



WHERE DO YOU FIT?

As we are introduced to AA, learning how it works and become active in the Fellowship, we find quite soon that we all want to live sober, happy, useful lives. Alcoholics can't stand still. They must either progress or go back into the misery of the old life. There are periods during which some of us stay sober, but actually aren't happy. In this state of "limbo", wanting to be in on the fun and joyousness that can obviously be ours in AA, tempted by the bright lights, nostalgic soft music and all alcohol advertisements that tend to attract.

There are those who manage to rally from this "nowhere" state and find themselves in AA, rather than on the edge of it. They progress, of course, and become happy-useful members. The man who can't do this either slips back into drinking, or can even remain dry, but becomes lonely, unhappy and on the outside looking in.

There's no real reason why we can't be happy in AA. As alcoholics we are usually very active people in all walks of life. We are among the great lovers of life and are usually extremists in everything we do. We were afraid we'd miss something. We went into everything 100%, not slowly and with caution. We abandoned ourselves to drinking, the world of bright lights and "wine, women and song".

No one can condemn the man who uses alcohol sensibly, for relaxation, who never gets into trouble with it. We could not do this. If we wish to be sober and happy, we must constantly be mindful that alcoholism is **anathema** to us and we must learn to accept it as such.

Plainly, we cannot any longer kid ourselves if we wish to stay sober. Lying to others invites trouble. Lying to himself **means** trouble! It's so easy to justify our actions, violent or mild. But if we simply tell ourselves what *we want* to hear and push conscience back under the rug, we go blithely on, further convincing ourselves that we alone can make it. That invites real trouble!

We should know that we can't afford resentment and self-pity. They go hand in hand, and when we find ourselves indulging in these so-called "luxuries" we are in need of much help — and fast!

Our constant association with other AA's is a safeguard. They can see in us that which we can't see in ourselves and can help us overcome such periods and such resentments. If we allow resentments to keep us away from meetings, we are again suddenly alone and nowhere to turn. The very next drunk *is* very, very close and our very lives are at stake.

There are many people in this very situation at this moment. Only God knows what will be their lot.

For those of us who are still in the fold, it will reward us to remember daily and we *can* be happy in AA if we remain active and become a part of it! We must honestly examine ourselves daily. We cannot bear to indulge in resentment or self-pity-and we cannot afford to remove ourselves from AA, nor our Creator, through whose grace we are sober today.

LOVE ONE ANOTHER

Someone has said: "He that cannot forgive others, breaks the bridge over which he must pass himself; for every man has need to be forgiven."

One of the seldom mentioned "Absolutes" which were the measuring sticks for the early AA pioneers for making self-improvement is "Absolute Love". Most of us were full of resentments when we came into the Fellowship. We found it hard to rid ourselves of resentments toward our kin, our puzzled and deserting friends, our employers, police and all mankind as a whole.

That we should love these people who had ceased having patience with us, who criticized and humiliated us so unmercifully, was unthinkable! It was a stumbling block to **full** acceptance of a program that seemed possible except for this impossible "**must**".

We forgot, or didn't know, that a hater is a murderer in God's sight, because a hater kills by inches.

God wants us to love everyone, because we have received His love in hesitant faith. Being human we judge God's attitudes by our own. We are inclined to picture Him as a vindictive, unforgiving and cruel God, when our Bible is full of evidence that He is loving, considerate and understanding.

We believe that to love others does not always mean that we must have a feeling of affection for them. Isn't it true that we are often not even fond of our own selves, and are often not **even** fond of ourselves, and are often disgusted with ourselves, and are often disgusted with ourselves and our weaknesses?

We can't always find everyone attractive and be bosom pals with them. Yet God admonishes us to love *every-*

one!

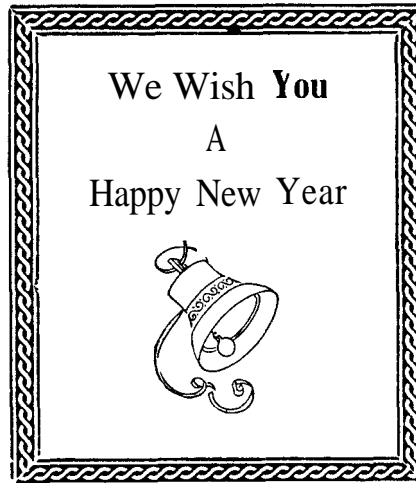
We are allowed to hate certain things in others, even as we hate certain things in ourselves. Oftentimes the very things we hate in other people, we are guilty ourselves. We can hate a person's bad actions, but we definitely should not hate the person. We despise our own conceit, greed, lust, false pride . . . but we still persist on loving ourselves.

If we honestly and sincerely pray for God's blessing upon others, then we can be sure that we love such persons. If we find it difficult to love people who have nothing lovable about them, let's never forget that God has done that for us! Some may not be deserving of our love, but neither are we deserving of God's love.

Since our entire philosophy is spiritual, let's face the facts! God offered us food-we said we would buy our own! God offered advice-we said we didn't need it. God offered wisdom-we preferred our own. God offered help-we were certain we could take care of ourselves. We preferred to run things our way.

Now that we have found Him, let's practice His principles for the rest of our days.

Those that haven't, just ain't happy in their sobriety!



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. 12

January, 1968

No. 4

CENTRAL COMMITTEE MEETING

The meeting was opened by Jim S., Moderator, with the Serenity Prayer and was attended by 32 group representatives.

The purposes of Central Committee were read by Jim S. and the Minutes of the meeting of November 7, 1967 taken by Jean C. were read by Charles K. and approved as read.

The Treasurer's report, read by Lillian W., reflected a balance of \$186.00 as of December 5, 1967 and was approved as read.

COMMITTEE REPORTS were as follows:

1. **Action Committee** — None.

2. **Areawide Committee** — Ray M. presented report on November Areawide Meeting indicating that \$45.24 net was turned over to the Central Committee Treasury, that the accounting was likewise submitted and further indicated that the raffle at the Areawide Meeting accounted for \$48.00.

Ray M. had donated \$10.00 to Rosary Hall. Comments by Jim S. and Dick P. indicated that no such donation should be made without approval of the Central Committee. Marge suggested continued support for future Areawide Meetings. Ray M. was congratulated for the fine attendance at the November meeting, to-wit: 211.

3. **Central Bulletin** — Harry D. reported receipt of 18 subscriptions from one person and that further subscriptions are needed.

4. **Hospital Committee** — Jack D. indicated that Charity Hospital would accept Community Health Foundation Insurance if accompanied by a Doctor's Certificate as required by the policy. Jack E., not present, will report further on Community Health Policy at the Central Committee Meeting. Lee W. reported regarding Bay View Hospital that doctor's signature was required on Community Health. Discussion followed regarding other types of policies acceptable for treatment of alcoholism. Such policies should be individually reviewed and checked with the hospital in which the patient is to be admitted. Discussion followed regarding visiting hours at Rosary Hall and ability to visit patients. It was reported that the visiting hours posted are those times when he patient can be seen, that AA members can visit Rosary itself at other times as in the past. Several members indicated difficulty seeing patients. Lew W. advised regarding the transition problems, that these conditions would undoubtedly be alleviated in the near future.

5. **P.I.C.** — Report from Dick P. indicated that through November 30, 1967, 189 speakers had been sent to speak to non AA organizations as compared with 110 in 1966 and 111 in 1965.

6. **Institution Committee** — Lew W. read excerpts from report of Helen D. regarding Warrensville Women's listing donations from West Side Women's, Lee-Seville, Garden Valley and a number of individual contributions. Full report attached. The Warrensville Women's Christmas Party was announced for Wednesday, December 20.

OLD BUSINESS: -None

NEW BUSINESS :

1. Bill H., Painesville, reported that the secretary of his group had received letter from Central Office regarding invitation by Lake County Combined General Health District for a member of AA to attend a subcommittee

meeting to formulate a program for presentation to parties interested in alcoholism such as police, nurses, etc. Bill H. indicated that such should be turned over by P.I.C. directly to an individual rather than to a group. Dick P. indicated that the matter had been turned over to the Painesville group with the expectation that they would check the qualified individual. Discussion followed indicating including expression by Jim S. that the matter should be referred to an individual and not to a group.

2. Minnie C. felt that letter received from Operating Committee regarding funds for Central Office was improper and she was referred to the next Finance Committee Meeting in January as the proper place to present her views. Marge indicated that the Central Office is supported by groups and individuals. Speakers supplied: Jan. 1 through Nov. 30 for three years: 1965 — 111; 1966 — 110; 1967 — 189.

3. Fred indicated that there should be a State Hospital Program so that alcoholics could be admitted to hospitals in the absence of funds or Blue Cross etc. Jim S. indicated that AA as such could not take any position in this matter in view of traditions.

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

Moderator Charles K.
Vice Moderator Bill H.
Treasurer - - - - - Mary S.

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

The meeting was closed with the Lord's Prayer at 10:20 P.M.

Respectfully submitted,
Charles K., Acting Secretary

A TRIBUTE TO "LIZ" BUSH

*Our First Woman Member
"OUR AWAKENING LAND"*

Many years ago., the mighty trees covered this,
our awakenmg land.
So thick and high, there was no sun in this,
our awakening land.
One by one, the giants came down, when civilization
walked, in our awakening land.
But, one day about the year of eighteen-ninety-one,
a mighty Bush was born,
Just a little Bush — but with steady growth,
a mighty giant, in this, our awakening land.
Like the maple spreading its leaves to shield,
those beneath in the awakening land,
Our Bush, she too, with her limbs outstretched,
protected all with her helping hand.
Comfort and courage our Bush inspired in all,
as seeds of wisdom she did plant,
Gentle as a rose — yet a wall of strength,
she weaved her magic spell,
Helped many a man and woman too, come up and face
the world, and, do it well.
Many have learned from the Bush that grew,
born of a seed many moons ago.
The Bush that blossomed courage and faith,
inspired so many to take their place,
With eyes ahead and hearts inspired,
with love and honesty upon their face.
Yes, another mighty Bush has felled,
from this our awakening land,
But she will live on in the hearts of many,
in this — our ever awakening land.

—Dottie S., Nov. 1967

OBITUARY

Jim Dean, secretary of the Madison-Perry group was killed in an automobile accident collision. He was a three year member. We offer our sincere condolences to his wife, Louise.

THE GOLDEN DAYS

There are two days of the week upon which I never worry. Two carefree 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, its mistakes and blunders, has passed forever beyond the reach of my recall. I cannot undo an act that I wrought; I cannot unsay a word that I said yesterday. All that it holds of my life, of wrongs, and of sorrow, is in the hands of the "ALMIGHTY LOVE" that can bring honey out of the rock, and sweet waters out of the bitterest desert—the love that can make 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 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 its dead sister, yesterday. It is a day of God's. Its sun will rise in roseate splendor, or behind the mask of weeping clouds. But it still will rise. Until then, the same love and patience that held yesterday will hold tomorrow shining with tender promise into the heart of today. I have no passion in that unborn day of grace. All else is in the safekeeping of the "Infinite Love" that holds for me the treasure 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 the 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. Oh friends, 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 these two awful eternities—yesterday and tomorrow—such burdens as only the "Mighty God" can sustain, that we break down. It isn't the experiences of today that drive 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 I 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 All-Loving takes care of yesterday and tomorrow.

-The Brighter Side, Waterloo, Ia.

A BOUQUET TO HAROLD M.

Enclosed is a check for a subscription to Harold "BUD" M., who gave us a great lead last night. When he led for me during my first chairmanship, I decided that some token of appreciation should be extended him and I fully intended to see that the subscription would be continued by our or some other group. I will try to keep it in mind, and when he leads another group in this area I will suggest a renewal, so he will continue to receive it.

When a man drives 90 miles and then leaves to go the same distance at 10:30 p.m. and has to get up at 5:00 a.m., AA has got him and he most assuredly has got AA and he doesn't keep it to himself! I forgot to remind him of something which might be humorous to him. He was leading on the West Side recently and the secretary of the group had requested that one of our members loaned him his amplifier. I said, tell them they won't need it, they can stand on the sidewalk outside and hear him. Best regards to the Bulletin and those who make it up.

-John A. MacD., Secretary, Allendale

DATES TO REMEMBER

January 27—Alanon Inter-Group Council's Eighth Annual Dance at the Masonic Temple, 3615 Euclid Ave., at 8:00 p.m. Music by The Escorts. Buffet and prizes. Donation \$1.75 per person.

November 17, 1967

CLEVELAND DISTRICT OFFICE

From The Operating Committee to all Group Secretaries: Please read at next three meetings

At the time of the February Fund Drive, the Cleveland District AA Office Operating Committee set a 1967 budget to operate the office of \$24,000.00 which was needed due to increased services and expenses. We are approximately \$4,000.00 short of this goal and need your help — both groups and individuals.

All who have not contributed or paid your pledge or who can pay more, please do so now. This is 12 step work of the highest order. Remember —

"I am Responsible . . ."

Please make checks payable to Cleveland AA District Office. Cash or checks can be brought in directly or by the Group Secretary. Perhaps you can pass the basket an additional time each week that this is read.

Thank you for your help.

Cleveland AA District Office
Operating Committee

*Z shall pass through this world but once.
Zf, therefore, there be any kindness Z can show,
Or any good thing Z can do, let me do it now.
Let me not defer it or neglect it,
For Z shall not pass this way again.*

INSTITUTIONS AND HOSPITALS

- BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd. Tues. 7:30
- CLEVELAND PSYCHIATRIC HOSP., 1708 Aiken at Seranton . . . 8:30
- FAIRHILL PSYCHIATRIC HOSPITAL 12200 Fairhill Rd. Wed. 1:00
- HOPEFUL-Cleveland State Hospital, 4455 Turney Road
Ward 8, South wing of Main Building 7:00
- THE PROVEN WAY—
Grafton Hon. Farm, Rt. 76, 1 mi. s. of Rt. 82, n. Eaton, 2 & 4 Tue. 8:30
- MAIN GROUP—Cleve. House of Corr. 4041 Northfield Rd. -Fri. 8:00
- TRUSTY HALL—1000 ft. east of House of Corr. Sun. 10:00
Sunday. 5:00 p.m.—Tuesday. 8:00 p.m.—Thursday. 8:00 n.m.
- VETERANS HOSPITAL—E. Blvd. near E. 105th St. Wed. 8:00
- WARRENSVILLE (WOMEN)-Women's House of Correction . . . 7:30

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., 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 1-7987.

ALANON GROUP MEETINGS

- ASHTABULA—Harris Memorial W. 68 & Adams . . . 1st & 3rd Mon., 8:30
- BROOKPARK-PARMA—Redeemer Lutheran, 6161 Smith . . . Mon., 8:30
- LAKEWOOD—Lakewood Presbyterian, Detroit at Marlowe, Mon., 8:30
- EUCLID-Christian Church, 28001 Lake Shore Blvd. Tues., 8:30
- SUBURBAN WEST-Our Saviour Luth. Ch., 20300 Hilliard, Tues., 8:30
- MAPLE HEIGHTS—Presbyterian Church, 16716 Libby Rd., Tues., 8:30
- CLEVELAND HEIGHTS-Coventry at Cedar Wed. 9:00
- IGNATIA—East 91st & Harvard Ave wed., 8:30
- FAIRPORT HARBOR-Luther Center, Eagle St. Wed., 8:00
- NU-YOU—Highland U. Ch. of Christ, W. 114th & Detroit . . . Wed. 8:30
- TRINITY—Trinity Church (Annex) 6626 W. 26th St . . . Wed., 8:30
- W. RICHFIELD-5176 Cleveland-Massillon Rd., Rte. 21 . . . Wed., 8:30
- LORAIN AVE.-Dr Mm-tin Luther Ch., 4470 Ridge Rd., . . . Thurs., 9:00
- WEST SIDE—St. Mark's Church, 16200 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, 1234 Wilson, Lorain, O., Thurs. 8:30
- ELYRIA. O., Community Methodist Church, 680 Abbe Rd., Elyria. 8:30
- VALLEY-7100 Kinsman (2nd & 4th Sunday) Closed - s u e . 4 : 00

I'M SORRY

How many times we have mouthed those two words "I'm sorry". The thought struck us most forcefully as we sat through a drunk's court session and were witnesses to a parade of people appearing before the judge while waiting for the case which we were interested in.

We watched the expressions on their faces as they were herded in groups of ten to face the judge. Particularly did we watch the countenances of those who were awaiting their turn while a case was being heard. Practically everyone listened attentively to the charge, the plea, the recitation of the defendants "track record", the alibi, the excuse and finally, the judgement and the sentence. We noted the crafty look in almost every eye when the judge seemed convinced of the prisoner's sincerity and was released without fine and only a simple warning.

Eight of the nine that followed him used exactly the same line as they faced the judge. Each promised to behave himself if given another chance. Each said he was sorry. Unfortunately for five of them this approach was the wrong one. These five had records of many previous appearances and leniency. Of course they were sorry! They were sorry they were caught! Each in his alcoholic mind thought that by simulating sincerity and humility, he could impress the judge and gain freedom.

As we sat there, we drew back the veil of years and saw ourselves in their shoes-shaky, fearful, resentful, full of "brilliantly conceived" logic, as only an alcoholic can conjure up in his mind when faced with punishment and durance vile. We remembered how glibly we said we were sorry when we were caught in breaking promises, breaking faith, and abusing our liberties. We remembered the resentments that sprang up in our minds when we saw the looks of doubt on the countenances of people whom we had hurt or offended.

What more could they expect? We said we were sorry. And we were, too-for the moment! We sensitive souls were allergic to tears and impatient with reminders of our breaches of faith. How have we progressed with our sincerity? Are we sorry enough to truly make amends with deeds as well as words. Making amends is an absolute must in the AA program. Honestly now-have we truly made amends to the many people we have harmed? Or have we just said we are sorry and let it go at that.

Just saying we are sorry is only the *beginning* of making amends. We've got to prove it with deeds . . . with a contrite heart . . . with a humble spirit. Until we change this defect of character we will not find peace. Let that ever-nagging, newly-awakened conscience- be helped by making a resolution and keeping it . . . that today we will make another list and prove that we are sincere by making those long deferred amends. Maybe then we will discover the real secret of happiness.

-Chit-Chut, Robesonia, Pa.

IT COULD HAPPEN TO YOU

A cocktail party is underway in a fashionable neighborhood, and for a few hours everyone is seemingly having a grand and glorious time. They are enjoying themselves and socializing to a degree within their immediate realm. They are a group of couples who have been associated with one another for years.

Suddenly, there is a gunshot sound coming from the outside lawn area, and the crowd rushes from the house to investigate. A middle-aged man is standing over a man lying on the grass, who is very still. A woman is sitting on a lawn chair nearby, apparently stunned and incoherent, staring at the man lying on the ground. Someone removes a small pistol from the standing man's hand as he wipes his forehead and just stares at the crowd.

A short time later the police arrive. interrogate many of the guests, and then, arrest the man who was standing over the dead man. A couple of months later, this man is tried in court, convicted, and sent to prison on a second degree murder charge. In just a few seconds, this well-respected citizen became a criminal. Why?

This man had always been highly respected in his community; he was an elder in the church; he graduated from one of the best engineering schools in the United States;

he had his own business and a lovely family, two boys, two girls, and a lovely wife. Now he was classified as a criminal, and judged by society as such. Too many drinks, a little jealousy, and the fact that he was an alcoholic, caused this incident.

During the trial, it had become known through testimony that he had in the last few years been drinking very heavily, and many times he had accused his wife of flirting with other men. This was not true, but his wet, alcoholic brain at this time was the instigator, and the trouble-maker for him. Alcohol controlled him, and he could do nothing about it.

This same individual, while in prison, found AA, and what it had to offer. Just a simple program, that required none of his proficient engineering talent or degrees, but one that would help him to recognize the true cause of why he drank, and what he could do to control it.

Today he is home with his family, after twelve years of incarceration. He is back in the engineering business and again respected in his community. The wife of the man he unfortunately killed, is his business partner, and he helps counsel her children in problems that generally arise with teen-agers. He is also an active AA member, and continually does Twelve Step work for those that need him.

His suggestion to men incarcerated: "You have a choice after recognizing your problem . . . accept the help that is offered, do something with it, and pass it along for the next fellow. Let God guide you every day, and retain any high ideals that you once had.

-Anonymous

CONTENTED WITH SOBRIETY?

Not every man or woman who we see at meetings are contented with their sobriety. You can almost tell by their actions and their attitude whether they are content with their new way of life. You can spot the men and women who are enjoying their sobriety by their pleasant smile of contentment as soon as they come through the door. You can also tell the person who is not contented with his sobriety by the dull look of boredom. The people who are enjoying a reasonable measure of contentment are those who are practicing the Twelve Steps to the best of their ability.

Some members are cheating themselves and are not getting the full benefit of this program. They only get physical recovery, while others get mental and spiritual recovery. Of course, physical recovery is necessary; without it spiritual and mental health is impossible. We all managed to recover in our drinking days but it was never permanent. We cannot have contented sobriety if we neglect to take our daily spiritual vitamins which are prescribed for us in the Twelve Steps.

It is not right or sane for a person to strive for physical recovery and neglect his moral and spiritual health. To improve our character defects, we need more than just physical sobriety.

AA provides us with a program of principles to live by and, if we follow them to the best of our ability, we will grow strong in spiritual satisfaction. The Steps were not just made a part of our program to give it a tune of solemnity. They are a part of our Fellowship and they have a definite purpose. Contented sobriety depends on our ability to accept the Steps and carry them out. Each Step is important and, when successfully applied, adds to the improvement of our mental and spiritual ailment.

-Akron Inter-Group News

G I G G L E S

You can always tell when your daughter reaches the dungarees and loafers stage-she wears dungarees and dates loafers.

* * *

You can always spot an alky at a wedding. He beats everyone else to the punch. (Not AAs).

* * *

The longer the distance between two pints, the safer the driving.

* * *

Put your sobriety **FIRST** to make it **LAST!**



A NEW BEGINNING

With the new year confronting us, perhaps it might be interesting to take time out and look at where we are, how we got here, and examine what we have.

It seems that most of us arrived at a point of decision regarding sobriety and drunkenness somewhere along the line. For some of us that point of decision occurred long, long ago, and the world of drinking seems somewhat remote, and unlikely to re-enter our lives. For others the drinking days are not too far back and the bitter memories and everything that went with it are still sharp and clear in the mind. Many "old timers" are very, very much aware of the ever-present dangers that surround an alcoholic; one drink can unleash him, or them, at any time. Too much time spent in "remembering" can be fruitless, even **damaging**. Yet **forgetting** our drinking days completely, can be even more dangerous.

The New Year, which seems always to be the ultimate holiday for celebration, with much booze, can be observed also, by sober alcoholics, as quite symbolic of the new life they are trying to live through the medium of Alcoholics Anonymous. For many of us, this new way of life begins with the dawning of each new day. New Year's however, marks a new year and though we don't stay sober in AA a year at a time, we can still stop and consider how like a new year our new, sober lives have or can become.

For thousands of us who are now living sober constructive lives, there has been a huge change. It may not really seem so evident to us, but it most assuredly is to others around us, who knew us only too well when we were "practicing" alcoholics.

For the "practicing" drunk, who suddenly came face to face with himself and for the first time the useless creature he had become, the point of decision to stop drinking marked that man's new beginning. He may well have lived half a lifetime, or even more before arriving at that point. This, is of little importance. The primary thing is, he did or does, reach such a point! With his arrival there comes the realization that now he has to become honest for once, and to face his problem squarely. If he does these things, and couples them with a strong desire to stay sober, he can truly experience a new beginning.

Our lives are very complicated ones with much intermingling of confused emotions, hatreds, resentments, frustrations etc., when we are busy drinking. After a succession of drinking years our lives become so tangled and so confused that even we cannot sort out the unbelievable mess, and failing to succeed in this we revert instantly to type and "escape" by more and heavier drinking. In short, we are entrapped in our own web of lies, intrigue, subterfuge, and all the other attendant qualities we possess or acquire, or embellish through alcoholism.

Suddenly life has become one great large beautiful mess, and somewhere underneath it all, still struggling, is the man or woman who started out so well in life. How many speakers mention: "I came from a good religious home!" Where did we fail?

(Continued on page three)

LOVE ONE ANOTHER

Someone has said: "He who cannot forgive others breaks the bridge over which he must pass himself; for every man has need to be forgiven."

One of the seldom mentioned "absolutes" which were marking self-improvement is "Absolute Love." Most of us were full of resentments when we came into the fellowship. We found it hard to rid ourselves of resentments toward our kin, our puzzled and deserting friends, our employers, police, and mankind as a whole.

That we should love these people who had ceased having patience with us, who criticized and humiliated us so unmercifully was unthinkable! It was a stumbling block to full acceptance of a program that seemed possible except for this impossible "must".

We forgot, or didn't know, that a hater is a murderer in God's sight, because a hater kills by inches.

God wants us to love everyone? because we received His love in hesitant faith. Being human we judge God's attitudes by our own. We are inclined to picture him as a vindictive, unforgiving and cruel God, when our Bible gives full evidence that He is loving, considerate and understanding.

We believe, that to love others does not always mean that we must have affection for them. Isn't it true that we are often not even fond of ourselves, and are often disgusted with ourselves and our weaknesses? We can't always find everyone attractive and be bosom pals with them. Yet God admonishes us to love everyone.

We are allowed to hate certain things in others, even as we hate certain things in ourselves. We can hate a person's bad actions, but we are not to hate the person! We despise our own conceit, greed, lust, false pride

... but we still go on loving ourselves.

If we honestly and sincerely pray God's blessings upon others, then we can be sure we love such persons. If we find it difficult to love people who had nothing lovable about them, let's never forget that God has done that for us. Some may be deserving of our love, but neither are we deserving of God's love.

Since our entire philosophy is spiritual, let's face the facts. God offered us food — we said we would by our own. God offered us advice — we said we didn't need it. God offered wisdom — we preferred our own. God offered help — we could take care of ourselves. We wanted to run things OUR way. Now that we have found Him, let's practice His principles.

Those who have discovered the secret of love have found the secret of happiness and the joy of living.

Those that haven't, just ain't happy!

Bad news always travels the shortest route.

People argue to win, not to clarify their thinking!

Angry wife at dinner table to rebellious husband; "Monday you liked beans! Tuesday you liked beans! Wednesday you liked beans! Now, all of a sudden on Thursday — you DON'T like beans!" * * *

FAMOUS LAST WORDS: "One beer won't hurt me." "I just dropped into the bar to have a coke." "I thought a drink would settle my nerves." R.I.P.

Most of us
tend to re-act
rather than to
act!

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. 26

February, 1968

No. 5

CENTRAL COMMITTEE MEETING

The meeting was opened by Charles K., Moderator, with the Serenity Prayer and was attended by 36 group representatives.

The purposes of Central Committee were read by Charles K. and the Minutes of the meeting of December 5, were read by Jean C. and approved as read.

The Treasurer's report, read by Jean C. reflected a balance of \$308.67, as of January 2, 1968 and was approved as read

1968 Committee Chairmen of the various committees was announced by Charles K. and are as follows: Action Committee, Jerry E.; Areawide, Jim B.; Central Bulletin, Harry D.; Hospital Committee, Rosary Hall, Lou W.; Serenity Hall, Bernie B.; P.I.C. Dick P.; Institutions, June W.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. Action Committee-None. An article published in the Plain Dealer concerning alcoholism was turned over to the new Action Committee Chairman, Jerry E. for handling.

2. Areawide Committee-Jim B. stated that March 22, 1968 is the date set for the next areawide meeting to be held at Jordan Hall. The tentative speaker will be Chuck W. of Toledo. Further details will be furnished at a later date.

3. Central Bulletin-In the absence of Harry D., Charles K. stated that subscriptions are still urgently needed.

4. Hospital Committee-Lou W.-None, as yet, but the No. 1 complaint is still isolation of visitors to patients. All suggestions in this respect will be handled by Lou W., who will pass them on to Sister Victorine and then report her views back to the next Central Committee meeting. Tentative date for the opening of the Womens' Ward in, Charity is not set-but soon.

Regarding the admittance of alcoholic patients to Rosary Hall having Community Health Foundation Insurance, Jack D. stated that the signature of one of several designated doctors be on the Doctor's Certificate accompanied by the insurance policy. The reason for the doctor's signature is because it is generally assumed that such doctor has seen the patient, and agrees that hospitalization is needed.

In answer to Dick P's question as to the minimum length of time a patient has to stay at Rosary, Lou W. answered 10 days. Exceptional cases are up to the discretion of Sister Victorine.

5. P.I.C. Report from Dick P. indicated that total speakers supplied by the District Office, including those sent to non-alcoholic groups, was 118 in 1965 — 116 in 1966 and 203 in 1967.

Anyone interested in speaking to non AA organizations contact Dick P., Central Office.

Charles K. read a letter from Dr. Charles Unkovic, of the Cleveland State University, written to Dick P. expressing congratulations to Dale W. for his excellent talk to a non AA group.

6. Institutions Committee-June W., former Secretary of the Warrensville Women's Group, read her report of contacts and follow-up of inmates released from January 1967 to September 1967, which is attached.

June W. stated that literature is greatly needed for this group before the girls are released to sponsors. The great-

est problem, however, is that the literature on hand is being taken by the visitors when it is intended for the inmates.

Joe D. of Euclid Friday Group suggested that perhaps Euclid Friday could "adopt" Warrensville Women's Group and keep it supplied with literature. In order not to play any favorites. June W. will supply the answer as to which institutional group needs literature most.

Helen D. read the financial report of the Warrensville Womens Group reflecting a balance of \$19.57. Report attached.

George M. mentioned that Lake County Health Commission is headed by Dr. John Kluth, its purpose being to acquaint the welfare department, police department and nurses with the prevalence of alcoholism in the area. The next meeting will be January 11, 1968 at Lake County Board of Health.

OLD BUSINESS: Jim S. requested that mention be made in the Minutes of Central Committee to the Punderson AA Conference thanking them for contribution of \$87.71 to Central Committee funds. Lillian W. stated that such a letter had already been sent.

NEW BUSINESS: Lou W. asked how many members are supposed to be on the Hospital Committee. Charles K. stated he could have as many as he would like, and that anyone interested in serving on this committee, please see Lou.

Many thanks were extended to Dick F. for the printing and donation of 2000 AA meeting lists, which were presented to the Cleveland District Office for distribution. The meeting closed with the Lord's Prayer.

Respectfully submitted--Jean Curran, Secretary

BALANCE as of Dec. 5, 1967	\$186.00
EXPENSES: 12-8-68 Paid to Hanna Bldg Corp. on No. 535 for Dec 5, 1967 meeting	10.00
11-28-67 Bank charges-Nov.	.29
	<hr/>
	10.29
	<hr/>
	\$175.71

CONTRIBUTIONS and DEPOSITS:

12-8 Deposit to Central Committee-proceeds of area-wide meeting of Nov. 24, 1967	45.25
12-8 Contribution from Punderson Park AA Conference-deposited Central Committee No. 132-John Gibbons and Matt Gallagher	87.71
	<hr/>

BALANCE as of JANUARY 2, 1968	\$308.67
	<hr/>
	Mary Sears-Treasurer

Our future as a nation is going to depend not so much on what happens in outer space as on what happens in inner space-the space between the ears and the soul.

-Alfred Arens

* * *

If the church loses its power to convert, it has lost its right to be called Christian. *

-E. Stanley Jones

The cheerful person will do more in the same time and do it better than the sad or sullen.

-Carlyle

If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should not grow old.

-James A. Garfield

OBITUARIES

Guy A. Meyers, a long time active member of the Edgely group passed away after a protracted illness on January 17. Surviving him are his wife Margaret and Daughter Ruth A. Wylie and three grandchildren to whom we offer our sincere condolences.

Dale Williams, a 21 year member and former secretary of the Euclid-Wade group and a member of the Newburgh group passed away on Thanksgiving Day. Surviving him are his wife Alberta, two children and six grandchildren to whom we offer our sincere condolences.

A NEW BEGINNING

(Continued from page one)

Now that we are making a new beginning, we are confronted with a new word. It is not a new word in reality but to us it suddenly must take on a new meaning for us. That word is truth. In our lives, the word truth had become very, very rusty.

The truth is that we did not fail! We really never tried to live correctly or honestly or even half-way normally. We were plain drunks, and drunks do not really care about too much of anything except themselves, and where the next drink is coming from. The truth stares us in the face and tells us we really didn't care too much about self when we drank ourselves to destruction or nearly to death or insanity.

So, it seems rather ludicrous to ask "where did we fail," when we never really began. It's rather like the man in AA who says he "slipped", and drank again. One wonders how he could have begun drinking again when it seems he never actually wanted to be sober in the first place. If he had, his relapse would likely not have occurred.

To sum it all up, we drank our way down to oblivion, to "Nowheresville". We arrived there in many cases, broke, destitute, friendless, unwanted by loved ones, family, associates and society in general. Our death at this point would not have made much difference to a world which did not need us. The world needs productive people, and we were useless to ourselves much less to our Creator and our fellow men

Through the merciful grace of this Creator we were permitted to see ourselves, and to suddenly receive His Gift to us: an honest desire to be sober and stay sober. He has told us: "Knock, and it shall be opened unto you."

For those of us who knocked, it *did* open, and we were permitted to make a new beginning. We were useless! We were permitted to begin anew, and today we live each day happily, with eagerness, secure in the knowledge that by asking each morning for His Help we can stay sober another 24 hours. What better way to begin a New Year?

HE'D RATHER HOWL

A dog was sitting on a floor and howling as if he was in deep pain. A friend asked the owner if there was anything wrong with his dog. "There is nothing wrong with my dog," the man answered. "Well, why is he howling", asked his friend. "Because he is sitting on a tack". "Why doesn't he get off the tack," the man asked. "Because he would rather howl," said his friend.

I think of the dog on the tack every time I hear some perennial slippee howl and complain that he got drunk because nobody appreciates his sobriety, or that his family doesn't understand him. He gets drunk because his problem is different and AA can't help him; he gets drunk because everybody is picking on him.

He is like the dog on the tack; he does not want to stop drinking because he would rather complain. But, eventually, he will call AA for help, when the tack goes in too deep and the pain gets too severe, or when he runs out of money and he can't borrow any more from his friends. And he will get help when he calls because there is always some good Samaritan in AA who will extend a helping hand. There are still men and women in AA, who have not put a limit on the amount of times they should forgive their neighbor. There are still some men and women in AA, who heed the call for help and let God be the judge. There are still people in AA, who are honest and who know that their primary and sole purpose is to stay sober and carry the message to other alcoholics who are *still* suffering and want help. There are men and women in AA who still think that Alcoholics Anonymous is for alcoholics-all alcoholics without any discrimination.

There are still men and women in AA who find their duty and do it without any complaint. They believe that they are ordained to make life better for their neighbor and to relieve the burdens for those less favored. They are the "silent army"-unrecognized, unhonored — but they the the jewels of AA.

-John M., Akron, Ohio

PRAYER OF THE MONTH

Let me be a little kinder, let me be a little blinder
To the faults of those about me; Let me praise a little more.

Let me be, when I am weary, just a little bit more cheery;
Let me serve a little better those that I am striving for.
Let me be a little braver, when temptation bids me waver;
Let me strive a little harder to be all that I should be.
Let me be a little meeker with the brother that is weaker;
Let me think more of my neighbor and a little less of me.

Amen

SOBRIETY GROUP CELEBRATES

The Sobriety Group will observe it's Third Anniversary on Saturday, February 10 at 9:00 p.m. sharp in St. Mark's United Church of Christ, 15300 Puritas Ave. Guest speaker will be Dan G., Lorain, Ohio. Food, coffee and prizes. You'll be made welcome.

WARRENSVILLE WOMEN SEEK HELP

The dedicated women are in need of financial support to the women at the Women's House of Correction. Collections are not taken at the meetings and are therefore operating on limited funds and are appealing to all groups in the Cleveland area to please donate money, literature, coffee, cigarettes, etc.

If the loyal women who are struggling to help the wayward girls to a sane and sober way of living are helped even in a small way to cover their expenses, they will be very grateful.

Your interest and, if possible, your participation will greatly strengthen their efforts in trying to help someone to the road of sobriety.

Please make checks payable to Helen Durham, Warrensville Women's Group, 10234 Park Heights Road, Cleveland, Ohio 44104.

INSTITUTIONS AND HOSPITALS

BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd. Tues. 7:30
CLEVELAND PSYCHIATRIC HOSP., 1708 Aiken at Scranton -8:50
FAIRHILL PSYCHIATRIC HOSPITAL 12200 Fairhill Rd.-Wed. 1:00
HOPEFUL-Cleveland State Hospital. 4455 Turney Road
Ward 8, South wing of Main Building 7:00
THE PROVEN WAY—
Grafton Hon. Farm, Rt. 76, 1 mi. s. of Rt. 82. n. Eaton. 2 & 4 Tue. 8:30
MAIN GROUP—Cleve. House of Corr. 4041 Northfield Rd. -Fri. 8:00
TRUSTY HALL—1000 ft. east of House of Corr. Sun. 10:00
Sunday, 5:00 p.m.-Tuesday, 8:00 p.m.-Thursday, 8:00 p.m.
VETERANS HOSPITAL, Blvd. near E. 106th St. Wed. 8:00
WARRENSVILLE (WOMEN)—Women's House of Correction 7:30

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

ASHTABULA—Harris Memorial W. 58 & Adams...1st & 3rd Mon., 8:30
BROOKPARK-PARMA—Redeemer Lutheran. 6161 Smith...Mon., 8:30
LAKEWOOD—Lakewood Presbyterian, Detroit at Marlowe, Mon., 8:30
EUCCLID—Christian Church, 23001 Lake Shore Blvd. Tues., 8:30
SUBURBAN WEST—Our Saviour Luth. Ch., 20800 Hilliard, Tues., 8:30
MAPLE HEIGHTS—Presbyterian Church, 16716 Libby Rd., Tues., 8:30
CLEVELAND HEIGHTS-Coventry at Cedar Wed. 9:00
IGNATIA -East 91st & Harvard Ave Wed., 8:30
FAIRPORT HARBOR-Luther Center, Eagle St. Wed., 8:00
NU-YOU-Highland U. Ch. of Christ, W. 114th & Detroit Wed 8:30
TRINITY—Trinity Church (Annex) 8626 W. 26th St. Wed., 8:30
W. RICHFIELD-6175 Cleveland-Massillon Rd., Rte. 21 Wed., 8:30
SERENITY-St. Luke's Church, 1233 Chase Ave. Thursday 8:30
Fellowship Room next to Chapel Monday 7:00
LORAIN AVE.-Dr Martin Luther Ch., 4470 Ridge Rd., Thurs., 9:00
WEST SIDE—St. Mark's Church. 16800 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. Thurs 8:30
ELYRIA, O., Community Methodist Church. 680 Abbe Rd., Elyria. 8:30
VALLN-7100 Kinsman (2nd & 4th Sunday) Closed Sun., 4:00

MILL ENDS AND REMNANTS

Ours is a program of sharing and since sharing has always been the philosophy of this column, we pass the following along, feeling you will be as receptive as we are :
YOU AND THE LORD'S PRAYER

I cannot say *Our*, if my religion has no room for others and their need.

I cannot say *Father*, if I do not demonstrate this relationship in my daily living.

I cannot say *who art in heaven*, if all my interests and pursuits are in earthly things.

I cannot say *hallowed be Thy name*, if I, who is called by His name, am not holy.

I cannot say *Thy kingdom* come, if I am unwilling to give up my own sovereignty and accept the righteous reign of God.

I cannot say *Thy will be done*, if I am unwilling or resentful of having it in my life.

I cannot say *on earth us it is in heaven* unless I am truly ready to give myself to His service here and now.

I cannot say *give us this day our daily bread* without expending honest effort for it or by ignoring the genuine needs of my fellowmen.

I cannot say *forgive us our trespasses as we forgive those who trespass against us*, if I continue to harbor a grudge against anyone.

I cannot say *lead us not into temptation*, if I deliberately choose to remain in a situation where I am likely to be tempted.

I cannot say *deliver us from evil*, if I am not prepared to fight in the spiritual realm with the weapon of prayer.

I cannot say *thine is the kingdom*, if I do not give the King the disciplined obedience of a loyal subject.

I cannot say *thine is the power*, if I fear what my neighbors and friends may say or do.

I cannot say *thine is the glory*, if I am seeking my own glory first.

I cannot say *forever*, if I am too anxious about each day's affairs.

I cannot say *Amen* unless I honestly say, "Cost what it may, this is my prayer."

—*Author Unknown*
The meeting is adjourned, by George!

SINCERITY

Sincerity is the very foundation stone of true friendliness. It is also a human trait that is hard to counterfeit, as the sincere friendly impulse comes from the soul of a man and not from the calculating mind. Think kindly and friendly thoughts. If you have a heart and soul, why be ashamed of them? Bring them in to the shop and office and your daily life. The hand may be cunning, and the head may contain the brain that can conceive the most brilliant thoughts, but every good and worthy impulse comes from the heart. Strengthen them, believe that they are your friends and in the long run they will be.

FREEDOM

Freedom is a man at the lathe, or at the desk, doing the job he likes to do, and speaking up for himself. It is a man in the pulpit, or on the street corner speaking his convictions.

It is a man putting in the garden in the evening, and swapping talk with his neighbors over the fence. It is the unafraid faces of men and women and children at the beach on Sunday or looking out of the car windows speeding along a four lane highway.

It is a man saying, "Howdy, stranger," without looking cautiously over his shoulder. It is the people of the country making up their own minds.

THE McWAGS

On Thursday, February 22, The **McWags** will leave for the Kentucky State Conference in Louisville, Ky. They are also talking about visiting the British Isles (Ireland, Wales, Scotland and England) in the fall. That is, of course, in just the talking stage at present.

The **McWags** include Doug, "Mc," T.C. 1005, Tony "W," Elyria Wednesday, Bill "A," T.C. 1005, Leo "G," T.C. 1005 and Bill "S", Lorain Ave. Monday.

THE, PRIVILEGE WE ALL CAN ENJOY

At every AA meeting we attend we hear the stories of men and women about what their lives used to be when they were still victims of alcohol. They relate how much time was wasted in their work and of broken homes. The wealth of talent that was never developed and the loss of moral character are also part of the price. We also hear of the many and different attempts made to stop or control their drinking and which proved futile. Then they tell how once in a moment of despair and frustration they asked for AA help and how from that blessed day on their lives began to change. Their homes were no longer just a place for existing but a place for living. They began to feel the respect and affection of those they live with, something they had not felt for a long time. Those who worked became steadier in their jobs, bills were being paid on time and so many say they returned to the church of their faith.

All those wonderful members **express** their **appreciation** for all the material benefits acquired which **has** given them and their beloved ones a more comfortable and freer living. Invariably these stories have a finale which perhaps may differ in the wording but in essence is the same. They agree on one undeniable truth, that the most cherished gift received from the AA way of life is the faith in a Higher Power whom they ask daily for calmness of the **spirit** to face life and to accent that which cannot be changed and the courage to change that which can be changed, and that God give them the wisdom to know the difference.

The question comes to their minds as to what can they do for AA as an expression of gratitude.

We in the fellowship know that there are innumerable avenues of activity in AA in which one can participate. The one of paramount importance is to be ready and able to help those who are still suffering alcoholics and to aid them in getting out of the same hell which once confined us. The most practical means of finding these victims and to hear from them is through our AA District Office.

Shortly after Monday, February 12, you will have the privilege of expressing your gratitude to the Fellowship. That is the date when the Cleveland Alcoholics Anonymous will begin its drive for funds to maintain the District Office. Volunteer campaign workers will visit all AA groups and will explain how simple it is to enjoy the privilege of giving which never fails to have a two-fold return.

Should you fail to see any of these workers during the campaign you can just send your contribution to the downtown office.

AA CLEVELAND DISTRICT OFFICE
OPERATING COMMITTEE

FORCED TREATMENT

The following question was asked by a reader of Joseph Whitney, and with his reply appeared in the Seattle Post Intelligencer.

Question: IS FORCED TREATMENT OF ALCOHOLICS USELESS?

Answer: Most psychiatrists take a dim view of compulsory treatment. However, the Alcoholic Treatment Center at Highland Park, Ill., has found that alcoholics ordered by the courts to seek treatment are more receptive than those who seek treatment on their own, and their treatment is more successful. The Center pointed out that alcoholics rarely seek help voluntarily until they "hit rockbottom". By that time cures are much more difficult.

QUESTION: How many of us could PREACH what we practice? ? ? ?

* * *

"There is a destiny that makes men Brothers, none goes his way alone; All that we send into the lives of others, comes buck again into our own."



THINK ABOUT IT

Have you ever *really* stopped to compare the effort You expanded to procure that first drink, with the benefits you derive from sobriety? Have you ever considered the result you obtained from that first drink, which **usually** led to many more, as apposed to the new way of life with its many real benefits, that sobriety affords **you**, at a cost far below the cost of drinking?

Would you rather be standing this cold March morning on some windy skid-row street corner trying to con **some-**one out of the price of a drink, or "openers", or be getting out of a warm comfortable bed after a good nights sleep, ready for coffee and a smoke, secure in the **knowledge** that this morning you don't need a drmk!?

Would you be willing to trade the confident feeling after a good nights sleep, sober, that you know where **YOU** were last night remember who **YOU** talked to, what you said, for the **con-**fusion of possibly waking in a strange place, or an abandoned car, with no money and only a vague memory that **you did** exist last night, but you don't remember where, or how, or what happened. You are sure of one thing — you got drunk again! Your hang-over and the screaming need for a drink is abundant proof of that! Which situation do you really prefer! ?

Try choosing between soft soothing music on the radio (that belongs to you), while you shave and shower, and prepare to begin your new day of sobriety, and the lazy memory of last night's wild juke box in the joint you probably were ordered out of. Or perhaps you prefer the early morning quarter, (if you have one) dropped in the corner bar's juke box *after* you've had that first double-header of bourbon, (that fin a lly stayed down) and you're beginning to feel better.

Would it really be better to go off to work this morning sober, calm, ready to do a day's work cheerfully, without having to worry about where or how you're going to "drink" your lunch? Or perhaps you would rather scramble for the neighborhood bar (that *might* not be open yet -quite) to get those couple of doubles that mean life or death to you so you can go to work! Maybe the stale stench of spilled whisky and sour beer in a drafty **hole-in-the-**wall bar at 6:30 a.m. are more appealing to you than the smell of ham and eggs cooked for you by a wife who is no longer ready to divorce you. Have you ever *really* thought about it? Which really sounds better?!

Maybe if you're lucky this morning, the old alcoholic "clunker" you call your automobile will start! If so this will make it easier to get to the corner bar, or (maybe even a nicer place) quicker! If it *doesn't* start, so what?! You can always walk or take a bus, or even hitch-hike. No matter! If you really need it, you'll get that first drink and maybe lots more before you get to work — or maybe you won't even go *to* work today! After all you *did* work 3 days this week already! You may feel that you deserve a days rest in the middle of the week, and look at all the good drinking you could cram into today!

On the hand you might be sober this morning, and glad of it! You might prefer to go out to an automobile

(Continued on page three)

LOOSEN UP!

The baseball season will soon be upon us, and the sports writers will soon be trying to defend their spring training predictions by explaining that Joe Doaks, a promising rookie, who was the sensation of the practice sessions had tightened up, but would be all that was predicted of him as soon as he rid himself of tension.

"Try ridding yourself of tension when you're tense! Try stop worrying." Your friends tell you, when you are up to your neck with problems. You hate to bother anyone with a recital of your woes, because no one would understand nor could help. Besides, they probably had problems of their own as well and might start to reel them off to you and further depress you. Now! Better shut up and try to solve them for yourself.

Many of us get into such a dither every once in a while, particularly if we are lax in AA activity. It happens more often in the early stages of a man's adjustment to the AA way of life. Problems that were carelessly shunted aside when alcohol deadened the sensitivity toward assuming responsibilities, loom large and seemingly impossible to fathom for the sober re-builder. It's **alright** for the advisers to say "Easy does it", but —!

We believe it is characteristic of most alcoholics that when they finally make up their minds to really *live* the program, they go whole **hog**— being typical extremists — and **over-**night expect to be able to clean up they have made of their affairs. They meet with rebuffs, and again, being typical, they crawl back into their shell to lick their wounds and too often they don't emerge again and begin to see them as they **view** the success of others, hear speakers describe

the glorious peace of mind which they are enjoying, and develop a hatred for the way of life which they had "sold".

They wander past their old haunts, hear the **ribold** laughter from carefree throats emanating from the bistros and begin to yearn for the companionship which will free them from their plagues. Reasoning? "You only live once", they sometimes enter the joint — "just to relax". Famous last words!

We **agree** that it is difficult for alcoholic addicts who have-run their lives **as they** saw fit, disregarding moral laws, to change completely and actually, daily, hourly turn their lives over to the care of God as they understand him. But to attain that serenity and peace of mind so beautifully described, one must, must, **MUST** truly practice this step No. 3.

If your leg were cut off, or you were suddenly blinded, you'd **conceivably** have a much more difficult time in adjusting yourself "to God's will.

So, relax! Loosen up! You've got a mighty power waiting for your beckoning to take over. Trust Him!

ATTENTION YOU ALL!

How about joining an AA League at the Brunswick Bowling Center located at 18310 Euclid Avenue. You can choose the hours and the day — preferably on a Sunday.

Contact Merrel Jacobson at the bowling center between 9:30 and 5 by calling 531-7410.



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-\$2.66 per year.



Vol. 26 March, 1968 No. 6

CENTRAL COMMITTEE

The February 6 meeting was opened by Charles K., Moderator, with the Serenity Prayer and was attended by 38 group representatives.

The purpose of Central Committee were read by Charles K. and the Minutes of the meeting of January 2, 1968, were read by Jean C. and approved as read.

The Treasurer's report, read by Mary S. reflected a balance of \$301.78 as of February 6, 1968, and was approved as read.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. *Action Committee*-Jerry E. The article published in a Cleveland newspaper concerning alcoholism and turned over to Central Committee did not mention A.A. Since we cannot engage in any controversy, no action will be taken.

2. *Areawide Committee*-Jim B., Chairman. stated that Chuck W. of Toledo, will definitely be the sneaker at the next Areawide Meeting, March 22, 1968. Flyers will be distributed the end of February.

3. *Central Bulletin*-In the absence of Harry D., Charles K. mentioned that subscriptions are still needed, and suggested that new members be urged to subscribe.

4. *Hospital Committee* - *Rosary Hall*-Lou W., Chairman, stated that remodeling of the women's section is proceeding. Lou further stated that repeaters have been accepted at St. Thomas Hospital but that such policy is being reconsidered. Charles K. indicated that this problem would be in the jurisdiction of the Akron area.

5. *Hospital Committee* - *Serenity Hall*-Bernie B., no report.

There was discussion regarding bills received from doctors which apparently depend upon the type of insurance coverage which the patient has. Bernie will obtain further information.

6. *P. I. C.*-In the absence of Dick P., Charles K. read the report indicating speakers supplied in January as follows :

1966	1967	1968
4	14	20

7. *Institutions Committee*-June W., in the absence of Helen D., read the report from Warrensville Women's which reflected a balance of \$22.68. June W. stated that the Fairhill Group has a literature problem and that the Turney Road Group needs funds and literature. June W. stated that Helen D. wished decision by Central Committee on whether she could cause to be reprinted the article entitled "Warrensville Women Seek Help" in the February 1968 Central Bulletin, and distribute same to A. A. groups in the Cleveland area as a direct appeal for financial and other assistance for Warrensville Women's. Motion by Joe D. to this effect was seconded. Following further discussion this motion was withdrawn by Joe D. and restated so that any institution group, not self-supporting, could communicate with other A.A. groups for financial and other assistance through the Institutions Committee Chairman. Jim S. stated that although no violation of traditions was involved, he felt that there were other solutions to the problems; that passing this motion could set a precedent; and that there were other drives for funds, specifically including Central Office and General Service. In further discussion, June W. stated that all institution groups are the responsibility of all A.A. groups. Jim S. suggested that several A.A. groups

could adopt an institution group and assist financially and with literature. Jim S.'s motion to table the foregoing motion was passed. Any groups interested in adopting an institution group should contact June W.

Old Business-June W. reported that prior to the meeting of Central Committee on January 2, 1968, representatives from various Institution Groups met for the first time to exchange ideas on how to cope with their problems.

New Business-1. The Ohio General Service Conference of A.A. for 1968, July 19, 20, 21, to be held at the Hotel Statler-Hilton, Cleveland, Ohio. Registration blanks are available at your District Office.

2. Charles K. announced that together with Ray J. and Mike S., he had attended a meeting with management of Warner & Swascy Company, set up by Mike S., to discuss problems of the 5800 Group; that the meeting included a discussion in depth regarding the setting up of an alcoholism program in Warner & Swasey, all of which was sparked by Mike S. in making the initial contract with management.

Charles K. urged all group representatives to "keep coming back."

The meeting closed with The Lord's Prayer.

Respectfully submitted,
Jean S., Secretary

STATISTICIAN'S PAGE

We read in the papers and magazines about the modern youth and their trials and tribulations . . . it makes one believe that the youngsters are headed downward without too much incentive toward a Christian life.

However, I cannot agree at all in this respect, and I don't see much difference in the youth of today and youth of yesterday; I do see changes in progress and modernization (which never has stopped throughout the ages), and youth is bound to follow the course, but their thoughts in regard to values I believe are about the same. They have energy to burn. They learn to love, hate, to hold resentments and to respect, and they especially like to be heard when they have something to offer that they feel is good and decent.

We hear the word 'fellowship' over and over again in our AA way of life, and even we who are mature individuals, sometimes can't think of a proper definition for this special word. We often just generalize things of this nature and never pin point the true meaning of words.

The other day I managed to read an article in a Sunday School booklet, entitled, 'Builders', and the article was written by a teen-aged girl . . . her article was called "FELLOWSHIP". I thought it extremely good and worth printing in our magazine.

QUOTE : "Fellowship is more than just association. It is based on ideals and purposes. It is a fellowship that develops and influences social living. It is attraction plus desires for common objectives. It is a deep respect for one another in the spirit of Christian love, without regard to race or nationality that can eventuate in expressions of concern and activity for the welfare of everyone. It is a deep love and respect for one another that helps common life become beautiful, and then, relationships between people become wonderful and fine."

The above definition, of a youngster, surely fits into the AA way of life and for the rehabilitation of an alcoholic. It surely has a terrific impact if absorbed and used properly toward our fellowman. Rex M., Eye Opener

DATES TO REMEMBER

March PO-The Humble Group will observe it's Third Anniversary in Trinity on Wednesday at 8:30 p.m. Guest speaker will be Father John of Rosary Hall. Ample parking in Bi-Rite Supermarket parking lot on Hayden Ave.

April 1-The Brook Park Monday Group will observe it's Sixth Anniversary with John D., Cleveland's earliest member, still residing in this area, in Redeemer Lutheran Church, 6151 Smith Road, Brook Park.

May 11-The 17th Annual Inter-Group Dinner will be held in Hotel Statler Grand Ballroom. The guest speaker will be Clancy I. Los Angeles, Cal. Dinner at 7:00 p.m., Speaker at 8:00 p.m. Tickets \$6.00 per person.

THINK ABOUT IT

(Continued from page one)

that will start. It seems, somehow, that even cars know when you're sober, and that you're not behind 3 months on your payments. It seems sober people take better care of their cars, and they have a habit of usually starting! Strange too, that when you're sober, your car can get past all those bars in the morning on the way to work: Your car probably even feels better about it too, since it's going to be in the parking-lot soon with a lot of other sober people's cars, instead of in front of some two-bit bar all morning waiting for the cops to put a ticket on it because you've parked in a no-parking zone, at 6:00 a.m. and three hours later you're still drinking!

So, take your pick. Which way sounds like the best way to begin a new day ! ?

This, is what AA offers us. The chance to make a choice. We can choose between the all-consuming need for a drink, or the rich, rich benefits of being sober.

Maybe those benefits won't mean much to us in dollars and cents, but in other ways they are priceless!

There is no amount of money which can buy peace and serenity, the ability to face each new day confident in a power greater than ourselves, knowing that this morning we do not have to drink, either just to get started, or to forget what we don't want to remember, or to face the new day!

If we think these things over very carefully it is easy to see that sobriety is our most precious possession and that we must guard it very, very carefully.

Thus, through AA meetings and constant contact with other sober AA's we are reminded constantly to think about our sobriety. We can think about and ask ourselves do I really value sobriety more than that one drink that will surely lead to a hundred? Think about it.

CRY NOW?

The time for crying is past; the hurt is still within, but the tears are dried and gone. The time for sorrow or remorse was, "The first time that we caused someone that we loved or cared about to be hurt." Then we were in a position to change with only a minimum of effort. Today we have reached our bottom; we are sorry, sure. But just who are we sorry for? It isn't hard to answer this question . . . We are sorry for ourselves. We are sad that our antics caused others to feel hurt, but our own pride, self-respect, ego, social status, future, took the brunt of our drinking and other failures.

We sit and think, "Boy, I sure wish that I had not done that." But we did do it. We did cause others to be hurt . . . we did get drunk once too often. Many of us have lost our loved ones and friends that we held dear. Some may never again accept us into their lives. These things are very real and should be accepted as being a reality. Our only hope is to act now to change. There are still remnants of good and decency in all of us and our job now is to build and strengthen the good traits that we have left. Self-pity is the meanest of all emotions. It is demoralizing to ones true self. So why not do as I have done, and quit feeling sorry for the way that things have turned out. We learn from experience, and what greater experience could we realize than to know that we have failed completely.

I use the AA way of life to guide me for this twenty-four hours. I have learned the miraculous power of prayer is beneficial in easing anxieties and helps to insure me of peace of mind. It is not easy to forget however. It is comforting to know that I don't have to relive those same adversities. It is within my power to do either good or bad and it is more rewarding when we do some good. Someone once said that we have but one purpose in life, and that purpose is to leave something for future generations to remember us by. I doubt that being a famous crook or anything of the like is a very good gift for anyone. I would rather my epitaph read, "He did some good for his fellowman."

Ted S.-Eye Opener

March 22-Area-Wide Meeting in Jordan Hall at 8:30 P.M.
The guest speaker will be Chuck W., of Toledo, Ohio.

IS ALCOHOLISM A DISEASE?

If it is:

1. It is the only disease that is contracted by an act of the will.
2. It is the only disease that requires a license to propagate it.
3. It is the only disease that is bottled and sold.
4. It is the only disease that requires outlets to spread it.
5. It is the only disease that produces a revenue for the government.
6. It is the only disease that promotes crime.
7. It is the only disease that is habit forming.
8. It is the only disease that is spread by advertising.
9. It is the only disease that is without germ or virus cause, and for which there is no human cure.
10. It is the only disease that is given as a Christmas present.
11. It is the only disease that a person will lie, steal, or beg to keep.
12. It is the only disease that will send a person to Hell.
13. It is the only disease that a person will destroy his own body to keep.
14. It is the only disease a father or mother is willing to bring into the home (guarding against all other).
15. It is the only disease that destroys homes, families, and even love.

*From: The March issue of the
LeTourneau College Yellow Jacket,
Longview, Texas*

G I G G L E S

He: "Say, I didn't know you were a fashion expert!"
She: "Oh yes, I just designed a dress that's strapless, backless? topless, and sideless."

He: "What's it called?"
She: "Good morning, JUDGE".

'Tex'

INSTITUTIONS AND HOSPITALS

BRECKSVILLE V.A. HOSPITAL	Brecksville Rd.	Tues. 7:30
CLEVELAND PSYCHIATRIC HOSP.	1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSPITAL	12200 Fairhill Rd.	Wed. 1:00
HOPEFUL-Cleveland State Hospital	4455 Turney Road	
Ward 8. South wing of Main Building		7:00
THE PROVEN WAY-		
Grafton Hon. Farm	Rt. 76, 1 mi. s. of Rt. 82, n. Eaton, 2 & 4	Tue. 8:30
MAIN GROUP	Cleve. House of Corr. 4041 Northfield Rd.	Fri. 8:00
TRUSTY HALL	1000 ft. east of House of Corr.	Sun. 10:30
	Sunday, 5:00 p.m.—Tuesday, 8:00 p.m.—Thursday, 8:00 p.m.	
VETERANS HOSPITAL	E. Blvd. near E. 105th St.	Wed. 8:00
WARRENSVILLE (WOMEN)	Women's House of Correction	7:30

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 1-7367.

ALANON GROUP MEETINGS

ASHTABULA	Harris Memorial W. 62 & Adams	1st & 3rd Mon., 8:30
BROOKPARK-PARYA	Redeemer Lutheran, 6161 Smith	Mon., 8:30
LAKEWOOD	Lakewood Presbyterian, Detroit at Marlowe	Mon., 8:30
EUCLED	Christian Church, 28001 Lake Shore Blvd.	Tues., 8:30
SUBURBAN WEST	Our Saviour Luth. Ch., 20200 Hilliard	Tues., 8:30
MAPLE HEIGHTS	Presbyterian Church, 18715 Libby Ed.	Tues., 8:30
CLEVELAND HEIGHTS	Coventry at Cedar	Wed. 9:00
IGNATIA	East 91st & Harvard Ave	Wed., 8:30
FAIRPORT HARBOR	Luther Center, Eagle St.	Wed., 8:00
NU-YOU	Highland U. Ch. of Christ, W. 114th & Detroit	Wed. 8:30
TRINITY	Trinity Church (Annex) 8626 W. 25th St.	Wed., 8:30
W. RICHFIELD	5175 Cleveland-Massillon Rd., Rte. 21	Wed., 8:30
SERENITY	St. Luke's Church, 1233 Cnad. Ave.	Thursday 8:30
	Fellowship Room next to Chapel	Monday 7:00
	Cleveland Heights, Fairmount Presbyterian Church	Thurs. 9:00
LORAIN AVE.	Dr. Martin Luther Ch., 4470 Ridge Rd.	Thurs., 9:00
WEST SIDE	St. Mark's Church, 16200 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
LORAIN COUNTY	Luth. Church, 2224 Wilson, Lorain, O.	Thurs. 8:30
ELYRIA	O. Community Methodist Church, 680 Abbe Rd., Elyria	8:30
VALLEY	7100 Kinsman (2nd & 4th Sunday) Closed	Sun., 4:00

THINKING OUT LOUD

I am like most people who reach a state of maturity. I try to forget my birthday which seems to be adding up too fast, but I cannot stop time and, before I realize it, another year passes by. Yet, the more I try to forget my age, the more my family and relatives remind me by celebrating by birthdays with dinners, gifts and cards. This happened again on June 7th when the family celebrated my 77th birthday with a dinner to remind me that another year has passed.

But, by the grace of God and the AA Fellowship, I am looking forward to another anniversary which I don't want to forget. This will mark twenty-three years of uninterrupted sobriety, and the date is August 4th. I think it is only appropriate that I celebrate this anniversary by expressing my sincere thanks to all my AA friends throughout the world for the many letters and kind words of encouragement I have received over the years. Even though I have never met some of the men and women who have helped me, they are real and as dear as the friends I meet daily.

Over three quarters of a century on this earth and almost a quarter century in the AA Fellowship did more than recede my hair and put some unwelcome wrinkles in my face. In that length of time I learned to appreciate the simple things of life and, as a result, I am wiser and better equipped to meet life's problems. I no longer look for miracles, but try to be honest with myself by admitting my limitations and adapting myself to those limitations. I have a better understanding of the AA principles and how to adapt them in my conflict with my daily problems. I have a better understanding of God and His everlasting mercy, because for many years I have been the recipient of His blessings. Yet in all the years of my association with the AA Fellowship, I still don't know why a person drinks until he loses all of his self-respect, or why this program works for some people and won't for others. I still go to meetings and listen to some interesting talks given by men and women with only one or two years of sobriety.

After twenty-three years in the AA classroom, I acquired a large circle of friends who made my life sweeter by adding sugar to my life's cup. They have made my life enjoyable, enchanting, active and sometimes sad, but I have enjoyed it completely. A lament in one ear, maybe, but always a song in the other. They gave me the tools and the material to build a new life without asking for any reward. When I was stalled with discouragement and in danger of slipping back into a moral or spiritual tailspin, or when I tried to round a curve with insufficient banking my friends were always there to give the necessary pressure to the joy stick or rudder that brought me safely through.

Twenty-three years in the AA Fellowship has helped me to develop a satisfactory philosophy of life which gives me a degree of inner serenity. I have learned to adapt myself to new situations with a minimum of irritation. I have acquired an honest sense of values and a true appreciation of my sobriety. The greatest blessing is the simple fact that I am sober and alive today.

Now that my blood has died down some and slowed my steps a little, I can look back with deep gratitude for the flowers my friends planted in my garden of memories. They are in full bloom and I will cherish them with vigilance, I no longer want to erase my age because it may mar the years that are still ahead. But, when the chapter is closed, I want it to be with a prayer for gratitude.

-Edw. B., Akron, Ohio

HUMOR

"No license, lady?" growled the traffic cop. "Don't you know you can't drive without one?"

"That explains everything", said she. "I thought it was because I was nervous and nearsighted that I hit two cars and ran into a fire hydrant."

* * *

"You say that your husband is careless about his appearance"

"Yes, he hasn't showed up in nearly two years."

THANKS FOR AA

My name is Paul B. Having been in the entertainment field for many years, I was accustomed to drinking very often. I might add, that during my life, I never gave a thought as to whether I was drinking too heavy or not. I generally took things for granted.

Financially, I was in pretty good shape; always having enough money to take care of my alcoholic needs . . . which without knowing it, became quite a problem. I probably began drinking like most people did; as time went by, it started to progress to a point where it became a habit.

I consider myself very fortunate; I got married to the most wonderful girl in the world. Alcohol didn't stop me from obtaining the better things in life. At least not immediately. I was given many years to find out that Booze would someday take away from me the things that I treasured above all else. My wife, sisters, and my freedom. I am serving a life sentence because of alcohol. I don't need anything more to prove that drinking is not for me.

Since I have been here, I've learned about a new way of life. Its doctrines are dedicated to the men and women who have a drinking problem. It is called Alcoholics Anonymous. Sure, I heard of it before, but never did I associate it with myself. By attending the meetings, I have learned a lot more about myself; more than I ever thought possible. A new way of life that is filled with hope for people like me. I gave my first lead a few Sundays ago; I was nervous and afraid. Needless to say that when it was over, I felt a great relief. In sharing my experience, I found strength, and hope. Fellowship, is the big thing, and in the future, I will make it my duty to be as active as time will allow.

I wish to thank all of the members of AA, both inside and outside, for bringing to me this wonderful program. It is most gratifying to know that I'm not alone with my problem, even in here. It has helped me very much. I've got a long way to go, but this is a start for me. So, once again, thanks fellows.

-Paul B.

CRUTCH OR CANE

I am a gimp, and an Alcoholic, therefore, I know something about walking aids. I also understand something of the workings of AA. Lately, I've been hearing AA referred to as a crutch. The crutch of AA replaces the bottle, and it's been bugging me . . . Allow me if you will, to explain the use of some of the walking aids: 1) the walker, 2) the crutch, 3) the cane, and our Twelve Steps.

A few years ago, I had an operation to correct my condition. After six weeks, in casts, I was taken out, and was given a walker. This is a device to allow a person to move around, and get used to walking. The walker is like our first step. When I was on the walker, I knew that if I was to set it aside, I would fall, and do some damage. Applied to drinking, if I were to take a drink, I would be in trouble. From the walker, or our First Step, we go on to the crutches . . . the Second Step. With crutches, we still have something to lean on. With my crutches, I could climb stairs and do a lot of things I couldn't do with the walker. Our crutch, or Second Step, is simply that we came to believe that a power greater than ourselves could restore us to sanity. My crutches are a power greater than myself, and I leaned on them, the same way I leaned on the fellowship of AA to keep my mind sober. From the crutch, I went to the cane. This device is used for balance, it is only a safety valve, but one I am never without. Because without it, I would lose my balance and fall on my face. I proved this many times; I was too proud to carry a cane. I was sure I could walk by myself without any help.

The cane corresponds with the Third Step, and it goes right through to the Twelfth Step. I have decided to use the cane the rest of my life, never allowing my false pride to tell me that I don't need it. I gave my false pride another kick, and made a decision to turn my life and my will over to the care of God as I understood Him, and if I may add a thought, to remember that God understands me.

Patrick O'N.



FOUR LITTLE WORDS

Not exceptional among us is the tendency to drift into moods. They are an evasive form of ailment. They often come for no apparent reason. At other times they arise because the world is not going the way we want it to go. Or they accumulate through a series of silly and imaginary slights — we don't like the color of the boss' tie, the waitress was too slow at lunch, the parking lot attendant pulled the car out too recklessly and by the time we sat down to dinner at home (which the little woman didn't prepare right), we are fit to be tied. Which is another way of saying that we are not ready to take a drink we are launched on a dry drunk that, until broken, will make us about as companionable as an agitated pole-cat.

Those of us who are alcoholics are seldom born with serenity as an infallible part of our constitution. Serenity has to be cultivated. It is not always easy to make roses grow in the garden of our disposition, despite the blackness of the ground.

But roses do not grow in any one's garden everyday of the year. After the bright Summer comes Fall and then the dead hand of Winter. The smart gardener packs straw around his rose bushes or covers them. He cares for them in the sure knowledge that Spring will return and bring them forth again as bright as ever.

We must take somewhat similar action in regard to our moods. No one can have things his own way all the time, although some of us, our egos still staggering in an alcoholic fashion, seem to think that the world should be re-arranged and regulated exclusively for our benefit. We aren't the center of the universe. We are only an infinitesimal and highly unimportant whiff of it.

Moods change. In the periods of depression, our Winters, it is imperative to remember that Spring, the happy periods will return. But we must be adult enough to realize that we must protect ourselves in the low periods, the better to insure the return of the bright.

These alternating feelings are inevitable. Nothing remains the same, high or low. The point, for us is that we must not allow ourselves to be overcome in gloom by the depression streaks.

No complicated formula is needed to avoid these pitfalls. The Power that brought us to sobriety, which was the great barrier, is more than sufficiently strong to pull us out of the transient slumps of mind and spirit. Just as we first had to admit that we were powerless over alcohol, we must admit that these dark moods, over which we seem powerless, can be likewise conquered.

The old Chinese philosopher had an idea that has never failed by way of man helping himself. Make work play and work when at play. It helps to even off the landscape of daily living.

There are four little words we can use on all occasions. They can be effectively employed to keep us humble when things go our way and we are elated. They can likewise be used to advantage to pull us out of the dumps when some negative destiny seems to dog our steps. If

IS IT LUCK?

"Ever since I joined AA my luck has changed" was the remark of a speaker in a lead we heard the other night. The speaker went on to describe his material gains during his three and one-half years of fellowship in AA. They were substantial and impressive. He was indeed fortunate.

But, we pondered, how can he possibly call it luck? Belief and dependence in luck indicates (in our book at least) a faith in a power completely alien to a Divine Power. When his luck changes and stays bad, where is his assurance and what will be his means of effecting a change? Will he try Voodoo . . . walk under a ladder, spill salt deliberately and neglect to throw some over his shoulder . . . go out of his way to find a black cat . . .

deliberately twisting the accepted superstitions until he forces "Lady Luck" to smile at him again?

It is a mystery to us how anyone in AA, having fully accepted every one of the Twelve Steps, can deliberately turn his back to the Source of his help and invoke the hazardous help of the mythical, flighty and fickle Lady Luck. Lady Luck is the goddess of the unbeliever, the sorcerer — yes, the devil! Those who have subscribed to the program of AA — — those who, after having tried to run their lives themselves after the world pattern (the unbeliever's pattern, if you please) — accepted Step Two and Three. They came to believe that only a Power greater than themselves could restore them to sane living and accordingly turn their lives over to God as they understand Him.

In their darkest hour of fear, they found hope, comfort and faith as they emerged from their self-made hell into a new world — a world of promise and of peace to the soul.

Did "luck", by the greatest stretch of imagination ever enter in their consciousness when they had their spiritual cleansing and when they reaffirmed their faith as they thanked their God for the rich blessing they had received?

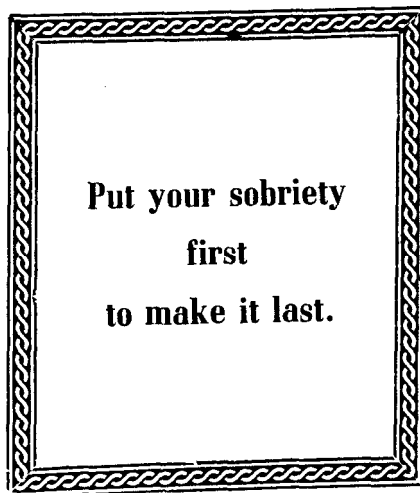
Most of us are fickle by nature. We hold our gifts too lightly. As we gather strength to fight life's battles, we naturally will come into contact with many people again who haven't the soul-stirring experience we had. Mixing with them or living with them, we sometimes are inclined to think like them again.

If we remain true to our course and are strong in soul, we can properly mix with them and remain unsullied. Remaining true to the course means steadfast devotion to the Daily Plan. Being the types we are we must always be on guard. We can't relax one minute from our resolve to be forever loyal to Him who brought a new way of life and peace of mind to our soul.

If you've been singularly fortunate, don't call it luck — thank God for it! If you've suffered a misfortune which tries your soul, accept it without grumbling. The measure of your faith is gauged in the way you accept the vicissitudes of life.

There's no such thing as "luck" for an enlightened AA.

we can use them at all times, stand off as it were and view the whole of life, and not just the moment's mood, we have grown up. They are this too will pass.





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. 26 April, 1968 No. 7

CENTRAL COMMITTEE

The meeting was opened by Charles K., Moderator, with the Serenity Prayer and was attended by 43 group representatives

The purposes of Central Committee were read by Charles K. and the Minutes of the meeting of February 6, 1968 were read by Jean C. and approved as read.

The Treasurer's report, read by Mary S., reflected a balance of \$306.78 as of March 5, 1968 and was approved as read.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. **Action Committee** — Jerry E. No report.
- Open Faced Cards.** Charles K. repeated that any groups sending out cards in this form please send them out without the name visible to protect the anonymity of persons involved.
2. **Areawide Committee--Jim B.**, Chairman, reported that everything is all set for the March meeting. The speaker, Chuck W., of Toledo has been confirmed, and Jack D. will handle the coffee and refreshment detail. Flyers were distributed to all members present, who *were* urged to talk it up at their home groups in order to insure a good turn out. Flyers were mailed to all group secretaries, together with a letter reminding them about the next Advisory Meeting of elections of new members on March 29, 1968.
3. **Central Bulletin** — Harry D. reported that there was a rush of new subscribers, but that more subscriptions are still needed.
4. **Hospital Committee — Rosary Hall — Lou W.**, Chairman, stated that it has been brought to his attention that many sponsors having admitted patients to Rosary Hall have not visited them for four or five days. Charles K. indicated that it is the direct responsibility of each sponsor, in order to carry the message, to visit patients each day
- 4a. **Hospital Committee — Serenity Hall — Bernie B.**, Chairman. In regard to patients having Blue Cross hospitalization insurance being charged an additional \$40 or \$45 after dismissal from the hospital, Bernie B. stated that Blue Cross policies showing the letters "B.C.-M.M." insures complete coverage.
5. **Institutional Committee** — June W., Chairman. In the absence of June W., Charles K. read the report which in part states that permission was obtained from Mr. James Harper, Commissioner of Cleveland House of Correction, for the Warrensville Womens **Group** to take up collections at the meetings.

A report from June W. of the activities of the Institutions Committee was sent to Ann Macfarlane, Secretary, Institutions Committee of the General Service Board of A.A., New York. Report attached.

In the discussion that followed concerning literature needed by the various Institution Groups, Charles K. suggested that any cash received by the District Office as a donation to such groups be deposited in the Central Committee Fund until such time the Chairman decides which group needs assistance most. It was mentioned that Fairhill Hospital has been "adopted" by the following groups: Eaton, Euclid Friday, Your, Friendship and Redwood. It

was brought to the attention of the Central Committee the article published in a Cleveland newspaper concerning a program whereby a person who has no place to go can voluntarily admit himself to the Workhouse for 30 days in an effort to solve his drinking problem. There was no mention of A.A. but it is understood.

Any questions or suggestions concerning Institutional Groups should be submitted to June W.

In the absence of Helen D., Secretary of Warrensville Women's no report was submitted.

6. P.I.C. Dick P., Chairman. Charles K. read the report of speakers supplied by the District Office, including those to non A.A. groups.

	1966	1967	1968
	4	14	20

In the future, speakers to non-AA groups will be reported separately.

OLD BUSINESS: Lillian W. brought up the question of expense to the District Office for literature taken by speakers to non-AA groups and organizations. Discussion followed as to the quantity and price of literature needed by such speakers, and as to who should absorb this expense. Charles K. indicated that this problem should be brought up with the Operating Committee before any action is taken and that he will report next meeting on the progress made.

A short evening meeting is to be held at Stella Maris, March 21, to discuss plans for the Memorial Day breakfast. Question was asked if there was a phone number in the Chardon area which could be used for calling the Cleveland District Office. This matter was referred to the Operating Committee.

Charles K. mentioned how important it was to have a good area wide meeting and urged all members to talk it up at their groups to create enthusiasm to build up the meeting.

Intergroup Dinner tickets are still available. Of the 1390 tickets to be sold, 17 tables (10 at a table) can still be purchased.

The Ohio State AA conference will be held July 19, 20 and 21st. Table allotments are set up — first come, first served. Applications are available at your District Office.

The Punderson Conference will be held May 3, 4 and 5, 1968. Details will be furnished at a later date.

Bill H. reported that the Lake County Health Department, in cooperation with the Lakeland Community College is expected to start its P.I.C. course, open to the public, later in March, 1968.

The meeting closed with the Lord's Prayer.
Respectfully submitted,
Jean C. — Secretary

LOVE IS WARM

We're deep into the winter now. The world is a chilly place, but Love is warm. Owe no-one anything except love, for he who loves his neighbor has fulfilled the law. For thou shalt not bear false witness . . . thou shalt not covet. It is summed up in one of the Four Absolutes.

In this saying, thou shalt love thy neighbor as thyself. Love never does any harm to one's neighbor, so Love is the fulfillment of the law.

Don't forget, my friends that our neighbor is everyone, even the meanest and least likeable, even and especially the alcoholic, those treated with contempt by so many of us.

-Submitted by Clarence

OBITUARIES

Al Breyer, a devoted and very active member of the Wednesday-Lee group until illness forced him to take it easy. He passed away at Veterans Hospital on February 7, 1968. We'll miss him!

Vem Damon, a 20 year member of the Bedford group passed away on Sunday, February 11. Surviving him are his widow, Mary, and three grown up children. Our sincere condolences are offered.

320 WAYS TO BE DRUNK

Guess how many synonyms there are for the adjective DRUNK — THIRTY? Perhaps 75? WRONG! . . . There are no fewer than 320, according to the new edition, supplemented, of the D I C T I O N A R Y OF AMERICAN SLANG, compiled by Harold Wentworth and Stewart Berg Flexner.

They range alphabetically, from ALKIED to ZIG-ZAG, and include such ancient ones as HALF SEAS OVER (WHICH IS AT LEAST AS OLD AS 1737, BENT (1833), BOOZED (1887), BATTERED (1851), and SPRUNG (1835).

Just consider the p's alone: PARALYZED, PACKAGED, PARBOILED, PETRIFIED, PICKLED, PIFIED, PIFFED, PIFICATED, PIGEAN-EYED, PILFERED, PINKED, PIPED, PIXILATED, PLASTERED, PLONKED, PLOWED, POLISHED-UP, POLLUTED, POTTED, POTTED-UP, POTTY, P R E S E R V E D . . . PRIMED, and PRUNED, Webster should see this!

--Weekend Notes — Wes Lawrence
Cleveland Plain Dealer

GETTING SOBER

Almost everybody comes into AA with the best intentions and a strong determination to get sober and live a normal life; to maintain their sobriety one day at a time for the rest of their lives, and make amends to those they have hurt. But it is not always that easy. Emotional upsets, business reverses, a job lost, domestic difficulties and even sometimes utter thoughtlessness will occasionally throw him and he finds himself plunged back into his old drinking pattern, or worst. When that happens, many men and women abandon the Fellowship—not necessarily because they think that the Fellowship failed them, but because they failed those who tried to help them and they cannot erase their sense of shame at their failure. They feel that they no longer are welcome, or that they are looked down upon by others for their inability to stay sober.

Of course, there will always be someone who will look down with scorn upon the person who slips, but for every one who looks down with scorn, there are hundreds who look down with compassion and welcome him or her back. The group has only one purpose and that is to help the perplexed or faltering alcoholic who needs and wants help. No matter how far he went down, or how brief was his sobriety, there will always be people in A.A. and in his group who will help him build a new life out of the wreckage of the past. This is what is called AA working within AA.

-Akron Inter-Group News

THE McWAGS

Three of the McWags led the meeting at Marion Honor Farm on Sunday, March 10. Tony W. of Elyria, Wednesday made the main lead along with Doug McC., founder and treasurer of the TC-1005 group. (Group open to women also.) God willing, all of the McWags will be attending the Eighteenth Annual Ontario Conference in Toronto, Ontario, Royal York Hotel, on March 29, 30 and 31.

- Mc—#1 Doug McC. _____ TC-1095 group
- W—#2 Tony W. _____ Elyria Wednesday
- A—#3 Bill A. _____ Secy. TC-1005
- G—#4 Leo G. _____ TC-1005
- S—#5 Bill S. — Founder and member of Lorain Avenue Monday.

The McWags try to carry the message.

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.

CLEVELAND ALANON OFFICE
ROOM 507. COMMERCIAL BUILDING
2056 EAST 4th ST. TEL. 621-1381

DATES TO REMEMBER

May 3-4-5—The Punderson Park Second Conference will be held beginning with a Friday 8:00 p.m. meeting. Guest speaker will be "Wino" Joe L., of Tyler, Texas AA. On Saturday, May 4th at 1:30 p.m. Bud M., Roanoke, Va., will be the guest speaker, followed by Dee M., Roanoke, Va. Alanon. At 8:00 p.m., the guest speaker will be Walter O'K., Hollywood, Cal. On Sunday, May 5 at 1:30 p.m. "This Way of Life" will be offered for audience participation. A welcome addition will be Dancing (free) with live music, coffee and conversation.

April 11-The Allendale group will observe its Twentieth Anniversary with Bruce M., Akron, Ohio as guest speaker in St. Paul's Episcopal Church, 15837 Euclid Avenue at 8:30 p.m. Everyone is welcome, of course. Plenty of good food and prizes.

April 17—The Elyria group will observe its Silver Anniversary on Wednesday night at 8:30 p.m. in St. Paul's Hall, Third and Middle st. Guest speaker will be Norman Y. of Canton, Ohio

April 20—The Y.O.U.R. group will observe its Twelfth Anniversary on Sunday, April 20th. The guest speaker will be Dave T., Oshawa, Ont., Canada. The anniversary will be held in the St. Robert's Church hall, 23802 Lake Shore Blvd. A catered buffet dinner will be served at 4:30 p.m. at \$2.00 per person. Open meeting at 7:30 p.m.

INTER-GROUP DINNER

Another night of beautiful A.A. fellowship has been planned.

The Event — The Intergroup Dinner
The Place-Grand Ballroom, Statler Hilton Hotel.
The Date-May 11, 1968 at 7:00 P.M.
The Speaker- The dynamic Clancy I. from Los Angeles, California.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10 :00 a.m. and 5 :00 p.m.
MONDAY	
HOPEFUL-State Hospital, 4455 Turney Rd.	
Fellowship Room off Chapel	7 :00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.	7 :30
FAIRHORN HOSPITAL-Cottage #10, 305 Northfield Rd.	7 :30
PROVEN WAY—Grafton Honor Farm, Rte. 75	
2nd & 4th Tuesday	8 :30
TRUSTY HALL-1000 ft. east of House of Correction	8 :00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.—1708 Aiken at Scranton	8 :30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	1 :00
VETERANS HOSP.—E. Blvd. near E. 105th St.	8 :00
WARRENSVILLE—Women's House of Correction	
4041 Northfield Rd.	7 :30
THURSDAY	
TRUSTY HALL-1000 ft. east of House of Correction	8 :00
FRIDAY	
MAIN GROUP—House of Correction, 4041 Northfield Rd.	8 :00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:00
MONDAY	
BROOKPARK - PARMA—Redeemer Church, 6151 Smith Rd.	8:30
ELYRIA—Community Church, 680 Abbe Rd.	8:30
LAKEWOOD—Pres. Church, Detroit at Marlowe	8:30
TUESDAY	
CANTON-St. John's Cafeteria, 712 McKinley N.W.	8 :00
EUCLID-Christian Church, 28001 Lake Shore Blvd.	8:30
MAPLE HEIGHTS—Pres. Church, 15715 Libby Rd.	8:30
OLMSTED FALLS-Community Church, 7853 Columbia Rd.	9 :00
SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd.	:30
WEDNESDAY	
AKRON-Arid Club, E. Market St.	11:30 a.m.
FAIRPORT HARBOR-Luther Center, Eagle St.	8:00
IGNATIA—Grace Church, E. 91st & Harvard	8:30
NORTHFIELD- Karen Lane	1:30
NORTH OLMSTED-Episcopal Church, 3760 Dover Center Rd.	8:30
NU-YOU-Highland Church, W. 114th St. & Detroit	8:30
TRINITY-Trinity Church Annex, 3526 W. 26th St.	8:30
THURSDAY	
CLEVE. HTS.—Pres. Church, Fairmount & Scarboro	9 :00
LORAIN AVENUE—Martin Luther Church, 4470 Ridge Rd.	9 :00
LORAIN COUNTY-Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON-Northminster Pres. Church	8 :00
SERENITY-St. Luke's Church, 1239 Chase Ave., Lakewood	:30
WEST SIDE-St. Mark's Church, 15300 Puritas Rd.	1:30
FRIDAY	
AKRON-Goodyear Union Hall, E. Market & Goodyear Blvd.	:30
EAST CLEVELAND-Y.W.C.A., Lee Blvd. at Euclid	1:30
ROSARY HALL-Charity Hospital, E. 22nd & Central	8:30

THE CURTAIN HAS GONE UP!

You have been chosen for a part in the spectacular dramatic production called "Life." You are to play yourself!

It's not even 5 minutes before 'curtain time'. The audience is waiting . . . the houselights are dimmed and you are on stage . . . the curtain has already gone up! Do you know your lines this time? This is a unique play . . . if you 'goof' it up this time, it won't be overripe tomatoes or rotten eggs . . . this is for keeps, and it could mean death.

A new year has already begun — Act 1968 of our most important production. For most of us actors, this is the most difficult role we have ever tried to play . . . in many ways a great relief . . . but very difficult, playing "yourself". I keep reverting from time to time to the old vaudeville days — right in the middle of a scene I find myself trying to take the stage-hand's job or trying to make the Director move over, or rearranging the scenery . . . sometimes even trying to give all the other actors their cues, instead of concentrating on my own part.

Being yourself . . . so easy to say, but not so easy to do. When we were children, it just came natural. 'Yes' meant yes and 'no' meant no . . . we asked for food when we were hungry, we cried when something hurt, we called for help when we were in trouble, and if we loved someone we told them so with pudgy arms and sticky kisses.

One day, further along, being myself was not enough very uninteresting and dull . . . like in my coloring book, "color me gray". So I fashioned a bright new mask for gray me to hide behind and it was delightful for a while — doing all the things a bright new mask has the fact, some of those brilliant performances surprised even courage to do. My acting career had really begun . . . in me.

Like so many actors do, I started drinking a little too much once in a while, then drinking more than too much all of the time. The acting was going to not and I knew it. I had no choice now of what roles I wanted to play . . . I did what I had to do . . . the bit parts, the walk-ons, the one night stands . . . often blacked out or passed out or too drunk to go on. Out of work . . . sick, bewildered • desparate.

One day the Director communicated with me . . . or I managed to contact Him, whichever way it was, and without saying a word, He got the message through to me that it was either "shape up" or "ship out". The Director let me know that I was to be given another chance . . . and I knew in my heart this was the most important part I had ever played, and the last play for me, . . . win or lose. The Director indicated that this part was to be played without masks, that I would be required to play "myself."

Much as I tugged at it, that old mask just wouldn't come off. I'd worn it so long it was almost like my own skin. The Director paved the way for me to find this actor's club . . . they said was made up of other actors like me who were having trouble getting their masks off too . . . so I joined up. The ones I met there who already had their masks torn away advised that the first thing to do was get sober and try to stay that way, one day at a time. They suggested that I get honest with myself, take an inventory of both the good and the bad, and clean up the wreckage of the past; be willing to follow the plans of the Director, humbly ask Him to take away my mask — and try to help other sick actors with the same problem.

Well, it worked. And one day at a time it's still working. Of course, there are still days when you get in a tough spot and you feel real naked suddenly and grab for that old mask again . . . but if you talk it over with the Director or a member of the group, the feeling goes away.

This part I have in this production called "Life" is different from all the other roles I ever played. There are no understudies. I am the only one in the world who can play my particular part . . . if for some reason I fail in this part of "being myself", then it will not be played and the rest of the cast will go on without me.

Needless to say, none of us will be around to read the "reviews". But if we play it on out . . . being ourselves . . . and not taking that first drink . . . 'til the curtain

falls and the show closes, I feel sure the critics will be kind to us.

It's a fresh New Year . . . time to put old masks away. YOU have been chosen for a part in the spectacular dramatic production called "Life". You are to play yourself . . . the curtain has already gone up!

. . . M. C., Editor, *Silent Rostrum*, Houston, Texas

I'M NOT AS BAD AS THAT GUY !!

The speaker at an AA meeting that I went to lost his job, went to jail on DWI, lost his wife, lost his children, lost his money, slept in a barn, and lost his self respect. He said he was an alcoholic.

I told myself, "I am not an alcoholic because none of these things have happened to me. That Guy is in bad shape. He should quit drinking."

Several meetings later I continued to say to myself, "I have heard about 15 or 20 of these self-styled 'alcoholics' and they were all in bad condition. I do not have the symptoms of them." After 3 weeks being dry and about seven or eight meetings of AA, I had a disturbing emotion of admitting (only to myself) that I did not always stop drinking at the exact degree of intoxication or at the exact time of day (or week) that I had planned to when I started. Also, I had to admit (only to me) that I was slightly inefficient at times when I was drinking. But I was not broke — I still had several tins of goods. — and several things that those alcoholics did not have, I WAS NOT AS BAD AS THEM.

Then I was told alcoholism is an illness — a disease — a progressive disease — it grows gradually, slowly, but always surely, worse and worse. It is an allergy of the body and an obsession of the mind. It progresses (downward) through several stages. In one book I read that an "alcoholic" is a person who has found that alcohol is interfering with his social or business life. Interferes? Gosh, any honest drinker as I was (more of a drinker than honest — that is, honest about my drinking), had a little bother. This definition was a trap. It seemed to me, that is. And it went on to state that "that kind of drinker" was one of the kinds that joined the fellowship known as Alcoholics Anonymous. The writer said that all alcoholics did not sleep under bridges. Anyway, to me the definition was unfair because that was not my idea of an alcoholic. I was not a bum, nor alone, broke or disgraced, not in jail. But this definition did not use any of those symptoms. I had to admit (only to myself) that alcohol "interfered" with time spent with my children, the social affairs that my wife and I attended and had at home (the ones we did not attend or have), the creativeness of my mind in business and some other items.

And then I remembered and realized the truth that they had told me about the "road to alcoholism." I had started on the road — how far did I want to go? I only had a few symptoms. Did I want to keep on until I got some more? Or maybe all of them?

Then a doctor (an M.D.) who was an admitted alcoholic told me, "No one needs to go through the distress, pain, disgrace, troubles and institutions through which I have survived. If alcohol interferes with your enjoyment of your life, personal or social or business, you are on the road to alcoholism. You can travel as far as you want to go. I can tell you that it always goes down. You have not been as bad as I. That is true. However, the question is not how bad I have been. The question is "how bad do you want to get?"

It dawned upon me finally that my drinking was a problem to me. Whether I drank or not, hardly a day or hour went by that I did not "figure" on or about drinking or drinking plans. I was not as bad as "that" guy, and I don't want to get as bad as that guy. So I surrendered my problem to the Fellowship of Alcoholics Anonymous, acted as they suggested, and I am happy about not drinking!

-The *Silent Rostrum*, Houston, Texas

A mother, on her son's first day at school, sent the following note along: "The opinions expressed by this child are not necessarily those of his mother's side of the family."
QUOTE-



DOES YOUR SOBRIETY SHOW?

Some time ago, a member of A.A. who always seems to be cheerful and having a good time, was asked, "How can you tell if you're happy?" The answer came quickly, "If it doesn't show, forget it!" Little else was said. In truth, little else needed to be said.

We hear much about simplicity in A.A. We hear repeatedly the words of Dr. Bob, telling us to "keep it simple-don't louse it up." His words were exactly what he meant, and in the saying of them, he was literally *showing* us how to keep it simple.

Alcoholics are great people for making a big thing out of a small one. We love to complicate things, yet basically we are very simple people--at heart. The trick, it appears is, getting to our hearts. Most of us have built such impregnable shells around ourselves through so many years of drinking, that to reach our innermost hearts is not an easy task.

Yet, to achieve a *happy* sobriety we MUST permit ourselves to be reached by both a Higher Power *and* by other people who understand our problem and are desirous of helping us. In short, we must want to be helped and having been helped it is only natural for us to wish to help others in the same way.

If we become sober-only-and still do not allow our heart to be penetrated by the love of our Higher Power and our fellow alcoholics, we are *not progressing*--in short-not *really* sober.

Thus the person who fits into this category cannot truly be happy in this new way of life and is still struggling against himself, wondering, also, perhaps--"How do you **know** if you're happy?"

We *must* grow in A.A.; in life itself. We *cannot* stand still for very long. Either we do progress, or we go backwards, and eventually can "slip" or "fall" headlong back into the old way of life which is disaster for us.

To "open" our hearts; to "crack" the shell is not always easy. For some it is very difficult, but if we sincerely desire to be sober, and *useful* to God and those around us in our sobriety, we can find real and powerful help in our Higher Power, and in our fellow Alcoholics who *are enjoying* a happy sobriety.

These people are not hard to spot. The happy sober alcoholic radiates his pleasure at being sober, and he is quite obviously happy enough, that he would like very much to see others share his happiness. Hence his warm handshake and the smiles and laughter he spreads wherever he is.

To stand by and observe this and not wish to become involved or to have it "rub-off" on us signifies there is something still wrong with one's thinking, and to resent the happiness another A.A. seems to radiate, or to ridicule it, or criticize it can only lead to our *own* unhappiness, for we are left with emptiness.

"A happy A.A. is an active A.A., and an active A.A. is not just "in" A.A., he is a *part* of it."

Being happy in A.A. is really easy, if it is what one really wants, and *that* goes back, of course to: "How badly do I *want* to be sober?"

Yep! If it doesn't show, forget it!

FORLORN DEPTHS

Nobody forced me to enter. No, I can't blame anybody but myself. Matter of fact, they warned me against it. But who the hell were they to tell me? They had never tried it or had they? Well, what they had or hadn't done didn't interest me. I was young and wanted adventure. Sure, maybe there was some risk but I was different than the rest. I was careful, I held full control over myself. If the going got too rough I could always stop and find my way back.

There was light when I first entered. My excitement grew as I explored cavity after cavity. The next was always more fascinating than the previous. Overcome with a feeling of ecstasy I grew bolder and, setting caution aside, wandered deeper. Ah, what pleasure to explore the depths!

Unconscious of the slowly prevailing darkness, I plunged on. It seemed that a force was compelling me forward. But of course, this was obscure. I could stop anytime. I laughed aloud at such a ridiculous thought. It's just that I want to go on. I'm enjoying the adventure. I'm capable of stopping anytime.

How far I had travelled or when I had completely been engulfed by darkness, I am not certain. By getting down on my hands and knees I was able to pilot myself through the narrowing passage. The lacerations I suffered were of little consequence. There dominated my mind only one thought, and that was to push forward, to drag my tortured body inch by inch if necessary.

The passage soon grew so narrow I could do little more than move. It seemed like a huge vise threatening to crush me in its powerful jaw. I became horrified by the thought of

dying under those conditions, but there was nothing I could do. I had become a prisoner of the depths by my own choosing and was so blinded by the darkness that I could see no way of escape.

It was the fall that finally provided me with the avenue of escape. My body was nearly exhausted from the afflictions it had suffered. My mind was numbed by the destructive power which possessed it. Suddenly it seemed as if the gateway to hell was thrown open, that was hurled by the devil himself, into that bottomless pit where immoral souls repent as they boil in their reward.

My screams for mercy followed my descent like mocking demons. "Oh God," I cried, "what have I done to deserve such a fate. I know now that I should not have entered, that I'm not capable of this journey. Have *mercy on my* captured soul. I pray of you to guide me from this crippling ball."

When I finally *came* to rest I was surprised to find myself still alive. How far I had actually fallen, I didn't know. I became aware of a light near the top of the chamber into which I had fallen. On closer inspection, I found a broken ledge in the form of a stairway. Seeing this, gave me new strength to pull myself to that first break in the ledge. And having done this I felt certain that I could climb the remaining eleven steps and reach that brilliance which is the light of A.A.

Edwin B., Akron

A little praise
goes a long way.
But it's the tiny
morsel of scandal
that really travels.

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. 26

May, 1968

No. a

CENTRAL COMMITTEE

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

The purposes of Central Committee were read by Charles K. and the Minutes of the meeting of March 5, 1968 were read by Jean C. and approved as read.

The Treasurer's report, read by Mary S., reflected a balance of \$321.47 as of April 2, 1968 and approved as read.

COMMITTEE REPORTS WERE AS FOLLOWS:

1. Action Committee — Jerry E., Chairman. Open faced cards are still being used by groups.

Jerry stated that he received a card, together with a subscription for membership costing 25c, to an organization on Acute Alcoholism. Charles K. stated that such an organization did exist as a joke and promoted drinking, not sobriety.

2. Areawide Committee — Jim B., Chairman. Jim stated that the last Areawide Meeting on Friday, March 22nd at Jordan Hall was a success with close to 200 in attendance. Net receipts totaled \$22.94. The next Areawide Meeting will be held Friday, June 21, 1968 at Jordan Hall at 8:30 P.M. Details will be furnished at a later date.

3. Central Bulletin — Harry D. in the absence of Harry D., Charles K. stated that new members should be advised of the Central Bulletin and that subscriptions are still needed.

4. Hospital Committee — Rosary Hall — Lou W., Chairman. Lou stated that the \$40 or \$45 being billed to discharged patients is probably the doctor's bill, but that Blue Cross policies showing the letters "B.C. - M.M." will cover this amount.

It was mentioned that sponsors are still not visiting patients at Rosary Hall. Discussion followed regarding the rules and restrictions for visits to patients. Charles K. stated that inquiry be made at Rosary Hall as to the proper time for visits best suited to the patients. The question was asked whether sponsors and other AA's could attend meetings with patients, and it was stated that these meetings were for patients and others could only attend by special permission.

Serenity Hall — Bernie B. No report.

5. Institutional Committee — June W., Chairman. June stated that she was approached to start two new groups: a closed womens group at Hawthornden, and one at Highland View. Charles K. suggested that June discuss the procedure for doing this with Dick P., and to report at the next Central Committee meeting.

A letter received by the District Office announcing the 3rd Annual Conference of the Association of Halfway Homes Alcoholism Programs of North America, to be held in the Sheraton Cleveland Hotel this Fall, October 20, thru the 23rd, was turned over to June W. for handling. Helen D., Secretary of the Warrensville Womens Group read the financial report which shows a balance on hand for April, \$22.37.

Helen D. stated that sponsorship is needed for patients leaving the workhouse. She will obtain sponsors through

the Secretaries list or the District Office; that good sponsorship is important and that this should be handled before the patient leaves the hospital.

In regard to non-AA members, some as drivers, attending closed meetings at the Workhouse, it was suggested that Helen D. discuss the problem with Mrs. Kuppa or Mr. Harper.

6. P. I. C. — Dick P. 9 speakers were supplied by the District Office to talk at non-AA meetings. The question as to who should absorb the expense for literature needed by such speakers will be decided by the Operating Committee and Charles K. will report its decision at the next Central Committee meeting.

Charles K. mentioned that there is a case before the Supreme Court to decide whether or not alcoholism is an illness.

OLD BUSINESS: None.

NEW BUSINESS: Punderson Park 2nd Conference, Newbury, Ohio on May 3, 4, and 5, 1968. Intergroup Dinner, May 11, at the Hotel Statler Hilton. Tickets are still available thru your District Office. Ohio General Service Conference of AA., Hotel Statler Hilton, July 19, 20 and 21, 1968. There will be a short meeting Tuesday, April 9 at Stella Maris in regard to the annual Memorial Day Breakfast to be held at the Masonic Auditorium, 3615 Euclid Ave., May 30, 1968. Tom K. of Barberton will be the speaker.

The meeting closed with the Lord's Prayer.

Jean C.-Secretary

CENTRAL COMMITTEE

362 Hanna Building	April 2, 1968
Balance brought forward	\$306.78

EXPENSES:

3/6/68	Paid to Hanna Bldg. Corp. on #544 for March 5, 1968 meeting	\$10.00	
3/6/68	Paid to The Dankworth Co. on #545 for 500 Flyers — Areawide Meeting	17.50	
	Bank Service Charges25	
			27.75
			\$279.03

CONTRIBUTIONS and DEPOSITS:

Donation from Chardon Group		\$ 2.00
Areawide Meeting-March 22, 1968	\$78.07	
Expenses: Coffee, sugar, etc.	\$12.63	
Rent-Jordan Hall	25.00	
Total expenses	37.63	
		40.44
		40.44

BALANCE as of APRIL 2, 1968	\$321.47
-----------------------------------	-----------------

Respectfully submitted
Mary S. — Treasurer

OBITUARIES

Wilbur Russell, a faithful member of the Lee-Monday group passed away on February 13, 1968. Surviving him is his wife, Jean M., to whom we offer our deepest sympathy.

Ruth Voth, a thirteen year member of AA, died in Lakewood Hospital on Sunday, March 17 after a long period of ailments. She was survived by her husband, Bill, a member of the Gordon Square group.

Paul Sheppard, a 16 year active member of the Wednesday-Lee and L.S.I. groups, passed away on Thursday, March 28th. Surviving him are his wife, Margaret and two daughters, Elizabeth and Alice and a brother, Carl, active in AA and a member of the Newbury, Ohio group.

To the Men and Women of our Fellowship:

One thing you remembered from your daily life and particularly from the A.A. program is that man is here for the sake of other men, for those upon whose smile and well-being our happiness depends, and for the countless unknown souls with whose fate we are connected by a bond of sympathy and understanding. Our own outer and inner lives are built upon the labors of our fellowmen, both living and dead, and no matter how much we exert ourselves we cannot give in return as much as we have received.

Your response to our 1968 Cleveland A.A. District Office fund raising campaign was an expression of your devotion and dedication to the beliefs of our new way of life as is briefly mentioned here. Your pledges and contributions made it possible that we made our goal for this year and we would like to take this occasion to express to all of you our heartfelt deep appreciation for your help.

Sincerely yours.

THE CLEVELAND A.A. DISTRICT OFFICE
OPERATING COMMITTEE

THE BIG TWELTH

For the third time in a dozen years the Northeastern Ohio Area will host the Ohio State AA Conference, which will be held July 19-20-21, 1968, at the Statler Hilton Hotel in Cleveland, Ohio. The three days will be packed with fellowship, friendship and solid AA. For information write: Ohio General Service Conference-1968, P.O. Box 5406, Cleveland, Ohio 44101.

SAYING THE BEST

It is always easier to march to music. A little word of appreciation now and then would make all the difference to thousands whose day is very largely drudgery.

A recent essayist has divided the people into minus and plus people. The minus people are those who leave us poorer, and the plus those who leave us richer.

One must distinguish true appreciation from both flattery and praise. Flattery is veiled insult, and praise may be condescension in disguise. But genuine appreciation is different from praise or flattery, and for it every heart is hungering.

A story is told of Robert Browning, how once at Oxford he received a great ovation, and when someone hinted that he must hate all this, he said, "Why I've been waiting for it all my life."

Men of genius are as eager for appreciation as the rest of us. Everybody yearns to be appreciated. The drudgeries of life are always lightened when there is somebody who understands and says the best. This is true in the home, in the office or shop, and on the street.

This gift of appreciation, of saying the best, is always the mark of a noble, generous nature. Little souls delight in fault-finding; big one in appreciating. Mean folk are always minus folk; it is the great hearts who are the plus ones.

Are you a plus or minus person? -Exchange

HOPEFUL GROUP NEEDS SUPPORT

The Hopeful group at Cleveland State Hospital, 4455 Turney Road, Ward 8, South wing of the main building, needs publicity and encouragement. Put yourselves in their place and let your conscience be your guide. They will welcome your presence.

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.

CLEVELAND ALANON OFFICE
ROOM 507, COMMERCIAL BUILDING
2056 EAST 4th ST. TEL. 621-1381

DATES TO REMEMBER

May 9—The Eighteenth Anniversary of the Independence Group will be observed at 8:30 p.m. Guest speaker will be Bill C., of Wickliffe.

May 19—The Garden Valley group will observe its ??? Anniversary on Sunday afternoon at 4:30 p.m. Guest speaker will be Jack B., of Sobriety Unlimited.

May 20—The Westside Women will observe its' 27th Anniversary on Monday evening at 8:30 p.m. Guest speaker will be Pat W., of Cincinnati, O.

May 24—The Parmatown Men will observe their 5th Anniversary on Friday evening at 8:30 p.m. Guest speaker will be Ladd T. of Lakewood Men's.

May 26—The Grateful group will observe its' 5th Anniversary on Sunday at 2:00 p.m. in St. James Lutheran Church, 1424 Hayden Ave. Guest speaker will be Father Gordon H.

May 26—The Collinwood and Liberty groups will observe a Combined Anniversary Dinner to observe Collinwood's 27th and Liberty's 14th Anniversaries on Sunday evening at 6 p.m. Buy your Dinner Tickets in advance. The site is located at 945 East 152nd St.

June 15—The Fourth Annual Buffet Dance, sponsored by the Night and Day groups will be held in the Masonic Auditorium, 3615 Euclid Ave. at 8:30 p.m. Admission \$2.50 per person. One \$50.00 door prize and two \$25.00 door prizes.

INTER-GROUP DINNER

Another night of beautiful A.A. fellowship has been planned.

The Event — The Intergroup Dinner
The Place — Grand Ballroom, Statler Hilton Hotel.
The Date—May 11, 1968 at 7:00 P.M.
The Speaker — The dynamic **Clancy I.** from Los Angeles, California.

HOSPITALS AND INSTITUTIONS

SUNDAY

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

MONDAY

HOPEFUL—State Hospital. 4465 Turney Rd. Fellowship Room off Chapel 7:00

TUESDAY

BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd. 7:30
HAWTHORN DEN HOSPITAL—Cottage #10, 305 Northfield Rd. 7:30
PROVEN WAY—Grafton Honor Farm, Rte. 75
2nd & 4th Tuesday 8:30
TRUSTY HALL—1000 ft. east of House of Correction 8:00

WEDNESDAY

CLEVELAND PSYCHIATRIC HOSP.—1708 Aiken at Scranton ... 8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd. 1 : 00
VETERANS HOSP.—E. Blvd. near E. 106th St. 8:00
WARRENSVILLE—Women's House of Correction
4041 Northfield Rd. 7:30

THURSDAY

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

FRIDAY

MAIN GROUP—House of Correction, 20300 Northfield Rd. 8 : 00

ALANON GROUP MEETINGS

SUNDAY

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

MONDAY

BROOKPARK — PARMA—Redeemer Church, 6161 Smith Rd. 8 : 30
ELYRIA—Community Church, 680 Abbe Rd. 8:30
LAKEWOOD—Pres. Church, Detroit at Marlowe 8:30

TUESDAY

CANTON—St. John's Cafeteria, 712 McKinley N.W. 8:00
EUCLID—Christian Church, 28001 Lake Shore Blvd. 8:30
MAPLE HEIGHTS—Pres. Church, 16716 Libby Rd. 8:30
OLMSTED FALLS—Community Church, 7853 Columbia Rd. 9 : 00
SUBURBAN WEST—Our Savior Church, 20300 Hilliard Rd. 8:30

WEDNESDAY

AKRON—Arid Club, E. Market St. 11:30 a.m.
FAIRPORT HARBOR—Luther Center, Eagle St. 8:00
IGNATIA—Grace Church, E. 91st & Harvard 8:30
NORTHFIELD—Karen Lane 1:30
NORTH OLMSTED—Episcopal Church, 3760 Dover Center Rd. ... 8:30
NU-YOU—Highland Church, W. 114th St. & Detroit 8:30
TRINITY—Trinity Church Annex, 3525 W. 26th St. 8:30

THURSDAY

CLEVE. HTS.—Pres. Church, Fairmount & Scarboro 9:00
LORAIN AVENUE—Martin Luther Church, 4470 Ridge Rd. 9:00
LORAIN COUNTY—Lutheran Church, 3334 Wilson St. 8:30
NORTH CANTON—Northminster Pres. Church 8:00
SERENITY—St. Luke's Church, 1233 Chase Ave., Lakewood 8:30
WEST SIDE—St. Mark's Church, 15300 Puritas Rd. 1:30

FRIDAY

AKRON—Goodyear Union Hall, E. Market & Goodyear Blvd. 8 : 30
EAST CLEVELAND—Y.W.C.A., Lee Blvd. at Euclid 1:30
ROSARY HALL—Charity Hospital, E. 22nd & Central 8:30

MILL ENDS AND REMNANTS

Along with many other members of A.A., service offices, etc., we very recently received an open letter from Dr. John L. Norris, non-alcoholic Chairman of the General Service Board of Alcoholics Anonymous, and its message and contents are such that it need be shared with all members. This we do in part:

"As you may know, the United States Supreme Court is expected to hand down a decision this month ruling that alcoholism is an illness for which a person cannot be imprisoned.

"As a result of this anticipated decision, which has been preceded by similar decisions in several state and local courts, we may be entering a period during which the courts, police and other government agencies refer more and more alcoholics to Alcoholics Anonymous.

"This offers a welcome opportunity to extend the hand of A.A. to an increasing number of still-suffering alcoholics. At the same time there is the likelihood of misunderstanding unless our position in the field of alcoholism is made clear to the courts, law enforcement agencies and the general public.

"Therefore we feel that it may be desirable for the General Service Office and local Public Information Committees to inform these agencies and the general public of what A.A. is and exactly what it can and cannot do. Much of this information is available in pamphlets such as A.A. *In Your Community* and Cooperation *But Not Affiliation*. Additional information can be provided through P.I.C. activities and personal contacts with agencies and concerned officials.

"By and large we feel that it is important for us to let the courts, law enforcement and other agencies know that A.A. stands ready and willing to offer any possible help to alcoholics within the framework of our traditions. This help would include sharing our recovery experience with other agencies; assistance in setting up A.A. court programs and institutional A.A. meetings; help in making hospital arrangements; providing literature and meeting lists to interested parties.

"In order to avoid confusion and possible misunderstanding that *could* incur ill will and adverse publicity for Alcoholics Anonymous, we feel that it is just as important to make known what we cannot do. That is, we cannot provide motivation, medical or psychiatric treatment, cannot police the behavior or activities of alcoholics nor can we provide alcoholics with hospitalization, food, shelter, clothing, funds or other welfare services, or provide domestic or vocational counseling. We should stress that our success is attained with men and women who have a desire to stop drinking, and that we have no way of forcing our program on anyone."

Dr. Norris adds that following the anticipated Supreme Court decision, it is planned to follow up with all group, services offices and committees in the fellowship suggested procedures for telling the story of A.A. and what we can and *cannot* do.

There are continuing opportunities of service, by George!

GOOD

Live for something. Do good and leave behind you a monument of virtue and the storm of time can never destroy it. Write your name in kindness, love and mercy on the hearts of thousands you come in contact with year by year; you will never be forgotten. No, your name, your deeds will be as legible on the hearts you leave behind as the stars on the brow of evening. Good deeds will shine as the stars of heaven.

FOURTH ANNUAL BUFFET DANCE

The Night and Day groups are sponsoring their Annual Buffet Dance in the Masonic Auditorium, 3615 Euclid Avenue on Saturday, June 15, 1968 at 8:30 p.m. Admission \$2.50 per person. One \$50 door prize and two \$25 door prizes. Winner need not be present. Music by John E. Zalokav Orchestra.

THOUGHT FOR THE MONTH

When I go to meet the Master
I'll be going home to Thee.
I'll be going to meet my Saviour
And I know he'll welcome me.
And those arms will give me welcome
To the group up in the sky
And I'll find the old-time members
Just the same as years gone by.
And I'll listen to their stories
When I reach the Golden Shore
And He will speak to me in Glory
For Evermore — Yes — Evermore!

—Jayare

THE ART OF GETTING ALONG

Sooner or later a man, if he is wise, discovers that life is a mixture of good days and bad, victory and defeat, give and take.

He learns that it doesn't pay to be a sensitive soul — that he should let some things go over his head like water off a duck's back.

He learns that he who loses his temper usually loses.

He learns that men have burnt toast for breakfast now and then, and that he shouldn't take the other fellow's grouch too seriously.

He learns that carrying a chip on his shoulder is the easiest way to get into a fight.

He learns that the quickest way to become unpopular is to carry tales and gossip about others.

He learns that most people are human and that it doesn't do any harm to smile and say "good morning" even if it is raining.

He learns that most of the other fellows are as ambitious as he is, that they have brains that are as good or better, and that hard work, and not cleverness, is the secret to success.

He learns that it doesn't matter so much who gets the credit so long as the business shows a profit.

He comes to realize that the business could run along perfectly without him.

He learns to sympathize with the youngsters coming into the business, because he remembers how bewildered he was when he first started out.

He learns not to worry when he does not make a hit every time, because experience has shown if he always gives his best, his average will break pretty well.

He learns that no man ever got to first base alone and that it is only through cooperative effort that we move on to better things.

He learns that the fellows are not any harder to get along with in one place than another, and that "getting along" depends about 98 percent on himself.

—Exchange

MEETINGS AND FELLOWSHIP

When you attend the meetings do not sit or stand in a corner and expect every member to come and shake hands with you, and in case they fail to do so, complain that the members are unfriendly (they, too, may be shy) and that they lack sociability. It is no more their place to do so than it is yours. Every member should aim to promote the spirit of fellowship by saying a friendly word of greeting to other members. Try it; you will like it. We did!

THINK THIS OVER

A corporation may spread itself over the entire world. It may employ a hundred thousand men, but the average person will usually form his judgment on the action of a single employee. If this person is rude or inefficient, it will take a lot of kindness and efficiency to overcome this one bad impression. Every member of an organization thus becomes the most important member of that organization more often than he thinks. So it is with example!

When you get to heaven you will likely view many folks whose presence there will be a shock to you. But, keep very quiet, do not even stare! Doubtless there'll be many folks surprised to see you there.



SPRING'S ECHO

Ah! Sweet Spring, how wonderful to see your green-ing grass and trees, and flowers bending in the breeze! How fine to smell the April rain, the fragrant fields in May, and watch the flash and hear the crash, when lightning flicks and thunder roars majestically where only yesterday the skies were lead, and snow was **slowly** fading in the muddy ditches beside the roads.

Now, the winds are warm and buds are heavy on the limbs. The sounds and smells of Spring are like a Mother's touch and breath upon a tired child's sleepy brow. The world awakes to Spring again and hope burns strong once more in all our hearts, and as the poet said, "our hearts are turned to thoughts of love."

So many songs, so many poems have been dedicated to Spring and its promise of renewed life with *Easter and its* message of joy.

Yet there is one story which closely matches all their songs and sonnets and its verses and lyrics are human lives and the lives they in turn come in contact with every day, everywhere. Perhaps many of us are unaware of the close similarity between the beautiful promise that Spring brings, and the miraculous renewal and promise that **A.A.'s** way of life can and does bring to those of **us** who were for so many, many years lost in the sewers and dark alleyways of alcoholism.

For those of us who had lost all hope, who were cast-out, so to speak, unwanted, despised, drowning in **self**-condemnation and self pity and resentment, life held very little. We had run the gamut. We'd run the race, and never finished, because we suddenly found we'd never really begun.

Then came Alcoholics Anonymous, and lo! it was like Spring to our very lives. Where we were like leafless trees or brown dried-up grass in the dead of winter, suddenly we saw a chink of light in the darkness through which we could see hope again, and maybe! Just Maybe!

For those of us who realized this might be the answer to our useless lives, it was actually Spring again! Life suddenly was new again, and we found we could smile and laugh, and face our problems squarely and usually successfully. We *watched* the Miracle happen, not only to others, but also to ourselves, and suddenly we *knew* there had to be a Higher Power Who *did* care!

We followed that Higher Power. We followed instructions. There were troubles, *but now we were sober* and could cope.

Our new found way of life progressed and we *had* to be grateful if we were honest! If we were *not* honest, we soon learned our sobriety did not, could not last.

We had been given the miracle of new life even as the grass and trees are renewed each Spring.

And we learned a thing or two. Perhaps most important we would have to be like those green trees and the grass-dependent upon our Creator. We also learned that henceforth there was much to be learned and we set about doing this, *faithfully* one day at a time, and otherwise,, we just let go and let God!

THE RIGHT APPROACH

One of the old-timers came in to visit us a couple of weeks ago. We talked about the old days when A.A. was in its infancy and compared the mass zeal and enthusiasm which was in evidence then and to the lethargic attitude of too many groups today.

Have we reached the saturation point in attracting people to A.A.? Are we less zealous and **enthusiastic**—less appreciative? Are we in a rut instead of a groove?

This fellow has been one of Cleveland's most influential members. He was a devoted, dedicated and modest worker. What concerned him was that he seemed to be losing his effectiveness in sponsorship. Too many of the people he had tried to help with the wealth of his experience had returned to the bottle.

Being a conscientious man, accustomed to taking continual inventories, he could find no reason for his failures and wondered whether we too had had similar experiences. We had to agree that "present day applicants were tougher to convince than in the early days, and that we had our share of disappointments.

What was wrong then? Had we truly reached the saturation point? Or had we become less energetic?

We believe we found the answer. We tried our own approach on him as though he was a candidate for A.A., and then we tried his on us. After exchanging compliments, we tried to look at both approaches from the candidates' **views**, and we discovered that we were guilty of *preaching!*

"You must do this! You must *do* that," was a repeated part of the approach of both of us. This was bound to cause the most craven one to resent and resist us. He had become calloused to criticism.

What was our approach in the early days? Then we visited our candidate+ told our story of qualifying for A.A., sometimes in great detail, until he finally let down his guard and admitted he had done similar goofy things to make his life unmanageable. Having finally broken the shell of resistance, it was fairly simple to convince him that life without drink was possible.

What had we been doing wrong? Actually we were unconsciously slipping into the category of teachers, ministers, priests, doctors, bosses, relatives, etc. by telling him he had to do this and he had to do that! Of course we were right. For if a guy wants A.A. badly enough he'll do anything! **BUT!** Place yourself in his position. He's been yammered at from all sides. He knows he should quit, but his problem is "different" and a desire to try. It worked miraculously.

So, let's get back to our **old** methods. Let's stop preaching and delivering mandates. The old and proved method might be termed "the termite approach." By this approach we create trust and develop confidence.

Take an inventory of yourself. Are you in the same rut we found ourselves in? We're determined to stop "preaching" and are sure we'll become better sponsors. There's a lot of work to do.

* * *

Life can be understood only backward, but it must be lived forward.
-Soeren Kierkegaard





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. 26

June, 1968

No. 9

**TWELFTH ANNUAL
OHIO STATE A.A. CONFERENCE
JULY 19-20-21, 1968
HOTEL STATLER-HILTON
CLEVELAND, OHIO**

There is something for everyone at the BIG TWELFTH 1968 Conference, which is sponsored by the four Ohio General Service Committees and for which the North-eastern Ohio Area is host. The following program outline attests to the scope of the Conference and bespeaks the Conference theme: UNITY! THE BOND OF A.A.

FRIDAY, JULY 19:

- 1:00 P.M. Fellowship of Friendship to 5:00 P.M.
- 8:00 P.M. Opening of Conference
Speaker: Hazel R., New York, N.Y.
- 10:00 P.M. OHIO Pioneers' Meeting

SATURDAY, JULY 20:

- 9:30 A.M. Unity-Our First Tradition
- 11:00 A.M. A.A. Women's Closed Meeting
Speaker: Mary P., Lexington, Ky.
- 11:00 A.M. AL-ANON Open Meeting
Speaker: Paul W., Louisville, Ky.
- 12:30 P.M. ALL CONFERENCE LUNCHEON
Speakers: Jim and Marilyn C., Toledo, Ohio
- 2:30 P.M. Recovery-The Twelve Steps
- 3:30 P.M. Service Opportunities (Group-Intergroup-G.S.O.)
- 3:30 P.M. Counseling The Alcoholic (Medicine-Clergy-Industry)
- 3:30 P.M. AL-ATEEN Meeting
- 7:00 P.M. BANQUET
Speaker: Buck D., Washington, D.C.
- 10:00 P.M. Dancing and Meetings

SUNDAY, JULY 21:

- 11:00 A.M. Conference Closing
Speaker: Bill W., Louisville, Ky.

Come share in the happiness that is Conference time and be rewarded by strong and solid A.A. For information write: Ohio General Service Conference-1968, Box 5406, Cleveland, Ohio 44101. Registration before July 4 is \$3.00 per person; Banquet tickets are \$9.00 each; and Luncheon tickets are \$3.50 each (there are deadlines on each of the last two). Be an Early Bird! And under no circumstances should you miss this BIG Twelfth.

TO ALL A.A. MEMBERS !!!

The Warrensville Women's Group is in need of your support. Your presence will mean much as we are seeking sponsors for girls leaving the House of Correction.

We do have a mixed meeting and men are indeed welcome.

We would appreciate seeing you on Wednesday evening at 7:30 p.m. at the Women's House of Correction, 4041 Northfield Road.

We *must* help the sick alcoholic recover if she wants to.

Helen D., Secretary
Phone 271-3237

CENTRAL COMMITTEE

The meeting was opened by Charles K., Moderator, with the Serenity Prayer and was attended by 29 group representatives.

The purposes of Central Committee were read by Charles K. and the Minutes of the meeting of April 2, 1968 were read by Jean C. and approved as read.

The Treasurer's report reflected a balance of \$300.15 and was approved as read. Included in this amount there is the sum of \$35.00 for Institutional Groups.

1. Action Committee—Jerry E., Chairman, reported that blood tests and psychiatric tests are still being given to patients who need them upon admittance to Rosary Hall.

2. Areawide Committee- Jim B., Chairman, stated that the next Areawide Meeting will be held June 31, 1968, in Jordan Hall, at 8:30 P.M., and requested that all members talk it up at their home groups. The speaker will be Bob J. of Cincinnati. Details will follow.

3. Central Bulletin-In the absence of Harry D., Charles K. suggested that anyone who has not subscribed to the bulletin please do so as subscriptions are still needed.

4. Hospital Committees:

Rosary Hall-Lou W. stated that sponsors are still not visiting patients, and that the best time to visit patients is:

- 11:00 a.m. to 11:45 a.m.
- 12:30 p.m. to 3:30 p.m.
- 5:30 p.m. to 7:30 p.m

Serenity Hall-Bernie B., Chairman, stated that groups of sponsors, rather than individuals, are visiting patients and that a good job is being done.

5. Institutional Committee — June W., Chairman. In the absence of June W., and Helen D., Chairman of Warrensville Women's Group, there was no report.

6. P.I.C.-Dick P. reported that 26 speakers were supplied for talks to non-A.A. groups from March, 1968 to April 7, 1968.

Regarding the question as to who should absorb the expense of literature supplied to speakers at non-A.A. groups, the Operating Committee decided that this situation remain as is. That is, that the distribution of such literature be left to the discretion of Dick P. and the District Office. ????

Dick P. repeated that persons in need of help for their drinking problem may admit themselves without an A.A. member to the Workhouse for 30 days. The City of Cleveland offers this program free of charge. The program is still new with many details and problems to be worked out. Discussion followed.

OLD BUSINESS: None

NEW BUSINESS: Intergroup Dinner, May 11, 1968. There are still a few tickets available.

There will be a meeting Thursday, May 9, 1968 at Stella Maris, at 7:30 p.m. regarding the Memorial Day breakfast to be held at the Masonic Auditorium, 3615 Euclid Ave., Thursday, May 30, 1968.

The Ohio General Service Conference of A.A., to be held at the Hptel Statler-Hilton, July 19, 20 and 21, 1968. Registration blanks are available at your District Office.

The next Areawide meeting will be held June 21, 1968 in Jordan Hall, at 8:30 p.m. Speaker will be Bob J. of Cincinnati.

The meeting closed with the Lord's Prayer.

Respectfully submitted,
Mary S., Treasurer

June 4—The Esquire group will observe it's Second Anniversary in Trinity Cathedral Parish Hall, East 22nd & Prospect at 8 :30 p.m. The guest speaker will be Bill G. Downey of Erie. Pa. Master of Ceremonies will be Tom A. of the Esquire group. Ample parking in the lot around the Cathedral through above driveway or via Prospect Ave. Door Prizes-Raffles-Prizes.

I AM NOT AS BAD AS THAT GUY!!

The speaker at an A.A. meeting that I went to lost his job, went to jail on DWI, lost his wife, lost his children, He said he was an alcoholic.

I told myself, "I am not an alcoholic because none of these things have happened to me. That Guy is in bad shape. He should quit drinking."

Several meetings later I continued to say to myself, "I have heard about 15 or 20 of these self-styled 'alcoholics' and they were all in bad condition. I do not have the symptoms of them." After 3 weeks being dry and about seven or eight meetings of A.A., I had a disturbing emotion of admitting (only to myself) that I did not always stop drinking at the exact degree of intoxication or at the exact time of day (or week) that I had planned to when I started. Also, I had to admit (only to me) that I was slightly inefficient at times when I was drinking. But I was not broke-I still had several tins of goods-and several things that those alcoholics did not have. I WAS NOT AS BAD AS THEM.

Then I was told alcoholism is an illness-a disease-a progressive disease-it grows gradually, slowly, but always surely, worse and worse. It is an allergy of the body and an obsession of the mind. It progresses (downward) through several stages. In one book I read that an "alcoholic" is a person who has found that alcohol is interfering with his social or business life. Interferes? Gosh, any honest drinker as I was (more of a drinker than honest-that is, honest about my drinking), had a little bother. This definition was a trap. It seemed to me, that is. And it went on to state that "that kind of drinker" was one of the kinds that joined the fellowship known as Alcoholics Anonymous. The writer said that all alcoholics did not sleep under bridges. Anyway, to me the definition was unfair because that was not my idea of an alcoholic. I was not a bum, nor alone, broke or disgraced, not in jail. But this definition did not use any of those symptoms. I had to admit (only to myself) that alcohol "interfered" with my time spent with my children, the social affairs that my wife and I attended and had at home (the ones we did not attend or have), the creativeness of my mind in business and some other items.

And then I remembered and realized the truth that they had told me about the "road to alcoholism." I had started on the road-how far did I want to go? I only had a few symptoms-did I want to keep on until I got some more? Or maybe all of them?

Then a doctor (an M.D.) who was an admitted alcoholic told me, "No one needs to go through the distress, pain, disgrace, trouble and institutions through which I have survived. If alcohol interferes with your enjoyment of your life, personal or social or business, you are on the road to alcoholism. You can travel as far as you want to go. I can tell you that it always goes down. You have not been as bad as I. That is true. However, the question is not how bad I have been. The question is 'how bad do you want to get?'"

It dawned upon me that my drinking was a problem to me. Whether I drank or not, hardly a day (or hour) went by that I did not "figure" on or about drinking or drinking plans. I was not as bad as "that" guy, and I don't want to get as bad as that guy, so I surrendered my problem to the Fellowship of Alcoholics Anonymous; acted as they suggested, and I am happy about not drinking!

-Silent Rostrum
Houston, Texas

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**.

CLEVELAND ALANON OFFICE
ROOM 507, COMMERCIAL BUILDING
2056 EAST 4th ST. TEL. 621-1381

AN EVENT TO BE LONG REMEMBERED

Over 1400 was the attendance for the observance of the seventeenth annual A.A. Intergroup Dinner. The spacious Grand Ballroom of the Statler-Hilton Hotel was filled to capacity. The menu for the dinner was excellent and the sweet organ melodies created a calm and joyful atmosphere which reigned throughout the evening.

The invocation by Father Gordon H. was a most profound expression of gratitude for so many of us being sober today, a gift of God. No Intergroup Dinner could be the same without the traditional Charlie S. songfest. Les S., Operating Committee Chairman and Ginny S., 1968 Intergroup Dinner Chairman, did a masterful performance in the organization and coordination of the program. The appearance of the bagpipers led by their charming little commander added much joy and color to the already happy crowd. Helen Y.'s talk on Al-Anon was a short message with a lot of humor.

The keynote speaker of the evening was Clancy I., an A.A. member living in Los Angeles, California. Small in stature and rather unassuming, he had the appearance of a dedicated schoolteacher. His knowledge of our new way of living was evidence that he must be an extremely serious student of A.A. philosophy. At times during his talk a silence would appear as though he was addressing his serious words to a deserted temple, and then suddenly he would make illustrations with a sharp wit and humor, bringing a burst of laughter from his listeners. One of the many highlights of his talk was that to really enjoy our sobriety and to strengthen our character to face the realities of life one must never lose faith in our Higher Power and one must never cease being active in A.A.

Saturday, May 11, was a night to be long remembered.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction 10 : 0 0 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp. 4455 Turney Rd., New Chapel Bldg. #1	7 : 30
TUESDAY	
BRECKSVILLE V.A. HOSPITAL-1000 Brecksville Rd.	7 : 30
HAWTHORNDEN HOSPITAL-Cottage #10, 305 Northfield Rd.	7:30
PROVEN WAY-Grafton Honor Farm. Rte. 76	
2nd & 4th Tuesday	8:30
TRUSTY HALL-1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.-1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.-12200 Fairhill Rd.	1 : 0 0
VETERANS HOSP.-E. Blvd. near E. 105th St.	8:30
WARRENSVILLE-Women's House of Correction	
4041 Northfield Rd.	7 : 30
THURSDAY	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP-House of Correction. 4041 Northfield Rd.	8 : 00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 6 4th Sun.)	4 : 00
MONDAY	
BROOKPARK - PARMA--Redeemer Church, 6151 Smith Rd.	8 : 30
ELYRIA-Community Church, 680 Abbe Rd.	8:30
LAKEWOOD--Pres. Church, Detroit at Marlowe	8:30
TUESDAY	
CANTON-St. John's Cafeteria, 712 McKinley N.W.	8 : 00
EUCLID-Christian Church, 28001 Lake Shore Blvd.	8 : 30
MAPLE HEIGHTS--Pres. Church, 15715 Libby Rd.	8:30
OLMSTED FALLS-Community Church, 7853 Columbia Rd.	9 : 00
SUBURBAN WEST-Our Savior Church, 20300 Hillisrd Rd.	8 : 30
WEDNESDAY	
AKRON-Arid Club, E. Market St.	1 1 : 38.m.
FAIRPORT HARBOR-Luther Center, Eagle St.	8:00
IGNATIA--Grace Church, E. 91st & Harvard	8:30
NORTHFIELD--Karen Lane	1 : 30
NORTH OLMS TED-Episcopal Church, 3760 Dover Center Rd.	8:30
NU-YOU-Highland Church, W. 114th St. & Detroit	8:30
TRINITY--Trinity Church Annex, 3525 W. 25th St.	8:30
THURSDAY	
CLEVE. HTS.--Pres. Church, Fairmount & Scarborough	9 : 00
LORAIN AVENUE-Martin Luther Church, 4470 Ridge Rd.	9 : 00
LORAIN COUNTY-Lutheran Church, 3334 Wilson St.	8 : 30
NORTH CANTON-Northminster Pres. Church	8 : 00
SERENITY-St. Luke's Church, 1233 Chase Ave., Lakewood	8:30
WEST SIDE&St. Mark's Church, 15800 Puritas Rd.	1 : 30
FRIDAY	
AKRON-Goodyear Union Hall, E. Market & Goodyear Blvd.	8:30
EAST CLEVELAND-Y.W.C.A., Lee Blvd. at Euclid	1 : 30
ROSARY HALL-Charity Hospital, E. 22nd & Central	8:30

AN ALCOHOLIC PARADOX

The alcoholic is many things to many people (including himself). He is the world's supreme paradox. We knew what we were doing in the bar for—we were hunting freedom from fear, and we found only desperation in the **bottle—yet we drank**. We searched frantically for courage in the glass-looked up and saw cowardice in the mirror-et **we drank**. The alcoholic knows better than anybody in the world that the whisky that makes the poor alcoholic rich in fancy for an hour, makes the wealthy drunkard poor in fact for life. The alcoholic drinks, not because he would, but because he must. He does not take a drink before dinner to ease the tensions of today-NO! He will knock off a pint before bedtime to escape the pressures of tomorrow. Your alcoholic is in love with **life—yet how often he commits suicide**. He struggles desperately to be free and rushes headlong into a self-made prison. When he is sober, he would like to be drunk and when he is drunk he prays to be sober.

Your **alcoholic** will get high in the evening knowing he will be low in the morning. He thrills to the beauty of life, yet he seeks the ugly and sordid in existence. And such is the strange paradox of the alcoholic . . . that the **only** way he can feel better is to drink what makes him feel worse. The alcoholic seeks to inflate his ego in the provocative wines of Bacchus and he succeeds only in shriveling his soul in the bitter gall of remorse. And watch him . . . he will start all his bouts with the dignity of a king, and wind up his debauches with the fawning of a clown. And so he goes on his incredible, incomprehensible, paradoxical way, leaving in his wake as human wreckage that which he cherishes most. Down the road of alcoholic oblivion he stumbles and staggers until he drowns himself in a two ounce glass of whisky, or, by the Grace of God, may find himself in the doorway of Alcoholics Anonymous.

Anon. Chit Chat

Take the humbug out of this world, and you haven't much left to do business with.

-H. W. Shaw

* * *

The fewer our wants, the nearer we **resemble the gods**.

—Socrates

* * *

There is almost no limit to what we can do, if we are willing to forego praise for being a pipeline.

-C. H. Chrisman

* * *

Keep company with ***the more** cheerful type of the godly. There is no mirth like the mirth of believers.

-Baxter

* * *

Most of us tend to react rather than to act.

—E. G. Neal

* * *

We will never finish studying the Bible. It is full of surprises.

-Martin Luther

* * *

We have too many people who live without working and altogether too many who work without living.

-Charles R. Brown

* * *

It's a wise wife who knows when to overlook and when to oversee.

-Anna Herbert

* * *

There is no scale or chart on earth to measure what a true friend is worth.

-Charles Emerson

* * *

Generosity is giving **away what** you could use yourself.

-Marianne Moore

* * *

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

* * *

A secret many find hard to keep is their opinion of themselves!

HOPE

It is said that every alcoholic has his own rockbottom, his own gutter. I had watched my career, my profession and my health vanish without appreciable effort or anything except the increasing tempo of my drinking. But one day, twenty-one years ago, I was ordered out of my home and family! My own mother had finally decided that I was useless and unhelpable. That was my particular gutter. Not until then had I been willing to face up to how far I had gone down in life.

It was this that brought me to A.A. No one led me there, I came to it myself. I came in desperation, without any hope of anything really happening. The best I expected was that I might possibly manage with its help to keep off another drunk until I had smoothed things out at home. I was very sick, in the jitters and doped with drugs; mentally sick, confused, and unable to divorce my thoughts from drink; spiritually sick, for I no longer had any hope in anyone or anything, and no longer any faith in anyone, anything or any God.

Most of what I heard that night went in and came straight out again. I received a confused idea that all I had to do was to stay dry for one day, and that I should have to pray, **what? Me?**, and that if I only came back to the next meeting all would be well. No, it was what I saw that struck home to me. What happened that night to me was a rekindling of a spark of Hope. I heard men describe their drinking lives; I saw them! They were flesh and blood before me. **They** had had the jitters too. They too had taken those early morning walks to the market pubs, like me; they understood, as I hadn't been able to make anyone else understand, that men like me didn't go out to get drunk-it just happened! They had been doing all the strange things that I was still doing; they had been thinking in the same crazy way that I was **still** thinking . . . and yet **they** had found a way to recover after all. There was a hope for me! What **they** could do, perhaps I could do as well.

I walked home alone after that meeting, my mind racing and still confused. Now that I again was myself, I hardly dared to keep on hoping. For these others . . . **yes . . .** they had recovered. But for me, **how could it happen?** I never had that kind of luck! Yet . . . **that tiny** voice of hope kept whispering "**They did it . . . they** could do it . . . why shouldn't you . . . if you really try **with them?**"

That faint hope did keep me dry for the next few days to the next meeting. That same small little hope set me off on the **way** to recovery and happiness. That same hope can do as much for anyone else. - -

—*Jackville O'C., Dublin, Ireland*
Editor "Targets For Thought"

A local-Yokel was bragging to another, that he was an expert on stuff to drink. The other one got a bottle, and told him to take a slug, and tell him what it was. The bragging one took a big gulp, and came up gasping. "That's gasoline," he replied. "Yes, I know, hut is it Reg-ular or Ethyl?"

* * *

Lady Astor was no admirer of Winston Churchill. "There are two things I don't like about you," she told him one day many years ago. "What are they?" Churchill asked. "your politics and your moustache," she answered. "Dear Madam," Churchill replied, "Don't disturb yourself. You are not likely to come in contact with either."

* * *

PARADE-

Having a beer in his favorite bar one evening, Charlie noticed a man at the end of the bar who was behaving rather strangely. The character was drinking beer, glass after glass, as fast as the bartender could set them in front of him.

Charlie moved over to the man and asked. "What kind of a way is that to drink beer?"

"It's the only way I can drink it since the accident", was the reply.

"What accident?" Charlie wanted to know.

The other man shuddered as he replied, "**I once had a beer knocked over on me!**"

'Tex'

CLEVELAND AREA

Guest Speakers

JUNE, 1968

Allendale (Thursday, 8:30 p.m.): 6-George W., Allendale, his 1st lead); 13—Jesse A., May-Lynd; 20—Nellie F., Shaker; 27—Murray S., Shaker.

Bay View (Saturday, 8:30 p.m.): 1-Earl J., West Park; 8—Wally M., Lakewood Men & Crossroads; 22—Francis J., Bay View; 29-Jerry & Donald D., Wednesday Central, Mansfield, O.

Bedford (Wednesday, 8:30 p.m.): 5—Bob W., Eastlake; 12—Mose Y., Hartville, O.; 19—Bud L., King School, Akron; 26—Jean S., Bedford.

Bonheur Club (Sunday, 12:00 noon): 2-Edith A., Bedford; 9—Pat D., Wickliffe; 16-Clyde M., Wickliffe; 23—Jim C., Willoughby; 30-Evelyn P., Bedford.

Borton (side entrance Monday, 8:30 p.m.): 3—Orrie K., Brooklyn; 10—Mary G., West Side Women; 17—Anne C., Niles, O.; 24—Murray S., ????

Brooklyn (Thursday, 8:30 p.m.): 6-Neal C., Maple Heights; 13-Bob W., Brook Park; 20-George G., Forest City; 27—Rosemary M., Westside Women.

Charity Friday, 8:30 p.m.): 7—Jack McG., Northeast; 14—Jim K., Grateful; 21—Areawide meeting, Jordan Hall; 28—Tom G., Friendship.

Collinwood (Sunday, 7:30 p.m.): 2-Ed D., Parma Sat. nite; 9—Dick D., Brook Park; 16—Jim C., Night & Day; 23-Helen J., Laurel; 30-Robert J., Trinity.

Eaton (Tuesday, 8:00 p.m.): 1-Charles B., Eastlake; 11—Bud G., Willoughby; 18—Don D., Redwood; 25—Allan Y., Y. O.U.R.

Edgelake (Monday, 8:30 p.m.): 3-Paul S., Bay West Discussion; 10—Bob M., Bay West Discussion; 17—Jim D., West Shore; 24—Jim F., Bay West Discussion.

Esquire (Tuesday, 8:30 p.m.): 4—It's Second Anniversary. Guest speaker: G. D. Williams, Erie, Pa.; 11—Lou N., Friendship; 18—Woodie McD., Parma; 25—Warren G., Garden Valley.

Euclid (Friday 9:00 p.m.): 7—Marie B., Mentor Plains; 14—Felix R., Borton; 21-Andy S., Lander Circle; 28—Jesse A., May-Lynd.

Falls (Tuesday, 9:00 p.m.): 4-Gene A., Superior; 11—George M., Lakewood Armory; 18—Jim M., Lorain Monday; 25-John McM., Angle.

Friendship (Monday, 8:30 p.m.): 3-Jack E., Lee Wednesday; 10—Joe T., Lee Wednesday; 17—Bill T., Northeast; 24-Ed S., Parma Saturday.

Garden Valley (Sunday, 4:30 p.m.): 2-Helen S., 24 Hour; 9—Anne C., Niles, O.; 16—Fred H., on his 9th anniversary; 23-Curtis W., his 7th; 30—Curtis R., his 9th.

Grateful (Sunday, 2:00 p.m.): 2-Norm M., Y.O.U.R.; 9—Larry G., St. Clair Thursday.; 16—Jack D., St. Clair Thursday; 23-Neil G., St. Clair Thursday; 30-Danny D., Plains.

Laurel (Tuesday, 8:45 p.m.): 4-Frank W., Euclid Friday; 11-Woody McG., Parma; 18—Ed D., Euclid Friday; 25-Don D., Euclid Friday.

Nela Park (Sunday, 7:30 p.m.): 2—John D., Cle-Ho-Co; 9—Tom O'M., Hts. Discussion; 16—Irene M., Nela Park (her 1st lead); 23-Fred D., Nela Park; 30-Paul S., Nela Park.

Parmatown Men (Friday, 8:30 p.m.): 7—Lee M., Westside Morning; 14—Jerry K., Garfield Tuesday; 21—Ralph S., Jr., Garfield Tuesday; 28—Chas. D., Parma Heights.

Sister Ignatia (Friday, 9:00 p.m.): 7—Jerry C., St. Clair Thursday; 14—Bob S., Warren, O.; 21-Father Pat Q., Youngstown, O.; 28—"Zack," Pine Grove group, Fairview, Pa.

Stella Maris (Friday, 8:15 p.m.): 7—Ed C., Newburgh; 14—Jim L., St. Clam Thursday; 21-Walter K., Stella Maris; 28—Carl M., Doan Men,

TC-1005 (Wednesday, 8:30 p.m.): 5-John McN., Barberton, O.; 12—Nancy M., Clarke; 19—Jack & Billie M., Parma Saturday; 26-Russ H., Charity.

Trinity (Saturday, 8:30 p.m.): 1-Virgil W., Brooklyn; Poe K., Maple Hts.; 15—Jack C., Clark; 22-Pat P., Bedford; 29—Joe B., Clark.

24 Hour (Wednesday, 8:30 p.m.): 5—Lenore W., Garfield Tuesday; 12—Henry W., Euclid-Wade; 19—Father S., West Clifton; 26-Les S., Lakewood Men.

Valley View (Saturday, 8:30 p.m.): 1-Ed M., Valley View; (his 6th anniversary); 8—Fred F. and Olive F. (his 20th and her 16th anniversary) both Valley View; 15—Mickey McC., his first lead; 22-Theresa D., Clark; 29-Terry S., ????

Veterans Hospital (Wednesday, 8:00 p.m.): 5-Joe R., Broadway-55th; 12—Jim M., Independence & Parma; 19—Jim D., Independence; 26—Jim A., Forest City.

Warrensville Women (Wednesday, 7:30 p.m.): 5-Murray S., Southwest Sunday; 12—Edythe H., Borton; 19—Myden D., Westside Women; 26-Tom W., Garden Valley.

West Side Morning (Thursday, 11:00 a.m.): 6-Warren C., Sr., Canton, O.; 13—Harry R., Stella Maris; 20-Dick P., Parma; 27—Tom McG., Edgelake.

West Side Women (Monday, 8:30 p.m.): 3—Jim M., Independence; 10—Mary H., West Side Women; 17—Jan R., River Bay; 24-Tom C., Newburgh.

West 25th St. (Monday, 9:00 p.m.): 3-Wayne & Clair R., Angle; 10—Jack H., W. 25th St. (his 27th anniversary); 17—Movie "The Mask"; 24—Fred F., W. 25th St. (his 1st anniversary).

Y.O.U.R. (Sunday, 7:15 p.m.): 2—Vince C., Friendship; 9—Dick C., Lakewood Men; 16—Chuck G., Canton, O.; 23-Speaker; 30-Speaker.

Published monthly by Central Bulletin as a service to all groups in the Cleveland area. Copy for next month's listing must be in our hands by

June 19, 1968

CLEVELAND AREA AA GROUP MEETINGS

SUNDAY

AVON CENTRAL—Central Bank (rear down) 86690 Detroit Rd., Avon 8:30
 BEDFORD HEIGHTS—Village Hall, 6661 Perkins Ave. 7:30
 BOLIVAR-NINTH-2217 East 9th St. Noon
 BROOKSIDE—Blessed Sacrament Church (down) Storer & Fulton 8:30
 C.A.H.—18857 Euclid Ave. 11:00
 COLLINWOOD—945 E. 152nd St. 7:30
 DETROIT SUNDAY-6804 Detroit Ave. 7:30
 DOWNING GROUP-29008 Euclid Ave. Noon
 VAM Club, Wickliffe
 FRESEMAN (Discussion) 18857 Euclid 7:30
 GARDEN VALLEY—7100 Kinsman 4:30
 GENEVA—Methodist Church, S. Broadway, Geneva, Ohio 8:00
 GOLDEN LINK—Yankee Clipper Inn Route 8 & Ohio Turnpike, Hudson O. 11 a.m.
 GRATEFUL—St. James Lutheran Church, 1424 Hayden Ave. 2:00
 LAKEWOOD ARMORY—1437 Wayne Ave. 9:00
 LORAIN COUNTY CONSOLIDATED—Christ Luth. Church, 33rd & Pearl, 1st Sunday 7:30
 MANSFIELD—20½ So. Park St. 8:00 EST
 MARSHALL—6300 Mayfield Rd. Marshall Ford Agency 8:00
 MENTOR SUNDAY—St. Mary's Church Rt. 20 & Hart Road 8:00
 MISTLETOE—St. John's Cathedral, lower Sacristy entrance, Superior & E. 9th 7:00
 NELA PARK—Gen. Elec. Co. Cafeteria off Noble Rd. 7:30
 NEWBURG—St. Catherine Church, 1443 E. 93rd St. 8:30
 NEWBURY—St. Helen's Church, Rt. 87, Newbury, Ohio 8:15
 PURITAS SUNDAY—Church of Ascension 14040 Puritas Rd. 8:30
 6700 DETROIT DISCUSSION—6700 Detroit Ave. 7:00
 SOUTHWEST SUNDAY—Bd. of Education Bldg., 390 Fair St., Berea, O. 8:30
 SUNDAY TWILIGHT—Vermilion Grange Hall, Rt. 60, Axtal, Ohio 7:30
 SUPERIOR STAG—2028½ E. 105th 11:00 a.m.
 YOUR—Euclid Community House, E. 240th & Briardale Ave. 7:15

MONDAY

BORTON—E. Cleveland Cong. Church, Page & Euclid 8:30
 BROOKPARK—Redeemer Lutheran Church 6151 Smith Rd. 8:30
 EARLY EARLY—St. John's Cathedral, lower Sacristy Room, E. 9th & Superior 7:30
 EDGE LAKE—Faith Lutheran Church, 16511 Hilliard Rd. & Woodward Ave. 8:30
 ELYRIA MEN—St. Agnes School Basement, Lake Ave. & Dewey 8:30
 FRIENDLY SUBURBAN—6087 Pearl 8:00
 FRIENDSHIP—Blvd. Presby. Church, 24600 Lake Shore 8:30
 JEFFERSON—Jefferson Savings & Loan, 12 W. Jefferson, Jefferson, Ohio 8:00
 LAKEWOOD MENS—St. Peter's Episc. Ch., West Clifton & Detroit Ave. 9:00
 LEE-MONDAY—First Presby. Church, Nela & Euclid Ave. 8:30
 LEROY BRAKEMAN—Leroy Grange Hall, Brakeman Rd. off Rt. 86 8:30
 LORAIN MONDAY—St. Ignatius Hall 10205 Lorain Ave. at West Blvd. 8:30
 MONDAY MORNING 12 STEP—Highland Church, Detroit at W. 114th. 10:30 a.m.
 NORWALK-MALONEY—Rts. 20 & 250 Intersection, Norwalk, Ohio 8:30
 ORCHARD GROVE—St. Mark's Episc. Church, 15305 Triskett Rd. 8:30
 PEARL—St. Mary's School Hall, 4600 State Rd. 8:30
 (R) GROUP—1155 Ansel Rd. 7:30
 RAMONA—721 Ramona Blvd. 8:30
 RIVER BAY—Closed Women, Rocky River Presb. Church, 21714 Detroit Rd. 8:30
 SHAKER—Christ Episc. Ch. near Kinsman, 8445 Warrensville Center Rd. 9:00
 SOUTHEAST—7526 Broadway 8:30
 STREETSBORO—St. Thomas Luth. Church, Rt. 48, So. of Rt. 14 8:30
 TEMPLE—St. Adelberts, 2347 E. 83 8:15
 VERMILION—Congregational Church 8:30
 WEST 25TH STREET—Eighth United Church of Christ, 2409 Willowdale, off W. 25th 9:00
 WILLOUGHBY—First Presb. Church 4785 Shankland Road 8:30
 WESTSIDE WOMENS—West Blvd. Christian Church, West 101st St. & Madison 8:30

TUESDAY

ASHLAND—Methodist Church, Cor. Cottage & Sandusky Sts. 8:00
 ASHTABULA CONSOLIDATED—Meth. Ch., So. Broadway, Geneva, let. Tues. mo. 8:30
 ASHTABULA CY WOMEN—Pres. Church, W. 58th & Adams, 2nd & 4th Tues. 8:00
 BAINBRIDGE GRATEFUL—Pres. Church Chagrin Rd., Rte. 306 8:30
 CLARK—1917 Clark Ave. 8:30
 CORLETT MEN 4141 E. 116 St. 8:30
 EATON—Grace United Church of Christ, 14911 Westropp Ave. 8:00
 ESQUIRE—St. James Episcopal Church 1681 E. 66th, Cor. Whittier, opp. Payne 8:00
 EUCLID A.M. (Mixed)—Euclid Christian Church, Lake Shore & E. 280th 10:30 a.m.
 FAIRMOUNT—St. Paul's Episcopal Church Fairmount & Coventry 9:00
 FAIRVIEW PARK—Fairview Grace Church, West 924th & Lorain Ave. 8:30

KIRTLAND—Old South Church Rt. 306, Kirtland, Ohio 8:30
 LAKE COUNTY—Methodist Ch., Fellowship Hall, Rt. 20 & E. Southwood, Mentor 8:30
 LAUREL—Brooklyn High School Cafeteria 8200 Biddulph Rd., Brooklyn 8
 LORAIN CENTRAL—Trinity Church, Elyria Ave., Lorain, Ohio 8:30
 MANSFIELD—Episcopal Church, 41 Bowman street 8:30
 MAY-LYND—Hilcrest U. B. Church, 1400 Lander Rd., Mayfield Hts. 8:30
 NIGHT & DAY-16867 Euclid Ave 8:30
 RIVER-TUESDAY—Rocky River Methodist Ch., 19414 Detroit Rd., Rocky River 8:30
 SHOREGATE MENS—Wickliffe City Fire Station, 28730 Ridge Rd. 9:00
 SMITH WILSON—St. Joseph's School Bldg., 8821 Orleans Am. (front right ant.) 8:30
 SOUTHEAST MORNING-6467 Broadway Ave. & Harvard 11:00 a.m.
 STRONGSVILLE—Strongsville Methodist Church, 18864 Pearl Rd. 8:30
 SUNNY TUESDAY-718 Sprague Rd. 1:00
 SUPERIOR—North Presb. Church, B ut 40th & Superior 8:30
 VALLEY WOMENS DISCUSSION—7100 Kinsman, Neighborhood House 8:00
 WEST PARK—Furitas Lutheran Church, West 188th & Puritas Ave. 8:30

WEDNESDAY

BAXTER—St. Stanislaus Recreation Hall, East 65th & Baxter Ave. 8:30
 BEDFORD A.M.—Christian Church, Blaine & Warrensville center Rd. 10:30 a.m.
 BEDFORD-Bedford Christian Church, Blaine & Warrensville Center Rd. 8:30
 BRAINARD CIRCLE (Women) Trinity Cong. Ch., Brainard, Shaker & Gates Mills 8:30
 BRUNSWICK—Cuyahoga Savings Bldg. (entrance next to Marshall Drug) 8:30
 COLLIN WOOD-946 E. 162nd St. 8:00
 DOAN MEN—Church of the Covenant 11206 Euclid Ave. 9:00
 EASTSIDE MORNING-Emmanuel Episcopal Church, 8614 Euclid Ave. - 1 1 : 0 0 a.m.
 ELYRIA-St. Mary's Church Basement (rear) Corner Middle Ave. & 4th St. Rte. 20 8:30
 FAIRPORT HARBOR-626 Eagle St. 8:00
 FIFTY-EIGHT HUNDRED CARNegie 6616 Carnegie (Cafeteria) 8:30 to 4:30
 GARFIELD HTS.—Pilgrim B & B Church, 4628 E. 181st St. 8:30
 HAGUE—Bethany Pres. Church, W 65th & Clifton Ave. 8:30
 HUMBLE—Trinity Ch., 1289 Hayden 8:30
 LAKE COUNTY WOMEN—First Presb. Ch., 4786 Shankland Rd., Willoughby 1:00
 LEE ROAD WED.—St. Ann's Church (basement) Coventry and Cedar 9:00
 LORAIN OHIO INTERRACIAL—Mt. Zion Baptist Church, 30th & Wood An 8:00
 LORAIN CY. WOMEN (Closed) Methodist Church, Rts. 264 & 57 8:30
 MANSFIELD—20½ south Park St. 8:00
 MANTUA CENTER—Manua Christian Church one mile w. of Rts. 83 & 44 8:30
 NORTH OLMSTED—Episc. Church of the Advent, 6760 Dover Center Rd. 8:30
 PARMA HEIGHTS—All Saints Episc. Church, 8911 Ridgewood 8:30
 ST. JAMES—St. James Church, E. 84th St and Cedar Ave. 8:00
 SANDUSKY GROUP—#1 Providence Hosp Cafeteria 7:30
 SHEFFIELD LAKE—St. Thomas School (rear) Harris Road 8:30
 TC 1006 UAW (Progressive Hall), 5615 Stumph Rd., bet. Brookpark & Snow 8:30
 TWENTY-FOUR HOUR—Church of Ascension, 18216 Detroit Ave. 8:30
 WED. MENS DISC. GROUP—& Paul's Shrine, 4120 Euclid Ave. 8:30
 WEST SHORE—West Shore Unitarian Ch., 20401 Hilliard Rd. Rocky River 8:30
 WICKLIFFE—Presby. Church, E. 296th St south off Euclid-Rt. 20) 8:30

THURSDAY

ALLENDALE—St. Pulp. Episc. Church 16887 Euclid Ave. 8:30
 ANGLE—St. Malach's Church 1469 Washington Ave. 8:30
 ASHLAND—St. Matthew's Church, 200 Highland Ave. 8:00
 ASHTABULA HARBOR—Bethany Luth. Ch., Penn Ave. (between W. 9th & 10th) 8:30
 AVON LAKE WEST—Closed Dim. Shore Meth. Ch., 88119 Electric Blvd. 10:00 a.m.
 BAY WEST DISCUSSION—Church of the Redeemer, 23500 Center Ridge Rd., West Lake 8:30
 BWEA THURS.—Fine Arts Club, E. Bagley Rd. 9:00
 BROADWAY-55TH—Our Lady of Lourdes School Hall 8:30
 BROOKLYN—St. James Luth. Church Hall 4781 Broadway Rd. at Maynard Ave. 8:30
 CHRYSLER TWINSBURG—Union Hall, 8660 Chamberlain 8:30
 CROSSROADS—St. Luke's Episc. Church, W. 78th & Lake Ave. 9:00
 EAST SHORE WOMEN—Richmond Library 26166 Euclid Ave., Euclid, O. 8:15
 EASTLAKE—Reformation Luth Church, 5420 E. 14th St. 8:30

INDEPENDENCE—Presby. Church, (On the Square) 8:30
 LORAIN AVE. THURS.—Dr. Martin Luther Church—4470 Ridge Rd. 9:00
 MANSFIELD THURS. MORNING-45 AA Clubroom, 20½ S. Park St 10:00 a.m.
 MAPLE LEAF—Cong. Church, West of Park Fellowship Hall, Burton, Ohio 8:30
 NEIGHBORHOOD GROUP—112 E. Nineteenth St. Lorain, O. 10:00 a.m.
 NIGHT & DAY-18667 Euclid Ave. 11:00 A.M.
 NORTH RANDALL-North Randall Village Hall, 21987 Miles Ave. 8:30
 OBERLIN—Grace Lutheran Church, West Lorain St., Oberlin 8:30
 PAINESVILLE—St. Mary's School basement 242 N. State Rd., Route 20 8
 ROCKY RIVER—Rockport Meth. Church 3301 Wooster Rd., Rocky River 9:00
 ST. CLAIR THURS.—Nottingham Met4 Church, E. 185th & St Clair 8:30
 WESTSIDE MORNING—West Side Hung. Luth. Church, 3245 W. 98th St 11:00 a.m.
 WILLARD—Willard United Bank Bldg., Willard 8:30

FRIDAY

AVON LAKE—Cong. Church, 22801 Electric Blvd. 8:30
 BROADWAY-HARVARD--8437 B'dway 8:30
 BEREA FRI.—Berea Cong. Church, Seminary & Church St. 8:30
 BOB GANDER-8427 Broadway 8:30
 CHAGRIN FALLS-Federated Church, 76 Bell street 9:00
 CEDAR-Salvation Army, 5005 Euclid 8:00
 CHARDON—St. Mary's Church, 400 North St. (back door) 8:30
 CHARITY—St. Vincent Charity Hosp. Amph. 6th Floor—3222 Central Ave. 8:30
 CLE-HO-CO—Matt Talbot Inn, 8905 Superior 8:00
 CLOCKWATCHERS—Christ Episc. Church, Hudson Closed Group 8:30
 CONNEAUT—Jay Cee Hall, 240 Main St. 8:30
 EAST CLEVELAND DISCUSSION—18857 Euclid Ave. 10:45
 ELYRIA FRIDAY—St. Andrews Church, 300 S. Third St., Rt. 20 8:30
 EUCLID FRIDAY—Church of Epiphany Lakeshore & East 210th St. 9:00
 GORDON SQUARE—West Blvd. Christian Church, Madison Ave. & West 101st. 8:30
 HEIGHTS CLOSED DISCUSSION—3451 Avalon Rd. at Van Aken 8:30
 MANSFIELD—20½ So. Park St. 8:30 E.S.T.
 MAPLE HEIGHTS—Maple Hts. City Hall, Cor. Lee & Maple Hts. Blvd. 8:30
 NORTHEAST—Hope Evangelical Lutheran Church, 2222 Taylor Rd. at Northvale 8:30
 PARMATOWN MEN—Parma Comm. Hosp. Assembly Room, 7097 Powers Dr. 8:30
 POST OFFICE AA GROUP—Room 4079A, Main Post Office 8:00
 SISTER IGNATIA—Mt. Olive Lutheran, 1930 Chiffway, off Euclid 9:00
 SOLIDARITY—2582 Unwin Rd., Quincy & E. 55th area 8:30
 STELLA MARIS—1320 Washington St. 8:15
 VENICE—Meth. Church, Rt. 99, Venice 8:30
 WELLINGTON—St. Patrick's Church, 512 N. Main St. 8:30
 WEST CLIFTON—Lakewood Cong. Church, 1875 Clifton 9:00
 FRIDAY AFTERNOON WOMEN—Plymouth Church, Coventry & Drexmore 1:00

SATURDAY

ACTION-Bob Gander Rec., 8487 B'dway 8:30
 ASHTABULA—St. Peter's Episc. Church, Main at S. Park 8:30
 BAYVIEW—Bayview Hospital, 22300 W. Lake 8:00
 CLEVELAND TEAMSTERS—Teamsters Bldg., S.E. cor. of E. 19th & Carnegie 8:00
 ELYRIA—154 Woodbury (off Cleve.) 8:30
 FOREST CITY—2125 Broadway Rd. 9:00
 L.S.I.—17600 Broadway (cafeteria) 8:00
 LANDER CIRCLE—Garfield Mem. Meth. Ch., 8650 Lander Rd., Pepper Pike 9:00
 LEAGUE PARK—St. John's Cathedral Sacristy 7:30
 LEE SEVILLE—Advent Luth. Oh., 15309 Harvard Ave. 8:00
 LIBERTY-946 E. 182nd St. & Et Clair 9:00
 LORAIN ST. MARY'S—St. Mary's Church Seventh & Reid (basement) 8:30
 MADISON PERRY—& Ann's in the Fields Church, Middlebridge & Townline Rds. 8:15
 MANSFIELD—20½ So. Park St. 8:00 EST
 MATT TALBOT—Windermere Presb. Church Windermere & Euclid Ave. 8:30
 MEMPHIS—Lakewood Congr. Church, 1375 W. 51st 9:00
 NEW LONDON—W. R. C. Hall, 18 S. Main 8:00
 NIGHT & DAY-18667 Euclid Ave. Midnight
 PARKMAN—Cong. Church, Parkman, O. 8:30
 PARMA—3rd Fed. Sav. & Loan, 5950 Ridge Rd. (rear) 8:45
 PLAINS-Mentor Plains Meth. Church, Ch., Rts. 268 & 283 Mentor 9:00
 REDWOOD—Euclid Luth. Church, E. 860th & Forestview, Euclid 8:30
 RICHLAND CY. INTERRACIAL—Mt. Hermon Church, Charles St., Mansfield 8:30
 W. RICHLAND-United Church of Christ, Rt. 303, W. Richfield 8:30
 SUPERIOR-DIVY LAC 8:00



"OUR FATHER"

"Our Father . . ."

These are crucial words. Of all the words of the most universal of all prayers, these two words are of greatest importance to us.

In uttering them, we turn to a Power greater than our own. We turn from complete reliance upon our own egotistical natures, from exaggerated self love and self exaltation. We confess that our efforts to run our entire lives in our own willful way have led only to error, frustration, defeat failure. We admit that the self justification that resulted from our errors has only deepened our defeat.

Even when we have seen the depth of our failure, the folly of self justification and the pitfalls of egotism, we have discovered that our efforts to re-establish ourselves solely through will power have led to more stumbling. Our wills, as one writer has observed, are where we are sickest.

So we, out of desperation turn to the sure Power that has always existed and make that Power the rock upon which we will rebuild our lives.

Many of us had long since lapsed in belief in any Supreme Power. Most of us had not addressed ourselves to that Power for many years, except, perhaps, in an occasional desperate moment.

In the realization of the position in which we have found ourselves, we have come to a crossroads. We may continue to rely upon our sick wills and our erring judgement, which so often speak the words of justification. Our experience should show us what the result of following along that path may be.

Most of us find it better to choose the other path. Certainly all who have succeeded in application of the A.A. program have found this other path better.

We turn from ourselves to anchor our lives on something outside. Preferably, we anchor our lives to that something outside that we consider greater than ourselves, and eventually, we recognize that something as being the Supreme Power. We bring that Supreme Power into our lives, and by so doing, we lift ourselves up. We think of that Supreme Power in our own terms, but we know that the realm of that Power is of realm of the Good, where the spirit may find peace.

With these words: Our Father, we address ourselves to the Supreme Power. In the morning when we get up to prepare for the day's work; in the evening when we retire and think for a few moments about our actions during the day that has just past, we place ourselves in the presence of the Supreme Power with the words, Our Father.

When occasion arises during the day, when we are sorely tempted, when we are angry, when we are resentful, when we pity ourselves, when we feel frustrated or worried, we can shift gears and connect ourselves with the Supreme Power by uttering the words, Our Father.

There we will find help.

Editor's Note :

This article is the first of a series and initially appeared in the CENTRAL BULLETIN of February, 1944, and like so many fine things in our A.A. life is as timeless as time itself, thus should be shared with those who have not had its benefits and renewed with those who have. We think all of us will be revitalized.

WHEELS ON YOUR WAGON?

In today's hectic and frantic world, whose inhabitants seem so zealously bent upon securing as many inflated dollars as possible, or in short, "securing security," at everyone's expense, romanticism seems to be somewhat out of place and the world even seems to frown upon it. Nevertheless, like it or not, there is a touch of romance in every heart, and hard indeed must be the heart that keeps it completely in check, never to be let out into the open.

We alcoholics are very fortunate creatures in so many, many different ways! For most of us the remainder of life left to us after we find sobriety cannot possibly be adequate for us to fully discover and experience the myriad benefits that sober living can bring to us.

It would appear that nearly all alcoholics are romantics at heart. The very fact that we tried to escape reality and to live in a fantasy-land through alcohol is ample indication.

While there is nothing really wrong in romantic ideas, or dreams of hitching wagons to stars, we, as alcoholics, do have to learn a lesson: we must learn early in our sobriety that practicality is essential. It might be noted here, that hitching a wagon to a star is slightly silly if there are no wheels on the wagon, or, better yet, as Thoreau puts it so well: "a cart before the horse is neither beautiful nor useful."

Thus we can readily conclude that, being romanticists to varying degrees, and alcoholics always, we will be prone to conjure up visions of luxury, and great wealth and affluence; perhaps revert to our old favorite dreams of "fame and fortune", now that we are sober: indeed we are sober, and

most will admit, if they are even faintly honest, that sobriety is good, but we must be on our everready guard for those old maladies that were so common to us: day-dreaming and nostalgia.

It is so easy to remember the "good old days." How strange it is that the human mind so readily recalls the happy times, and so easily forgets the *not-so-happy* episodes ! We know why! We simply don't wish to be reminded of things done or said that we are not too proud of, and we deliberately discard thoughts about them, or in short, push them into obscurity.

Remembering, with nostalgia, the good times, can lead us into trouble. Remembering too well can start us on the path of rationalization, which leads straight to the "stinking thinking" we hear so much about. The next drink, no matter *how much* sobriety we may have, is then only a step or two away, perhaps only a bend of an elbow away.

Such thoughts must be abruptly, totally discarded. We have to remember that though we may be romanticists, and though we may have fine dreams and might have our wagon hitched to a star, it's time now to check the bearings on the wagon wheels, and if we suddenly discover there are no wheels -we'd better call a halt, at least temporarily, to our little journey into fantasy-land, and jump smack back into the middle of AA, and quickly!

After all, no sensible alcoholic would care to be on an

(Continued on page three)

Brotherhood of Man

Let us no more be true
To boasted race or clan,
But to our highest dream—
The Brotherhood of Man!
Let patience be our power
And sympathy our court;
With love our *only* law,
And faith our only fort.
New thoughts, new hopes,
new dreams,
New starry worlds to scan
As time proclaims the dawn—
The Brotherhood of Man!

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. 26

July, 1968

No. 10

THE BIG TWELFTH

There is still time to register for the Twelfth Annual Ohio State A.A. Conference, which is scheduled July 19-20-21 at Cleveland's Hotel Statler-Hilton Hotel. It is unlikely, except for the International Convention every five years, that there is more good, concentrated A. A. in one week-end period than is programmed for this 1968 Conference. Don't miss it!

FRIDAY, JULY 19:

1:00 P.M. Fellowship of Friendship
to

5:00 P.M.

8:00 P.M.

Opening of Conference
Speaker: Hazel R., New York, N.Y.
OHIO Pioneers' Meeting

10:00 P.M.

SATURDAY, JULY 20:

9:30 A.M.

11:00 A.M.

11:00 A.M.

12:30 P.M.

2:30 P.M.

3:30 P.M.

3:30 P.M.

7:00 P.M.

10:00 P.M.

Unity-Our First Tradition
A.A. Women's Closed Meeting
Speaker: Marv P., Lexington, Ky.
AL-ANON Open Meeting
Speaker: Paul W., Louisville, Ky.
ALL CONFERENCE LUNCHEON
Speakers: Jim and Marilyn C., Toledo, Ohio
Recovery-The Twelve Steps
Service Opportunities
(Group-Intergroup-G.S.O.)
Counseling The Alcoholic
(Medicine-Clergy-Industry)
AL-ATEEN Meeting
BANQUET
Speaker: Buck D., Washington, D.C.
Dancing and Meetings

SUNDAY, JULY 21:

11:00 A.M.

Conference Closing
Speaker: Bill W., Louisville, Ky.

Come, share in the happiness that is Conference Time and be rewarded by strong and solid A. A. For information write: Ohio General Conference — 1968, Box 5406, Cleveland, Ohio 44101. Registration before July 4 is \$3.00 per person, after that \$4.00. Banquet tickets are \$6.00 each; and luncheon tickets are \$3.50 each. There are deadlines on the last two. Be an Early Bird! And under no circumstances should you miss this BIG Twelfth.

STELLA MARIS FOUNDER DIES

Harry J. Ryan, 69, director of Stella Maris Home for the past 15 years, passed away June 15th at St. Vincent Charity Hospital.

Mr. Ryan helped found the Stella Maris Home, a center for the rehabilitation of alcoholics, in 1948.

Surviving are a daughter, a grandchild, two brothers and three sisters. His wife, Mildred, died in 1963.

Sincere sympathy is extended to the family in their bereavement.

CENTRAL COMMITTEE

The meeting was opened by Charles K., Moderator, with the Serenity Prayer and was attended by 30 group representatives.

The purposes of Central Committee were read by Char-

les K. and the Minutes of the meeting of May '7, 1968 were read by Jean C. and approved as read.

The Treasurer's report reflected a balance of \$347.55 and approved as read. Included in this amount is the sum of \$84.75 for Institutional Groups.

1. **Action Committee**-Jerry E., Chairman. No report.

2. **Areawide Committee**--Jim B., Chairman. Flyers have been distributed. In order to insure a good turnout at the June 21st Areawide meeting, Charles K. suggested that all members talk it up at all meetings attended.

3. **Central Bulletin**-Harry D., No report, but subscriptions are still needed.

4. **Hospital Committee:**

Rosary Hall-Lou W., Chairman. There will be an announcement soon regarding the opening of the womens section for alcoholics in Charity Hospital.

Lou W. stated there are occasional problems of admitting patients who have disorders requiring treatment other than can be provided in Rosary Hall itself; that if a patient is admitted to Rosary who needs care elsewhere he must be transferred.

Discussion followed. Charles K. pointed out we are not doctors and cannot diagnose; that each person's need be evaluated by the sponsors and handled according to the best judgment of the sponsors as to hospitalization.

In regard to Medicare coverage, Charles K. stated there is a pamphlet available from Social Security giving all the benefits received.

Serenity Hall-Bernie B., Chairman, stated that an AA sponsor advised him that a doctor was taking tapes of alcoholics in an effort to determine how they became alcoholics. Dr. Lasky will advise his staff to contact the Central Office, who will assist in securing information about alcoholics rather than tape patients.

5. **Institutional Committee**--June W., Chairman. In the absence of June W., Charles K. read the report for April which showed a net balance of \$27.84, and the balance on hand as of June 4, \$45.48.

Flyers have been distributed announcing an AA meeting every Monday night at 7:30. Fellowship Room in the New Chapel, Main Building, Cleveland State Hospital. This group needs support, as well as the Fairhill Psychiatric Hospital Group and Warrensville Womens Group.

It was explained that the same procedure applies to men as well as women entering the Workhouse for help in solving their drinking problem who do not go through the Courts.

A motion was made, seconded and carried that a \$10.00 package of literature be donated to Una Aga, a native of Bombay, India visiting Cleveland, to take back to India, where AA literature is badly needed.

Dick P. reported that 28 speakers to non-AA groups were supplied by the District Office, through June 4.

A letter received from the General Service Office in New York regarding Institutional Committees in the Cleveland Area. This was turned over to June W. for handling.

OLD BUSINESS: None

NEW BUSINESS: None

Northeast Ohio General Service has requested their workers to contact groups in the area for a \$2.00 donation to help defray expenses for the Hospitality Room for the Ohio General Service Convention in July. A general appeal was made to each group for a donation of \$5.00 for the support of Northeast Ohio General Service.

The Memorial Day Breakfast had a good turnout with 599 present.

The World Directory is published the early part of each year, and each secretary of each group is requested to fill out and mail to the New York Office any changes in order to keep the listing up to date.

The next **Areawide Meeting** will be held on Friday, June 21, 1968, 8:30 P.M., Jordan Hall, Charity Hospital. Speaker will be Bob J., Cincinnati, Ohio. Flyers have been distributed.

The meeting closed with the Lord's Prayer.

Respectfully submitted,
Jean C., Secretary

MILL ENDS AND REMNANTS

What sought we? What seek we yet?

These are haunting, thought provoking, stirring questions; questions that stimulate our continuing inventory; questions that lend themselves to profound daily meditation; questions that lead us to live each twenty-four hours to the best of our ability and if possible, better than during the preceding twenty-four.

In the beginning we sought release from the binding control of alcohol — genuinely a desire to stop drinking. Then, the feeling of a glimmering hope that like those who had preceded us we could recover from our powerlessness.

As these things began to become reality, the physical recovery we sought started to set in and concurrently relief from the mental and spiritual anguish which had beset us and caused us to seek the oblivion known only to the alcoholic.

And slowly, as these things, too, came to pass, commenced the healing of the sick soul, which like the rest of our being had become warped in the conflict and strife of battle with the bottle.

But now that we have recovered, now that we have in measure that which we initially sought, what direction do we take? What seek we yet? Success and riches? Position and place? Material and substance?

I would dare to think not. If these things should come in our seeking to live as we sought for life, well and good. Yet there is so much, so very much more for us, and none is greater than the sharing, the giving away of that which was given to us in love and gratitude.

Carlyle once declared "virtue will not grow unless its roots be hidden, buried from the light of the sun." In these words I see a good portion of the answer to our second question, for it is keeping the lines of communication open, in truly believing "I am responsible".

We sought—we found; we seek—we help, by George!

YOUR SMILE

It costs nothing but creates much.

It enriches those who receive it without impoverishing those who give. It creates happiness in the home, fosters good will with associates, and is the countersign of friends.

It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble. It cannot be bought, begged, borrowed or stolen for it is something that is no earthly good to anyone till it is given away.

And if you meet someone who is too weary to give you a smile — leave one of yours. For no one needs a smile quite so much as he who has none left to give.

—Contributed

PLEASE!

Post Office regulations now in effect require the payment of 15c on each piece of third class mail returned to the sender with a new address. The CENTRAL BULLETIN will not be forwarded to the new address.

Quite a few BULLETINS are returned each month because we were not notified of change of address, and this penalty plus other postage expense is a serious drain on our small return from subscriptions.

We appeal, therefore, to each of our friends to advise us promptly of any change in address, so that we might not be burdened by this unnecessary expense. Our readers can assist immeasurably by their cooperation.

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.

CLEVELAND ALANON OFFICE
ROOM 507, COMMERCIAL BUILDING
2056 EAST 4th ST. TEL. 621-1381

Dates to remember!

July 9th — Third anniversary of Eaton Group. Meeting at 8 p.m. Guest speaker: Challie P. of Chardon. Refreshments and prizes.

July 28th — Tenth Anniversary — Sunday, July 28th, at Trusty Hall, Cleveland House of Correction. Meeting open to all men and women of AA, starting at 3 o'clock. Joe G. thanks all groups and individual members in AA for their fine cooperation through the years.

August 4th — Ashtabula County AA Picnic at Lake Shore Tourist Camp, located at the east end of the Park in Ashtabula. There will be games for the children, prizes, and plenty of eats, coffee, ice cream and soft drinks. 2 p.m. is the starting time for eats. All are welcome.

August 9th — Sister Ignatia Group 2nd anniversary. Guest speaker: Msgr. Richard F., Erie, Pa.

IDEAS AND RUBBER BALLS

Ideas have much in common with rubber balls. The way they bounce depends on where they start from, the force with which they are thrown, dropped, tossed or pushed; the character of the surface on which they hit; the "texture" of the ball or idea itself; the ambient temperature in which the bounce takes place. All of these influence the bounce of a ball — and the rebound of an idea.

Author Unknown

WHEELS ON YOUR WAGON?

(Continued from page one)

airplane that was likely to come hurtling to earth from 35,000 feet, killing all aboard. Why then should he get caught short up somewhere in the middle of nowhere with a wagon that has no wheels, and end up drunk again? !

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp. 4455 Turney Rd., New Chapel Bldg. #1	7:30
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.	7:30
HAWTHORNDEN HOSPITAL-Cottage #10, 305 Northfield Rd.	7:30
PROVEN WAY-Grafton Honor Farm, Rte. 75	8:30
2nd & 4th Tuesday	8:00
TRUSTY HALL-1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.-1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.-12200 Fairhill Rd.	1:00
VETERANS HOSP.-E. Blvd. near E. 106th St.	8:00
WARRENSVILLE-Women's House of Correction	7:30
4041 Northfield Rd.	7:30
THURSDAY	
TRUSTY HALL—1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:00
MONDAY	
BROOKPARK-PARMA--Redeemer Church, 6161 Smith Rd.	8:30
ELYRTA-Community Church, 680 Abbe Rd.	8:30
LAKEWOOD--Pres. Church, Detroit at Marlowe	8:30
TUESDAY	
CANTON-St. John's Cafeteria, 712 McKinley N.W.	8:00
EUCLID-Christian Church, 28001 Lake Shore Blvd.	8:30
MAPLE HEIGHTS-Pres. Church, 16715 Libby Rd.	8:30
OLMSTED FALLS-Community Church, 7863 Columbia Rd.	9:00
SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
AKRON-Arid Club, E. Market St.	11:30 a.m.
FAIRPORT HARBOR--Luther Center, Eagle St.	8:00
IGNATIA--Grace Church, E. 91st & Harvard	8:30
NORTHFIELD- Karen L a n e	1:30
NORTH OLMS TED--Episcopal Church, 3760 Dover Center Rd.	8:30
NW-YOU-Highland Church, W. 114th St. & Detroit	8:30
TRINITY-Trinity Church Annex, 3526 W. 26th St.	8:30
THURSDAY	
C L E V E E HTS.--Pres. Church, Fairmount & Scarboro	9:00
LORAIN AVENUE-Martin Luther Church, 4470 Ridge Rd.	9:00
LORAIN COUNTY-Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON-Northminster Pres. Church	8:00
SERFNITY-St. Luke's Church, 1233 Chase Ave., Lakewood	8:30
WEST SIDE-St. Mark's Church, 15300 Puritas Rd.	1:30
FRIDAY	
AKRON-Goodyear Union Hall, E. Market & Goodyear Blvd.	8:30
FAST CLEVELAND--Y.W.C.A., Lee Blvd. at Euclid	1:30
ROSARY HALL--Charity Hospital, E. 22nd & Central	8:30

A. A. COSTS NOTHING?

AA Costs Nothing?

When we came into the fellowship of AA 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". AA was young then . . . and it was small.

Soon groups grew so large they had to rent halls and the expenses were met by passing the basket. Deficits were covered by a few more or less affluent members.

At the same time the book Alcoholics Anonymous was published. The New York office was established and help was hired to take care of the mass inquiries which the book inspired. Money was sought from groups in the few established areas such as Cleveland, Akron, Chicago and Philadelphia to meet the payroll.

Cleveland AA in the meantime grew astonishingly fast. In November 1939 there were three groups — Abbie G.'s home (the original first group), Borton, and Orchard Grove. By October 1942 the first Central Bulletin listed twenty-five groups. A Central Committee was formed to co-ordinate the thinking and maintain the highest standard of AA as was understood at that time. The book was their guide. Many of the Traditions were developed right here in Cleveland where many attempts were made to "promote" the Fellowship.

Telephone listing and distribution of calls as well as a postoffice box were handled by one dedicated man, Bill H., whose brother permitted him to spend 90 percent of his time on AA work. As AA grew the devoted wife of a West Side member shared the calls.

The need for an office was evident to many members to ease the burden of the work for these two, and the AA District Office was established. In spite of great opposition in the beginning, it has **proved** its need thousands of times. But it **cost money** to operate such an office. A paid worker had to be employed which was contrary to AA practice — that AA was free.

The publishing of the Bulletin to serve members in the armed services was suggested. In October 1942 Central Bulletin was launched with the blessing of Central Committee with the provision that there would be no subsidy for any loss, but any profit should be turned over to Central Committee. There has never been a profit.

By now groups were finding out that it did cost money to operate properly. But even now many members are assuring their **prospects** that 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, locally as well as on a global scale.

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.

In all probability he came into AA by contacting the District Office. This office pays rent, employs two full time and two part time workers, besides the volunteers who receive no-pay. These expenses are met by voluntary contribution from the 200 local groups. Besides being a source for AA literature, the office interviews and assigns prospects to groups; it maintains and publishes a semi-annual list of groups and their secretaries' addresses and telephone numbers — a truly colossal undertaking for which the hard working crew deserve the thanks of everyone concerned. The office also maintains correspondence with "loners" in many areas of the world where there are no groups to give fellowship such as we have in Cleveland.

If AA had had no Service Headquarters such as we have helped to maintain for many years, many who are sober today might still be drinking — or dead.

Central Committee, the voice of groups in the area, is the only official source of information recognized by the newspapers and other agencies. It is democratic in its function and every **group** is automatically a member and

is urged to take part in its activities. It is not a governing body but a discussion center, and its aims are solely to preserve the Tradition and maintain AA at the highest level. Should any group indulge in practices detrimental to the Fellowship, a sub-committee goes into action to counsel the group.

This committee also promotes consolidated meetings at which distinguished AA's address the gathering, sharing their experiences and encouraging the representatives to continued effort in behalf of their fellowmen who have not as yet seen the light.

Much helpful material is available in the way of reading matter. The Grapevine, a monthly **publication**, contains many valuable articles. The so-called "Big Book" Alcoholics Anonymous should be on everyone's book shelf, and of course, Central Bulletin will bring you much that is worthwhile each month. Call the District Office for prices on any of these.

You see, it doesn't cost a dime to get in, but if you want to see AA continue to grow as it has in the past, and if you want others to receive the benefits of sobriety as you have, it does cost something, but not very much. Compare the small cost with the reckless expenditure made at the bar and at the state store.

LEADERSHIP

There is an old saying that every organization is the lengthening shadow of one man. Dig into the history of any compans, for example. Some man — an individual not a committee, had a dream, and that one man turned that dream into a reality by fighting, by exercising the kind of single-minded leadership that drives through to a goal no matter what the obstacles may be. In the process, no doubt he ruffled some feathers, but he got the job done.

The quality of leadership is the determining factor in every institution that makes up our society. Whether it's a service club, church or whatever, if you have the right person heading it up, it gets some place. If you don't, it doesn't.

If you don't have leadership, you can appoint committees and draw organization charts and make **speeches** until you're blue in the face, but nothing happens. Leadership is a personal thing inevitably focused in one-man. What a wonderful thing it would be for all society if if everyone who accents the opportunity to serve were willing to face up to this fact.

Exchanged.

Editor's Note: Leadership has its penalties, but the rewards of knowledge of a job done to the best of one's ability, makes the hurts worthwhile.

BELIEVE IN YOURSELF

Belief in yourself today is necessary to your success and happiness in the long run. Studying today, working today, planning today: these have real consequences tomorrow.

Life is a succession of challenges, and it would clearly be unwise to count on an easy run. Recall Richard Plantagenet, Duke of York: "I am not your king till I be crowned."

Nothing should be allowed to destroy hope of a good outcome earnestly sought. All that has made man great has sprung from the hope of securing what was good, and not from the struggle to avoid what was thought to be bad.

This is a most **inspiring** thought: that you will win your **place** in the world by no man's favor, but by your own intelligently-directed effort.

From The Royal Bank of Canada Monthly Letter
-April 1968.

PRAYER OF THE MONTH

O God, the strength of all them that put their trust in your hands; mercifully accept our prayers; and because through the weakness of our mortal nature we can do no good thing without your help, grant us the help of your grace. Amen.



"HALLOWED BE THY NAME"

"Our Father who art in Heaven, hallowed be Thy Name . . ."

When we discovered ourselves powerless over alcohol and unable to manage our own lives, we turned to a Power greater than our own.

When we have denied that Power, or ignored it, or when we have turned to that Power only mechanically, we have failed in our efforts to meet our problems. When we have turned to that Power, and have done so sincerely, we have succeeded in regaining control over our lives and have progressed in the solution of our problems.

No other test of the existence of that Power, or our dependence upon it, is necessary.

That Power we recognize as being the supreme power in the universe. It has, and has had throughout history, many names. To most of us today, the name of the Supreme Power is simply God.

In our prayer, we say, "hallowed be thy Name." That means that the name of God is to be set aside as being holy; it is consecrated for sacred uses. It is revered, held in profound respect and at the same time regarded with love.

However, these are attitudes that are not limited merely to the name of God, as if the name were magical (as the ancients believed).

These are attitudes that we take in our approach to God. We regard God as being apart from the profane world even though concerned with it. And in our approach to God, we are to put off all that is profane.

We approach God with reverence, with profound respect, with love, and perhaps with fear.

We acknowledge God's power over the universe. We acknowledge that the realm of God is the realm of the good. And we recognize that if we are to receive the help of God, we must strive consciously to separate ourselves from those things that are antagonistic to the good.

It is good for us to use restraint in the use of the name of God (the name being, for most of us, God), simply because the profanation of the name tends to weaken and then destroy the meaning of the word in our minds.

The name of God should call God into our minds, and should cause us to think of God's power, God's goodness, God's help to us. Through it, we should be able to shift gears from the profane world.

But again, "Hallowed be Thy Name" must mean something more to us than respect for God's name. It must be the supreme acknowledgment of God himself, and of our entire dependence upon God.

Editor's Note: This is the second of a series, and this one first appeared in Central Bulletin of March 1944.

PRAYER OF THE MONTH

O God, to whom else shall we go? You alone have the words and the will to sustain us. Help us this day to discover you anew. For it is only when we find you that we find ourselves. Amen.

DID YOU HAVE A GOOD DAY?

We alcoholics, or "drunks" as the individual may choose, love dearly to hear anything about ourselves of a complimentary nature! We love to hear — and it is often said — that the average alcoholic is usually at *least* average, or above average intelligence. Society says, "the alcoholic is usually an excellent employee, neighbor, business associate, what have you — when he is sober."

All of this it appears is fine, except that so many times we who are being spoken of, forget the final words of the sentence — "when he is sober." Thus, tho we may bask in the sunshine of complimentary words, our forgetting *how we* became sober, and how to *stay* sober leads to destruction and the old criticism from those same people who complimented us.

Since society seems to feel we are intelligent, and we of course, already *knew* we were, it never fails to be ludicrous when we find that intelligence does not *in* any way insure that its possessor will or shall, also possess a like measure of good common horse sense!

If we will but only *take* time *enough* in our foolish rush to set the world aright — ours and everyone's — we can possibly see that common sense, is what Alcoholics Anonymous is all about, and that the "dried up" old cliches we hear at so many meetings are *not* really so dried-up, but juicy, contributing much of the meat necessary for real living no matter *what* the condition of the World or our *own* particular circumstances.

So many of us find it quite easy to pay lip-service to such sayings as "First things first" or "Let go and let God," yet when it comes to actually living by them, it's a different matter. Saying something and doing it are two distinctly different things.

It would require many words to go into detail on all the favorite cliches or guidelines we all know so well in AA, and perhaps such a lengthy discourse on them in one series of paragraphs would tend to confuse, rather than to enlighten. These sayings examined singly would be of greater value, one would believe.

Being as sensitive as we are, we are easily dissuaded, easily convinced; we are very impressionable people. If things go well, we are elated to great degrees; if not, we are depressed and gloomy, in the pit of despair, so it were.

It behooves us then to find a happy medium, or at least strive to do so. These are ways, and one of our cliches very apropos: "One day at a time."

Now, it is time to put it to practical use. We who have wasted so *much* time must now put some of it to use to learn that we only have one day and to use it wisely. We are aware that we can no longer drink, and must learn that *this* day, the *only* one we have or can do anything about, is only one more step toward a lifetime of sobriety, and should be used advantageously, wisely.

If we permit ourselves to be upset at every turn in the road, angered by every move by our associates, impressed by the fellow who says "You *couldn't* be an alcoholic!",

(Continued on page three)

We can't do everything in one lifetime, but we can do much -living one day at a time.

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-\$2.66 per year.



Vol. 26

August, 1968

No. 11

MILL ENDS AND REMNANTS

This month we devote our column to the following Open Letter to AA Members and reproduce it in its entirety: Dear AA Friends,

As you know, the Supreme Court unexpectedly ruled last week that jailing chronic alcoholics for public intoxication is not a violation of their Constitutional rights.

However, this decision does not lessen the responsibility of AA members with respect to the alcoholic who may be arrested and imprisoned. Rather it points up the increased need for us to offer our knowledge, service and cooperation whenever and however possible.

That these are needed is emphasized by the wording of the prevailing opinion: "Facilities for the attempted treatment of indigent alcoholics are woefully lacking throughout the country." Justice Marshall further pointed out that "before we condemn the present practice across the board, perhaps we ought to be able to point to some clear promise of a better world for these unfortunate people . . . it is simply not yet the time to write into the Constitution formulas cast in terms whose meaning, let alone relevance, are not yet clear either to doctors or to lawyers."

Members of AA can still provide a great deal of help in the way of literature, sponsorship, court classes and meetings to the agencies and professional workers who are concerned with the treatment of alcoholics, as well as to enforcement agencies and penal institutions which are obliged under the law to take alcoholics into custody. At the same time, it should be noted that active alcoholics are regarded as sick people rather than law violators in a growing number of communities throughout the nation. Despite this particular Supreme Court ruling, then, there will probably be an accelerated trend toward treatment rather than prosecution of alcoholics as local laws are modified and more treatment facilities become available. Thus, we in AA should continue in the future as we have in the past — to carry the message of recovery to those who still suffer, wherever they may be. If we do our part, we can be sure that the understanding and encouragement of people in this country and throughout the world will continue to increase over the years.

Sincerely yours,
/s/ John L. Norris
John L. Norris, M.D.
Chairman, General Service Board

JLN :ib

Let's make certain the hand of AA is extended, by George!

AA

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

CENTRAL COMMITTEE FINANCE REPORT

Balance 5-31-68		\$347.55
EXPENSES:		
Rental Hanna Building for		
June 4 meeting	\$ 10.00	
Areawide meeting flyers-printing	20.00	
Rental Jordan Hall for		
Areawide meeting	25.00	
Postage	12.60	
Literature purchased for		
distribution	25.50	93.10
		\$254.45
RECEIPTS:		
From groups	\$ 30.00	
From Areawide Meeting		
contributions	55.79	85.79
Balance 6-30-68		\$340.24

MINUTES OF THE CENTRAL COMMITTEE MEETING
of July 2, 1968 — 8:30 P.M.

The meeting was opened by Charles K., Moderator, with the Serenity Prayer and was attended by 25 group representatives.

The purposes of Central Committee were read by Charles K. and the Minutes of the meeting of June 4, 1968 were read by Jean C. and approved as read.

The Treasurer's report read by Mary S. reflected a balance of \$340.24 and was approved as read. Included in this amount is \$79.50 for institution funds. Net receipts from the June 21st Areawide Meeting were \$10.79.

1. Action Committee — Jerry E., Chairman. No report.

2. Areawide — Jim B., Chairman. The Areawide Meeting held on June 21, 1968 was a success. The next Areawide Meeting will be in September. Details will be announced at a later date.

3. Central Bulletin — George M., representing the Central Bulletin in the absence of Harry D., mentioned that the Bulletin is in excellent condition; that it will be 26 years old in October; that subscriptions are always needed, and urged members to renew subscriptions immediately, and stressed the importance of notifying the Bulletin of any change of address.

4. Hospital Committee

Rosary Hall — Lou W., Chairman. Sunday, July 14 from 1:00 to 5:00 p.m., and Monday, July 15 from 9:30 to 8:30 p.m. Rosary Hall will be holding Open House. Invitations are being sent to Group Secretaries and to various people who might be interested. The women's section will be opened soon.

It was mentioned that attendance of sponsors of patients in Rosary Hall is very poor; that sponsorship is very important, and that the best solution to this problem would be to have the sponsor or co-sponsor visit patients each day.

Serenity Hall — Bernie B., Chairman. No report.

5. Institutional Committee — June W., Chairman, reported that she visited various institutions and talked with the secretaries before or after the meeting and discussed with them their financial situation and any current problems or needs.

The following are classified as Institutional Groups: Cleveland Psychiatric, Ingleside, Fairhill, Veterans Hospital, Hopeful, Brecksville Hospital, Trusty Hall, Warrensville Womens, Warrensville Main.

In order to keep the literature supply for these groups under control, Charles K. suggested that a letter be sent to each institutional group requesting them to send in their request for such literature to June W. who will determine the need for each institutional group; that payment can be handled through the Institutional Fund, or group or groups who have adopted that particular institution, and that no literature request should be filled without the approval of June W.

6. P.I.C. — Dick P. 34 speakers to non AA meetings were supplied by the District Office. Payment of literature

supplied to these speakers will be absorbed by the District Office, as per previous report.

OLD BUSINESS: None.

NEW BUSINESS: Minnie C. brought up the question that some AA Groups meeting on Tuesday night felt that Central Committee should rotate its meeting night. Discussion followed. The consensus of opinion was, to continue to meet as usual on Tuesday night.

1. A motion was made, seconded and passed that "Charles K. as Moderator, and E. Mary S. as Treasurer, of Central Committee be added to the signature authorization card of the Cleveland Trust Company Main Office commercial account of AA Central Committee, Harry D. being the other authorized signature, in such manner that any two (2) of said three (3) persons shall be authorized to sign checks on said AA Central Committee account. Such authorization for Charles K. and E. Mary S. shall remain effective during their terms of office."

2. A contribution of \$78.61 to Central Committee was received from the Punderson Conference for which a letter of thanks shall be sent.

Ohio State AA Conference, July 19, 20 and 21, 1963. George M. outlined the program for the conference, stated that registrations are being received **satisfactorily**, and that he will be receptive to any volunteers who may wish to help.

The U.S. Supreme Court declined to rule that alcoholism is an illness, thereby holding that "drunks" could still be arrested and incarcerated, basing its decision, in part, on the lack of facilities to render treatment.

The meeting closed with the Lord's Prayer.

PLEASE

No doubt our readers have noticed at the top of page one as well as page two that the mailing address of Central Bulletin is Box 6712, Cleveland, Ohio, 44101. We call particular attention to this at this time because more and more mail is being addressed to the Dankworth Company and also to the home address of H.W.D. Also many telephone calls are received at the Dankworth Company office, which often necessitates one of the shop men coming to the phone and they know nothing of the Central Bulletin business. Speakers lists, subscriptions, changes of address, news for the Bulletin, new groups to be listed cannot be taken on the phone. There are good reasons for this which we will now spell out. All speakers lists and subscriptions must be accompanied with \$2.00; we cannot bill a subscriber for \$2.00 nor can we take lists on the phone with a promise to send \$2.00. Names are often misunderstood and cannot be located in the file. The Post Office furnishes address change forms. Postage on a post-card is 5c. On a first-class piece, 6c. A telephone call is 10c plus the time of two people instead of one.

Now doesn't it seem reasonable to ask that all communications be sent to the Post Office Box of Central Bulletin. Then everything is together and there are no odd lots of telephone messages and mail to gather up from different places.

DATES TO REMEMBER

August 2-3-4—11th International Conference of Young People. P.O. Box 715, Station F, Toronto, Ont., Canada. Royal York Hotel.

August 23-24-25—Fifteenth Tri-State Assembly Chautauqua Institute, Chautauqua, N.Y.

MEMORIAM

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

Don Daugherty, suddenly on July 12. Don was longtime secretary of the Redwood group and an active member of the Cleveland District Office Operating Committee.

Art Griffiths, on July 23 after an illness of one month. Art was a member of the Trinity Group.

DID YOU HAVE A GOOD DAY?

(Continued from page one)

or, "Surely you can have one drink *now!*", we cannot be in any sense of the word, using our portion of time — today — very wisely.

The gift of sobriety, afforded us by our Creator, through Alcoholics Anonymous is a very, very precious one. Let us guard it closely, carefully each day, gratefully remembering where it came from, and being very aware that it can be lost easily if we do not use each day to cultivate it, to help it grow.

This day then, should be our day, granted us by a benevolent Creator to do with as we will, preferably in the quest for His Will for us, and the honest effort to carry it out.

Thoreau again comes to mind — "Let us live each day deliberately, as Nature, and not be thrown off the track by every mosquito's wing and nutshell which fall on the rails."

A day lived by such a rule should certainly be a good one!

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**.

CLEVELAND ALANON OFFICE
ROOM 507. COMMERCIAL BUILDING
2056 EAST 4th ST. TEL. 621-1381

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL—1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp. 4455 Turney Rd. New Chapel Bldg. #1	7:30
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.	7:30
HAWTHORNDEN HOSPITAL—Cottage #10, 305 Northfield Rd.	7:30
PROVEN WAY-Grafton Honor Farm. Rte. 75	8:30
2nd & 4th Tuesday	8:30
TRUSTY HALL—1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.—1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	1:00
VETERANS HOSP.—E. Blvd. near E. 105th St.	8:00
WARRENSVILLE-Women's House of Correction	7:30
4041 Northfield Rd.	7:30
THURSDAY	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP-House of Correction, 4041 Northfield Rd.	8:00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:00
MONDAY	
BROOKPARK - PARMA--Redeemer Church. 6151 Smith Rd.	8:30
ELYRJA-Community Church, 680 Abbe Rd.	8:30
LAKEWOOD--Pres. Church, Detroit at Marlowe	8:30
TUESDAY	
CANTON-St. John's Cafeteria, 712 McKinley N.W.	8:00
EUCLID-Christian Church, 28001 Lake Shore Blvd.	8:30
MAPLE HEIGHTS-Pres. Church, 15715 Libby Rd.	8:30
OLMSTED FALLS-Community Church, 7853 Columbia Rd.	9:00
SUBURBAN WEST-Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
AKRON--Arid Club, E. Market St.	11:30 a.m.
FAIRPORT HARBOR--Luther Center, Eagle St.	8:00
IGNATIA--Grace Church, E. 91st & Harvard	8:30
NORTHFIELD--35 Karen Lane	1:30
NORTH OLMS TED--Episcopal Church, 3760 Dover Center Rd.	8:30
NU-YOU--Highland Church, W. 114th St. & Detroit	8:30
TRINITY--Trinity Church Annex, 3525 W. 25th St.	8:30
THURSDAY	
CLEVE. HTS.--Pres. Church, Fairmount & Scarboro	9:00
LORAIN AVENUE--Martin Luther Church, 4470 Ridge Rd.	9:00
LORAIN COUNTY--Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON--Northminster Pres. Church	8:00
SERENITY--St. Luke's Church, 1233 Chase Ave., Lakewood	8:30
WEST SIDE--St. Mark's Church, 15300 Puritas Rd.	1:30
FRIDAY	
AKRON-Goodyear Union Hall, E. Market & Goodyear Blvd.	8:30
EAST CLEVELAND-Y.W.C.A., Lee Blvd. at Euclid	1:30
ROSARY HALL-Charity Hospital, E. 22nd & Central	8:30

BUILDING FOR THE FUTURE

A doctor recently remarked to me that what amazed him most about Alcoholics Anonymous was its power of holding on to its members long after they had apparently mastered the knack of keeping off alcohol, and in spite of the obvious danger of their getting bored with meetings and hearing so much repetition. To any of us who have been seized with the "Magnificent Obsession" of Sobriety, this does not seem a matter of mystery. AA teaches us to build a foundation of physical sobriety from the start. Laying any foundation is hard work, as builders know. But, that done, no sane man or woman is content to let it rest at that and not build upon it. The excitement and fascination of our way of living is that on our foundation we can build whatever we choose — a palace or a hovel. A palace if we enjoy and employ our Sobriety; a hovel if our Sobriety is only enforced or unhappy. We can alter, adapt or enlarge our palace as we go along in life and as our needs and aspirations change.

That is the fascination that holds our active members. AA's Way of Recovery, with all its constant repetitions, is forever beckoning on the member who wants to journey into, to him, fresh and untrodden lands of thought and living. Even the member who first chose a hovel has his chance to pull it down and build a more pleasing house. He has only to want to change and he can count on many willing hands to help him to rebuild. Let us not forget that without its foundation firmly built, the finest palace can sway and fall before a storm. "Just for today, I will not drink alcohol." "Thy will, not mine, be done". These are our tools for the building and the maintenance. May our promise to ourselves that we will not allow these tools to rust.

-The Road Back, Dublin, Ireland, via Chit-Chat

THE BIG TWELFTH IS HISTORY

Judging from the positive comments received, the Twelfth Annual Ohio State General Conference, held at Hotel Statler Hilton, July 19-20-21, was one of the strongest and most complete of the series of these annual conventions which are rotated between the four Ohio General Service Areas.

Registrations topped one thousand and there were 800 in attendance at the banquet meeting on Saturday evening. It was the first Conference Banquet at which advance table assignments were made and this proved happily successful and was well received. Another Conference first was the Luncheon Meeting with nearly 200 present. So, now it is on to Columbus in '69 — July 18-19-20.

TRI-STATE ASSEMBLY

"ENJOY A VACATION WITH AA" reads the flyer for the Fifteenth Annual Tri-State Assembly to be held August 23, 24 and 25, 1968 at Chautauqua Lake, New York, the scene of all past conferences. AA Registration is \$2.00 and the gate fee is \$2.00 per person which includes parking. Registration forms may be obtained from group chairmen and secretaries, or by writing P.O. Box 96, Meadville, Penna., 16335.

Ohio Night will be observed Friday night, August 23, and the speaker will be Les S., Lakewood Men's Group. Ohio 1968 Chairman is Lew N., of Y.O.U.R. Group and Ray G., of TC-1005 is co-Chairman.

GIGGLES

Chairman of a banquet to the photographer: "Don't take his picture while he is speaking. Shoot him before he begins."

After studying her son's latest examination results a Sussex (England) mother told him he showed every sign of becoming a complete moron. The boy nodded agreement. "What," he asked, "do you attribute it to — heredity or environment?"

Junior: What is a bigamist, Pop?

Pop: A man who makes the same mistake twice.

Look *on* things with friendly eyes; cast out little hates. Just love life with all your heart — life *reciprocates*.

GIVING

The word "give" is hard for some folks to carry out. Do you know why? It is because they usually think of giving in terms of money. He who gives money gives something. However, to give money only is not enough. There are other forms of coin that are by far more important than silver and gold. It is the coin of love, goodwill, charity, understanding, sympathy, helpfulness, faith, hope and similar values. When you give this kind of coin, you give what is essential for the enrichment of life.

-Exchanged

DOING SOMETHING

No one can hope to accomplish anything great in this world until he throws his whole soul, flings the force of his whole life, into it. In Phillip Brook's talks to young people, he urges them to be something with all their might. It is not enough simply to have a general desire to accomplish something. There is just one way to do that and that is to try to be something with all the concentrated energy we can muster. Any kind of a human being can wish for a thing, can desire it, but only strong, vigorous minds with great purpose can do things.

-Orison S. Murder

INTOLERANCE

(Unadulterated Sourpuss Juice)

Intolerance the fuel oil of mental drunkenness, quickly louses up your chances of recovery in AA. It checks 12th Step enthusiasm. It breeds spiritual illness. It never, never fails to give you that "to h..... with everybody but me" feeling. This drink is unsurpassed for blocking the freedom and happiness of family, friends and associates. Nothing equals it for slips. If you want to be drunk — unhappy — unpopular and unattached to AA, try intolerance. You may depend upon it for the foregoing results.

Tolerance, like a spiritual lubricant, reduces friction and keeps AA running smoothly on its bearing of humility and service. The 12 Steps are built upon tolerance. Without it there could be no AA.

The disposition to tolerate beliefs and practices differing from our own is an important part of the personality change which the 12 Steps help us to develop. It is a good sign of emotional maturity in a member.

Intolerance is the opposite. It is that part of the alcoholic personality which we attempt to change. By checking this character defect daily we can determine just what sort of progress we are making. The written inventory of Step 4 is a good place to begin.

-Toledo Area News

EYE ON THE SPARROW

A man was sitting on the porch as I came up the steps on my way to an AA meeting. I did not know him, but he looked up at me with twinkling blue eyes, set in broad, pleasant Irish *face*, grinned at me and beckoned.

"Look at that now!" he whispered, pointing.

On the pavement below a sparrow was taking a bath in a small glistening puddle. I slipped into the chair beside the man.

The tiny, purposeful thing went about his *business*, oblivious of us. Fluttering, spattering ruffling its wings, preening its spread tail until at last it gave a final overall shake, sending a shower of sparkling drops around the puddle, and flew off into the welcoming sky.

"Yuh know," he said, "I ain't looked at *nothin'* like that in years — until today. Pretty, huh? Yuh *goin'* in *meetin'*, too?"

"Yes, indeed!" I smiled back at him through a sudden blur, "Of course, come on."

"You go on up," he said, "Think I'll wash me hands and face first. Be *seein'* yuh."

"Yes," I thought, "I'll be seeing you, often."

What was it that He said, long ago? "Are ye not of more value than many sparrows?"

H. W., Phila., Pa.
-AA Grapevine



HARRY W. DANKWORTH

1892 --- 1968



During the early morning hours of this August 21, 1968, our beloved friend passed peacefully from this mortal world to that of the great beyond.

Appropriately, during what was to be the last evening of his life, he edited the copy of what was to have been Volume XXVI, Number 12 of the **Central Bulletin**, the journal which he conceived, and into which he breathed sustaining life as editor and publisher.

What more fitting tribute can we then pay to our late benefactor than to make **this** SEPTEMBER 1968 edition solely devoted to commemorating the living spirit of this selfless member of Alcoholics Anonymous and the love and happiness he shared.

Harry, the youngest of six children, was born in Detroit, Michigan, 76 years ago come October. At age 3 his family moved to Cleveland, and for most of his adult period of 73 years he devoted uncountable hours of service to his church and to the life of this community in innumerable ways, including, of course, A.A. where immeasurable quality and quantity of Twelfth Step work ensued during his twenty-six and one half years of continuous **sobriety**.

On April 23, 1968, Harry and his devoted Louise observed their Golden Wedding Anniversary, and those of us who have had occasion to note the fleeting glances of endearment between them have recognized that this was an enduring

romance, all fifty years and more of it. This editor suspects that the romance was of even longer duration for they became neighbors when Harry first moved to Cleveland at age 3 and Louise was —.

As far as the Central Bulletin is concerned, an article in the Twentieth Anniversary issue of October 1962 is quoted in parts, as it tells the story of a devotion. It was entitled:

MISTER BULLETIN:

“This is about Mr. Bulletin, the sole founder, publisher and editor of this journal.

During its twenty years of life this paper has had many helpers. In recent years, back at the beginning, and in between, many of us have put out shoulders to the wheel now and then, and with great good spirit, too! But in terms of constancy and dedication he has been the stability of this paper. An indispensable ingredient of his fine service has been the equally devoted and capable Mrs. Bulletin, the most understanding and kindly non-alcoholic we have ever known.

Yes, their gift to the Bulletin, steeped in selflessness, is a higher performance than all but a very few could claim.”

While the source has been silenced, the little chuckle or giggle that became a hallmark remains with us who have heard it, as does the great example of strength, experience and hope that he shared, and all of us are the better for his path having crossed our own.

CLEVELAND AREA

Guest Speakers

SEPTEMBER, 1968

Allendale (Thursday, 8 :30 p.m.) : 5—**Valentine G., Allendale**; 12—**Larry L., Night and Day**; 19—**Dennis C., Night and Day**; 26—**Al L., Ashtabula.**

Bedford Evening (Wednesday, 8:30 p.m.): 4—**Casiner L., Southeast**; 11—**Les S., Lakewood Men**; 18—**Jack D., Charity**; 25—**Murray S., Bainbridge.**

Bedford Morning (Wednesday, 10:30 a.m.): 4—**Ray G., Charity**; 11—**Gene R., Memphis**; 18—**Armond D., Sister Ignatia**; 25—**Mylon McC., Bainbridge.**

Borton (Monday, 8:30 p.m.): 2—**Open**; 9—**Tom S., unattached**; 16—**Russ R., Marshall**; 23—**Hugh K., Wed. Lee**; 30—**Bill T., Northeast.**

Brooklyn (Thursday, 8:30 p.m.): 5—**Tony T., Brooklyn**; 12—**Bob G., Brunswick**; 19—**Sam G., Cleve. Teamsters**; 26—**Mary G., 24-Hour.**

Charity (Friday, 8:30 p.m.): 6—**Rollie B., Shaker Monday**; 13—**Steve B., Lakewood Men**; 20—**Area Wide Meeting**; 27—**John B., Akron.**

Early Early (Monday, 7:30 p.m.): 2—**Bob W., Newburg**; 9—**Bill M., Newburg**; 16—**Jack W., Newburg**; **Ralph S., Garfield Tuesday**; 30—**Tom C., Newburg.**

Eaton (Tuesday, 8:00 p.m.): 3—**Warren G. Hopeful**; 10—**Curley H., Conneaut**; 17—**Mike M., Willoughby**; 24—**John Z., Y.O.U.R**

Esquire (Tuesday, 8:00 p.m.): 3—**Armond D., Sister Ignatia** 10—**Harry H., Parma**; 17—**Jim R., Edgelake**; 24—**Charles S., Brooklyn.**

Euclid Friday (Friday, 9 p.m.): 6—**Tom C., Superior**; 13—**Henry W., Euclid-Wade**; 20—**Doc. F., Mentor Sunday**; 27—**Elmer N., Kent.**

Garden Valley (Sunday, 4:30 p.m.): 4—**Panel Discussion from Willoughby**; 11—**Norm M., Y.O.U.R.**; 18—**Bill S., Lorain Ave. Monday**; 25—**Eulah H.**

Garden Valley (Thursday, 8 p.m.): 1—**Clare W., Edgelake**; 8—**??????** 15—**Nusia S., Y.O.U.R.**; 22—**Bill D., Y.O.U.R.**; 29—**Marian D., Mentor Plains.**

Golden Link (Sunday, 11:00 a.m.): Location: **Statler-Hilton Hotel, Rte. 8 and Ohio Turnpike.** 1—**Tom U., North Randall**; 8—**Marg P., North Randall**; 15—**Jack T., Newburg**; 22—**Frank T., Garfield Wed.**; 29—**Joe M., L.S.I.**

Grateful (Sunday, 2:00 p.m.): 1—**Chollie P., Chardon**; 8—**Tom C., Superior**; 15—**Mary Belle M., Friday Afternoon Women**; 22—**Joe K., Golden Link**; 29—**Joe K., Ramona.**

Laurel (Tuesday, 8:45 p.m.): 3—**Dick F., Southwest Sun.**; 10—**Gene G., Brook Park**; 17—**Cal W., Laurel**; 24—**Ray L., Brookpark.**

Mentor (Sunday, 8:00 p.m.): New location: **St. Bede Venerable Church, 9114 Lake Shore Blvd. (at Meister Road), Mentor, Ohio.** 1—**Bud K., Mantua Center**; 8—**Donald V., Mantua Center**; 15—**Norma M., Wickliffe**; 22—**Gene B., Wickliffe**; 29—**Dan D., Mentor Plains.**

Nela Park (Sunday, 7:30 p.m.): 1—**Walter K. Jr., Stella Maris**; 8—**Oliver P., East Side Morning**; 15—**Neil G., St. Clair Thursday**; 22—**Jim N., Doan Men**; 29—**Ray G., Charity.**

Parmatown Men (Friday, 8:30 p.m.): **Chris H., Forest City**; 13—**Joe N. (1st anniversary), Parmatown Men**; 20—**Jack S. (13th anniversary), Parmatown Men**; 27—**John B., Parma Heights.**

Sheffield Lake (Wednesday 8:30 p.m.): 4—**Ed C., Newburg**; 11—**Roy H., Sandusky**; 18—**Rev. Fr. S., West Clifton**; 25—**Harry W., Mayfield, Ky., Group's 6th Anniversary.**

Sister Ignatia (Friday, 9:00 p.m.): 6—**Armond D., Sister Ignatia**; 13—**Joedy M., Clark and Parma Heights**; 20—**Joe K., Golden Link**; 27—**Joe R., Garfield Wed.**

Solidarity (Friday, 8:30 p.m.): 6—**Bob G., Lee Seville**; 13—**Bert N., Garden Valley**; 20—**Jim W., Lee Seville**; 27—**Oliver P., Solidarity.**

Trinity (Saturday, 8:30 p.m.): 7—**Tony W., Elyria**; 14—**John B., North Olmsted**; 21—**Tony T., Brooklyn**; 28—**Charles S., Brooklyn.**

Valleyview (Saturday, 8:30 p.m.): 7—**Jim D., Independence**; 14—**Mike Y., Valleyview**; 21—**Les S., Brookside**; 28—**Vic Z. (3rd anniversary) Valleyview.**

Warrensville Women (Wednesday, 7:30 p.m.): 4—**Liz G., Wickliffe**; 11—**Tom W., Wickliffe**; 18—**Vic M., Wickliffe**; 25—**Arman D., Wickliffe.**

West 25th Street (Monday, 9:00 p.m.): 2—**Betsy LaR., Forest City**; 9—**George and Ray DeL., Crossroads**; 16—**Con B., Monday Morning 12th Step**; 23—**Jim R., Bayview**; 30—**Bobby J., Forest City.**

Y.O.U.R. (Sunday, 7:15 pm.): 1—**Bill and Louise C., St. Clair Thursday**; 8—**Ed. S., ? ? ? ? ?** 15—**Nellie F., Shaker**; 22—**Andy C., Humble**; 29—**Millie T., East Shore Women.**



THY KINGDOM COME

In our thoughts on the Lord's Prayer, we are inclined to pass over the words, Thy kingdom come. The words seem to us to refer either to life beyond the grave, or to the age-old hope of the prophets and the religious for the day when God's kingdom shall be set up on earth and swords shall be beaten into plowshares.

But the Lord's Prayer is essentially a prayer for our daily needs, one through which we strive to place ourselves within the sphere of God's works. While the world at large still does not conduct itself as the Kingdom of God, the Kingdom exists today for all those who will turn to it.

For those of us who have found our lives unmanageable, the Kingdom of God is our sure refuge. By acknowledging ourselves as the subjects of a Power greater than our own, as obedient to the laws of life that have grown out of the experience of mankind throughout the ages, we can restore ourselves. We place ourselves in the Kingdom of God, and find the Kingdom of God within us.

What is the Kingdom of God? The Apostle Paul said it is not meat or drink.

That means it is not the material side of life. Those whose interests lie alone in bread, in wealth, in the comforts of life, do not find the Kingdom of God. They are more likely to find themselves victims of lust and greed, to find themselves selfish and intolerant, to find themselves where we found ourselves as the result of our one-sided interest in material things.

The Kingdom of God, said Paul, is righteousness and peace and joy in the Holy Spirit.

Some of us shy away from words like "righteousness," which have a "goody-goody" sound. But what is a righteous man but one who is upright and honest and fair and free from the will to do wrong.

The Kingdom of God, we might say, is the realm of honesty and unselfishness and purity and love, the four principles that guide our efforts to remake our lives. Some of our members call them the Four Absolutes.

The Kingdom of God is peace; the peace from the tortures of the mind and the flesh that we have suffered so many years. With honesty and unselfishness and purity and love, by being upright and fair and free from the will to do wrong, by casting from us the errors that have troubled us, we can relax and find peace in the Kingdom of God.

The Kingdom of God is joy in the Holy Spirit. Perhaps Paul meant to suggest that it is the joy that comes to us through acceptance of the Holy Spirit. And so it is. But many of us, who have spent so many years in error and have been inclined to look with contempt upon those persons who followed the way of God, tend to keep the Holy Spirit at arm's length. Many are inclined to think that it is not quite "grown up" to find joy in the Holy Spirit. Thus we persist in error, and deprive ourselves of the opportunity to find peace. We have to let ourselves find joy in the Holy Spirit.

It is well to recall the first three of the Twelve Steps.

(Continued on page three)

MORE WALK & LESS TALK

Drinking people, especially alcoholics, love to talk. Reminiscing a bit, we can all easily remember the bars and cocktail lounges all humming with conversation. There was always the bottle between the loudest, most "forceful" talker and the corner juke-box. Rare indeed, was the alcoholic who sat for very long, drinking, without managing to become embroiled in some conversation or argument and thereby managing to get in his or her two cents worth.

There was, however, some question regarding the actual value of the thousands, even millions of words spent in such talking.

Today, now that we are sober, it might be constructive to take stock, or inventory of the "talking" we engage in as sober alcoholics — for make no mistake, an alcoholic drunk or sober, loves to talk. And many of us carry the old habit over into our sobriety more or less unnoticed. If we were obnoxious "talkers" before, now, that we are associating with sober people, the endless flow of words we are capable of can be ten times more displeasing to those around us.

We have all heard the old cliché that when a man is talking all the time, he cannot be listening and this makes it difficult for him to learn anything.

In AA, we have a perfect opportunity to begin to listen — to begin to learn. If we are bad enough, we will first have to learn to listen before we can begin to learn.

Our Creator says: "Be still, and know that I am God!" This simple command if remembered, and followed, can be a most important tool in our daily struggle for improvement, and improve we must, no matter how little, each day. We know there is no "standing still" in AA if we wish to stay happily sober.

Not long ago, a member of AA spoke at a meeting and gave a talk that was the very epitome of simplicity, humility, gratitude, and just plain good old AA. This same man rarely says much in conversation. It shows he is always busy listening. When the time came for him to talk to a group — every sentence was pregnant with a valuable thought on alcoholism and how to stay sober. His listening had paid off, for not only had he benefited, but he was able to pass on what his listening had afforded him, to those who were now listening to him.

The results were most impressive, and it is quite probable if not certain that someone listening to him gained something.

We know that talk is cheap, and, if used profusely, without any discretion or tact, can be most detrimental rather than beneficial. Too much talk, by too many great talkers can easily confuse someone "new" in AA rather than aid him. We alcoholics with our rather questionable "above average" intelligence can confuse not only others but even ourselves quite easily and confusion leads to problems.

After years of rationalizing ourselves 'round to drinking through all kinds of "excuses," we can do it all over again at any time. Too much talking then, it seems, could

(Continued on page four)

STATEMENT OF PERPETUITY

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

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

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

Central Bulletin Foundation, Inc.

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, Ohio 44101. Subscription price-\$2.00 per year.

Harry D. Founder and Editor 1892-1968



Vol. 27

October, 1968

No. 1

Editor's Note: While this column was written prior to Harry D.'s passing, it was the last piece of copy he edited, and by reason of its nature and tribute to the living we thought it should be shared with our readers as initially intended. Furthermore, it reemphasizes our pledge to sustain the work.

MILL ENDS AND REMNANTS

It is unlikely if ever, or even rarely, that our readers look at the small line to the left of Page 1, immediately under CENTRAL BULLETIN masthead, or to the same information positioned immediately above this column on Page 2.

Pay especial attention this issue, if you will. It is significant! It reads: VOL. XXVI — No. 12. It means that with the September 1968 issue, CENTRAL BULLETIN completed twenty-six years of uninterrupted publication.

It has been generally recognized that this journal was the first such in A.A., and its sustained quality, its philosophy in carrying the message, and its dedication in serving the groups in this area and A.A. in general, like all successful undertakings, its the result of devotion and teamwork.

While, over the years, many have shared in meeting the demands of publishing and circulating and writing for CENTRAL BULLETIN, it, has been the team of Harry and Louise D., whose day-in, day-out; month-in, month-out; year-in, year-out devotion that has brought us to the threshold of our twenty-seventh year of publication of this wonderful journal.

Time, and just general wear and tear, as it does to all of us, takes its toll, and in order to conserve his strength and preserve his health after a recent illness, Harry D., with this issue relinquishes active editorship, and assumes the responsibilities of Editor Emeritus.

The responsibilities for writing, editing, assembling and publishing CENTRAL BULLETIN has been assigned to an Editorial Board, who are well informed and have been fully indoctrinated with the policies and philosophies of the purposes of CENTRAL BULLETIN and from which there shall be no deviation. Harry, happily, will be our consultant and guiding light, and we contemplate, will get the "itch" to write and favor us with a sparkling editorial from time to time.

No reporting of this nature would be complete were we not to refer back to an earlier paragraph when we spoke of the team of two which has made these twenty-six years of successful effort possible.

While Harry conceived, delivered and gave sustained life to the BULLETIN, none has contributed more to its success than has Louise, his helpmate of fifty years plus, and who, humbly, will continue to work with us, and share her know-how and procedural thoroughness with us. Editing and publishing a paper is one thing, but getting it promptly into your hands is another.

It requires many, many hours of detailed work, which most abhor, and frustrations that at times seem insurmountable and lead to inclinations to chuck the whole bloody business. Yet, with dogged determination composed of love and devotion for the task, the job is done, not only to begin again shortly after the current issue is posted. I KNOW what a debt we owe Louise, you see

MINUTES OF THE CENTRAL COMMITTEE MEETING
of August 6, 1968 — 8:30 P.M.

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

The purposes of Central Committee were read by Charles K. and the Minutes of the meeting of July 2, 1968 were read by Jean C. and approved as read.

The Treasurer's report reflected a balance of \$347.06 and was approved as read. Included in this amount is \$73.50 for institution funds, leaving a net balance of \$273.56.

1. Action Committee — Jerry E., Chairman. No report. Several representatives stated that they had received Central Committee announcement cards with .01¢ postage due. This will be corrected.

Charles K. read a letter from "Our House" signed by Charles Ingersoll, Director, which had been sent to Central Office and turned over to Central Committee by Dick P. Several group secretaries also indicated that they had received said letter. Charles Ingersoll is not a member of AA, nor is "Our House" an AA facility. Since a number of group secretaries had received the letter, copy of which is attached to the minutes, it appeared that Charles Ingersoll may have obtained a copy of the Secretaries List. The Secretaries List is prepared by the AA District Office for use by AA only, for AA purposes. The letter from "Our House" also violates the Sixth Tradition in that it attempts to promote "Our House" through and by AA. A letter will be sent to Mr. Ingersoll regarding the foregoing, and the matter will otherwise be referred to Jerry E., Action Committee Chairman.

2. Areawide — Jim B., Chairman, mentioned the next Areawide meeting date as September 27; however, upon learning that the Punderson Conference is the same weekend, a new date of October 4 was selected — Jordan Hall, 8:30 P.M.

3. Central Bulletin — Subscriptions are always needed, and renewals should be made promptly.

4. Hospital Committee

Rosary Hall — Lou W., Chairman. Lou W. stated that the Rosary Hall "Open House" was well attended; that the women's section officially opens Thursday, August 8, 1968, accommodating up to eight women. Sponsors should call for reservations, and patients must be admitted before 8:00 P.M.

Serenity Hall — Bernie B. stated that a sponsor of a man in Serenity Hall had not called on him during the time he was there, and suggested that each patient have a co-sponsor so that one or the other may visit the patient daily.

5. Institutional Committee — June W., Chairman. June W. stated she had called a meeting of Institutional Group secretaries for 8:00 P.M. August 6, which was attended by only one secretary, Helen D.

June W. reported receipt of \$25.00 as the proceeds of the Memorial Day Breakfast for the Institutional Fund, which sum she turned over for deposit.

She stated that the Brecksville Hospital Group needs attendance at meetings, which are Tuesday and Thursday at 7:30 P.M.

She further stated that a Warrensville Women's meeting had been cancelled because it fell on a holiday, and future meetings would be cancelled when they fall on a holiday.

June W. stated that she was proposing to write an article on alcoholism and AA for publication in the "Call and Post". She requested advice as to whether this was proper and also requested assistance. There were no objections to her writing the article, and it was suggested that she send a draft of same to Dick P. who will review same with several other members of AA to assist, June W. June W. further discussed the treatment given to women who voluntarily commit themselves to the workhouse

(Continued on page four)

we have been learning and working with her.

To the D-----s our king size T H A N K S !, and our pledge, with their help, that we will sustain the work, by George!

PRAYER OF THE MONTH

O God, whose never-failing providence ordereth all things, we humbly ask you to put away from us all hurtful things, and to give us those things which be profitable for us. Amen.

THY KINGDOM COME

(Continued from page one)

We confessed that we were powerless over alcohol and that our lives had become unmanageable. We decided that a Power greater than our own could restore us to sanity. We undertook to place our lives and our wills in the hands of that Power.

So now we acknowledge the Supreme Power, "Our Father." We regard that Power reverently. And we ask that we live today in the realm of that Power, where we are upright, where we find peace, where we find joy in the Holy Spirit.

Thy Kingdom come.

Editor's Note: This article, third of a series, first appeared in Central Bulletin of April 1944.

HEART TRANSPLANTS

The news of success or failure of the heart transplant operations throughout the world in recent times has been of inestimable value to me as an alcoholic. Before each patient was operated on, it was accepted by all concerned that he would not live unless he was given a new heart (or had a change of heart). In fact, each of these patients was in a similar position to myself before a big decision was made which affected my whole life.

The lives of these men depended on their bodies, accepting and not rejecting the new heart being given to them.

My life depended on my body, mind and will, not rejecting the change of heart offered to me by Alcoholics Anonymous. For my transplant operation, I shall always be grateful to my surgeon . . . God, as I understand Him.

-The Road Back, Dublin

BOUNCING COINS

Take two coins that look exactly alike. One is genuine, the other is counterfeit. How can you tell them apart? The secret service men tell us we should throw them on the table. The coin that does not bounce is counterfeit. The coin that bounces is the real thing.

Life tests men in the same way-by their bounce! The men who do not possess real worth quit. The men of value bounce. Lincoln was defeated many times, yet always bounced back, and finally bounced into the White House. Edison failed many times in his effort to invent the incandescent lamp, yet he always bounced back and tried again — and finally he won. In the Hall of Accomplishment, you will find inscribed the names of the men who bounced.

Emerson wrote, "What you are thunders so loud, I can't hear what you say." The counterfeit coin looks like the genuine, but it is not. It won't bounce. A man may talk and look like a winner, but the way he actually lives is the test that counts. Meeting the hard knocks, defeats, and setbacks of life with bounce is the supreme test of character and worth.

-Friendly Adventurer

IN MEMORIAM

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

HARRY W. DANKWORTH, on August 21. Harry was founder, editor and publisher of Central Bulletin, and a twenty-six year member of the Edgelake Group.

RALPH W. XELLEY, on July 24, after sustained illness. Ralph was a longtime member of the Rocky River Thursday and West Shore Groups.

AREA WIDE MEETING

Another of the long series and successful AREA WIDE MEETINGS will be held Friday, October 4, at 8:30 P.M. in Jordan Hall of St. Vincent Charity Hospital, Monsignor Richard F. Meadville, Pa., will be guest speaker.

This is another fine opportunity to hear a fine speaker, to meet old friends, to make new ones and widen your horizons in AA.

GROUPS NEED HELP, TOO

One of the finer group activities is visitation to other groups with which to share your experience, strength and hope, and this is especially true of groups where attendance is lagging and as result thereof interest diminishing.

A recently reactivated group — the Golden Link Group, needs your support. Why not visit them some Sunday morning at 11:00. They meet at the Statler Hilton Hotel in Boston Heights, Ohio, at Route 8 and Ohio Turnpike.

BILL'S 34TH IS COMING UP!

Shortly after this edition of Central Bulletin reaches your mailbox, the Annual Dinner Meeting and Dance, sponsored by the New York Intergroup Association, on October 5, will be in full swing.

As has been custom, this annual affair observes Co-Founder Bill W's AA Anniversary and this year will mark his 34th.

Many of our readers will be in attendance, but may we suggest that sometime during the day or evening of October 5 all of us offer God our prayer of gratitude, extending it to include the wish that Bill and Lois may be favored with continued good health and be attended by an abundance of all good things.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 6 :00 p.m.
MONDAY	
HOPEFUL—State Hosp. 4455 Turney Rd., New Chapel Bldg. #1	7 :30
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.	7 :30
HAWTHORNDEN HOSPITAL—Cottage #10, 305 Northfield Rd.	7:30
PROVEN WAY—Grafton Honor Farm, Rte. 75	8 :30
2nd & 4th Tuesday	8 :30
TRUSTY HALL—1000 ft. east of House of Correction	8 :00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.-1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	1 :00
VETERANS HOSP.-E. Blvd. near E. 105th St.	8:00
WARRENSVILLE—Women's House of Correction	7:30
4041 Northfield Rd.	7:30
THURSDAY	
TRUSTY HALL-1000 ft. east of House of Correction	8 :00
FRIDAY	
MAIN GROUP—House of Correction. 4041 Northfield Rd.	8 :00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:00
MONDAY	
BROOKPARK - PARMA—Redeemer Church, 6151 Smith Rd.	8:30
ELYRIA—Community Church, 680 Abbe Rd.	8 :30
LAKEWOOD—Pres. Church, Detroit at Marlowe	8 :30
TUESDAY	
CANTON—St. John's Cafeteria, 712 McKinley N.W.	8 :00
EUCALID—Christian Church, 28001 Lake Shore Blvd.	8:30
MAPLE HEIGHTS—Pres. Church, 15715 Libby Rd.	8 :30
OLMSTED FALLS—Community Church, 7863 Columbia Rd.	9 :00
SUBURBAN WEST—Our Savior Church, 20300 Hilliard Rd.	8 :30
WEDNESDAY	
AKRON—Arid Club, E. Market St.	11 :30 a.m.
FAIRPORT HARBOR—Luther Center, Eagle St.	8:00
TGNATTA—Grace Church, E. 91st & Harvard	8:30
NORTHFIELD- Karen Lane	1:30
NORTH OLMSTED—Episcopal Church, 3760 Dover Center Rd.	8:30
NU-YOU—Highland Church, W. 114th St. & Detroit	8 :30
TRINITY—Trinity Church Annex, 3625 W. 25th St.	8:30
THURSDAY	
CLEVE. HTS.—Pres. Church, Fairmount & Scarboro	9:00
LORAIN AVENUE—Martin Luther Church, 4470 Ridge Rd.	9:00
LORAIN COUNTY—Lutheran Church, 3334 Wilson St.	8 :30
NORTH CANTON—Northminster Pres. Church	8 :00
SRRXNITY—St. Luke's Church, 1233 Chase Ave., Lakewood	8:30
WEST SIDE—St. Mark's Church, 15300 Puritas Rd.	1 :30
FRIDAY	
AKRON—Goodyear Union Hall, E. Market & Goodyear Blvd.	8:30
EAST CLEVELAND—Y.W.C.A., Lee Blvd. at Euclid	1:30
ROSARY HALL—Charity Hospital, E. 22nd & Central	8:30

(Continued from page two)

for a 30-day period, stating that in the first three days they were isolated without any particular medical withdrawal. Discussion followed indicating that although the methods were not good, they were better than nothing. June W. stated that the workhouse personnel were aware of the inadequacy. She will determine the names of the persons in charge of the program so that a meeting may be arranged between Dick P., Charles K. and June W. with these people in hopes of gaining an improved program.

6. **P.I.C.** — Dick P., Charles K. read the letter directed to the secretaries of Institutional Groups as per the last meeting; stated that apparently one or more secretaries had complained about the substance of said letter and stated that the only purposes of suggesting that Institutional Group secretaries send their requests for literature to June W. as Institutional Committee Chairman was to serve as a clearing house for such requests to assure that all Groups were given equal opportunity to share in the Institutional Fund. Copy of letter dated July 30, 1968 is attached.

OLD BUSINESS:

A letter of thanks was sent to the Punderson Conference Chairman thanking them for their contribution of \$78.61 to Central Committee.

A note of thanks was received from Una Aga, Bombay, India, thanking Central Committee for its \$10.00 literature contribution for India AA.

NEW BUSINESS:

Dick P. indicated that a sergeant from the Cleveland Police Department had called at the office regarding gambling, and attempted to determine whether an AA Group was involved. There was no indication that it was, and if the sergeant obtains more information he will communicate with the office, and if the matter concerns AA it will be turned over to the Action Committee.

Joe D. inquired as to whether a committee of Central Committee could be created to coordinate the various picnics and dances in the area; however, since these were the individual functions of individual groups or several groups combining together, it would not be a matter in which Central Committee would become involved. Joe D. withdrew his question.

Reminder was made of the coming Punderson Conference September 27, 28 and 29, and that registration cards are available through the Group secretaries.

The Meeting closed with the Lord's Prayer.

MINUTES OF THE CENTRAL COMMITTEE MEETING of September 3, 1968 — 8:30 P.M.

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

The purposes of Central Committee were read by Charles K. and the Minutes of the meeting of August 6, 1968 were read by Jean C. and notation added to the P.I.C. report that 38 speakers to non-AA meetings were supplied by the District Office from January 1 through July 31, 1968. The Minutes were then approved as corrected.

1. **Action Committee** — Jerry E., Chairman. Since Charles Ingersol, Director of "Our House" was present, Charles K. outlined the events concerning "Our House" referred to in the Minutes of the August 6, 1968 meeting and stated that he had directed a letter to "Our House" concerning the traditions and the use of the secretaries list, copy of which letter is attached, and that Jerry E. had met with Charlie Ingersol. Jerry E. stated that in his meeting with Charles Ingersol, the traditions were discussed and Charlie Ingersol was invited to Central Committee.

Charlie Ingersol outlined the history of "Our House" and stated that he had received the secretaries list from Lynn C. to mail out the letters to the various secretaries of the various groups. He otherwise discussed the purpose of "Our House" and stated that it was basically to provide a home for men who had a problem whether it be alcohol, gambling, etc.

Lynn L., also associated with "Our House", indicated his

interest in "Our House". Charles K. re-emphasized that AA cannot endorse any outside facility or enterprise. Charles K. indicated that he would contact Lynn C. concerning the use of the secretaries list.

Returning to the regular order of business, Mary S. read the Treasurer's report, reflecting a gross balance of \$335.58, which included \$83.50 for Institution Fund, and a net balance of \$252.08.

2. **Areawide** — Jim B., Chairman. The next Areawide Meeting will be held on October 4, 1968, 8:30 P.M., Jordan Hall. Speaker will be Mons. Richard F. of Meadville, Pa. Flyers will be distributed.

3. **Central Bulletin** — George M. will be the representative of Central Bulletin. The September issue will be a memorial for Harry D. after which the Bulletin will continue as usual.

4. **Hospital Committee** — Rosary Hall — Lou W., Chairman. Lou stated that a memo would be sent to all Groups setting forth the procedures in conjunction with the Women's Section, including admission and visiting hours. Discussion followed on access to the Women's Section. Sister Victorine has suggested using the stairway that leads directly into the Women's Section.

Lou reported that meetings at Rosary are for patients only.

Discussion followed regarding visiting patients and Lou and Jim S. repeated that basically men can come to Rosary at any time and can visit patients whenever they are not in a meeting or otherwise involved in a hospital procedure.

Marge C. inquired as to whether patients must have sponsors. The answer was "Yes", however, discussion followed on patients being admitted and sponsors assigned later. The District Office has suggested that wherever possible sponsors be obtained through the office rather than by direct call to a Group Secretary from Rosary, and Lynn C.

This point will be further discussed with Sister Victorine. Lou further indicated that patients must attend the Charity Group meeting if physically able.

Serenity Hall — Bernie B., Chairman. No report.

5. **Institutional Committed** — June W., Chairman. She reported that the Institutional Directory received from New York did not contain current information which she had submitted. She will re-submit the correct institutional data.

She will also attempt to re-schedule meeting with Mr. Harper on the subject of care for women.

6. **P.I.C.** — Dick P., Chairman. 39 speakers were supplied to non-AA groups and non-AA meetings through August 31, 1968.

OLD BUSINESS None.

NEW BUSINESS: There was further discussion regarding incorrect listings in World Directory. Helen J. will bring this to the attention of General Service at the next meeting.

There being no further business, reminder was made of the coming Punderson Conference on September 27, 28 and 29, 1968: that registration cards are available through the Group Secretaries; and there was further reminder of the Areawide Meeting October 4th at Jordan Hall.

The meeting was closed with the Lord's Prayer.

MORE WALK & LESS TALK

(Continued from page one)

be a bit dangerous.

Doctor Rob was so very correct when he advised us to "keep it simple." and it is most obvious that we "complicated" alcoholics can easily complicate things in AA until we cannot see the trees for the forest, or vice versa.

So, why don't those of us who always seem to be talking try a little more listening? We often hear someone comment after a lead: "You walk like you talk!" Fine, but one wonders if it might not be advisable to do a little more walking, and less talking.

One thing is sure: it's worth thinking about! We "Alkies" aren't too strong on thinking either! A little practice now and then wouldn't hurt!



THY WILL BE DONE

No words that we can utter are as vital to us as these words in the Lord's Prayer, "Thy will be done." In uttering these words, we surrender to the will of a Power greater than our own. This is the essential act in the third of the Twelve Steps, the step that is the very heart of our program.

The instincts that rule our material selves are largely instincts of self-preservation. They make Self our first concern and they are the causes of most of the troubles that we fall into. Self-concern leads to egotism, to self-assertion, to vanity, to lack of concern for the feelings of others. It leads to things that destroy us: lust, greed, and similar excesses of body passions.

A sane view of life is that all things are good in their right use. But we have devoted ourselves to the misuse of a number of things and have regarded ourselves accountable to no man. Now that the bill for our misconduct has been presented, we find ourselves thoroughly rooted in misuse and thoroughly the victims of our impulses.

Now that we are in AA, most of us have recognized our chief errors. Most of us see the need for control, for responsible action, for curbs on selfish acts. We have seen how some of the results of our habits of thought, in resentment, in self-pity, in jealousy, in other aspects of self-love, return again and again to harass us.

Our headstrong tendencies demand surrender, demand a yielding of ourselves to the will of an external power. To place ourselves in the hands of that Power, we have to create new habits of action to keep us out of old ruts.

We may continue to do all the things that nature intended us to do, but it is important that we do those things under control. We must control impulses, particularly those associated with our excesses.

Most difficult, perhaps, are those times when there is an urge that we cannot define, just a general tension under the skin and a hazy but strong impulsive feeling in the mind. These are times when it is particularly necessary to call on the aid of the Supreme Power.

We must develop the habit of turning to the Supreme Power at all times, at regular daily intervals, at times when we are under stress. Impulses should be discharged by addressing ourselves directly to the Supreme Power and asking for guidance. We must learn to see the signs of headstrong and self-willed action and remember the troubles that such action has brought in the past. Our watchword here is, "Easy does it."

It is the will of the Supreme Power that we love our neighbors, that we be merciful and just in all our actions. Perhaps we should be especially mindful of the warning that we should not judge others. We have to learn to be tolerant, and to improve our own ways of living.

These things are hard at first because they run so contrary to the habits we have developed. Our task is to develop new habits in which we place the direction of our lives in the hands of a Power greater than our own. We have to do it first by conscious effort. Eventually we find

(Continued on page four)

THE SECOND TIME AROUND

There can be no question the alcoholics are the "dangdest" clan of people on this earth! When we reflect on this a minute or two, we are reminded of the wonderful praise poured upon the members of AA by the noted author, Fulton Oursler; and in contrast the awful condemnation at the hands of society in general, when we were still drinking.

A little thinking on this idea, and we can come to one definite conclusion: if we are now successfully sober, we can easily realize we have been given something in this life that the non-alcoholic may never experience or understand. We have been given the chance to see two separate sides to life: the sordid, rotten life of alcoholism

with its attendant misery and humiliation, and after sobriety enters, the wonderful life of near-normalcy that most non-alcoholics have ALWAYS been able to enjoy. The real benefit lies, in the fact, that having actually experienced the "dark side of the moon", so to speak. Now, with sobriety, we can more sharply appreciate the normal, sensible life that it affords us.

In short, we alcoholics are actually double personalities. We can be the most lovable "Characters" at times, and at others the most damnable, frustrating people on earth. We have all heard the time worn statement: "You can be SO wonderful when you're sober, and SO despicable when you're not!" We knew it was true, but while we were still in the throes of drinking — even when we were beginning to try, perhaps on our own, to do something about it, we just could not seem to be able to really change much, and it looked nretty hopeless.

Then, somehow, we found AA, or it found us. With the new "discovery", if we meant business, we found a way to stay sober, and later, for some of us we either renewed our acquaintanceship up with a Higher Power, or found Him for the first time.

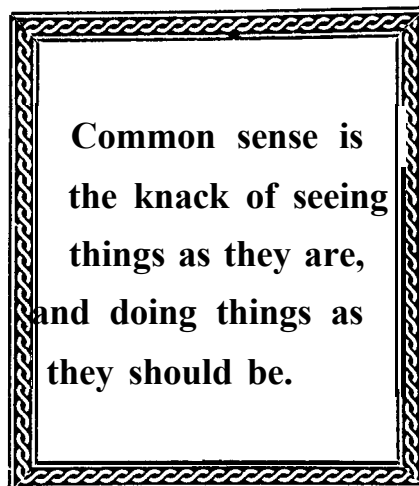
With this transition, from hopeless drinking to hopeful sobriety came a host of revelations. Among them was the realization that we must now rely on that Higher Power to help us, and upon the other people in AA, who could also help us to stay sober. They could not stay sober FOR us, nor keep us sober, but could help us. We realized that even God would not KEEP US SOBER. It was up to us to do something for ourselves, and that was simply to ask Him and our fellow AA's to help us to try.

We were told that He would not refuse our honest plea for His Help, nor would our fellow AA's.

We found, however, that since we WERE alcoholics and experts at being double-minded it was quite easy to not just be TOO SURE if God or anyone would REALLY help us. We were just a little distrustful, especially after something did not go just the way WE thought it should. For some of us who had labored for so long under the delusions of absolute self-reliance! it was not difficult to begin questioning whether this Higher Power really was in our corner or not — or maybe even didn't exist, if we had any atheistic tendencies.

In essence we began to revert to our old tendencies — we were "fighting God." We REALLY were not following

(Continued on page four)



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, Ohio 44101. **Subscription price—\$2.00 per year.**

Harry D., Founder and Editor 1892-1968



Vol. 27

November, 1968

No. 2

MILL ENDS AND REMNANTS

It seems to us that of all of the National holidays none has more significance to those of us in A.A. than Thanksgiving which will be observed in a few weeks.

As a matter of fact, in A. A. the whole month of November is set aside as Gratitude Month, not that any of the others, a day-at-a-time, are any less important in which to observe and demonstrate our gratefulness for having been given our freedom from the shackles of alcohol.

The awareness, however, that November is Gratitude Month makes for a slowing down of our hustle-bustle to reflect gratefully upon the release and to take our individual and collective inventories of past and present.

We recall many happy Thanksgiving Days and any number of not so happy ones, and what a contrast were the latter to the former.

It is good, of course, to reflect upon the happy days for in doing so we are imbued with the thoughts of how many really good folks have crossed our path of life — both family and friends, and even just casual acquaintances.

Some of these reflections take us back more than a half century to a person here and there, who being the stalwart individual they were left an impact upon our life and from the treasure of which we have been able to draw in our day-to-day living in A. A.

It was a far cry from the hot cider stirred with cinnamon sticks of those early years to the damaging hot toddy days of something stronger than sweet cider. It is pleasant nostalgia to recall those early days, not with any wish to relive them, for time and experience has taught us that they cannot be recaptured. Rather, in thinking of them we know that at some time in them someone contributed a measure of themselves upon which we now draw sustenance.

How much different it was in the selfish drinking years — the years of lies, of cheating, of powerlessness and of ingratitude. Then A. A. and happy sobriety, a chance for the amendment of life, of new and faithful friends, of old friendships revitalized and of a profound and understanding and understood gratitude.

As we offer our solemn prayers of Thanksgiving, we lift our hearts in the happiness of gratitude shared, by George!

THE MOST

Walking with God means the most beautiful scenery, the most interesting conversation, the safest route, and a certainty of destination which can be found in no other way. WALK WITH HIM.

TO EACH HIS OWN

My faith in the proposition that each man should do precisely as he pleases with all which is exclusively his own lies at the foundation of the sense of justice there is in me. I extend the principle to communities of men as well as to individuals. I so extend it because it is politically wise, as well as naturally just; politically wise in saving us from broils about matters which do not concern us.

-Abraham Lincoln

MINUTES OF MEETING OF THE CENTRAL COMMITTEE

October 1, 1968 — 8:30 P.M.

Meeting, with 27 Group Representatives in attendance, was opened by Charles K., Moderator, with the Serenity Prayer.

The purposes of Central Committee were read by the Moderator, and the Minutes of the meeting of September 3, 1968, were read by the Secretary and approved.

The Treasurer's report was read by Mary S., and reported a balance of \$313.18, which included an amount of \$101.50 for Institution Fund.

1. Action Committee — Jerry E., Chairman. No report. Charles K. stated that meeting will be arranged with Lynn C., concerning proper use of the secretaries' list as referred to in the Minutes of September 3, 1968.

2. **Areawide** — Jim B., Chairman. Reminder was made of the coming **Areawide Meeting** on October 4. Tentative date for the next **Areawide Meeting** is December 6 at Jordan Hall.

3. **Central Bulletin** — George M. No report. Subscriptions are always needed, however, Charles K., pointed out and the importance of prompt renewals was emphasized.

4. Hospital Committee:

Rosary Hall — Lou W., Chairman. No report, except that a memo has been mailed to all group secretaries regarding policies adopted by Rosary Hall for the benefit of alcoholic patients and their A.A. sponsors. Discussion followed.

Serenity Hall — Bernie B., Chairman, reported that no alcoholic women are accepted in the hospital, and that no one with Medicare will be accepted in Serenity Hall.

5. Institutions Committee — June W., Chairman. In the absence of the Chairman, Charles K. read in part her report to Central Committee. In the report June stated she had received a packet of "A.A. Guidelines" and sample material from General Service Office in New York suggesting procedures to be followed by Institutional Groups and Hospital Groups in A.A.; that after reading this material she passed the information on to a couple of Institution secretaries, but suggested that the material be sent directly to each of the secretaries of Institution groups, cost of same to be defrayed by the Institution Fund. Dick P. suggested that such literature be so forwarded.

Public Information Committee — Dick P., Chairman. Cleveland District Office supplied 46 speakers to non-A.A. groups and non-A.A. meetings in the nine months ending September 30, 1968.

Old Business — Sponsorship of patients in Rosary Hall was discussed further. Moderator Charles K., suggested best procedure would be for Rosary Hall to contact the District Office, the office to select sponsor from the proper area with ample qualifications. This will be discussed further at Rosary Hall.

Regarding the correct listing of A.A. Groups and secretaries in the World Directory, Helen J. referred the matter to Tony W., Northeastern Ohio Delegate for further attention.

The Punderson Conference, it was reported, was a success. It was held September 28-29. There was also discussion, following Jim S., mentioning that after recent talk before a non-A.A. group they expressed a desire to make contribution in appreciation for services rendered, and, of course, it was explained that A.A. is self-supporting and it is against its traditions to accept donations from outside sources. Bill H. announced that a new group has been started in Painesville, meeting on Friday nights. Further information will be given to the District Office.

New Business — There being none, the meeting closed with the Lord's Prayer.

Respectfully submitted, Jean C., Secretary

WORK IS NOT A DIRTY WORD

Life is manifest only by action. There is no development physically or intellectually without effort, and effort means work. Work is not a curse. It is the prerogative of intelligence, the only means to manhood, and the measure of civilization. Savages do not work. The growth of a sentiment that despises work is an appeal from civilization to barbarism.

PRAYER OF MONTH

O God, who sees that of ourselves we have no strength, keep us both outward and inwardly; that we may be defended from all adversaries which may happen to the body, and from all evil thoughts which may assault and hurt the soul. Amen.

TEAMWORK DID IT

Rudyard Kipling once wrote a story entitled "The Day's Work," in which the principal character is a little tramp steamship called *Dimbula*, to which the author gave a life-and-blood personality.

As *Dimbula* comes down the ways into the River Clyde, christened for her maiden voyage, she is perfect, every part made with the utmost care. She sets sail in full anticipation of a successful voyage, but discovers, all too soon, that she has not "found herself." Troubles begin almost immediately.

Each part becomes obsessed with the feeling that it is more important than all the rest. As *Dimbula* rides into a storm, the rivets, the stringers, the frames, the deck beams and the strakes groan and complain. Mutiny sets in, and *Dimbula* is nearly lost in the storm.

"Steam," portrayed by Kipling as the wise old counsellor of the sea, does his best to talk sense and pride into her, but his words have little effect. Not until the waves have buffeted and hammered unmercifully, creating fear that all will be lost and sent to Davy Jones' locker, is order restored.

With the establishment of harmony come renewed pride and self-respect, and gradually a knowledge of cooperation. The different parts, worn and settled by this time, begin working, pulling, pushing, and giving together, and finally *Dimbula* triumphantly reaches her destination.

-Sunny Side of the Street

A MOMENT WITH HIM

We mutter and sputter;
 We fume and we spurt;
 We mumble and grumble,
 Our feelings are hurt;
 We can't understand things
 Our vision grows dim,
 When all that we need is
 a moment with Him.
-Author Unknown

WHAT WE SHOULD LEARN

There are five things in life which everyone ought to learn.

1. Learn to laugh. A good laugh is better than medicine. When you smile or laugh, your brain for the moment is freed from the load it ordinarily carries.
2. Learn to tell a helpful story. A well-told story is as wholesome and welcome as a sunbeam in a sick room.
3. Learn to keep your troubles to yourself. The world is too busy to linger over your ills and sorrows.
4. Learn to stop croaking. If you cannot see any good in this world, keep the bad to yourself.
5. Learn to greet your friends with a smile. They carry too many frowns in their own hearts to be bothered with any of yours.
 Yakima, Wash.

KNOWING IS LOVING

The tragedy of the world is not that men are ignorant, not that they are poor, for who is wise and who is rich? It is that they are strangers. It is when men come to know each other it is hard for them to hate.

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.

NEXT AREA WIDE MEETING DECEMBER 6

The exuberant Dave W., of East Aurora, N. Y., one time Cleveland and Pittsburgh A.A., will speak at the Areawide Meeting on December 6 at Jordan Hall, Charity Hospital. The time: 8:30 P.M. Don't miss this rally — "Everday is Christmas in A. A."

DATES TO REMEMBER

- November 4** — Orchard Grove Group Anniversary. Speaker: Bill W., Louisville, Ky.
 11 — Edgelake Group Sponsors Night. Speaker: Warren S., Lakewood, Ohio.
 23-Laurel Group Hardtimes Dance. 8:00 P.M. to Midnight, Brooklyn High School Cafeteria. Masquerade optional.
 24 — Nela Park Anniversary.
 28 — Thanksgiving Day.
- December 6** — Areawide Meeting. Jordan Hall, Charity Hospital.
 25 — Christmas Day.
 14 — Early-Early Children's Christmas Party 2 to 5 P.M. Register the children with secretaries of this group or Valleyview Group.
 8 — Southwest Sunday Fifth Anniversary to be celebrated at Berea High School Cafeteria, Eastland and Bagley Rd.

NEW ALANON GROUP

A new Al-Anon group in Vermillion, Ohio meets at 8:30 P.M., on Mondays, in the Congregational Church. Meeting is in another room at same location at time of the Vermillion A. A. Group.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL-1000 ft. east of House of Correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp. 4455 Turney Rd., New Chapel Bldg #1	8 :00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.	7 :30
HAWTHORN DEN HOSPITAL—Cottage #10, 305 Northfield Rd.	7:30
PROVEN WAY-Grafton Honor Farm, Rte. 75	8 :30
2nd & 4th Tuesday	8 :30
TRUSTY HALL—1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.-1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	1 :00
VETERANS HOSP.-E. Blvd. near E. 105th St.	8 :00
WARRENSVILLE-Women's House of Correction	8 :00
4041 Northfield Road	8 :00
THURSDAY	
TRUSTY HALL-1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP-House of Correction. 4041 Northfield Rd.	8:00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4 :00
MONDAY	
BROOKPARK - PARMA--Redeemer Church, 6161 Smith Rd.	8:30
ELYRIA-Community Church, 680 Abbe Rd.	8:30
LAKEWOOD—Pres. Church, Detroit at Marlowe	8:30
TUESDAY	
CANTON-St. John's Cafeteria, 712 McKinley N.W.	8 :00
EUCLID-Christian Church, 28001 Lake Shore Blvd.	8 :30
MAPLE HEIGHTS—Pres. Church, 16715 Libby Rd.	8:30
OLMSTED FALLS-Community Church. 7853 Columbia Rd.	9 :00
SUBURBAN WEST-Our Savior Church. 20300 Hilliard Rd.	8 :30
WEDNESDAY	
AKRON-Arid Club. E. Market St.	1 1 a.m.:30
FAIRPORT HARBOR-Luther Center. Eagle St.	8 :00
IGNATIA-Grace Church. E. 91st & Harvard	8:30
NORTHFIELD- Karen Lane	1 :30
NORTH OLMS TED-Episcopal Church, 3760 Dover Center Rd.	8 :30
NU-YOU-Highland Church, W. 114th St. & Detroit	8 :30
TRINITY-Trinity Church Annex, 3625 W. 25th St.	8 :30
THURSDAY	
CLEVE. HTS.—Pres. Church, Fairmount & Scarboro	9 :00
LORAIN AVENUE—Martin Luther Church. 4470 Ridge Rd.	9 :00
LORAIN COUNTY-Lutheran Church. 3334 Wilson St.	8 :30
NORTH CANTON-Northminster Pres. Church	8:00
SERENITY-St. Luke's Church, 1233 Chase Ave., Lakewood	8:30
VERMILLION-Church of Christ, State St.	8 :30
WEST SIDE—St. Mark's Church, 15300 Puritas Rd.	1 :30
FRIDAY	
AKRON-Goodyear Union Hall. E. Market & Goodyear Blvd.	8:30
EAST CLEVELAND-Y.W.C.A., Lee Blvd. at Euclid	1:30
ROSARY HALL-Charity Hospital, E. 22nd & Central	8 :30

HUMAN DIGNITY

There are few things that will earn you the respect of others quite so surely as personal dignity. You don't have to be pompous or glum to be dignified. You simply have to respect yourself and others and behave accordingly. After all, you represent the noblest creation yet seen on earth. Why not act the part?

A famous French writer once took a long look at life and concluded, "The only goal of man should be the attainment of human dignity, with all its implications. In other words, all his intellectual acquisitions, all the facilities which society puts at his disposal—the schools, universities, libraries, laboratories; all those offered by religion; all the occasions given him to develop his own aptitudes, his work, his leisure, must be considered as tools destined to improve his personality, his moral self and to make it progress." The "attainment of human dignity" is a personal challenge! *-The Little Gazette*

A RAY OF LIGHT

If I can throw a ray of light across the darkened pathway of another; if I can aid some soul to clearer sight of life and duty, if I can wipe from any human cheek a tear, I shall not then have lived in vain while I am here.

If I can guide some erring one to truth, inspire within his heart a sense of right, a love of truth and beauty; if I can teach one man that God and Heaven are near, I shall not then have lived in vain while I am here.

If from my mind I vanish doubt and fear, and keep my life attuned to love and kindness; if I can scatter light and hope and cheer, and help remove the curse of mental blindness; if I can make more joy, more hope, less pain, I shall not have lived and loved in vain.

If by life's roadside I can plant a tree, beneath whose shade some wearied head may rest; though I may never share its shade, or see its beauty, I shall yet be truly blest—though no one knows, my name, nor drops a flower upon my bier, I shall not then have lived in vain while I am here. *-F. B. Austin*

THY WILL BE DONE

(Continued from page one)

that when we turn to the Supreme Power and accept the guidance of that power, the painful shackles fall away and the driving impulses lose their force and we find a measure of peace.

THE SECOND TIME AROUND

(Continued from page one)

the third step. We still had some sort of reservations — something was wrong. We were not actually "letting go, and letting God."

If we permitted this to go far enough, it surely led, or would lead to drinking! Someone has said, that most assuredly, if you do not humble yourself before God, He will eventually humble you. This would seem to be true, because if we continued to distrust him, we were sure to be brought down to a lower state than before. We know alcoholism is progressive, and that to return to drinking will only bring us further to our knees.

When we fully realize this and become completely willing to permit Him to take over, then, and only then can we be successfully sober: Only then can we begin to see, to learn, to hear, what it is we must do, daily, to stay sober.

STAYING sober, is our main problem then. We KNOW how to GET sober. We may have done it every day for years, but we could not STAY sober ALONE.

In short, staying sober depends upon our complete trust and belief that our Higher Power can and will help us to do just that if we but humbly, sincerely, ask Him each day.

As an afterthought, to paraphrase the soap commercial: Don't you wish everyone were more lovable? ! And who can do it any better than you?

DO YOU DRIFT AROUND OR TAKE A STAND?

What are the advantages of a home-group affiliation for me? Through constant and faithful attendance at our home group, we get to know each other "like a book". It's inevitable in the ebb and flow of our emotional life that we'll have periods of stinking thinking. If we are getting to our home group every week, some of our fellow members will have the courage and perception to jack us up. "What's the matter tonight, buddy, you don't seem quite yourself" can be the tip off for us to take an inventory, count our blessings, and tack off on a better angle. Of course, we have to choose to take this inquiry in good part. If we're determined to wallow around in whatever is bugging us we'll take umbrage, pick up our dolls (and resentments) and pursue the course of destruction. I know personally I can nip destructive moods if I recognize them early enough, but given a head of steam they get beyond my control. If I'm never anything but a visitor in all groups I cannot hope to have this fine tocsin couched for me. A subtle regression is often noticeable to others who know us intimately before it is to ourselves.

Most alcoholics have become highly anti-social. Home groups affiliation and loyalty offer us a golden opportunity to sneak back into the human race at our own pace. The tentative handshake and faint greeting is often all we can muster in the early days, but it's done on behalf of "my group's" reputation as a warm and friendly group, it gives us a little more courage. Then as we continue the associations we sometimes get the satisfaction of hearing the one we greeted so tentatively say "and when so-and-so shook my hand and told me he was glad I'd come, I realized someone cared!" Most of us who went the standard pre-AA course have forgotten what a good feeling being of service is. The coffee detail, the ash trays, picking up the meeting room, washing the cups, serving on committees may not be desirable but they are beneficial. By putting something of ourselves into our group we again practice being useful. It's another step in maturing.

In order for AA to thrive, some simple organization is essential. Doctor Bob is widely misinterpreted on the "Keep it simple" bit. It's a fine and unarguable clincher when you're in a corner or are trying to justify shirking your AA responsibilities. I am sure he's quoted out of context many a time. Let's try to be reasonable. When matters of community-wide or national AA come up I believe we should have one vote and it should be recorded in our home group, not at every meeting we attend that week. Election of group officers and setting up group policy should be by group members. "Constant visitor" is disenfranchised! I first heard in St. Louis: "Our interest follows our money". A meaty phrase! Fifty cents may cover your conscience as a visitor but years ago I heard a tough older member say "Put your buck in your home group collection and if something keeps you away send it in, if you want to make sure you'll have a group to call home." I was shocked then, but thoroughly agree now.

Things won't always go to your liking in your home group. Our way is to take our august presence thence and change our affiliation justifying it with lordly comments about having been told that if anything disturbs us we should withdraw from the situation. I submit that it's more the mark of a man (or woman) to stay around and either modify the situation or change his attitude. Speaking of myself, I was a chronic quitter, pre-AA. Developing some staying power is one of the many fringe benefits of my AA education.

Drifting around being lionized, called on to speak, pointed out as a shining example to the new member and never being expected to wash a cup or set up a chair, can look mighty attractive after a couple of years of KP in your home group. But I think we're missing the boat if there is not one meeting a week where we are part of what makes it function. Family, friends, fellow members and mostly ourselves are entitled to know where we stand, at least one night a week.

(-Ada L.W., Rochester, N. Y.) via Chit-Chat



"GIVE US THIS DAY . . ."

This is the **24-Hour** Plan of life in the Lord's Prayer, and **as** such it is far from being the simple petition for the gift of food that it seems. This petition is worthy of our particular consideration, since it has special meanings for us in AA.

"Bread" in the Lord's Prayer means all the things that man needs to sustain life. The petition is concerned wholly with material things. Every material thing, whether it is food, clothing, shelter, a convenience of life or a means of pleasure, is solely the product of the labor of man applied to the gifts of nature. We get nothing without labor, but our labor would not be fruitful were it not for the gifts of nature, which are the fruits of the labor of God. It is a fundamental law that man must work if he is to live. It is a fundamental truth that life depends on God's bounty.

"Give us this day our daily bread" is first of all an acknowledgment that we are dependent upon God's bounty. But those who will take the trouble to read the Sermon on the Mount, in which the Lord's Prayer appears, will discover ample evidence that the word "daily" in this petition is of greatest importance.

"Give us today bread for today," the petition means. Tomorrow's bread we will seek tomorrow. Thus, this is a renunciation, one that grows out of the last of the Ten Commandments (covetousness). It is linked spiritually with the declaration that "Man doth not live by bread alone, but by every word that proceedeth out of the mouth of God." Granted that man must have bread, he must not make the pursuit of material things the ruling passion of his life.

Now this is of particular interest to us. For, most of us in AA became alcoholics largely because of our concern over material things. A few of our younger alcoholics are simple undisciplined children who have devoted themselves to the pursuit of pleasure and escape from the responsibilities of life. But most of our older alcoholics are men and women who have suffered frustration and disappointment, who have **discovered** that the aims they had in youth never are to be realized. We have had to cut our patterns to fit our opportunities, to walk when we had hoped to soar aloft. Moreover, the depression that preceded World War II made alcoholics of many men who ordinarily would have escaped.

Devotion to material things made tragedy out of disappointment.

No one would suggest that we turn away from the material entirely. We must care for our needs and our family's needs. And in our present economic order, a prudent man will save something if he can.

But if we are to have health, economic **pursuits** must not be our ruling passion. Ambition and pride and covetousness, the desire for wealth and the demand for power must be curbed, and with them, the resentment and jealousy that come in the wake of frustration. We **have** to learn to be satisfied with what we can achieve, and in learning to be satisfied, it is well to renounce something of our aims. We may start by being practical. We may

(Continued on page four)

DO YOU LOOKDOWN . . . ?

In recent weeks some concern has been expressed by various people in AA about the fact that we seem to be "losing" a member here and there more frequently than in years past. The blame for this has been placed at several doorsteps; among them being possible poor **sponsorship**—the age-worn article: "Oh he's just not **READY** yet!" or perhaps even indifference in many quarters to the newcomer, who, understandably is just that: **NEW, STRANGE**, a little apprehensive of the reception he's going to find in AA, and very apt to "not come back" if that reception is not as it should be.

We believe a great deal of the blame for the loss of members can be laid to just plain old indifference to our brother alcoholic. Our world today is full of indifference!

It is quite easy to carry it over into AA. Our world is filled with people who are quick to criticize, to condemn, to **j u d g e**. As a result of rubbing shoulders daily in the work-a-day world, we alcoholics can very easily carry such attitudes into our AA world, and it can do damage in AA that can be irreparable!

No one person can be singled out as guilty, for it is very probable we are all guilty of this in varying degrees. We alcoholics seem to relish to sitting ourselves up in judgement of others. WE are sober! We have many "X" many years of uninterrupted sobriety, and oh how we love to stress that **UNINTERRUPTED!** Al on **g** comes someone who has had trouble, and has returned to AA. We tend to look down our noses at this person, though we don't actually say so. **BUT** make no mistake! If we **FEEEL** this way in our hearts, it will come out no matter whether we express it aloud or not. Attitudes can sometimes speak much **l o u d e r** than words. Alcoholics are

highly sensitive people. If we feel superior (inwardly) to the man who has trouble, he may very easily sense this and the attitude of **condescension** he senses in only one person may easily drive him **AWAY** from meetings and AA, possibly forever!

Stop! Think a moment! It is a fearful thing to **consider** that one small act of unfriendliness or "**LOOKING DOWN OUR NOSES**" at someone who has trouble could conceivably be the trigger that leads that person back to drinking and possible death.

We hear many times that when we sponsor someone we more or less have that person's life in our hands. It is true. However, the point we wish to stress here is that sponsorship does not end with the individual sponsor! When the new man comes into AA, if he is **to** be sponsored correctly it would seem that from his first meeting, he should suddenly acquire many, many sponsors! The original sponsor to be sure will need to be close to him, and more in touch with him, but, it is vitally important **EVERY OTHER AA** he meets or comes in contact with from that first meeting forward should play a part in his sponsorship.

We then, are **ALL**, in this sense his sponsors, and the manner in which we treat him **WHENEVER** we **come** in contact with him may have a strong bearing on his future sobriety.

There has been much discussion concerning "**Cold**"

(Continued on page four)

**That the abiding joys
of the Christmas Season
may come in good
measure to y o u and
yours, followed by a
New Year filled with
an abundance of all
good things, is the sincere
wish of —**

Central Bulletin Foundation



Published monthly by the Central Bulletin Foundation, Inc., a non-profit corporation dedicated to service. Address all letters to Central Bulletin, Box 6712, Cleveland, Ohio 44101. Subscription price-\$2.00 per year.

Harry D., Founder and Editor 1892-1968



Vol. 27

December, 1968

No. 3

MILL ENDS AND REMNANTS

In his Christmas message in the December 1966 Grapevine our co-Founder Bill W., wrote in part:

"Among the finest of all attributes that we can have is that of gratitude for those endless benefactions which God has bestowed upon us of A.A. — those priceless gifts of rebirth; our marvelous new opportunities to live, to love and to serve God and our fellows."

It is to be hoped you will read and re-read, as we will do, this profound message, which, while transmitted to us at a season of the year soon to be upon us, its portent is timeless.

Within these few words is a far-reaching and soul searching opportunity to make inventory. And at what better season of the year, can we take an inventory of the accumulated day-to-day inventories that have helped to bring us this far?

In doing so our gratitude takes on stature far beyond the perfunctory mouthings of our gratitude that we make from time to time throughout the year. Having been given time for the amendment of life, it behooves us to accept the full meaning of it and do something about it — in expression, in example, in service.

Now, having reviewed our accomplishments or failures of the past year, we might well be prepared to make our resolutions for the days ahead, and it would seem to us these can only take one direction — that of service.

One author we read recently has always contended that we all have a purpose in life — an opportunity to do interesting, worthwhile things and to be of service to humanity in every possible way. Therein lies our strength and a practical manner in which to show our gratitude — both *in* and out of A.A.

There are many important things to be done, and in our resolve to try and accomplish some of them to the best of our ability, it is wisdom that we have a definite purpose or clear objective, so as not to waste our time and our life, which since our rebirth has such great value.

In A.A. we work together in doing these important things to be done, and in doing so fit and train ourselves to develop the capacity from which we can fulfill their purpose. With this capacity for service and a direct purpose we will find strength and grace to do our work well, and be there burdens to endure, they can be faced with patience and with a peaceful mind, by George!

ON CHARACTER AND LAUGHTER

You can tell the character of a person by the way he laughs, and what provokes him to laughter. Any fool can laugh at other people's mishaps. Laughing at *risqué* jokes denotes the lowest form of intelligence and character. Laughing at danger denotes courage. Laughing at superstition, custom, or tradition denotes intelligent progress. But the one who can genuinely laugh at himself displays true intelligence.

—Sunshine

"Above all things let us never forget that mankind constitutes one great brotherhood; all born to encounter suffering and sorrow, and therefore bound to sympathize with each other."

-Exchange

MINUTES OF CENTRAL COMMITTEE MEETING

November 5, 1968 — 8:30 P.M.

Meeting, with 33 Group Representatives in attendance, was opened by Charles K., Moderator, with the Serenity Prayer.

Following the reading of the purposes of Central Committee, minutes of the October 1, 1968 meeting were read by the Secretary and approved. Mary S., Treasurer, then presented her report, which *was* approved. It showed balance in treasury of \$268.39, including \$79.90 for Institution Fund.

1. **Action Committee** — Jerry E., Chairman. No report.
2. **Areawide** — Jim B., Chairman. Reviewed plans for the December 6 Areawide Meeting at Jordan Hall, Charity Hospital. (See item elsewhere in this issue).

3. **Central Bulletin** — Clare W., Representative. Renewed the pledge to keep this A.A. journal at its continuing high level. Stressed the importance of renewals being made promptly and that new subscriptions are desirable in continuing flow. In response to need for subscription blanks, supply will be available to December meeting.

4. **Hospital Committee** — Rosary Hall — Lou W., Chairman. Reported the need for volunteers at Rosary Hall and those interested should contact him.

Serenity Hall — Bernie B., Chairman. Reported sponsors are not visiting patients? following which a discussion of sponsorship responsibilities ensued. Moderator, Charles K., emphasized, that following contact by the District Office to a group secretary, the latter make certain a proper person is chosen to handle the call. He re-emphasized the responsibility of sponsors for follow up and the need for daily patient visits, so the family could be kept informed of the patient's welfare.

5. **Institutions Committee** — June W., Chairman. Reported on meeting with Mr. Harper, Superintendent of Warrensville House of Correction, and Mrs. Childress, Women's Workhouse, in company with Charles K., Moderator of Central Committee, and Dick P., Secretary, Cleveland District Office, relative to conditions pertaining to the voluntary commitment of females to the Institution for help with their drinking problems. All suggestions made by the group as to A.A.'s ability to help with the rehabilitation program that is underway were readily agreed to. Tentative hours for A.A. women visitors are:

10:00 A.M. — 11:30 A.M.; 1:30 P.M. — 3:30 P.M.; and 6:30 P.M. — 9:30 P.M.

Public Information Committee — Dick P., Chairman. Reported that 59 speakers had been furnished to non-A.A. groups and meetings during the first ten months of 1968. Old Business — Helen J., again discussed the need for group secretaries to re-check and complete and mail cards to General Service Office in New York so that World Directory information may be correct and current.

New Business — There *was* discussion of Alcoholics Anonymous having listed numbers in the Lorain, Ohio, telephone directory for both the Cleveland District Office and a Lorain Office, and the subject will be followed for further report at December meeting.

Discussion was had of recent "Business Week" article on alcoholism and its possible use by A.A. speakers at non-A.A. groups and meetings.

Attention was called to fact that at December 3, 1968 meeting election of Moderator, Vice Moderator, Secretary and Treasurer would be held. It was explained it had been tradition for the current Vice Moderator to rotate to office of Moderator, and the new Vice Moderator come from another area of the city, so that one would represent the East and the other the West area of Cleveland.

There being no further business, the meeting was closed with the Lord's Prayer.

Respectfully submitted, Jean C., Secretary

REMEMBER

The cost of everything has gone up, but happiness, smiles and kind words are as cheap as ever. All that you need is the right spirit—the right attitude toward your fellow man. Remember, you cannot rise higher than your thoughts.—Exch.

IMPORTANT: AREAWIDE MEETING DECEMBER 6

Don't miss this rally — "Everyday is Christmas in A.A.". One time Cleveland and Pittsburg A.A. member, Dave W., East Aurora, N.Y., will speak at the **Areawide Meeting** at 8:30 P.M., December 6. The place: Jordan Hall at Charity Hospital.

RULES OF THE GAME

A chaplain's advice to a boy on graduation day:
 "I am giving you the ball, son, and naming you the quarterback for your team in the game of life. I am your coach so I'll give it to you straight.

"There is only one schedule to play. It lasts all your life, but consists of only one game. It is long with no time out and no substitutions. You play the whole game all your life.

"You'll have a great backfield. You are calling the signals but the other three fellows in the backfield with you have great reputations. They are named Faith, Hope and Charity.

"You'll work behind a truly powerful line. End to end it consists of Honesty, Loyalty, Devotion to Duty, Self Respect, Cleanliness, Good Behavior and Courage.

"The goal posts are the Gates of Heaven.

"God is the referee and sole official. He makes all the rules and there is no appeal from them.

"There are ten rules. You know them as the Ten Commandments and you play them strictly in accordance with your own religion.

"There is also an important ground rule. It is, 'As ye would that men should do to you, do ye also to them likewise.'

"Here is the ball. It is your immortal soul. Hold on to it. Now son, get in there and let's see what you can do with it."

N. E. O. G. S. C. ELECTS

At its quarterly assembly in Brecksville, Ohio, on November 3, Group General Service Representatives and Committee Members of the Northeastern Ohio General Service Committee, elected the following panel officers to serve during the 1969-70 service years.

Delegate: John L., of Canton, Ohio, a member of the Crosby Group; Chairman and Alternate Delegate: Shirley S., of North Madison, Ohio, a member of the Conneaut Group; Secretary: Maggie C., of Cleveland, Ohio a member of the St. James Group; and Treasurer: Robert B., of Akron, Ohio, a member of the Goodyear Group.

Every group and each member of A.A. in the vast Northeastern Ohio Area are urged to take up their banners of service responsibilities and assist these panel officers and their committees to carry the message so "When anyone, anywhere, reaches out for help that the hand of A. A. is always there."

Entirely too many people seem to be taking advantage of the admitted fact that it isn't human to be perfect.

It is just as easy to say something good about a bad guy as it is to say something bad, about a good guy.

In a democracy an important part of one's education comes from association with all kinds of people.

Train and equip yourself to win the prize, and let others explain why they lost it.

If you have known how to compose your life, you have accomplished a great deal more than the man who knows how to compose a book. Have you been able to take your stride? You have done more than the man who has taken cities and empires. —Michel de Montaigne.

CLEVELAND AA DISTRICT OFFICE

The Cleveland AA District Office is open to anyone, male or female, who is seeking an answer to an alcoholic problem. The office, located in Boom 205, Frederick Building, 2063 E. 4th St., is open 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 I-7387.

DATES TO REMEMBER

- December 6**—Areawide Meeting, 8:30 P.M., Jordan Hall, Charity Hospital.
- I-Trinity Group, 21st Anniversary, 8:30 P.M. Speaker: Tom K. Barberton, Ohio.
- 8**—Southwest Sunday, 5th Anniversary, 8:30 P.M., at Berea High School Cafeteria, Eastland and Bagley Roads.
- 14**—Early-Early Group Children's Christmas Party, 2:00 to 5:00 P.M. Register children with this group and Valley View Group.
- 15**—Early-Early Group, 13th Anniversary, 7:00 P.M. Speaker: Tom K., Barberton, Ohio. Note: This meeting will be in quarters of Valley View Group, Pilgrim Church, 2592 West 14th St., at Starkweather.
- 17**—Grafton (Ohio) Honor Prison Farm "Stag" Christmas Party, 8:30 P.M. Route 76 one mile south of Route 82. Entertainment by Group's own "Talents Anonymous".
- 18**—Warrensville Women's Group — Annual Christmas Party, 8:00 P.M. Speaker: Tom A., Solidarity Group. ALL A.A. members urged to participate.
- 25**—Christmas Day.
- 31**—Clark Group — Annual New Year's Eve Dance, Masonic Temple Ballroom. See announcement flyers for details of this gala affair.
- January 1**—New Year's Day.
- February 14-16**—18th Annual Kentucky State Convention, Phoenix Hotel, Lexington, Ky. Write Host Committee, P.O. Box 626, Lexington, Ky. 40501.

HOSPITALS AND INSTITUTIONS

SUNDAY	
TRUSTY HALL—1000 ft. east of House of correction	10:00 a.m. and 5:00 p.m.
MONDAY	
HOPEFUL-State Hosp. 4455 Turney Rd., New Chapel Bldg #1	8:00
TUESDAY	
BRECKSVILLE V.A. HOSPITAL—1000 Brecksville Rd.	7:30
HAWTHORNDEN HOSPITAL—Cottage #10, 305 Northfield Rd.	7:30
PROVEN WAY—Grafton Honor Farm. Rte. 75	8:30
2nd & 4th Tuesday	8:30
TRUSTY HALL—1000 ft. east of House of Correction	8:00
WEDNESDAY	
CLEVELAND PSYCHIATRIC HOSP.—1708 Aiken at Scranton	8:30
FAIRHILL PSYCHIATRIC HOSP.—12200 Fairhill Rd.	1:00
VETERANS HOSP.—E. Blvd. near E. 105th St.	8:00
WARRENSVILLE—Women's House of Correction	8:00
4041 Northfield Road	8:00
THURSDAY	
TRUSTY HALL—1000 ft. east of House of Correction	8:00
FRIDAY	
MAIN GROUP—House of Correction, 4041 Northfield Rd.	8:00

ALANON GROUP MEETINGS

SUNDAY	
GARDEN VALLEY-7100 Kinsman Rd. (2nd & 4th Sun.)	4:00
MONDAY	
BROOKPARK - PARMA—Redeemer Church, 6161 Smith Rd.	8:30
ELYRIA—Community Church, 680 Abbe Rd.	8:30
LAKEWOOD—Pres. Church, Detroit at Marlowe	8:30
TUESDAY	
CANTON—St. John's Cafeteria, 712 McKinley N.W.	8:00
EUCLID—Christian Church, 28001 Lake Shore Blvd.	8:30
MAPLE HEIGHTS—Pres. Church, 16716 Libby Rd.	8:30
OLMSTED FALLS—Community Church, 7853 Columbia Rd.	9:00
SUBURBAN WEST—Our Savior Church, 20300 Hilliard Rd.	8:30
WEDNESDAY	
AKRON—Arid Club, E. Market St.	11:30 a.m.
FAIRPORT HARBOR—Luther Center, Eagle St.	8:00
IGNATIA—Grace Church, E. 91st & Harvard	8:30
NORTHFIELD—Karen Lane	1:30
NORTH OLMSTED—Episcopal Church, 3760 Dover Center Rd.	8:30
NU-YOU—Highland Church, W. 114th St. & Detroit	8:30
TRINITY—Trinity Church Annex, 3625 W. 25th St.	8:30
THURSDAY	
CLEVE. HTS.—Pres. Church, Fairmount & Scarboro	9:00
LORAIN AVENUE—Martin Luther Church, 4470 Ridge Rd.	9:00
LORAIN COUNTY—Lutheran Church, 3334 Wilson St.	8:30
NORTH CANTON—Northminster Pres. Church	8:00
SERENITY—St. Luke's Church, 1233 Chase Ave Lakewood	8:30
VERMILLION—Church of Christ, State St.	8:30
WEST SIDE—St. Mark's Church, 16300 Puritan Rd.	1:30
FRIDAY	
AKRON—Goodyear Union Hall, E. Market & Goodyear Blvd.	8:30
EAST CLEVELAND—Y.W.C.A., Lee Blvd. at Euclid	1:30
ROSARY HALL—Charity Hospital, E. 22nd & Central	8:30

A PHILOSOPHY

If I can throw a single ray of light across the darkened pathway of another: if I can aid some soul to clearer **sight of** life and duty, and thus bless my brother; if I can wipe from any human cheek a tear, I shall not then have lived in vain while here.

If I can guide some erring one to truth, inspire within his heart a sense of duty; if I can plant within the soul of rosy youth a sense of night, a love of truth and beauty; if I can teach one man that God and Heaven are near, I shall not then have lived in vain while here.

If from my mind I banish doubt and fear, and keep my life attuned to love and kindness: if I can scatter light and hope and cheer, and help remove the curse of mental blindness: if I can make more **joy**, more **hope**, less pain, I shall not have lived and loved **in vain**.

If by life's roadside I can plant a tree, beneath whose shade some wearied head may rest; though I may never share **its** shade, or see its beauty, I shall yet be truly **blest—though** no one knows my name, I shall not then have lived in vain while here.

LIVE TODAY

There are two days in every week which should be kept free from fear and apprehension. One is yesterday with its mistakes, its faults and blunders.

Yesterday has passed forever beyond our control. We cannot undo a single act we performed; we cannot erase a single word we said.

Yesterday is *gone*.

The other is tomorrow with its large promise and poor **performance**.

Tomorrow is also beyond our immediate control. **Tomorrow's** sun will rise, either in splendor or behind a mask of clouds-but it will rise.

Until it does we have no stake in Tomorrow, for it is as yet unborn.

This leaves only one **day—today**. Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities-yesterday and tomorrow-that we break down.

Let us, therefore, live but one day at a time.

DO YOU LOOK DOWN YOUR NOSE?

(Continued from page one)

groups. Mention has been made of groups, where someone who has had trouble returns to **find** that he no longer is made welcome. It would seem that those "uninterrupted sobriety" members are sitting in judgement. Perhaps even some who **THEMSELVES** have had some trouble in the past are guilty.

Perhaps it is time some of these groups took time out to take inventory. Perhaps before they are so quick to condemn that man or woman who is having trouble it would pay to take a good look under their **own** carpets.

It is almost a certainty that "looking down ones **nose**" at someone less fortunate than we, will not help him to find sobriety. All of us dislike someone who kicks a man when he's down so why do we do it ourselves?

The passage in the **24-hour** book on November 9th is very apropos to this problem.

In simple words — we all have something wonderful and we wish to pass it along to the next person. Who, then, are we, to immediately condemn him because he doesn't grasp it as readily as we may have!? It's not easy to come back to AA after having trouble in the first place. Why should we be so self-righteous that we have to make it harder for our fellow-alcoholic? He needs smiles, not criticism!

"GIVE US THIS DAY OUR DAILY BREAD"

(Continued from page one)

go on **by** finding interest in higher things. The man who has given up greed is on the way to happiness.

Editor's Note: This editorial is one of a series being shared in revival and appeared in June 1944 issue of Central Bulletin.

Associate with men of good quality, if you esteem your own reputation; for it is better to be alone than in bad company.

GOING MY WAY?

I am a traveler on a one way journey through life and never expect to retrace my steps or come this way again. My yesterdays are poignant recollections of tasks neglected or undone, mixed with pleasant memories of the few things done well. My tomorrows hold a promise of opportunity to do bigger and better things. My present is being lived in the valley of struggle and pain, and sharing the load of others.

Since I pass this way but once, my hope is that men, women and children may be glad that I came and regret that I am leaving. As I journey with my fellow men, may I be privileged to bring joy where sorrow once ruled; smiles to replace tears; to plant a flower of happiness in those hearts where once the weeds of despair grew. As I follow the noble pattern of the Apostle Paul, may I never falter as I press toward the mark of the high calling; hut, should I stumble and fall, may the grace of God lift me up and start me forward, going my way.

-Anonymous

DRIZZLE

A visitor to New Mexico was talking to a sun-browned native, and commented on the lack of rain. "Doesn't it EVER rain here?" the tourist asked.

The native thought a moment and said, "Mister, do you remember the story of Noah and the Ark, and how it rained 40 days and 40 nights?"

"Sure I do," said the tourist.

"Well," drawled the native, "we got a half-inch that time."

STREAMLINED

An Indian petitioned a judge of an Arizona court to give him a shorter name.

"What is your name now?" asked the judge.

"Chief Screeching Train Whistle," said the Indian.

"And to what do you wish it shontened?" asked the judge.

The Indian folded his arms majestically and grunted, "Toots."

SENTENCES AND THOUGHTS

They are never alone that are **accompanied** by noble thoughts.

You can depend upon it that he is a good man whose intimate friends are good.

That part of a man's services which does you the most good is the part which is not written into the contract.

Do not **stop** with doing necessary kindnesses; the unnecessary ones are of far greater importance.

No matter how handsome or how homely you are, you still look better when **you smile**.

* * *

A good rule as we go through life is to keep the heart softer than the head.

* * *

Even if money could buy happiness think what a luxury tax there would be on it.

* * *

The bigger a man's head, the easier it is to fill his shoes.

Heard at a meeting — "I had a big fat resentment at this group. Here a few weeks ago I heard three speakers — the most boring and tiresome I ever listened to.

"I rushed out of this place boiling, and drove home, furious. I couldn't sleep, couldn't read, just kept cursing this group and those speakers — until about 2 a.m. **something** hit-me.

"I remembered that in the experiences of those three speakers, nine children were involved. Some had been in institutions or foster homes. BUT, thanks to AA, those nine kids are now back in their homes with loving, sober parents.

"And I was bored!

"I was never so ashamed of myself. I am grateful to this group for letting me speak tonight **so** that I could publicly admit it!"

—Riverdale, N. Y.
-From BOX 4-5-9 Aug. '68