over alcohol, and it behooves us to lead

the kind of life we were put here to live, to think the thoughts we know will help us maintain the gift, and to express ourselves in the presence of others in a manner that will not jeopardize or hinder their quest for happy sobriety in A.A. We are our brother's keeper and we are each other's sponsors.

There's something to chew on, by George!

CENTRAL COMMITTEE

Only 24 groups were represented at the February meeting. Inclement weather probably deterred others from attending.

Moderator Tom S., suggested that each representative bring along another to the March meeting. Approved.

The First Tradition was read by the Moderator. In future meetings the other eleven will be read, one at each meeting.

No reports from sub-committees were submitted.

Area-Wide Meeting chairman Bill H., reported that the next meeting would be held on Friday evening, April 2 at 8:30 p.m. in Jordan Hall, St. Vincent's Charity Hospital with Dr. Luke R., Youngstown, as guest speaker, together with a guest of honor, Bob E., of Akron. He also asked for space in the Central Bulletin to determine if there was sufficient interest in continuing these quarterly meetings.

Six speakers were furnished during the month of January by the Public Relations chairman, who also reported that the Chamber of Commerce had been informed that speakers were available.

Under New Business, several objections were voiced regarding the article on "Sponsor's Responsibility", which appeared in the January issue of the Central Bulletin. After much discussion, it was suggested that the article might be re-written to better evaluate or define.

AREA-WIDE MEETING CRISIS

"To be, or not to be! That is the question!"

Because of the disappointing attendance at the past five Area-Wide (formerly titled Consolidated) Meetings, the chairman, Bill H., with the consent of Central Committee, has changed the day of the meeting from the conventional Sunday afternoon to *Friday evening at 8:30 p.m.* in Jordan Hall, St. Vincent's Charity Hospital on *April 2*

Should the attendance still be below making it worth while to bring in an out-of-town speaker of note, Central Committee will decide whether to discontinue the quarterly meetings. It's up to each group to decide.

These meetings were planned to enable all of our members to have an opportunity to hear outstanding AA's from distant areas who normally would not be heard by individual groups. A "crowd" of 100 to 150 would be an insult to a speaker who travelled a long distance to do us a favor by sharing his philosophy of AA which has brought him into prominence.

"To be, or not to be!" That is the question. It's up to you.

Our guest speaker for the April 2 meeting will be Dr. Luke R. of Youngstown, Ohio. He is secretary of "Doctors in AA" who meet once a year to discuss special problems of alcoholic patients.

OBITUARY

C. C. "Doc" Herron, one of the Cleveland area's active and popular Old-Timers passed away after a long period of illness in Veterans Hospital, Hampton, Va. on December 15, 1964. He is survived by his devoted wife, Olive, who resided near the hospital in East Chesapeake, Va.

"Gus the Baker", an ardent and effective Eastside member whose smiling face appeared in many group meetings every day in the week, passed away on February 3. He will be sorely missed.

We offer our sincere condolences to their survivors.

A WIFE'S EVALUATION OF AA

Between teenage and manhood, we sometimes find men and women who are alcoholics and they come in all sizes and colors. Alcoholics are found everywhere — on top of — underneath of — inside of — climbing on — swinging from — running around — falling off of, or jumping into. Their mothers love them, little girls are afraid of them, sisters and brothers usually tolerate them, adults ignore them, friends avoid them, and Heaven protects them. They think they are smart, cute, witty, handsome and, because of these qualities, the world owes them something.

An alcoholic is inconsiderate when you are busy or in a hurry. He is bothersome, and troublesome, an intruding jangle of talk, which wouldn't make sense even if you were listening. When he is crossed, he becomes a savage, sadistic jungle creature bent on destroying the world and himself with it.

He hasn't much of an appetite, but has the digestion of a sword swallower. He can drink whiskey, wine, gin, brandy, and top it off with a big shot of rubbing alcohol and still live. You can find him drunk in the morning, at noon, in the evening, at night, and at dawn. Ask him how much he drank and he will tell you "I've only had a couple of beers."

He has been talked to, talked about, prayed over, preached at, pleaded with, denounced and threatened.

Nobody else is so early to rise, or so late for dinner. Nobody else seems to get so much fun out of nothing, and only an alcoholic can generate so much hate for those who are trying to help him. You can usually find in his pocket, chewing gum, an empty pack of cigarettes, a half pack of salted peanuts, a bottle opener, eight cents, two poker chips, an address book with no addresses, a pawn check, and a worn-out card from the employment office, which has never been used.

After all of this, he comes into AA and is looked upon as a trusted, truthful, honest and dependable friend, and by the Grace of God and the help of AA, he is sober and happy -twelve years.

-Mrs. A. B. (Wife) Anderson, Indiana

A THOUGHT FOR THE YEAR AHEAD

Soon in your hand will be placed a priceless gift. Look at it closely. There is no price mark stamped on it. It cannot be weighed, because no scale can balance its value. A king's ransom in comparison is as nothing, yet it is given to beggar and prince alike. The giver asks only that it be used wisely and well.

This jewel, rare and unique, is not displayed in any shop window. It cannot be purchased, cannot be sold. No other treasure holds the possibilities this gift offers—none can surpass its golden splendor.

Of all gifts, this is the most precious. It has been offered many times before; today, from the depths of a boundless love it will be given again. It will be left to you to find the golden thread running through it. Only with great care will the jewel retain its lustre. Carelessness, ingratitude, and selfishness will tarnish the brilliance, break the unspoiled thread, mar the perfection.

Guard it closely, lest through weak fingers it slip from the hand. Look often at its faultless beauty. Accept it as it is offered from the heart of the giver, consider it the most treasured of possessions, for of all the gifts, it is by far the greatest. It is the gift of the New Year!

-Reprinted from Dubuque Alanews

ROSARY HALL-WOMEN PATIENTS

As of February 15, 1965, Rosary Hall will have three beds available for women patients.

"I suppose now that you are married you will be taking out some insurance?" the agent asked the bridegroom.

"Oh, no," he replied, "I don't think she's dangerous."

* * * *

One person you must watch if you're going to save money is yourself.

DATES TO REMEMBER

March 16-A new east-side group, the Humble group, will hold its first meeting on Tuesday, March 16 at 8:30 p.m. in Trinity Ev. United Brethren Church, 1289 Hayden Avenue (side entrance).

March 27—The Young People's group, Youngstown, Ohio observes its Thirteenth Anniversary in St. Christine Hall, 3165 So. Schenley Ave., Youngstown. Guest speaker will be Regis M., Pittsburgh, Pa. For reservations to the Steak Dinner at 6:30 p.m. at \$3.00 per plate, call (collect) Youngstown 788-2641!

April 2-Area-Wide (Consolidated) Meeting in Jordan Hall St. Vincent's Charity Hospital at 8:30 p.m. (Note the change from Sunday to Friday).

NEW GROUPS

Two new Alanon groups have been formed in the Cleveland area :

The Rockport group which will meet on Wednesday evenings at 9:00 p.m. in St. Mark's Church, 15305 Triskett Road. The first meeting of each month will be a Discussion Meeting.

The West Side group will meet on Thursdays at 1:30 p.m. in St. Mark's Church, 15300 Puritas Road.

The North Randall group changed their meeting time from 9 p.m. to 8 p.m.

The Independence group, beginning with the March 4 meeting will meet in the Independence Presbyterian Church, 6624 Public Square at 9:00 p.m.

The Humble Group holds its first meeting on Tuesday, March 16, at 8:30 in Trinity United Brethren Church, 1289 Hayden (side entrance).

IF GOD SPOKE TO A.A.

(Continued from page one)

ization with other organizations whose success depends on numbers, money and position. These material things are no part of your creed.

"The success of material organization comes from the pooling of joint assets; yours from the union of mutual liabilities. Appeal for membership in material organizations is based upon a boastful recital of their accomplishments; yours on the humble admission of weakness; the motto of successful commercial enterprise is: 'He profits most who serves best.' yours: 'He serves best who seeks no profit.' The wealth of material organizations, when they take their inventory, is measured by what they have left; yours, when you take moral inventory, by what you have given."

Take this seriously, absorb it in all phases of your daily life and you will discover a way of life that transcends any way you may have had or hoped for.

CLEVELAND AA DISTRICT OFFICE

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

ALANON GROUP MEETINGS

Alanon Answering Service — Call SU. 1-5185

- ASHTABULA-Harris Memorial W. 68 & Adams 1st & 3rd Mon., 8:30
- BROOKPARK-PARMA-Redeemer Lutheran, 6161 Smith Mon., 8:30
- LAKEWOOD-Lakewood Presbyterian, Detroit Ave. at Marlowe Mon., 8:30
- EUCLID-Christian Church, 28001 Lake Shore Blvd. Tues., 3:30
- GARFIELD HEIGHTS-Garfield Hts. City Hall, 5555 Turney, Tues., 8:30
- SUBURBAN WEST-Our Savior Luth'n Church, 20300 Hilliard, Tues., 8:30
- MAPLE HEIGHTS-Presbyterian Church, 13713 Libby Rd. Tues., 8:30
- BETHANY-Bethany Presbyterian Church, W. 65th & Clinton. Wed., 8:30
- BROADWAY-Newburgh Recreation, 8 4 3 7 Broadway Wed., 8:30
- FAIRPORT HARBOR-Luther Center, Eagle et. Wed. 3:00
- ROCKPORT- Triskett (1st Mtg. each mo.-Discussion. Wed. 9:00
- LORAIN AVE.-Dr. Martin Luther Church, 4470 Ridge Rd. Thurs., 9:00
- WEST SIDE-St. Mark's Church, 15300 Puritas Road Thurs. 1:30
- E. CLEVELAND-YWCA, Lee Boulevard and Euclid Fri., 1:30
- CHARITY-St. Vincent's Charity Hospital, E. 22nd & Central Fri., 8:30
- CHARDON-Pilgrim Christian Church, 118 South St. Fri., 8:30
- LORAIN COUNTY-Luth. Church, 8334 Wilson, Lorain, O. Thur. 8:30
- ELYRIA, O. Woodbury St. off Cleveland St. Sat., 8:30
- VALLEY-7100 Kinsman (2nd & 4th Sunday) Closed Sun., 4:00

CLEVELAND AREA A A GROUP MEETINGS

MONDAY

BORTON—E. Cleveland Congrega. Church, Peace and Euclid Ave. 6:50
YOOK PARK—Redeemer Lutheran Church, 6161 Smith Road, Brook Park 6:30
EARLY-EARLY—Baptist Church, 1740 E. 17th St., Corner Walnut 7:30
EDGE LAKE—Faith Lutheran Ch., Lakewood, Woodward & Hilliard (Wdwr. Ave. ent.) 8:30
FRIENDLY SUBURBAN—6067 Pearl 8:00
FRIENDSHIP—Blvd. Presbyterian Ch., 24690 Lake Shore Blvd., Euclid, O. 6:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit 9:00
LEE MONDAY—First Presbyterian Ch., East Cleveland, Nela and Euclid 8:30
LORAIN AVE.—St. Ignatius Hall, Lorain Ave. at West Blvd. 8:30
ORCHARD GROVE—St. Mark's Church, 16606 Tricket Road 6:30
PEARL—St. Mary's Sch., 4600 State Rd. 8:30
RAMONA—9721 Ramona Blvd. 8:30
SHAKER—Christ Episcopal Church, 2445 Warrensville Center Rd. 9:00
SOUTH EAST—7526 Broadway 8:30
TEMPLE—Fatima Hall, 6914 Lexington 8:15
W. 26th St.—United Church of Christ, 2409 Willowdale Ave. 9:00
WOMEN'S (W&S)—West Blvd., Christian Church, Madison & W. 101st St. 8:15
ELYRIA MEN'S—St. Agnes, Lake & Dewey 8:30
Mixed Discussion 10:00 a.m.
JEFFERSON, O.—St. Joseph's Church 8:30
LEROY-BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rte. 86—Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY, O.—First Presbyterian Church, 4785 Shankland R. 8:30

TUESDAY

BRECKSVILLE V. A. HOSPITAL, 10000 Brecksville Rd., Brecksville, O. 7:30
CLARK—1617 Clark Ave. 6:30
CORLETT MIXED—Holy Family Parish Hall, 8845 E. 181st St. 6:30
EASTSIDE WOMEN—Y.Y.C.A., Room 6, Lee Road at Euclid 8:15
EUCLID YORNINC—Euclid Christian Ch., Lake Shore Blvd & E. 280th St. 10:30 a.m.
FAIRMOUNT—St. Paul's Episcopal, Fairmount and Coventry 6:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain Ave. 8:30
FALLS—Community Church, Olmsted Falls, 7866 Main St. (Columbia Rd.) 9:00
GARFIELD TUES.—Garfield Hts. City Hall, 5555 Turney Road 8:30
HUMBLE—Trinity United Brethren Church, 1289 Hayden Ave., (side entrance) 8:30
LAUREL—Brooklyn High School Cafeteria, 9400 Biddulph Rd. (Parking, W. 94th) 8:45
MAY-LYND—E. Cleveland Savings & Loan, 5816 Mayfield Road 8:30
MILES-LEE—St. Mary's Church, 4070 E. 142nd St. 8:30
NIGHT & DAY—13857 Euclid Ave. 8:30
RIVER TUESDAY—Rocky River Methodist, 19414 Detroit Road 8:30
SMITH-WILSON—St. Joseph's School, 9221 Orleans Ave. 8:30
SUPERIOR—North Presbyterian Church, E. 40th and Superior 8:30
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
VALLEY WOMEN'S DISCUSSION GROUP, 7100 Kinsman 7:00
WEST PARK—Puritas Lutheran Church, Puritas Ave. and W. 138th St. 8:30
ASHLAND, O.—Methodist Church, Corner Cottage & Sndusky Sts. 8:00 E.S.T.
ASHTABULA CONSOLIDATED—Geneva, O. Methodist Church, So. Broadway, 1st Tue 6:30
GOLF LAKE LANDS—Immaculate Conception Church, Hubbard Rd., No. Madison 8:00
KIRTLAND—O. Old South Ch. Rt. 306 6:30
LAKE COUNTY M&H—Fellowship Hall, Rt. 20-E. Southwood, Mentor 8:30
LORAIN CENTRAL—Lorain, O. Trinity Church 6:30
MANSFIELD—Episcopal Church, 41 Bowman St., Mansfield, O. 8:30 EST
MEDINA, O.—St. Paul's Epis. Par. Hse. 6:30
STREETSBORO, O.—Methodist Church, Intersection of Rte. 14 & Rk. 46 6:30
Strongsville—Methodist Ch., 18364 Pearl 8:30

WEDNESDAY

BAXTER—St. John's Lutheran School, 5826 Cable 6:30
BEDFORD—Bedford Christian Church 9:00
Warrensville Center & Blaine 10:30 A.M.
BRAFNARD CIRCLE (Women's)—Trinity Ch., Brnd at Shaker & Gates Mills Blvd. 8:30
COLLINSWOOD—945 E. 152nd St. 6:30
DOAN MEN—Church of the Covenant, 11206 Euclid Ave. 9:00
EASTSIDE MORNING—Q606 Euclid Ave., Euclid Ave. Congre. (Side Ent.) 11 a.m.
GUCI.D. WADP.—13357 Euclid Ave. 8:30
GARFIELD—Pilgrim E. R. Church, 4592 E. 131st St. 8:30
HAGUE—Grace Cong. Assembly Hall, West 65th and Colgate 8:30

LEE ROAD—St. Ann's Church Basement, Coventry and Cedar 9:00
LORAIN WEDNESDAY—Bosworth Road, Presbyterian Church, 8681 Bosworth 9:00
NO. OLMSTED—Epis'l Church of the Advent, 3760 Dover Cr. Rd., north of Lorain 9:00
PARMA HEIGHTS—All Saints Episcopal Church, 8911 Ridgewood Drive 8:30
PSYCHIATRIC HOSPITAL—1708 Alken 8:30
ST. JAMES—St. James Church, E. 64th and Cedar 6:00
TWENTY-FOUR HOUR—16216 Detroit, Church of the Ascension 6:30
V. H.—Veterans Hosp., E. Blvd. & E. 105, 8:00
WARRENSVILLE—Women's House Cor. 7:30
WEST SHORE—West Shore Unitarian, 20401 Hilliard Rd., Rocky River 8:30
WEST SIDE (Closed)—Twelfth Step Club, 8604 Detroit Ave. 6:30
ASHTABULA C.Y. Women, Harris Memorial, W. 68th & Adams, 2nd & 4th Wednesday 7:30
BRUNSWICK O.—Cuyahoga Ass'n Bldg., Route 42, So. of 303 a:30
CHESTERLAND—Methodist Church, Mayfield Rd., Rte. 822 & Rte. 806 8:30
ELYRIA O.—St. Paul Building, Third and Middle, side entrance 8:30
FAIRPORT HARBOR—Luther Center, Eagle St., Fairport Harbor 8:00
Farm-9438 Slagle, Rte. 303, Garrettsville 10:30
INTERRACIAL—30th & Wood, Lorain, O. Mt. Zion Baptist Church 8:30
LAKE COUNTY WOMEN—1st Presbyterian, 4785 Shankland Rd., Willoughby 1:00
LORAIN COUNTY WOMEN—Meth. Church, Rte. 254—1 block east of Rte. 57 8:30
MANSFIELD, O.—20 1/2 S. Park 8:00 EST
SHENFIELD LAKE, O.—St. Thomas School, Harris Road 8:30
WICKLIFFE—Wickliffe Presbyterian Church, E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal, Church, 15837 Euclid Ave. 8:30
ANGLE—St. Malachi's, 2459 Washington 8:30
ANSEL DISCUSSION—1465 East 55th St., Newton D. Baker, Health Center 8:00
BAY WEST—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
BROADWAY—55th—Our Lady of Lourdes School Hall, 3898 E. 55th St. 8:30
BROOKLYN—St. James Lutheran Church, 4781 Broadview, cor. Maynard 8:30
COVENTRY—Fairmount Presby. Church, Scarborough and Fairmount Blvd. 8:30
CROSSROADS—St. Luke's Episcopal, W. 78th St. and Lake Avenue 9:00
EASTLAKE—Reformation Lutheran Church, 8490 Lake Shore Blvd. 9:00
EAST SHORE WOMEN—Richmond Library, 26151 Euclid Ave., Euclid, O. 8:15
GARDEN VALLEY—(Outhwaite) 7100 Kinsman Ave. 8:00
GOLDEN GATE WOMEN—Activities Center, So. Euclid Meth. Ch., 1684 So. Green Rd. 8:30
INDEPENDENCE—Presbyterian Church, 6624 Public Square 9:00
LORAIN AVE. THURSDAY—4470 Ridge Rd., Dr. Martin Luther Church 9:00
NIGHT & DAY—13857 Euclid Ave. 11 A.M.
NORTH RANDALL—Village Hall, 21937 Miles Ave. 8:00
ROCKY RIVER—Rockport Methodist Church, 8310 Wooster Road 9:00
ST. CLAIR—Nottingham Methodist Church, St. Clair & Melville 8:30
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
WEST SIDE MORNING—W. 98th & Denison, Hungarian Lutheran Church 11 A.M.
AMHERST, O.—St. Peter's Church 8:30
ASHLAND—St. Matthew's Episcopal Church, Steamtown Rd., & Mifflin Ave. 8:00
ASHTABULA HARBOR—Bethany Luth'n Ch., Penn. Ave., between W. 9 and W. 10 8:30
BEREA—Fine Arts Bldg., East Bagley Rd., Three doors east of Eastland 9:00
ELYRIA—St. Agnes Sch., Lake & Dewey 8:30
INDEPENDENCE, O.—St. John's Lutheran Hall, Second and Sunset 9:00
NEIGHBORHOOD—112 E. 19, Lorain, 10 a.m.
MAPLE LEAF—Congregational Church, Fellowship Hall, Burton, Ohio 8:30
PAINESVILLE—Congregational Church, Educ. Bldg., Mentor Ave., Peville 8:30
TWINSBURG—Chrysler Union Hall 8:30
WILLARD, O.—United Bank Bldg. 8:30

FRIDAY

BROADWAY-HARVARD—8437 B'way 8:30
CEDAR—Salvation Army, 6006 Euclid 8:15
CHARITY—Amphitheatre, 6th Floor, St. Vincent's Charity Hospital 8:30
CLEVELAND WOMEN—426 Term. Twr. 6:00
EUCLID FRIDAY—Epiphany Church, Lake Shore & East 210th St. 9:00
FRIDAY P.M. WOMEN—Plymouth Church, Krumline Room, Coventry & Drexmore 1:00
GORDON SQUARE—St. Paul Cox. Church, 4427 Franklin Blvd. 9:00
HEIGHTS—Closed Discussion, Christian Church, Van Aken & Avalon (rear) 8:30

HUDSON, O.—Closed meetings
Christ Church, 21 Aurora 8:30
LEB ROAD—American Legion Hall, Pat 166, 16644 Euclid Ave. 9:00
NORTH EAST-Town House Motel, 15661 Euclid Ave. 8:30
PARMATOWN MEN—Assembly Room, Parma Community Hospital 8:30
POSTOFFICE—4079A, Main Postoffice 8:00
SOLIDARITY—Friendly Inn Settlement, 2232 Unwin Rd. (off Quincy Ave.) 8:30
STELLA MARIS MIXED, 1220 Washington Ave. 8:15
WEST CLIFTON—Lkwd. Congregational Church, 1378 W. Clifton Road 9:00
AVON LAKE—First Congregational Church, 32801 Electric Boulevard 8:30
BEREA—Social room of Berea Cong. Church, Seminary and Church 8:30
CHAGRIN FALLS—Federated Churches, 76 Bell Street 9:00
CHARDON—Pilgrim Christian Church, 113 South Street, Chardon, O. 8:30
CONNEAUT, J.C. Hall, 238 Main (upstairs) 8:30
MANSFIELD, O.—25 Mulberry 8:00 E.S.T.
WELLINGTON—St. Patrick's Catholic Church, No. Main St., Wellington, O. 8:30

SATURDAY

BAY VIEW—Bay View Hospital, 23200 Lake Ave., Bay Village 8:30
FOREST CITY—2126 Broadview Rd. 9:00
L.S.I.—17600 Broadway 8:30
LANDER CIRCLE—Garfield Mem. Methodist, Cor. Lander Rd. and Route 422 9:00
LEAGUE PARK—Teamster's Hall, 2076 E. 22nd St. at Carnegie 9:00
LEECE-NEVILLE—1374 E. 51st St. 7:00
LEE-SEVILLE—New Home Baptist Church, Seville & Sunview Ave. 8:00
LIBERTY—945 E. 152nd St. 9:00
MAPLE HTS.—Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—Windermere Presby. Ch., 14112 Euclid Ave. at Windermere 8:30
MEMPHIS—Lakewood Congregational Ch., 1876 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams Bldg., Entrance at 4465 Turney Rd. 7:30
NIGHT & DAY—13867 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES, 1147 E. 55th St., at Shore Drive 9:00
PLAINS—Plains Methodist Ch., Mentor, O., Rts. 308 and 283, Mentor, O. 9:00
PARMA—Third Federal Savings & Loan, 5950 Ridge Road 8:45
REDWOOD—Euclid Lutheran Church, E. 260th and Oriole 8:30
SOBRIETY—St. Mark's Ch., 15300 Puritas 9:00
TRINITY—Trinity Evangelical Church, 3525 W. 25th St. 8:30
VALLEY VIEW—Pilgrim Congr. Church, 2592 W. 14th, cor. Starkweather 9:00
ASHTABULA, O.—St. Peter's Epia. Church, Main Avenue at South Park 8:30
LORAIN SATINITE—7th and Reed St., St. Mary's Church Basement 8:30
MANSFIELD—20 1/2 S. Park 8:00 EST
PARKMAN, O.—Congregational Church 8:30

SUNDAY

BEDFORD HEIGHTS—Village Hall, 5661 Perkins Rd., Bedford Heights 7:30
BROOKSIDE—Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C.A.H.—13857 Euclid Ave. 10:45 a.m.
COLLINSWOOD—945 E. 152nd St. 7:30
DETROIT SUNDAY—8304 Detroit Ave. 7:30
DISCUSSION—6700 Detroit Ave. 7:00
GARDEN VALLEY—Outhwaite, 7100 Kinsman Ave. 4:30
GRATEFUL—St. James Lutheran Church, 1424 Hayden, near Shaw 8:00
LAKEWOOD ARMORY, 1487 Wayne Ave., South of Detroit 9:00
MARSHALL—6200 Mayfield East entr. 8:00
MISTLETOE—St. Thomas Church, 9205 Superior Ave. 7:00
NELA PARK—Cafeteria, Advertising Bldg., Nela Park, Noble Road 7:30
NEWBURGH—St. Catherine's Church, 8443 E. 98rd St. 8:30
PURITAS—Church of the Ascension, 14040 Puritas Ave. 8:30
SOUTHWEST SUNDAY—390 Fair St., Board of Education Bldg., Berea, O. 8:30
Superior Stag—2023 1/2 E. 105th 11:00 a.m.
WARRENSVILLE—Cooley Farms, Recreation Room 10 A.M.
YOUR—Euclid Community House, 240 Briardale 7:15
AVON CENTRAL—Basement Central Bank, 36690 Detroit Rd., Avon, O. 8:00
AXTEL TWILIGHT—Rte. 60, AxTel, O. 7:30
CHIPPEWA-SEVILLE—V.F.W. Hall, Seville, O. 8:00
GENEVA, O.—Episc. Ch., 66 So. Eagle 7:30
LORAIN COUNTY CONSOLIDATED, St. John's Sch., 81 & Rt. 57, Lorain 7:30
MANSFIELD, O.—20 1/2 S. Park 8:00 EST
MENTOR HEADLANDS—Community Hall, Corduroy & Overlook Rds., Mentor, O. 7:30
NEWBURY, O.—St. Helen's Church 8:15



PUBLISHED BY

CENTRAL BULLETIN FOUNDATION, INC.

VOL. XXIII-No. 7

Box 6712 CLEVELAND, OHIO 44101

FINDING TIME-1

"How do you ever find the time?" If you are asked this question, in one form or another, it is probably one of the nicest compliments you will ever receive. It implies that you have given of your precious time to do some unusual, constructive or kindly thing, not ordinarily done by the average person who is a complete slave to the details of life. It may mean that you have simply disciplined yourself against the countless time killing pursuits which our modern age provides.

In our fellowship we should cherish the precious time we have left. Our God given talents were either paralyzed or misdirected for so very long, that only through careful husbandry of our remaining time, can we hope to even approach a total performance that is respectable. Our neglected talents and our remaining time, represent our total working assets. Unless we budget and direct them well, we are dissipating. It should be the natural ambition of us all, to avoid dissipation of our time and talents. Else, we are simply moving from one form of dissipation to another, from the mediocrity of an alcoholic fog, to the mediocrity of wasting away our lives and remaining time in another way.

Some of us have greater responsibilities than others, in our work, toward our families and in other directions. Some of us have more vitality, some more real health problems. But all of us are faced with our own individual problem of budgeting our time and talents in order to make our remaining life effective and happy, to an absolute maximum.

In considering time we must recognize its three natural divisions. In terms of this effectiveness we can forget the past except for the wisdom it provides. Of all people, we need to note that exception. The wisdom we have gained from honest admission about our past life, is something of which we must remain acutely aware at all times. Otherwise we might find a return trip on our agenda. However time which is past, has no part as a working ingredient in our budget. It is the part of time which is definite. What we did with it is definite and clear. We should never forget.

The second division of time is the present fleeting moment. It is the only real working ingredient in our program for the use of time. And if it is to avail us anything, we must use it now. Our good intentions for tomorrow, may be lost unless we do something about them today. Life's greatest tragedy is the expectation which depends on tomorrow and in the process loses today.

There is the old oft-used expression that "life is too short." It is indeed, especially for those in our fellowship who forget the past, neglect the present and plan for the future. As that backlog of future plans grows bigger, it can result only in fear, our greatest nemesis.

(Part II will be published in the May issue)

Asylum Patient (meeting new superintendent). "Who are you?"

Superintendent: "Why I'm in charge here now."

Asylum Patient: "Ha-it won't take them long to knock that out of you! I was Napoleon when I first came here."

HOSPITAL SPONSOR

It is to be hoped that the criticism of this particular column will be constructive. If it arouses the interest of some, it will have succeeded even if they disagree. If it induces helpful action, it will have been a triumph. While Rosary Hall is mentioned, the condition exists elsewhere. The subject is much broader than any locale. Sponsorship is an element, but not the entire subject matter. Quality in sponsorship is a subject worthy of separate treatment.

The other day an old timer reminded this writer of the "good old days" when we waded with full hearts through a sea of sponsorships. These were days when there were almost more newcomers than there were sober people to help them. He was quite nostalgic and talked almost wistfully of the rareness of opportunity to sponsor anymore. In the light of other facts. I have come to wonder if the short supply of opportunities for sponsorship might be just a rationalization for many basically sincere old timers who have relaxed rather easily into retirement from activity.

At Rosary Hall there is some evidence of this possibility. More often than you might think the sponsor is simply a depositor. He brings in the patient in much the same way that he would drop a bank deposit in the mail box. Having delivered the raw material to the processing plant, he doesn't show up again until the finished product is ready. Indeed, there are some who do not even attend the release. Relatives, if available, have to be called for such purpose. If there be no family and no home, then volunteers or the personnel of Rosary Hall have to find a place for the patient to go. What a shocking situation this is!

What a contrast to sponsorship in the old days when there were no hospital facilities above the "gooney roost" class and when there were only a few to do the real work. Have we broken faith with those who gave us this fellowship?

Some suggestions are herewith made. First of all, hospital personnel should establish firm rules on the requirements of sponsorship. Failure to meet such defined responsibilities should result in refusal to recognize the offender as a sponsor in the future. Each patient should be called on by his sponsor or a co-sponsor each day during hospitalization. Each should feel that he has not only the composite interest of the fellowship, but that his own individual case has its own shepherd too. Perhaps we should have committees on sponsorship whose jobs it would be to watch this situation and supply substitute help when inadequate sponsorship becomes evident at these hospitals.

Visitation to all hospital facilities is confined to fellowship members. It is not pleasant to observe that some seem to come for fraternization rather than to help the patients. The patients should be "the stars" of this show. This is their place, and they should be the prime subject for consideration. Consideration should also be shown for those with time on their hands, and no other place to go. Perhaps the time is long overdue for establishment of a downtown club house. Almost every major city has one.

Sponsorship is the most hallowed mission that any of

(Continued on page three)

Ulcers are things
you get from
mountain climbing
over mole-
hills.

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 23

April, 1965

No. 7

MILL ENDS AND REMNANTS

Not infrequently these days when we look over the funny pages of our daily newspaper, or at greeting cards in our favorite shop, or at billboards, we see sketches, usually of a child, with the theme that "Happiness is" this or that.

Never having been a mother it would be rather inconclusive for me to speak of the security needs of children, but as I thought of ideas for our effort this month, the "Happiness is" thing kept bugging me. So, I sought a young mother or two, especially those of the Dr. Spock school, to find out about this "Happiness is a blanket!" or "Happiness is a bunny's ear!" security bit.

It seems that most youngsters from the age of six months to seven years, maybe earlier, maybe longer, have the need for a blanket or a bunny's ear and a sturdy thumb if they are to be happy and feel secure, particularly the latter.

This gave way to the thought an analogy existed as between real babies and youngsters and babies and youngsters in Alcoholics Anonymous, for almost from our first day we latched on to something to give us a sense of security, and with grubby mental fingers and sturdy mental thumbs, we sought haven in "Easy Does It!", "Live and Let Live!", etc.

Your writer was one of these and a collector of handles ever since. So, in the mood of the day — "Happiness is in handles!", and it is some of these we share with you this month (there are hundreds and perhaps you will share some of yours with us).

THE MAN WHO WINS MAY HAVE BEEN COUNTED OUT SEVERAL TIMES, BUT DIDN'T HEAR THE REFEREE!

Sobriety doesn't come easy to most, it is something to be worked for and earned, and most of us were at the end of our ropes when we asked for help and at times have been on the ropes since we received it. But thank God we had the courage to not be counted out. And speaking of courage:

IMPREGNABLE COURAGE DOES NOT CONSIST OF FEELING NO FEAR, BUT IN CONQUERING FEAR. HE IS THE HERO WHO SEEING LIONS ON EITHER SIDE GOES STRAIGHT ON. BECAUSE THERE HIS DUTY LIES!

It isn't unusual as we go about our day-in, day-out existence that we don't come face to face with one kind of **problem** or another and some days there **may** be numerous such. These are good for us, for universally we are the better for having overcome them in demonstrating our responsibility, stability and our sincere purpose. And mentioning sincerity, how's this handle?

THE ONLY CONCLUSIVE EVIDENCE OF A MAN'S SINCERITY IS THAT HE GIVES HIMSELF FOR A PRINCIPLE. WORDS, MONEY, ALL THINGS ELSE ARE COMPARATIVELY EASY TO GIVE AWAY; BUT WHEN A MAN MAKES A GIFT OF HIS DAILY LIFE AND PRACTICE, IT IS PLAIN TO SEE THAT THE

TRUTH, WHATEVER IT MAY BE, HAS TAKEN POSSESSION OF HIM!

Isn't this the state we reach when we have completed and live within the framework of the Twelve Steps. "Rarely have we seen a person fail ***." And the Arabs had a proverb:

HE WHO TRAVELS DILIGENTLY ALONG HIS PATH REACHES HIS DESTINATION!

As we pursue our daily living we have found it imperative that we do so not only diligently, but also vigilantly, and with energy and persistence, as in doing so it is possible we may qualify to be called:

A FRIEND IS ONE TO WHOM ONE MAY POUR OUT ALL THE CONTENTS OF ONE'S HEART, CHAFF AND GRAIN TOGETHER; KNOWING THAT THE GENTLEST OF HANDS WILL TAKE AND SIFT IT, KEEP WHAT IS WORTH KEEPING, AND WITH THE BREATH OF KINDNESS BLOW THE REST AWAY!

Which is the hallmark of true sponsorship. There **is** happiness in handles, grab one — by George!

AA DISTRICT OFFICE DINNER

The Fourteenth Annual Dinner of the Cleveland AA District Office will be held in the beautiful new Crystal Ballroom of the Pick-Carter Hotel on Saturday, May 1 at 7:00 p.m.

An outstanding speaker will follow the banquet.

Reservations should be made early as the Ballroom only holds 650 persons. Tickets are \$5.50 per person.

N. E. O. BUFFET DANCE

The Night and Day group will sponsor a Northeast Ohio Buffet Dance which will be held in TAPCO Cafeteria, 23555 Euclid Avenue, Euclid, Ohio on Saturday, May 8 from 8:00 p.m. to 1:00 a.m. The master of ceremonies will be Jim D. of the Independence group.

Vic Stuart's orchestra will furnish the music. Donation per person is \$2.00. There will be \$100.00 in door prizes — \$50.00 first prize winner need not be present.

Tickets are available from your group secretary or by phoning Night and Day, MU 1-9442. Open 24 hours a day, seven days a week, and located at 13857 Euclid Avenue, East Cleveland.

Worthy of mention is the fact that the Night and Day group generously advanced their dance one week after they learned that the Cleveland AA District Office Dinner was scheduled for May 1. That's cooperation for you!

EXPIRATION NOTICES

You can save yourself and us a lot of time if you will use one of the three Expiration Notice Blanks which are enclosed with your monthly Central Bulletin. The first notice is a pink insert advising you that your subscription expires with the next issue. The second notice is a green insert advising you that your subscription has expired. If these are ignored, one more final notice (buff color) is sent and if there is no response, your addressograph plate is removed.

If you do renew, PLEASE use the enclosed notification. Read the instructions, fill in the two lines for length of renewal and amount enclosed. Your name and address is already printed on the reverse side. All you have to do is to mail it to Central Bulletin, Box 6712 Cleveland 1, Ohio.

We hope you will cooperate.

OBITUARY

Helen Niro, a devoted and dedicated member of the Baxter group since 1948 passed away on December 4, 1964. She also helped start the Matt Talbot group. She will be sorely missed. Our deepest sympathy goes out to her survivors.

YOU DON'T GOTTA GO!

If you asked a million drinking alcoholics why they drank, they would probably offer you a million different reasons (excuses) for drinking. We once heard a man say he drank because he couldn't stand the sight of the old woman, and we also heard a young chap say he drank because too many other men loved the sight of his little woman.

Every good AA will rear up and say no matter what she looks like, its not sufficient cause to hit the jug. But there might possibly, just possibly, be one exception. And that is the sight of a woman in a beauty parlor. If you ever see (and heaven forbid) a woman in the throes of a facial, it will be enough to make you take the vows of **bachelorhood** forever.

To see her suffering, her face smeared with oil, and her head swathed in enough bunting to decorate a Democratic convention-this could blast a strong man through the first set of swinging doors. One look at her under a drier will kill the wolf instinct forever. To see her golden crown clamped with a bushel of aluminum, her head encased in a net, and watch her perspire like a gandy dancer on the Illinois Central, could make a strong man call for a beer to give him something to weep in.

But there is a simple way to avoid this horror. Just stay out of such torture joints. No man has any business in such a place. And there's another place in which an AA has no business, or at least rarely. And that place is the joint where he always wound up under the bar. If a man doesn't want to see a movie, he doesn't go to the Strand and then sit through the picture with his eyes closed. He's apt to take a peek once in a while. No one goes into a **tavern** because he enjoys **sitting** on a little round high **stool**.

No one has ever taken a drink unless he's reached for it, and you can't reach for it if you don't get within reach. A fellow once told us he went into a tavern to test his will power. The place to test it is outside the door, not inside. Some look for companionship. You can't find a better companion than your own sober self. A beauty joint may kill the whistle on your lips, but the other joint may kill the smile in your heart.

-The Missing Link, Dubuque, Iowa

THE LITTLE VIRTUES

A certain kindness that pardons the faults of others, even though that other person may not be as generous with you. A **certain** pretense of not noticing the most evident defects of others-the opposite of that hateful habit of making known the secret faults. A certain compassion that shares the difficulties and pains of others in order to make them lighter. A **certain** good humor that shares in the happiness of others in order to make that happiness doubly sweet for them. A **certain** noble-mindedness that readily accepts whatever is good without being envious! jealous, finding fault with what is really good. A **certain** solicitude that **forsees** the needs of others and provides for them in advance that they will be spared the humiliations of asking for help. A **certain** big-heartedness that does all it can to please others, which thinks that it is doing little, and would wish to be able to do more. A **certain** condescension, ready always to offer a kind look, a kind word, a kind deed. A certain Christian gentleness that is courteous and polite in speech and in act, that observes the requirements of propriety and etiquette.

There is nothing small about the little virtues.

HOSPITAL SPONSOR

(Continued from page one)

us will ever have. In fact, we are the messengers of God's Grace. It is deserving of the maximum quality of which each of us may be capable. And in a hospital facility for newcomers, the patient is the one person deserving of attention.

Psychology lecturer; "Any man who is a good poker player would make a good business executive."

Student: "Why would a good poker player want to become a business executive?"

DATES TO REMEMBER

April 2—Area-Wide (Consolidated) Meeting in Jordan Hall St. Vincent's Charity Hospital at **8:30** p.m. (*Note the change from Sunday to Friday*).

April 11—The Y.O.U.R. group observes its Ninth Anniversary beginning with a Pot-luck supper at **5:30** p.m. and meeting at **7:15** p.m. Guest speakers will be George C., Pittsburgh! Pa. Euclid Community House, 240 Briardale Ave., Euclid, O.

April %&-Twenty-second Anniversary of the Elyria Wednesday group in St. Paul Hall, Elyria at 9:00 p.m. Guest speakers: **Franklyn S.** and **Tom V.** of Cleveland.

April 22—Seventeenth Anniversary of the Allendale group. Guest speakers: **Corne V., Mansfield** and **Wynn W.**

April 25—Second Anniversary of the Grateful group. Guest speaker **Fran P., Nela Park.**

April 25—Thirteenth Anniversary of the Mistletoe group with **Dick P., Parma** as guest speaker. Dick, incidentally, observed his 25th anniversary on March 20.

May 1—AA Inter-group Dinner in Pick-Carter's new Crystal Ball Room at **7** p.m. Cost per plate, \$5.50.

May B—Twenty-fifth Anniversary of the Brooklyn group in St. James Lutheran Church Fellowship Hall.

May S—Northeast Ohio Buffet Dance sponsored by the Night and Day groups in TAPCO Cafeteria, 23555 Euclid Ave. from **8** p.m. to **1** a.m. Donation \$2.00 per person. Master of ceremonies **Jim D., Independence.**

AREA-WIDE MEETING

Bill H., the dynamic chairman of the Area-Wide Meeting committee, is looking forward to Friday evening, April 2 at **8:30** p.m. when he hopes to see a packed house in Jordan Hall, St. Vincent Charity Hospital to hear **Dr. Luke R., Youngstown, Ohio,** our guest speaker.

Dr. Luke R. is secretary of "Doctors in AA" who meet once a year to discuss special problems of alcoholic patients.

Let's pack the place!

* * * *

A correspondent tells us of a priest friend of his who was quite well known as an amateur naturalist. One day he was walking along a road admiring the beauties of creation when he met one of his parishioners.

"Ah, perhaps you, too, are a lover of the beauties of nature," the good priest remarked. "Have you seen the golden fingers of the dawn spreading across the eastern sky, the red-stained islets floating in the lake of fire in the West, the ragged clouds at midnight blotting out the shimmering moon?"

"Nope, father, not lately," was the farmer's response. "I've been on the wagon for over a year."

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 205, Frederick Building, 2063 E. 4th St., is open weekdays from 9 a.m. to 6 p.m., but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is **CHerry 1-7667.**

ALANON GROUP MEETINGS

Alanon Answering Service — Call SU. 1-5135

- ASHTABULA—Harris Memorial W. 68 & Adams 1st & 3rd Mon., 9:30
- BROOKPARK-PARMA-Redeemer Lutheran. 6161 Smith Mon., 8:30
- LAKEWOOD—Lakewood Presbyterian, Detroit Ave. at Marlowe Mon., 8:30
- EUCLID—Christian Church. 98001 Lake Shore Blvd. Tues., 9:30
- GARFIELD HEIGHTS—Garfield Hts. City Hall, 6666 Turney, Tues., 9:30
- SUBURBAN WEST—Our Savior Luth'n Church, 20300 Hilliard, Tues., 8:30
- MAPLE HEIGHTS—Presbyterian Church, 15715 Libby, Tues., 8:30
- BETHANY—Bethany Presbyterian Church, W. 65th & Clinton, Wed., 8:30
- BROADWAY—Newburgh Recreation, 8497 Broadway, Wed., 8:30
- FAIRPORT HARBOR-Luther Center, Eagle rt. Wed., 8:30
- ROCKPORT- Trickett (1st Mtn. each mo.—Discussion, Wed. 9:30
- LORAIN AVE.—Dr. Martin Luther Church, 4470 Ridge Rd. Thurs., 9:00
- WEST SIDE—St. Mark's Church, 16600 Puritas Road Thurs. 1:80
- E. CLEVELAND-YWCA. Lee Boulevard and Euclid Sat., 1:30
- CHARITY—St. Vincent's Charity Hospital, E. 22nd & Central Fri., 8:30
- CHARLTON—Pilgrim Christian Church, 116 South St. Fri., 8:30
- LORAIN COUNTY—Luth. Church, 8884 Wilson, Lorain, O., Thur. 8:30
- ELYRIA, O. Woodbury St. off Cleveland St., Sat., 8:30
- VALLEY—7100 Kinsman (2nd & 4th Sunday) Closed Sun., 4:00

CLEVELAND AREA A A GROUP

MONDAY

BORTON—E. Cleveland Congrega. Church, Page and Euclid Ave. 8:30
BROOK PARK—Redeemer Lutheran Church, 1511 Smith Road, Brook Park 3:30
EARLY-EARLY—Baptist Church, 1140 E. 11th St., Corner Walnut 7:30
EDGE LAKE—Faith Lutheran Ch., Lakewood, Woodard & Hilliard (Ward, Ave. ent.) 3:30
FRIENDLY SUBURBAN—6037 Pearl 3:00
FRIENDSHIP—Blvd. Presbyterian Ch., 24600 Lake Shore Blvd., Euclid, O. 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit 9:00
LEE MONDAY—Fint Presbyterian Ch., East Cleveland, Nela and Euclid 6:30
LORAIN AVE.—St. Ignatius Hall, Lorain Ave. at West Blvd. 8:30
ORCHARD GROVE—St. Mark's Church, 15305 Triquet Road 8:30
PEARL—St. Mary's Sch., 4600 State Rd. 3:30
RAMONA—9721 Ramona Blvd. 8:30
SHAKER—Christ Episcopal Church, 8446 Warrensville Center Rd. 9:00
SOUTH EAST—1626 Broadway 8:30
TEMPLE—Fatima Hall, 6914 Lexington 8:15
W. 26th ST.—United Church of Christ, 2409 Willowdale Ave. 9:00
WOMEN'S (Westside)—West Blvd., Christian Church, Madison & W. 101st St. 3:15
ELYRIA MEN-S+ Agnes, Lake & Dewey 8:30
 Mixed Discussion 10:00 a.m.
JEFFERSON, O.-St. Joseph's Church 8:30
LEROY-BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rte. 86—Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY, O.—Fint Presbyterian Church, 4136 Shankland Rd. 8:30

TUESDAY

BRECKSVILLE V. A. HOSPITAL, 10000 Brecksville Rd., Brecksville, O. 7:30
CLARK—1917 Clark Ave. 2:30
CORLETT MIXED—Holy Family Parish Hall, 3346 E. 181st St. 8:30
EASTSIDE WOMEN-Y. Y. C. A., Room 6, Lee Road at Euclid 3:15
EUCLID MORNING—Euclid Christian Ch., Lake Shore Blvd & E. 280th St. 10:30 a.m.
FAIRMOUNT—St. Paul's Episcopal, Fairmount and Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain Ave. 8:30
FALLS—Community Church, Olmsted Falls, 7853 Main St. (Columbia Rd.) 9:00
GARFIELD TUES.—Garfield Hts. City Hall, 5555 Turney Road 8:30
HUMBLE—Trinity United Brethren Church, 1289 Hayden Ave., (side entrance) 8:30
LAUREL—Brooklyn High School Cafeteria, 9400 Biddulph Rd. (Parking, W. 96th.) 8:45
MAY-LYND—E. Cleveland Savings & Loan, 5816 Mayfield Road 8:30
MILES-LEE—St. Mary's Church, 4070 E. 142nd St. 8:30
NIGHT & DAY—19857 Euclid Ave. 8:30
RIVER TUESDAY—Rocky River Methodist, 19414 Detroit Road 8:30
SMITH-WILSON—St. Joseph's School, 9221 Orleans Ave. 8:30
SUPERIOR—North Presbyterian Church, E. 40th and Superior 8:30
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
VALLEY WOMEN'S DISCUSSION GROUP, 7100 Kinsman 7:00
WEST PARK—Puritas Lutheran Church, Puritas Ave. and W. 183th St. 8:30
ASHLAND, O.—Methodist Church Corner Cottage & Sandusky Sts. 8:00 E.S.T
ASHTABULA CONSOLIDATED—Geneva, O. Methodist Church, So. Broadway, 1st Tue 8:30
GOLF LAKE LANDS—Immaculate Conception Church, Hubbard Rd., No. Madison 8:30
KIRTLAND, O.—Old South Ch. Rt. 306. 8:00
LAKE COUNTY—Meth. Fellowship Hall, Rt. 20-E. Southwood, Mentor 8:30
LORAIN CENTRAL—Lorain, O., Trinity Church 8:30
MANSFIELD—Episcopal Church, 41 Bowman St. Mansfield, O. 8:30 EST
MEDINA, O.—St. Paul's Eps. Par. Hse. 8:30
STREETSBORO, O.—Methodist Church, Intersection of Rte. 14 & Rte. 43 8:30
Strongsville—Methodist Ch., 13354 Pearl 8:30

WEDNESDAY

BAXTER—St. John's Lutheran School, 6326 Cable 9:30
BEDFORD—Bedford Christian Church, Warrensville Center & Blaine 10:30 A.M.
BRAINARD CIRCLE (Women's)—Trinity Ch., Br'nd at Shaker & Gates Mills Blvd. 3:30
COLLINWOOD—945 E. 152nd St. 8:30
DOAN MEN—Church of the Covenant, 11206 Euclid Ave. 9:00
EASTSIDE MORNING—9606 Euclid Ave., Euclid Ave. Congre. (Side Ent.) 11 a.m.
FRUIT ID. WAVE—18857 Euclid Ave. 8:30
GARFIELD—Pilgrim E & R. Church, 4592 E. 131st St. 3:30
HAGYUE—Grace Cong. Assembly Hall, West 66th and Colgate 8:30

LEE ROAD—St. Ann's Church Basement, Coventry and Cedar 9:00
LORAIN W. EDNESDAY—Bosworth Road, Presbyterian Church, 3631 Bosworth 9:00
NO. OLMSTED—Epis'l Church of the Advent, 3130 Dover Ctr. Rd., north of Lorain 9:00
PARMA HEIGHTS-AU Saints Episcopal Church, 3911 Ridgewood Drive 8:30
PSYCHIATRIC HOSPITAL—1708 Aiken 8:30
ST. JAMES—St. James Church, E. 84th and Cedar 8:00
TWENTY-FOUR HOUR—18216 Detroit, Church of the Ascension 8:30
V. H. Veterans Hosp., E. Blvd. & E. 106. 3:00
WARRENSVILLE—Women's Home Cor. 7:30
WEST SHORE—Wat Shore Unitarian, 20401 Hilliard Rd., Rocky River 8:30
WEST SIDE (Closed)—Twelfth Step Club, 3804 Detroit Ave. 8:30
ASHTABULA C.Y. Woman, Harris Memorial, W. 63th & Adams, 2nd & 4th Wednaday 7:30
BRUNSWICK O.—Cuyahoga Ass'n Bldg., Route 42, So. of 803 3:30
CHESTERLAND—Methodist Church, Mayfield Rd., Rte. 322 & Rte. 306 8:30
ELYRIA O.—St. Paul Building, Third and Middle, aide ntranmm. 3:30
FAIRPORT HARBOR—Luther Center, Eagle St., Fairport Harbor 8:00
Farm-9433 Slagle, Rte 303, Garrettsville 10:30
INTER RACIAL—30th & Wood, Lorain, O., Mt. Zion Baptist Church 3:30
LAKE COUNTY WOMEN—1st Presbyterian, 4136 Shankland Rd., Willoughby 1:00
LORAIN COUNTY WOMEN—Meth. Church, Rte. 254—1 block east of Rte. 57 8:30
MANSFIELD O.—204 S. Park 3:00 EST
SHEFFIELD LAKE, O.—St. Thomas School, Harris Road 8:30
WICKLIFFE—Wickliffe Presbyterian Church, E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal, Church, 16337 Euclid Ave. 8:30
ANGLE—St. Malachi's, 2459 Washington 8:30
ANSEL DISCUSSION—1465 East 55th St., Newton D. Baker, Health Center 3:00
BAY WEST—Church of the Red., 23500 Center Ridge Rd., Westlake 8:30
BROADWAY—55th—Our Lady of Lourdes School Hall, 3893 E. 55th St. 3:30
BROOKLYN—St. James Lutheran Church, 4131 Broadview, cor. Maynard 8:30
COVENTRY—Fairmount Presby. Church, Scarborough and Fairmount Blvd. 3:30
CROSSROADS—St. Luke's Episcopal, W. 78th St. and Lake Avenue 9:00
EASTLAKE—Reformation Lutheran Church, 34300 Lake Shore Blvd. 9:00
EAST SHORE WOMEN—Richmond Library, 26161 Euclid Ave., Euclid, O. 3:15
GARDEN VALLEY—(Outhwaite), 1100 Kinsman Ave. 3:00
GOLDEN GATE WOMEN—Activities Center So. Euclid Meth. Ch., 1334 So. Green Rd. 8:30
INDEPENDENCE—Presbyterian Church, 624 Public Square 9:00
LORAIN AVE., THURSDAY—4410 Ridge Rd., Dr. Martin Luther Church 9:00
NIGHT & DAY—13361 Euclid Ave. -11 A.M.
NORTH RANDALL—Village Hall, 21937 Miles Ave. 3:00
BOCKY RIVER—Rockport Methodist Church, 3310 Wooster Road 9:00
ST. CLAIR—Nottingham Methodist Church, St. Clair & Melville 8:30
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
WEST SIDE MORNING—W. 93th & Denison, Hungarian Lutheran Church 11 A.M.
AMHERST, O.—St. Peter's Church 3:30
ASHLAND—St. Matthew's Episcopal Church, Steamtown Rd. & Miffin Ave. 3:00
ASHTABULA HARBOR—Bethany Luth'n Ch., Penn. Ave. between W. 9 and W. 10 8:30
BEREA—Fine Arts Bldg., East Bagley Rd., Three doors east of Eastland 9:00
ELYRIA, St. Arnes Sch., Lake & Dewey 3:30
INDEPENDENCE O.—St. John's Lutheran Hall, Second and Sunset 9:00
NEIGHBORHOOD—112 E. 19, Lorain, 10 a.m.
MAPLE LEAF—Congregational Church, Fellowship Hall, Burton, Ohio 3:30
PARMA—Episcopal Church, 3000 E. 10th St. 8:30
TWINSBURG—Chrysler Union Hall 3:30
WILLARD, O.—United Bank Bldg. 8:30

FRIDAY

BROADWAY-HARVARD—3433 B'way 8:30
CEDAR—Salvation Army, 5005 Euclid 3:15
CHARITY—Amphitheatre, 6th Floor, St. Vincent's Charity Hospital 6:30
CLEVELAND WOMEN—426 Term. Twr. 6:00
EUCLID—FRIDAY—Epiphany Church, Lake Shore & East 210th St. 9:00
FRIDAY P.M. WOMEN—Plymouth Church, Krumbine Room, Coventry & Drexmore 1:00
GORDON SQUARE—St. Paul Com. Church, 4427 Franklin Blvd. 9:00
HEIGHTS—Closed Discussion, Christian Church, Van Aken & Arden, near J. J.

MEETINGS

HUDSON O.—Closed meetings, Christ Church, 21 Aurora 8:30
LEE ROAD—American Legion Hall, Pat 163, 15544 Euclid Ave. 9:00
NORTH EAST-Torn House Motel, 16661 Euclid Ave. 8:30
PARMATOWN MEN—Assembly Room, Parma Community Hospital 9:30
POSTOFFICE—4079A, Main Postoffice 8:00
SOLIDARITY—Friendly Inn Settlement, 2222 Unwin Rd. (off Quincy Ave.) 8:30
STELLA MARIS MIXED, 1320 Washington Ave. 8:15
WEST CLIFTON—Lkwd. Congregational Church, 1276 W. Clifton Road 9:00
AVON LAKE—First Congregational Church, 22301 Electric Boulevard 8:30
BEREA—Social room of Berea Cong. Church, Seminary and Church 8:30
CHAGRIN FALLS—Federated Churches, 16 Bell Street 9:00
CHARDON—Pilgrim Christian Church, 113 South Street, Chardon, O. 3:30
CONNEAUT, J.C. Hall, 233 Main (upstairs) 8:30
MANSFIELD, O.—25 Mulberry 8:00 S.T.
WELLINGTON—St. Patrick's Catholic Church, No. Main St., Wellington, O. 9:30

SATURDAY

BAY VIEW—Bay View Hospital, 23200 Lake Ave., Bay Village 8:30
FOREST CITY—2126 Broadview Rd. 9:00
L.S.I.—17600 Broadway 8:30
LANDER CIRCLE—Garfield Mem. Methodist, Cor. Lander Rd. and Route 422 9:00
LEAGUE PARK—Teamatef 8 Hall, 2016 E. 22nd St. at Carnegie 9:00
LEECE-NEVILLE—1374 E. 51st St. 7:00
LEE-SEVILLE—New Home Baptist Church, Seville & Sunview Ave. 8:00
LIBERTY—945 E. 152nd St. 9:00
MAPLE HTS.—Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—Windermere Presby. Ch., 14112 Euclid Ave. at Windermere 8:30
MEMPHIS—Lakewood Congregational Ch., 1375 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams Bldg., Entrance at 4466 Turney Rd-T 8:30
NIGHT & DAY—13367 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES, 1141 E. 66th St., at Shore Drive 9:00
PLAIN—Plains Methodist Ch., Mentor, O., Rte. 306 and 238, Mentor, O. 9:00
PARMA—Third Federal Savings & Loan, 6950 Ridge Road 9:45
REDWOOD—Euclid Lutheran Church, E. 260th and Oriole 3:30
SOBRIETY—St. Marck's Ch., 15300 Puritas 9:00
TRINITY—Trinity Evangelical Church, 3525 W. 26th St. 3:30
VALLEY VIEW—Pilgrim Congr. Church, 2692 W. 14th. cor. Starkweather 8:00
ASHTABULA, O.—St. Peter's Epis. Church, Main Avenue at South Park 3:30
LORAIN SATNITE—7th and Reed St., St. Mary's Church Basement 3:30 EST
MANSFIELD—20 S. Park 3:00 EST
PARKMAN, O.—Congregational Church 8:30

SUNDAY

BEDFORD HEIGHTS—Village Hall, 6661 Perkins Rd., Bedford Heights 7:30
BROOKSIDE—Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C.A.H.—13857 Euclid Ave. 10:45 a.m.
COLLINWOOD—945 E. 152nd St. 7:30
DETROIT SUNDAY—3304 Detroit Ave. 7:30
DISCUSSION—6700 Detroit Ave. 7:00
GARDEN VALLEY—Outhwaite, 7100 Kinsman Ave. 4:00
GRATEFUL—St. James Lutheran Church, 1424 Hayden, near Shaw 2:00
LAKEWOOD ARMORY, 1431 Wayne Ave., South of Detroit 9:00
MARSHAL—6200 Mayfield East entr. 8:00
MISTLETOE—Thomas Church, 9206 Superior Ave. 7:00
NELA PARK—Cafeteria, Advertising Bldg., Nela Park, Noble Road 7:30
NEWBURGH—St. Catherine's Church, 3443 E. 93rd St. 8:30
PURITAS—Church of the Ascension, 14040 Puritas Ave. 8:30
SOUTHWEST SUNDAY—390 Fair St., Board of Education Bldg., Berea, O. 3:30
Superior Stag—2028 1/2 E. 105th 11:00 a.m.
WARRENSVILLE—Cooley Farms, Recreation Room 1 0 A.M.
YOUR—Euclid Community House, 240 Briardale 7:15
AVON CENTRAL—Basement Central Bank, 36690 Detroit Rd., Avon, O. 8:00
Axtel Twilight—Rte. 60, Axtel, O. 7:30
GENEVA, O.—Episc. Ch. 66 So. Eagle 7:30
LORAIN COUNTY CONSOLIDATED—St. John's Sch., 31 & Rt. 57, Lorain 7:30
MANSFIELD O.—204 S. Park 8:00 EST
MENTOR HEADLANDS—Community Hall, Corduroy & Overlook Rds., Mentor, O. 7:30
NEWBURY, O.—St. Helen's Church 8:15



HOSPITAL CALLS

Since the early days of our fellowship, speakers making suggestions drawn from their own experience, have urged hospital calls as a cogent part of our therapy. Few would quarrel with that idea. But some thoughtful people might gain the notion that too much stress is laid on the benefit to the visitor and too little mention is made of the help to the patient.

The help you will gain from a hospital call, will be in direct proportion to the spirit in which you make it. When a newcomer is hospitalized under our sponsorship, the hospital is his sanctuary, not our club house. Once this writer heard a man talking about "the wonderful hospital facilities we have at Rosary Hall". Our fellowship has no hospital facilities. The hospital operates Rosary Hall and cooperates with our fellowship because it believes in our philosophy and way of life.

Hospital calls should be approached with all of our body, mind and spirit concentrated on the patient we may be able to help. My own first hospital call comes to mind. The newcomer was a female patient in a nursing home. Only the sketchiest details had been furnished about her. Apprehension was rife as the visit approached. With a bare two months of sobriety behind me, was I qualified to help her? Although the experience turned out to be pleasant and quite remarkable, I really helped her? Did my answers to her questions make any sense? Today, a score of years later, I wonder if I have ever since had such a deep concern for the patient. I certainly should have.

In connection with each and every call we make, our thoughts should be solely about the patient. He should be our only concern. Remember his gift of sobriety comes from Him who gave us ours, not from us. In a small sense, when we visit the hospital, we are messengers of His Grace. This is perhaps the highest mission entrusted to us in this fleeting, mortal life. We cannot discharge it by a casual visit to fraternize.

Sponsors usually know their patient better than we do. The old time practice of sending visitors whom he believes should appeal to his newcomer, has demonstrated its value in years of experience. The visitor calling at the request of the sponsor, to talk with a specific patient, should have top priority.

Much has been said in this column about the quality of our sober life. It is important as the only adequate expression of gratitude for our own gift of sobriety. It is also important because the power of our example remains the most eloquent medium for help to others. This points up the fact that at no moment is our quality of sobriety more vital than in our contact with the hospital patient.

In literal truth, all of us are sponsors of each and every new man who in his misery stumbles into our fellowship for help. We should bear this in mind when we make hospital calls.

* * *

One head that thinks*is better than two that are used only as bulkheads.

SOBRIETY'S SUNSHINE

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

There is no more appeal in a caterpillar (except to a scientist) than there is in an alcoholic (except to a social worker, physician or a grateful AA).

There are some differences. The caterpillar is healthy and carries the promise of something better to come. The alcoholic is sick and there is nothing within himself that portends a better tomorrow. That hope must come from outside him.

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

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

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

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

And, like the fussy worm, he crawls from beer joint to cafe to bistro. He crawls in his attitude toward life which isn't doing right by him. He is abject in the face of what might happen. Luck is against him. Unappreciative, his employer might fire him. His wife might leave him. His children come to fear and detest him. As a man thinketh, so is he.

Then comes the day that something from outside transforms all. Through the mist of self-centered coddling the alcoholic realizes there is a Higher Power that can help him. Through the program of Alcoholics Anonymous his whole outlook changes. He comes out of the confining, stinking cocoon of self interest that has bound him.

He is free. He begins to think of his responsibilities. He becomes considerate of other people—even of those he formerly mentally consigned to the devil.

A new world is discovered. The alcoholic can move around in it at will without keeping his guard up, without mental reservations, without resentment. People, he discovers, are decent, they are interesting, they are friendly and helpful. This is a realm he didn't know existed before. In it he can go places and do things — constructive, helpful, satisfying things.

The sunshine of sobriety has allowed him to get outside himself and think of others. And before him is a life of freedom from fear and hypocrisy — a life worth living. *-(Reprinted by request. Vol XV-No. 8)*

Some people
are wrapped in
thought because
they are strangers
there!



Published monthly by the Central Bulletin Foundation, inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price \$42.66 per year.



Vol. 23

May, 1965

No. 8

MILL ENDS AND REMNANTS

*"For Everything There Is A Season . . .
A Time To Keep Silence, And A Time To Speak."*

Whether Ecclesiastes was a teacher, writer or preacher is relatively unimportant, but the fact that he wrote the lead quotation for this story is important, for it bespeaks the wisdom that has been handed down to men throughout the ages. These are guidelines by which we can live, on which we can meditate and from which we can act. Guidelines given to the scholars and the prophets from the wisdom, and through the love and understanding and by the **grace** of a Power greater than ourselves.

These words, it is true, were written ages before AA, which only now is in the beginning of its second generation. Nevertheless, they are *as* timeless as time and the suffering of man, as is alcoholism and suffering from it synonymous to timelessness.

And regardless of the age from whence it came, wisdom is a tool we must not disdain to use, nor one we should discontinue to pray for. It, with courage, determination and diligence is an assured path of recovery that can only lead to the happiness that eludes us in the lonely hours of our desperation.

For everything there is a season . . . for you, for me, that is TODAY, for it is for this day alone that we try to the best of our individual abilities and capacities to place everything in order. Our gratitude for our recovery, our appreciation for the opportunity for amendment of life from without and our thankfulness for the renewal of life from within., thus sharing with those whose lives we touch the blessing that has been given us.

It is in this twenty-four hours that we can jam pack all of the good things we have come to know, living each moment as selfless as we know how, having learned that which we have been given can only be measured by the amount that is given to others.

A time to **keep** silence . . . and most of us have learned from bitter lessons that there is such time. On the other hand, sober, while we may not utter a sound, the silence of our example proclaims a life triumphant that a thousand words **could** not narrate.

There is also the silence of wisdom, knowing when not to speak. It is a wise man, indeed, who refrains from mouthings of questionable source and reliability and stature. To be sure, wisdom of silence is knowing whereof we speak

And a time to speak . . . for when there is no time for silence it is our duty and responsibilities to speak out for what is right and meet. There is wisdom in speaking, too, for the wisdom lays not only in what is said, but the timing of it.

May we guard well our words from uselessness and our knowledge from wastefulness, squandering neither, that each may fulfill a purpose of helpfulness to one another.

There IS a season for everything, for silence, for speaking, by George!

A chaperone is an old maid who never quite made the first team but still hopes to **intercept** a few passes.

An alcoholic is a fellow who holds the door open while *his* wife carries in the groceries.

CENTRAL COMMITTEE

Thirty-eight groups were represented at the April 6 meeting. Because of urgent business, committee reports were tabled to the end of the meeting, to accommodate Dr. Blitz of Bay View Hospital, who was invited to answer some rumors which were derogatory to the institution

As to the wide-spread rumor that patients were given a supply of sleeping pills and other habit-forming sedatives upon leaving the hospital, Dr. Blitz insisted absolutely that this was not done. He admitted that sedatives were given at night for the first four days, which is the procedure in every hospital.

As to the criticism that patients were not required to attend meetings, he pointed out that during the first 48 hours, the patient under medication was in no condition to attend. After the 48-hour period, if he still was in too nervous a condition, and for his own sake and that of the other patients, good judgment had to prevail.

On the question "Do all doctors advise the patient to abstain from taking alcoholic beverages after he or she leaves the hospital," Dr. Blitz answered with a positive yes.

On testimony of a member who told that he had visited his patient every night and was told that the patient would be released on Saturday morning, only to come and find that he had been released to the patient's wife on Friday afternoon, Dr. Blitz promised to investigate this unusual procedure. He admitted that unusual circumstances caused some change in the policy, but that this would indeed be rare.

Many other questions were a result of typical "AA scuttlebutt", and were answered convincingly by the doctor. He elaborated further on policy at the hospital. Four doctors conferred for about six hours on forming policy. Among them were Dr. Lasky and Dr. Blitz who had had many years of experience in treating alcoholics. They also consulted other alcoholic **hospitals** on their methods of treatment, including Charity Hospital and St. Thomas, Akron, and, from results obtained in practice are convinced that their method of treatment *is* the best obtainable, and hope to improve as science develops new methods.

On the question "Is Bay View considering opening up a ward for women alcoholics", Dr. Blitz opined that there was little possibility, owing to their previous experiences.

On the question of amount of alcoholic dosage, Dr. Blitz informed us that their treatment consists of 1½ ounces of alcohol every four hours for the first 24 hours. Then 1½ ounces after meals and bedtime for the next two or three days, but none thereafter. Sedation is given the last two days if needed.

Moderator Tom S., thanked Dr. Blitz for coming and clarifying the atmosphere.

Area-wide Meeting chairman Bill H., reported an attendance of 325 at the April 2 meeting in Jordan Hall, Charity Hospital—a huge success. The next meeting will be held on Monday, June 28 in Jordan Hall, at 8:30 p.m. Guest speakers will be three speakers who will speak at the 30th Anniversary AA World-Wide Convention in Toronto, Ontario, July 2-3-4. Each hails from the deep south and are well worth hearing.

Sister Ignatia has been returned to the Mother House because of ill health. The chairman urged everyone to send her a card.

OUT-DOOR AA CAMP MEETINGS

If you like weekends in the out-of-doors and own camping trailers or equipment—you are invited to call the Central Office and leave your name and phone number. Plans are in the works to have Friday night, Saturday and Sunday get-togethers at selected parks and camping areas with meetings and AA fellowship.

Please call the Central Office if you are interested — Leave your name and phone number — You will be contacted and invited to attend at a later date to make arrangements — select camping areas and choose dates for such meetings . . . phone today . . . Your assistance is needed.

TOTAL ABSTINENCE

The temperance lecturer was trying to explain how his life had been influenced by total abstinence.

"I am now", he said proudly, "the head of my department. Three years ago there were two men in the office who held positions superior to mine. One was discharged because of drunkenness. The other was led into crime through the influence of strong drink, and is now serving a long term of imprisonment. Now what, I ask you, has raised me to my present high position?"

And in complete unison the audience answered: "Drink!"

The temperance lecturer had left himself wide open for a left hook, and he got it. And we can't resist the temptation to follow through and nail him with a right cross. He openly confessed that the two alxies (we assume they were alxies) were men with talents superior to his own. That's why they held the top positions. This particular lecturer, on the other hand, rated only third slot. He rose to the top, all right, but he did so by default.

This story proves, sadly enough, that while the alkie has the ability to rise to the top, he won't stay there if he continues to believe he can handle his job and his liquor. Alxies are in most cases perfectionists. But they make the mistake of trying to do two things perfectly. They want to do a perfect job of work and a perfect job of drinking. Unfortunately, both goals cannot be accomplished. One will have to give way. There cannot be two heavyweight champions. They're going to clash, and one is going to knock hell out of the other. Then there will be one left . . . the real champion.

Every alkie will have to put on the gloves sooner or later and step into the ring. An AA horseshoe in each glove will give him a terrific advantage . . . if he really wants to quit drinking. -Dubuque Alanews

NIGHT & DAY GROUP DANCE

TAPCO CAFETERIA, 23555 EUCLID AVE., EUCLID, O.

Because it is for a good cause, helping to build a financial cushion to prevent the possible closing of Night and Day's 24-hour location at 13857 Euclid Ave., and because it will offer a good reason for all members and their spouses to go together, the dedicated officers of the Night and Day group hope that the occasion will draw an enthusiastic and large attendance.

Cash prizes totalling \$100.00 (\$50.00 first prize) with food and dancing to the tune of Vic Stuart's Orchestra should help attract you. Tickets are \$2.00 per person. Get your tickets early if possible. Phone MU. 1-9442 or get tickets at the door.

Plan to come and have a good time and at the same time make your heart feel good that you have helped the group keep its doors open day and night for those that need AA help.

DISTRICT OFFICE LOSES PEG

After four years of devoted, efficient and loyal service, Peg H., East Shore Women, will not be answering the telephone and giving counsel to callers for help at the Cleveland AA District Office.

It will be very difficult to replace her,

OBITUARIES

Ben Griggs, a 23 year member and one of the founders of the West Shore group passed away on February 20. He is survived by his wife, Blanche, to whom we offer our sincere condolences.

Phil Schleicher, a long time member of the Redwood group passed away last November 7. He was survived by his wife, Wilma, to whom we express our sincere condolences and regret that we were not informed earlier.

Joseph Archer, a 15 year member and founder of the Garfield Heights group passed away on March 26. Surviving him are his wife Mary, and one daughter to whom we extend our sincere condolences.

Thomas G. Deere, a 25 year member and founder of the Lorain Avenue Monday group passed away on March 31. He is survived by his wife, Julia, and two daughters to whom we extend our sincere condolences.

DATES TO REMEMBER

May 1-AA Inter-group Dinner in Pick-Carter's new Crystal Ball Room at 7 p.m. Cost per plate, \$5.50.

May %-Second Anniversary of the Grateful group in St. James Lutheran Church, 1424 Hayden (near Shaw) at 2 p.m. Guest speaker: Fran P., Nela Park.

May 6-Twenty-fourth Anniversary of the Brooklyn group in St. James Lutheran Church, 4781 Broadview at Maynard at 8:30 p.m. Guest speaker: Charles "Chuck" W. of Toledo, Ohio. Buffet lunch.

May 8-Night and Day Benefit Dance, TAPCO Cafeteria, 23555 Euclid Avenue, Euclid, O. Phone MU 1-9442 for tickets or get tickets at the door.

May X-Fifteenth Anniversary of the Independence group at 9 p.m. in Presbyterian Church, 6624 Public Square, Independence. Guest speaker will be Jack B., Cops and Robbers group of New York City.

May 16-Twenty-fourth Anniversary of the Collinwood group in their hall at 945 E. 152nd St. at 7:30 p.m. Guest speakers: Veterans Franklyn S. and Tom V.

May 22-Laurel group's Dance in Brooklyn High School Cafeteria at 8:30 p.m. Members of all groups are cordially invited to attend.

May 28-29-30-General Service AA Conference in Clearwater, Florida.

May 31-Nineteenth Annual AA Memorial Service and Breakfast. Services at 9:00 a.m. at St. John's Cathedral and First Methodist Church, followed by breakfast at 10:30 a.m. in Masonic Temple. Speaker, Bob T.

June 3-4-5-6-20th Texas State AA Conference and Celebration of the 25th Anniversary of AA west of the Mississippi at the Rice Hotel, Houston, Texas.

June 5-Twenty-second Anniversary of the Lorain Ave. Thursday group. Dinner at 7:00 p.m. Meeting at 8:00 p.m. with Mike M., Columbus, Ohio as guest speaker.

June 28-Area-Wide (Consolidated) Meeting in Jordan Hall, Charity Hospital, on Monday evening at 8:30 p.m. Guest speakers will be three speakers from Alabama and Georgia who are also guest speakers at the International Convention in Toronto, Ontario, July 2-3-4.

July 2-3-4-Thirtieth Anniversary International AA Convention in Toronto, Ontario.

"John" said the wife, "I'm ashamed of the way we live. Mother pays our rent, Aunt Martha buys our clothes, and my sister sends us money for food. I don't like to complain, but I'm sorry we can't do better than that."

"You should be," replied her husband, indignantly. "You've got two uncles who won't send us a dime."

CLEVELAND AA DISTRICT OFFICE

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

ALANON GROUP MEETINGS

Alanon Answering Service - Cd SU. 1-6166

- ASHTABULA-Harris Memorial W. 66 & Adams...1st & 3rd Mon., 8:30
BROOKPARK-PARMA-Redeemer Lutheran, 6161 Smith ...Mon., 8:30
LAKEWOOD-Lakewood Presbyterian, Detroit Ave. at Marlowe Mon., 8:30
EUCLID-Christian Church, 28001 Lake Shore Blvd. Tues., 8:30
GARFIELD HEIGHTS-Garfield Hts. City Hall, 6666 Turney, Tues., 8:30
SUBURBAN WEST-Our Savior Luth'n Church, 20300 Hilliard, Tues., 8:30
MAPLE HEIGHTS-Pmbyterian Church, 13713 Libby Rd. Tues., 8:30
BETHANY-Bethany Presbyterian Church, W. 65th & Clinton ... Wed., 8:30
IGNATIA-East 91st & Harvard Ave. Wed. 8:30
FAIRPORT HARBOR-Luther Center, Eagle st. Wed. 8:00
ROCKPORT-Triskett (1st Mtg. each ma-Discussion, Wed. 9:00
LORAIN AVE-Dr. Martin Luther Church, 4470 Ridge Rd. Thurs., 9:00
WEST SIDE-St. Mark's Church, 16809 Puritas Road Thurs. 1:30
E. C. L. - Y. W. C. A. Lee Boulevard and Euclid Fri., 1:30
CHARITY-St. Vincent's Charity Hospital, E. 22nd & Central Fri., 8:30
CHARDON-Pilgrim Christian Church, 116 South St. Fri., 8:30
LORAIN COUNTY-Lath. Church, 3334 Wilson, Lorain, O., Thur. 8:30
ELYRIA, O. Woodbury St. off Cleveland St., Sat., 8:30
VALLEY-7106 Kinsman (2nd a 4th Sunday) Closed..... Sun., 4:00

CLEVELAND AREA AA GROUP MEETINGS

MONDAY

BORTON—E. Cleveland Congrega. Church, 60 Page and Euclid Ave. 8:30
BROOK PARK—Redeemer Lutheran Church, 0161 Smith Road, Brook Park 8:30
EARLY-EARLY—St. John's Cathedral Superior entrance, Lower Sacristy 7:30
EDGE LAKE—Faith Lutheran Ch., Lakewood, Woodward & Hilliard (Wdward, Ave. ent.) 8:30
FRIENDLY SUBURBAN—4037 Pearl 8:00
FRIENDSHIP—Blvd. Presbyterian Ch., 24890 Lake Shore Blvd., Euclid, O. 6:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit 9:00
LEE MONDAY—First Presbyterian Ch., East Cleveland, N. and Euclid 8:30
LORAIN AVE.—St. Ignatius Hall, Lorain Ave. at Wat Blvd. 8:30
ORCHARD GROVE—St. Mark's Church, 16305 Triquet Road 8:30
PEARL—St. Mary's Sch., 4600 State Rd. 8:30
RAMONA—9721 Ramona Blvd. 6:30
SHAKER—Christ Episcopal Church, 3445 Warrensville Center Rd. 9:00
SOUTH EAST—7626 Broadway 8:30
SUNNY MONDAY WOMEN—713 E. Sprague Rd., off Route 21, Seven Hills 12:30
TEMPLE—Fatima Hall, 6014 Lexington 8:15
W. 25th—ST. United Church of Christ, 2409 Willowdale Ave. 9:00
WOMEN'S (We&side)—West Blvd., Christian Church, Madison & W. 101st St. 8:15
ELYRIA MEN—St. Agnes, Lake & Dewey 8:30
Mixed Discussion 10:00 a.m.
JEFFERSON—O. St. Joseph's Church 8:30
LEROY-BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rte. 86—Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY, O.—First Presbyterian Church, 4786 Shankland Rd. v--8:30

TUESDAY

BAINBRIDGE—Chagrin Valley Presb. Church Rt. 306, cor. Bsinbridge & Chagrin Rd., 8:30
CLARK—1917 Clark Ave. 6:30
CORLETT MIXED—Holy Family Parish Hall, 3946 E. 181st St. 6:30
EASTSIDE WOMEN—Y.Y.C.A. Room 6 Lee Road at Euclid 8:15
EUCLID HORNING—Euclid Christian Ch., Lake Shore Blvd & E. 280th St. 10:30 a.m.
FAIRMOUNT—St. Paul's Episcopal, Fairmount end Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain Ave. 8:30
FALLS—Community Church, Olmsted Falls, 7858 Main St. (Columbia Rd.) 9:00
GARFIELD TUES.—Garfield Hts. City Hall 5555 Turney Road 8:30
HUMBLE—Trinity United Brethren Church, 1289 Hayden Ave. (side entrance) 8:30
LAUREL—Brooklyn High School Cafeteria, 9400 Biddulph Rd. (Parking, W. 96th) 8:45
MAY-LYND—E. Cleveland Savings & Loan, 6616 Mayfield Road 8:30
MILES-LEE—St. Mary's Church, 4070 E. 142nd St. 8:30
NIGHT & DAY—16867 Euclid Ave. 8:30
RIVER TUESDAY—Rocky River Methodist, 19414 Detroit Road 8:30
SMITH-WILSON—St. Joseph's School, 9821 Orleans Ave. 6:30
SUPERIOR—North Presbyterian Church, E. 40th and Superior 6:30
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
VALLEY WOMEN'S DISCUSSION GROUP, 7100 Kinsman 7:00
WEST PARK—Puritas Lutheran Church, Puritas Ave. and W. 136th St. 8:30
ASHLAND—O. Methodist Church, Corner Cottage & Sandusky Sts. 8:00 E.S.T.
ASHTABULA CONSOLIDATED—Geneva, O. Methodist Church, So. Broadway, let 8:30
KIRTLAND—O. Old South Ch. Rt. 306 8:30
LAKE COUNTY—Math. Fellowship Hall, Rt. 20-E. Southwood, Mentor 6:30
LORAIN CENTRAL—Lorain, O. Trinity Church 8:30
MADISON-PERRY—St. Ann's Church, Middle Ridge & Townline, Madison 6:15
MANSFIELD—Episcopal Church, 41 Bowman St., Mansfield, O. 6:30 EST
MEDINA—O. St. Paul's Epis. Par. Hse. 6:30
STRETSBORO—O. Methodist Church, Intersection of Rte. 14 & Rte. 43 8:30
Strongsville—Methodist Ch., 13854 Pearl 8:30

WEDNESDAY

BAXTER—St. John's Lutheran School, 8826 Cable 6:30
BEDFORD—Bedford Christian Church 8:30
BRAINARD CIRCLE (Women's)—Trinity Ch., Brnd at Shaker & Gates Mills Blvd. 8:30
COLLINWOOD—946 E. 152nd St. 6:30
DOAN MEN—Church of the Covenant, 11206 Euclid Ave. 9:00
EASTSIDE MORNING—9606 Euclid Ave., Euclid Ave. Congre. (Side Ent) 11 a.m.
WUCLID-WADE—13857 Euclid A m. 8:30
GARFIELD—Pilgrim E. & R. Church, 4692 E. 131st St. 8:30

HAGUE—Grace C. w. Assembly Hall, West 65th and Colgate 8:30
LEE ROAD—St. Ann's Church Basement, Coventry end Cedar 9:00
LORAIN WEDNESDAY—Bosworth Road, Presbyterian Church, 8631 Bosworth 9:00
NO. OLMSTED—Epis'l Church of the Advent, 3760 Dover Ctr. Rd., north of Lorain 9:00
PARMA HEIGHTS—All Saints Episcopal Church, 8911 Ridgewood Drive 8:30
PSYCHIATRIC HOSPITAL—1706 Aiken 8:30
ST. JAMES—St. James Church, E. 84th and Cedar 6:00
TWENTY-FOUR HOUR—16216 Detroit, Church of the Ascension 8:30
V. H. Veterans Hosp., E. Blvd. & E. 105. 8:00
WARRENSVILLE—Women's House Cor. 7:30
WEST SHORE—Wat Shore Unitarian, 20401 Hilliard Rd., Rocky River 8:30
WEST SIDE (Closed)—Twelfth Step Club, 6804 Detroit Ave. 8:30
ASHTABULA CY Women, Harris Memorial W. 58th & Adams, 2nd & 4th Wednesday 7:30
BRUNSWICK O.—Cuyahoga Ass'n Bldg., Route 42, So. of 308 6:30
CHESTERLAND—Methodist Church, Mayfield Rd., Rte. 822 & Rte. 806 8:30
ELYRIA O.—St. Paul Building, Third and Middle, side entrance 8:30
FAIRPORT HARBOR—Luther Center, Eagle St., Fairport Harbor 8:00
Farm—9438 Slagle, Rte 803, Garrettsville 10:30
INTER-RACIAL—30th & Wood, Lorain, O. Mt. Zion Baptist Church 6:30
LAKE COUNTY WOMEN—1st Presbyterian, 4785 Shankland Rd., Willoughby 1:00
LORAIN COUNTY WOMEN—Meth. Church, Rte. 254—1 block east of Rte. 67 8:30
MANSFIELD—O. Park Ave. Baptist 8:30
MANTUA, O.—Mantua Christian Church 8:30
SHEFFIELD LAKE, O.—St. Thomas School, Harris Road 8:30
WICKLIFFE—Wickliffe Presbyterian Church, E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal, Church, 16837 Euclid Ave. 6:30
ANGLE—St. Malachi's, 2469 Washington 8:30
ANSEL DISCUSSION—1465 East 55th St., Newton D. Baker, Health Center 8:00
BAY WEST—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
BROADWAY—56th—Our Lady of Lourdes School Hall, 8698 E. 55th St. 8:30
BROOKLYN—St. James Lutheran Church, 4781 Broadview, cor. Maynard 8:30
COVENTRY—Fairmount Presby. Church, Scarborough and Fairmount Blvd. 6:30
CROSSROADS—St. Luke's Episcopal, W. 78th St and Lake Avenue 9:00
EASTLAKE—Reformation Lutheran Church, 84300 Lake Shore Blvd. 9:00
EAST SHORE WOMEN—Richmond Library, 26151 Euclid Ave., Euclid, O. 8:15
GARDEN VALLEY—(Outhwaite) 7100 Kinsman Ave. 6:00
GOLDEN GATE WOMEN—Activities Center, So. Euclid Meth. Ch., 1564 So. Green Rd. 6:30
INDEPENDENCE—Presbyterian Church, 5524 Public Square 9:00
LORAIN AVE., THURSDAY—4470 Ridge Rd., Dr. Martin Luther Church 9:00
NIGHT & DAY—13867 Euclid Ave. -11 A.M.
NORTH RANDALL—Village Hall, 21987 Miles Ave. 8:00
ROCKY RIVER—Rockport Methodist Church, 3610 Woster Road 9:00
ST. CLAIR—Nottingham Methodist Church, St. Ckfr & Melville 8:30
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
WEST SIDE MORNING—W. 98th & Denison, Hungarian Lutheran Church 11 A.M.
AMHERST—O. St. Peter's Church 6:30
ASHLAND—St. Matthew's Episcopal Church, Steamtown Rd., & Miffin Ave. 6:00
ASHTABULA HARBOR—Bethany Luth'n Ch. Penn. Ave., between W. 9 and W. 10 8:30
BEREA—Fine Arts Bldg., East Bagley Rd. Three doors east of Eastland 9:00
ELYRIA—St. Agnes Sch., Lake & Dewey 8:30
NEIGHBORHOOD—112 E. 19, Lorain, 10 a.m.
MAPLE LEAF—Congregational Church, Fellowship Hall, Burton, Ohio. 8:30
PAINESVILLE—Congregational Church, Educ. Bldg., Mentor Ave. Paville 6:30
WILLARD, O.—United Bank Bldg. 8:30

FRIDAY

BROADWAY-HARVARD—8467 B'way 8:30
CEDAR—Salvation Army, 6006 Euclid 8:15
CHARITY—Amphitheatre, 6th Floor, St. Vincent's Charity Hospital 8:30
CLEVELAND WOMEN—426 Term. Twr. 6:00
EUCLID FRIDAY—Epiphany Church, Lake Shore & East 210th St. 9:00
FRIDAY P.M. WOMEN—Plymouth Church, Krumblme Room, Coventry & Drexmore 1:00
GORDON SQUARE—St. Paul Com. Church, 4427 Franklin Blvd. 8:30
HEIGHTS—Closed Discussion, Christian Church, Van Aken & Avalon (mar - 8:30

HUDSON, O.—Closed meetings.
Christ Church, 21 Aurora 8:30
LEE ROAD—American Legion Hall, Post 166, 16644 Euclid Ave. 9:00
NORTH EAST—Town House Motel, 16661 Euclid Am. 8:30
PARYATOWN MEN—Assembly Room, Parma Community Hospital 6:30
POSTOFFICE—4079A, Main Postoffice 8:00
SOLIDARITY—Friendly Inn Settlement, 2232 Unwin Rd. (off Quincy Ave.) 8:30
STELLA MARIS MIXED, 1320 Washington Ave. 8:15
WEST CLIFTON—Lkwd. Congregational Church, 1676 W. Clifton Road 9:00
AVON LAKE—Pint Congregational Church, 32801 Electric Boulevard 8:30
BEREA—Social room of Berea Cong. Church, Seminary and Church 6:30
CHAGRIN FALLS—Federated Churches, 76 Bell S t r e e t 9:00
CHARDON—Pilgrim Christian Church, 113 South Street, Chardon, O. 8:30
CONNEAUT, J.C. Hall, 238 Main (upstairs) 8:30
MANSFIELD, O-26 Mulberry 8:00 E.S.T.
WELLINGTON—St. Patrick's Catholic Church, No. Main St., Wellington, O. 6:30

SATURDAY

BAY VIEW—Bay View Hospital, 23200 Lake Ave., Bay Village 8:30
FOREST CITY—2126 Broadway Rd. 9:00
L.S.I.—17600 Broadway 9:30
LANDER CIRCLE—Garfield Mem. Methodist, Cor. Lander Rd. and Route 422 9:00
LEAGUE PARK—Teamster's Hall, 20176 E. 22nd St. at Carnegie 9:00
LEECE-NEVILLE—1374 E. 51st St. 7:00
LEE-SEVILLE—New Home Baptist Church, Seville & Sunview Ave. 8:00
LIBERTY—945 E. 152nd St. 9:00
MAPLE HTS.—Luth. Church of Covenant, 19000 Lbby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—Windermere Presby. Ch., 14112 Euclid Ave. et Windermere 8:30
MEMPHIS—Lakewood Congregational Ch., 1675 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams Bldg., Entrance at 4455 Turney Rd. 7:30
NIGHT & DAY—13857 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES, 1147 E. 56th St. et Shore Drive 9:00
PLAINS—Plain@ Methodist Ch., Mentor, O., Rte. 806 and 283, Mentor, O. 9:00
PARMA—Third Federal Savings & Loan, 6960 Ridge Road 6:45
REDWOOD—Euclid Lutheran Church, E. 260th and Oriole 6:30
SOBRIETY—St. Mark's Ch., 15300 Puritas 9:00
TRINITY—Trinity Evangelical Church, 3526 W. 25th St. 8:30
VALLEY VIEW—Pilgrim Congr. Church, 2692 W. 14th. cor. Starkweather 9:00
ASHTABULA—O. St. Peter's Epis. Church, Main Avenue at South Park 8:30
ELYRIA—164 Woodbury St 8:30
LORAIN SATNITE—7th and Reed St., St. Mary's Church Basement 6:30
MANSFIELD—20 1/2 S. Park 6:00 EST

SUNDAY

BEDFORD HEIGHTS—Village Hall, 6661 Perkins Rd., Bedford Heights 7:30
BROOKSIDE—Blessed Sacrament Church, Storer and Fulton (downstairs) 8:30
C.A.H.—13857 Euclid Ave. 10:45 a.m.
COLLINWOOD—946 E. 152nd St. 7:30
DETROIT SUNDAY—3804 Detroit Ave. 7:30
DISCUSSION—6700 Detroit Ave. 7:00
GARDEN VALLEY—Outhwaite, 7100 Kinsman Ave. 4:30
GRATEFUL—St. James Lutheran Church, 1424 Hayden, near Shaw 2:00
LAKEWOOD ARMORY, 1437 Wayne Ave., South of Detroit 9:00
MARSHALL—6200 Mayfield East entr. 8:00
MEDINA—O. St. Paul Epis. Church 8:00
MISTLETOE—St. Thomas Church, 9205 Superior Ave. 7:00
NELA PARK—Cafeteria, Advertising Bldg., Nela Park, Noble Road 7:30
NEWBURGH—St. Catherine's Church, 3443 E. 93rd St. 8:30
PURITAS—Church of the Ascension, 14040 Puritan Ave. 8:30
SOUTHWEST SUNDAY—390 Fair St., Board of Education Bldg., Berea, O. 8:30
Superior Stag—2028 1/2 E. 106th 11:00 a.m.
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
WARRENSVILLE—Cooley Farms, Recreation Room 10 A.M.
YOUR—Euclid Community House, 240 Briardale 7:15
AVON CENTRAL—Basement Central Bank, 86690 Detroit Rd., Avon, O. 8:00
Axtel—Twilight—Rte. 60, Axtel, O. 7:30
GENEVA, O.—Episc. Ch., 66 So. Eagle 7:30
LORAIN COUNTY CONSOLIDATED—St. John's Sch., 61 & Rt. 67, Lorain 7:30
MANSFIELD, O.—20 1/2 S. Park 8:00 EST
MENTOR HEADLANDS—St. Mary's Church, Route 20 & Hart Ave. 8:00



FINDING TIME II

Continued from April Issue

This discussion of time was inspired by frequent inquiries of the writer. From those who know his heavy burden of personal responsibility comes the repeated question, "How do you find the time?" It is asked by many with little conception of time. Unwittingly, they waste a lot of it through being wholly unaware of the moments as they go racing by.

Actually a lot of meditation will lead you to the realization that we do not find time. Each moment of life is a precious gift, which when we are through with it, is deposited forever as we left it, in eternity. Our pitifully small effect on eternity is confined to now, this fleeting instant. The less we do this very instant! the shorter our life.

Considering the past, the present and the future, we should recognize that "What is done, is done," what we are doing is short, and what we are going to do is most doubtful. That simple truth should move us, if anything will, to a more productive present. Happiness is now or never. Peace of mind is now or never. Doing good is now or never. Staying sober is now or never. One day at a time must become one minute at a time for him who would live a maximum life. Life is shortest for him who neglects the present, forgets the past and fears for the future.

Is there any more pathetic figure than the fellow who is always tense and harassed with a huge backlog of unfinished work? One cut above him is the one with the backlog who doesn't panic or complain, but moves ahead, chinning away at it cheerfully, day by day. On top of the heap is the fellow who grabs each moment eagerly as it comes and makes the absolute most of it. His desk of life is usually quite clear of debris. His mind is active and alert.

It functions in a happy positive sort of way as it guides him in the present moment. He is the one who conceives ideas and creates ways to help others. He is the one who reaps rewards that most of us would never visualize, simply because he has no thought of reward. He is far too busy. The greatest reward of all in mortal life must come through use of the present moment to the full.

How do I ever find the time? I don't. Looking back over a life that has been interesting even in its tragedy before and since this fellowship was embraced, the only worthwhile accomplishment has come when the whole being, body, mind and spirit, have been completely dedicated to the present moment.

Most of us live as though we would live always. Our frailty never occurs to us. How very much of our life is devoted to fearing things on one hand and desiring things on the other. And all the while today is moving rapidly toward yesterday. Combined with our fears and desires, we give more attention to our material possessions than to our dwindling precious asset of time. Most of us look forward to an old age in which we have every intention of doing so many things for which we have never "found" time.

Our way of life is no different than any other in terms of time. If we are to live a maximum sober life, we cannot reserve a mere remnant of our life for fellowship activity. The time for it is now or never.

AA NEVER FAILS

AA doesn't work on our own terms! Our guarantee of sustained sobriety can be achieved only if we study and apply the Twelve Steps *thoroughly*, and without questioning their validity and practicing the principles advocated in all *our affairs!*

Alcoholism is a lifetime disease. It is also a progressive disease. In the 30 years of AA existence, men and women in our fellowship of every degree of intelligence, education and social status, highly educated and hailing from well-respected circles, as well as those with little education have provided absolute proof that AA never fails — IF the candidate *completely* surrenders and follows the advice and examples of his successful advisors.

Sobriety is the beginning, not the end. The candidate must begin *practicing* a life of integrity in *all* his affairs. He must develop a faith in a Power Greater than himself, from faith in his successful sponsors to an ultimate faith in God. He must learn to trust Him completely, even when his pleas for material blessings are slow in coming.

AA doesn't work on our terms, but on the will of that Power greater than ourselves. Membership in AA doesn't guarantee great material wealth or success, but does guarantee continued sobriety if a candidate disciplines himself or herself to listen to his successful predecessors, has sustained faith, discards all of his bad habits, learns to obey the laws of the land (without cheating just a little), willingly accompanies his sponsor on visits to another applicant? and listening and watching his *technique*, learning in the meantime the method of carrying the message to others.

In our humble opinion, success can be accelerated by constantly reading the "Big Book", Alcoholics Anonymous — reading it, absorbing it, following its philosophy *daily* in *all* our affairs. When you've read it through once, read it again and again. On the second and third reading you will be amazed to discover answers to questions and doubts which infiltrated your mind on the first reading.

We would also recommend reading and *studying* much of the literature in pamphlet form which most groups have available at their meetings. They elaborate and explain many of the principles which have possibly been enigmas to you. Couched in simple language, they cannot but help you to fortify yourself against temptation, particularly when your faith has begun to waver.

We would also insist that you go to as many meetings as you can and finally select a group which lays particular emphasis on the program and less emphasis on social activity. Fun is fun, and the alcoholic always is ready for it. All too many groups tend to emphasize fun and often make it their goal rather than that which should be — *carrying the message!*

Your sobriety depends upon the sincerity of your desire.

The best method of climbing higher is to remain on the level.

Put your sobriety *first* to make it *last*.

If a man's pants are too tight, he has just put on too much weight. If a girl's skirt is too tight, she's loose.

Only a light bulb
can go out every
night and still be
bright the next
day.

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 23

June, 1965

No. 9

MILL ENDS AND REMNANTS

As conductor of a column such as this one is constantly on the lookout for material for his own stimulation in order to stimulate others and it is always gratifying when something comes to hand which can be shared.

One of these has been the April, 1965 monthly letter of The Royal Bank of Canada. It is entitled "Making the Most of Your Life", and space doesn't permit sharing it in its entirety at one sitting. As it is actually a number of essays, we will share it in a series of columns of which this is the first.

There is no easy way to make the most of your life. Even if you follow the hedonists in believing that pleasure is the only 'good, you have to do some work to make the pleasure possible.

The Canadian way of life (Ed. note: and American) has one of its principles in the fact of work. One is expected to contribute economically, socially and culturally.

Having mastered the daily routine of living within this pattern, then we add grace notes and go on to fill our lives with personally rewarding projects. These may be in any of six areas: Aesthetic, economic, political, social, religious and philosophical. Some persons are successful in linking three or four in their satisfying lives.

Of what does a full life consist? First of all, it requires that you be awake and active. It requires that you stretch your mind muscles so as to grasp and comprehend much that will not force itself upon you. It requires that you see and appreciate beauty. It requires you to stand on your own feet, measuring up to life's demands, while at the same time you bow in awe of life's unexplained mysteries. This adds up to seeing life steadily and seeing it whole.

Obviously then, there is more to making the most of your life than learning the plod and punctuality books by heart. You need to absorb their precepts into your own individuality, tailored to your environment and your purpose in life.

Here is where mottoes and slogans, auto-suggestion and the association of ideas, principles and standards, come in handy.

As you progress from youth to adulthood you will learn to adjust yourself to the circumstances of your new life so that you fit into the total situation. Insofar as you adapt yourself intelligently, you are master of your fate.

The time has come to grow up, and growing up consists in the main of bringing random impulses under control and co-ordinating hit-or-miss activities. The mature world, whether business, professional or technical, has no use for youths who enter it glorifying infantilism . . . like a small child crying "look at me!" as he jumps off a six inch high step.

Do not be afraid of getting wrinkles on your face in the process of developing maturity. There is nothing

less interesting than a face on which life has written no story.

One needs a sense of proportion, and to learn to command the self one has to live with. Mind-set, whether on self-gratification or some other love, is a state that prevents your making the most of your life.

Now that I have recovered from alcoholism, my biggest problem is living with myself and making the most of it, by George!

CENTRAL COMMITTEE

23 groups were represented at the May 4 meeting.

Central Bulletin subscriptions, both new and renewals, made a slight gain, but need more support from group secretaries in urging members to subscribe. Secretaries should also repeatedly remind their members to use the renewal blanks to renew their subscriptions.

Hospital Committee chairman, Jim S., took exception to the manner in which Central Bulletin covered the April meeting. Correction will be made in a letter to the Editor. A request has been made to Sister Victorine of Charity Hospital to furnish women patients with a lounge. A suggestion was made that the pamphlet "Tranquilizers and the Alcoholic" be called to the attention of everyone in AA. A report that some respected hospitals are using strong medication is being investigated.

Area-Wide Meeting on Monday, June 28 will offer every member in the Cleveland area to hear three speakers from the South who are speakers at the 30th AA Anniversary International Convention in Toronto, Ontario, July 2-4.

Old Business: Help the groups in trouble was again discussed. Dick L., John B. and Tom S. will investigate. Central Bulletin editor announced the discontinuance of mailing free copies to group secretaries. Reason: too many were returned marked "moved, left no forwarding address."

New Business: Nominations and Election will be held for a new Vice-Moderator from the West Side at the June 1st meeting. Concern was expressed about the violation of anonymity by a group inviting AA members to attend a Saturday night weekly Gala Party on an open postcard, with full names used. Action Committee will take action. 582 attended the Inter-group Annual Banquet at the Carter Hotel.

Good and Welfare: A letter was sent to all groups in the area from the Cleveland AA District Office seeking a broader source of willing women to respond to calls for help.

A LETTER TO THE EDITOR

At the May 4th Central Committee Meeting it was pointed out that the article in the April issue of the Central Bulletin about the Central Committee was not clear in regards to Dr. Blitz's remarks to the Committee. It was suggested by the editor of the Bulletin that I write a letter clarifying some of these remarks.

On the subject of tranquilizers and sedatives, Dr. Blitz stated that they use those that they consider helpful to the patient while he is hospitalized. He is not given any to take home. He said that they do give a five day supply of sleeping tablets to approximately three or four patients out of a hundred who are having a difficult time sleeping and are extremely nervous.

It also stated in the Bulletin that the doctors at Bay View Hospital had checked with St. Thomas Hospital in Akron and Charity Hospital about their methods of treating patients so as to draw on their experience. I checked with the Sisters in charge of the wards at these hospitals and they said that to the best of their knowledge they had not.

An earlier issue of the Bulletin stated that Charity Hospital had adopted some of the methods used at Bay View Hospital. Although an inquiry was made at Bay View about their methods, none of them has been adopted by Charity Hospital.

—Jim S., Chairman of Hospital Committee

MENTAL DISEASE LINK TO ALCOHOLISM

The U. S. Public Health Service has just issued a warning that alcoholics are potential candidates for a mental hospital (it sure took the Federal Government a hell of a long time to find out this fact!!!).

Alcoholism, particularly those with the most severe (like what is severe?) forms of the disease, are increasing among State mental hospital admissions, according to Dr. Yolles, director of the National Institute of Health. A study by the institute's Office of Biometry reveals that 1 in 10 newly admitted patients is an alcoholic, an 18% rise in 10 years (taint no increase, maybe we're just learning how to count). In 9 States, disorders associated with alcoholism lead all other diagnoses in mental hospital admissions. Even more alarming, say the Government health authorities, recent analysis of the alcoholic cases in mental institutions showed a startling rise in the number diagnosed with "chronic brain syndrome associated with alcoholism," the most severe and hopeless of the three classifications of the disease.

Patients in this group suffer permanent and irreversible destruction of the tissues of the brain, the damage probably resulting from metabolic or nutritional defects caused by prolonged use of alcohol. These alcoholics NIH reports, undergo severe personality changes, delirium, confusion, amnesia, confabulation, or talkativeness about things that never happened, inflammation of the nerves, and pain in the arms and legs.

Patients in public mental hospitals have declined from 531,981 in 1962 to approximately 495,000 today. Resident patient rates for these hospitals have dropped from 438 per 100,000 of the population in 1952 to about 359 per 100,000 now. In contrast to the decline in mental cases generally, cases suffering from alcoholism are steadily rising. And the fastest rate increase has been noted among patients suffering from brain damage. The growth rate among patients suffering from sociopathic personality disturbance and alcoholism addiction has been slower.

Although alcoholism has long been recognized as a serious social problem (and I thought that this thing called "alcoholism" was a "medical" problem), the link between the disease and brain damage has been recognized only in recent years. And while the social consequences of alcoholism-impairment of general health! loss of jobs and the disruption of marriages-are serious enough. Government health officials rate the threat to mental health far graver.
 -Chit-Chat, Robesonia, Pa.

DISTRICT OFFICE SUMMER SCHEDULE

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

AREA-WIDE MEETING

Jordan Hall, June 28, 1965 at 8:30 p.m.

A big treat will be in store for you if you attend the June Area-Wide meeting in Jordan Hall, Charity Hospital on Monday evening, June 28 at 8:30 p.m.

Guest speakers will be three stars from deep down South who will stop on their way to the Toronto Ontario International Convention where they will also appear as guest speakers. So, if you can't make the trip to Canada, you will get a preview of what quite a few of us will hear in Toronto.

Our hats are off to Chairman Bill H., who persuaded the speakers to stop off on their way to Canada. See you there? Hope so!

OBITUARIES

Ralph Nazel, a 22 year member of the Avon Lake Group, and one of the first in the Lorain County area, passed away after a prolonged illness on April 25, leaving a host of friends. He is survived by his wife Helen, to whom we extend our sincere condolences.

James Oyler, a seven year active member of the Bedford Heights group passed away on April 26. Surviving him are his wife Emily, and one daughter, his father and brothers, to whom we offer our sincere condolences.

DATES TO REMEMBER

May 31—Nineteenth Annual AA Memorial Service and Breakfast. Services at 9:00 a.m. at St. John's Cathedral and First Methodist Church, followed by breakfast at 10:30 a.m. in Masonic Temple. Speaker, Bob T.

June 3-4-5-6—20th Texas State AA Conference and Celebration of the 25th Anniversary of AA west. of the Mississippi at the Rice Hotel, Houston, Texas.

June B-Twenty-second Anniversary of the Lorain Ave. Thursday group. Dinner at 7:00 p.m. Meeting at 8:00 p.m. with Mike M., Columbus, Ohio as guest speaker.

June 28—Area-Wide (Consolidated) Meeting in Jordan Hall, Charity Hospital, on Monday evening at 8:30 p.m. Guest speakers will be three speakers from Alabama and Georgia who are also guest speakers at the International Convention in Toronto, Ontario, July 2-3-4.

July 2-3-4—Thirtieth Anniversary International AA Convention in Toronto, Ontario.

IS YOU or IS YOU NOT

Are you an active member, the kind that would be missed? . . . Or are you just contented that your name is on the list? . . . Do you attend the meeting and mingle with the flock? . . . Or do you stay home alone at home and criticize and knock? . . . Do you take an active part to help the work along? . . . Or are you satisfied to be the kind that just *belongs*? . . . Do you ever go to visit a member who is sick? . . . Or leave the work just, a few and talk about the clique? . . . There's quite a program scheduled that I'm sure you've heard about. And we'll appreciate it too, if you will come and help us out . . . So come to meetings often and help with hand and heart . . . Don't just be a member, but take an active part . . . Think this over, brother-you know right from wrong . . . Are you an active member-Or do you "*just belong*?"
 -Brighter Side, Waterloo, Iowa

An officer of ancient Rome, called away to the wars, locked his beautiful wife in armor. He then gave the key to his best friend with the admonition: "If I don't return in six months use this key — to you, my dear friend, I entrust it."

He then departed. After he had journeyed about five miles from home he saw a cloud of dust approaching and waited. His trusted friend, on horseback, galloped up and exclaimed: "You gave me the wrong key!"
 * * *

None of us is responsible for all the things that happen to us, but we are responsible for the way we act when they do happen.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 205, Frederick Building, 2063 E. 4th St., is open weekdays from 9 a.m. to 5 p.m., but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is CHerry 1-7287.

ALANON GROUP MEETINGS

Alanon Answering Service Call SU. 1-6111

ASHTABULA—Harris Memorial W. 58 & Adams	1st & 3rd Mon., 8:30
BROOKPARK-PARMA—Redeemer Lutheran, 6161 Smith	Mon., 8:30
LAKEWOOD—Lakewood Presbyterian, Detroit Ave. at Marlowe Mon.	8:30
EUCLID—Christian Church, 28001 Lake Shore Blvd.	Tues., 8:30
GARFIELD HEIGHTS—Garfield Hts. City Hall, 5555 Turney, Tues.	8:30
SUBURBAN WEST—Our Savior Luth'n Church, 20300 Hilliard, Tues.	8:30
MAPLE HEIGHTS—Presbyterian Church, 15715 Libby Rd.	Tues., 8:30
BETHANY—Bethany Presbyterian Church, W. 65th & Clinton	Wed., 8:30
IGNATIA—East 91st & Harvard Ave.	Wed. 8:30
FAIRPORT HARBOR—Luther Center, Eagle st.	Wed. 8:00
ROCKPORT—15305 Triskett (1st Mtg. each mo.—Discussion, Wed.	9:00
LORAIN AVE.—Dr. Martin Luther Church, 4470 Ridge Rd. Thurs.	9:00
WEST SIDE—St. Mark's Church, 15800 Puritas Road	Thurs. 1:30
E. CLEVELAND—YWCA, Lee Boulevard and Euclid	Fri., 1:30
ROSARY HALL, Charity Hospital, E. 22 st. & Central	Fri., 8:30
CHARDON—Pilgrim Christian Church, 113 South St.	Fri., 8:30
LORAIN COUNTY—Luth. Church, 3834 Wilson, Lorain, O.	Thur. 8:30
ELYRIA, O. Woodbury St. off Cleveland St.	Sat., 8:30
VALLEY—7100 Kinsman (2nd & 4th Sunday) Closed	Sun., 4:00

CLEVELAND AREA AA GROUP MEETINGS

MONDAY

BORTON—E. Cleveland Congrega. Church, Page and Euclid Ave. 3:30
BROOK PARK—Redeemer Lutheran Church, 3161 Smith Road, Brook Park 3:30
EARLY-EARLY—St. John's Cathedral Superior entrance, Lower Sacristy 7:30
EDGE LAKE—Faith Lutheran Ch., Lakewood, Woodard & Hilliard (Wdward, Ave. ent.) 8:30
FRIENDLY SUBURBAN—4047 Pearl 6:00
FRIENDSHIP—Blvd. Presbyterian Ch., 2460 Lake Shore Blvd., Euclid, O. 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit 9:00
LEE MONDAY—First Presbyterian Ch., East Cleveland, Nela end Euclid 8:30
LORAIN AVE.—St. Ignatius Heil, Lorain Ave. at West Blvd. 6:30
ORCHARD GROVE—St. Mark's Church, 16306 Triquet Road 8:30
PEARL—St. Mary's Sch., 4609 State Rd. 8:30
RAMONA—8721 Ramona Blvd. 6:30
SHAKER—Christ Episcopal Church, 3445 Warrenville Center Rd. 9:00
SOUTH EAST—623 Broadway 8:30
SUNNY MONDAY—Womens-713 E. Sprague Rd., off Route 21, Seven Hills 12:30
TEMPLE-Fatima—6914 Lexington 3:15
W. 25th St.—United Church of Christ, 2409 Willowdale Ave. 9:00
WOMEN'S (Westside)—West Blvd. Christian Church, Madison & W. 101st St. 8:15
ELYRIA MEN—St. Agnes, Lake & Dewey 8:30
Mixed Discussion 10:00 a.m.
JEFFERSON—O. St. Joseph's Church 8:30
LEROY-BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rte. 66—Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY—O.—First Presbyterian Chmnh. 4736 Shankland Rd. 8:30

TUESDAY

BAINBRIDGE—Chagrin Valley Presb. Church Rt. 306, cor. Bainbridge & Chagrin Rd. 8:30
CLARK—1917 Clark Ave. 8:30
CORLETT M I X E D—Sokol Tyr's Hall 3689 E. 131st St. 8:30
BASTSIDE WOMEN-Y.Y.C.A., Room 6, Lee Road at Euclid 8:15
EUCLID MORNING—Euclid Christian Ch., Lake Shore Blvd & E. 280th St. 10:30 a.m.
FAIRMOUNT—St. Paul's Episcopal, Fairmount and Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain Ave. 6:30
FALLS—Community Church, Olmsted Falls, 7363 Main St. (Columbia Rd.) 9:00
GARFIELD TUES.—Garfield Hts. City Hall 5555 Turney Road 8:30
HUMBLE-Trinity—United Brethren Church, 1289 Haven Ave., (side entrance) 8:30
LAUREL—Brooklyn High School Cafeteria, 9400 Biddulph Rd. (Parking, W. 90th) 8:45
MAY-LYND-E.—Cleveland Savings & Loan, 5816 Mayfield Road 8:30
MILES-LEIE—St. Mary's Church, 4070 E. 142nd St. 8:30
NIGHT & DAY—18857 Euclid Ave. 8:30
RIVER TUESDAY—Rocky River Methodist, 19414 Detroit Road 3:30
SHOREGATE—Meth. Ch., 305 Lake Shore 9:00
SMITH-WILSON—St. Joseph's School, 9321 Orleans Ave. 8:30
SUPERIOR-North—Presbyterian Church, E. 40th end Superior 8:30
TRUSTY—Cleveland Howe of Correction, 1000 ft. east of House of Correction 8:00
VALLEY WOMEN'S DISCUSSION GROUP, 7100 Kinsman 7:00
WEST PARK—Puritas Lutheran Church, Puritas Ave. and W. 133th St. 8:30
ASHLAND—O.—Methodist Church Corner Cottage & Sandusky Sts. 8:00 E.S.T.
ASHTABULA CONSOLIDATED—Geneva, O. Methodist Church, So. Broadway, 1st Tue 8:30
KIRTLAND—O.—Old South Ch. Rt. 306 8:30
LAKE COUNTY—Meth. Fellowship Hall, Rt. 20-E. Southwood, Mentor 3:30
LORAIN CENTRAL—Lorain, O.—Trinity Church 8:30
MADISON-PERRY—St. Ann's Church Middle Ridge & Townline, Madison 6:15
MANSFIELD—Episcopal Church, 41 Bowman St., Mansfield, O. 8:30 EST
MEDINA—O.—St. Paul's Epis. Par. Hse. 8:30
STREETSBORO—O.—Methodist Church, Intersection of Rte. 14 & Rte. 43 8:30
Stronzeville—Methodist Ch., 13364 Pearl 8:30

WEDNESDAY

BAXTER—St. John's Lutheran School, 6626 Cable 8:30
BEDFORD—Bedford Christian Church 8:30
BRAINARD CIRCLE—(Women's)-Trinity Ch., Brind at Shaker & Gates Mills Blvd. 8:30
COLLINGSWOOD—945 E. 152nd St. 6:30
DOAN MEN—Church of the Covenant 1206 Euclid Ave. 9:00
EASTSIDE MORNING—9603 Euclid Ave., Euclid Ave. Congre. (Side Ent.) 11 a.m.
EUCY, ID-WADE—18857 Euclid Ave. 8:30
GARFIELD—Pilgrim E. & R. Church, 4592 E. 131st St. 8:30

HAGUE—Grace Cong. Assembly Hall, West 66th and Colgate 6:30
LEE ROAD—St. Ann's Church Basement, Coventry and Cedar 9:00
LORAIN WEDNESDAY—Bosworth Road, Presbyterian Church, 3631 Bosworth 9:00
NO. OLMSTED—Epis'l Church of the Advent, 3760 Dover Ctr. Rd., north of Lorain 9:00
PARMA HEIGHTS—All Saints Episcopal Church, 8911 Ridgewood Drive 8:30
PSYCHIATRIC HOSPITAL—1708 Aiken 8:30
ST. JAMES—St. James Church, E. 64th and Cedar 8:00
TWENTY-FOUR HOUR—13216 Detroit, Chumh of the Ascension 3:30
V. H.-Veterans Hosp., E. Blvd. & E. 105, 8:00
WARRENSVILLE—Women's Home Cor. 7:30
WEST SHORE—West Shore Unitarian, 20401 Hilliard Rd., Rocky River 8:30
WEST SIDE (Clueed)—Twelfth Step Club 8304 Detroit Ave. 8:30
ASHTABULA CY Women, Harris Memorial W. 68th & Adams, 2nd & 4th Wednesday 7:30
BRUNSWICK O.—Cuyahoga Ass'n Bldg., Route 42, So. of 308 8:30
CHESTERLAND—Methodist Church, Msyfield Rd., Rte. 322 & Rte. 306 8:30
ELYRIA O.—St. Paul Building, Third end Middle, side entrance 3:30
FAIRPORT HARBOR—Luther Center, Eagle St., Fairport Harbor 8:00
Farm-9438—Slagle, Rte. 303, Garrettsville 10:30
INTER-RACIAL—30th & Wood, Lorain, O. Yt. Zion Baptist Church 8:30
LAKE COUNTY WOMEN—let Presbyterian, 4786 Shankland Rd., Willoughby 1:00
LORAIN COUNTY WOMEN—Meth. Chumh, Rte. 254—1 block east of Rte. 57 8:30
MANSFIELD—O.—Park Ave. Baptist 8:30
MANTUA—O.—Mantua Christian Church 8:30
SHEFFIELD LAKE—O.—St. Thomas School, Harris Road 8:30
WICKLIFE—Wickliffe Presbyterian Church, E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal, Church, 16837 Euclid Ave. 8:30
ANGLE—St. Malachi's, 2469 Washington 6:30
ANSEL DISCUSSION—1465 East 55th St., Newton D. Baker, Health Center 8:00
BAY WEST—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
BROADWAY-55th—Our Lady of Lourdes School Hall, 3398 E. 55th St. 8:30
BROOKLYN—St. James Lutheran Church, 4781 Broadview, cor. Maynard 3:30
COVENTRY—Fairmount Presby. Chumh, Scarborough and Fairmount Blvd. 8:30
CROSSROADS—St. Luke's Episcopal, W. 73th St and Lake Avenue 9:00
EASTLAKE—Reformation Lutheran Chumh, 34300 Lake Shore Blvd. 9:00
EAST SHORE WOMEN—Richmond Library, 26151 Euclid Ave., Euclid, O. 8:15
GARDEN VALLEY—(Outhwaite) 7100 Kinsman Ave. 3:00
GOLDEN GATE WOMEN—Activities Center So. Euclid Meth. Ch., 1634 So. Green Rd. 8:30
INDEPENDENCE—Presbyterian Church, 6624 Public Square 9:00
LORAIN AVE.—THURSDAY-4470 Ridge Rd., Dr. Martin Luther Church 9:00
NIGHT & DAY—13857 Euclid Ave. 11 A.M.
NORTH RANDALL—Village Hall, 21937 Miles Ave. 8:00
ROCKY RIVER—Rockport Methodist Church, 3310 Wooster Road 9:00
ST. CLAIR—Nottingham Methodist Church St. Clair & Melville 8:30
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
WEST SIDE MORNING—W. 98th & Denison, Hungarian Lutheran Church 11 A.M.
AMHERST—O.—St. Peter's Church 8:30
ASHLAND—St. Matthew's Episcopal Church Steamtown Rd., & Mifflin Ave. 8:00
ASHTABULA HARBOR—Bethany Luth'n Ch. Penn. Ave., between W. 9 and W. 10 8:30
BERA—Fine Arts Bldg., East Bagley Rd. Three doors east of Eastland 9:00
ELYRIA—St. Agnes Sch., Lake & Dewey 8:30
NEIGHBORHOOD—112 E. 19, Lorain, 10 a.m.
MAPLE LEAF—Congregational Church, Fellowship Hall, Burton, Ohio 8:30
PAINESVILLE—Congregational Church, Educ. Bldg., Mentor Ave., Paville 8:30
WILLARD—O.—United Bank Bldg. 8:30

FRIDAY

BROADWAY-HARVARD—8437 B'way 8:30
CEDAR—Salvation Army, 6006 Euclid. 3:15
CHARITY—Amphitheatre, 6th Floor, St. Vincent? Charity Hospital 3:30
CLEVELAND WOMEN—426 Term. Twr. 6:00
EUCLID FRIDAY—Epiphany Church, Lake Shore & East 210th St. 9:00
FRIDAY P.M. WOMEN—Plymouth Church, Krumbine Room, Coventry & Drexmore 1:00
GORDON SQUARE—St. Paul Com. Church, 4427 Franklin Blvd. 8:30
HEIGHTS—Closed Discussion, Christian Church, Van Aken & Avalon (rear) 8:30

HUDSON, O.—Closed meetings, Christ Church, 21 Aurora 8:30
LEE ROAD—American Legion Hall, Post 163, 16644 Euclid Ave. Sam NORTH EAST-Town House Motel, 16661 Euclid Ave. 8:30
PARMATOWN MEN—Assembly Room Parma Community Hospital 8:30
POSTOFFICE—4079A, Main Postoffice 8:00
SOLIDARITY-Friendly—Inn Settlement, 2232 Unwin Rd. (off Quincy Ave.) 8:30
STELLA MARIS-MIXED, 1320 Washington Ave. 6:15
WEST CLIFTON—Lkwd. Congregational Church, 1376 W. Clifton Road 9:00
AVON LAKE—First Congregational Church, 32801 Electric Boulevard 8:30
BEREA—Social room of Berea Cong. Church, Seminary and Church 3:30
CHAGRIN FALLS—Federated Churches, 76 Bell Street 9:00
CHARDON—Pilgrim Christian Church, 118 South Street, Chardon, O. 3:30
CONNEAUT, J.C. Hall, 238 Main (upstairs) 8:30
MANSFIELD, O.—25 Mulberry 8:00 E.S.T.
WELLINGTON ST.—Patrick's Catholic Church, No. Main St., Wellington, O. 8:30

SATURDAY

BAY VIEW—Bay View Hospital, 23200 Lake Ave., Bay Village 8:30
FOREST CITY—2126 Broadview Rd. 9:00
L.S.I.—17600 Broadway 8:30
LANDER CIRCLE—Garfield Mem. Methodist, Cor. Lander Rd. and Route 422 9:00
LEAGUE PARK—Teamster's Hall, 2076 E. 22nd St. at Carnegie 9:00
LEECENEVILLE—1374 E. 51st St. 7:00
LEE-SEVILLE—New Home Baptist Church, Seville & Sunview Ave. 8:00
LIBERTY—946 E. 162nd St. 9:00
MAPLE HTS.—Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
YATT TALBOT—Windermere Presby. Ch., 14112 Euclid Ave. at Windermere 8:30
MEMPHIS—Lakewood Congregational Ch., 1376 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams Bldg., Entrance at 4466 Turney Rd. 7:30
NIGHT & DAY—13867 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES, 1147 E. 66th St., et Shore Drive 3:00
PLAINS—Plains Methodist Ch., Mentor, O., Rts. 306 and 283, Mentor, O. 9:00
PARMA—Third Federal Savings & Loan, 6960 Ridge Road 3:45
REDWOOD—Euclid Lutheran Church, E. 260th and Orjole. 3:30
SOBRIETY—St. Mark's Ch., 15300 Puritas 9:00
TRINITY—Trinity Evangelical Church, 3525 W. 25th St. 8:30
VALLEY VIEW—Pilgrim Congr. Church, 2692 W. 14th, cor. Starkweather 9:00
ASHTABULA—O.—St. Peter's Epis. Church, Main Avenue at South Park 8:30
ELYRIA—164 Woodbury St. 8:30
LORAIN SAFFITE—7th and Reed St., St. Mary's Chumh Basement 3:30
MANSFIELD—20% S. Park 3:00 EST

SUNDAY

BEDFORD HEIGHTS—Village Hall, 6661 Perkins Rd., Bedford Heights 7:30
BOLIVAR-NINTH, Dallas Hotel 12 Noon
BROOKSIDE—Blessed Sacrament Church, Storer and Fulton (downstairs) 3:30
C.A.H.—13867 Euclid Ave. 10:45 a.m.
COLLINGSWOOD—945 E. 162nd St. 7:30
DETROIT SUNDAY—8304 Detroit Ave. 7:30
DISCUSSION—3700 Detroit Ave. 1:00
GARDEN VALLEY—Outhwaite, 7100 Kinsman Ave. 4:30
GRATEFUL—St. Thome Lutheran Church, 1424 Hayden, near Shaw 2:00
LAKEWOOD ARMORY—1437 Wayne Ave., South of Detroit 9:00
MARSHALL—6200 Msyfield East entr. 8:00
MEDINA—O.—St. Paul Episc. Church 8:00
MISTLETOE—St. Thomas Church, 9206 Superior Ave. 7:00
NELA PARK—Cafeteria, Advertising Bldg. Nela Park, Noble Road 7:30
NEWBURGH ST.—Catherine's Church, 3443 E. 93rd St. 8:30
PURITAS—Church of the Ascension 14040 Puritas Ave. 8:30
SOUTHWEST SUNDAY—390 Fair St. Board of Education Bldg., Berea, O. 8:30
Superior Stag—2028 1/2 E. 106th 11:00 a.m.
TRUSTY—Cleveland House of Correction 1000 ft. east of House of-correction 5:00
WARENSVILLE—Cooley Farms, Recreation Room. 10 A.M.
YOUR—Euclid Community House, 240 Briardale 7:15
AVON CENTRAL—Basement Central Bank, 36690 Detroit Rd., Avon, O. 3:00
Axtel—Twilight-Rte. 60, Axtel, O. 7:30
GENEVA—O.—Episc. Ch., 66 So. Eagle 7:30
LORAIN COUNTY CONSOLIDATED—St. John's Sch., 31 & Rt. 67, Lorain 7:30
MANSFIELD—O.—20% S. Park 8:00 EST
MENTOR HEADLANDS—St. Mary's Church, Route 20 & Hart Ave. 8:00



PUBLISHED BY

CENTRAL BULLETIN FOUNDATION, INC.
Box 6712 CLEVELAND, OHIO 44101

VOL. XXIII-No. 10

MUTUAL CONCERNS

In their silent meetings those of the Quaker faith seek closer conscious contact with God about their "concerns". It is much the same as our Eleventh Step would be, if we practiced it together. As a group we have many mutual concerns.

First, of course, would have to be our common malady. Secondly, but of equal importance would have to be our enormous inventory of character defects. These may vary in individual degree, but in the composite they are sufficiently alike that we often hear somebody else telling "our story". The communion between us, by virtue of these common concerns, must surely represent the finest essence of brotherhood.

Have you ever sat in quiet conversation with another of our fellowship when for no apparent reason things took a sudden turn? Each of you listened intently to the other. Then you found yourself saying things that even astonished you. Something strange and warm seemed to emerge from it all and there was a feeling of comfort in the pause that followed. If you have had this experience then you know there is a remarkable result. Somehow you feel that you have been very close to something quite beautiful.

Have you ever written a letter to an old A.A. friend who has moved elsewhere, when somehow your thoughts and remembrances of him came into sharp focus, and somehow your writing became inspired? You seem to have been listening to memories, and your letter becomes something really worthwhile, not the usual drab correspondence.

Have you ever been talking to an old timer when the simple quality and patience of his listening seemed to change your whole course? Self pity had been the launching pad of your conversation and you were pouring out all of the dirty details which had led to this current dry drunk. A quart or two of sympathy always goes well with this condition and that had been your original objective. But something happened. The patience and understanding of his complete attention brought the truth home to you with force, and the crying towel was no longer needed.

Or possibly you sought this old timer to confess something that you could no longer keep locked up in your own heart. You were hesitant in the beginning and none too courageous in your approach. You scattered a little birdshot on the fringes of the truth, unsure of yourself and unsure of him. But the quiet and easy attention of your old timer friend lifted the latch on the gate, it opened quietly, and the whole truth tumbled out. Now it was out. Now it was over. You had died a little death perhaps, but in the patient kindly eyes and the comforting touch of your old timer friend, you learned that you were still loved and still living in a great new sober life that many never know.

One of the incomparable gifts of this fellowship, is this high sense of communion and fellow feeling between people having mutual concerns. It accounts for the intense and kindly listening of an A.A. audience. It is the reason almost all of us would rather listen than lead. But no man can spend more in good works than he earns in

(Continued on page two)

EARLY HISTORY OF AA

In June, 1935, Bill W., a New York broker and a recovered alcoholic paced a hotel lobby in Akron, Ohio, acutely depressed over the failure of a business deal. He was gripped again by the terrible obsession of blotting out the past, present and future with a drink.

For six months he had tried unsuccessfully to help other alcoholics, but unaware that he needed help, discovered then that his own survival depended on trying to help another drunk. He couldn't stay sober alone.

A phone call led to a meeting with the late Doctor Bob S., a physician who had virtually destroyed his practice and reputation. This step led to the formation of the AA recovery program that alcoholics have a mutual need for each other.

Through the Oxford Movement which taught that fearless self-survey, together with making an effort to aid others similarly afflicted helped Bill and Doc maintain their sobriety.

A third member was added almost immediately, but the going was slow thereafter. Six months later, Bill returned to New York to start a group and a third group was formed in Cleveland.

At first, AA maintained close contact with the Oxford Groups, but the relationship ended in 1937. Since then, the Fellowship has been completely independent of any other movement or organization, working only for the recovery of other alcoholics.

By 1938 there were only 60 members. Rashly, they decided to publish a book incorporating the experience and thinking of those who had already found sobriety. The title "Alcoholics Anonymous" gave the Fel-

lowship its name.

In spite of their high hopes, the group was left with 5,000 copies of a book no one seemed to want. The printer's bill was unpaid, and on one occasion they were nearly evicted from their modest headquarters. One of the members mortgaged his own business to keep things going.

This was the turning point. Through its first four years, AA had for all practical purposes been a semi-secret organization. Then a Cleveland newspaper ran a ten-part series on AA that resulted in a deluge of inquiries. Overnight, AA had hundreds of members in the Cleveland-Akron area. Barely sober, newcomers were pressed into immediate service to help those who were even newer than they.

AA began to interest doctors, clergymen, relatives, friends and employers of alcoholics. Among these who took an active interest, was the late John D. Rockefeller, Jr., who advanced a small loan and then sponsored a dinner for AA in 1940. He helped make AA "respectable" when he stood up and told the world that AA was good.

National newspaper coverage of the Rockefeller dinner helped boost membership to 2,000 within a few months as groups were launched in nearly a dozen major cities throughout the country. None of this had quite the impact of a 1941 feature article in the Saturday Evening Post, written by Jack Alexander, who spent weeks in looking at AA from all angles and wrote an impressive story that was responsible for thousands of new members.

Today there are more than 9,000 groups in 82 countries throughout the world. What God hath wrought!

Even if we are
on the right track,
we will get run
over if we just
sit there!

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 23

Julv. 1965

No. 10

MILL ENDS AND REMNANTS

Again, as we were last month, your columnist is indebted to the recent letter of The Royal Bank of Canada for the ensuing *essay*. Indeed, as we mentioned before, the series of essays will be shared with you in the months ahead, and this is the second:

ABOUT BEING AMBITIOUS

When you are seeking personal fulfillment, that is true ambition. You take into account your talents, your tastes and your hopes, the demands of the business or professional or scientific career you want, and you move toward perfecting your ability to meet them. It is remarkable what may be accomplished by plain, home-spun capacities governed by an indomitable purpose and common sense.

What is your real, chief and foremost object in life? The vocation you choose will color your relations with the world. The act of choosing will give you a miniature plan to stimulate and rouse you, to urge you on to desirable action, and to keep you from false paths.

Self-fulfillment does not always mean reaching a lofty height of perfection. The perfection of a tree on a rocky hillside is judged by this: In its environment of soil and climate and molestation by men and animals, it has done all that could be expected of it. The tree may be poverty-stricken, hunger pinched, tempest-tortured, and stripped of its bark, not at all an ideal tree of its species, but it has prevailed in being the best tree possible under the circumstances.

Ambition to succeed must take account of two things as you enter the world market-place: What have you to offer, and what are you prepared to do to improve the quality of what you offer? During the next thirty years you will spend about seventy thousand hours of your time and energy. What you get for it depends upon a constructive and determined answer to these answers.

How constructive are you? Instead of urging their imagination to produce a high and attainable goal some people are content to struggle and whine through their days with dull resentment of what they call their "bad breaks". They are the sort of people who, about to be cast away on a desert island, would select a packing-case full of light novels and cartoon books to keep them company. The constructive person would ask for some blank notebooks and a supply of pencils.

While the foregoing is concerned with and directed to the business of commerce, it is nonetheless applicable to our own great concern—the business of right living by right thinking.

Would that I be the best tree possible under the circumstances, by George!

MUTUAL CONCERNS

(Continued from page one)

meditation with the Divine Listener while working on Step Eleven. It is then that our serenity emerges. It is then that our Twelfth Step work with others attains real quality.

CENTRAL COMMITTEE

Only nineteen groups were represented at the June 1 meeting.

In the absence of the chairman of the Action Committee and Central Bulletin (on vacation), there was no report. Several members reported that the Midtown Club, 4042 Superior, was still operating a gambling club under the guise of being an A.A. group. Will be looked into.

Hospital Committee chairman Jim S. called Sister Agnes at St. Thomas Hospital concerning the report that strong medication was being used. Sister Agnes preferred not to discuss their medical problems with any lay person.

Area Wide Meeting reminder: Jordan Hall, June 28 at 8:30 p.m., with two guest speakers from Atlanta, Georgia. Public Information Committee furnished 21 speakers to outside groups in May.

Under Old Business, Tom S., Dick L. and John B. were assigned to look further into the matter of the number of groups in trouble and closing. Nela Park has closed.

New Business: Nominations for a new Vice-Moderator from the West Side were held. Ray B., of Lorain Ave. Monday was elected.

Dick P. of A.A. District Office reported that the North Randall group is considering closing because of poor attendance. He also stated that groups should not depend on the office for 12th Step calls, but to "carry the message" even if the problem drinker does not call.

Good and Welfare: Members who spoke before church or school groups were thanked for giving of their time. One member's nephew heard an A.A. speaker at his school, and reported that a member of his family was helped considerably.

ALCOHOLICS ANONYMOUS IS FREE

Alcoholics Anonymous is free, but some money helps:

When we came into the fellowship of A.A. many years ago, one of the first questions we asked was, "How much does it cost to join?" We were assured that it cost absolutely nothing. This intrigued us, though we couldn't believe it, but we went along with the gag. A.A. was young then . . . and it was small. Soon groups grew so large they had to rent quarters, and the expenses were met by passing the basket. Deficits were covered by a few more or less affluent members. When the book Alcoholics Anonymous was published, our New York office was established and help was hired to take care of the mass of inquiries which the book inspired. Money was sought from groups in the few established areas.

Soon groups were finding that it DID cost money to operate properly. But even to this day many members are stating to their prospects that A.A. is free . . . It isn't, if we want to thrive!

~~Let's look at the facts. When a member embraces the program, he is told that to maintain his sobriety he must carry the message to others. If he is truly grateful he should want to share it with as many people as possible. As a faithful member of a group he will contribute his fair share of the group's expenses—hall rental, refreshments, etc., as he is financially able.~~

Our New York City office was established to answer inquiries, if A.A. had no Service Headquarters during the past 30 years, many sober now might still be drinking or dead. This function alone, besides many other services such as editing and publishing the Grapevine, the "BOOK", maintaining and guarding the highest standards of A.A., is many times worth the \$3.00 per year they ask each member of A.A.

If you want to be a good member and do your fair share, A.A. will cost you money. But think how little it costs compared to what you used to toss away in a single binge.

-A Reprint by request

M. P. Cuniois: "I say, old man, I'm in a terrible fix. I need some money badly, and I haven't the slightest idea where on earth I'm going to get it from."

T. I. Twadd: "I'm relieved to hear that. I was afraid that you might have an idea you could borrow it from me."

THE ROAD TO BLOTTO

Some of the fastest trips to the gutter have been taken by people, who after becoming sober on the AA program have secretly decided they are, after all, superior types of persons. With a couple months sobriety under their belt, a few bucks in their pockets, and a wife who has returned to the chamber, this type of alcoholic takes a look around at the group and once more falls prey to his own asinine arrogance. He convinces himself that he is a cut above the level he attributes to other alcoholics—has better clothes, more poise, a better income, and above all, oh yes, by all means—more brains.

That's where he excels! He can out-think, out-plan and out-fox all these other goofs in any area. The 12 Steps are OK for guys who can't think for themselves, and who must have their daily program spoon fed. Who cannot make decisions or control them if they do not make them.

Our hero, on the other hand, now sees everything clearly in the light of his own brilliant intelligence. Oh, yes, he got fouled up a bit, but it was merely a human foible, a temporary lapse from his usual perfect control of all situations. Losing his job? Well, his superiors weren't bright enough to grasp his great capabilities.

But now that they know he is a hot shot, they won't be so flip in the future; they'll let him do it his way, and he'll prove it. He'll prove it in his own way, without the help of those AA goofs, even though these goofs happened to be handy and willing when he needed a lift to crawl out of the gutter and smooth over the difficulties that brought him there.

Well, this type of fellow is going to prove something. He's going to prove the old, old story of what happens to the supercilious, the haughty, the closed-minded or the arrogant person. He's going to prove what always happens to men who have not learned the lesson of humility. He's going to prove the inevitable fate of the man, who climbs into the driver's seat and says "move over."

And just before he proves all these things, he's going to get drunk, awfully drunk. Then all his goofy friends, not anywhere his equal, will rally around once more, pull him out of his mess, put him on his feet, without a word of censure.

Why? Because they're AAs. Real ones!

-The Missing Link

GRANDPAPPY SNOW

Grandpappy Snow died last night at the age of 87, in the prime from drinking too much whiskey. A friend gave him a drink of bonded likker and Grandpappy just keeled over. He didn't even kick. He just up and died. He'd drunk so much bad likker in his life that a drink of dyed-in-the-wool stuff just snapped his lights out. Grandpappy never was much force, but everyone liked him a lot. He could have belonged to about any lodge in town, but he allowed he'd been cut out for solitary drinking. He never joined a church because he figured he had a lot of friends in every congregation, and he didn't want to take sides. Everybody will miss Grandpappy. He was a hard-likker-drinking, straight talking, tobacco-chewing town character that never bothered nobody; still and all, he was a friend to man, and that's more than can be said of a lot of the more respectable citizens of the community. Funeral services will be held when and if the local undertakers decide which one wants to bury him for next to nothing.

-Brighter Side, Waterloo, Iowa

LAZY BONES, TOO?

Someone has said that membership in every association is made up of four kinds of bones:

There are the wish bones who spend their time wishing someone else would do the work.

There are the jaw bones who do all the talking but very little else.

Next there are the knuckle bones, who knock everything that anyone ever tries to do.

And finally, there are the back bones who get busy and do the work.

-Alanotes, Minneapolis, Minn.

WHERE IS THAT COUNTRY WE USED TO KNOW?

In the America of yesterday you paid your debts as quickly as possible, and went without things to do so.

You disciplined your children-but disciplined yourself, first.

You spent less than you earned, and demanded your government do the same.

You went to church, your children to Sunday School, you held daily prayers-and no court would have dared to interpose any law into your private religion.

You would have been horrified at (and quick to change) men in high places who made "deals".

You expected to prosper only by doing a better and better job.

You obeyed the law-but took active enough part in government to see that the laws were just.

You "walked softly but carried a big stick".

And that was the character which brought this country to victory in three wars in your lifetime, built it back from a shattering depression, and fed and saved the civilized world.

Is there enough of it left, to do it again?

-Warner and Swasey, Cleveland, Ohio

Advertisement in News Week, June 15.1964

An irate employee went to the paymaster and carefully counted the money in his pay envelope. "It's one dollar short! What's the meaning of this!"

The paymaster checked a record sheet and, smiling broadly, replied: "Last week we overpaid you a dollar. You didn't complain about that mistake then did you?"

"An occasional mistake, I can overlook," answered the angry man, "but not two in a row!"

It's a story they're telling in Ireland-about the man who went into a little-town bank and asked to borrow 2 pounds. "What security have you?" asked the manager. "My car outside. You can keep that until I pay you back." The manager said fair enough, and gave him the money. Three weeks later when the man returned and settled his debt, the manager said, "I'd like to know-why did you borrow the 2 pounds?" The man replied: "Oh, you see, it's the cheapest way I know of parking a car for three weeks."

Lady: "How do you say 'Goodnight' in Spanish?"

Gent: "Buenas Noches".

Lady: "It's about time-I thought you'd never go."

DISTRICT OFFICE SUMMER SCHEDULE

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

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 205, Frederick Building, 2663 E. 4th St., is open weekdays from 9 am. to 5 p.m., but maintains a 24-hour telephone service which responds to calls made after the office is dosed. The telephone number is CHerry 1-7287.

ALANON GROUP MEETINGS

Alanon Answering Service — Call SU. 1-5185

- ASHTABULA—Harris Memorial W. 58 & Adams...1st & 3rd Mon., 6:30
- BROOKPARK-PARMA—Redeemer Lutheran, 6161 Smith...Mon., 8:30
- LAKEWOOD—Lakewood Presbyterian, Detroit Ave. at Marlowe Mon., 8:30
- EUCLID—Christian Church, 23001 Lake Shore Blvd Tues., 8:30
- GARFIELD HEIGHTS—Garfield Hts. City Hall, 6666 Turney, Tues., 8:30
- SUBURBAN WEST—Our Savior Luth'n Church, 20300 Hilliard, Tues., 8:30
- MAPLE HEIGHTS—Presbyterian Church, 15715 Libby Rd., Tues., 8:30
- BETHANY—Bethany Presbyterian Church, W. 65th & Clinton...Wed., 8:30
- IGNATIUS—East 91st & Harvard Ave. Wed., 8:30
- FAIRPORT HARBOR—Luther Center, Eagle st. Wed., 8:00
- ROCKPORT-16306 Triskett (1st Mtg. each mo.—Discussion, Wed., 8:00
- LORAIN AVE.—Dr. Martin Luther Church, 4470 Ridge Rd.—Thurs., 9:00
- WEST SIDE—St. Mark's Church, 16300 Puritas Road Thurs., 1:30
- E. CLEVELAND-YWCA, Lee Boulevard and Euclid... Fri., 1:30
- ROSARY HALL, Charity Hospital, E. 22 st & Central Fri., 8:30
- CHARLTON—Pilgrim Christian Church, 118 South St. Fri., 8:30
- LORAIN COUNTY—Luth. Church, 3334 Wilson, Lorain, O., Thur. 8:30
- FLYRIA, 0. Woodbury St. off Cleveland St., Sat. 9:30
- VALLEY—7100 Kinsman (2 n d & 4th Sunday) Closed Sun., 4:00

CLEVELAND AREA A A G R O W MEETINGS

MONDAY

BORTON—E. Cleveland Congrega. Church, Page and Euclid Ave. 8:30
BROOK PARK—Redeemer Lutheran Church, 6161 Smith Road, Brook Park 8:30
EARLY-EARLY—St. John's Cathedral superior entrance, Lower Sacristy 7:30
EDGE LAKE—Faith Lutheran Ch., Lakewood, Woodward & Hilliard (Wdwd. Ave. ent.) 8:30
FRIENDLY SUBURBAN—4987 Pearl 8:30
FRIENDSHIP—Blvd. Presbyterian Ch., 2466 Lake Shore Blvd., Euclid, O. 2:30
LAKEWOOD Y.W.S.—St. Peter's Episcopal, W. Clifton and Detroit 9:30
LEE MONDAY—First Presbyterian Ch., East Cleveland, Nela and Euclid 6:30
LORAIN AVE.—St. Ignatius Hall, Lorain Ave. at West Blvd. 6:30
ORCHARD GROVE—St. Mark's Church, 15305 Trisket Road 8:30
PEARL—St. Mary's Sch., 4600 State Rd. 8:30
RAMONA—9721 Ramona Blvd. 8:30
SHAKER—Christ Episcopal Church, 2446 Warrenville Center Rd. 9:00
SOUTH EAST—7626 Broadway 6:30
SUNNY MONDAY—WOMEN-713 E. Sprague Rd., off Route 21, Seven Hills 12:30
TEMPLE—Fatima Hall, 6914 Lexington 8:15
W. 25th St.—United Church of Christ, 2409 Willowdale Ave. 9:00
WOMEN'S (Westside)—West Blvd., Christian Church, Madison & W. 101st St. 8:15
ELYRIA MEN'S—St. Agnes, Lake & Dewey 8:30
 Mixed Discussion 10:00 a.m.
JEFFERSON, O. S. Joseph's Church 8:30
LEROY-BRAKEMAN—Leroy Grange Hall, Brake-man Rd. off Rte. 86—Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY, O.—Fint Presbyterian Church, 4766 Shankland Rd. e. 8:30

TUESDAY

BAINBRIDGE—Chagrin Valley Presb. Church Rt. 306, Cor. Bainbridge & Chagrin Rd. 8:30
CLARK—1917 Clark Ave. 8:30
CORLETT MIXED, Sokol Tyrs Hall 3689 E. 131st St. 8:30
EASTSIDE WOMEN—Y.M.C.A., Room 6, Lee Road at Euclid 8:15
EUCLID MORNING—Euclid Christian Ch., Lake Shore Blvd & E. 280th St. 10:30 a.m.
FAIRMOUNT—St. Paul's Episcopal, F&mount and Coventry 9:00
FAIRVIEW PARK—Fairview Grace Church, W. 224th and Lorain Ave. 8:30
FALLS—Community Church, Olmsted Falls, 7866 Main It (Columbia Rd.) 9:00
OARFIELD TUES.—Garfield Hts. City Hall, 6666 Turney Road 6:30
HUMBLE—Trinity United Brethren Church, 1289 Hayden Ave. (side entrance) 8:30
LAUREL—Brooklyn High School Cafeteria, 9490 Bidduph Rd. (Parking, W. 95th) 8:45
MAY-LYND—E. Cleveland Savings & Loan, 6816 Mayfield Road 8:30
MILES-LEE—St. Mary's Church, 4070 E. 142nd It. 6:30
NIGHT & DAY—18867 Euclid Ave. 8:30
RIVER TUESDAY—Rocky River Methodist, 19414 Detroit Road 8:30
SHOREGATE—Meth. Ch., 305 Lake Shore 9:00
SMITH-WILSON—St. Joseph's School, 9321 Orleans Ave. 6:30
SUPERIOR—North Presbyterian Church, E. 40th and Superior 6:30
TRUSTY—Cleveland House of Correction, 1000 ft. cut of House of Correction 8:00
VALLEY WOMEN'S DISCUSSION GROUP, 7100 Kinsman 7:00
WEST PARK—Puritas Lutheran Church, Puritas Ave. and W. 188th St. 8:30
ASHLAND, O. Methodist Church, Corner Cottage & Sandusky Sta. 8:00 E.S.T
ASHTABULA CONSOLIDATED—Geneva, O. Methodist Church, So. Broadway, 1st Ave 8:30
KIRTLAND, O.—Old South Ch., Rt. 306 8:30
LAKE COUNTY—Math. Fellowship Hall, Rt. 20-E. Southwood, Mentor 6:60
LORAIN CENTRAL—Lorain, O. Trinity Church 8:30
MADISON-PERRY—St. Ann's Church, Middle Ridge & Townline, Madison 6:15
MANSFIELD—Episcopal Church, 41 Bowman St. Mansfield, O. 8:30 EST
MEDINA, O.—St. Paul's Epia. Par. Hse. 8:30
STREETSBORO, O.—Methodist Church, Intersection of Rte. 14 & Rte. 48 6:30
Strongsville—Methodist Ch., 13354 Pearl 8:30

WEDNESDAY

BAXTER—St. John's School, 6826 Cable 8:30
BEDFORD—Bedford Christian Church—8:30 Morning group 10:30 a.m.
BRAINARD CIRCLE (Women's)—Trinity Ch. Brnard at Shaker & Gates Mills Blvd. 8:30
COLLINWOOD—945 E. 152nd St. 6:30
DOAN MEN—Church of the Covenant, 11205 Euclid Ave. 9:00
EASTSIDE MORNING—9606 Euclid Ave., Euclid Ave. Congre. (Side Ent.) 11 a.m.
EUCLID-WADE—13357 Euclid Ave. 8:30
GARFIELD—Pilgrim E. & R. Church, 4662 E. 131st St. 8:30

HAGUE—Grace Cong. Assembly Hall, Wet 65th and Colgate 6:30
LEE ROAD—St. Ann's Church Basement, Coventry and Cedar 0:00
LORAIN WEDNESDAY—Bosworth Road, Presbyterian Church, 8681 Bosworth 9:00
NO. OLMSTED—Epis'l Church of the Advent, 8760 Dover Ctr. Rd., north of Lorain 0:00
PARMA HEIGHTS—All Saints Episcopal Church, 8911 Ridgewood Drive 8:30
PSYCHIATRIC HOSPITAL—1703 Alken 8:30
ST. JAMES—St. James Church, E. 84th and Cedar 8:00
TWENTY-FOUR HOUR—13216 Detroit, Church of the Ascension 8:30
V. H.—Veterans Hosp., E Blvd. & E. 105. 8:00
WARRENSVILLE—Women's House Cor. 7:30
WEST SHORE—West Shore Unitarian, 20401 Hilliard Rd., Rocky River 6:30
WEST SIDE (CI&E)—Twelfth Step Club, 6804 Detroit Ave. 8:30
ASHTABULA C.Y. Women, Harris Memorial, W. 68th & Adams, 2nd & 4th Wednesday 7:30
BRUNSWICK, O.—Cuyahoga Ass'n Bldg., Route 42, So. of 803 8:30
CHESTERLAND—Methodist Church, Mayfield Rd., Rte. 822 & Rte. 806 8:30
ELYRIA, O.—St. Paul Building, Third and Middle, side entrance 6:30
FAIRPORT HARBOR—Luther Center, Eagle St., Fairport Harbor 8:00
Farm—9438 Slagle, Rte 808, Garrettsville 10:30
INTERRACIAL—80th & Wood, Lorain, O. Mt. Zion Baptist Church 8:30
LAKE COUNTY WOMEN—1st Presbyterian, 4786 Shankland Rd., Willoughby 1:00
LORAIN COUNTY WOMEN—Math. Church, Rte. 254—1 block cut of Rte. 67 8:30
MANSFIELD, O.—Park Ave. Baptist 8:30
MANTUA, O.—Mantua Christian Church 8:30
SHEFFIELD LAKE, O.—St. Thomas School, Harris Road 6:30
WICKLIFFE—Wickliffe Presbyterian Church, E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal, Church, 16887 Euclid Ave. 8:30
ANGLE—St. Malachi's, 2469 Washington 8:30
ANSEL DISCUSSION—1465 East 55th St., Newton D. Baker, Health Center 8:00
BAY WEST—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
BROADWAY—55th—Our Lady of Lourdes School Hall, 8896 E. 55th St. 6:30
BROOKLYN—St. James Lutheran Church, 4781 Broadway, cor. Maynard 8:30
COVENTRY—Fairmount Presby. Church, Scarborough and Fairmount Blvd. 6:30
CROSSROADS—St. Luke's Episcopal, W. 78th St. and Lake Avenue 9:00
EASTLAKE—Reformation Lutheran Church, 84300 Lake Shore Blvd. 6:30
EAST SHORE WOMEN—Richmond Library, 26161 Euclid Ave., Euclid, O. 8:15
GARDEN VALLEY—(Outhwaite), 7100 Kinsman Ave. 6:00
GOLDEN GATE WOMEN—Activities Center So. Euclid Meth. Ch., 1564 SO. Green Rd. 8:30
INDEPENDENCE—Presbyterian Church, 6624 Public Square 9:00
LORAIN AVE., THURSDAY—4470 Ridge Rd., Dr. Martin Luther Church 9:00
NIGHT & DAY—13867 Euclid Ave. -11 A.M.
NORTH RANDALL—Village Hall, 21937 Miles Ave. 8:00
ROCKY RIVER—Rockport Methodist Church, 8810 Wooster Road 8:00
ST. CLAIR—Nottingham Methodist Church, St. Clair & Melville 8:30
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
WEST SIDE MORNING—W. 98th & Denison, Hungarian Lutheran Church 11 A.M.
AMHERST, O.—St. Peter's Church 8:30
ASHLAND—St. Matthew's Episcopal Church, Steamtown Rd., & Millfin Ave. 8:00
ASHTABULA HARBOR—Bethany Luth'n Ch. Penn Ave., between W. 9 and W. 10 8:30
BEREA—Fine Arts Bldg., East Bagley Rd. Three doors east of Eastland 9:00
ELYRIA—St. Agnes Sch., Lake & Dewey 8:30
NEIGHBORHOOD—112 E. 19, Lorain, 10 a.m.
MAPLE LEAF—Congregational Church, Fellowship Hall, Burton, Ohio 8:30
PAINESVILLE—Congregational Church, Educ. Bldg., Mentor Ave., Peville 8:30
WILLARD, O.—United Bank Bldg. 8:30

FRIDAY

BROADWAY-HARVARD—8487 B'way 8:30
CEDAR—Salvation Army, 6006 Euclid 8:15
CHARITY—Amphitheatre, 6th Floor, St. Vincent's Charity Hospital 8:30
CLEVELAND WOMEN—426 Term. Twr. 6:00
EUCLID—FRIDAY—Epiphany Church, Lake Shore & East 210th St. 9:00
FRIDAY P.M.—WOMEN—Plymouth Church, Krumbine Room, Coventry & Drexmore 1:00
GORDON SQUARE—West Blvd. Christian Church, Madison & W. 101st St. 8:30
HEIGHTS—Closed Discussion, Christian Church, Van Aken & Avalon (rear) 8:30

MEETINGS

HUDSON, O.—Cloned meetings, Christ Church, 21 Aurora 6:30
LEE ROAD—America's Legion Hall, Pat 168, 16644 Euclid Ave. 0:00
NORTH EAST-Town House Motel, 15661 Euclid Ave. a.m.
PARMATOWN MEN—Assembly Room, Parma Community Hospital 8:30
POSTOFFICE—4079A, Main Postoffice 8:00
SOLIDARITY—Friendly Inn Settlement, 2382 Unwin Rd., (off Quincy Ave.) 8:30
STELLA MARIS MIXED, 1620 Washington Ave. 8:15
WEST CLIFTON—Lkwd. Congregational Church, 1876 W. Clifton Road 9:00
AVON LAKE—Fint Congregational Church, 62801 Electric Boulevard 6:30
BEREA—Social room of Berea Cong. Church, Seminary and Church-- 8:30
CHAGRIN FALLS—Federated Churches, 76 Bell Street 0:00
CHARDON—Pilgrim Christian Church, 118 South Street, Chardon O. 8:30
CONNEAUT, J.C. Hall, 238 Main (upstairs) 8:30
MANSFIELD—Baptist Church, 296 Park Ave. West, cor. Benton St. & Park Ave. W. 8:30
WELLINGTON—St. Patrick's Catholic Church, No. Main St., Wellington, O. 6:30

SATURDAY

BAY VIEW—Bay View Hospital, 23200 Lake Ave., Bay Village 6:30
FOREST CITY—8126 Broadview Rd. 9:00
L.S.L.—17600 Broadway 8:30
LANDER CIRCLE—Garfield Mem. Methodist, Cor. Lander Rd. and Euclid 422 9:00
LEAGUE PARK—Teamster's Hall, 2076 E. 22nd St. at Carnegie 8:00
LEECE-NEVILLE—1874 E. 51st St. 7:00
LEE-SEVILLE—New Home Baptist Church, Seville & Sunview Ave. 8:00
LIBERTY—945 E. 152nd St. 9:00
MAPLE HTS.—Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—Windermer Presby. Ch., 14112 Euclid Ave. at Windermer 8:30
MEMPHIS—Lakewood Congregational Ch., 1875 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams Bldg., Entrance at 4455 Turney Rd. 7:30
NIGHT & DAY—13857 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES, 1147 E. 55th St., at Shore Drive 9:00
PLAINS—Plains Methodist Ch., Mentor, O., Rte. 806 and 283, Mentor, O. 9:00
PARMA—Third Federal Savings & Loan, 5950 Ridge Road 8:45
REDWOOD—Euclid Lutheran Church, E. 260th and Oriole 8:30
SOBRIETY—St. Mark's Ch., 15300 Puritas 9:00
TRINITY—Trinity Evangelical Church, 3525 W. 25th St. 8:30
VALLEY VIEW—Pilgrim Congr. Church, 2692 W. 14th. cor. Starkweather 0:00
ASHTABULA, O.—St. Peter's Epia. Church, Main Avenue at South Park 8:30
ELYRIA—164 Woodbury St. 8:30
LORAIN SATNITE—7th and Reed St., St. Mary's Church Basement 6:30
MANSFIELD—20½ S. Park 8:00 EST

SUNDAY

BEDFORD HEIGHTS—Village Hall, 6661 Perkins Rd., Bedford Heights 7:30
BOLIVAR-NINTH, Dallas Hotel 12 Noon
BROOKSIDE—Blessed Sacrament Church, Stor and Fulton (downstairs) 6:30
C.A.H.—1887 Euclid Ave. 8:30
COLLINWOOD—945 E. 152nd St. 7:30
DETROIT SUNDAY—8804 Detroit Ave. 7:30
DISCUSSION—6700 Detroit Ave. 7:00
GARDEN VALLEY—Outhwaite, 7100 Kinsman Arc. 4:30
GRATEFUL—St. James Lutheran Church, 1424 Hayden, near Shaw 2:00
LAKEWOOD ARMORY, 1487 Wayne Ave., South of Detroit 9:00
MARSHALL—6200 Mayfield East entr. 8:00
MEDINA, O.—St. Paul Episc. Church 8:00
MISTLETOE—St. John's Cathedral, lower sacristy, E. 9th & Superior (Sup'r ent.) 7:00
NEWBURGH—St. Catherine's Church, 8445 E. 93rd St. 8:30
PURITAS—Church of the Ascension, 14040 Puritas Ave. 8:30
SOUTHWEST SUNDAY—390 Fair St., Board of Education Bldg., Berea, O. 8:30
Superior Stag—2028½ E. 105th 11:00 a.m.
TRUSTY—Cleveland House of Correction, 1000 ft. east of House of Correction 5:00
WARRENSVILLE—Cooley Farms, Recreation Room 10 A.M.
YOUR—Euclid Community House, 240 Briardale 7:15
AVON CENTRAL—Basement Central Bank, 36690 Detroit Rd., Avon, O. 8:00
Axtel Twilight—Rte. 60, Axtel, O. 7:30
GENEVA, O.—Episc. Ch., 68 So. Eagle 7:30
LORAIN COUNTY CONSOLIDATED, St. John's Sch., 31 & Rt. 57, Lorain 7:30
MANSFIELD, O.—204 S. Park 8:00 EST
MENTOR HEADLANDS—St. Mary's Church, Route 20 & Hart Ave. 8:00



PUBLISHED BY

CENTRAL BULLETIN FOUNDATION, INC.

VOL. XXIII-No. 11

Box 6712 CLEVELAND, OHIO 44101

WORDS

Words are tools. Some of us have more tools than others. Some are more skilled than others in the use of the tools they have.

Once I left a banquet where an eloquent speech had just been made. I commented on its excellence and my companion said, "Yes, Jim always was a spellbinder but when you think about it he didn't say very much tonight." Here had been a man with a rich store of words which he had proudly exhibited. His fatal mistake had been that in showing off his tools to their best advantage, he had built nothing with them.

The moment that we move into high sounding phrases we are worshipping our tools. Empty words are rare in our way of life simply because we have so very much to say. Accordingly, words assume their rightful place as a means of expression. But words are not our only tools of communication. All of us know someone who through a simple expression and a touch of the hand can bring a comfort and understanding which no words could describe. A mountain of man on whose shoulders I used to cry with frequency during my early days, would put his arm about me and say, "I know just how you feel, and I feel with you, I really do." In some strange way I knew that he really did.

Then we have the example of many first leads. More often than not they are genuinely inspiring, despite groping for the word which is never found. The eagerness, sincerity, humility and depth of gratitude for which no words would suffice anyway, all serve to provide an eloquence that no oratory could ever achieve.

In leading meetings, some of us never make the same lead twice. Others have what might be called "a good, solid pat. lead," which they deliver over and over again. No criticism should be leveled at either group. One has found a recipe which results in a good product. The others like to vary the menu by trying different recipes. The danger lies in not using a recipe at all. For nothing any of us will ever say or write, will constitute a new truth. There is nothing new except that which has been forgotten.

Truth is ageless and has been expressed since the beginning of time by master word weaving which exceeds the skill of any of us. In connection with the common problem we try to solve together, none of us will devise pearls of wisdom that will endure as will the Big Book, the Twelve Steps, or the Twelve Traditions. So if you are looking for something entirely new, this is the wrong place. Look elsewhere.

If this column can occasionally remind you of an old truth that you have mislaid, or perhaps express an old truth in a new dress of words which brings greater understanding, then it will have been a phenomenal success. The responsibility of regular writing for this Fellowship is sometimes frightening. The most alarming aspect is the possibility that somebody may say, and rightfully so, "words, words, nothing but words."

Let us not become tool worshippers.

Learn from the mistakes of others. You can't live long enough to make them all yourself.

AT THE CROSSROADS

Usually when a man calls A.A. for help with his drinking problem, he is standing at the crossroads of his life and he does not know which road to take, so in desperation he calls for help. But A.A. can only show him the direction which he should take and give him a road map.

As a practicing alcoholic he has only one choice, but when he calls for help, he is given two choices. He can take the road on the right that will take him to the hill tops of human brotherhood where he can take life in all of its manifestations and nourish his soul with the milk of human kindness. Or he can take the road on the left and go down to an even lower plain where manhood behind broken homes and shattered dreams, where the possessions rot the possessor and the cries of despair can be heard.

The allurements of the bottle will always be present. But, here again, A.A. gives him two choices. He is free to choose the Twelve Steps to a new way of life and ascend the ladder of spiritual and moral regeneration where the welfare of every human soul is of supreme value. Or he can choose the bottle to dull his brain down to the level of an idiot and shackle himself to his own greed and craving until he becomes the victim of its brutality.

The temptation of the blinking neon light will always be before him. Here again, A.A. offers him two choices. He can follow the light of the slow rising sun to a new life that can withstand the storm and the tumult of temptation. A light that will lead him out of the valley of useless drifting and wasted indulgence to an earnest and noble purpose. Or he can choose the blinking light where men

pay a terrific price for counterfeit pleasures. Where virtue and chastity is sold for a price of a drink, where love and peace is exchanged for spiritual poverty and physical decay.

"The Kingdom of God is within us, and so is the Kingdom of Hell! We must make our own CHOICE."

The above thoughts are not a product of your editor's, though he definitely is in complete agreement with the writer of it. The article appeared in the current issue of Akron's Inter-Group News and in our opinion, deserves wide circulation.

We don't know the extent of their coverage in the county, state or country, but we do believe it should be read by every member in A.A., because of its clarity of thought and a down-to-earth, man-to-man offer of choice.

Every A.A. member, in our opinion, should re-examine his attitude on "carrying the message to other alcoholics." Having received a gift of sobriety with all its material and spiritual benefits? certainly he'd be an ingrate not to be willing and anxious to share it with others.

Just attending meetings regularly and just listening, isn't enough, the new member is handed a set of "tools" and shown how to use them. If he puts them away in the basement and doesn't even try to use them, they'll soon rust and lose their effectiveness, and the old urge to "be one of the boys" will again assert itself.

Paradoxically, the only way you can keep this program of A.A. is to share it! Give it away! The more you give the more you will have!

**It's better to lift
your spirits with
a prayer than
with your elbow.**

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 23

August, 1965

No. 11

MILL ENDS AND REMNANTS

The best in life

A perceptive person discriminates between what the herd approves and what he himself has set his mind upon as being valuable. To such a person most of the pleasures which are run after by mankind are superfluous, or even a trouble and a burden.

Discrimination means to prefer the best. It takes account of what may be, rather than what is. It looks for possibilities. It has learned to scorn mediocrity and things that are shoddy by becoming acquainted with the best. This is easy to do. Whether your interest is in poetry, science or business, there is available to you the opportunity to make yourself familiar with the first-rate of all time.

Everything else in your life is relative to the thing you choose as your measure of success, so let it be nothing small.

When you are striving for money, position, or power, you have many competitors, but when you are developing your own personality so as to get the most out of life you have no outside competition. The chief good you seek is something which is your own, not easily taken from you.

We can add very much to our happiness, said a great German philosopher, by a timely recognition of the simple truth that every man's chief and real existence is in his own skin and not in other people's opinions. We need the courage to be what we are, and to follow the course we have mapped out.

All of this presupposes activity of thought. This is different from gathering scraps of fact or amassing technical detail. It implies the possession of an ideal against which to measure critically the value of things.

A good question to ask once in a while is this: "How close am I to what I should expect to be at this stage?" It brings your thinking to a point. It reminds you that though there is no reason why every man cannot grasp all the happiness of which he is capable, he has to keep reaching.

This is another of the series of Essays from the Royal Bank of Canada Letter.

It points up that ours is a thinking program, by George!

AN EXPENSIVE DOOR

One day a man was measuring the door of a saloon with a yardstick.

Facing the crowd who gathered around him, he said: "That door is only two yards high, and one yard wide, still my house went through that door. I had a farm; it went through that door also. I had horses and cows, they went through it. I had a wife and family, they went through it. I was strong and healthy, but lost both through that door. While I was young, I had reputation; today, nobody trusts me — they say, "He is a drunkard." I lost my honor through that door." —*Author Unknown*

Some alcoholics carry their own stumbling block with them. They only camouflage it with their hat.

A WONDERFUL CONVENTION

The Thirtieth Anniversary of Alcoholics Anonymous attracted 12,000 to 13,000 members and mates from such far away places as Finland, Ireland, Scotland, Mexico and Australia, truly an unforgettable experience for those of us who were fortunate enough to attend.

The well-selected sneakers at each of the many sessions all had a packed audience and deserved the ovations they received. Of course, the occasion none of a crowd of about 13,000 who attended the meeting at which Founder Bill W. spoke so eloquently, will ever forget his vital message which he gave in the immense Maple Leaf Garden.

The long standing ovation he received was definitely merited.

Ohio was well represented, not only in members, but also on the program. Our ex-General Service Delegate, George M., Edgelake, Old Timer, Tom V., Parma, Henry W., world-traveler and Euclid-Wade member, and Bruce M., Akron were on important panels and "did themselves proud." An amazing number of Ohioans attended, particularly from the Northeastern area.

This Convention will long remain in our memory.

SHADOWS AND SUBSTANCE

Recently there has been a discussion which ended in an argument about the correct presentation of the A.A. program to the problem drinker who is attending his first A.A. meeting. It has been debated that some speakers are too long winded, some too brief, some too humorous, while others were unsuited because they lacked the proper vocabulary.

Worthy though their aim may seem, in our opinion, we think these planners are overshooting the mark in their enthusiasm and missing the real target of presenting our program, which is plain unvarnished sobriety. Why should we spend time dressing the A.A.'s priceless gift in seductive garb to make it more palatable for the new man or woman? After all, we all agree that the only requirement for the contract is a desire for sobriety. Experience shows that anyone who honestly wants sobriety will not quibble about the way it is groomed, but will accept it with gratitude. If he doesn't want sobriety, nothing that we can say or do will stop him from drinking.

Opinions on the outside don't mean a bit to the man or woman with a drinking problem. A.A. is the one place where the past can be left where it rightly belongs, "To the Past." How can it matter who carries the message — whether it be a doctor or a common laborer — whether it be an accomplished orator, a veritable Demosthenes, eloquently charming his audience. The only thing that is required from any speaker is honesty and sincerity. The speaker who remembers that will contribute something to all of his listeners including the problem drinker. —*Harry S., Chicago, Illinois*

BIG SISTERS IN A.A.

A dedicated Columbus, Ohio, man and wife, Jack and Joan D., will speak at the Y.O.U.R. group meeting in a joint lead at 7:15 P.M., Sunday, August 1st.

But at 6:00 P.M. Joan, a very active member of the Big Sisters of A.A. will give a short talk on their work in rehabilitating women leaving Correctional Institutions after having served their sentences. Most have no place to go to and like men in like circumstances who aroused the compassion of men in Columbus who formed Big Brothers of A.A. years ago and who were strikingly successful in rehabilitating hundreds of men who have become good, sober citizens.

Lew N., Secretary of Y.O.U.R. hopes that men and women in the Cleveland area will be interested at least to hear Joan D., at 6 P.M. She hopes that her talk will stimulate interest among women to start a Big Sisters of A.A. Committee in the vast Cleveland area.

Russell J. Hines, a long time member of the Lake Shore and Edgelake groups passed away on July 2 after a long illness. Surviving him is his wife Helen, to whom we offer our sincere condolences.

WHEN WILL WE BEGIN?

Many of us live as if we wondered when life was going to begin. It isn't always clear just what we are waiting for, but we persist in waiting so chronically that life slips by — finding us still waiting for something that has been going on all the time. There are fathers waiting until other obligations are less demanding to become acquainted with their sons. But one of these days, these sons are going to grow up and go out into the world, and the best years for knowing them may also be gone. There are mothers who, at the earliest convenience, sincerely intend to be more attentive to their daughters and be more companionable. But time passes, distance widens, and children grow up and drift away.

There are old friends who are going to enjoy each other more, but the years move on. There are husbands and wives who are going to be more understanding and more considerate. However, time does not draw people closer. There are men who are going to give up bad habits. There are people who are going to eat more wisely. There are those who are going to live within their means. There are those who are going to take more interest in their home, town and government — but when?

There is no reason to doubt all such good intentions, but when in the world are we going to begin to live as if we understood that this is life. This is our time, our day, our generation. Heaven and the hereafter will have its own opportunities and occupations. This is the life in which the work of this life is to be done. This is what we came here for, even if it isn't what we think it ought to be. This is it — whether we are thrilled or disappointed, busy or bored. This is life, and it is passing. What are we waiting for?
R. H., Sioux City, Iowa

CLIQUE

Recently, I received word that our group is run by a clique. So, I was concerned with this dangerous situation and decided to investigate. However, after considerable discussion with our loyal members and a complete investigation, this is what we found.

First of all, this report is TRUE. Furthermore, we found that the clique is composed of faithful and loyal members who are only interested in the group and A.A. as a whole. They are present at every meeting and accept responsibilities cheerfully. They contribute generously of their time, effort and materially to carry the message to other alcoholics. They are grateful to A.A. for their sobriety and they show their gratitude with action rather than lip service. Thus, we can honestly report that there is no question that the group and A.A. is run by a clique of enthusiastic and responsible men and women.

To correct the situation, we recommend that more members join the clique. You do not have to have any signatures of recommendation or show any credentials. The only requirement for membership in the clique is that you attend every meeting that you can, help to make your group one of the best groups in your area, and you will find yourself in the clique. Before you realize it, others will be talking about you belonging to a clique, but you will be glad that you are in it.

Inter-Group News, Akron, O.

THIRTEEN IS NO HOOD00

We received an interesting letter from A.B.J., of Orange City, Florida which we believe is novel enough to share. Following is a part of his letter:

"I am the thirteenth child, was married on the 13th; we sold our home in Cleveland on the 13th; our lot number in Florida is #113. I was operated on five years ago and have a 13-inch incision. My nephew's son was born on the 13th. My brother-in-law in Sanford, Fla., was buried on the 13th and finally, on our visit to Cleveland, our bus number happened to be No. 1313!"

Who sez thirteen is unlucky? Not this member of A.A.!

Usually the first screw that gets loose in a drunk's head is the one that controls his tongue.

DATES TO REMEMBER

July 31—Eighteenth Anniversary of the Parma group in Parma Memorial Hall, Ridge Road and Ridgewood Drive with guest speaker William (Bill) W., of Salem, Ohio as guest speaker.

August 1—Annual AA Picnic, sponsored by eight groups will be held in Brecksville Metropolitan Park from 8 a.m. to midnight. Everyone welcome.

August 4—The Eighth Anniversary of the Parma Heights group will be held in All Saints Episcopal Church at 8:30 p.m. Guest speakers are Harry D., Edgelake and Jim D., Independence.

August 7—The Nineteenth Anniversary of the Valley View group will be held in Pilgrim Congregational Church at 9:00 p.m.

August 8—Collinwood and Liberty groups' Annual Picnic will be held in the Eagles Picnic Grounds, 37299 Euclid ave., 10 A.M. to 9 P.M. At this family basket picnic you are privileged to bring your friends and relations. Grand Drawing—Cash Prizes—Ball Games—Contests—Races!

August 14—The Nineteenth Anniversary of the St. James group will be held in St. James Church, East 84th and Cedar at 8:00 p.m.

August 14—Newburgh Annual Picnic in Brecksville Reservation Trailside Museum. Off Route 82 and East of Route 21, 10 A.M. to 10 P.M. Drawings at 6:30 P.M., with \$100 first prize and \$50 second prize. Winner need not be present. Plenty of refreshments and fun.

August 27—The Twenty-Fifth Anniversary of the Berea-Friday group will be held in Berea Congregational Church, corner Seminary and Church Sts., at 8:30 p.m.

A.A. IN REVERSE

When we were drinking, we unconsciously used a version of the twelve steps — but in reverse such as:

We admitted we had power over alcohol, and that our WIVES had become unmanageable.

Came to believe that another Fifth, could restore us to sanity.

Made a decision to stop drinking until the next time.

Made a searching inventory of our finances for the price of another bottle.

Admitted to others that we were always misunderstood, by our employers and family.

We were always ready to defend our drinking with lengthy excuses.

With our alcoholic thinking, we asked people to remove themselves, their advice and their own shortcomings.

Made a mental note of all people who would buy us a drink, and became friendly with them all.

Made direct amends to these people by allowing them to buy us additional drinks.

Continued to take inventory of the people that advised us, and promptly admitted they were wrong.

Sought through alcohol to improve our drinking and selfish pleasures.

Having had many awakenings with alcoholic spirits, we thought we'd further use the booze, in all our life, and in all our affairs.
Bill F., Ft. Lauderdale, Fla.

ALANON GROUP MEETINGS

Alanon Answering Service — Call SU. 1-5185

- ASHTABULA—Harris Memorial W. 68 & Adams 1st & 3rd Mon., 8:30
- BROOKPARK-PARMA-Redeemer Lutheran, 6151 Smith Mon., 8:30
- LAKEWOOD—Lakewood Presbyterian, Detroit Ave. at Marlowe Mon., 8:30
- EUCLID-Christian Church, 28001 Lake Shore Blvd. Tues., 8:30
- GARFIELD HEIGHTS—Garfield Hts. City Hall, 5555 Turney, Tues., 8:30
- SUBURBAN WEST-Our Savior Luth'n Church, 20300 Hilliard, Tues., 8:30
- MAPLE HEIGHTS-Presbyterian Church, 13715 Libby Rd. Tues., 8:30
- BETHANY—Bethany Presbyterian Church, W. 65th & Clinton Wed., 8:30
- IGNATIA-East 91st & Harvard Ave. Wed., 8:30
- FAIRPORT HARBOR-Luther Center, Eagle st. Wed., 8:00
- ROCKPORT- Triskett (1st Mtg. each ma-Discussion, Wed. 9:00
- LORAIN AVE-Dr. Martin Luther Church, 4470 Ridge Rd. Thurs., 8:00
- WEST SIDE—St. Mark's Church, 16300 Puritas Road Thurs., 8:30
- ROSAIR HALL-Charity Hospital, E. 22nd and Central Fri., 8:30
- E. CLEVELAND—YWCA, Lee Boulevard and Euclid Fri., 1:30
- CHARDON—Pilgrim Christian Church, 113 South St. Fri., 8:30
- LORAIN COUNTY-Luth. Church, 8334 Wilson Lorain, O., Thur. 8:30
- ELYRIA, O. Woodbury St. off Cleveland St., Sat., 8:30
- VALLEY-7100 Kinsman (2nd & 4th Sunday) Closed. Suc. 4:00

CLEVELAND AREA A A GROUP MEETINGS

MONDAY

BORTON—E. Cleveland Congrega. Church,
Page and Euclid Ave. 8:30
BROOK PARK—Redeemer Lutheran Church,
6161 Smith Road, Brook Park 8:30
EARLY-EARLY—St. John's Cathedral
Superior entrance, Lower Sacristy 7:30
EDGE LAKE—Faith Lutheran Ch., Lakewood,
Woodward & Hilliard (Wdward, Ave. ent.) 8:30
FRIENDLY SUBURBAN—6037 Pearl 6:30
FRIENDSHIP—Blvd. Presbyterian Ch.,
24690 Lake Shore Blvd., Euclid, O. 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal,
W. Clifton and Detroit 9:00
LEE MONDAY—First Presbyterian Ch.,
Ent. Cleveland, Nela and Euclid 8:30
LORAIN AVE.—St. Ignatius Hall,
Lorain Ave. at West Blvd. 8:30
ORCHARD GROVE—St. Mark's Church,
16806 Trinket Road 8:30
PEARL—St. Mary's Sch., 4600 State Rd. 8:30
RAMONA—9721 Ramona Blvd. 8:30
SHAKER—Christ Episcopal Church,
Warrensvillinter Be 9:00
@ & % **EAST**—7526 Broadway 8:30
SUNNY MONDAY WOMEN—718 E. Sprague
Rd., off Route 21, Seven Hills 12:30
TEMPLE—Fatima Hall, 6914 Lexington St. 15
W. 26th St.-United Church of Christ,
2409 Willowdale Ave. 9:00
WOMEN'S (Westside)—West Blvd., Christian
Church, Madison & W. 101st St. 8:15
ELYRIA MEN—St. Agnes, Lake & Dewey 8:30
Mixed Discussion 10:00 a.m.
JEFFERSON, O.—St. Joseph's Church 8:30
LEROY-BRAKEMAN—Leroy Grange Hall
Brakeman Rd. off Rte. 86—Painesville 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY, O.—First Presbyterian
Church, 4785 Shankland Rd. 8:30

TUESDAY

BAINBRIDGE—Chagrin Valley Presb. Church
Bt. 306, cor. Bainbridge & Chagrin Rd., 8:30
CLARK—1917 Clark Ave. 8:50
CORLETT MIXED—Sokol Tyrs Hall
3689 E. 131st St. 8:30
EASTSIDE WOMEN—Y.Y.C.A., Boom 6,
Lee Road at Euclid 8:15
Tues., EATON-750 E. 140th St. 8:00
EUCLID MORNING—Euclid Christian Ch.,
Lake Shore Blvd & E. 280th St. 10:30 P.m.
FAIRMOUNT—St. Paul's Episcopal,
Fairmount and Coventry 9:00
FAIRVIEW PARK—Fairview Grace
Church, W. 224th and Lorain Ave. 8:30
FALLS—Community Church, Olmsted Falls,
7553 Main St. (Columbia Rd.) 9:00
GARFIELD TUES.—Garfield Hts. Civ. Hall
5555 Turney Road 8:30
HUMBLE—Trinity United Brethren Church,
1289 Hayden Ave., (side entrance) 8:30
LAUREL-BROOKLYN High School Cafeteria,
9400 Biddulph Rd. (Parking, W. 96th) 8:45
MAY-LYND-B. Cleveland Savings & Loan,
6816 Mayfield Road 8:30
MILES-LEE—St. Mary's Church,
4010 E. 142nd St. 8:30
NIGHT & DAY—18867 Euclid Ave. 8:30
RIVER TUESDAY—Rocky River Methodist,
19414 Detroit Road 8:30
Tues., SHOREGATE—Shoregate Meth. Church
30500 Lake Shore Blvd. 9:00
SMITH-WILSON—St. Joseph's School,
9821 Orleans Ave. 8:30
SUPERIOR—North Presbyterian Church,
E. 40th and Superior 8:30
TRUSTY—Cleveland House of Correction,
1000 ft. east of House of Correction 8:00
VALLEY WOMEN'S DISCUSSION GROUP,
7100 Kinsman 7:00
WEST PARK—Puritas Lutheran Church,
Puritas Ave. and W. 188th St. 8:30
ASHLAND, O.—Methodist Church
Corner Cottage & Sandusky Sts. 8:00 E.S.T.
ASHTABULA CONSOLIDATED—Genera. O.
Methodist Church, So. Broadway, let Tue 8:30
KIBTLAND, O.—Old South Ch. Bt. 806. 8:30
LAKE COUNTY—Math. Fellowship Hall,
Bt. 20-E. Southwood, Mentor 8:30
LORAIN CENTRAL—Lorain, O.,
Trinity Church 8:30
MADISON-PERRY—St. Ann's Church
Middle Ridge & Townline, Madison 6:15
MANSFIELD—Episcopal Church,
45 Bowman St. Mansfield, O. 8:30 EST
MEDINA, O.—St. Paul's Epb. Par. Hse. 8:30
Strongsville—Methodist Ch., 13364 Pearl 8:30

WEDNESDAY

BAXTER—St. John's School, 6826 Cable 8:30
BEDFORD-BEDFORD—Christian Church 8:30
Morning group 10:30 a.m.
BRAINARD CIRCLE (Women's)—Trinity Ch.,
Brainard at Shaker & Gates Mills Blvd. 8:30
COLLINSWOOD—945 E. 162nd St. 8:30
DOAN MEN—Church of the Covenant
11206 Euclid Ave. 9:00
EASTSIDE MORNING—9606 Euclid Ave.,
Euclid Ave. Congre. (Side Ent) 11 a.m.
EUCLID-WADE—13887 Euclid Ave. 8:30
GARFIELD—Pilgrim E & B. Church,
4592 E. 131st St. 8:30

HAGUE-Grace Cong. Assembly Hall,
West 65th and Cate 8:30
LEE ROAD—St. Ann's Church Basement,
Coventry and Cedar 9:00
LOBAIN WEDNESDAY-Bosworth Road,
Presbyterian Church, 8631 Bosworth 9:00
NO. OLMSTED—Epb'l Church of the Advent
8760 Dover Ctr. Rd. north of Lorain 9:00
PARMA HEIGHTS—All Saints Episcopal
Church, 8911 Ridgewood Drive 8:30
PSYCHIATRIC HOSPITAL—1708 Aiken 8:30
ST. JAMES—St. James Church,
E. 84th and Cedar 8:00
TWENTY-FOUR HOUR—13216 Detroit,
Church of the Ascension 8:30
V. H.—Veterans Hosp., E. Blvd. & E. 106. 8:00
WARRENSVILLE—Women's House Cor. 7:30
WEST SHORE—West Shore Unitarian,
20401 Hilliard Rd., Rocky River 8:30
WEST SIDE (Closed)—Twelfth Step Club
8804 Detroit Ave. 8:30
ASHTABULA CY Women, Harris Memorial
W. 68th & Adams, 2nd & 4th Wednesday 7:30
BRUNSWICK, O.—Cuyahoga Ass'n Bldg.,
Route 42, So. of 302 8:30
CHESTERLAND—Methodist Church
Mayfield Rd., Rte. 822 & Rte. 306 --- 8:30
ELYRIA, O.—St. Paul Building,
Third and Middle, side entrance 8:30
FAIRPORT HARBOR—Luther Center,
Eagle St., Fairport Harbor 8:00
Farm-3438 Slagle, Rte 303, Garrettsville 10:30
INTERACIAL—30th & Wood, Lorain, O.,
Mt. Zion Baptist Church 8:30
LAKE COUNTY WOMEN—1st Presbyterian,
4786 Shankland Rd., Willoughby 1:00
LOBAIN COUNTY WOMEN—Meth. Church,
Rte. 254—1 block east of Rte. 67 8:30
MANSFIELD, O.—Park Ave. Baptist 8:30
MANVA, O.—Mantua Christian Church 8:30
SHEFFIELD LAKE, O.—St. Thomas
School, Harris Road 8:30
WICKLIFFE—Wickliffe Presbyterian Church,
E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal,
Church, 18387 Euclid Ave. 8:30
ANGLE—St. Malachi's, 2459 Washington 8:30
ANSEL DISCUSSION—1465 East 55th St.
Newton D. Baker, Health Center 8:00
BAY WEST—Church of the Redeemer,
23500 Center Ridge Rd., Westlake 8:30
BROADWAY—55th—Our Lady of Lourdes
School Hall, 3898 E. 55th St. 8:30
BROOKLYN—St. James Lutheran Church,
4781 Broadview, cor. Maynard 8:30
COVENTRY—Fairmount Presby. Church,
Thurs., Scarborough and Fairmount 8:45
CROSSROADS—St. Luke's Episcopal,
W. 78th St. and Lake Avenue 9:00
EASTLAKE—Reformation Lutheran Church,
84300 Lake Shore Blvd. 9:00
EAST SHORE WOMEN—Richmond Library,
26151 Euclid Ave., Euclid, O. 8:15
GARDEN VALLEY (Outhwaite) 8:00
7100 Kinsman Ave. 8:00
GOLDEN GATE WOMEN—Activities Center
So. Euclid Meth. Ch., 154 So. Green Rd. 9:30
INDEPENDENCE—Presbyterian Church
6624 Public Square 9:00
LORAIN AVE., THURSDAY—4470 Ridge Rd.
Dr. Martin Luther Church 9:00
NIGHT & DAY—13857 Euclid Ave. 11 A.M.
NORTH RANDALL—Village Hall,
21937 Miles Ave. 8:00
ROCKY RIVER—Rockport Methodist
Church, 3310 Wooster Road 9:00
ST. CLAIR—Nottingham Methodist Church
St. Clair & Melville 8:30
TRUSTY—Cleveland House of Correction,
1000 ft. east of House of Correction 8:00
WEST SIDE MORNING—W. 98th & Denison,
Hungarian Lutheran Church 11 A.M.
AMHERST, O.—St. Peter's Church 8:30
ASHLAND—St. Matthew's Episcopal Church
Steamtown Rd., & Mifflin Ave. 8:00
ASHTABULA HARBOR—Bethany Luth'n Ch.
Penn. Ave., between W. 9 and W. 10. 8:30
BEREA—Fine Arts Bldg., East Bagley Rd.
Three doors east of Eastland 9:00
ELYRIA—St. Agnes Sch., Lake & Dewey 8:30
NEIGHBORHOOD 112 E. 19, Lorain, 10 a.m.
MAPLE LEAF—Congregational Church,
Fellowship Hall, Burton, Ohio 8:30
PAINESVILLE—Congregational Church,
Educ. Bldg., Mentor Ave., Penville 8:30
WILLARD, O.—United Bank Bldg. 8:30

FRIDAY

Fri., BOB GANDER CLUB—3437 B'way 8:30
CEDAR-Salvation Army, 6006 Euclid 8:15
CHARITY—Amphitheaters, 6th Floor.
St. Vincent's Charity Hospital 8:30
CLEVELAND WOMEN—426 Term. Twr. 6:00
EUCLID FRIDAY—Epiphany Church,
Lake Shore & East 210th St. 9:00
FRIDAY P.M. WOMEN—Plymouth Church
Krumble Boom, Coventry & Drexmore 1:00
GORDON SQUARE—West Blvd. Christian
Church, Madison & W. 101st St. 8:30
HEIGHTS—Closed Discussion, Christian
Church, Van Aken & Avalon (rear) 8:30

HUDSON, O.—Closed meetings.
Christ Church, 21 Aurora 8:30
NORTH EAST-Tow' House Motel,
16661 Euclid Ave. 8:30
PABMATOWN MEN—Assembly Boom
Parma Community Hospital 8:00
POSTOFFICE—4079A, Main Postoffice 8:30
SOLIDARITY-Friendly Inn Settlement,
2382 Unwin Rd. (off Quincy Ave.) 8:30
STELLA MABIS MIXED
1820 Washington Ave. 8:15
WEST CLIFTON-Lkwd. Congregational
Church, 1375 W. Clifton Road 9:00
AVON LAKE—First Congregational Church,
32301 Electric Boulevard 8:30
BEBEA—Social room of Berea Cong.
Church, Seminary and Church 8:30
CHAGRIN FALLS-Federated Churches,
76 Bell Street 9:00
CHABDON—Pilgrim Christian Church,
113 South Street, Chardon, O. 8:30
CONNEAUT, J.C. Hall, 238 Main (upstairs) 8:30
MANSFIELD-Baptist Church, 296 Park Ave.
West, cor. Benton St. & Park Ave. W. 8:30
WELLINGTON-St. Patrick's Catholic
Church, No. Main St., Wellington, O. 8:30

SATURDAY

BAY VIEW—Bay View Hospital,
23200 Lake Ave., Bay Village 8:30
FOREST CITY—2125 Broadway Rd. 9:00
L.S.I.—17600 Broadway 8:30
LANDER CIRCLE—Garfield Mem. Methodist,
Cor. Lander Rd. and Route 422 9:00
LEAGUE PARK—Teamster's Hall,
2076 E. 22nd St. at Carnegie 9:00
LEECE-NEVILLE—1374 E. 51st St. 7:00
LEE-SEVILLE—New Home Baptist Church,
Seville & Sunview Ave. 8:00
LIBERTY—945 E. 152nd St. 9:00
MAPLE HTS.—Luth. Church of Covenant,
19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—Widerners Presby. Ch.,
14112 Euclid Ave. at Widerners 8:30
MEMPHIS—Lakewood Congregational Ch.,
1875 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams
Bldg., Entrance at 4455 Turney Rd. 7:30
NIGHT & DAY—13857 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES—
1147 E. 55th St., at Shore Drive 9:00
PLAINIS—Plains Methodist Ch., Mentor, O.,
Rts. 306 and 288, Mentor, O. 9:00
PARMA—Third Federal Savings & Loan
8950 Ridge Road 8:45
REDWOOD—Euclid Lutheran Church,
E. 260th and Oriole 8:30
SOBRIETY—St. Marck's Ch., 15300 Puritas 9:00
TRINITY—Trinity Evangelical Church,
3525 W. 25th St. 8:30
VALLEY VIEW—Pilgrim Congr. Church,
2592 W. 14th, cor. Starkweather 9:00
ASHTABULA, O.—St. Peter's Epis. Church,
Main Avenue at South Park 8:30
ELYRIA—154 Woodbury St. 8:30
LORAIN SATNITE—7th and Reed St.,
St. Mary's Church Basement 8:30
MANSFIELD—20½ S. Park 8:00 EST

SUNDAY

BEDFORD HEIGHTS-Village Hall,
6661 Perkins Rd., Bedford Heights 7:30
Sun., B'v'r-9th, Dallas Hotel, 2217 E. 9, 12 n.
BROOKSIDE—Blessed Sacrament Church,
Storer and Fulton (downstairs) 8:30
C.A.H.—13857 Euclid Ave. 10:45 a.m.
COLLINSWOOD—945 E. 152nd St. 7:30
DETROIT SUNDAY—8804 Detroit Ave. 1:30
DISCUSSION—6700 Detroit Ave. 7:00
GARDEN VALLEY—Outhwaite,
7100 Kinsman Ave. 4:30
GRATEFUL—St. James Lutheran Church,
1424 Hayden, near Shaw 2:00
LAKEWOOD ARMORY—
1437 Wayne Ave., South of Detroit 9:00
MARSHALL—6200 Mayfield East entr. 8:00
MEDINA, O.—St. Paul Episc. Church 8:00
MISTLETOE—St. John's Cathedral, lower sa-
cristy, E. 9th & Superior (Sup'r ent.) 7:00
Sun., NELA PK-Cafeteria, Noble Rd. 7:30
NEWBURGH-St. Catherine's Church,
848 E. 93rd St. 8:30
PURITAS—Church of the Ascension 8:30
SOUTHWEST SUNDAY—390 Fair St.
Board of Education Bldg., Berea, O. 8:30
Superior Stag—2028½ E. 106th 11:00 a.m.
TRUSTY—Cleveland House of Correction
1000 ft. east of House of Correction 5:00
WARRENSVILLE—Cooley Farms,
Recreation Room 10 A.M.
YOUR—Euclid Community House.
240 Briardale 7:15
AVON CENTRAL—Basement Central Bank,
86690 Detroit Rd., Avon, O. 8:00
Axtel Twilight—Rte. 60. Axtel, O. 7:30
GENEVA, O.—Episc. Ch., 66 So. Eagle 7:30
LOBAIN COUNTY CONSOLIDATED—
St. John's Sch., 31 & Bt. 87, Lorain 7:30
MANSFIELD, O.—20½ S. Park 8:00 EST
MENTOR HEADLANDS—St. Mary's Church
Route 20 & Hart Ave. 8:00



PUBLISHED BY

CENTRAL BULLETIN FOUNDATION, INC.

VOL. XXIII-No. 12

Box 6712 CLEVELAND, OHIO 44101

REFUELING

In war time, before the advent of nuclear submarines, it was common practice for underwater craft to refuel at sea. In the old days it was also common for planes making long treks in speed contests, sometimes around the world, to refuel in the air. It should be noted that both operations involved dependency on the skill of others, in the one case the fuel ship and in the other the refueling plane, both of which, efficiently manned with skilled personnel, had to be in the right place at the right time with the right fuel.

In our Fellowship one hears speakers talk repeatedly about the need to really work at the program, especially Twelfth Step work, in order to provide insurance, or accumulate a savings account to protect our precious sobriety. In a sense some of us might prefer to call it a fuel supply to give the forward thrust to our progress in the sober life. There isn't much question about our need for the right fuel. Nor is there much question about the fact that our fuel tank can run low and science is unlikely to provide a longer lasting propulsion power for us. We should likewise consider that if we run out of gas, we may lose our life, and not merely face a painful hike to a gas station.

All of us have had experience with long motor trips through strange territory. There is the cautious type driver who, when he sees a filling station, will stop even though his tank is half full. Then there is the daring type who likes to wait until he can buy a full tank. He is the dejected fellow plodding along a dusty road with a one gallon can in his hand. He is also the fellow who is sometimes seen as a new hospital patient of this Fellowship after long years of sobriety.

All alcoholics run the gamut of emotions, high and low. Those who make the greatest progress are the ones who slowly iron out the dips and rises to achieve some semblance of balance and moderation. Those who seem to have made the most mileage are the ones who pause for inventory and meditation, those who visit the filling station of their favorite group even though the tank is half full. Perhaps they are less dramatic than those colorful people who think that a tank already low will carry them over the weekend, but they are the real stuff that makes our society strong.

All of us were abject leaners in our beginning of sobriety. All of us remain leaners on others to some extent. The maximum progress is to lean most heavily on our Higher Power, however we understand Him. Those who look to Him for His will are the ones who will maintain a full fuel tank through serving His fellowship.

Those on Cloud 9 may find the fueling plane is not at the right place at the right time. Those floating on a sea of alcohol may find the emergency supply of the fuel ship can no longer be found.

Society cannot exist unless a controlling power of will and appetite be placed somewhere; and the less of it there is within, the more there must be without. It ordained in the eternal constitution of things, that men of intemperate minds cannot be free. Their passions forge their fetters.

THE RIGHT CHOICE

"You pay in some way or other for every wrong or evil act that you have committed in some way or other sometime in your life."

This cogent remark was made by a speaker in an excellent talk at an AA meeting many years ago and had a great effect on our continued sobriety, for which we are eternally grateful.

He went on to say that every naturally good deed that was rendered was rewarded in some way or other, if not immediately, some time or other — surely!

He challenged his audience to name any known misdeed that we committed for which we had not been punished, whether we were not actually mentally and physically punished by our deep, burning remorse.

Using this thought as a basis, he proved to our satisfaction that the Power which decided on the method of punishment for the evil, would likewise reward in great measure the good deeds we had done.

We hear so often from people, that they have difficulty in conceiving an image of this Power, and that in their desire for sobriety they had mechanically accepted or tried to accept the program with the hope that this Power would manifest itself. Such people, of course, had little or no religious background and had been promised that if they just practiced the mechanics of the AA program they would come through all right.

Now, it is possible that this would keep them sober for a time, but not until they recognized this Power, and believed humbly and devoutly that without it they would be helpless and would miss the happiness which is

a certain reward for absolute faith.

Everyone, we presume, knows the difference between right and wrong. Everyone has the right to choose between them. The Power represents only the good and reminds you through your conscience which choice to make. In our 24-hour plan, we must train ourselves day by day, hour by hour, yes, minute by minute, to obey our better instincts and to shy away from "cheating just a little."

Our rebellious nature seems to beg us, yes, even plead with us, to hold on to just a few of the evils — the minor ones, you know. But if we are sincere in our willingness to submit ourselves completely to this Power, we won't bargain, nor will we chisel a little sin here and a little cheating there, thinking that this Power will forgive us as He has in the past.

True, the start is difficult, for our habits of thinking have been so completely askew that it demands daily concentration until right thinking outbalances evil thinking and inevitably honest and decent behavior becomes automatic.

We have written the above in an attempt to understand the workings of the mind of persons who have not had a conception of a Supreme Power. We who believe this Power to be our God and worship Him accordingly, have difficulty in understanding the atheist's or agnostic's conception of a Power greater than himself. Without the submission to that Power, the keystone of the AA structure fails. Every step of the Twelve Steps is essential.

Hard work is an accumulation of easy things you didn't do when you should have.

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 23

September, 1965

No. 12

MILL ENDS AND REMNANTS

There has been considerable mileage in these series of essays which have been appearing in this column and there will be more. You will recall, they appeared in the April, 1965 monthly letter of the Royal Bank of Canada under the caption: **"MAKING THE MOST OF YOUR LIFE."**

Here's another we especially like:

THE SEARCH FOR HAPPINESS

Happiness is an individual thing, made up of work, interest, friendships, the pursuit of an ideal, and health. A man does not have to go around oozing cheerfulness in order to be a happy man. He may be happy in depth, and that sort of happiness, in the words of Robert Frost, the United States poet, "Will bear some keeping still about." He is enjoying durable satisfactions.

To get the most out of life we need to do our best work, participate in the best sort of leisure activity, and solve our problems in the best way. "Best" in this context means the highest for which our talents equip us. It means more what we put into life than what we loot out of life.

A rich full life cannot be described in terms of money, power and prestige. It cannot be defined as winning notoriety, for glory is only an impassioned name for what is merely our itch to hear ourselves spoken of. John Ruskin, the nineteenth century essayist and lecturer, insisted that to live a full life we must have five qualities similar to those required in good architecture: Unity, the type of divine comprehensiveness; Repose, the type of divine permanence; Symmetry, the type of divine justice; Moderation, the type of government by law, and Infinity, the type of divine incomprehensibility.

There is no place for make-believe in such a life. You are not living through the day to please others or to put on a good show, but to meet your critical self at nightfall. That self takes little account of what the people around you during the day said about you. They are incompetent to judge your compulsions and your purposes, and if your standards are high you need pay no heed to their finicky criticisms.

One thing needed is to avoid the habit of mind in which a man is forever looking for something against which to defend himself, and to face your future with a positive spirit and a confident posture. You must step resolutely from the cloistered life of home and school into the hurly-burly of the working world. Having given your best thought to where the step will lead you, stride out boldly. When Caesar, with a small force of horse and foot, reached the banks of the River Rubicon, he halted, to consider the greatness of his enterprise. Then, having weighed the difficulties against the gains, he said to his staff: "Let the die be cast", and led his army across the Rubicon to become master of Rome.

Happiness is an individual thing of the ingredients enumerated. That we would find it (all of us) in proper proportion, is our sincere wish, by George!

Said the kindly old gentleman to a small boy carrying a load of newspapers under his arm, "Don't all those papers make you tired my lad?"

"Naw," replied the boy. "I don't read 'em."

THINKING OUT LOUD

Some time ago, a man was interviewed on the radio who had started to walk across the United States from California to New York. He had reached a point halfway across when a reporter asked him about his experience. Finally, the reporter asked him what his most difficult experience was so far.

The traveler thought for what seemed to be a long time before he gave his answer. Perhaps, he was thinking of the arduous journey over the hot sand, or the torrential rain storms that he encountered and could not find any shelter to protect himself. But, instead he quietly said, "I guess my greatest problem was the sand that kept getting in my shoes."

It was the small grains of sand in his shoes that gave him the most trouble—not the hot paved road—not the stones which he stumbled over and bruised his shins. Not the hot sun that beat down on him as he crossed the desert, but the tiny grains of sand that found their way into his shoes — small grains of sand that wore blisters on the soles of his feet — small grains of sand that ground their way into the pores of his skin and made each step an agony.

I think that sometimes many of us let small petty peevishness build up inside of us until they come to a boiling point and pop our mental lid. Then we say things and do things that we wouldn't do under normal circumstances. It is not always the great sorrows, failures, disappointments, and crises in life that crush us. Most often it is the constant irritation of the little things that are insignificant in themselves but, when allowed to multiply, they wear burning blisters on our soul and sap all the joy out of our life. Most people endure the large tragedies in life and come out stronger in character. Life is full of little things — full of small pains, irritations and petty grievances which a little patience can cure.

Often some members of AA allow themselves to be upset by little things that they should despise and forget, but instead they use them as an excuse to stay away from their group meetings and finally lead them back to the corner saloon. Yet, when tragedy strikes their home, they endure the blows and come out stronger in spirit. When great disappointment comes, they rise above it. When overwhelming sorrow comes, it draws them closer. But they will let the dangerous little things add up until they become monsters of depravity.

Most of the prisoners in penal institutions are there because of small things. Domestic wrangling, insulting remarks, bar-room bravado, disparaging words and rude actions. Those are the little things that lead to alcohol, assault and murder.

We are only on this world for a short time and we can lose many precious hours by letting the small things grow into mountains over which we cannot see our own faults. Few of us are cruelly and greatly wronged. It is the small blows to our self-esteem, the indignities, the little jolts to our vanity which causes half of the heart-aches in the world. It isn't the single drop of water that causes our nerves to become taut — it is the continual dripping that makes us snap. Akron Inter-Group News

THE VALUE OF A SMILE

It costs nothing; but creates much. It enriches those who receive it without impoverishing those who give. It happens in a flash and the memory of it sometimes lasts forever. None are so rich that they can get along without it, and none so poor but richer for its benefits. It creates happiness in the home and fastens good-will in business. Yet it cannot be bought, begged, borrowed or stolen. It is something that is of no earthly good to anyone until it is given away.

If at times YOU meet someone who fails to give you a smile, may I ask that you give one of your own, "for nobody needs a smile so much as those who have none left to give."

—Anonymous

Olen S. Terry, a former member of Doan Men and Euclid-Wade before moving to Richardson, Texas, died of a sudden heart attack on August 5. Surviving him are his widow Lillian and five step-children. Our sincere condolences go out to the bereaved family.

LET'S NEVER FEAR CHANGE

We are indebted to Good *News*, the interesting monthly publication by the Northern California Council on Alcoholism for the notes taken from articles written by Staff writer Dick Brown of the Toronto Daily Star, which gave the 30th Anniversary Convention in Toronto thorough coverage. We now wish that we had been as alert.

Delegates are heading home today from the International Alcoholics Anonymous Convention here and thinking over some stern warnings that sobriety may be going to their heads.

Bill W., stockbroker who helped found AA 30 years ago, told a massive AA meeting at Maple Leaf Gardens Saturday night:

"We have generally been far better at dishing out criticism than taking it.

"Sometimes we have boasted of AA as the know-all and do-all of alcoholism.

"Let us never fear needed change . . . we cannot stand still and look the other way.

"We should very seriously ask ourselves how many alcoholics have gone on drinking simply because we have failed to co-operate in good spirit with many agencies," he said.

Bill, who is 70, pointed out that as many as 600,000 alcoholics had approached AA during its history- and not stuck with it.

"How much and how often did we fail all these?" he asked.

Earlier Saturday, AA got a couple of slaps from experts on alcoholism who are not in AA.

Ralph W. Daniel, executive director of the Michigan State Board of Alcoholism, said some AA members are playing "king of the mountain" and shoving down anybody who tries to challenge their position in the field of alcoholism.

"It is easy to kid ourselves," he told an AA convention panel, "that God gave AA total responsibility for helping alcoholics.

"Professionals in the field will eventually provide for alcoholics the same types of treatment they provide for other sick people and they will provide these services better than AA."

And Dr. Marvin A. Block, former chairman of the American Medical Association's committee on alcoholism, criticized what he called a vocal AA minority that gives the impression "AA alone can help the alcoholic."

He said the idea that only an alcoholic can understand an alcoholic sounds pretty silly to the physician who has treated illnesses from which he himself has never suffered.

He says some AA chapters try to take too much control of members' lives, try to run them from dawn to dusk.

But there was praise too. Frank P. Miller, executive director of Canada's parole service, called AA's work in prisons "the closest thing to a miracle I have ever personally witnessed."

Dr. Sheldon D. Bacon, director of the Center of Alcohol Studies at Rutgers University in New Jersey, gave AA an A for effort but he warned that alcoholism is gaining.

There are between 250,000 and 400,000 new cases of alcoholism in the U.S. alone each year he said. And AA and other agencies are not able to keep up.

The more than 10,000 reformed drunks and their friends and families who came to Toronto for their convention claim they are not here to thrash out policy matters but rather to have a get-together and a good time.

Robert R. Robertson, education director for the Ontario Alcoholism & Drug Addiction Foundation, said AA members should not try to enter the schools to preach against liquor.

He said AA could provide teachers with facts on alcoholism but that former alcoholics tend to over-emphasize their own difficulties with drinking, and don't give a balanced picture.

Let's take inventory of our own area attitude! Thanks, Good News!

DATES TO REMEMBER

September 1-29 (Wednesday, 8:30 p.m.): It's Anniversary Month for the Sheffield Lake group which has invited five outstanding speakers to address each session. (See Speaker's List for details).

September 13—Fifth Anniversary of the Friendship Group in Boulevard Presbyterian Church? 24600 Lake Shore Blvd., Euclid, Ohio at 8:30 p.m., with Veteran Warren C. Sr., North Canton, Ohio as guest speaker. Prizes and refreshments.

September 18—Eighth Anniversary of the L.S.I. group at 17600 Broadway at 8:30 p.m. with Ross W. of North Canton, Ohio as guest speaker.

September 24—Area-Wide Meeting in Jordan Hall, Charity Hospital at 8:30 p.m. Guest speaker is T. W. "Robbie" R. of Alexandria, Va. An outstanding 17-year member.

LESSON FROM YOUR DOG

We once tried to tell our ladies that they were a little better than the angels to have put up with their brutes for these many years, and while they have suffered far too much already, they would be called on to suffer yet more. The old boy may be off the juniper juice, but he still has the usual normal faults of a man.

That's the point to remember—all men have normal faults, but so do all women. If every time the old boy tracks up the floor with muddy boots, and the old lady rips him down the back and throws in a few reminders that he's just a broken down ex-drunk, there's going to be trouble. And if every time the old lady serves a cold lunch after a six-hour bridge and gab session, and the old boy gives her a tongue-lashing with a few remarks about who is boss, then there will be trouble.

Everyone must blow off steam once in a while. Now if the old boy can just keep his verbal britches buttoned while the old girl blows her steam, there'll be no explosion. And if the old girl can keep her choppers zippered while the lord and so-called master pops off, all will be well. But if both of 'em blow off steam at the same time, there's going to be hell a-popping. Take a lesson from your dog. If he barks and the neighbor's dog won't bark back, he'll soon shut up. If the neighbor's dog does bark back, they'll howl all night. *-The Missing Link.*

AREA-WIDE MEETING

A special treat is in store for us on Friday, September 24 at 8:30 p.m. in Jordan Hall, St. Vincent's Charity Hospital when we will be privileged to hear P. W. "Robbie" R., of Alexandria, Va. Our speaker is the publisher and editor of "The Eye-Opener".

CLEVELAND AA DISTRICT OFFICE

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

ALANON GROUP MEETINGS

Alanon Answering Service — Call SU. 1-5185

ASHTABULA—Harris Memorial W. 68 & Adams. 1st & 3rd Mon., 8:30	
BROOKPARK-PARMA-Redeemer Lutheran, 6161 Smith — Mon., 8:30	
LAKEWOOD—Lakewood Presbyterian, Detroit Ave. at Marlowe Mon., 8:30	
EUCLID-Christian Church, 28001 Lake Shore Blvd. — Tues., 8:30	
GARFIELD HEIGHTS—Garfield Hts. City Hall, 6666 Turney, Tues., 8:30	
SUBURBAN WEST-Out Savior Luth'n Church, 20300 Hilliard, Tues., 8:30	
MAPLE HEIGHTS—Presbyterian Church, 15713 Libby Rd. — Tues., 6:30	
RETHANY—Bethany Presbyterian Church, W. 65th & Clinton — Wed., 8:30	
IGNATIA—East 91st & Harvard Ave. — Wed., 8:30	
FAIRPORT HARBOR-Luther Center, Eagle st. — Wed., 8:00	
ROCKPORT- Triskett (1st Mtg. each mo.—Discussion, Wed., 9:00	
LORAIN AVE.—Dr. Martin Luther Church, 4470 Ridge Rd. — Thurs., 9:00	
WEST SIDE-St. Mark's Church, 16300 Puritas Road — Thurs., 1:30	
ROSARY HALL-Charity Hospital, E. 22nd and Central — Fri., 8:30	
E. CLEVELAND—YWCA, Lee Boulevard and Euclid — Fri., 1:30	
CHARDON—Pilegrim Christian Church, 113 South St. — Fri., 8:30	
LORAIN COUNTY-Lnth. Church, 3384 Wilson, Lorain, O., Thur. 8:30	
ELYRIA, O. Woodbury St. off Cleveland St. — Sat., 8:30	
VALLEY—7100 Kinsman (2nd & 4th Sunday) Closed — Sun., 4:00	

CLEVELAND AREA AA GROUP MEETINGS

MONDAY

Cleveland Congrega. Church, Page and Euclid Ave. 8:30
BROOK PARK—Redeemer Lutheran Church, 0161 Smith Road, Brook Park 8:30
EARLY-EARLY-S+ John's Cathedral Superior entrance, Lower Sacristy 7:30
LDGELAKE-Faith Lutheran Ch., Lakewood, Woodward & Hilliard (Wdwd, Ave. ent.) 8:30
FRIENDLY SUBURBAN 4927 Pearl 6:00
FRIENDSHIP—Blvd. Presbyterian Ch., 24000 Lake Shore Blvd., Euclid, O. 6:30
LAKEWOOD MEN'S—St. Peter's Episcopal, W. Clifton and Detroit 9:00
LEE MONDAY—First Presbyterian Ch., East Cleveland, Neia and Euclid 6:30
LORAIN AVE.—St. Ignatius Heil., Lorain Ave. at West Blvd 6:30
ORCHARD GROVE—St. Mark's Church, 16205 Trisket Road 6:30
PEARL—St. Mary's Sch., 4600 State Rd. 6:30
RAMONA—7721 Ramona Blvd 2:30
SHAKER—Christ Episcopal Church, 3445 Warrenville Center Rd. 6:00
SOUTH EAST-7626 Broadway 2:30
TEMPLE—Fatima Hall, 8914 Lexington 6:15
W. 26th St.—United Church of Christ, 2409 Willowdale Ave. 9:00
WOMEN'S (Weside)—West Blvd. Christian Church, Madison & W. 101st St. 6:15
ELYRIA MEN-St. Agnes, Lake & Dewey 6:30
JEFFERSON, O.—St. Joseph's Church 8:30
LEROY-BRAKEMAN—Leroy Grange Hall, Brakeyan Rd. off Rte. 86—Painesville 8:30
NORWALK, O. Rtes. 20 & 250 intersection 8:30
VERMILION—Congregational Church 8:30
WILLOUGHBY, O.—First Presbyterian Church, 4726 Shankland Rd. 8:30

TUESDAY

BAINBRIDGE—Chagrin Valley Presb. Church Rt. 306, cor. Bainbridge & Chagrin Rd. 8:30
OLARK—1917 Clerk Ave. 8:30
CORLETT MIXED Sokol Tyrs Hall 3689 E. 131st St. 8:30
NORTHSIDE WOMEN—Y.M.C.A., Room 6, Lee Boulevard at Euclid 8:15
EATON—755 East 140th St. 8:00
EUCLID MORNING—Euclid Christian Ch., Lake Shore Blvd & E. 280th St. 10:30 a.m.
FAIRMOUNT—St. Paul's Episcopal, Fairmount and Coventry 9:00
FAIRVIEW PARK—Grace Church W. 224th & Lorain Ave. 8:30
FALLS—Community Church, Olmsted Falls, 7662 Main St. (Columbia Rd.) -9:00
GARFIELD HTS.—City Hall, 5555 Turney 8:30
HUMBLE—Trinity United Brethren Church, 1289 Hayden Ave. (aide entrance) 8:30
LAUREL—Brooklyn High School Cafeteria, 6400 Biddulph Rd. (Parking, W. 96th) 8:45
MAY-LYNDE, Cleveland Savings & Loan, 6616 Mayfield Road 8:30
MILES-LEE—St. Mary's Church, 4070 E. 142nd St. 8:30
NIGHT & DAY—13867 Euclid Ave. 8:30
RIVER TUESDAY—Rocky River Methodist, 19414 Detroit Road 8:30
SHOREGATE MEN—Methodist Church 30500 Lake Shore Blvd. 9:00
SMITH-WILSON—St. Joseph's School, 9321 Orleans Ave. 8:30
SUPERIOR—North Presbyterian Church, E. 40th and Superior 6:30
TRUSTY-Cleveland House of Correction, 1000 ft. east of House of Correction 6:00
VALLEY WOMEN'S DISCUSSION GROUP, 7100 Kinsman 7:00
WEST PARK—Puritas Lutheran Church, Puritas Ave. and W 188th St. 6:30
ASHLAND, O. Methodist Church Corner Cottage & Sandusky Sts. 8:00 E.S.T
ASHTABULA CONSOLIDATED Geneva, O. Methodist Church, So. Broadway, 1st Tue 8:00
KIRTLAND, O.—Old South Ch. Rt. 606 8:30
LAKE COUNTY—Meth. Fellowship Hall, Rt. 20-E, Southwood, Mentor 8:30
LORAIN CENTRAL—Lorain, O., Trinity Church 6:30
MANSFIELD—Episcopal Church, 41 Bowman St., Mansfield, O. 8:30 EST
MEDINA, O.—St. Paul's Epis. Par. Hse. 8:30
STRONGSVILLE—Meth. Ch., 13354 Pearl 8:30

WEDNESDAY

BAXTER—St. John's School, 5826 Cable 8:30
BEDFORD—Bedford Christian Church Morning group 10:30 a.m.
BRAINARD CIRCLE (Women's)—Trinity Ch., Brnd at Shaker & Gates Mills Blvd. 8:30
COLLINGSWOOD—E. 162nd St. 8:30
DOAN MEN—Church of the Covenant 11206 Euclid Ave. 9:00
EASTSIDE MORNING—9606 Euclid Ave., Euclid Ave. Congre. (Side Ent.) 11 a.m.
EUCLID-WADE—13857 Euclid Ave. 8:30
GARFIELD—Pilgrim E. & R. Church, 4592 E. 131st St 6:30
HAGUE—Grace Cong. Assembly Hall, West 65th and Colgate 6:30
LEE ROAD—St. Ann's Church Basement, Coventry and Cedar 9:00

LORAIN WEDNESDAY—Bosworth Road,

Presbyterian Church, 6621 Bosworth 9:00
NO. OLMSTED—Epicl Church of the Advent 3760 Dover Ctr. Rd., north of Lorain, 9:00
PARMA HEIGHTS—All Saints Episcopal Church, 6911 Ridgewood Drive - 8:30
PSYCHIATRIC HOSPITAL—1708 Alken 8:30
ST. JAMES-St. James Church, E. 64th and Cedar 6:00
SUNNY MONDAY WOMEN—713 E. Sprague off Route 21, Seven Hills 12:30
TWENTY-FOUR HOUR—13216 Detroit, Church of the Ascension 8:30
V.H.—Veterans Hosp., E. Blvd. & E. 106 8:00
WARRENSVILLE—Women's House Cor. 7:30
WEST SHORE—West Shore Unitarian, 20401 Hilliard Rd., Rocky River 6:30
WEST SIDE (Closed)—Twelfth Step Club 6304 Detroit Ave. 6:30
ASETABULA CY Women, Harris Memorial W. 68th & Adams, 2nd & 4th Wednesday 7:30
BRUNSWICK—Laurel Sq. Shopping Center, Cuy. Svcs. Bldg., next to Marshal Drug 8:30
CHESTERLAND—Methodist Church Mayfield Rd., Rte. 322 & Rte. 306 8:30
ELYRIA O.—St. Paul Building, Third and Middle, aide entrance 6:30
FAIRPORT HARBOR—Luther Center, 525 Eagle Street 8:00
Farm—9438 Slagle, Rte 303, Garrettsville 10:30
INTERRACIAL—30th & Wood, Lorain, O., Mt. Zion Baptist Church 8:30
LAKE COUNTY WOMEN—1st Presbyterian, 4785 Shankland Rd., Willoughby 1:00
LORAIN COUNTY WOMEN—Meth. Church, Rte. 254—1 block east of Rte. 57 - 8:30
MANSFIELD—AA Clubroom, 20½ S. Park 8:00
MANTUA, O.—Mantua Christian Church 8:30
SHEFFIELD LAKE—St. Thomas School, Harris Rd., Sheffield Lake, O. 8:30
WICKLIFFE—Wickliffe Presbyterian Church, E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENSDALE—St. Paul's Episcopal, Church, 16837 Euclid Ave. 8:30
ANGLE-St. Malachi's, 2469 Washington 6:30
ANSEL DISCUSSION—1465 East 55th St., Newton D. Baker, Health Center 8:00
BAY WEST—Church of the Redeemer, 23500 Center Ridge Rd., Westlake 8:30
BROADWAY-55th—Our Lady of Lourdes School Hall, 3398 E. 55th St. 8:30
BROOKLYN—St. James Lutheran Church, 4781 Broadview, cor. Maynard 8:30
COVENTRY-Fairmount Presby. Church, Thurs., Scarborough and Fairmount 8:45
CROSSROADS—St. Luke's Episcopal, W. 78th St and Lake Avenue 9:00
EASTLAKE-Reformation Lutheran Church, 84300 Lake Shore Blvd. 9:00
EAST SHORE WOMEN-Richmond Library, 26161 Euclid Ave., Euclid, O. 8:15
GARDEN VALLEY—(Outhwaite) 7100 Kinsman Ave. 6:00
GOLDEN GATE WOMEN—Activities Center So. Euclid Meth. Ch. 1664 So. Green Rd. 6:30
INDEPENDENCE—Presbyterian Church, 6624 Public Square 9:00
LORAIN AVE., THURSDAY—4470 Ridge Rd., Dr. Martin Luther Church. 9:00
NIGHT & DAY—13857 Euclid Ave. 11 A.M
NORTH RANDALL—21937 Miles Ave. 8:00
ROCKY RIVER—Rockport Methodist Church, 3310 Wooster Road 9:00
ST. CLAIR—Nottingham Methodist Church, St. Clair & Melville 8:30
TRUSTY-Cleveland House of Correction, 1000 ft. east of House of Correction 8:00
WEST SIDE MORNING—W. 98th & Denison, Hungarian Lutheran Church 11 A.M.
AMHERST—Elyria Ave. & Church St. 8:30
ASHLAND—200 Highland Ave. 8:00
ASHTABULA HARBOR—Bethany Luth'n Ch. Penn. Ave. between W. 9 and W. 10 8:30
BEREA-Fine Arts Bldg., East Bagley Rd., Three doors east of Eastland 9:00
CHESTERLAND-St. Mark's Lutheran Church Rte. 306, North of Wilson Mills Rd. 8:30
ELYRIA-St. Agnes Sch., Lake & Dewey 8:30
NEIGHBORHOOD - 112 E. 19, E. Lorain, 10 a.m.
MAPLE LEAF—Congregational Church, Fellowship Hall, Burton, Ohio 6:30
PAINESVILLE—Congregational Church, Educational Bldg., Mentor Ave. 8:30
WILLARD, O.—United Bank Bldg. 8:30

FRIDAY

BOB GANDER—8437 Broadway 8:30
CEDAR-Salvation Army, 5006 Euclid 8:30
CHARITY—Amphitheatre, 6th Floor, St. Vincent's Charity Hospital 8:30
CLEVELAND WOMEN—426 Term. Twr. 6:00
EUCLID FRIDAY—Epiphany Church, Lake Shore & East 210th St. 9:00
FRIDAY P.M. WOMEN—Plymouth Church, Krumbine Room, Coventry & Drexmore 1:00
GORDON SQUARE—West Blvd. Christian Church, Madison & W. 101st St. 8:30
HEIGHTS—Closed Discussion, Christian Church, Van Aken & Avalon (rear) 6:30
HUDSON, O.—Closed meetings. 8:30
CHRIST Church, 21 Aurora 8:30
NORTH EAST—Town House Motel, 16661 Euclid Ave. 8:30

PARMATOWN MEN—Assembly Room

Parma Community Hospital 6:30
POSTOFFICE—4079A, Main Postoffice 8:00
SOLIDARITY-Friendly Inn Settlement, 2382 Unwin Rd., (off Quincy Ave.) 8:30
STELLA MARIS MIXED 1820 Washington Ave. 6:15
WEST CLIFTON—Lkwd. Congregational Church, 1875 W. Clifton Road 9:00
AVON LAKE—First Congregational Church, 32801 Electric Boulevard 8:50
BEREA—Social room of Berea Cong. Church, Seminary and Church 6:30
CHAGRIN FALLS—Federated Churches, 76 Bell Street 9:00
CHARDON—Pilgrim Christian Church, 113 South Street, Chardon, O. 8:30
CONNAUT, J.C. Hall, 238 Main (upstairs) 8:30
MANSFIELD—Baptist Church, 296 Park Ave., West, cor. Benton St. & Park Ave. W. 8:30
WELLINGTON—St. Patrick's Catholic Church, No. Main St., Wellington, O. 6:30

SATURDAY

SAY VIEW—Bay View Hospital, 23200 Lake Ave., Bay Village 8:30
FOREST CITY—2126 Broadview Rd. 9:00
L.S.I.—17600 Broadway 8:30
LANDER CIRCLE—Garfield Mem. Methodist, Cor. Lander Rd. and Route 422 9:00
LEAGUE PARK—Teamster's Hall, 2076 E. 22nd St., at Carnegie 9:00
LEECE-NEVILLE—1374 E. 51st, St. 7:00
LEE-SEVILLE—New Home Baptist Church, Seville & Sunview Ave. 8:00
LIBERTY—946 E. 162nd St. 9:00
MAPLE HTS.—Luth. Church of Covenant, 19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—Windermere Presby. Ch., 14112 Euclid Ave. at Windermere 8:30
MEMPHIS—Lakewood Congregational Ch., 1875 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams Bldg., Entrance at 4466 Turney Rd.-7:30
NIGHT & DAY—13857 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES—1147 E. 55th St., at Shore Drive 9:00
PLAIN'S—Plains Methodist Ch., Mentor, O., Rts. 306 and 283, Mentor, O. 9:00
PARMA—Third Federal Savings & Loan, 5950 Ridge Road (rear entrance) 8:45
REDWOOD—Euclid Lutheran Church, E. 260th and Orile 8:30
SOBRIETY—St. Mark's Ch., 15300 Puritas 9:00
TRINITY—Trinity Evangelical Church, 3525 W. 25th St. 8:30
VALLEY VIEW—Pilgrim Congr. Church, 2592 W. 14th, cor. Starkweather 9:00
ASHTABULA O.—St. Peter's Epis. Church, Main Avenue at South Park 8:30
ELYRIA—184 Woodbury St. 8:30
LORAIN SATNITE—7th and Reed St., St. Mary's Church Basement 8:30
MADISON-PERRY—St. Ann's Church, Middle Ridge & Townline, Madison 6:15
MANSFIELD—20½ S. Park 8:00 EST
PARKMAN—Congregational Church 8:30
W. RICHFIELD—Consolidated Church, Route 303 9:00

SUNDAY

BEDFORD HEIGHTS—Village Hall, 6661 Perkins Rd., Bedford Heights 7:30
BOLIVAR—9th—Dallas Hotel, 2217 E. 9th 12 N
BROOKSIDE—Blessed Sacrament Church, Store & Fulton (downstairs) 6:30
C.A.H.—13857 Euclid Ave. 10:45
COLLINGSWOOD—945 E. 152nd St. 7:30
DETROIT SUNDAY—8804 Detroit Ave. 7:30
DISCUSSION—6700 Detroit Ave. 1:00
FRESHMAN. (Discussion)—13857 Euclid Ave. 7:00
GARDEN VALLEY—7100 Kinsman Ave. 4:30
GRATEFUL—St. James Lutheran Church, 1424 Hayden, near Shaw 2:00
LAKEWOOD ARMY—1437 Wayne Ave., South of Detroit 9:00
MARSHALL—6200 Mayfield East entr. 8:00
MEDINA, O.—St. Paul Epis. Church 8:00
MISTLETOE—St. John's Cathedral, lower sacristy, E. 9th & Superior (Sup'r ent.) 7:00
NELA PARK-Cafeteria, Noble Row, ent. 7:30
NEWBURGH—St. Catherine's Church, 3443 E. 93rd St. 6:30
PURITAS—Church of the Ascension, 14040 Puritas Ave. 8:30
SOUTHWEST SUNDAY—390 Fair St., Board of Education Bldg., Berea, O. 8:30
Superior Stag—2028½ E. 105th 11:00 a.m.
TRUSTY-Cleveland, Rouse of Correction, 1000 ft. east of House of Correction 8:00
WARRENSVILLE—Cooley Farms, Recreation Room 10 A.M
YOUR-Euclid Community House. 7:15
240 Briardale 7:15
AVON CENTRAL—Basement Central Bank, 36690 Detroit Rd., Avon, O. 6:00
GENEVA, O.—Methodist Church, South Broadway 8:00
LORAIN COUNTY CONSOLIDATED—St. John's Sch., 61 & Rt. 87, Lorain 7:30
MANSFIELD, O.—20½ S. Park 8:00 EST
MENTOR HEADLANDS—St. Mary's Church, Route 20 & Hart Ave. 8:00
NEWBURGH—St. Helen's Church, Rte. 87 8:15



BEING NEEDED

A current Broadway musical includes a popular song, the first two lines of which are, "Who can I turn to, when nobody needs me?" This is a lyric which could well give pause to anyone embarked on a sober life of significance.

It is often said that all of us need the Fellowship, but it doesn't need us. If so, then how can one reconcile the truth in this lyric with our way of life? The approach might be to realize that the quality of our sober life in this Fellowship is best symbolized by the extent to which others look to us as an example, and for help too.

Many people in this world are beset with more problems and responsibilities than any one person would seem able to bear. They are often saved from despair by the extent to which others are dependent on them. Some are chronic complainers about it. Yet the rebellion seems purely vocal as they continue on facing the reality of their difficulties day by day, simply because somebody needs them. Others who have made more progress, seldom complain, but go quietly and pleasantly about the business of meeting their tribulations one day at a time.

We come into this Fellowship thoroughly defeated. We lean on newly found friends whose understanding and compassion is beyond the power of words to describe. When we learn to stand on our own two feet and walk the sober road with increasing steadiness by ourselves, are we as compassionate with those who come after? Or, are we perhaps a part of that unhappy vanguard who fall away from Fellowship activity without ever having known its joy.

As we mature in sobriety we need the Fellowship as much or more than we did in the very beginning. Do we measure up as well on the giving end, as we once did on the receiving end? The truth is that we really need to be needed. We shall be needed in direct proportion to the progress we make in the quantity and the quality of our giving. We have the precious gift of sobriety through God's Grace as it came to us from our predecessors. Are we as willing and as effective in being messengers of that Grace for others?

Favorable answers to most of these questions will be determined by the quality of our example, and our eagerness to help the other fellow. Does anyone need you? "Being needed" is the life saving essence that will be yours if you live our principles to the very best of your ability. And don't forget to carry these principles "into all your affairs."

Who can I turn to? To preserve my sober life I can turn to the fellow who needs me. Through losing myself in him, I shall find myself all over again. When nobody needs me, I shall be drunk or dead. In reality those two conditions are synonymous with me. How much better it is to be needed, than to be in need.

Most people, after accomplishing something, use it over and over again like a gramophone record till it cracks, forgetting that the past is just the stuff with which to make more future.

FEAR NOT

We received the following letter from one of our subscribers, Marie D., during the past week and are grateful to her for giving us a theme for this column.

"Would you please send in a request for articles to be written in the Central Bulletin about *fear*? Fear of being hurt, fear of the unknown, fear of danger, fear of death, cancer, bombs, rioting, fear of loneliness, poverty and failure, etc.?"

"I know that complete trust in God is the answer (which all too few have). But if a well-rounded article was written about it in the Bulletin, this might help many people. Thank you."

We offer our own philosophy on the subject and trust it will bring comfort and solace to those whose lives are burdened with some of the phobias enumerated by the writer above.

A long, long time ago we heard a song which had a significant effect on us and has come to our mind whenever "the wires were down", so to speak, and we needed reassurance. Time and time again some part of its refrain provides us with the faith, that come what will, we can rely on our Source (God) to provide the correct solution to our anxieties.

Many people cannot understand that we are led into weary ways where heavy shadows lie, out of the sunshine into darkest night, where one is prone to faint with *sorrow* or affright. But we who have faith in a Power greater than ourselves — God — should remember that we know He holds our hands and expects us to *trust* Him.

Sometimes heavy tempests blow around us and waves and billows pour over our souls, but when the storm beats loudest and we cry aloud for help, the Master stands by and whispers in our souls, "Lo! It is I." Above the tempest wild, we hear Him say, "Beyond the darkness lies the perfect day. In every path of thine, I lead the way."

So whether on the hilltops high and fair we dwell, or in the sunless valleys where the shadows lie — what matter? He is there. And more than this, wherever the pathway leads, He gives to us no broken, helpless reed, but His own hand, sufficient for our need. So where He leads us, we can safely go, and in the blest hereafter we shall know why, in His wisdom, He hath led us so."

It is sometimes difficult to accept the things we cannot change, develop courage to change the things we can, and above all to nurture the wisdom to know the difference!

We must, if we truly have faith in God, remember that He often-times says No! Learn to be wise.

We close our column with a favorite song of ours — "O, heart of mine, we shouldn't worry so. What we've missed of calm we couldn't have you know. What we've met of stormy pain and of sorrow's driving rain we can better meet again, if it blow. For we know not every tomorrow can be sad, so, forgetting all the sorrow we have had, let us fold away our fears, and put by our foolish tears, and through all the coming years, , , , just be glad."

An alcoholic is
a fellow who
has a high stool
education.

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 24

October, 1965

No. 1

MILL ENDS AND REMNANTS

The series of essays which have given substance to this column the past four months were a real find. Another from the same Royal Bank of Canada letter is shared below:

What is character?

All the precepts looked at so far contribute to the building of character. A person of character is one who hates cruelty, despises softness, and detests those who climb on the shoulders of others. He recognizes the dignity of duty, fairness, sympathy, co-operation, and all the other things that make a decent society possible. He has taste, which is the instinctive and instant preferring of one material object to another without any obvious reason.

These are essential to making the most of life. They imply development of the whole man and the harmonizing of all his parts.

To live a full life you need to score heavily on interests, tapping your energies and your store of qualities through a great variety of outlets. A person who is not wise enough to seek diversity of interests leads a monotonous and thin life, and is subject to the evils of satiety and boredom.

Look around at people who are laggards in business: are they not people who have buried themselves in their immediate occupations? They never give a thought to what they need to know or do so as to ready themselves for the next stage of advancement. They see facts singly or in twos or threes, but their sight becomes blurred and dim when they try to gasp in their rough proportions all the multitude of facts that compose a future situation.

If you are "well-rounded" everything you do will be done with enthusiasm! a sense of values, imaginative thinking, and self-confidence.

Without enthusiasm you are living only half a life, merely "getting by". This most dynamic of human qualities can be pictured as the ideal descended on earth to battle with realities. It is the whole-heartedness that carries you through difficult tasks and routine activities.

Another word for it is "zest", defined by the dictionary as "gusto, something that gives a relish". Having zest means that you are so eager about living that you can hardly wait for morning to get started again. It makes life perpetually fascinating.

Should one of your enthusiasms run into an immovable barrier, call your sense of values to your aid. Here is a chance to test your standards, to put first things first, to give up the lesser good in favour of the greater good. So long as you have not lost the something in your life which is vital to you, continue with your usual zest to do the important things.

For one who has so little to work on, yet needs to work at it a day-at-a-time, I can use the guidelines above, by George!

Three polar bears were sitting on an iceberg. "Now," said the father bear, "I've got a tale to tell."

"I, too," said the mother bear, "have a tale to tell."

The little polar bear looked up at his parents and exclaimed, "My tail's told."

30th ANNIVERSARY
CONVENTION MEMORIES

Can we ever forget . . . The air of nearly-intoxicating excitement Thursday night as merrymakers went from dance to dance? . . . The smooth arrangements those Host Committees had made (they must have worked round the clock for years)? Those patient coffee shop hostesses at the Royal York? . . . The overwhelming thrill of that gigantic crowd in the Garden? . . . The enthusiastic cheers A.A.'s gave guest speakers who challenged some old clichés? . . . That clean, smooth, silent subway?

The whoops you gave old friends from other conventions or from your own home Group first time you saw them? . . . The big autographing tangles when you found you'd signed your own copy of A.A./30 again?

The thrill when that enormous A.A. banner with the triangle and circle went up and showed that kingsized world? . . . The choke in your throat when Bill and Lois walked on the Garden stage? . . . The stirring way Canadians sang all the words of their national anthem? . . . The marvelous yoks Walter O'K. and the others of that star-spangled Variety Show gave us, from the "Drinking Song" overture on? . . .

Non-alcoholic Trustee Trice's story of asking for a beer in the Royal York bar and being sternly told by the bartender, "No slips in here, brother!" . . . Lois' kissing the little girl who handed her the roses . . . The organ playing "The Gang's All Here" just before "God Save the Queen"?

The gooseflesh you felt when those doors on the big globe opened and 90 A.A.'s from many lands poured out-stage? . . . The hands you gripped when you said, "I Am Responsible"?

Hanging around the lobby or drinking coffee until the howe hours, trying to keep it all from ending? . . . Those standing ovations for Alkathon speakers, and others?

The patient G.S.O. staff? . . . The taxi driver who said, "Do you really all know each other?"

Has anybody stopped to think of what miracle it was that all the speakers turned up faithfully on time in the right places? And very rarely did any speaker get the "red light" signal which meant his time was up!

One staff member didn't use the lights, but as a warning placed before the speaker a card with the big word TIME lettered on it. "If it makes you mad," she explained to her panel in advance, "Just turn it over." On the back was the Serenity Prayer!

-Exchange Bulletin-September, 1965

ATTENTION BULLETIN SUBSCRIBER

To our subscribers who note their Zip Code numbers: The reason we do not change from local zone numbers is that the plates must be replaced and this costs a lot of money if we are asked to change them for only the number.

You will note that the local zone number is part of the zip code number, so there would be no difficulty in the mailing. All plates for new subscriptions and address changes will, of course, have the Zip Code number.

Local numbers are listed in zone guides provided by the Post Office, but suburban and out-of-state numbers should be furnished by the subscribers.

To subscribers who move: The Post Office does not forward permit mail to your new address. It is returned to us (at a cost of 8 cents each) with the new address noted. Often the new address is difficult to decipher. We then remail the Bulletin first class with a request to verify the new address. If you plan to move PLEASE let us know at least two weeks before.

"Have you any aches or pains this morning," asked the doctor, "Yes, Doctor, it hurts me to breathe. In fact, the only trouble now seems to be with my breathing." "All right," said the doctor, "I'll give you something to stop that."

AL-ANON'S CONTRIBUTION

Bill W., co-founder of Alcoholics Anonymous, said at 22nd AA anniversary dinner:

"I think that Al-Anon is one of the greatest things that has happened since A.A. began."

Thousand upon thousands of relatives and friends of alcoholics can attest to Bill's statement.

The writer is one of them. After many turbulent years of living with a problem drinker, whose alcoholism progressed with deadly certainty, she finally reached her bottom of despair and confusion and fear of the future.

In a last desperate attempt to save what was left of their marriage, she called the A.A. District Office for help who, in turn, guided her to an Al-Anon group in her vicinity.

With the help of Al-Anon, she learned that alcoholism is a complex disease whose poisonous tentacles can reach out and affect not only the alcoholic but also each member of the alcoholic's family — emotionally, spiritually, and often physically.

She also learned there was an escape — she could divorce herself from the effects of alcoholism without divorcing the alcoholic.

She was taught to use the A.A.'s 12 suggested steps for herself. And to take her own inventory.

With this change in her thinking, she began treating her sick husband with compassion rather than contempt. She regained her self-respect as a useful individual and her faith in the ever-present availability of an all-loving God.

Soon, in some small measure, she was replacing resentment with forgiveness, self-pity with gratitude and self-justification with humility. She no longer screamed, nagged nor pleaded with her alcoholic. She no longer took on the responsibility of paying his bills, making excuses for him and listening to his long, alcoholic tirades.

The problem drinker found himself without an audience, without a martyr, and with no one to suffer for the consequences — caused by drinking — but himself. But he did find a wife who loved him and one who understood his problem.

And then, through the power of prayer, a miracle happened. The alcoholic admitted he had a drinking problem and agreed to talk to two members of A.A. That was the beginning of a new life for them together.

As of today, he has over 14 months of uninterrupted sobriety in the A.A. program.

The writer and her husband are grateful to God, to A.A. and to Al-Anon. They are trying to practice the principles of A.A. in all their affairs and are carrying the message to others who find themselves in the same leaky boat they were in just a little over a year ago.

—Isabelle M.D., Edgelake

CENTRAL BULLETIN MAKES CHANGES

Beginning with this month's issue, all four pages will contain articles which we hope will interest all of our readers as well as helping them maintain their sobriety. We make this change in response to a number of our subscribers who have written us.

To make this change possible we will need at least 200 more subscribers to pay the additional cost of type-setting. We hope each group will respond by urging their members to subscribe.

The lists of groups will appear on the reverse side of the speakers list. This will be in reply to some complaints on the absence of addresses of each group listing its speakers for the month. Carrying the speakers list in one's pocket from now on will give instant information as to the location of each group.

Other changes have been made by bringing the Sunday meetings at the top of the first column instead of at the bottom of column three and putting ALL groups in alphabetical order instead of segregating the groups outside of Cleveland at the bottom of each day's listing.

We hope you will like the changes.

DATES TO REMEMBER

October S-Seventeenth Anniversary of the Redwood group with a panel of "Early-Timers" enjoying over 100 years of sobriety. Plenty of good food, fellowship and prizes.

October 16—Twenty-Fifth Anniversary of the Canton group in St. John's Church, 712 McKinley ave. Covered dish dinner at 7:30 p.m. with veteran Bruce M., Canton as guest speaker.

October 30—Laurel Group Dance in Brooklyn High School Cafeteria, 9200 Biddulph Road at 8:00 p.m. Masquerade dress optional.

November 21—Northeastern Ohio General Service will sponsor a Gratitude Sunday in Mahoning Methodist Church, 2214 Mahoning Ave. (State Route 18), Youngstown, O. Guest speaker: David L., Pittsburgh, Pa.

A VERY WELCOME LETTER

Central Bulletin Editor:

It was nice to see you at the Area-Wide Meeting. If it were not for "Old-timers" like yourself, many people who could have been "Old-timers" would be long gone. After bouncing around for over twenty years I had to start over once again the first of April.

When I am honest with God and myself regarding Step One, there is no trouble staying away from the first drink. When false pride and self will take over I become selfish, self-centered, egotistical. I come to hate my boss, my job, and even those who love me — when I don't "have a few" to relax my supposedly shattered nerves. The love of those dear to me changes to hate; happiness to anguish; and the will to live seems to disappear in both my wife and myself. This must sound real nutty, but it is the truth, and I wanted to get it off my chest.

My wife and I have both been working the program to the best of our ability since 4/1/65 and so far it has not been easy. We both are happy and are attending both AA and Alanon meetings. The speakers for August, 1965 are listed on a separate sheet. That was actually what brought about the above discourse.

—Jack L.

P.S. I will now hang up the crying towel and stay busy at trying to eliminate the things that cause me to write this type letter.

She's an excellent housekeeper. Every time she gets divorced she keeps the house.

Many an old hen makes a goose of herself trying to look like a chicken.

CLEVELAND AA DISTRICT OFFICE

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

ALANON GROUP MEETINGS

Alanon Answering Service — Call SU. 1-6186

ASHTABULA—Harris Memorial W. 58 & Adams...1st & 3rd Mon., 8:30
 BROOKPARK-PARMA—Redeemer Lutheran, 6151 Smith...Mon., 8:30
 LAKEWOOD—Lakewood Presbyterian, Detroit Ave. at Marlowe Mon., 8:30
 EUCLID—Christian Church, 28001 Lake Shore Blvd.Tues., 8:30
 GARFIELD HEIGHTS—Garfield Hts. City Hall, 5555 Turney, Tues. 8:30
 SUBURBAN WEST—Our Savior Luth n Church, 20300 Hilliard, Tues., 8:30
 MAPLE HEIGHTS—Presbyterian Church, 15715 Libby Rd.Tues., 8:30
 BETHANY—Bethany Presbyterian Church, W. 65th & Clinton...Wed., 8:30
 IGNATIA—East 91st & Harvard Ave.Wed. 8:30
 FAIRPORT HARBOR—Luther Center, Eagle st.Wed. 8:00
 ROCKPORT—15305 Triskett (1st Mtg. each mo.—Discussion, Wed. 9:00
 TRINITY—U. C. of Christ, (Annex) 3525 W. 25th St.Wed. 8:30
 LORAIN AVE.—Dr. Martin Luther Church, 4470 Ridge Rd. Thurs., 9:00
 WEST SIDE—St. Mark's Church, 15300 Puritas Road Thurs. 1:30
 ROSARY HALL—Charity Hospital, E. 22nd and Central...Fri., 8:30
 E. CLEVELAND—YWCA, Lee Boulevard and Euclid.....Fri., 1:30
 CHARDON—Pilgrim Christian Church, 113 South St.Fri., 8:30
 LORAIN COUNTY—Luth. Church, 3334 Wilson, Lorain, O., Thurs. 8:30
 ELYRIA, O. Woodbury St. off Cleveland St.,Sat., 8:30
 VALLEY—7100 Kinsman (2nd & 4th Sunday) Closed.....Sun., 4:00

AIDING ALCOHOL VICTIMS

Sam G., an alumnus of Skid Row in Atlanta, Ga., is looking at life soberly these days because of a drug that will make him deathly ill if he takes it in combination with his favorite brand of booze.

Sam came to the drug, antabuse, through his city's program for alcoholics with long jail records for intoxication. The project didn't just give him the pill. It found him a job and a place to live.

Recently judges from around the country met here to figure out a way to deal with others like Sam, and to urge the federal government to join the attack on reducing the number of jailprone alcoholics.

Health, Education and Welfare Secretary Anthony J. Celebrezze invited the judges here to consider, among other things, if this type of offender should be removed from the penal system and handled by health and welfare agencies instead.

That question already is before several courts, including one in Washington. These courts have been asked to decide whether it is constitutional to jail persons for what is widely recognized as an illness.

The judges disagreed on this aspect of the alcoholism problem. John M. Murtagh, administrative judge of New York City's criminal court, told his colleagues there was "no moral justification for using the penal process" against known alcoholics.

Judge Murtagh said he visited the Court of General Sessions "drunk court" here and found that "with all due respects, it doesn't begin to approach the minimal standards of American justice" in its handling of alcoholics.

Ease Overburdened Courts

"In the main, the judicial forum is not the one for the person suffering from this disease," Judge Murtagh said.

Even a partial solution to the problem of alcoholism would help ease overburdened courts and jails, a goal President Johnson stated in his crime message to Congress. In many areas, more than half those jailed for misdemeanors are in jail because of alcohol-related offenses, the judges were told.

Not all the judges agreed that the problem could be solved by taking the alcoholic away from the courts, however.

"It's a medical problem, but it shouldn't be taken out of the courts because the judge is the only person who can force the alcoholic to take treatment," Judge Richard S. Kaplan of Garv, Ind., said. Judge Kaplan said he started the first rehabilitation program in his state.

Another argument given for keeping court control of these projects was that many have proved moderately successful.

Dr. James A. Alford, medical director of the Atlanta project, said 552 men like Sam were arrested 1,115 times in the six months before the experiment began in 1961. In the first six months in which they were in the project they were nicked up only 683 times.

Some private physicians are reluctant to prescribe antabuse, Dr. Alford said. Public Health officials said the drug is used in out-patient clinics in Washington on a request basis.

Judge William H. Burnett of Denver outlined a program in which persons arrested for intoxication are put on their honor to show up in court. If they show up and are found guilty, they have a choice between a fine and probation. On probation, they are required to attend three meetings of the Court's Alcoholics Anonymous chapter.

Success in programs aimed at repeated offenders was also reported in Miami, San Diego and other cities.

Washington Post

A PRAYER FOR TODAY

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

THE FOUR PARADOXES OF AA

1. WE SURRENDER TO WIN. On the face of it, surrendering certainly does not seem like winning. But it is in A.A. Only after we have come to the end of our rope, hit a stone wall in some aspect of our lives beyond which we can go no further — only when we hit "bottom" in despair and surrender can we accomplish sobriety which we could never accomplish before. We must, and we do, surrender to win.

2. WE MUST GIVE AWAY TO KEEP. That seems absurd and untrue. How can you keep anything if you give it away? But in order to keep whatever it is we get in A.A., we must go about giving it away to others, for no fees or rewards of any kind. When we cannot afford to give away what we have received so freely in A.A., we had better get ready for our next "drunk." It will happen every time. We've got to continue to give it away in order to keep it.

3. WE HAVE TO SUFFER TO GET WELL. There is no way to escape the crisis, the terrible suffering of remorse and regret and shame and embarrassment which starts us on the road to getting well from our affliction. There is no new way to shake out a hangover. It's painful, and for us, necessarily so. I told this to a friend of mine as he sat weaving to and fro on the side of the bed. "Lost John, you know you're going to have to do a certain amount of shaking sooner or later." "Well," he said, "for God's sake let's make it later!" We suffer to get well.

4. WE HAVE TO DIE TO LIVE. That is a beautiful paradox straight out of the biblical idea of being "born again" or "in losing one's life one shall find it." When we make out our 12 steps, the old life of puzzling and fuzzy thinking and all that goes with it gradually dies, and we acquire a different and a better way of life. As our shortcomings are removed, one life of us dies and another life of us lives. We in A.A. die to live.

-Chit-Chat, Robesonia, Pa.

THE LITTLE FOXES

"Take from us the foxes . . . the little foxes that spoil our vines, for our vines have tender grapes."

Sometimes the "little foxes" of impatience, bad judgment, irritation, boredom, anger, arrogance, resentment and fear return again and again. Finding it impossible to be perfect, always kind, tolerant, unselfish, we realize that if we are to live in this real world — not evading and hiding from reality, but facing it head-on, sometimes failing, sometimes winning, we need make a decision — to accept ourselves as we really are. We are not gods, but human beings, erring, fallible, imperfect human beings. But we can learn to live serenely with unsolved problems . . . as long as we are trying.

Sometimes early, sometimes late, we are faced with the question, "What is the most important thing in my life?" When all of our little desires and ambitions are realized and we are still unsatisfied, we sometimes have periods of depression and frustration; we sometimes have a feeling of the up-againstness of life and of meaninglessness. I thought of all the things in my life before and since A.A. What was the sustaining thing — the only lasting value? What gave my life meaning and purpose, peace of mind and satisfaction, when all else failed? One thing . . . one thing only . . . GIVING OF SELF. Whatever else happens, sobriety is my principal business. And in order to keep it, I must give it away. So, I made another decision — to spend my life trying to carry the message of A.A. to those who still suffer . . . freely giving of what was so freely given me. This is the "great adventure" . . . the "magnificent obsession" . . . to love our neighbor as ourself.

Today is the time of decision . . . today is all we have!

-The Silent Rostrum-Houston, Texas

Where a man goes hereafter depends to a great extent on what he goes after here.

* * * * *

You are getting along in years when it takes you twice as long to rest and only half as long to get tired.



SOBRIETY TESTS

Here he came down the street, head held high and a light in his eyes which proclaimed to all observers that here was a life of real significance. There was a spring in his stride that belied his age and the overall picture was that of a man who knew where he was going, and God willing, fully intended to get there.

Finally he saw me, and coming over to me eagerly with obvious and genuine pleasure at the meeting, he placed both hands on my shoulders and asked, "How are you?" No casual or respectful inquiry was this. He really wanted to know. In my chronic, sardonic way I mustered a poor smile and answered something like this, "Well, I'm alive and that means I'm sober, for the two are synonymous with me", and he responded, "How I wish I had your God-given talents to help our Fellowship."

After a few minutes we went our respective ways, and I carried with me many misgivings. This was one of my oldest and dearest friends in the Fellowship. Give or take a year or two, our sobriety is of about the same vintage. But right there the similarity ends. His deeds and his example have inspired and helped countless hundreds of people. By comparison my own contribution to the general good seems negligible. Wherein lies the difference? Yet he in all his sincerity believes that I have talents to help people which he does not possess.

If I cared to do so, I could rationalize this paradox. I could say that he is retired and has little else to do. That would not suffice because he has many personal problems and responsibilities and is more than ten years my senior. I could say that while I am still-active in making a living, I am also beset with **disturbing** personal problems and responsibilities which are time consuming. That doesn't hold water either, for he is so burdened that I would not trade my problems for his. Many more items might be trotted out to show that I am foreclosed from greater Fellowship activity and that he is not, but all of them would evaporate upon close examination.

Accordingly, what is the real reason for the gap between him and me, in our respective effectiveness and happiness under this program? Why his A plus and my B minus? Or why his A plus and the D of the fellow who hangs in but simply goes to an occasional meeting? There must be some tests in sobriety which some of us pass better than others. We come into this sober life, as helpless as an infant. We are nursed and tended. We get lots of attention. We depend as wholly as a baby **does** on this attention from others. Finally we walk the sober path on our own two feet with increasing steadiness.

But our education is not over. It is a lifetime process, and as we go along we must continue to pass tests and meet hazards. Our grades on these tests are important. The shaky student may flunk out unless he snaps out of it and gets organized. There are countless tests literally which face us from day to day, but the three main tests would seem to be the test of exposure, the test of endurance and the test of sacrifice.

This column will be devoted to these three tests in the months ahead.

The right angle of life is the try angle.

FREED FROM SLAVERY

"What is your secret? Every time I see you at AA meetings or meet you on the streets, you're always smiling? Don't you ever have any of the problems that beset most everyone in this day and age?"

"My past life, when I was irresponsible, selfish and unpredictable before I joined AA still haunts me and I can't seem to be able to rid myself of a deep feeling of shame for dissipating my life and finally forfeiting the respect and trust of about all whom I had considered my friends, and above all, that of my family.

"I have tried hard to make amends to those I distinctly remembered having victimized and whose confidence and friendship I had forfeited by my attitude and behavior toward them, but to no avail, for I am ostracized by most of them. What can I do to win them back?"

We suppose most of our active members have been approached by some of their "babies" or fellow members with similar "confessions" and seemingly earnest desire to be considered trustworthy and stable, and being accepted as solid, dedicated AA's — willing to listen, give moral support and are ready to respond to pleas of advice when their "wires are down."

What is the secret of true happiness?

In our own humble opinion, it is a *full realization of the immensity of this gift of sobriety* which was given us by Almighty God who answered the fervent prayers of those close to us. We had to *finally* become *absolutely honest*, and *admit* that we had foolishly gambled with our body and our soul in over-imbibing, paralyzing our mind and our bodies and becoming morally and physically irresponsible, every time we over-drunk.

When we finally hit our bottom, frightened and worried, ashamed and repentant, fearful that God would not forgive us for abusing our body and **mind**, given us by Him for His glory and honor to use the **innate** talents that He has endowed us with, we begin to think!

We will never forget our fear and apprehension, and our firm resolve that, given another opportunity, we would dedicate the balance of our lives to helping others gain their sobriety.

We started by *finally fully accepting* Step I — that we were powerless over alcohol and that our life had become unmanageable.

Then we *finally* made a truly searching and fearless moral inventory of ourselves and *we* were *entirely* ready to have God remove our manifest defects of character.

We *finally* swallowed our false pride, recognized our limitations, and began to make amends to people we had harmed.

We *finally* became willing to carry the message to other alcoholics, and experienced the thrill of seeing most of them accept the program in its entirety and seeing them become assets to the community instead of the liability they had been.

We've enjoyed absolute sobriety for 23 years and 7 months without a single drool! We remain very active in every phase of AA, grateful that we can be of service.

(Continued on page two)

Men who look
down their noses
usually have the
wrong slant.

CENTRAL BULLETIN



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 24

November, 1965

No. 2

MILL ENDS AND REMNANTS USE YOUR IMAGINATION

Here is another of the series of essays from the Royal Bank of Canada Letter that have filled this column for the past several months. And I would hope that in the reading and re-reading of them that you have been enriched and stimulated as I have been.

Our minds can be turned to much good, by George!

Imaginative thinking is necessary if you are not to be merely a plodder, but you must be able to dream without making dreams your master. Imagination is not a sedative to deaden life, but a force toward a more abundant life. It is the mind's ability to recall past experiences and relate them to new situations in combinations of infinite variety.

Your imagination *needs* limbering up once in a while. It cannot be ignored for long periods and then called upon in some crisis. The difference between on-going and routine men is simply this: the successful people have kept their imaginations at work. The flash of *inspiration* is important, without doubt, but the certainty that it will occur can be increased by enlarging the stock of ideas *in your mind* upon which imagination has a chance to work. The bright idea, the brain-storm, will come if you have been alert in observing, persevering in examining, and constructive in thinking, looking expectantly for a link between something present and *something* not yet thought of.

Hold your mind's door open to new ideas, all kinds of them. When a new idea enters, it may seem timid and rough hewn, it needs to be encouraged and to have its jagged edges smoothed. It may be only a small idea, but don't despise it. Look back over the past year and you will find that your truly significant ideas started in a small way, perhaps just as some new slant on something already in your mind.

The highest, most varied and most lasting pleasures are those of the intellect, toying with ideas and building them into new forms such as no one has seen before.

It is said that people who give free scope to this sort of creativity are not conformists, but their difference from other people *lies* in the realm of the mind and not necessarily of outward appearance. If a man seems out of *step* with his fellows it *may* be because, as the social rebel Henry David Thoreau said, "he hears a different drummer. Let him step to the music which he hears, however measured or far away."

This is quite different from indulging in extravagances of appearance or behaviour thought up in some joyous hour. Being strange in your manner or clothes may make you distinguished, but distinguished for what? To cultivate idiosyncrasies may give the *impression* that you are striving to convey something. Why not strive to *be* something?

Instead of working to increase their individual knowledge and understanding so as to make the most of their lives, some people attend congresses and parades where they find fault with the lack of attention they are accorded. How can self-indulgence, self-preoccupation and exhibitionism contribute to a full life?

This kind of behaviour is far removed from the

self-confidence of the constructive seeker after goodness in life. He knows the difficulties but, does not shrink from them; he is not *one* who leans on others; he is not afraid to face facts; he is not one who has to be pampered at every turn. Our happiness in our endeavour to make **the most of our lives** depends on what we back ourselves to be and do.

HOW TO FIND GOD

This world is a profound mystery. We find ourselves in it with everything pertaining to its origin unknown and unknowable. Science has dug into things deeply and discovered a lot of facts about the world, but it has never solved the problem of the origin of the world or of life. Much less has science been able to discover God.

Likewise men have speculated about God and reasoned about Him but there is *no* absolutely reliable scientific demonstration of His existence. The fact is, if God is to be discovered at all, He must be discovered *through* a personal experience of Him. He can be known only through spiritual contact.

There must be a supreme being. Unless there is a supreme being there can be no rational and understandable theory of the universe. Without a supreme and all powerful intelligence back of the universe and working through it there would be only chaos and confusion. Let us assume, therefore, that a supreme being exists and that He governs the world in which we live.

In the next place there must be prayer-hearing and prayer-answering God who *is* interested *in* mankind. It seems inconceivable that such beings as we humans, with all our perplexing problems and struggles, would be called into existence, *hopelessly* and *helplessly* to wrestle with the trying situations in *which* we find ourselves, without some provision being made for super-human help. If there is not a prayer-hearing and prayer-answering God, evidently, looking at the thing from a human *point* of view, there ought to *be*, and what-ought to be, surely is, if the world in which we live is part of an orderly universe.

Then again, explain it as we will, there is such a thing as sin in the world. The *experience of humanity* with sin presents a hopeless situation. Humanly speaking sin is ineradicable. Unless there is some divine provision made for overcoming it our human situation is a hopeless one. If there is not a God to reach down and lift man out of his sin, there ought to be one, for human destiny demands one. Otherwise there would appear no rational object for the existence of the universe.

Now the question is how to find God. Neither philosophy nor science can discover Him, for His discovery is a spiritual matter. What has not been revealed to the wise and understanding is revealed unto babes. Let anyone, whatever his doubts or misgivings may be; *shape his life* ---- on the assumption that there is a God who has brought the world into existence, a God who hears and answers prayers, and who is ready and willing to provide the help mankind needs to overcome sin, then, assuming this, base his life on this assumption, and he will soon discover God. "Behold, I stand *at* the door and knock," is the attitude of God, "if any man will open unto me, I will come in and sup with *him* and abide with him."

-Herald Tribune, Sarasota, Fla.

FREED FROM SLAVERY

(Continued from page one)

We have kept and will keep our promise to our Creator, that in gratitude for an undeserved and priceless gift, we gladly use our experience in *counselling* others who are seeking a way to live happy and fruitful lives as God intended for them.

All we need is the will to serve!

"Does your husband always live up to his promise of his courtship days?"

"Always. In those days he said he was not good enough for me, and he's been proving it ever since."

INTER-GROUP 1966 ANNIVERSARY

It will be first come, first served to those who plan to attend the annual Inter-Group Dinner next May at Hotel Statler

For the past 20 years the annual Inter-Group Dinner has grown and grown, and now we must change the location.

For years you have put up with crowded facilities, broken down air-conditioning and other little annoying incidents without complaint. And last year, through oversight the Hotel Carter forgot to ask if we wanted to continue. So we were out of a meeting place.

Fortunately for us, the Hotel Statler has made available to us their new Ball room which is capable of entertaining 1,500 — or 600 or 900 — the number attending is up to us.

Will you please invest \$5.50 for an advance ticket to hear Gertrude B., author of "The Late Liz", — Saturday evening, May 14th, 1966. We guarantee it to be an evening you will long remember. And we, in turn, can reserve either the 900 or the entire Ballroom for your pleasure.

Last year's ticket sale was 584 — Let's make it 1,500 in 1966. That shouldn't be too difficult in the Birthplace of A.A.

Send your check to the Cleveland District Office — Tables will be reserved on a "First Come" basis and are in units of ten per table.

Thanks a million!!!!

LIFE MOVES ON

Whether we act as cowards or as heroes. Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run away from, everything we deny or despise, serves to defeat us in the end. What seems painful and evil can become a source of beauty, joy and strength if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such. Life is now, every moment, no matter if the world be full of death.

-The Silent Rostrum-Houston, Texas

IN CASE YOU DIDN'T KNOW

Alcoholics Anonymous is a fellowship of ex-drunks whose only qualification for membership is that they can't hold their liquor and don't want to learn how. It has no rules, dues, or any of the things any sensible organization seems to require. At meetings the speakers start on one subject and end up talking about something entirely different, concluding by saying, "I don't really know anything about the program except that it works!"

-The Silent Rostrum-Houston, Texas

NEW GROUP FORMED

On Tuesday, October 19th, the Southeast Tuesday group held its first meeting in the Bob Gander Club, 8437 Broadway with Bud R., Lake Milton as guest speaker. Welcome, and our best wishes.

TEMPLE GROUP MOVES

The Temple group now meets in Euclid Avenue Congregational Church, 9606 Euclid Avenue on Mondays at 8:15 p.m.

A correspondent tells us of a priest friend of his who was quite well known as an amateur naturalist. One day he was walking along a road admiring the beauties of creation when he met one of the parishoners.

"Ah, perhaps you, too, are a lover of the beauties of nature," the good priest remarked. "Have you seen the golden fingers of the dawn spreading across the eastern sky, the red-stained islets floating in the lake of fire in the West, the ragged clouds at midnight blotting out the shimmering moon?"

DATES TO REMEMBER

November 6—The Fourth Anniversary of the Night and Day Group will be held in St. Philomena's Social Hall, 13824 Euclid ave., Corner Euclid and Vassar at 10:00 p.m. Guest speaker will be Ann C., Niles, O., Plenty of free parking behind the school in the school yard. Food and prizes.

November 8-The Orchard Grove group (second in Cleveland) will observe its Twenty-Sixth Anniversary in Lady of Mt. Carmel Church Hall, West 70th St. and Detroit Ave., at 9:00 p.m. with Tom B., Winnipeg, Manitoba as guest speaker

November 18—Bay View observes its 2nd Anniversary Over 900 patients have been treated at Bay View Hospital.

November 19—The Chagrin Falls group will observe its Nineteenth Anniversary and Gratitude Night in Federated Church, 76 Bell Street at 9:00 p.m. with Irene K., Pittsburgh, Pa., as guest speaker.

November 20-The Cedar Group observes its 21st Anniversary with a dinner at 6:00 p.m. in the Salvation Army Men's Social Service Center. Guest speaker will be Colonel J. Clyde Cox, chief secretary.

November 24-The V.H. group will observe its First Anniversary in Veterans Hospital, East Boulevard and East 105th Street at 8:00 p.m. Dr. Luke R., Youngstown, O., will serve as M.C. and Dr. Al C., Detroit, Mich. as guest speaker.

Picture the scene at the Neighborhood Church in Oakland, California, during Sunday evening services. The sermon was under way, and back at the door was Glen Jackson, who had been busy, ever since the congregation began to arrive, trying to keep a small but friendly dog from getting inside.

Halfway through the service the door opened, and a man and woman started to tiptoe in. Jackson spotted the little dog, right between the woman's legs, trying to sneak through the door again. He reached out a foot and gave a half-hearted kick at the dog-but missed and caught the woman square on the shin.

She doubled up in pain and began rubbing her leg. Then, before Jackson could apologize, she looked up and said, "I'm sorry we're late. We're from out of town.."

* * * * *

"Nope, father, not lately," was the farmer's response. "I've been on the wagon for over a year."

CLEVELAND AA DISTRICT OFFICE

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

ALANON GROUP MEETINGS

- Alanon Answering Service — Call SU. 1-5185
- ASHTABULA—Harris Memorial W. 68 & Adams 1st & 3rd Mon., 8:30
- BROOKPARK-PARMA-Redeemer Lutheran, 6161 Smith Mon., 8:30
- LAKEWOOD—Lakewood Presbyterian, Detroit Ave. at Marlowe Mon., 8:30
- EUCLID-Christian Church, 28001 Lake Shore Blvd. Tues., 8:30
- SUBURBAN WEST—Our Savior Luth'n Church, 20300 Hilliard, Tues., 8:30
- MAPLE HEIGHTS—Presbyterian Church, 15715 Libby Rd. Tues., 8:30
- BETHANY—Bethany Presbyterian Church, W. 65th & Clinton Wed., 8:30
- IGNATIA—East 91st & Harvard Ave. Wed., 8:30
- FAIRPORT HARBOR—Luther Center, Eagle st. Wed., 8:00
- ROCKPORT—15305 Triskett (1st Mtg. each mo.—Discussion, Wed. 9:00
- TRINITY—U. C. of Christ, (Annex) 3525 W. 25th St. Wed., 8:30
- LORAIN AVE.—Dr. Martin Luther Church, 4470 Ridge Rd. Thurs., 9:00
- WEST SIDE—St. Mark's Church, 15300 Puritas Road Thurs. 1:30
- ROSARY HALL—Charity Hospital, E. 22nd and Central Fri., 8:30
- E. CLEVELAND—YWCA, Lee Boulevard and Euclid Fri., 1:30
- CHARDON—Pilgrim Christian Church, 118 South St. Fri., 8:30
- LORAIN COUNTY—Luth. Church, 3334 Wilson, Lorain, O., Thur. 8:30
- ELYRIA, O. Woodbury St. off Cleveland St. Sat., 8:30
- VALLEY—7100 Kinsman (2nd & 4th Sunday) Closed Sun., 4:00

CLEVELAND AREA AA GROUP MEETINGS

SUNDAY

AVON CENTRAL—Basement Central Bank.
86890 Detroit Rd., Avon, O. 8:00
AXTEL TWILIGHT—Rte. 60, Axtel, O. 7:30
BEDFORD HEIGHTS—Village Hall,
6661 Perkins Rd., Bedford Heights... 7:30
ROUVAR—9th—Dallas Hotel, 2217 E. 9th 12 N
BROOKSIDE—Blessed Sacrament Church,
Storer and Fulton (downstairs) 8:30
C.A.H.—13857 Euclid Ave. 10:45 a.m.
COLLINSWOOD-946 E. 152nd St. 7:30
DETROIT SUNDAY-8304 Detroit Ave. 7:30
DISCUSSION-6700 Detroit Ave. 7:00
FRESHMAN (Discussion)—13857 Euclid 7:00
GARDEN VALLEY-7100 Kinsman Ave. 4:30
GENEVA-M&H Church, S. Broadway 8:00
GRATEFUL—St. James Lutheran Church,
1424 Hayden Ave. 2:00
LAKEWOOD ARMORY 1347 Wayne ave. 9:00
LORAIN CO. Cons. (1st Sun. in mo.)
St. John's Sch., 31 & Rt. 67, Lorain 7:30
MANSFIELD, O.—20½ S. Park 8:00 EST
MARSHALL—6200 Mayfield East entr. 8:00
MEDINA, O.—St. Paul Episc. Church 8:00
1424 Hayden, near Shaw 2:00
MENTOR SUNDAY — St. Mary's Church
Route 20 & Hart Ave. 8:00
MISTLETOE—St. John's Cathedral, lower
sacristy, E. 9th & Superior (Supr ent.) 7:00
NELA PARK-Cafeteria, Advertising
Bldg. Nela Park, Noble Road 7:30
NEWBURG — St. Catherine's Church
3443 E. 93rd St. 8:30
NEWBURY—St. Helen's Ch. Rte 87 8:15
PURITAS—Church of the Ascension
1400 Puritas Ave. 8:30
SOUTHWEST SUNDAY-390 Fair St.
Board of Education Bldg., Berea, O. 8:30
SUPERIOR Stag-2028% E. 106 11:00 a.m.
TRUSTY-Cleveland House of Correction
1000 ft. East of House of Correction 5:00
WARENSVILLE—Cooley Farms.
Recreation Room 10:00 a.m.
YOUR-Community House, 240 Briardale 7:15

MONDAY

BORTON—E. Cleveland Congrega. Church.
Page and Euclid Ave. 8:30
BROOK PARK—Redeemer Lutheran Church,
6151 Smith Road, Brook Park 8:30
EARLY-EARLY—St. John's Cathedral
Superior entrance, Lower Sacristy 7:30
EDGE LAKE—Faith Lutheran Ch., Lakewood,
Woodward & Hilliard (Wdwr. Ave. ent.) 8:30
ELYRIA MEN—St. Agnes, Lake & Dewey 8:30
Morning Discussion 10:00 a.m.
FRIENDLY SUBURBAN—6037 Pearl 8:00
FRIENDSHIP—Blvd. Presbyterian Ch.,
24600 Lake Shore Blvd., Euclid, O. 8:30
JEFFERSON, O.—St. Joseph's Church 8:30
LAKEWOOD MEN'S—St. Peter's Episcopal,
W. Clifton and Detroit 9:00
LEE MONDAY—First Presbyterian Ch.,
East Cleveland, Nela and Euclid 8:30
LEROY-BRAKEMAN—Leroy Grange Hall
Brakeman Rd. off Rte. 86—Painesville 8:30
LORAIN AVE.—St. Ignatius Hall,
Lorain Ave. at West Blvd. 8:30
NORWALK-Intersection Rts. 20 & 250. 8:30
ORCHARD GROVE—St. Mark's Church
15305 Triskett Road 8:30
PEARL—St. Mary's Sch., 4600 State Rd. 8:30
RAMONA-9721 Ramona Blvd. 8:30
SHAKER—Christ Episcopal Church,
3446 Warrensville Center Rd. 9:00
SOUTH EAST-7526 Broadway 8:30
TEMPLE-Fatima Hall, 6914 Lexington 8:15
VERMILION-Congregational Church 8:30
WEST 25TH ST.—United Church of Christ,
2409 Willowdale Ave. 9:00
WILLOUGHBY, O.—First Presbyterian
Church, 4786 Shankland Rd. 8:30
WOMEN'S (We&side)—West Blvd., Christian
Church, Madison & W. 101st St. 8:15

TUESDAY

ASHLAND, O. Methodist Church
Comer Cottage & Sandusky Sts. 8:00 EST
ASHTABULA CONSOLIDATED—Geneva, O.
Methodist Church, So. Broadway, 1st Tue 8:30
BAINBRIDGE—Chagrin Valley Presb. Church
Rt. 306, cor. Bainbridge & Chagrin Rd. 8:30
CLARK-1917 Clark Ave. 8:30
CORLETT MIXED Sokol Tyrs Hall
3689 E. 131st St. 8:30
EASTSIDE WOMEN-YMCA-Room 6
Lee Boulevard at Euclid 8:15
EATON-755 East 140th St. 8:00
EUCLID MORNING—Euclid Christian Ch.,
Lake Shore Blvd. & E. 280th St. 10:30 a.m.
FAIRMOUNT—St. Paul's Episcopal,
Fairmount and Coventry 9:00
FAIRVIEW PARK—Grace Church
W. 224th & Lorain Ave. 8:30
FALLS-7853 Columbia Road 8:30
GARFIELD HTS., City Hall, 6666 Turney 8:30
HUMBLE—Trinity United Brethren Church,
1289 Hayden Ave., (side entrance) 8:30
KIRTLAND, O.—Old South Ch. Rt. 306 8:30
LAKE COUNTY-M&H Fellowship Hall,
Rt. 20-E. Southwood, Mentor 8:30

LAUREL—Brooklyn High School Cafeteria,
9400 Biddulph Rd. (Parking, W. 96th) 8:45
LORAIN CENTRAL—Lorain, O. 8:30
Trinity Church
MANSFIELD—Episc. Church,
41 Bowman St., Mansfield, O. 8:30 EST
MAYLIND—E. Cleveland Savings & Loan,
6816 Mayfield Road 8:30
MILES-LEE—St. Mary's Church,
4070 E. 142nd St. 8:30
NIGHT & DAY-13867 Euclid Ave. 8:30
RIVER TUESDAY-Rocky River Methodist,
19414 Detroit Road 8:30
SHOREGATE MEN-Methodist Church
30600 Lake Shore Blvd. 9:00
SMITH-WILSON-St. Joseph's School,
9321 Orleans Ave. 8:30
STRONGSVILLE—Meth. Ch., 13364 Pearl 8:30
SUPERIOR-North Presbyterian Church,
E. 40th and Superior 8:30
TRUSTY-Cleveland House of Correction,
1000 ft. East of House of Correction 8:00
VALLEY WOMEN-7100 Kinsman 7:00
WEST PARK—Puritas Lutheran Church,
Puritas Ave. and W. 138th St. 8:30

WEDNESDAY

ASHTABULA WY Women, Harris Memorial
W. 68th & Adams, 2nd & 4th Wednesday 8:00
BAXTER-St. Stanislaus Recreation Hall
East 65th St. & Baxter Ave. 8:30
BEDFORD—Chris. Ch. Blaine & War. Ctr. 8:30
Morning group 10:30 a.m.
BRAINARD CIRCLE (Women's)-Trinity Ch.,
Brainard at Shaker & Gates Mills 8:30
BRUNSWICK-Laurel St. Shopping Center
Cuy. Svcs. Bldg., next to Marshal Drug 8:30
COLLINSWOOD-945 E. 152nd St. 8:30
DOAN MEN-Church of the Covenant
11205 Franklin Ave. 9:00
EASTSIDE MORNING-9606 Euclid Ave.,
Euclid Ave. corner J. (Side Ent.) 11 a.m.
ELYRIA O.—St. Paul Building,
Third and Middle, side entrance 8:30
FAIRPORT HARBOR-Luther Center
525 Eagle Street 8:00
Farm-9438 Slagle, Rte. 303, Garrettsville 10:30
GARFIELD-Pilgrim E. & R. Church,
4592 E. 131st St. 8:30
GARFIELD HTS. — Pilgrim E. & R. Church
4592 E. 131st St. 8:30
HAGUE-Grace Cong. Assembly Hall,
West 65th and Colgate 8:30
INTERACCIAL—30th & Wood, Lorain, O.
Mt. Zion Baptist Church 8:00
LAKE COUNTY WOMEN-1st Presbyterian,
4785 Shankland Rd., Willoughby 1:00
LEE ROAD—St. Ann's Church Basement,
Coventry and Cedar 9:00
LORAIN COUNTY WOMEN—Meth. Church,
Rte. 264-1 block east of Rte. 67 8:30
LORAIN WEDNESDAY-Bosworth Road,
Presbyterian Church, 3631 Bosworth 9:00
MANSFIELD—20½ S. Park 8:00 EST
MANTUA, O.—Mantua Christian Church 8:30
NO. OLMSTED-Episc. Church of the Advent
3760 Dover Ctr. Rd., north of Lorain 8:30
PARMA HEIGHTS-All Saints Episcopal
Church, 8911 Ridgewood Drive 8:30
PSYCHIATRIC HOSPITAL-1708 Aiken 8:30
SHEFFIELD LAKE-St. Thomas School
Harris Rd., Sheffield Lake, O. 8:30
ST. JAMES-St. James Church,
E. 84th and Cedar 8:00
SUNNY MONDAY WOMEN-713 E. Sprague
off Route 21, Seven Hills 12:30
TWENTY-FOUR HOUR-13216 Detroit,
Church of the Ascension 8:30
V.H.—Veterans Hosp., E. Blvd. & E. 106, 8:00
WARRENSVILLE—Women's House Cor. 7:30
WEST SHORE—West Shore Unitarian,
20401 Hilliard Rd., Rocky River 8:30
WICKLIFFE—Wickliffe Presbyterian Church,
E. 300th & Ridge Rd. (Route 84) 8:30

THURSDAY

ALLENDALE—St. Paul's Episcopal,
Church, 15837 Euclid Ave. 8:30
AMHERST—Elvira Ave. & Church St. 8:30
ANGLE—St. Malachi's 2459 Washington 8:30
ASHLAND — 200 Highland Ave. 8:00 EST
ASHTABULA HARBOR—Bethany Luth'n Ch.,
Penn. Ave., between W. 9 and W. 10 8:30
BAY WEST—Church of the Redeemer,
23500 Center Ridge Rd., Westlake 8:30
BEREA—Fine Arts Bldg., East Bagley Rd.
Three doors east of Eastland 9:00
BROADWAY-55th—Our Lady of Lourdes
School Hall, 8398 E. 55th St. 8:30
BROOKLYN—St. James Lutheran Church,
4781 Broadview, cor. Maynard 8:30
CHESTERLAND—St. Mark's Lutheran Church
Rte. 306, North of Wilson Mills Rd. 8:30
COVENTRY—Fairmount Presby. Church,
Scarborough and Fairmount 8:45
CROSSROADS—St. Luke's Episcopal,
W. 78th St. and Lake Avenue 9:00
EASTLAKE—Reformation Lutheran Church,
34300 Lake Shore Blvd. 9:00
EAST SHORE WOMEN—Richmond Library,
26151 Euclid Ave., Euclid, O. 8:15
ELYRIA—St. Agnes Sch., Lake & Dewey 8:30

GARDEN VALLEY-7100 Kinsman 8:00
GOLDEN GATE WOMEN-Activities Center
So. Euclid Meth. Ch., 1634 So. Green Rd. 8:30
INDEPENDENCE-Presbyterian Church
6624 Public Square 9:00
LORAIN AVE. THURSDAY 4470 Ridge Rd.
Dr. Martin Luther Church 9:00
MAPLE LEAF-Congregational Church,
Fellowship Hall, Burton, Ohio 8:30
NEIGHBORHOOD-112 E. 19, Lorain, 10 km.
NIGHT & DAY-13857 Euclid Ave. 11 km.
NORTH RANDALL-1937 Miles Ave. 8:00
PAINESVILLE—Congregational Church,
Education Building, Mentor Ave. 8:30
ROCKY RIVER—Rockport Methodist
Church, 3310 Wooster Road 9:00
ST. CLAIR-Nottingham Methodist Church
St. Clair & E. 186th St. 8:30
TRUSTY-Cleveland House of Correction,
1000 ft. east of House of Correction 8:00
WESTSIDE Closed Discussion 33119 Electric
Lake Shore Methodist Ch. Avon Lake 10 a.m.
WEST SIDE MORNING-W. 98th & Denison
Hungarian Lutheran Church 11 a.m.
WILLARD, O.—United Bank Bldg. 8:30

FRIDAY

AVON LAKE—First Congregational Church,
32801 Electric Boulevard 8:30
BEREA—Social room of Berea Cong.
Church, Seminary and Church 8:30
BOB GANDER—8437 Broadway 8:30
CEDAR—Salvation Army, 5005 Euclid 8:15
CHAGRIN FALLS—Federated Churches,
76 Bell Street 9:00
CHARDON—Pilgrim Christian Church,
113 South Street, Chardon, O. 8:30
CHARITY—Amphitheatre, 6th Floor,
St. Vincent's Charity Hospital 8:30
CONNEAUT, J.C. Hall, 238 Main (upstairs) 8:30
EUCLID FRIDAY—Epiphany Church,
Lake Shore & East 210th St. 9:00
FRIDAY P.M. WOMEN—Plymouth Church
Krumbine Room, Coventry & Drexmore 1:00
GORDON SQUARE—West Blvd. Christian
Church, Madison & W. 101st St. 8:30
HEIGHTS—Closed Discussion, Christian
Church, Van Aken & Avalon (rear) 8:30
HUDSON, O.—Closed meetings.
Christ Church, 21 Aurora 8:30
MANSFIELD—Baptist Church, 296 Park Ave.
West, cor. Benton St. & Park Ave. W. 8:30
NORTH EAST—Town House Motel,
15661 Euclid Ave. 8:30
PARMATOWN MEN—Assembly Room
Parma Community Hospital 8:30
POSTOFFICE-4079A, Main Postoffice 8:30
SOLIDARITY—Friendly Inn Settlement,
2382 Unwin Rd. (off Quincy Ave.) 8:30
STELLA MARIS MIXED
1820 Washington Ave. 8:15
WELLINGTON—St. Patrick's Catholic
Church, No. Main St., Wellington, O. 8:30
WEST CLIFTON—Lkwd. Congregational
Church, 1375 W. Clifton Road 9:00

SATURDAY

ASHTABULA, O.—St. Peter's Episc. Church,
Main Avenue at South Park 8:30
BAY VIEW—Bay View Hospital,
23200 Lake Ave., Bay Village 8:30
ELYRIA—154 Woodbury St. 8:30
FOREST CITY—2125 Broadway Rd. 9:00
LANDER CIRCLE—Garfield Mem. Methodist,
Cor. Lander Rd. and Route 422 9:00
LEAGUE PARK—Teamster's Hall,
2076 E. 22nd St. at Carnegie 9:00
LEECE-NEVILLE—1374 51st St. 7:00
LEE-SEVILLE—New Home Baptist Church,
Seville & Sunview Ave. 7:30
LIBERTY—945 E. 152nd St. 9:00
LORAIN SATNITE—7th and Reed St.,
St. Mary's Church Basement 8:30
L.S.I.—17600 Broadway 8:30
MADISON BRPV—St. Ann's Church
Middlefield & Townline, Madison 8:15
MANSFIELD — 20½ S. Park St. 8:00 EST
MAPLE HTS.—Luth. Church of Covenant,
19000 Libby Rd., cor. Maple Hts. Blvd. 8:30
MATT TALBOT—Windermere Presby. Ch.,
14112 Euclid Ave. at Windermere 8:30
MEMPHIS—Lakewood Congregational Ch.
1375 W. Clifton cor. Detroit Ave. 9:00
NEWBURGH STATE HOSPITAL—Williams
Bldg., Entrance at 4455 Turney Rd. 7:30
NIGHT & DAY—13857 Euclid Ave. 12 Midnight
NORWALK TRUCK LINES—
1147 E. 55th St., at Shore Drive 9:00
PARKMAN—Congregational Church 8:30
PARMA—Third Federal Savings & Loan
5950 Ridge Road (rear entrance) 8:45
PLAIN'S—Plains Methodist Ch., Mentor, O.
Rts. 306 and 283, Mentor, O. 9:00
REDWOOD—Euclid Lutheran Church,
E 260th and Oriole 8:30
SOBREIETY—St. Mark's Ch., 15300
Puritas 9:00
TRINITY-Trinity Evangelical Church,
8626 W. 26th St. 8:30
VALLEY VIEW-Pilgrim Congr. Church,
2692 W. 14th. cor. Starkweather 9:00
W. RICHFIELD-Consolidated Church,
Route 303 9:00



EXPOSURE

Last month this column provided an introduction to the tests through which we pass over and over again, from the time we start walking the sober path under our own power. First we consider the test of exposure because it is the first in its incidence.

When we arrive in this Fellowship we are sick and defeated by our common malady. We receive special attention much as a critical patient in the intensive care division of a hospital. From sponsors, co-sponsors, and others, we have unusual understanding and compassion. Finally this starts to abate almost without awareness on our part or theirs. The crutches are suddenly gone and we must walk on, comparatively unaided. This is our first test of **exposure**.

Tomato -plants can be cultivated under glass for only a limited time. If they-remain overtime in the greenhouse then their chance of survival with natural exposure is lessened. When the nursery-man places tomato plants in flats, he usually includes about 15 in each supposed dozen because he knows of the probability that several will not survive when transplanted and exposed to nature. How like newcomers to our Fellowship! Often the best looking plant in the flat box will not do well or may not even survive. Some will grow into impressive bits of foliage but will bear no fruit. All of us know that realization of a full, happy sober life in our Fellowship seldom comes to the hot-house product who cannot face the elements of life's reality. We also know that a full measure of satisfaction comes only to him who in turn bears fruit through giving of himself for, others.

Another analogy might be drawn by considering the college student who is graduating into life after achieving fine scholastic grades. He is a fine looking prospect coming out of the hot-house to face life. His loss of parental supervision and the discipline of a formal educational institution, compare with our loss of intensive care by sponsors and special friends. His final tests are not over either, for education is a life-long process. He too must face exposure to life's reality on his own. This test of exposure for him and for us is nothing **more** than a question of self discipline.

Our grades on the tests of exposure must be good, else we will not survive. With the college student the grade will determine his degree of success in life. With you and me it is more like the tomato plant, either we make it or we don't. It's a life and death matter. Most of us come out of our hot-house period with a pretty good knowledge of this Fellowship and its way of life. Like all knowledge it avails us absolutely nothing unless we assimilate it thoroughly into our lives through rigid self discipline. At that point we become intelligent and not merely knowledgeable. We must get a passing grade on this test of exposure the first time around. There may be no chance to make it up. But after this first crucial time, we are not through with this test. It will come up again and again as, we have **new** experiences and new temptations which create new kinds of crises. The high road of significant, sobriety is **not** a primrose path. As we are buffeted by the pelting rain and high winds which

(Continued on page two)

GIRD YOUR LOINS

"Show me the man who has gratitude and I'll show you a man who has the right attitude." This cogent statement was made by a speaker that we heard sometime ago. We never forgot it, for it brought into focus one of the most important needs for the new comer in the program.

It is particularly important as we approach the Holiday Seasons — Thanksgiving, Christmas and New Year's Day, for there'll be many social gatherings to which many of us will be invited by our well-meaning friends who may or may not know that we have a drinking problem and who urge us to join in the "fun" and have a drink.

Anyone who has been a sober and stable member for a period of time remembers well the temptation he had to weather and how difficult it was to say "No" to an insistent host or hostess, particularly when he or she remained "absolutely anonymous" to former drinking companions.

Some, in our acquaintance, accepted the drink, and when the host's or hostess' back was turned, dumped it in a flower pot or vase — just to save face!

Has it ever occurred to this type that it was possible that these very people knew that they had joined Alcoholics Anonymous, but had no knowledge of what **just** one little drink would do to that person? Ditching it certainly must have made them feel guilty and uncomfortable! Did it ever occur to them that it was dishonest? A sneak is never honest!

Certainly there is no reason to be ashamed of being a member of Alcoholics Anonymous. Most of your former drinking companions were

aware of your **inability** to control your appetite for alcohol — that just one drink would invite many more, and then what becomes of your commitment to A.A. as a member — your example to someone who was on the verge of asking you for help?

Gird your loins! Remember the living hell the right to drink cost you in self-respect, the ridicule of your so called friends, your reputation! And then remember the slowly developing return of pride and self respect and becoming an asset to the community instead of a liability! If you take just that one drink it will haunt you and will forever be on your conscience — if you have one !

Most of us are extroverts or introverts by nature. We either go "all out" for something or someone, or we positively refuse to have anything to do with something or someone!

Thanksgiving, Christmas and New Year! What wonderful holidays they are! Enjoy them properly! Show gratitude to God for the many blessings He has heaped upon you — your life, your health, your family, your friends, your self-respect, your honor and our faith!

May your holidays be happy, sober ones.

Remember, that the power of your own example is the most cogent influence you have on the newcomer whom you call on. Since your appearance on this visit may leave an indelible impression, make it your very best within the bounds of honesty.



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland 1, Ohio. Subscription price—\$2.00 per year.



Vol. 24

December, 1965

No. 3

MILL ENDS AND REMNANTS

Our series of essays from across our Northern border continues :

THE STRENUOUS LIFE

The person in search of a satisfying life does not ask for comfort, but for an opportunity to exercise his abilities. Not everyone is born with a longing for strenuous discomfort in remote places, but everyone who is trying to accomplish something knows that you cannot make the most of your life if you try to exist as a non-participating unit in the life around you.

Indolence is a distressing state. We must be doing something to be happy. Effort and struggle with difficulties are as natural to a man as grubbing in the ground is to a gopher. To have all his wants gratified is intolerable. It is a denial of the abundant life.

We recall the address by Theodore Roosevelt in the closing year of the nineteenth century. It was called "The Strenuous Life", and even then, when the affluent century had not yet dawned, it was derided. Now, after sixty years, it seems to thoughtful people that a return is needed to Roosevelt's principles if we are to make life rewarding. A life of ease, lived by those who are slow in thought and sluggish in action, is shabby and worthless.

Roosevelt summed up his principles in this way: "I wish to preach not the doctrine of ignoble ease but the doctrine of the strenuous life; the life of toil and effort; of labour and strife; to preach that highest form of success which comes not to the man who desires mere easy peace but to the man who does not shrink from danger, from hardship, or from bitter toil, and who out of these wins the splendid ultimate triumph."

Absorption in ease or passing pleasure is one of the most common signs of present or impending decay. There is a phrase: "To rest on your laurels", meaning to quit trying after winning a crown or a gold medal or a promotion. A prize does nothing else but reward past achievement. To abandon ambition upon reaching a plateau is to suffer diminution of our essential manhood.

"Comfort," said Kahlil Gibran, the Lebanese poet, "is a stealthy thing that enters the house as a guest, and then becomes a host, and then a master." We should be alert to unmask its nature before we learn to love it too greatly.

Keeping happily and continuously sober is strenuous, but the rewards are immeasurable, by George!

TAKE AN INVENTORY

Words do well enough for programs, and to inflate our ego, but fulfillment comes in deeds. There are still many men and women in our fellowship who indulge in talking about themselves, but never contribute anything to ease the burden of another human being. But, I have discovered that it is mostly the person who is silent that does the most. The old story about using so much steam in a whistle and not enough left for the wheels is more than humor — it is philosophy.

—Inter-Group News, Akron, O.

"Well Doctor, was my operation a success?," "Who's a doctor, I'm St. Peter."

THE GENERAL SERVICE OFFICE OF A.A.

The General Service Office of A.A. supports and strengthens the entire Fellowship. As a central clearing house for our movement, it provides certain distinctive, movement-wide services to alcoholics — and to others interested in our program — that the individual members, local groups or Area service units are not themselves in a position to provide.

The General Service Office:

1. Provides the necessary facilities for handling thousands of inquiries—annually from alcoholics and others helping many problem drinkers to obtain the help they seek by affiliating with a local group without delay.
2. Helps new groups to become established and supports all groups everywhere by sharing group experience accumulated from the earliest days of the Fellowship.
3. Prepares and distributes movement-approved literature reflecting the personal experience of A.A. members worldwide.
4. Provides the only movement-wide public information facilities, as well as special services designed to protect the Fellowship from misuse of its name or misinterpretation of its primary purpose and functions.
5. Maintains continuing contact with alcoholics throughout the world who are unable to affiliate with a local group.
6. Makes available special services and support to alcoholics confined in institutions throughout the world.
7. Strengthens A.A.'s basic unity by preparing and distributing the annual World Directory and the monthly A.A. Grapevine, by bringing Area Delegates together in the General Service Conference and by sponsoring international conventions open to the entire membership.
8. Acts as trustee of the financial resources entrusted to it by the Fellowship for the purpose of carrying the A.A. message to all alcoholics and assuring the survival of a movement forever dedicated to helping others as we once were helped.

Any communications and inquiries may be addressed — General Service Office, P.O. Box 459, Grand Central Station, New York, N. Y. 10017.

AA OFFICE HAS A NEW LOOK

Have you visited the Cleveland AA District Office lately? If you have, you'll not have to read further. For those of you who haven't, we suggest you do drop in and see the newly painted interior, bright and cheery.

Adding to the dignity and decor are two beautiful paintings contributed by artist Albert S., Parma Men. Both pictures appeared in THINK Magazine recently.

We suggest that you drop in and see for yourself. This is your office and you will be made welcome on the second floor of the Frederick Bldg., 2063 East 4th Street.

THE SIX BETTERS

Among the many gifts that we receive in A.A. why not enjoy yet another fine gift? It is the gift of "The Six Betters."!

Feel better . . . Think better . . . Look better . . . Work better . . . Live better . . . Love better.

—Bill F., Lauderdale, Fla.

EXPOSURE

(Continued from page one)

the emotional and spiritual experiences of a sober life provide, we must be armed with the resilience and courage to ride out the storms. The rewards are handsome compensation for the hard work which brings good grades on our recurring tests of exposure.

OBITUARY

A.P. "Joe" Toomey, a four year member and former secretary of the Berea Thursday group passed away suddenly on October 13. Surviving him are his wife Jean and three boys, to whom we offer our sincere sympathy.

PRAYER OF THE MONTH

I thank you, Lord, for knowing me better than I know myself, and for letting me know myself better than others know me.
Make me, I pray, better than they suppose, and forgive me what they do not know. -Arabian

AA CHALLENGED ON BASIC TENET

These were headlines in the New York Times, Monday July 5th of this year. They refer to the 30th AA Anniversary Convention at Toronto, which was held July 2-4. At that time, 2 non-alcoholic speakers challenged the idea that a problem drinker should be left alone until he asked for help. Dr. Marvin A. Block of Buffalo (former chairman of the American Medical Association's Committee on Alcoholism) said that an alcoholic must be induced to accept treatment long before he is ready to ask for it. He criticized what he called a vocal AA minority that gives the impression "AA alone can help the alcoholic." Dr. Block said that the idea that only an alcoholic can understand an alcoholic sounds pretty silly to the physician who has treated illnesses from which he himself has never suffered. Dr. Block also remarked that far more should be done to educate the public about the early symptoms of alcoholism. "Since the psychological effects generally precede the physiological effects, it is important that these signs be readily recognized."

J. P. Miller, the author of "Days of Wine and Roses", told the delegates and members he understood their pride in the tradition of not forcing literature, advice or a problem drinker. But he went on to say, "I know you must remain non-aggressive, but do you have to be so aggressively non-aggressive?"

Dr. Block's comments seem to go along with the recent legislation (signed into law by Governor Rockefeller of New York on July 16th of this year) providing involuntary commitment of alcoholics to State Hospitals. Alcoholics who "must be induced to accept treatment long before they ask for it" are actually, in plain English, alcoholics who are forced into treatment, whether they want it or not.

Quite a few of us were "forced" into AA by nagging wives, furious bosses, heavy guilt, rapidly accumulating debts, and an overwhelming desire to get off the hook. In a remarkably short time we "learned our lesson", loaded ourselves with shining promises of future blameless behavior, and wriggled right out again . . . to continue drinking! Yet quite a few of us came back. We came back of our own accord, asking for help. Our eleventh Tradition states, "Our public relations policy is based on attraction rather than promotion . . ." The sight of sober, happy, useful AA's seems to be the biggest attraction we have . . . BUT . . . maybe it's time for a new inventory??? . . . "How Often Did We Fail Others?"
-Chit Chat, Robesonia, Pa.

AREA-WIDE MEETING

The Winter Area-Wide meeting will be held in the Nurses Auditorium of Charity Hospital on Friday, December 3 at 8:30 p.m. Coffee before and after the meeting.

The speaker will be Holly M., of Detroit, Michigan and she merits a full attendance.

Not only will you hear an outstanding speaker, but you'll also be rewarded in seeing many of your friends from the surrounding areas.

ALA-TEEN GROUP PLANNED

Plans are being formulated to start an Ala-Teen group in the Westlake-North Olmsted area on or about January first. Persons who wish to join this group, or who know of interested young people please call Mary Alice B., TR. 1-2051, Donna B., SP. 7-0509; or Gretchen G., 777-1705.

Have "one for the road" and a State Trooper for a chaser.

DATES TO REMEMBER

December 3-Area-Wide meeting will held in Jordan Hall, Charity Hospital at 8:30 p.m., with Holly M., Detroit, Michigan as guest speaker. He should pack the auditorium for he is well worth hearing.

December 5-The North Olmsted group observes its Fifth Anniversary in the Episcopal Church of the Advent, 3760 Dover Center Road, north of Lorain Road at 8:30 p.m. with Kenny K., Cleveland as guest speaker.

December 9-The Painesville group will observe its Sixth Anniversary in the Congregational Church Education Building, Mentor Ave. at 8:30 p.m. with Father John, Stella Maris as guest speaker.

December 12-The Southwest Sunday group observes its Second Anniversary in the Board of Education Building, Berea, O. at 8:30 p.m. with Mr. D. H. R., Jr. of Marysville, Tennessee as guest speaker.

January 29-Annual Alanon Dance. Masonic Temple, 3615 Euclid Ave., at 8:00 p.m. Dancing and Buffet Supper, \$1.60.

NEW GROUPS FORMED

The Tee-Cee Group held its first meeting on Tuesday, October 26 in the General Motors Training Center auditorium, 11699 Brookpark Road, Yarrowa, with a panel of four speakers: Father John, Stella Maris, Clint C., Mistletoe, Harry D., Edgelake and Harry R., Stella Maris, Master of Ceremonies was Tom V., of Parma. Douglas McC. was chairman and Frank T., Secretary.

125 people attended, including Mr. Will Simpson, Training Center Manager and Dr. Stephen DeMeter, Medical Director of the Chevrolet Division of General Motors.

75 free prizes were happily received by the enthusiastic audience.

The T.S.L.L. Group has been functioning for nearly a year at Stouffer's 14th and Euclid Restaurant. They meet in the mezzanine at noon on Tuesdays, starting with a "coffee-tail" party before the meeting at 11:45 a.m. At 12:15 a short lead is heard and around 12:30 luncheon is served. At 1:05 you are on the way back to your desk.

If You're downtown, you'll find it worth your while to attend.

The Clehoco Group has just been formed and meets in Matt Talbot Inn, 9305 Superior on Fridays at 8:30 p.m.

The Westlake Discussion Group is just in the planning state but will probably be in operation by the time this Bulletin is in your hands. They will meet on Friday evenings in the Westlake Christian Church on Hilliard Rd. at Columbia Rd. Dick Van D. is the co-ordinator.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Room 205, Frederick Building, 2063 E. 4th St., is open weekdays from 9 a. m. to 5 p.m., Saturdays from 9 a.m. to 1 p.m. but maintains a 24-hour telephone service which responds to calls made after the office is closed. The telephone number is CHerry 1-7337.

ALANON GROUP MEETINGS

Alanon Answering Service — Call SU. 1-5185

ASHTABULA—Harris Memorial W. 68 & Adams 1st & 3rd Mon., 8:30
BROOKPARK-PARMA—Kodeemer Lutheran, 6151 Smith —Mon., 8:30
LAKELAND—Lakewood Presbyterian, Detroit Ave. at Marlowe Mon., 8:30
EUCLID—Christian Church, 2501 Lake Shore Blvd. Tues., 8:30
SUBURBAN WEST—Our Savior Luth a Church, 20500 Hilliard, Tues., 8:30
MAPLE HEIGHTS—Presbyterian Church, 1371 Libby Rd. Tues., 8:30
IGNATIA-East 91st & Harvard Ave. Wed. 8:30
FAIRPORT HARBOR—Luther Center, Eagle St. Wed. 8:00
NU-YOU-15305 Triskett (1st Mtg. each mo.)—Discussion Wed., 9:00
TRINITY-Trinity Church (Annex) 3625 W. 26th St. Wed., 8:30
ROCKPORT—15305 Triskett (1st Mtg. each mo.)—Discussion, Wed. 9:00
TRINITY—U. C. of Christ, (Annex) 3525 W. 26th St. Wed. 8:30
LORAIN AVE.—Dr. Martin Luther Church, 4470 Ridge Rd. Thurs., 9:00
WEST SIDE—St. Mark's Church, 15300 Puritas Road Thurs. 1:30
ROSARY HALL—Charity Hospital, E. 22nd and Central Fri., 8:30
E. CLEVELAND—YWCA, Lee Boulevard and Euclid. Fri., 1:30
LORAIN COUNTY—Luth. Church, 3334 Wilson, Lorain, O., Thur. 8:30
ELYRIA, O. Woodbury St. off Cleveland St. Sat., 8:30
VALLEY—7100 Kinsman (2nd & 4th Sunday) Closed. Sun., 4:00

HOW DO YOU RATE?

A non-alcoholic friend asked me, "Why do some members of A.A. go back to the bottle after they have regained their self respect and the respect of their families and friends?" Then he went on to tell me that his neighbor had been sober and active in A.A. for nine years and then deliberately went back to the bottle, **destroying** everything that he had taken this nine years to build. He added, that someone in this man's own group did not agree with this man's A.A. philosophy, so he (the man) was trying to drown his resentment in alcohol.

I don't think that anyone can give a satisfactory answer as to why some people who have strived for years to surmount obstacles can throw everything overboard when some simple disappointment strikes them. Neither, can we understand why some baseball players lose the joy of playing the game when the umpire calls a strike on them. Perhaps, it is because some of these people have never learned to accept failure and to use it as a stepping-stone to victory.

After nine years of sobriety and association with this fellowship a person should have acquired sufficient strength of character to meet his disappointments without **help** from the bottle. It is too late to **begin** building strength of character when misfortune suddenly strikes us. We cannot call upon our reserves of faith and moral strength unless we have made them a part of our life during peaceful times. It is not enough to prepare for the expected; wisdom requires that moral and spiritual strength be provided for the unexpected, too.

When we **try** to force our own moral code on others, we **can** be certain that some people will not **agree** with us. We cannot decide life's course for others. They **must** make their own decision as to the direction in which their lives will move and the course by which they will travel. Life is an endless maze of **large** and small **decisions** and no one makes the right decision **every time** **hnt** we can all learn something from our mistakes and **emerge** stronger and wiser.

Life's pills are **not all** sugar-coated. There are times in **every man's life** when he must **swallow** the bitter pills to bring his moral temperature down to normal. Surely a person is **not** thinking normally when he chooses the bottle or the pill-box to cure his wound and vanity.

Sometimes our road to peace and happiness goes through the **valley** of grief, sorrow, and disappointment. **That is** part of the penalty we **must** pay for living on this world, and our success or failure is measured by the way we travel through this valley. If we humbly turn our will and our lives to the care of God, **He will** guide us safely through the storm: sorrow will be followed by **joy**, confusion by order, hatred by love, and **resentment** by humility.

Without temptation there could be no moral victory: without **bereavement** and sorrow, there would be no **sympathy**; without weakness, there would be no need for helpfulness and service.

—Edw. B. Inter-Group News, Akron, O.

SELF-INVENTORY

Life is like a wagon wheel, with rough-hewn spokes and a greased hub in the center. The wheel rattles down the road, bearing the weight of the **wagon** with it. So, a human life moves down the path of life. The spokes of the wheel **represent** the interests in a **person's** life. And, the hub of the wheel is the main, dominating influence of life, because the hub touches all the spokes.

The spokes in the wheel of life are varied. There is the spoke of recreation and **pleasure**, a necessary part of every life. There is the spoke of business or vocation. There are spokes for our friends and the various clubs and **organizations** to which we belong. For others there is **politics**. The home represents a spoke of interest for **most** folks. None of these are bad.

But, one of the dangers of life is found in permitting the spokes to become the hub of our existence. Business, clubs, **pleasures**, politics, and in the alcoholic's case, drinking; any one of these may be given undue **import-**

ance by making them central in our lives. When this happens, life becomes devoid of purpose.

The hub of life should be something stable and **immutable** to give direction and purpose to God and His purpose, belong to the center of life with a new sense of comfort; a feeling that there was a way out: that we had found the answer to our drinking problem: that we no longer had to resort to the bottle for that comfort which was always followed by remorse, soul-sickness, and the destruction of all that we held most dear. We know how long we will stay sober. We will keep our sobriety just as long as we do what **we** know **we** should do: as long as we keep regular association with AA and try to practice the principles of AA in all our affairs: as long as we continue to thank God for **leading** us to the doors of AA and for giving us this sobriety: as long as we ask Him to help us keep what we have **gained**.

We cannot spend our entire lives on mountain **tops**—we must come down to the valley at times and hoe **potatoes**. A true lasting spiritual experience is a **matter** of day to day **living**, humbly and sincerely giving of ourselves to God and AA, and by developing **our inner** resources and the expression of our real selves: by **making** honest efforts to be the kind of persons we should be, and would like to be.

A speaker at a meeting once said, "All I can say is, that my wife is not as quarrelsome as she **used to be**. My neighbors speak to me and not about me. My boss is not **nearly as** **crouchy** as he was when I was drinking." Just remember, **Easy does it**.

—Inter-Group News, Akron, O.

EVERY DAY IS THANKSGIVING DAY

I hope I never get so damn smug and **self-satisfied** that I forget that **Thanksgiving**. It was a beautiful day for those who could see it — the sun shone, the air was clear and crisp, and there were festivity and football games for the living. For us drunks — for **this drunk**, there was fear and defeat. I had a home, I had a loving wife. I had four small kids who wondered why **Daddy** had to be "out of town on business" on this day: but I couldn't go to **them**, I couldn't face them because of the shame and the shakes I carried with me everywhere.

Even **my** drinking buddies deserted me to be with someone from among the living, and it was **then that**, I experienced and really got to know that companion of the chronic drunk — Loneliness. Loneliness **was with me**, when I got up off the **couch** to go to the refrigerator for a bottle of Friendship. He held **my** hand when I fell back on the couch and passed out. **He** walked beside me to my Thanksgiving dinner at the White Tower — a hamburger and (could you guess it) numpkin pie with a dab of synthetic whipped cream. He comforted me when Self-Pity and Self-Loathing came into the **room** and **blocked my** view of the television and the bright talk of the living.

And then he took my very heart in his icy grip and — so it seemed — he squeezed Remorse and Fright into the very fabric of my being.

That day, that Thanksgiving Day, I saw that J was different, that the world that day was for others. I saw that booze was part of my life, I was afraid **it was** my life, and that when I quit drinking I would quit living. So I kept on drinking until the magic day when **T** was tired enough of my life to give up the drinking that sustained it.

Then a curious thing happened. I didn't stop living at all. I **started** to live and it is the **not** drinking that has kept me alive and that is now a part of my being.

Yes, I hope I **never** forget that Thanksgiving Day.

—Bill J., Toledo Area News

L. S. I. MAKES CHANGE

Beginning Saturday, January 8, 1966, the meetings will begin at 8:00 p.m. instead of the present 8:30 time.

They also wish to announce that there will be no meetings on Christmas Day or New Year's Day.

The right train of thought can take you to a **better** station in life.